



Lighthouse Community News

Bringing Local People Together



FREE Life Changing Vision Workshop — See Page 8 to Register

Who's Money is on the Table?

Mississauga is ready for Investing in the Canada Infrastructure Program.

The City of Mississauga is undertaking several sustainable projects. The goal is for a healthy environment, healthy communities and a thriving economy.

As part of the ten year infrastructure plan, the federal government is providing \$33 billion through the Investing in Canada Infrastructure Plan, to cost-share projects under four streams: 1. Public Transit; 2. Community, 3. Culture and Recreation; 4. Green Infrastructure.

Mayor Bonnie Crombie said, "This funding will allow the city to build transit and transportation systems that will be reliable and connect those who live and work in the city."

WHO'S MONEY IS ON THE TABLE? IT COULD BE YOURS...

Small and medium enterprises receive almost 90% of the 7,700 contracts awarded annually to suppliers in Canada.

The government buys billions of dollars of a wide range of goods and services each year. Opportunities for contracts exist, ranging from thousands to billions, are available for the bidding.

THE GOOD NEWS

The Office of Small and Medium Enterprises (OSME) offers seminars to individuals and groups to learn how to bid on these opportunities.

The OSME supports small and medium enterprises (SME) through the federal procurement process. The office reduces barriers and simplifies the process. The OSME office actively works with the community to ensure their concerns and views are heard.

CALLING ALL ENTREPRENEURS

Do you want to be a vendor, supplier or



contractor? Get informed and make it happen. The city is there to help you.

GROW YOUR VISION — IT'S YOUR FUTURE

For more information, visit the following websites:

<http://www.biddingo.com/mississauga>

<https://www.tpsgc-prwgsc.gc.ca/ontario/bpme-osme/activites-events-eng.html>

Packaging is Damaging Our Environment

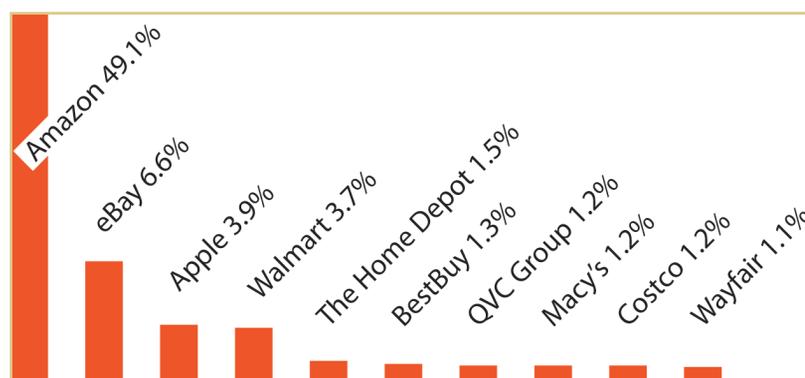
With holiday shopping about to boom, consider where all that cardboard and plastic is going, and what it's doing to the environment along the way?

The use of single-use packaging is extremely high, especially around the holidays. Online sales growth sits at 15% yearly and we are seeing more cardboard boxes at our doorsteps. To add more packaging to the waste, people are purchasing even more meals to go in cardboard boxes.

In 2017, Amazon shipped more than 5 billion items worldwide through their

Prime program. UPS and FedEx delivered around 2 billion packages within the USA. That equates to more than 1 billion trees.

- Data from Limeloop



This Christmas, consider wrapping your gifts in reusable cloth or paper bags. Cloth bags can be washed and reused. Even better, support your local market vendors and buy their crafts. Reduce the packaging and wrapping waste this holiday season.

If you are an online vendor, consider buying bulk environmentally eco-friendly reusable bags from Limeloop, USA. Or visit your local craft markets to find reusable cloth bags.

For more information, visit the following website:

Website: <https://www.fastcompany.com/40560641/can-online-retail-solve-its-packaging-problem>



THIS IS YOUR NEWSPAPER

Advertise Your Business Here

Make your business known to Local Communities in Mississauga South

Email us on — news@lcnews.xplorglobal.com

PARENT TALK

BEAUTY AND THE BEAST METAPHOR

PART 1

Help your children stay smoke-free from e-cigarettes, vaping and marijuana.

Whether or not you smoke cigarettes or support legalizing marijuana, you probably don't want your children lighting up. Make your standard of anti-smoking heard, "It causes cancer."

In this changing environment, you want your children aware of marketing tricks, with the hope and expectation they will become strong and resilient mature adults. This new culture is out to control your children, making them addicted to nicotine.

What happened to parental conversation and the beauty of common sense?

Positive reinforcements are deposits you make into your child's life. In this culture of charisma and celebrities, the "messages" that vaping is cool could destabilize your child's upbringing. Raising resilient children requires ample compassion and volumes of love.

Spend time with your children discovering and exploring their own gifts and talents. Then show them how it works in the real world. Make your child a valuable part of the family.

Help them to understand how kindness and gratitude form their character. Rather than putting their own interest first, teach children to promote unity and oneness. Celebrate other people's success and seek to improve their own.

Be mindful of others and give with an open heart, instead of self promotion, envy, self centred and jealousy.

Parents who help their children explore, discover and develop their own character, cushions them against marketing tricks.

The question arises, is it possible to raise drug-free, smoke-free children in this era of no rules. Yes, but it helps to have a little ammunition.

If you're feeling outspent, out-messaged and out-cooled, take heart. There are plenty of ways to fight back. Here's how to help your children resist social media marketing.

To learn how to be informed – Read Part 2 below.

Quotes

"Nurture your mind with great thoughts. To believe in the heroic makes heroes."
- Benjamin Disraeli

"The real opportunities for success lies within the person and not in the job."
- Zig Ziglar

"Courage is the first of human qualities because it is the quality which guarantees all others."
- Winston Churchill

"Whoever loves much performs much, and can accomplish much, and what is done in love is done well."
- Vincent Van Gogh

"Resilience builds confidence. Further down the road it will pay off. When the ride is rough, remind yourself there is a landing zone, a port of rest."
- Judy

THE BEAUTY OF TEACHING

PART 2

The beauty of teaching your child are the opportunities which arise out of nowhere!

First, no lecturing. Explain the damaging effects of smoking. Talk about how addictive nicotine is and it does cause cancer. Take your child into a hospital to witness cancer patients. Help them resist gimmicks.

E-CIGARETTES

As a parent you need to be informed about the facts, then share the facts. E-cigarettes and vapes reduce exposure to some harmful chemicals of tobacco cigarettes. But no one really knows the impact on children's health. Studies show it contains formaldehyde. It's helpful to teach your child how to do their own research.

Tell them it's important they should wait until their brains and bodies develop. Get your doctor involved. Have your paediatrician talk to your children about the dangers of ingesting chemicals. Often, children will listen to respected professionals.

Help them see through the hype. Talk about marketing methods and how companies pay

celebrities to make e-cigarettes seem healthier and better for the environment.

MARIJUANA

Impart your values. Teens are still listening to their parents, despite much so-called evidence to the contrary. Discuss what's important to you; good character, solid judgment and belief in a bright future.

Study after study indicates that marijuana negatively affects a teen's developing brain. Focus on preventing them from starting to smoke in the first place.

Look for warning signs. Be on the lookout for things that might be affecting your child's work; such as social exclusion, school problems and emotional instability.

Children don't like to be tricked. Advertisers are full of sneaky ways to get people to buy a product.

Let the conversation begin.

Read more: <https://www.common sense media.org/blog/how-to-help-kids-dodge-cigarette-vaping-and-pot-marketing-and-stay-smoke-free>



Personalize your
message & picture

Yes Elizabeth,
You Deserve a Vacation!

Yes Judy,
You Deserve a Vacation!

Yes John,
You Deserve a Vacation!

For more information
apps@xplorglobal.com

PART-TIME OFFICE POSITION AVAILABLE

Small Pt Credit company handling reservations for a Caribbean Resort seeks a person to work two days a week and one day every third weekend answering phones, responding to potential guest questions and entering reservations into the reservations system.

Applicants must have excellent phone communication skills.

Hotel Front Desk or Travel Agency experience beneficial.

Send resume to:

wlgaucher@gmail.com

LOCAL BUSINESS — PAST & PRESENT

Entrepreneurs



Cooksville Train Station, c1920



Auto Polo at the Cooksville Fair, c1910

The village of Cooksville was originally known as Harrisville, named after the first settler, Daniel Harris, who arrived in 1808.

Jacob Cook arrived in 1819; and by 1820 Cook was awarded a contract to carry mail between York and Niagara. He operated a stagecoach service throughout much of Upper Canada. He was awarded a tavern licence in 1829, and promptly built an inn.

The village was renamed Cooksville in 1836.

Cooksville continued to grow until 1852, when a fire destroyed a large portion of the village.

Cooksville became the early administrative centre for the surrounding township,

In 1874, the village became home to the first multi-purpose Township Hall. For many years Cooksville served as the centre for civic, commercial and educational interests.

Cooksville was also home to the Clair House

Winery. The Canadian Vine growers Association was the first commercial winery in Canada.

Historically, Cooksville was also home to a well-known agricultural fair. Cooksville joined with other villages of Toronto Township in 1968 to form the Town of Mississauga.

Read more: <http://heritagemississauga.com/cooksville/>

Design District



The Design District Limited is a new staging company. Founded in 2019 by three young, dynamic entrepreneurs, Justin, Lindsay and Holly.

The team came together through a shared vision to best serve the community. With each person utilizing their potential to find 'WOW' ways to serve potential buyers. The company grew at a rapid pace.

The Design District provides Home Staging and Styling Artistry Services for residential clients. Properties are transformed using high-quality furnishings and accessories to create a space that potential buyers can call home.

Here at the Design District, we personally handpick all our furniture, art and accessories. Conveniently stored in our 10,000 square foot warehouse in South Etobicoke. We continuously add new styles to our inventory to keep up with the never-ending trends of the interior decorating world.

We also highly believe that living plants that bloom and thrive serve a practical and aesthetic purpose and definitely enhances staging. Therefore, you can always expect a relaxed and inviting environment curated through the introduction of live plants.

We have extended our expertise to design clients, who are looking for help to make their new home home. We've teamed up with suppliers, and offer clients great competitive pricing. So, if you love the furniture you see in our stagings, we can definitely help you pick out some great pieces to add to your home.

"A team is not a group of people who work together. A team is a group of people who TRUST each other." - *Simon Sinek*

The Design District's vision is to become intertwined into the fabric of the communities we are privileged to work in. We look forward to working within the Port Credit and Mississauga communities.

We are trendy, stylish and very competitive.

CHALLENGE US!

Visit our website.

Home Staging • Design • Decor

The Design District is ready to transform your space with our innovative styling and high end furniture. Our track record speaks for itself - SOLD OVER ASKING



Contact us for a FREE consultation and quote
Mention this ad for a 5% discount off furniture rentals

Lindsay, Holly and Justin

☎ 416 252 2585 📞 416 452 0172

thedesigndistrict.ca @thedesigndistrictyyz

SOMETHING FOR THE HEART & MIND

Reader's Comments

Thank You! Your Vision Board Workshop was an amazing event! – See page 8 for more information.

Maybe it was not the number of people that you expected. But God sent you to the right people to share your vision not only in this city, or in this country, but also in other countries around the world!

You impacted my life with your life and words. God Bless you and God be with you and in everything you are doing!

– Testimony from Noemi

A big “Thank You” to our beautiful community!



Thoughts to Ponder

Circular Economy is an economy wherein products and materials should be designed with life cycles that are safe for human health and the environment and that can be reused perpetually through biological and technical metabolisms.

When we focus on being happy, healthy and holistic, we naturally shift to a more sustainable ecological, economical and environmental lifestyle.

Collagen Inner Beauty

Collagen is derived from nutritional foods. The right foods with the right ingredients are building blocks for collagen reproduction. Collagen helps restore youthfulness for textured hair, skin and nails.

WHAT CAUSES COLLAGEN DEFICIENCY?

Not having enough Vitamin C, Excess sugar, Autoimmune disorder and smoking are a few contributors.

A healthy body begins with eating nourishing foods. This in return supports the rebuilding of cells.

LOOK FOR PLANT BASED INGREDIENTS WHEN PURCHASING COLLAGEN

Ginseng and Carrot: rich in flavonoids.

Dragon Fruit and Moringa Extracts: Good source of antioxidants.

Golden Bamboo Extract: Source of silica.

Oranges, Red Peppers, Kale and Broccoli: Vitamin C.

Astaxanthin: Combats anti-inflammatory effects.

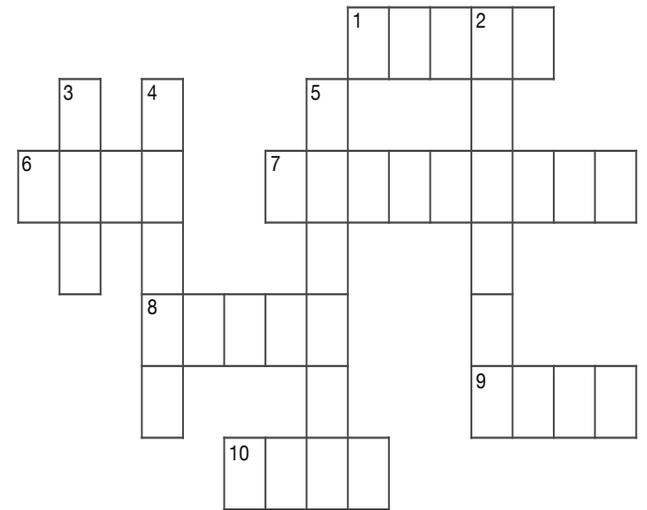
Organic Green Tea and Pomegranate: Polyphenolic fights free radicals.

BENEFITS FROM USING COLLAGEN

- Improves digestion
- Supports healthy hair, skin and nails
- Supports and improves bones and joints
- Dissolves plaque and keeps arteries open
- Boosts metabolism
- Prevents atherosclerosis

Read more: <https://nutritionreview.org/2013/04/collagen-connection/>

Crossword “Computer Games”



Down

2. You can download video or you can _____ it
3. Moving picture
4. There are thousands in one digital image
5. iPad, Fire, etc.

Across

1. What you use to point and click
6. 
7. Data storage device
8. _____ vs. snail mail
9. Funny viral image
10. Unit of measurement equal to 8 bits

For answers, see page 6.

Make your business known to local residents in Mississauga

It pays to advertise in

Lighthouse Community News

Contact us today!

Email: news@lcnews.xplorglobal.com

Eco-friendly Food Wrap

Getting rid of plastic cling wrap is not an easy task. We do not need more research telling us the difficulties to recycling plastic.

MAKE THE SWITCH

Begin by replacing worn out plastic containers for ceramic or glass containers in your kitchen. Buy metal or wooden utensils which last longer than plastic and does not shed plastic in your food.

REPLACE CLING WRAP WITH HOMEMADE FOOD WRAP

Homemade wraps are eco-friendly and made from cotton cloth and beeswax.

These wraps can be made in sizes that suit your needs. Make it large enough for covering bread and pyrex, or small enough for tiny mason glass jars.

Beeswax wraps are sustainable and a natural alternative to plastic wrap for food storage. The warmth from your hands soften the wrap to seal.

When placed over a container, the wrap keeps it's shape. To reuse, just wash in cool water, let it dry and it's ready to go again.

BENEFITS

- 100% reusable, compostable, organic and toxin free.
- Helps to clean up the earth – less mess
- As easy to use as plastic cling wrap
- You get a LOT of use out of each wrap (between 120-150 uses)
- Fruits and veggies stay fresher for longer
- You're supporting local employment
- Breathable

And, it's a great gift to give!

During the summer, I saw a few vendors selling beeswax wrap!



Read more: <https://www.motherearthnews.com/diy/home/reusable-food-wraps-zmoz1908zsta> Start reaping the benefits for you and your family today.

YOUR COMMUNITY NEWS

Clearing the Way for Winter

Colder temperatures and morning frosts have arrived in Mississauga. The salt trucks are already out on the roads.

When the time comes, the city's winter crews will be ready for winter.

Mayor Bonnie Crombie says, "Whether it's snow or ice on our roads, winter crews will be working around the clock to make sure roads, bike lanes, sidewalks and bus stops are safe and accessible this winter."

The city has 378 pieces of snow clearing equipment. Major roads and sidewalks are given priority when snow falls. Next are bus stops, pedestrian crossings, and only then are residential and secondary roads cleared.

If, or when there is more than 30cm of snow, or back to back storms, the plowing and salting is cleared 24 hours after the storm ends on major roads. Residential roads are plowed and cleared 36 hours after the storm ends.

USING SALT RESPONSIBLY

The city is committed to maintaining road safety while minimizing impacts to the environment by

using the right amount of road salt in the right place and time. Salt trucks are equipped with on-board technology to monitor and control salt use. Access to an advanced weather monitoring system also allows winter crews to salt only when necessary and in accordance with conditions.

Residents are also encouraged to minimize the impact of salt on the environment by following manufacturer instructions to only apply the right amount under the right conditions.

SAFETY TIPS

- Be a good neighbour – Clear your sidewalk as soon as possible.
- Offer help to older adults and people with disabilities who may need it.
- Drive according to weather conditions and give snow plows and salt trucks lots of space.
- Wear appropriate footwear when outside.
- Ensure pets are brought indoors during extreme weather conditions.



mississauga.ca/snow

MISSISSAUGA

Benefits of Shopping Locally



WHEN YOU BUY FROM A SMALL, LOCAL BUSINESS, YOU'RE NOT PAYING FOR A CEO'S PERKS, YOU'RE HELPING A LITTLE GIRL GET DANCE LESSONS, A LITTLE BOY HIS TEAM JERSEY, AND MOMS AND DADS PUT FOOD ON THE TABLE. PLEASE SHOP LOCAL!

Cooksville—What Train?



If you love Cooksville, go out there and show the local businesses your love. Because one day it will be all over.

In 2015, the community talked about transforming Cooksville into a modern trendy area. Business owners who attended were concerned about how the construction will hurt their businesses.

Fast forward to 2019, and the talks of the LRT train is less evident. But, Metrolinx has taken up an office space on Hurontario and Dundas. There is progress taking place even though the ground has not been broken.

The \$1.4 billion transit project which boasts multiple stops and connections to GO Transit's

Milton and Lakeshore West lines, has already broken ground. Once completed, it will change the Cooksville area forever.

While most people acknowledge the LRT will absolutely benefit the corridor and the city overall, many residents and business owners have pointed out that it will likely increase the value of their properties.

At the same time, residents and city officials have agreed the LRT could indirectly force people to move away from their working-class neighbourhood. New buildings means prices will increase and the overall cost of living will become higher to live locally.

After more than 10 years of hard work, the Hurontario LRT is moving full steam ahead. The project is expected to begin in early 2020. In the meanwhile, underground works to build utilities continues along the Hurontario corridor.

Mobilinx anticipates completion of the LRT in Fall 2024. An estimate of 800 jobs will be created.

The LRT will be operated and maintained by Mobilinx, it will remain publicly owned by Metrolinx.

Read more: <http://www.metrolinx.com/en/greaterregion/projects/hurontario-lrt.aspx>

HELP WANTED & LOCAL BUSINESS

Kid-Style Parties

Children enjoy having a hand in organizing the party. Let them set the table, make place cards and decorate the house.

- Cook familiar foods you know children enjoy.
- To make sure children have room for the main course, keep appetizer snacks to a minimum.
- If you serve food with sauces, be sure to leave some plain.
- Don't make anything too spicy.
- Don't force kids to eat. If they are hungry, they will find something they like.
- Always have some fruit and bread on hand, just in case



HAVE YOUR FAVOURITE Photos printed on canvas

Rectangular:
 8 × 12 in. (20×30cm)
 12×16 in. (30×40cm)
 16×24 in. (40×60cm)
 24×36 in. (60×90cm)
 36×48 in. (90×120cm)

Square:
 12×12 in. (30×30cm)
 24×24 in. (60×60cm)
 36×36 in. (90×90cm)

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www.glamouru.ca

Wishes You a Merry Christmas and a Wonderful 2020



How to Start a Community Garden Workshop

Ecosource: Growing Green Workshop

Our workshop will guide you through the process of setting up a community garden.

Date: November 28, 2019 @ 5:30 pm - 7:30 pm

Email: communitygardens@ecosource.ca or

Call: 905-274-6222 ext. 303

Crossword Computer Games Answers: Across: 1. mouse; 6. wi-fi; 7. hard drive; 8. email; 9. meme; 10. byte; Down: 2. stream; 3. gif; 4. pixel; 5. tablet.

**SEEKING EMPLOYMENT
EXPERIENCED BUSINESS PROFESSIONAL**

Excellent problem solver with experience in Finances and Operations of Technology.

Flourish in structured and unstructured environments.

Fluent in English.

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SEEKING EMPLOYMENT—LEGAL PROFESSIONAL

Highly motivated Legal Professional with over 4 years experience in Legal Operations, Contract Coordinator / Administrator, seeking employment opportunity.

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Excellent communication skills – English: Fluent.

Email Monique:
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Efficient with technology and organizational skills. Served as an Executive Assistant.

Looking for full-time opportunity.

Excellent communication skills and fluent in English.

Email Megan:
megsrust@gmail.com

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Deadline for Ads and Articles for the January issue: **January 7, 2020**

Note: Please send articles in MS Word format (not PDF)

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LIFESTYLE—IMMIGRANT STORY

Joy to the World

What the world needs now is "Love Sweet Love".

If we all take a little time to give love along the way, wouldn't our world be a better place? And our life sweeter than yesterday?

Wouldn't you like to tell someone how much they mean to you? That's love. Love has no boundaries. It costs nothing but kindness shown along the way.

Take time today and make someone smile. Today, make your life journey a memorable one.

Join us this holiday season for Christmas Eve Service. Meet some friendly faces and smiles.

Happiness builds on happy moments. Christmas is a time for sharing, giving and thankfulness. It's the time when we remember God's goodness and love. How we are kept from harms way each day. And prayers are answered miraculously. Isn't that worth sharing?

"Let the peace of God rule in your hearts."

Let's take time to reflect on our own personal growth. All the events which has brought us to this place in life. God only has goodness in store for you.

Welcome to Good News Assembly of God, your local church on 2222 South Sheridan Way. The people with a heart for the community. We invite you to come worship, pray and enjoy fellowship with us.

The church is a haven of peace where you can find shelter in the storm. When life seems out of control, your local church is the place where unconditional love flows and your soul is restored.

CHRISTMAS EVE SERVICE

Date and Time: 24th December 2019 @ 7:00pm

Address: 2222 South Sheridan Way
Mississauga, ON L5J 2M4
(Erin Mills and QEW)



Canada Land of Peace

Canada is a place of peace and love. Canadians have openly welcome new immigrants into their land, so that we too can live happily. Canada is a land where we can raise our children with good opportunities for a better future.

Canada works best when everyone contributes back into society. A place of mutual respect for communities, seniors and disabled residents.

I deeply encourage every person who makes Canada their new home to befriend Canadians of all nationality.

Embrace changes to grow. It's necessary to get out of your comfortable place, life is an adventure. One of the things that makes Canada so great is diversity.

Volunteer your time by giving back into your local community. Help at the hospitals or community libraries. It is a great way to meet new people and give back to your new country; and to get to know your new environment. Canada has openly welcomed you, now you can return the same kindness by contributing to the good of the country.

Stand up and contribute to Canadian values. Being welcomed to Canada is truly a life changing experience. And that is why you and I came to Canada. Let us not forget how great our responsibility is to keep this land free from terror.

Remember, the seniors of this land have paid into this land so that you too can make it better for the next generation. If you are like me, you will truly fall in love with all the opportunities to live a good life. There is nothing else you can give, than the gift of freedom.

Hark the angels sing, Peace on earth, God's mercy and grace to all!
Blessed is the season which engages the whole world in a conspiracy of love.

What is your inner dialogue?

Did you know everyone has an inner dialogue or self talk?

When faced with obstacles, our inner dialogue or self talk determines the results. Self talk constructs your behaviour — You're either the hero or the tramp.

You are born with the potential to overcome every challenges you will face in life. However, through conditioning your thoughts and mind have been fed the wrong messages. So, instead of living an overcoming life of victory, everyday self talk sabotages you.

Your mind is a collection of experiences. It's your internal filing system. If a memory is incorrectly filed, you have a problem. Or, if you have no recollection of how things are done, you

have a problem.

You must have a good internal filing system, or rather the right memories filed.

Release Your Potential workshop gives you tools to remove the roadblocks. You will identify problems and master the roadblocks.

You will learn how to create your own path to success and live with certainty.

As a bonus for attending you will learn how to constructively use your imagination and design your future.

Register for the Vision *and* Release your Potential Workshops on page 8. Come prepared to embrace a bigger version of yourself.

Your vision becomes your purpose which flows

from passion. Your passion is like an energy drink. It gives life new hope, new strength and new vision.

It's an antidote for depression, seriousness and selfishness. Purpose causes you to have joy when opposition stares you in the face.

A vision determines how you conduct your life.

Your vision becomes the motivational factor which determines your responsibility.

Without vision life has no long lasting relationships nor guidance; and there is very little incentive towards happiness.

Come to be transformed and find out how to live your purpose.

See page 8 to register for workshops

Please bring non-perishable items to donate to our Food Drive

Free **VISION** Workshop

Fall is the season for gathering, and the perfect time to create your Vision Board.
Learn how to constructively use your imagination to visualize and focus on your dream!



Learn How to Develop Your Hidden Potential

A Vision Board

- Create your dream future – Helps identify your career
- Brings clarity & focus – Attract opportunities because you're focused
- Develop your hidden potential to take action

👉 **Register Now at www.wealthisadecision.com/blog/workshop** 👉

Cost: Free – Invite a friend

When: Saturday, November 30, 2019 — 10.00 am - 12.00 pm

Where: 2222 South Sheridan Way, Mississauga, ON L5J 2M4

Workshop ➡ Release your Potential

This May be **THE** Most Important Decision of Your Life
 Learn to program your subconscious mind to direct your life

Face the obstacles blocking you from reaching your goals

Learn how to:

- Identify problem areas
- Conquer fear
- Create your own path to success and harmony
- Better use of your thoughts and imagination
- Adopt a "Do-it-Now" philosophy

Release your Potential — Register today

www.wealthisadecision.com/break-the-chains/

Cost: Free – Invite a friend

When: Saturday, November 30, 2019 — 12.30 pm - 2.30 pm

Where: 2222 South Sheridan Way, Mississauga, ON L5J 2M4

