

The cover features a photograph of an elderly man and woman smiling together outdoors. The man is wearing a green polo shirt and the woman is wearing a dark patterned cardigan over a light-colored top. The background shows green foliage and a brick building. The top of the cover is decorated with a field of red poppies.

Beaches

Autumn Edition 2020

life

D.I.Y. HALLOWEEN

LET'S GET SQUASHED

IT'S SWEET SWEATER SEASON

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COVER STORY

5 OVER 60 YEARS OF SERVING HER COUNTRY AND COMMUNITY

IN EVERY ISSUE

- 10 **Foodtalk**
IT'S SQUASH SEASON!
- 14 **Healthtalk**
STAYING HEALTHY AND IN SHAPE
- 20 **Movie Pic**
GREAT DECADES AT THE MOVIES: 1980s
- 24 **FOUND AROUND THE BEACHES**
OUTFALL TUNNEL FOR THE ASHBRIDGES BAY TREATMENT PLANT
- 27 **my.tech**
VIDEO APPS KEEPING US CONNECTED
- 28 **SAMPLING THE WORLD IN TORONTO**
THE VIBRANT FILIPINO COMMUNITY
- 30 **Beaches Living guide online**
DID YOU KNOW?
- 30 *Coming, going & on the move*



FEATURES

- 9 TAKING IT ALL IN – OUR BELOVED AUTUMN
- 13 BACK TO SCHOOL – LESSONS FROM HOME
- 17 PREPARE YOUR HOME FOR WINTER
- 18 IT'S SWEATER SEASON
- 19 MUSEUMS IN THE CITY
- 21 D.I.Y. HALLOWEEN @ HOME
- 22 FINDING YOUR ZEN IN THE NEW NORM
- 23 VIRTUAL LIBRARIES
- 25 PREPARING YOUR GARDEN FOR SPRING BLOOMS
- 29 TORONTO'S 200 YEARS OF BLACK HISTORY

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Falling Into Autumn!

This has always been a conflicting time for me. When I hear or think about Fall, it signals Summer is behind us, and things, both inside and out, are quieting down. It is a reminder that we are also entering the least favourite period of the year with shortest amount of daylight.

I must say however, Autumn is also my favourite season and most wonderful time of the year. Glorious and intense colours are everywhere. From our backyards to the local streets, from parks to surrounding towns and villages; Fall's beautiful reminders are all around us.

This is also the time that there is so much to appreciate and be thankful for. The weather becomes dream-like and awakens our senses, allowing us to reconnect with nature without AC or heating. It's the longest season with so much fun and meaningful celebrations.

While tasting the delicious seasonal harvest, cooking up hardy meals and oven bakes, it is also a wonderful time to enjoy the wide-range of fashion options, from colour to style, layering and unlimited choices, Fall definitely allows us to have fun with our wardrobe.

If you enjoy walking through the fallen leaves while kicking and listening to their crackling sounds as much as I do, you are sure to enjoy this wonderful season of getting closer to nature with family and friends.

Happy Autumn!

Hong Zhao

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Your comments and suggestions are welcome.

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OVER 60 YEARS OF SERVING HER COUNTRY AND COMMUNITY

As Remembrance Day approaches we honour those past, present and future who have dedicated themselves to serving the country. One of whom is June Smith who has spent a lifetime dedicated to service. When June was a teenager she and four of her friends decided to join the Canadian Navy Reserve in the 1950's they did it to serve their community and their country. June's decision to join was symbolic of the life she would lead, a life dedicated to service and friendships. And a life full of adventure and lessons.

June is Toronto through and through. She was born in her grandmother's home on Dundas Street near Broadview Avenue. She went to Notre Dame High School and then attended George Brown College. June spent time volunteering at Woodgreen Community Centre and helped coach senior girls slow pitch. Woodgreen Community Centre was a haven for teenagers in the 1950s. She had two adult figures that left an impression on her life.

"Influences in my life were Kathryn Sims and Rev. Ray McClary who instilled in me the interest to volunteer and share your time with other people," says June. The strong influences taught her the importance of dedicating you time to others and the community.

"The Naval Reserve Core taught us a sense of

comradeship and service. We were too young at the time to join the Navy, but we all wanted to do our part," says June. One of June's fondest memories was while she and her friends were in Halifax, Nova Scotia for training, it was also Queen Elizabeth's first visit to Canada. June got the opportunity of a lifetime, she was given a tour of the Queen Elizabeth's famous Royal Yacht Britannia.

During their time as reservists, they received training and chose what area to work in. One of June's friends worked in radar, another in the medical core and June worked in administration. Canada's military was engaged in the Korean War around the time June and her friends joined as reservists. It was also almost a decade after the Second World War which had an impact on June's life.

"The Second World War was declared on my third birthday, September 3, 1939. I was young, but I remember that we had blackouts and air raid warnings when you would shut off the lights. We had tokens for food and had to ration," says June. "Canada didn't experience the war like Europe did. There were many losses overseas." These experiences taught June to appreciate, value, and respect acts of service.

continues on page 6...



June (second from the left) and friends on the deck of the Royal Yacht Britannia

call a friend today if I needed help and they would be there for me. I can call 20 people and they would be here in 10 minutes. And I would do the same for them.”

June and her family are also really close. She has a daughter who lives out of the country in Kansas and another who lives in Calgary. Her son is currently in Brampton. She talks to them on the phone every day. “I learned about affection from my family growing up. My mom was affectionate, we always had hugs,” says June. The lessons she learned from her mom she passed to her kids.

Even her kids’ friends have become part of the family. To this day, even though her kids are gone, their friends often stop by to see how June and her husband are doing, or to help out around the house. One of them was recently working on the garage door.

“You don’t get without giving,” says June.

It is another lesson she passed down to her children and grandchildren. 2021 will mark 30 years June and her daughters have been members of the Royal Canadian Legion, dedicated to serving communities, veterans, and their families promoting Remembrance. June’s son has been a member for 10 years and her husband has been a member for 40 years. June was the president of Branch 11. “It’s important that we teach the kids the importance of honouring those who have served and the sacrifices that were made for our country,” says June. “We honour our past and prepare the children for the future because they are our future.”

June is now 84 years old and continues to volunteer. She’s involved in various programs with the Royal Canadian Legion including a youth education program. The Legion’s big annual event was cancelled this year due to COVID-19. “This pandemic is something we have never experienced before,” says June. “Kids in our neighbourhood drop by and we had neighbours get groceries for us. We really appreciate it.”

June can’t wait for things to go back to normal, so she can hug her friends, have coffee on the verandah and play slots at the casino. However, in the meantime, she continues to do what she has always done, which is always keeping in touch with her friends and family members that she loves dearly.

...continued from page 5

June met her husband of 60 years, Doug Smith, while working as a reservist. She was lounging with her friends in the mess and saw her future husband who was part of the Air Force and was on temporary duty in Toronto. “The story is that I picked him up in the mess hall,” says June. The two started chatting and the rest is history. They met in September of 1959 got engaged by October and were married by 1960. Since June’s husband was in the Air Force and served at different stations throughout his career, June was honourably discharged in order to move with her husband. June liked life a military family. “We met a lot of good people,” says June. She said it was hard on the children as they moved to different towns. The couple spent years moving to various places in Ontario including a few years in Trenton and Clinton. June and her husband even lived in Quebec with their two children, before later returning to Toronto.

“Even when we moved we always kept in touch with friends. We had a friend visit us when we were north of Montreal,” says June. “You have to have friends, you have to have family and you have to have a god of course,” says June. “To this day I am still friends with the girls I joined the navy core with. One of them was the maid of honour at my wedding,” says June. “I can

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TAKING IT ALL IN – OUR BELOVED AUTUMN

All seasons have distinct characteristics that set them apart—autumn is no different.

It is easy to understand why many people consider fall their favourite time of the year. Autumn has symbolic characteristics like the Fall Equinox, which represents the balance between the seasons and the balance between light and dark. Autumn is a symbol of change because, like spring, it is part of a cycle of loss and regeneration. There are plenty of reasons to love the season. For those who have yet to hop on the autumn bandwagon, here is a list of all the reasons why autumn is an amazing time of the year.

THE COLOURS

Although fall weather is usually on the cool side, the array of colours you'll see in nature are warm and inviting. The red, ambers, oranges, and yellows are absolutely stunning. Take time during the weekend to take a walk in your local park. The sights you see will certainly take your breath away.

THE WEATHER

Autumn brings fresh weather that is comfortable and easy to dress for. The humid days of summer are finally over, now there are cooler temperatures and brisk air. Outdoor activities like hiking, walking, or playing outdoor sports are more comfortable in the fall for those who have difficulty being outside during those hot summer months.

THE HARVEST SEASON

The season brings a bounty of vegetables and fruits that can be enjoyed. Popular fall favourites include squash, which comes in a variety of cool shapes and colours and can be used for cooking, or just decorating the house. Pumpkins are another popular food. You can go pumpkin picking, and then prepare a nice pie, bread, or soup for the family.

Harvest season means there will be plenty of farmer's markets offering fresh foods for your family to enjoy. There are tons of markets in your neighbourhood, be sure to visit one before winter comes to town.

THE FLAVOURS AND SMELLS

The season has some of the most unique and divine smells and flavours. Pumpkin spice latte lovers rejoice when autumn arrives. Pumpkin is the most coveted flavour, so it is no surprise that it is used in just about everything. Other popular smells include apple cinnamon or dried fruit smells from apples or oranges.

If you want to have fall smells fill the household, then try making a garland using dried orange slices, bay leaves, and cinnamon sticks. Another alternative is making a simmer pot. Warm water over the stove and fill it with apple slices, cloves, and cinnamon sticks. You will have warm smells waft through your household. If these methods don't work for you, simply purchasing a fall scented candle would definitely do the trick.



IT'S SQUASH SEASON!

Squash is a staple for autumn and the harvest season. These vine delicacies come in the most unique shapes and have a variety of warm colours that are a perfect reflection of the season. Squash and pumpkins are hardy, adaptable, and healthy food choices. You can use them in breakfast, lunch, dinner, and even dessert options. The possibilities are endless. From bread to soups, or even curries and pasta, these ingredients are versatile.

You've probably noticed numerous types of squash while shopping at the grocery store or your local farmer's market. There are so many options that it's easy to feel overwhelmed. Popular choices like butternut, acorn, and spaghetti squash come to mind, but there are more. Here is a comprehensive breakdown of popular choices along with a few meal options to go with them.

ACORN SQUASH

Acorn squash is named for its acorn-like shape. It is dark green and has a firm shell. This winter squash has a beautiful flesh that can be stuffed and baked, or used in soups. Acorn squash has a unique mild flavour that is slightly sweet and has a rich texture, which makes it a popular choice for autumn meals.

BUTTERNUT SQUASH

This squash has a tan or beige colour and its shape often resembles a bulb or a giant peanut. Butternut squash is used in so many different meals because of its sweet flavour and silk rich texture. Popular dishes include soups and risotto. Another fabulous meal idea is baking it or even sautéing the squash to bring out its rich flavours.

KABOCHA SQUASH

Kabocha squash is what many people see at the farmer's market but don't know what it is. Kabocha is a squash that looks like a green pumpkin. It has an undeniable earthy, nutty flavour and a bright orange flesh that is sweet and dense. Kabocha pairs well with desserts such as pies or cakes.

SPAGHETTI SQUASH

Spaghetti squash is certainly one of the most unique gourds you will find. It is possibly the most fun to prepare meals; because it has a shredded flesh that resembles, you guessed it, spaghetti. The number one option is using spaghetti squash as a substitute for a low-carb pasta. And like most squash, spaghetti squash can be carved, stuffed, and baked to perfection.

DELICATA SQUASH

Delicata is one of the most unique types of squash when it comes to appearance. It is a long cream coloured squash with green stripes. This oblong-shaped squash is very tender, and the taste resembles that of a sweet potato.

SUGAR PUMPKIN

This bright orange gourd is likely the most popular of the bunch. It is often used to decorate the house for the season. It can be used in pies, pancakes, bread, muffins, and soups. Another fun idea is to use it in a parfait! And of course, sugar pumpkin can be used in soups and its seeds can be roasted for a nice snack.



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BACK TO SCHOOL

LESSONS FROM HOME

Kids are now back to school and are settling into a new routine that balances in class and at home learning. The return to formal education might have seemed daunting at first, but we quickly learned how resilient children could be. And parents will have to be resilient too. More than ever before, parents will play a crucial role in their child's educational development.

In this new norm of education, there have been quite a few positive impacts. Sure, there are constraints with social distancing, but that has also brought smaller class sizes which bodes well for students and teachers alike.

Now, more students are receiving lessons while at home, which means they are spending more time with parents and caregivers. This is a great opportunity to impart some other lessons to your child's education. Some lessons aren't part of the curriculum and can't be found in the textbooks. Here are some life skills to add to your next lesson plan. These skills are not only good outside of the classroom but have important academic links as well.

GROW PLANTS

The summer may have passed but the opportunity to grow has not. Nurture your child's green thumb by planting something indoors or even outside. There are plenty of options like garlic that need to be planted in the fall and it grows in the spring. Alternatively, you can grow plants indoors using recycled containers like a yogurt tub. Teach them the importance of sunlight, soil, and watering. This type of activity is ideal for introducing kids to gardening while teaching them lessons about biodiversity, the environment, and social studies.

LEARN TO RELAX

Our children likely won't be playing soccer or playing on the jungle gym for a while, but you can show them other ways to stay active at home. Introduce them to activities like yoga. You can have a daily yoga class, all you need is a mat and internet access to watch free yoga videos on YouTube. Yoga is good because it introduces breathing methods and shows them how to relax their bodies. The life skills in yoga are emotional regulation, self-discipline, and coordination, while the academic skills are physical education.

DONATE TO A SHELTER OR FOOD BANK

Shelters and food banks require support more than ever. Why not donate some clothes or food to a local shelter or food bank. Take some time to research shelters or neighbourhood groups in your area. This can be a hands-on lesson on kindness and compassion, which is the most valuable lesson you can teach your child. Another option includes helping your neighbours. Have your children rake the leaves on the lawns that belong to seniors, or video chat with the seniors to break their isolation. Talk to your children about how the pandemic affects us all in different ways. Life skills from donating include community mindfulness and serving others. Academic skills can include math and research.

STAYING HEALTHY AND IN SHAPE

There's no question that our daily routines have changed in ways we never could've anticipated. The general consensus is to limit exposure to others and practice new social routines like self-isolation and social distancing. However, these habits, if not monitored with keen eyes, can be harmful to our health if we are not careful. This lifestyle shift can lead to normalizing a more sedentary lifestyle.

The question many of us have is how to stay healthy during this new normal. The answer to this question is luckily a lot simpler than you may think. A day that usually includes physical activities like grocery shopping, getting steps in during lunch break, walking your kids home from school, may be absent. But there are proactive, functional, and creative options for us that can be done every day of the week.

EXERCISE WHILE AT HOME

We can all stay active without setting foot in a gym or even buy a fitness plan. Exercising at home is as simple as purchasing a yoga mat or resistance bands from the store and throwing on a fitness video on YouTube. We put too much pressure on ourselves to go to the gym. To be frank, going to the gym isn't for everyone, especially during these times. If you have equipment at home that has been gathering dust, then dust it off and give it a go. If you don't have equipment but wish to add resistance to your home workout, there are plenty of at-home options including books or balls. There are even fitness apps that specialize in at-home routines that don't require weights.

Another tip for staying active at home is climbing stairs. It is a repetitive activity but climbing stairs is great cardio and perfect for stabilizing your muscles. Why not climb stairs during the commercial break of one of your evening television programs.

SELF-CARE

Take time to take care of yourself. We all get wrapped up in the nuances of daily life and forget to take the time to support ourselves, and the people around us. Self-care can be as simple as catching up by phone with a friend overseas or spending quality time with a loved one. It can also be taking time out of your day to do something that you love and focus on one of your hobbies. Meditation is another way to relax and bring calm to your day. Some studies suggest that meditation also promotes sleep.

SLEEP

One of the simplest ways to stay healthy is adequate rest. Good sleep is essential to our overall health. While the amount of rest needed for good health and optimum performance mostly depends on the individual, the amount of sleep you need varies depending on age and lifestyle. We should listen to our bodies to ensure we are getting enough rest.

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PREPARE YOUR HOME FOR WINTER



The temperatures are getting cooler and the days are getting shorter. Whether you're ready for it or not, autumn is officially here. If you haven't already, the deadline to clear the flower pots and the vegetable gardens is fast approaching. You can replace the summer greens with hardy fall plants like mums instead. It's also time to put away the lawn furniture and get your house prepared for what's in store over the next six months.

Fall is an important month for house preparation. It is the transition from summer into the colder months of winter. Since the transition can be drastic, it is important to prepare your home. Here are some tips on things you should do now to help make your home more comfortable during fall (and winter). If you're not comfortable handling any of these tasks yourself, hire a professional to ensure you don't get hurt or cause unnecessary damage to your home.

CAULK AROUND WINDOWS, DOORS AND OTHER OPENINGS

You want to prevent cold air from getting in and warm air from getting out. Caulking around windows and doors does just that. It is always a good idea to do a perimeter check to see if you need to add more caulking in certain spots. Having a good seal around these openings will not only make your home more comfortable, but will also help you waste less energy and save you money. Even if you checked in the spring, be safe and do another check right before winter. It is always better to be safe than sorry.

Another tip is to focus on other areas, not just doors and windows. Some of the areas that will need caulking include dryer and bathroom exhaust vents, cables and pipes that run outside the house.

CLEAN EAVES AND RAKE THE LAWN

Fall brings us beautiful colours, but soon enough those colourful leaves will fall down. Leaves, twigs and other debris will definitely end up in your eavestroughs and downspouts. It is important to clean the eavestroughs to ensure water isn't blocked,

because if it is, it can damage the roof. Another good reason to clear eavestroughs and downspouts are those pesky critters. Full gutters and downspouts are also an invitation for critters, who will nest in them before eventually attempting to get into your attic and potentially causing a lot of damage. Ensure the eavestroughs are cleaned regularly until all the leaves have completely fallen from the trees. If you aren't comfortable cleaning it yourself, hire a professional to do the job.

Another house chore is raking the lawn. Depending how many trees are in your neighbourhood, this can be a tremendous task if you wait until the last minute. Get a head start on raking by doing it once a week. You can even hire one of the kids in the neighbourhood, they would definitely be up for the task.

INSPECT THE FIREPLACE AND CHECK THE ROOF

It is recommended to have a professional check your roofs and fireplace. For the fireplace you want to make sure that is clean. Also check to ensure the damper opens and closes properly. In regards to the roof you may want to check it before that first snow hits. Check to see if shingles are damaged or missing.



IT'S SWEATER SEASON

There is a magical season that lies between the last sun-soaked day of the summer and the first chill of winter. The season, known as autumn, also goes by another colloquial name – sweater weather season. Forget pumpkins and spiced lattes, sweaters are the fashion symbol of the fall. This period is full of fresh, brisk air, and wonderful warm shades of oranges, reds, browns, and yellows. There is no debate that sweaters are made for this season because they help you stay warm, comfortable, and stylish when it matters the most. They are convenient and versatile, as they go with almost any outfit. If you aren't already a believer in the sweater, this article is sure to change your mindset. While we are in the sweater season, here are tips and options for sweaters that will have any outfit feeling comfy and cozy, but still looking chic.

OFF-THE-SHOULDER SWEATERS

Off-the-shoulder sweaters are the trend for the season. These sweaters have a chic look that can go great in the fall but can quite honestly be worn in practically any season. Off the shoulder sweaters are an option for women. There are two main options for necklines. The first is off the shoulder, which shows a bit of skin from the shoulder, usually just on one side. Then, there is a cold shoulder neckline which shows both shoulders. They both go well with jeans or even a long skirt. You can get them fitted or oversized, depending on the look you are going for this season. This sweater is chic, but still warm enough to get you through the season.

LACE-UP OR SELF-TIE SWEATERS

Self-tie designs are usually reserved for the spring and summer, but not anymore. Many fall collections feature a lace-up element because they elevate the average sweater to be fashionable and eye-catching. Oversized sweaters go well with leggings or ankle boots. You can also layer on top of a slip dress or jeans.

Lace-up sweaters aren't reserved for women. There are plenty of options for men as well. Most go perfect with a clean pair of dark jeans. If you are wearing one of these sweaters this season, brace yourself for a barrage of compliments.

TURTLENECK

If showing skin isn't for you, then go with the opposite of the off-the-shoulder, sweater – turtlenecks. These sweaters are classic for the season. They go well with a sports coat or a blazer and can be worn by both men and women.

CARDIGANS

Nobody will argue against the fact that everyone, man or woman, looks good in a cardigan. A plush and well-knit cardigan can go a long way during the fall months. Cardigans come in all shapes and sizes. They can have a fitted look, but they also look great oversized. Cardigans are the go-to for that simple yet put-together look. Especially if you are trying to get out the door quickly for work or even a social gathering.



MUSEUMS IN THE CITY

Toronto is home to amazing museums and art attractions. There is a plethora of artists who exude culture and creativity. Even though the city was closed for a period, many of Toronto's museums and heritage

attractions were adapting to new demands and drafting new ways to engage the public. Now the doors are open, and we can be reacquainted with Toronto's arts and culture scene once again. Many of us aren't entirely familiar with museums but don't worry, there's something for everyone in the city. There are historic Victorian-era houses, breathtaking exhibits, and unique art installations. Toronto's museum scene has something for everyone.

LANDMARK MUSEUMS

Even if you haven't visited Toronto's most well-known museums, you know them by name. The Royal Ontario Museum boasts the title of Canada's largest museum. Its Department of Natural History collections comprise one of the largest holdings of natural history specimens in Canada and is recognized internationally. The ROM also holds nearly 1 million objects of art and culture from around the world, dating from pre-historic civilizations to present-day contemporary artworks. Its new open hours are Wednesday to Sunday. And if you wish to go, you have to purchase a timed ticket online.

Another new landmark museum is the Aga Khan. If you haven't heard of it by name, you have seen it while driving along the Don Valley Parkway. Its building is an architectural work of beauty. The Aga Khan showcases the artistic accomplishments of Muslim civilizations from the past thousand years.

LOCAL HISTORY MUSEUMS

Toronto History Museums are back and brand new. The city's local history sites have been running their HistoricTO campaign, introducing community-focused programming and more inclusive narratives. There are ten museums in the city, so no matter what corner of Toronto you live in, there is a site near you to

learn about your local history. HistoricTO has indoor and outdoor tours for exploring the neighbourhood and ecosystem. Tours run Wednesday to Sunday and tickets must be purchased online in advance.

QUIRKY MUSEUMS

The Bata Shoe Museum is an unusual and unique attraction in the city of Toronto. It has reopened its doors and welcomes guests back to enjoy its collection and stories. This inspiring museum holds over 13,000 shoes. The Bata Shoe Museum celebrates the style, development, and function of footwear across four impressive galleries, with displays ranging from Chinese bound foot shoes and ancient Egyptian sandals to chestnut-crushing clogs and glamorous platforms. There are over 4,500 years of history reflected in its permanent exhibition, All About Shoes.

ART GALLERIES

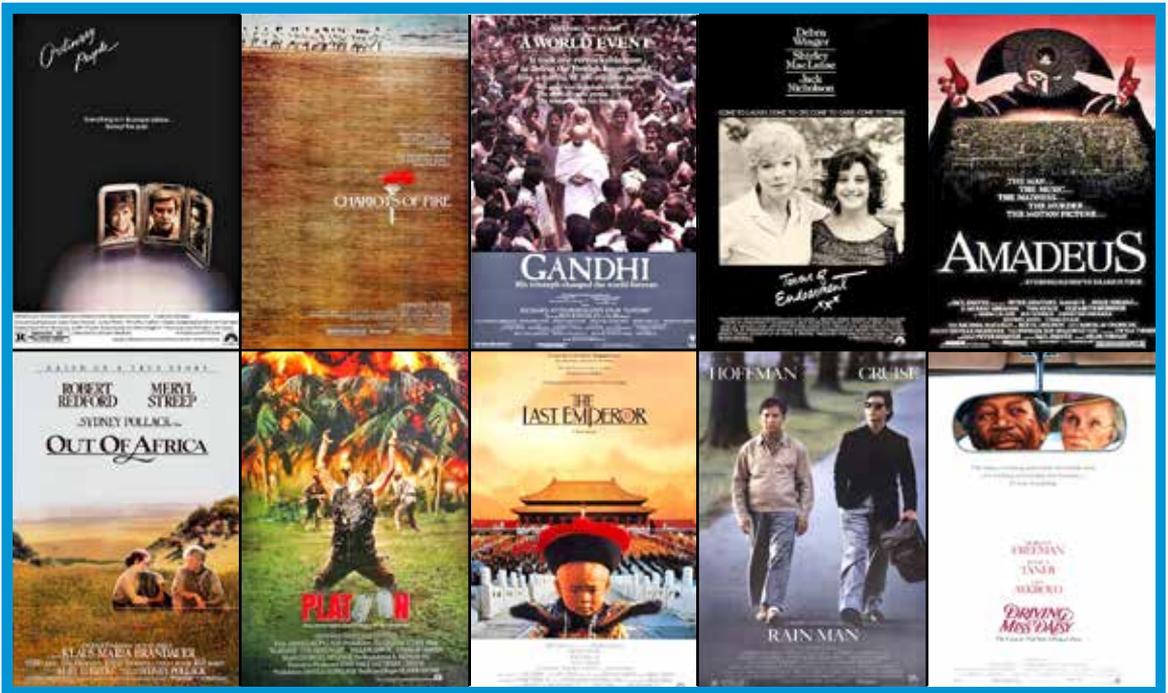
One of the popular art galleries in the city is the Art Gallery of Ontario. The AGO is also one of the largest art museums in North America. The AGO's collection of close to 95,000 works ranges from cutting-edge contemporary to a vast collection by the Group of Seven and works by established and emerging Indigenous Canadian artists. Like most museums, timed tickets must be purchased online.

GREAT DECADES AT THE MOVIES



This edition of *Beaches|life* will be featuring some of the most critically acclaimed films of the 1980s.

Terry Fox began his Marathon of Hope in St. John's, NL (April 12, 1980), the Canadian Charter of Rights and Freedoms came into effect (April 17, 1982), wheelchair athlete Rick Hansen left Vancouver on his around the world Man in Motion tour to raise money for spinal cord research (March 20, 1985), Expo '86 opened in Vancouver (May 2, 1986) the XV Olympics Winter Games opened Calgary (February 13, 1988), 14 women were killed at Montreal's Ecole Polytechnique by anti-feminist Marc Lepine – the anniversary has been designated the National Day of Remembrance and Action on Violence Against Women (December 6, 1989).



Ordinary People (1980) Dir. Robert Redford; Donald Sutherland, Mary Tyler Moore, Judd Hirsch

Chariots of Fire (1981) Dir. Hugh Hudson; Ben Cross, Ian Charleson, Nicholas Farrell

Gandhi (1982) Dir. Richard Attenborough; Ben Kingsley, John Gielgud, Rohini Hattangadi

Terms of Endearment (1983) Dir. James L. Brooks; Shirley MacLaine, Debra Winger, Jack Nicholson

Amadeus (1984) Dir. Milos Forman; F. Murray Abraham, Tom Hulce, Elizabeth Berridge

Out of Africa (1985) Dir. Sydney Pollack; Meryl Streep, Robert Redford, Klaus Maria Brandauer

Platoon (1986) Dir. Oliver Stone; Charlie Sheen, Tom Berenger, Willem Dafoe

The Last Emperor (1987) Dir. Bernardo Bertolucci; John Lone, Joan Chen, Peter O'Toole

Rain Man (1988) Dir. Barry Levinson; Dustin Hoffman, Tom Cruise, Valeria Golino

Driving Miss Daisy (1989) Dir. Bruce Beresford; Morgan Freeman, Jessica Tandy, Dan Aykroyd



D.I.Y. HALLOWEEN @ HOME

One of the many highlights of the autumn is the celebrations. We love celebrating the harvest season, the equinox, Thanksgiving, but we also love Halloween. We all can agree that Halloween has a special place in our hearts. We have memories of getting dressed in our favourite costumes and going out in the neighbourhood to collect bags full of treats. It's a time for kids, and adults, to let loose and showcase their imaginations. Yes, Halloween will be a little different this year, but there are some tricks we can do to ensure the celebration will be a treat for us all.

GO BIG ON DIY

We all have great imaginations, and Halloween is the perfect time to flaunt it. If you make your own costumes every year, great. If you usually purchase your costume from one of the big brand stores, this year try making your costume from scratch. There are great websites and videos that have valuable tips for making your own costume. Get started on your costume in early October and by the 31st you will have a costume that looks good, but also that you appreciate because you put the time to make it unique.

Another trick for Halloween is to make your Halloween interior and exterior décor the talk of the neighbourhood. The whole family can participate in putting spooky spider webs on the lawn, or paper chains around the mailbox. Take pictures of your house and post it on social media for friends and family to see.

THROW A FAMILY HALLOWEEN PARTY AND LEARN A HALLOWEEN DANCE

Have an intimate Halloween party at home. Play board games and maybe even make a list of classic scary movies to watch. Oh, and what is a party without music? Another fun activity is listening to Halloween themed songs and learning some Halloween dance

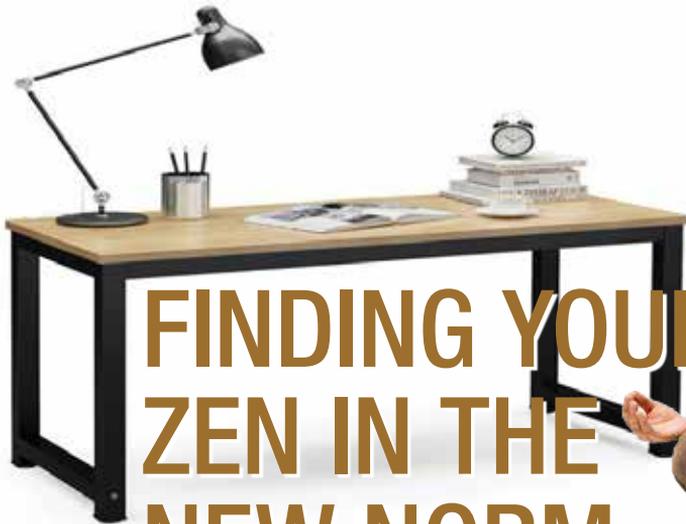
moves. This could be the big finale for your home video or play – or just a great way to get some exercise and laugh together as a family. Search YouTube for “Monster Mash Dance”, Michael Jackson's “Thriller” or “Monster Shuffle”. If the choreography is too hard, then make your own dance moves. Other dance games you can play are freeze dance and musical chairs. Have a spook-tacular Halloween party that you will never forget. And make sure you wear your costumes!

CREATE A HALLOWEEN HOME MOVIE OR PLAY

Once you have the costume and décor completed, then you are ready for lights, camera and action. Have the kids write a script and film a short homemade scary movie. You don't need a professional camera, simply use your phone to record. Homemade movies are a great way to save precious memories for years to come. If you wish, share the movie with neighbours and challenge them to make their own spooky films.

MAKE HALLOWEEN TREATS

Finally, make your own Halloween treats. From cookies frosted to look like witch hats to tangerines peeled and garnished with mint to look like pumpkins, the options are endless. There are thousands of recipes online for your family to enjoy.



FINDING YOUR ZEN IN THE NEW NORM

As life slowly starts to show some semblance of normalcy, we know that for the time being life will be a little bit different. All aspects of our lives have been impacted in some fashion over the past few months. As the dust settles, we realize something; some positive changes are being made on a global and local plane. The pandemic has made us realize what is important in our lives. It has given us time to reflect, adapt, and evolve. There is now a new norm for almost every area of our lives. Below, is a list of some of the positive results from the pandemic.

RELATIONSHIPS

During the pandemic just about all of us took the time to reach out to friends and family. We adapted and connected over the phone or virtually. Many families built a routine of spending quality time together. And in the aftermath of quarantine, people are making a sincere and consistent effort to spend time with those they love.

The pandemic also opened our eyes to people in our community and globally. We are showing kindness to one another, understanding that the pandemic has affected everyone in different ways. There have been many social movements that are showing us that we should be compassionate to each other.

HEALTH AND WELLNESS

Personal wellbeing is at the top of everyone's radar. So many more people are taking the time to take care of themselves and their loved ones. Some are doing it

in the form of exercise, like going on walks or hikes. And others are taking a spiritual approach through activities like meditation or Yoga. Another positive result is we are taking our mental health seriously. Gone are the days when we would tell each other to "toughen up." Now, if a family or friend is in need, we are there for them and have opened lines of communication and understanding.

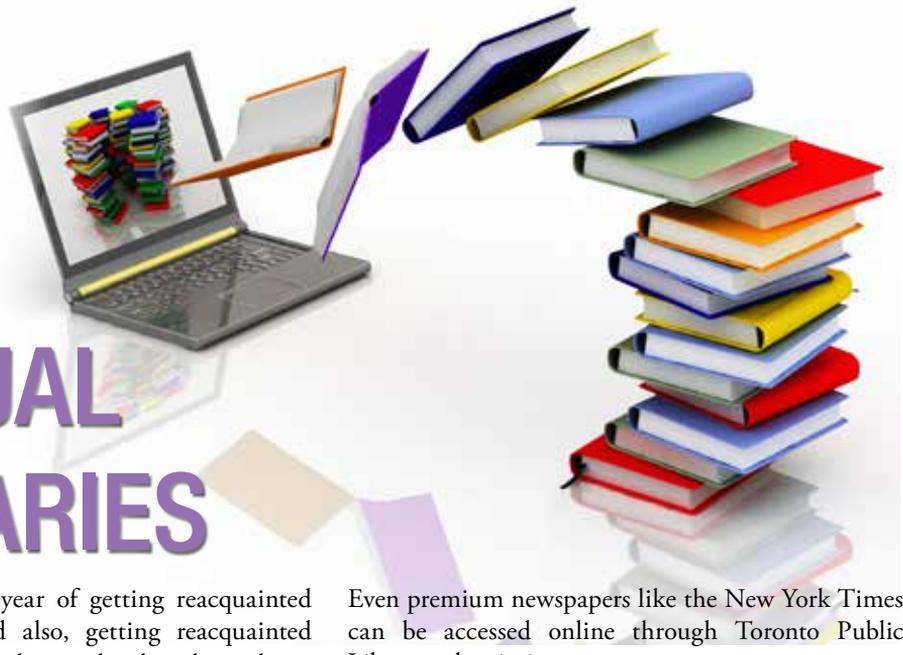
ENVIRONMENT

The lakes, forest, and landscape have never looked healthier. Local ecosystems have benefitted from quarantine because we are taking better care of the environment. Around the world, countries are noticing the increase in wildlife and vegetation. In cities, there have been fewer smog days and cleaner skies.

WORKPLACE ENVIRONMENT

As the workplace adapted to social distancing, many people started working from home. In many cases, workplace efficiency increased when employees worked from home. Although working from home isn't possible in all occupations, large and small businesses had to make changes. There has been a new emphasis on technology and communication, which has transformed the workplace.

These are some of the many positive outcomes that have been a result of us taking the time to realize what is valuable in our lives. As life begins to resemble what it once was, it is imperative to take positives as we look toward the future.



VIRTUAL LIBRARIES

This year has been a year of getting reacquainted with each other. And also, getting reacquainted with our neighbourhoods, our local parks and our environment.

If you haven't already, it's time to get reacquainted with your local library. The library has evolved with the times. Even during the quarantine, libraries were an important institution for keeping people engaged. There is no better opportunity than now to learn new skills and acquire new knowledge.

The libraries today have so much to offer cardholders. There is a vast selection of workshops, books and other materials for children, youth and adults. What makes libraries so amazing is that most of the resources can be accessed online for free, and they can be accessed seven days a week at any time. All you need is your library card number and you have the world at your fingertips.

Toronto Public Library is the world's largest overdrive (digital) library. Among the digital offerings are: e-books, e-audiobooks, movies — including documentaries and world cinema — free music, including classical music concerts, ballet and opera and on-line learning courses.

The options are endless. For instance, if you are interested in learning a new language the library has learning applications online. You can learn to speak French, Spanish or Italian in no time. For adults, there are digital magazines with current editions on news, business, entertainment and fashion, including *The New Yorker*, *Hello!* and *National Geographic*.

Even premium newspapers like the *New York Times* can be accessed online through Toronto Public Library subscription.

Another area the library has incorporated is streaming services. Many of the popular streaming apps like Netflix and Disney only include television shows. The library stays true to its nature by offering streaming services that teach and engage young learners.

Two streaming services offer on-line learning, including Lynda.com which offers a range of tutorials on everything from photography, cooking, to learning a new software. The other service is Kanopy which has a series of great courses that include how to draw using various mediums and how to read and analyze popular plays like Shakespeare. Kanopy also has a selection of television and courses for kids too.

A little known fact, is that the library also has a vast selection of comics. From DC, to Marvel and even the Archie comics, there are plenty of options to keep young readers engaged.

For those who have missed out on going to their favourite music concerts or performances, the library also has you covered. Medici.tv offers video streaming of an array of classical music concerts, operas and ballets from around the world.

The libraries have always been important institutions in our communities. They are there to serve the public and have great resources. If you haven't already taken the time to get reacquainted with your library, take the time to do so, you never know what you will discover.

FOUND AROUND THE BEACHES



A barge and crane in Lake Ontario can be seen from Ashbridges Bay. The construction is for a new outfall tunnel for the Ashbridges Bay Treatment Plant. The existing outfall has been in operation since 1947 and is approaching the end of its service life.

The new outfall tunnel will increase the capacity and will operate under high flow conditions, mainly during rainstorms. It will improve water quality at the shoreline, meeting both federal and provincial regulatory requirements.

It is expected to be completed by December 2023.

Let us know if you have a special Found Around the Beaches, we would love to share it in future editions.

Email your photo and information: info@beachesliving.ca.



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- ✓ Clear Stickers
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Size: 3"x3"





WINTER PREP FOR SPRING BLOOMS

Summer has passed and the cool and colourful Fall season is here. Many gardeners use the change in season as a signal to put away the shovels, take off the gloves, and stop gardening for the rest of the year. However, some experienced gardeners know that this season can be crucial for your garden plans for next year. A little fall planning and prepping can really rev up the spring season. Autumn is the time to clean up your flower beds, enhance your soil by adding minerals and nutrients prepare sod and minimize problems in the new growing season.

If you want to have beautiful flower beds full of early growers like tulips or forget-me-nots in the spring, then this season is also the time to plant spring blooming bulbs and pull out tender summer bloomers. Fall garden prep is one of those maintenance chores that will help guarantee a beautiful and bountiful garden next season. Here are some areas to consider when gardening during the Fall.

PLANTING NEW PLANTS

Sure the summer flowers and vegetables can't survive in the brisk temperatures of the fall, but that is no reason to leave your beds empty. Gardeners can definitely use this time to plant some popular spring bulbs and even plant some cool season plants to liven up your gardens. Some popular choices for the cooler seasons are asters, pansies and kale.

Fall is also an ideal time to plant shrubs and trees believe it or not. Newly planted trees and shrubs will get adequate moisture and a dormant period to minimize transplant shock.

CLEAN-UP UNWANTED GROWTH AND PREPARE SOIL

This is the best time to clear old growth and rid your garden of pesky plants like weeds. You can also remove spent vegetables, clean up plant debris and weeds, and winterize your lawn furniture and water features. Other important garden tips include

raking leaves onto the lawn and mowing them with a grass catcher. This gardening tip is good because it will mix nitrogen and carbon which will enhance the fertility in spring and help prevent weeds.

Now is the ideal time to give your soil a little tender loving care. After a busy summer season the nutrients and minerals in the soil often need to be replenished. Adding a soil enhancer, organic material or even compost will go along way in strengthening your soil for next year.

TAKE NOTE OF WHAT WORKED

A common occurrence for gardeners is forgetting about the last season. It can be really beneficial to take note of what worked and what didn't work in your garden. Did the plants get enough sun, or water? Or should you plant shade plants next year. These are the types of questions you should ask yourself and put down in a gardening notebook. This will help ensure your gardens look bigger and better the next time around.



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VIDEO APPS

KEEPING US CONNECTED

When COVID-19 sent everyone into isolation, people scrambled to find the best way to keep in touch with work, friends and family while staying safe at home. Here are some of the more popular apps which also are free to use (with internet connection of course):

DISCORD – originally designed for gamers (Mac, Windows, iOS, Android and Linux).

- video with up to 10 people; voice with up to 500
- easily switch between group and private channels
- screen-sharing

SKYPE – developed by Microsoft (Mac, Windows, iOS, Android and Linux).

- video and voice chat with up to 50 people
- can be downloaded to tablets, Xbox, and Alexa

GOOGLE DUO – developed by Google (web browsers, Android and iOS).

- video and voice chat up to eight people
- can be downloaded to tablets and Google Nest Hub Max devices
- shows a video preview of who's calling

FACEBOOK MESSENGER – developed by Facebook (Android and iOS).

- voice chat up to 50 people but video will only show up to six people at a time – the dominant speaker's camera feed will be shown
- users must have a Facebook account
- features GIFs, stickers and filters for video calls on some platforms

FACETIME – built into iPhone, iPad, and MacOs. “FaceTiming” has become synonymous with any video chat communication, like Google has for searching.

- have up to 32 people in a FaceTime call
- only available between users of Apple devices

WHATSAPP – joined Facebook in 2014, but continues to operate as a separate app (Android, iOS, browser app available for Windows and Mac).

- video chat up to four people at a time; voice messages, pictures, and texts can be shared with up to 256 people
- works on WiFi, so you can call people across the country with it

ZOOM – subscription and free versions available – free version has some limits (web browsers, Android, iOS and many program plug-ins).

- video chat up to 100 people; a limit of 40 minutes for the free version
- screen-sharing capabilities, unlimited one on one video calling, and integration of applications like Google Calendar, Slack workspace messaging, Evernote, Twitter, and Youtube

SAMPLING THE WORLD IN TORONTO

THE VIBRANT FILIPINO COMMUNITY

Did you know?

- Filipino is the 8th largest population in Toronto, population 140,420 just before German.
- About 1 out of 2 Filipinos in Canada live in GTA
- Tagalog, the national language of the Philippines, is one of the fastest-growing languages in Canada.
- Tobias Enverga Jr., first Filipino-Canadian in the Senate and first elected to local government in Toronto.
- Rey Pagtakhan, Winnipegger, was the first Filipino-Canadian elected to Parliament, and first cabinet minister

As Toronto's hospitals rapidly expanded, there was an increasing demand for healthcare workers. Filipino women found plenty of work. They were well educated, skilled, and had all received English language training in schools. Most accepted jobs that were much below their level of expertise in order to make a living. The community was strong and vibrant, and it was connected and supported by the strong ties that Filipinos have to the Roman Catholic Church.

Parkdale and St. James Town were two areas of the city that soon became established Filipino communities. In Parkdale, the women found employment at St. Joseph's Hospital near Roncesvalles Avenue, and started to attend a catholic church on King Street West, east of Jameson Street.

In St. James Town, the women settled into what was – at the time – the new high rise apartment buildings for lower income families. They found work at the nearby Wellesley Hospital (no longer in existence), and attended Our Lady of Lourdes Roman Catholic Church, built in 1879 on Sherbourne Street.



Today, the Filipino Centre of Toronto still is located on Parliament Street, in the heart of the original St. James Town area. Toronto's Filipino business community remains one of the major participants of the city's annual Cabbagetown Festival. The community also has a strong business presence in the Bathurst and Wilson area, which is also the location of the "Taste of Manila," a street festival with food and entertainment.

Before the arrival of Filipino immigrants, Toronto didn't keep a good record of how many Filipinos lived in Toronto. This is simply because at this time in our city's history, those from the Philippines were classified as "Asian", rather than by country. But changes were underway in the country to Canadian immigration laws that opened doors to more migration beyond Europe, and thus, better records that identified country beyond ethnic heritage. It soon became much easier for individual and families to come to Toronto directly from the Philippines.



The City of Toronto has been described as Canada's crown jewel of multiculturalism, a sparkling, rich, colourful and precious treasure. Toronto has many well-known neighbourhoods like Portugal Village, Greektown, Little India, Little Italy, and spread across the city are large communities with Chinese, Jewish, Filipino, Sri Lankan and West Indian residents. This multi-part series, will be featuring some of Toronto's vibrant cultures.

TORONTO'S 200 YEARS OF BLACK HISTORY

INTERESTING FACTS...

- He was a patented inventor, horse-drawn cab driver and one of Toronto's most loved and influential politician. The first non-white elected City Councillor in any major Canadian city, and continued to win 14 more elections.
- The Black presence in Toronto dates all the way back to 1799, when 15 Blacks were enumerated in the town of York (Toronto's original name). By 1837 there were about 50 families of refugees in Toronto, many of them engaged in trades such as shoemaking and blacksmithing.
- The first church for Toronto's Black community opened 201 years ago.

In 1837, a family of free slaves fled to Canada from Virginia, USA. They settled in as farmers in the area that eventually became Toronto. Five years later (in 1842), their son, William Peyton Hubbard, was born in a small rural cabin in the area around Bloor and Brunswick.

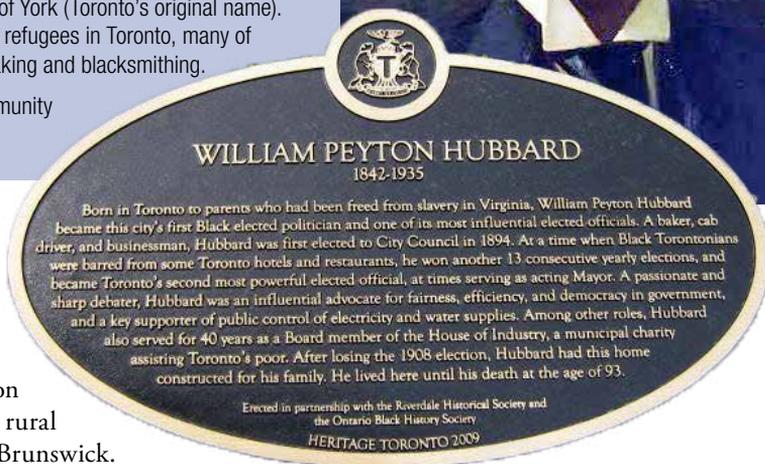
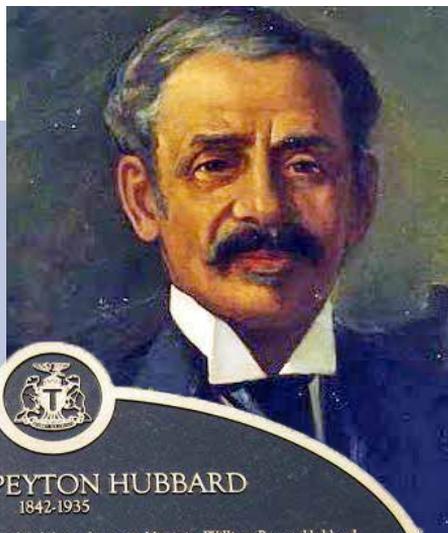
At the time, the family was part of 1,000 African Canadians in a Toronto population of 40,000. Most, like the Hubbards, had come from the US via the Underground Railway.

Hubbard became a baker and a very successful businessman. He invented and patented a new commercial baker's oven, the Hubbard Portable. But it is Hubbard's contribution to the political life of the city, in its very early years, that is so remarkable.

He was encouraged to enter politics by George Brown, founder and editor of the Globe newspaper and one of the Fathers of Confederation. As the story goes, Hubbard saved his life one night when Brown's horse drawn cart spilled into the Don River.

At the age of 52, Hubbard became the first non-white elected to public office in any major Canadian city. He would win 14 more elections.

In 1898, Hubbard served on Toronto's powerful four-



member Board of Control – then the city's inner cabinet. He made tremendous contributions to the city. For example, he oversaw the move from cramped city hall in St. Lawrence Market to the handsome stone building at Queen and Bay, now called Old City Hall. He also was responsible for passing almost 100 civic initiatives in his years on council, pushing for improved waterworks and road upgrading in the city.

Today, an official oil painting of him hangs in the mayor's office as a tribute to the courage, spirit, determination and accomplishments of the city's first non-white elected official. There is Hubbard Blvd. running between Wineva Avenue and MacLean Avenue along the Boardwalk in the Beaches, and William Hubbard Park at the old Don Jail grounds and the Bridgepoint.

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Did You Know?

- Which one building in the Beaches was designed by Eden Smith?
- Where would you find the “Hole in the Wall?”
- On what street in the Beaches did a famous Hollywood director grow up on?
- Where did Norman Jewison attend high school?
- What is a “green roof”?
- Who brought arts and crafts architecture to Toronto?
- In 1915, who paid to build the Beaches library?
- What are Nematodes?
- Name two features of early 1900’s architecture in the Beaches?



Spring/Summer 2009

beachesliving.ca/historylandmarks

15+ years of collecting, celebrating the Beaches', Toronto's and Canada's history and landmarks are now fully online.

coming, going and on the move

Welcome to the neighbourhood:

- Amma Momo House – 2326 Queen St. E.
- Beaches Therapy Group – 1052 Kingston Rd
- C Cubed – 1926 Queen St. E.
- La Sirena Espresso Bar & Gelato – 1918A Queen St. E.
- Luminaire Authentik – 1027 Queen St. E.
- Punjabi by Nature – 1961 Queen St. E.
- The Curated Market – 2116A Queen St. E.
- The Healing Market – 2243 Queen St. East
- The Neighbourhood Joint – 1987 Queen St. E.

Thank you and best wishes:

- Fat Bastard Burrito – 2008 Queen St. E.
- I'll Be Seeing You – 747 Queen St. E.
- Little Tots Hair Shop – 1926 Queen St. E.

On the Move (new location):

- Children's French Book Corner – 2205 Danforth Ave
- Eaune Natural Skincare – 872 Kingston Rd
- Leslieville Pumps – 913 Queen St. E.

If you are opening a new business in the Beaches, moving, closing, or re-opening, let us know. Contact us at: info@beachesliving.ca or 416-690-4269.

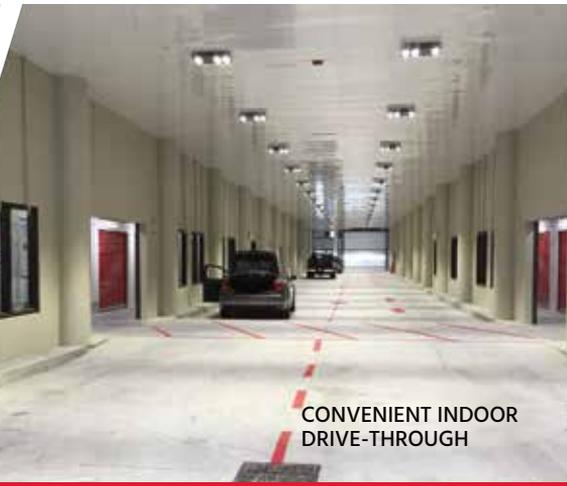
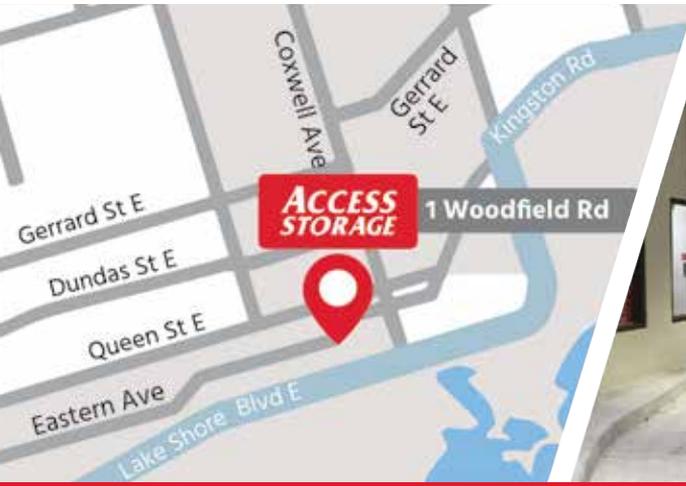


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