

# THE SHOPPES® OF MARKHAM/UNIONVILLE

and surrounding areas



Volume XI Issue III April 2009

To participate call 647-230-3332

[theshoppes.ca](http://theshoppes.ca)

Franchises available to request information contact: [franchises@theshoppes.ca](mailto:franchises@theshoppes.ca)

The Shoppes® Newsletters Inc. Profiling exceptional businesses in your community since 1997.™

produced by CreativeMedia communications.ca

Articles and community events are published monthly online at [www.theshoppes.ca](http://www.theshoppes.ca)

- 100% recyclable paper
  - 30% recycled material
  - vegetable oil-based ink
  - acid/elemental-chlorine free
- printed on paper utilizing only sustainable managed forests

CANADA POST Target-marketed and delivered separately via Canada Post.

THE SHOPPES® and LOGO are trade-marks of The Shoppes Newsletters Inc. All material copyright 2009, Creative Media Communications. All rights reserved.

## Your one-stop-shop for total body health!

Learn how to massage and relieve your colicky baby or discover which foods heal and which exercises prevent injuries with Advanced Health Recovery (AHR). They are an integrated health centre that will address all of your concerns with nurturing, top-notch, professionals dedicated to optimizing your entire family's well being!

With over 20 years experience, the AHR team works together with you and your medical practitioners to create

an individualized health and wellness plan. From pregnant mothers and children, to athletes and the elderly, the primary goal of this family oriented and dynamic team is prevention!

Allow the healing hands of Registered Massage Therapists Dawn Breda-Costa and Diana Chao to work their magic through a variety of massage techniques which can help to greatly reduce the symptoms of muscle tension and stress!

Work one-on-one with Chiropractor and Acupuncturist Ivano Costa on muscle and joint pain, stretch/strength programs,

injury prevention, sports therapy and posture specific rehabilitation.

Take advantage of Naturopath Michelle Chin's Spring Detoxification program! Through nutrition, vitamin

and mineral supplements, Michelle will teach you how to rid your body of toxins that have built up as a result of poor diet, fatigue, and muscle tension.

Advanced Health Recovery is your one-stop-shop for

total body health! Call 905.305.6033 to schedule your complimentary 15 minute health consultation or visit the AHR team at 3000 Hwy 7 E., Suite 205 in the Michael-Angelo's plaza.



ADVANCED HEALTH RECOVERY



Feel great and be well with the AHR team!

Profiling exceptional businesses in your community since 1997.™

## Get in shape by exercising twice a week!

Did you know that you only need to exercise half an hour, twice a week in order to benefit from working out?! If you are tired and frustrated by spending hours in an overcrowded gym with little results, owner of Strength and Exercise Personal Training Centre, Cory Chevrefils, has the perfect solution!

Cory works with clients one-on-one to create a personalized, efficient workout program that helps them to achieve their fitness goals sooner, safer and with better results than exercising alone, at home, or at the gym. His clients admit that by having to make an appointment with Cory the excuses not to exercise are eliminated and they stick with the program!

The focus is on strength training, weight management, and conditioning your cardiovascular system resulting in a stronger, healthier you. Strength training will increase your metabolism so you burn fat and calories for

24 hours after your workout. Strength training also lessens the risk of osteoporosis by building stronger bones and muscle mass. Whether you are an athlete or a stay-at-home mom, the health benefits of strength training are countless!

Whatever your reason for beginning a fitness program, the benefits are yours when you visit Cory at Strength and Exercise! Conveniently located near McCowan & Hwy 7 in the heart of Markham, call Cory at 905-471-8346 to book your complimentary one-hour assessment today and discover a whole new level of fitness!



Quick and effective workouts with Cory!

**SE** STRENGTH & EXERCISE PERSONAL TRAINING CENTRE

## Drive safe with Active Green and Ross!

Did you know, that according to Canadian law, you are not obligated to take your car to the dealership for service? What a relief!

For the past 13 years Active Green and Ross Tire and Auto Centre technicians in Markham have serviced all makes and models according to manufacturers' maintenance schedules with their 'New Car Warranty Approved Service'. Residents trust these experts to maintain their new car warranties and service older vehicles, with friendly, honest customer service and top of the line name-brand products. And, franchise owner Charlie Chiamida says that he will never be undersold!

Now that spring has sprung our beloved road warriors may need some TLC! Charlie says that it is important to check your car's tires, wiper blades, and oil after braving winter's harsh elements. He says that keeping up with your emission tests and regular

maintenance checks also costs far less than expensive repairs. Preventative maintenance is the key!

At the end of the day, the relationship you build with a reliable automotive repair facility will save you money and stress, and may help you avoid unforeseen problems!

Visit Charlie and his experienced team at Active Green and Ross - the definite go-to guys in your neighbourhood! 5803 Hwy #7 East or call 905-472-6868 to book your Drive Clean emission test. Check out [www.activegreenross.com](http://www.activegreenross.com) for current promotions.



Active Green and Ross - the definite go-to guys in your neighbourhood!

**Active Green + Ross** COMPLETE TIRE & AUTO CENTRE

# All aboard! Happy Days ahead!

If you're searching for an exciting new way to enjoy some quality time with your family and friends, Happy Days Houseboats may be the adventure for you!

Based out of Bobcaygeon and home to the largest mooring of houseboats in Ontario, Happy Days Houseboats is family owned and has been operating on the beautiful Trent Severn Waterway since 1978.

"Houseboats make the ideal family getaway because as captain and crew of your own 40-44' houseboat, you decide how busy or relaxing you want your holiday to be," explains owner Frank Quast. "They are very simple to operate and we provide complete hands-on training, spending as much time as necessary to ensure that the 'captain' is competent and confident at the helm."

With a Happy Days Houseboat, you have the comforts of a cottage wherever you go and your

accommodations are always on the waterfront. Enjoy breathtaking scenery, wildlife, boating, swimming, water sports and shore excursions that range from fabulous dining experiences to a game of golf or a visit to the spa. This year, create a lifetime of memories for the entire family. Relax, slow down, find a secluded island and enjoy your houseboat vacation in the serenity and solitude of one of Canada's national treasures.

To find out more, visit [www.happydayshouseboats.com](http://www.happydayshouseboats.com), email [info@happydayshouseboats.com](mailto:info@happydayshouseboats.com) or call 705-738-2201. Remember to ask for your complimentary lock passes.



*Enjoy the serenity and solitude of a houseboat vacation.*



# Make your spring cleaning a breeze!

Take the stress out of your spring cleaning this year with a trip to Markham Vacuum.

Say goodbye to cumbersome vacuums you dread using! Markham Vacuum carries everything from lightweight, rechargeable and bag-less uprights for bare floors and carpets, to full-sized uprights and convenient central vacuum systems. With over 28 years in the business, Markham Vacuum has the equipment you need to keep your floors clean!

Drop in today and check out what's new for 2009! The Hoover FloorMate is a bagless hard floor cleaner that will vacuum, wash and dry your hard floors. With an attachment for cleaning grout, its patented SpinScrub brushes will get your linoleum, hardwood and tile floors 'hands-and-knees' clean.

Repairs are made on site, usually within a day or two, and are available on all makes of vacuums. Not sure if it's worth fixing? Bring it in—

estimates are always free.

Give your current vacuum a little attention and drop it off for a tuneup. Missing a part? Markham Vacuum has a great selection of belts, parts, bags and accessories for all makes and models.

Visit Markham Vacuum today and find out for yourself why they have been voted the #1 vacuum store by the 'Reader's Choice' five years in a row. Located at 4461 Hwy. 7, just west of Kennedy Rd. For more information call 905-479-8273.



*Markham Vacuum for quality service, selection.*

# Renovate in 2009 for tax credit savings

Transform your basement from ordinary to extra-ordinary and take advantage of the new tax credit available for renovations performed in 2009 with Basement Spaces!

For many homeowners, the basement represents amazing potential for more living space. Whether you're interested in adding a family room, an extra bedroom, or a home office, the Basement Spaces' team can make your basement look and feel like every other level in your house.

Owner Rob Pahl would like to thank all of their customers for making 2008 such a huge success! With their busy season in full swing, he recommends that his customers book now to avoid disappointment.

Basement Spaces is a Markham-based company with over 15 years of experience in basement renovations. Their knowledgeable, hard-working crew can turn your dark and dreary basement into the comfortable and attractive living space

you've always envisioned. Rob employs licensed tradesmen who provide peace of mind and guaranteed results!

"We specialize in building great basements," says Rob, a 35-year Markham resident and Markham Board of Trade member. "Come see one of our jobs in progress and meet the professionals who will be working in your home. Our special services, coupled with our years of experience renovating basements, really sets us apart. Air duct relocation, steel post removal/structural reinforcement, tankless water heaters and professional design services are all available to make the best use of your space."

Call Rob at 905-201-7734 or 647-885-1772 to book your in-home consultation today.



*Book your basement renovation today!*



# Advanced laser aesthetic procedures from the experts you trust

MediSpa Clinic clears acne and they treat acne scars and wrinkles. Many people – teens and adults, men, women and adolescents – struggle with acne. The results are low self-esteem, low confidence and a feeling of unattractiveness. MediSpa Clinic introduces the Isolaz™, a breakthrough aesthetic platform using painless, light-based treatment. Their experts say there is no pain, no drugs, results are immediately noticeable, and the procedure has been proven to significantly decrease 'breakouts'. Don't live with the effects of past acne either. They treat scars and wrinkles, fine lines and large pores with the pixel (fraxel). You'll see great results!

Painless hair removal? That's what clients report time and again after being treated with the latest technology equipment. The experts at MediSpa say hair removal is effective, safe and pain-free. For the month of April, take advantage of extra special pricing:

- Bikini or underarm \$89 (reg. \$150)
- Bikini and underarm \$149 (reg. \$300)
- Upper lip and chin \$75 (reg. \$125)
- Lower legs \$175 (reg. \$300)
- Treat brown spots, poor texture and visible facial veins for just \$175 (reg. \$350)
- The microdermabrasion special is \$99 (reg. \$150).
- DNA Skin Performance is a remarkable new line of skin care available at MediSpa Clinic. Free of synthetic oils and paraben-free, these safe and natural products prevent and reverse the aging process from the inside out!
- Visit MediSpa Clinic and Blush Salon at 160 Main St., Unionville or call 905-946-1995.



**before**      **after**  
actual unretouched photos

# A new smile for spring at The Tooth Shoppe

Don't let a less-than-perfect smile keep you from celebrating all that spring has to offer. At The Tooth Shoppe, dentist Fernando Crupi will have you smiling with confidence with a new set of dentures that will not only improve your overall appearance but also fit comfortably too!

Fernando understands that replacing your natural teeth is more than just trusting someone with your smile. "People are understandably worried when replacing their old dentures or making the transition to dentures," explains Fernando. "After all, it's not just your appearance, but your entire image, that is at stake."

Rest assured, Fernando is a denture professional who specializes in removable partial, full and implant-retained dentures, and works closely with several dentists in the Markham, Stouffville and Scarborough areas. He is committed to providing professional denture care in a

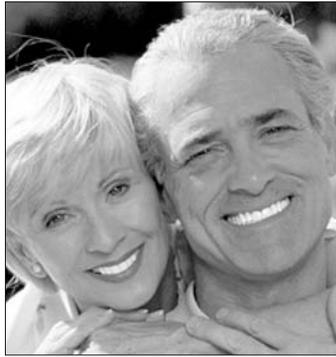
**the Tooth Shoppe**

welcoming, comfortable environment and pays

special attention to the specific requirements of each patient, focusing on both function and esthetics.

For your convenience, The Tooth Shoppe has a laboratory and skilled technicians on the premises so they are able to provide quick and affordable services without compromising quality. Repairs and re-lines can be done while you wait.

Give yourself a reason to smile! Call The Tooth Shoppe today at 905-471-3381 to book a free, no-obligation consultation or drop by 5990 16th Ave, Suite 212, Markham.



Look good, feel great!

# Edmunds Home Improvements says: "Don't delay that new roof!"

Edmunds Home Improvements owner Steve Gibson tells us that one of the most common questions with respect to reroofing is: "When is the best time to replace a roof?" Contrary to popular belief, he says that it is not better to install shingles on a very hot day. It is the hot weather following a roof installation that completes a perfect job. So spring is an ideal season to book your new roof!

In springtime moderate temperatures mean that the shingles are subject to much less physical abuse during installation. Shingles trim cleaner in cool weather and are much less likely to be marked or scuffed as they are applied. With an entire summer ahead, you can count on the hot weather to seal the shingles and soften them to roll into the eavestrough and conform to the roof deck.

So, don't delay in

replacing that roof!

Call for an estimate today and book your job for anytime from April through June for that perfect roofing job. And now with available tax credits of up to \$350.00 the value has never been better!

For further details call 905-472-0276 or visit Edmunds show-room at 166 Bullock Dr Unit #1, Markham.



Kathryn and Steve Gibson.

Call 647-230-3332 to profile your business.

# Connecting tutors and students across the GTA

Whether your child is struggling with one subject or at school overall, Brilliant Tutor At Your Home can help. Established in 2003, it is the fastest growing in-home tutoring service in the GTA. Over the past six years, their dedicated and professionally trained tutors have helped thousands of students learn essential study skills, build their academic self-confidence and reach their full potential.

The key to Brilliant Tutor At Your Home's success is their group of experienced tutors. Not only are they university graduates with impeccable credentials but they also possess a genuine passion for teaching. They cater to IEP and IP students and have qualified tutors to help in these programs.

Tutoring is available to students of all ages, kindergarten through adult. From English, Mathematics, Science and EQAO preparation,

to more specialized subjects for high school

**Brilliant tutor**  
@ Your Home Inc.

JK to Gr. 8	\$85/month	(Group of
Gr. 9 to Uni. 2nd Year	\$90/month	3 or more)
JK to Uni. 2nd Year	\$225/month	1 on 1

and university students, such as Calculus, Physics, Chemistry and Biology. They teach it all!

Brilliant Tutor At Your Home is one of the most affordable and renowned tutoring services available. With a 90% success rate, their reasonable rates offer an incredible return on your investment. Start your child on a path to success! Call Brilliant Tutor At Your Home today at 416-291-4684, 905-507-8470 or 647-295-5862 or e-mail [info@brillianttutor.com](mailto:info@brillianttutor.com).

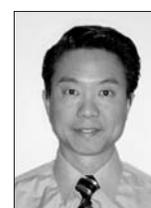


Tutoring services in the safety of your home.

# Direct mail targets your best customers

Dave and Keltie Anderson listened to local business owners 11 years ago when they told them they were frustrated with traditional advertising. So they collaborated with their business neighbours in Uxbridge to design a better product, The Shoppes Newsletters, in 1997. This unique marketing concept enables businesses to share costs, differentiate themselves, and collectively promote themselves as a group through the mail.

The results have been so dramatic that The Shoppes Newsletters trademarked their system and franchised the business. The company has grown to include publications in Aurora, Kawartha Lakes, Port Perry, Markham/Unionville, Stouffville, Uxbridge,



Ask Jackson about The Shoppes unique marketing concept.

Whitby and most recently in Peterborough. Markham resident Jackson Yee welcomes the opportunity to help small business owners in his community build and grow

their businesses with the help of The Shoppes of Markham-Unionville. Jackson Yee is a business professional who also owns his own small business. He understands the importance of finding the right advertising medium to get the best response for your money.

Jackson brings years of experience with him to The Shoppes team as a business owner, commercial sales in the banking industry, and as a mortgage consultant.

He wants to help clients with ideas on how they can promote themselves more effectively. "Being a small business owner myself, I understand the challenges that you face on a day to day basis. Especially in the fields of financing and marketing", says Jackson.

He is looking forward to working with all the existing clients of The Shoppes and to offer the unique marketing concept of The Shoppes of Markham/Unionville to his neighbouring business owners.

For ideas on how to collectively promote your business, call Jackson at 647-230-3332. Visit [www.theshoppes.ca](http://www.theshoppes.ca).

# Escape to Willow Springs Winery in Stouffville...

...just minutes away from Markham but miles from the ordinary. This family owned winery was founded when Stouffville residents, Mario and Julie Testa, began growing the vines on their exquisite property in 1992. Today, after winning four awards at the Royal Agriculture Winter Fair Wine Competition, Mario and Julie are celebrating their success and passion with the community. Come in for a tour of the winery and experience their new wine pavillion. This unique building with its post-and-beam cathedral ceiling seats 110 guests and overlooks the spectacular 11-acre vineyard.

Take a break from your routine and visit wine country! Willow Springs Winery's Open House Events will be held on the weekends of Sunday March 29th and Sunday April 5th, 2009 from 1pm - 4pm. Come and meet Mario and Julie



and sample a variety of their award winning VQA Wines. Savour delicious appetizers prepared by the 'Roving Chef' and visit the boutique style gift shop.

Reserve a spot at their Easter (the bunny will be on site) and Mother's Day brunches. Book your wine-maker's dinner, wedding, anniversary, birthday, corporate function or special event. Call 905-642-WINE or email: [info@willowsspringswinery.com](mailto:info@willowsspringswinery.com).

Willow Springs Winery is located at 5572 Bethesda Rd., Stouffville, just east of Hwy #48. The new Willow Springs Winery website [www.willowsspringswinery.ca](http://www.willowsspringswinery.ca) - Coming soon!



*Willow Springs Winery - book your next special event or stop in for a tasting!*

# A designer store without the designer price

Whether you're looking for the timeless beauty of hardwood or laminate, the warmth and luxury of carpet or the durability of ceramic, you can trust the flooring professionals at Pacific Carpet & Flooring to help you make the right choice.

Explore their beautiful 5,200 sq. ft. showroom and choose from thousands of colors, styles and materials including hardwood, laminate, bamboo, cork, ceramic, granite, marble, and vinyl.

Pacific Carpet & Flooring believes in doing quality work with excellent, honest and on-time service. Their focus is the customer and they strive to be

flexible with both scheduling and financing options. Pacific Carpet & Flooring is known for going the extra mile to keep their customers happy, catering to the small details and guaranteeing their work. It's no wonder they were

voted the '#1 Readers' Choice' by Markham Economist & Sun in 2007. Don't wait! Pacific Carpet's 'buy now, pay later' option makes it easier to get the flooring you want now! Purchase your flooring today and pay nothing for a year—not even the taxes.

For more information, call Pacific Carpet & Flooring at 416-659-2248 or visit their showroom at 8261 Woodbine Ave., Unit #102A, Markham.



*Ask about their free shop-at-home service.*

# Worry-free shopping at Path Foods

Georgia Smith knows a thing or two about restricted diets. After a doctor recommended her son be put on a gluten-free and casein-free diet, she discovered first-hand how difficult it was to shop for everyday foods her son could safely enjoy.

At Path Foods, Georgia has created a store designed specifically to help families with gluten-free and casein-free diets. "We take the worry out of shopping and aim to save you both time and money while featuring foods your family will actually eat," says Georgia. Path Foods stocks only gluten-free and casein-free foods, all available at competitive prices. "Most importantly, we fact check every item and take the guesswork out of reading labels," adds Georgia.

No more driving all over the city trying to find elusive foods that may be out of stock! Everything you need is now in one place, right here in Markham.

Path Foods carries snacks, frozen foods and delicious

ready-made desserts, including donuts and chocolate bars, from all of the major brands. Many of the items are also peanut-free so they are perfect for school snacks.

Worry no longer! Path Foods is now open for business! For more information or to learn more about the products available at Path Foods, give Georgia a call at 416-508-7568 or visit [www.pathfoods.ca](http://www.pathfoods.ca)



*Georgia Smith at Path Foods.*

# They believe in dreams...

In Ontario, intellectually challenged individuals must leave the public/separate school system after the age of 21. For over 16 years, The Centre for Dreams in Markham has helped by providing educational services and vocational training to intellectually challenged adults. The centre was created in 1991 by Elaine Vollett, the mother of an intellectually challenged adult. Her goal was to continue to promote the education and life experiences that had previously been provided to her son by the school system. "We strive to give our members the ability to lead independent, meaningful lives in our society. Our mission is to enhance the knowledge of our clients in a variety of settings within their community, and ensure that they will become productive, independent, dignified, and respected members therein. We are dedicated to providing the opportunities and means for our special needs members to focus on their abilities and

not their disabilities. We strive to achieve our mission by fostering a culture of diversity, inclusion, and acceptance."

Their primary goal is to see our members achieve their goals and dreams. The Centre for Dreams strongly believes that overcoming life's challenges gives people strength. Individualized goal-based programming ensures that motivation is rarely an issue. Their members work towards goals that they set for themselves. Their programs are adapted to meet the individual's needs and help them achieve these goals.

Help them continue to fulfill their dreams. Visit [www.dreamsinc.ca](http://www.dreamsinc.ca) or call 905-209-9092, 58 Main St. N. Unit 19B.

