

WILSONS HOME HEATING
Your Local Heating Experts For Over 100 Years

902-895-4429
wilsons.ca



Best Western PLUS
Glengarry
"Truro Trade & Convention Center"

Enjoy the beautiful scenery & many exciting activities that are all within a short drive from the Glengarry. Take in the breathtaking Victoria Park; enjoy the many local attractions, festivals & events; learn about our geological heritage, watch or ride the famous Tidal Bore. Fully appointed King or Queen rooms, dining and entertainment, indoor & outdoor pools & whirlpool.

Enjoy the Beauty of Nova Scotia With Us.

Toll Free 1-800-567-4276
 Exit #13 off Hwy #102
 150 Willow Street, TRURO
 www.bwglengarry.com





"The best Seafood in the World!"
 - The L.A. Times

Canada's Top Seafood Restaurant

88 Esplanade Truro, NS 895-1275


Murphy's FISH & CHIPS

www.murphysfishandchips.com



Check out this 'SNEAK PEEK' at our winter offerings!

Aqua Bootcamp
 This new class combines power drills, speed bursts and strength training with tabata intervals. In this class participants will be using aqua gloves with their body strength to perform moves that will increase their heartbeat.

Ab Lab
 A 30-minute core workout taking place in the stretching area of the fitness centre. Great for those looking to round out their workouts or to add a little more core into their routine.

Gentle Yoga
 A class meant to help relax your mind, lengthen your muscles, and help increase overall flexibility. User-friendly and ideal for all fitness levels.

Cardio Kickbox
 A fast-moving class filled with kicks, punches, and strength training to help you have fun while getting fit!

Hydrorider
 A unique stationary bike class where you pedal while immersed up to your chest in water. Water shoes are mandatory. Must be 16 years of age or older to attend.

Stroller Fit
 Trainer-led walking groups using the indoor walking track and exercise studio, providing more structure and support than working out independently. Starts Jan. 18

Older Adult Fitness Class
 This is a low impact cardio, strength, balance and flexibility training class designed with the older adult in mind. Led by Sheila Rafferty, this class has a \$2.50 drop-in fee. Please contact Sheila for information at Sheila.j.rafferty@gmail.com or by phone at 902-896-2300.

For more information and schedules on winter classes and activities available at the RECC, visit ratheastlinkcommunitycentre.ca or call 902-893-2224

"NO REGRETS" WARRANTY
* Some conditions may apply

FREE REPLACEMENT WITHIN 30 DAYS





WHY CUSTOMERS CHOOSE **HALLIDAYS** FOR THEIR FLOORING

HOME OF THE **LIFETIME** INSTALLATION WARRANTY
 Ask for details!

HALLIDAYS FLOORING

www.hallidays.ca

184 Arthur Street, Truro
895-5436
info@hallidays.ca

Hoodies, Hoodies & More Hoodies at 94 Esplanade
(3 doors from Murphy's Fish & Chips)

If you are looking for a hoodie, we will not be undersold on Gildan pullover or zippered hoodies. If we don't have your size or colour in stock, we'll order it and have in the store within a week. Come in and check out our "Special Price" racks. Pricing starts at \$5⁰⁰ each.

T-Shirts & Much More!
 Come in and see our great selection!

TshirtsRus.ca
 94 Esplanade • 902-890-9850
 E-MAIL: tshirtsrus@hotmail.ca



See you at the RECC!

 **RATH EASTLINK COMMUNITY CENTRE**
 A Place for our Community to Gather, Play, and Thrive



 **RECC**
RATH EASTLINK COMMUNITY CENTRE

Book your child's next birthday party at the RECC!

Includes an hour in our party room and an hour of supervised activity:

- ✓ Swimming
- ✓ Rock Climbing
- ✓ Children's Zumba
- ✓ Children's Yoga

WE CATER!

Contact our Booking Department - 893-2224



WE ALL PLAY FOR CANADA

Fundy Trail Mall, Truro, NS, 902-897-4466

Located in "The Heart of Truro"

Specializing in Factory clearings and seconds

STANFIELD'S
 The **Factory Outlet**

www.stanfields.com

1 Logan Street, Truro, NS 902-895-5406 ext. 164

Truro's Coolest place to Dine!

Frank & Gino's
 GRILL & PASTA HOUSE

Amazing Appetizers, Pastas, Pizzas, Steaks, Seafood, Ribs, Delectable Desserts & More!

Open Daily at 11am | At the corner of **ROBIE AND JUNIPER STREET TRURO, NOVA SCOTIA** | (902) 895-2165 | www.frankandginos.com

\$9.99 Express Lunch until 4 PM Daily Monday through Friday

Kids eat FREE! Sunday through Wednesday! Ask your server for details

Trademark of Ginner's Food Systems Limited, used under license.