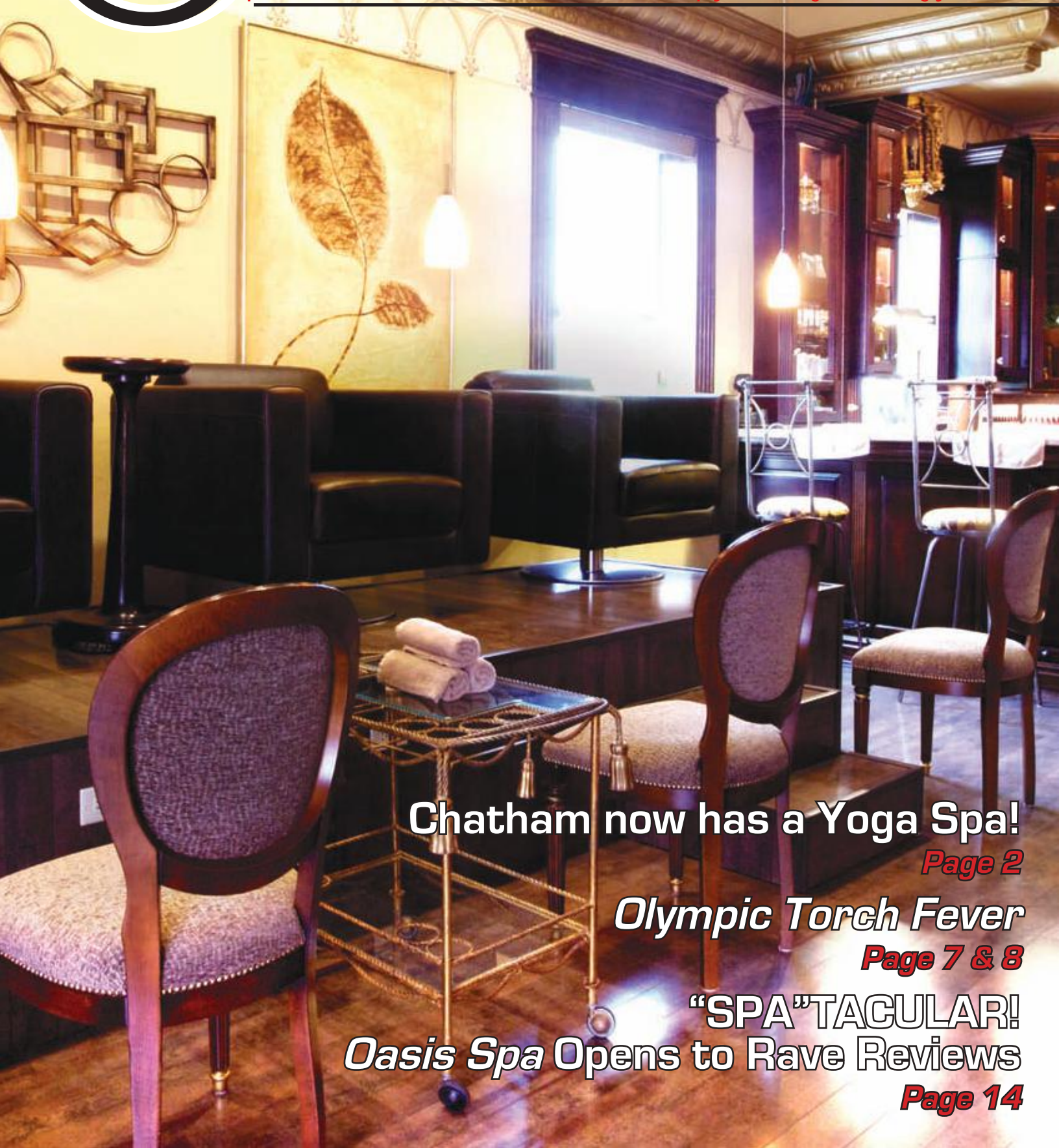


Winter 2009 / 2010



LIVING WELL

products and services in Chatham-Kent that keep you looking and feeling your best



Chatham now has a Yoga Spa!

Page 2

Olympic Torch Fever

Page 7 & 8

***"SPA" TACULAR!
Oasis Spa Opens to Rave Reviews***

Page 14

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Perfect Harmony Body & Mind Yoga Day Spa

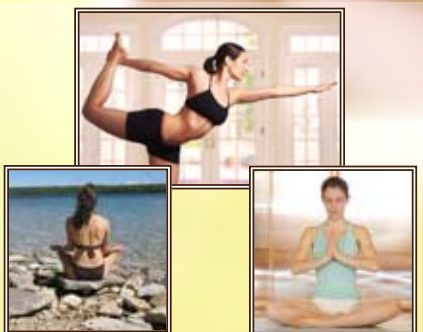
Chatham's first day spa combining a beautiful yoga studio with a spa, massage therapy, accupuncture, and chiropractic services.



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Includes essential manicure, essential pedicure, customized facial treatment, spa snack \$135

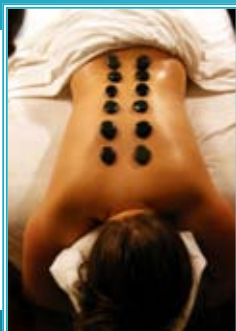
recharge

Includes essential manicure, essential pedicure, paraffin wax foot treatment, body treatment of your choice, 45-minute aromatherapy massage, spa snack \$196

couples retreat

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We continue to expand our staff and services in order to serve our clients better. We now have six Registered Massage Therapists and four Certified Estheticians. Our RMT's provide relaxation & therapeutic treatments for our growing number of clients who recognize the importance of treating pain & stiffness and maintaining good overall health with massage therapy. With over 3300 square feet of serene, tranquil space, we cater to women, men, children, couples, and small groups. Whether you're coming in for your first solo visit or returning again with your group of bff's, we guarantee your experience at Radiance Spa will leave you wanting to come back again & again.



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Wednesday, January 27, 2010 at 8pm
\$20 adults/\$10 children

Let yourself be swept up in the swirling, hypnotic dancers of **Coleman Lemieux & Compagnie** presenting a program of works by one of Canada's greatest choreographers, James Kudelka.



Classic Albums Live- Supertramp

Saturday, February 13, 2010 at 8pm \$30
member discounts available

A live note-for-note recital of **Crime of the Century**, Supertramp's hugely popular album, followed by a showcase of their other hits.



Irish Fire

Saturday, March 6, 2010 at 8pm \$25
member discounts available

Irish Fire is a story of love, hate, passion, agony and revenge, often compared to Riverdance. The gentle grace of the soft shoe, the heart-pounding percussion of the hard shoe, and the haunting vocal performances come together in a perfect blend of theatrical beauty.



Brooke Nicholls

Friday, March 12, 2010 at 8pm \$25
member discounts available

Chatham's own **Brooke Nicholls** is a singer/song writer/performer who creates works from the depths of heart. Her passion is to be able to touch the hearts of others across the world with her music and ingrain the fact that love conquers all.



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www.ckxsfm.com
WALLACEBURG/DRESDEN & AREA

CHATHAM-KENT CELEBRATES THE TORCH

Don't miss out on this exciting celebration event! Starting at 2pm on Tuesday, December 22, 2009, there will be fun filled entertainment and activities for the entire family at both the Kinsmen Auditorium and Memorial Arena.

Follow the Flame through your community!
Visit www.chatham-kent.ca/cktorch for details.



**Take part in these exciting activities
at the Kinsmen Auditorium!**

Test your skills at the
Wii Olympic Station

Skate on our indoor ice surface

Olympic Trampoline Stunt Show

Face painting and balloon making

Hot chocolate & cookies

Olympic Obstacle course

Join us afterwards for a special display of celebration FIREWORKS at approximately 8:00 pm.



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CK Celebrates the Torch ***December 22, 2009***

2 pm - 9 pm @ Kinsmen Auditorium / Memorial Arena

Free skate, Free entertainment, Free Fireworks

Indoor / Outdoor Kids Zone for all ages

Torch Lighting Celebration - Outdoor Main Stage 6 - 8 pm

<http://www.chatham-kent.ca/cktorch>





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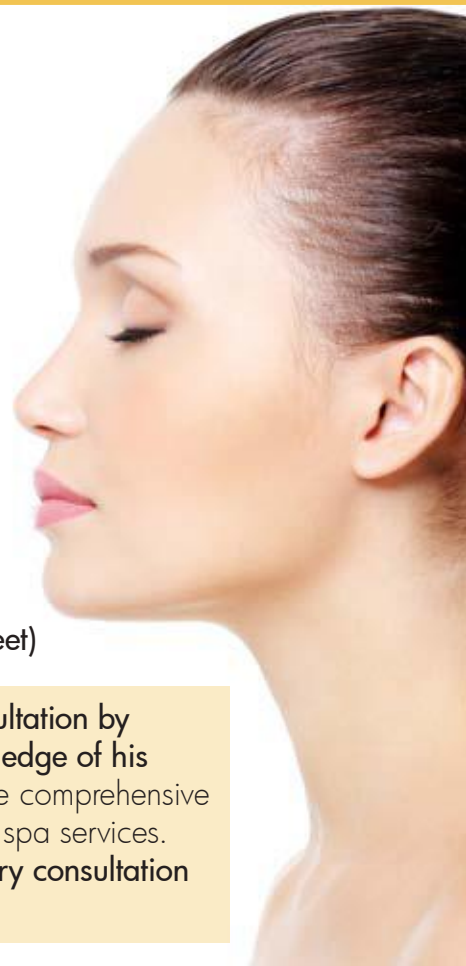


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Performance Health & Fitness

162 Queen St., 2nd Floor, Chatham • 519.436.1530 • www.performancehealth.biz

Merlin native, Michelle Brady, has been a member at Performance Health & Fitness for a year and a half. She is the typically proud & busy mom of two.

About six months ago Michelle noticed her youngest daughter Bailey walking on her “tippy” toes quite often. “We would always tell her to try and walk on her heels, and did not think much of it, we thought she was just going to grow out of it,” says Michelle. “I then attended a track & field competition that Bailey was participating in, I noticed that Bailey had gone from being very close to the lead runners to dead last, I knew something was wrong.”

Bailey’s walking condition, Which had started as an awkward walk, had caused motion issues with her entire lower body. This caused her existing condition to worsen even more and include a bend in her posture.

Michelle tried a number of different procedures to correct the condition. She tried physiotherapy and a leg brace but nothing seemed to have a desired or lasting effect.

“As would any parent, I desperately wanted to find a regimen that would fix the condition before it worsened or became permanent,” says Michelle.

Five months ago Michelle decided to start Bailey on a regular workout routine with Annette Walker. Annette Walker is a Senior Personal Trainer and Movement Training Specialist at Performance Health & Fitness. “Bailey and I hit it off right away,” says Walker. “She had a killer smile and a sense of determination & commitment that I see in few adults.”



Annette used a common sense approach when planning Bailey’s training regimen. “I focused on stretching and strengthening muscles, ligaments, and tendons,” says Walker. Due to the condition causing Bailey to walk on her “tippy” toes Annette said, “Her calves were like little rocks.” After some time Bailey started to improve balance and strengthen her muscles, which not only corrected the condition that caused her to walk on her “tippy” toes but also corrected her posture, which now appears to be perfectly normal.

Walker says, “Bailey is hands down my only client who has shown that level of improvement in such a short time. She is an inspiration and the incarnation of determination; I feel honoured to be part of her journey.”

Bailey now has a regular routine of working out 1-2 times a week and her condition is virtually nonexistent. “We can’t thank Annette enough, Bailey has regained her self confidence and is happy and healthy!” says Michelle.

This is the beginning of Michelle & Bailey Brady’s journey. Come start your own fitness journey today.

For company and group membership packages call Janet Cunningham at 519.436.1530 or email janet@performancehealth.biz.



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Isabel's clientele enjoy her "home spa" atmosphere. "They love the privacy of coming and going unnoticed sans-makeup or even with the occasional blemish," says Isabel.

Isabel has been helping people for over 25 years achieve and maintain healthy and vibrant skin, offering a full range of aesthetic services including • **Facials** • **Manicures** • **Pedicures** • **Waxing** • **Tinting** • **Electrolysis** • **NEW LED** light therapy service on the way.



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SEE YOUR SKIN IN A NEW LIGHT

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Be sure to make an appointment with Isabel at her home spa today!

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Customized Menus - Allergies? Low Sodium? Low Carb?
Chef Mike Moccia specializes in a custom menu for everyone!

When Chef Mike Moccia is in the kitchen, patrons of The Chef's Table have become accustomed to not only outstanding cuisine, but the unique experience of getting exactly what they want, just the way they like it.

"Many of my clients have special needs & are on a variety of diets. The challenge I am faced with is not compromising flavour to accommodate a special need or diet." Says Moccia.

"I encourage any new or existing client with a special need to visit our web site first to see what we have on our menu." Says Moccia. "They can select almost any of our dishes, call ahead to let us know what restrictions they may have, and I can customize that dish to suit their needs. I can do this in a number of ways, there is the obvious substitutes such as margarine for butter or milk instead of cream. There are more subtle ways with the cooking procedures where I opt to bake, broil, sautee, poach, steam, or grill instead of fry".

Have you gone to other large chain restaurants and got that large sigh complimented by an eye roll when you have asked to substitute something in your entree? "That will never happen here," says Mauro Pippo, co-owner of The Chef's Table, "we take pride in the total satisfaction of every person that comes through our doors. Pippo says, "low sodium, low carb, high protein, no peanuts, no flour, no gluten, - NO PROBLEM. I don't care if it takes someone an hour to order and they have 20 items they can not eat, I guarantee that they will still not only enjoy their meal but will enjoy a flavourful dining experience as well!

Mauro & Mike invite you to drop by The Chef's Table and experience a truly customized menu bursting with flavour, fresh produce and fantastic attention to detail.

Mike & Mauro's Tips to keep calories down when you have to frequently eat out :

- Choose water, diet soda, or unsweetened tea or coffee instead of regular soft drinks.
- Ask to substitute vegetables or a baked potato for french fries.
- Ask that the food either be grilled without butter or oil, or prepared "light," with little oil or butter.
- Ask for salsa with a baked potato instead of sour cream, butter, cheese, or bacon.
- Substitute lemon juice for salad dressing.
- If you're in the mood for pasta, look for tomato-based sauces rather than cream-based sauces. Tomato-based sauces are much lower in fat and calories.
- Look for leaner cuts, such as skinless chicken breasts, pork loin and beef sirloin.



Mike Moccia & Mauro Pippo
Co-Owners, The Chef's Table



Caleb Village

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Phone: 519. 352.1660

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live well

Centrally located in the city and across from the hospital, Caleb Village is Chatham's newest retirement community offering independent, all-inclusive living at its best. Caleb Village offers a carefree and active lifestyle. Each well appointed suite includes its own washer and dryer for your convenience, with some suites overlooking the beautifully landscaped courtyard with a view of the magnificent Pines Chapel. Leave the daily chores to us, while you enjoy a variety of on-site programs and amenities. Play billiards, shuffleboard, cards in the games room, chat with friends in the 24-hour snack bar or spend some quiet time in the library. We also take you to your scheduled medical appointments.

With its contemporary look, manicured grounds, and friendly staff, Caleb Village is a great place to call home!



Gentry Manor

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Oasis

Day Spa



Cover Image

Oasis

Day Spa

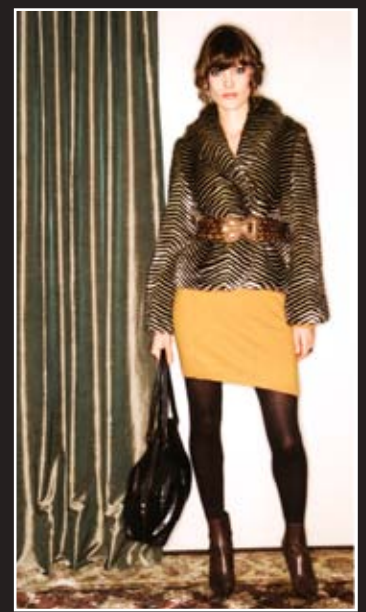
“SPA”TACULAR - The *Oasis Day Spa* has opened and South Western Ontario is raving! The massive 3500 square foot spa is the largest in Chatham-Kent and truly is the perfect balance of elegance, tranquility, and relaxation. *Oasis Day Spa* has been dropping jaws and is redefining what local individuals imagined a “spa day” could be. The spa offers a wide range of services such as Manicures, Pedicures, Facials, Salt Scrubs, Waxing, Relaxation & Therapeutic Massages, Body Wraps, and much, much more. The spa area has four state-of-the-art treatment rooms and a beautiful open concept area custom built for group treatments.



The Design Alternative has an amazing selection of truly distinctive and unusual gifts for you and your home. In this space you'll find gifts that range from classic to contemporary, timeless to seasonal, and everything in between. You are guaranteed to find that “just perfect” item that you have been searching for.



The Get It On boutique offers a wide range of casual and formal wear, as well as the latest trends in jewelry, handbags, shoes, and other accessories. Some of the lines carried include Get It On, Frank Lyman Designs, Nuevo, Uptown Girl, Samuel Dong, Linda Lundstun, and much, much, more.





New day! New opportunities!

Check out these programs at our web site
www.stclaircollege.ca

St. Clair College is on the move creating new programs to meet the growing demands of business and industry. Here's a sample of what's new for September 2010.

CHATHAM CAMPUS

- Border Services – Fast Track
- Occupational Therapist Assistant & Physiotherapist Assistant
- Office Administration Medical – Fast Track

WINDSOR CAMPUS

- Business Administration – International
- Culinary Management – Fast Track
- Energy Systems Design Technology
- Social Service Worker – Gerontology
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