

Home&Lifestyle

Shopping Guide

Support Your Local Businesses!



READY FOR A HOME REFRESH?
SAVE UP TO 15%!



UP TO

15% OFF

BOOK BEFORE
OCT 15. 26
& **SAVE UP TO 15%**



Limited-time Offer - Secure your project now!

YOUR HOME SHOULD WORK FOR THE WAY YOU LIVE TODAY.

Your Home. Your Vision.
Our Expertise.



CHC
Complete Home Concepts
General Contractor • Exterior • Interior

**** SENIOR DISCOUNTS ****
AVAILABLE!
JUST ASK!

www.completehomeconcepts.ca

BOOK FOR YOUR DISCOUNT NOW!

Please call **519-651-9797**
for a **FREE** renovation consultation.

STOP! Don't Recycle Yet...

BEFORE YOU SPEND THIS FALL... OPEN THIS FIRST!

\$10,000+ in Local \$AVING\$ & OFFERS INSIDE

HOME • RENOVATIONS • DINING • WELLNESS • SERVICES • SHOPPING

SHOP LOCAL. SUPPORT LOCAL. SAVE LOCAL.

DON'T MISS OUR ANNUAL

SAUNA SALE

We have some UNBEATABLE Sauna SAVINGS for YOU.

SAUNA KITS AND HEATERS AVAILABLE FOR DO-IT-YOURSELFERS - **SAVE EVEN MORE!**

Do-it-Yourself
Sauna kits &
Outdoor Saunas.

SAVE \$500.00

OR MORE

ON SELECTED
IN-STOCK MODELS

LIMITED TIME OFFER



All the latest designs & features plus proven reliability and customer satisfaction!

REST & RELAX
SAUNAS



NFL SEASON IS BACK!

KICK OFF
GAME DAY WITH
25% OFF
ALL NFL PRODUCTS!

GREAT GIFT IDEAS

- BBQ COVERS
- HAMMOCKS
- SCOREBOARD CLOCKS
- WELCOME MATS
- SOLAR LANTERNS
- WINDCHIMES

SELECT TEAMS ARE AVAILABLE IN DIFFERENT PRODUCTS



VALID UNTIL
SEPTEMBER 30, 2026
WITH THIS COUPON
LIMITED TIME OFFER

COUPON



445 Contestogo Road (off Northfield near Hwy.86), Waterloo
519.880.9600 M-F 8-5, Sat. 9-1

E: cedarland@bellnet.ca

www.cedarlandlumber.com



Spring Sale!

A/C TUNE-UP
ONLY \$119

ONLY \$79



A/C
ON SALE!



NOW \$2,999
INSTALLED!

OR \$39.99/MONTH

FINANCING AVAILABLE

12 MONTHS

NO PAYMENTS
NO INTEREST
O.A.C.*

10 YEAR PARTS
& LABOUR
WARRANTY!

\$25 OFF

AIR CONDITIONER
TUNE UP SERVICE



HEAT PUMP,
FURNACE &
A/C PACKAGE



FROM ONLY
\$5899
INSTALLED!



EVERY STYLE,
EVERY SIZE!

B30
GAS FIREPLACES

FROM ONLY
\$1999



ELECTRIC
FIREPLACES

MANY STYLES
TO CHOOSE FROM



UP TO
70%
OFF



WATER
HEATERS

FROM ONLY

\$1499

OR \$24.99/MONTH
INSTALLED!



HIGH
EFFICIENCY
WATER
SOFTENERS

FROM ONLY
\$1299
INSTALLED!

OR \$22.99
/MONTH

Since 1979



519-729-3939

TOLL FREE 1-866-753-8040
250 KING ST. WEST, CAMBRIDGE
www.uniqueair.ca

FREE ESTIMATES!

24 HOUR
SERVICE!

Call for details. Offers cannot be combined. Prices shown are for equipment only unless otherwise stated. Installation extra.



FIREWOOD

MAPLE • CHERRY • ASH



STUMP GRINDING

(FITS THRU 36" OPENING)

OLD SOD REMOVED
NEW TOP SOIL ADDED
NEW SOD...

From
\$0.65 / Sq. ft
Pickup only!



AFFORDABLE
SERVICES

FROM
\$65 cord
\$55 2nd cord



BOOK
NOW FOR
EARLY
DISCOUNTS!

Tree Service
and more...

- TREE REMOVAL • TRIMMING
- STORM DAMAGE • STUMP REMOVAL
- LOT CLEARING • BOOM CRAWLER

\$50 OFF over \$250

Additional Discounts
For Larger Jobs up to \$200 Off.



519-501-2411

paul@affordableservicesplus.ca
www.affordableservicesplus.ca

MOBILE STORAGE DELIVERED RIGHT WHERE YOU NEED IT!

Moving, renovations,
Staging, Decluttering... etc.



3 Sizes Available:
8' x 10', 8' x 20' or 8' x 40'



DUNDEE
MOBILE STORAGE
Container Sales & Rentals
519-696-2090
www.dundeestorage.ca

- Rentals • Sales
- Container Relocations
(we Deliver & Pick up)
- Modifications
- Mobile Offices Rentals & Sales

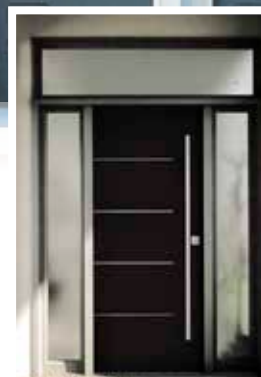
FREE
DELIVERY
WHEN YOU MENTION
THIS AD!
(Waterloo Region only)
\$95 VALUE

info@dundeestorage.ca
17-1277 Bridge St, New Dundee, Ontario N0B 2E0

40% OFF WINDOWS

LIMITED TIME OFFER

Upgrade your home with high-performance, energy efficient windows professionally installed by our in-house team.



Exterior Entry
Doors Available

Modern • Secure • Custom Options

- Government Rebates up to **\$5000***
- Financing Available—Payments from **\$40/month***
- **ENERGY STAR®** Certified Products

- Locally Owned & Operated
- In-House Professional Installers



Call Today: **519-721-2924**

Book Your FREE
In-House Consultation

Visit our website for more information!

www.tricitywindowsanddoors.ca

Rebates and Financing subject to Eligibility and Program Requirements.



TriCity Windows
And Doors

HOWIE MANDEL

"Your Grill's Hero has arrived!"




Book your Cleaning TODAY!

Text or Call Sandy at (his phone number below) and mention Home & Lifestyle Ad when you book.

CALL - 1-877-359-5804
SANDY - 647-614-HERO (4376)
 Visit Grillhero.com

Coupon

SUMMER SPECIAL 10% OFF

BBQ CLEANING

Book additional services **20% OFF**

- ☒ Grill Cleaning
- ☒ Oven Cleaning
- ☒ Grill Repair

Tel: 1-877-359-5804
 Call Center Hours: 9am - 8pm EST
 Monday - Friday
grillhero.com

 **Screen Savers**
 SCREEN WINDOWS & DOORS
 A MOSAIC Family Company

FRESH AIR. EFFORTLESS ENTRY.

RETRACTABLE SCREEN DOOR

PIVOTPRO HANDLE

WITH THE PIVOTPRO HANDLE
 Smooth, one-handed operation.

REGULAR PRICE

~~-\$800~~ INSTALLED

SPECIAL PRICE

\$739 +HST

BOOK YOUR INSTALLATION TODAY

226-790-4003
info@screen-savers-plus.com



Buns Master Bakery

BAKED FRESH EVERY DAY.

BAKING IT BETTER

BAKED GOODS FOR PARTIES, STAG & DOES, WEDDINGS,
 (VISA & MASTERCARD ACCEPTED ON LARGER ORDERS)

***SLICING AVAILABLE ON MOST BREADS & BUN PRODUCTS**

VOLUME DISCOUNTS OFFERED



\$1 OFF

ANY LOAF OF BREAD

EXPIRES SEPTEMBER 30, 2026



White or Whole Wheat

Kaisers

\$3.99

/HALF DOZEN

LIMIT 1 DOZEN WITH COUPON ONLY

EXPIRES SEPTEMBER 30, 2026



White or Whole Wheat

Dinner Rolls

\$2.99

/HALF DOZEN

LIMIT 1 DOZEN WITH COUPON ONLY

EXPIRES SEPTEMBER 30, 2026

Coupons cannot be combined with Senior's Discount

256 Silvercreek Parkway N., Guelph
519-821-0582

 **CARPET & UPHOLSTERY CLEANING**
www.cndcarpetnupholstery.ca

FORMERLY SEARS

CARPET CLEANING	SUMMER CLEANING	UPHOLSTERY CLEANING
ANY 3 AREAS*	ANY 5 AREAS*	3 SEAT SOFA & A CHAIR**
\$129	\$229	\$178
Max 200 sq. ft. per room. Excluding area rugs. Expires October 15, 2026	Max 200 sq. ft. per room. Excluding area rugs. Expires October 15, 2026	Specialty fabrics and loose-back cushions are extra. Expires October 15, 2026

INSIST ON POWERFUL TRUCK MOUNTED STEAM CLEANING UNITS TO HELP REMOVE DEEP DOWN DIRT!

KITCHENER & CAMBRIDGE 519-896-4871 **GUELPH 519-766-1422**



AREA RUGS from \$150 /sq. ft.
 Call for details

Following HEALTH PROTOCOLS

"Our technician was Cordell. The sofa chairs are 8 years old and my wife and I both smoke. Our furniture now looks brand new again and I would highly recommend them."

T. Delaney ★★★★★ Google

BATH Worx
Shower • Bath • Walk-in Tubs

**BATHROOM
SOLUTIONS
MADE EASY!**

BATHTUB REMODELS ✓
TUB TO SHOWER CONVERSION ✓
MOBILITY SHOWERS ✓
FULL BATHROOM REMODELS ✓
GROUT FREE SHOWER WALL
SOLUTIONS ✓

VISIT OUR SHOWROOM AT:
25 Struck Court, Unit 6D
Cambridge, ON

519-622-2284

Email: info@bathworx.ca

Serving Tri-cities, Guelph and
Surrounding Areas

TUB TO SHOWER CONVERSION!

**55 PLUS, SENIOR PROMO
TO \$AVE CALL FOR DETAILS.**

CERTAIN CONDITIONS APPLY

WWW.BATHWORX.CA
LIFETIME AFFORDABLE QUALITY

HOEFLER DOOR SYSTEMS INC

Agricultural - Commercial - Residential

**RESIDENTIAL
DOOR SPECIALISTS**



PROUDLY
MADE IN
CANADA



ALUMINUM
CAPPING
SPECIALISTS!

We also
install /
service
Garage Door
Openers -
Call for details!



**\$100
OFF**

ANY
INSULATED
REPLACEMENT
DOOR

SOME CONDITIONS APPLY.
SEE DEALER FOR DETAILS.
NOT VALID WITH OTHER OFFERS.
EXPIRY - SEPTEMBER 30, 2026.
ORDER COUPON CODE HLSKW-0926

•Garage Doors
•Electric Openers
•Installation
•Sales & Service

KITCHENER-WATERLOO & AREA CALL

519-588-0469

346A Arthur St. S., Elmira

FREE ESTIMATES!

www.hoeflerdoorsystems.ca

email: info@hoeflerdoorsystems.ca

**DON'T WAIT FOR A
LEAK TO TELL YOU YOUR
ROOF IS FAILING!!**



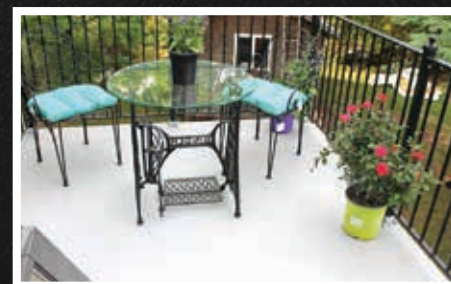
**FREE
MOLD INSPECTION
OF YOUR ATTIC, INSULATION &
ROOFING STRUCTURE**



**3 Quote Options to Fit Your Budget -
Good. Better. Best. You Choose.**

FLAT ROOFS:

- GARAGES • BALCONIES
- ROOF TOPS
- INDUSTRIAL ROOFS



**COMPLETE
from \$17.50 sq.ft CALL FOR DETAILS!**

**10
YEAR
WORKMANSHIP
GUARANTEE**

KIENITZ

STRENGTH • PRIDE • TRADITION

FOR MORE INFORMATION CONTACT

CALL 519-572-5147

KIENITZCONSTRUCTION.COM

**10
YEAR
WORKMANSHIP
GUARANTEE**



1PF

-1ST PLACE FINISHING-

SPECIALIZED IN: Deck & Fence

- ✓ Washing
- ✓ Staining
- ✓ Painting
- ✓ Exterior Wood
- ✓ 19+ Years Experience



**15% OFF
Any Service**

Mention Coupon - LIMITED TIME OFFER



1st Place Finishing • Deck and Fence, Washing, Staining & Painting
• Exterior & Interior Wood Finishing
darrenpollon1@gmail.com 519-651-9738 1stplacefinishing.ca



RETIRED? RENOVATING? WE CAN HELP!



Affordable Window Coverings in Kitchener & Waterloo

Custom window coverings do more than cover windows. A well-dressed window changes a room from just four walls to a place of special warmth and character.

Save up to 50% off all custom made Blinds and Shutters!

- In-home consultation
- Expert advice
- Professional measurement
- Skilled installation

**WE HAVE INDOOR
AND OUTDOOR
OPTIONS!**

PROUDLY
MADE IN
CANADA

BAUHAUS BY
BLINDS ARE US
Gallery Showroom



299 Manitou Dr, Kitchener • thebauhaus.ca • 519-893-8687



ONTARIO DUCT CLEANING

WHAT'S HIDING IN YOUR DUCTS?

**When was the last time yours
were professionally cleaned?**

Every time your HVAC system runs, dust and debris can circulate through your home. Professional duct cleaning helps reduce buildup, improve indoor air quality and support efficient system performance.



Reduces Dust
Buildup



Help Improve
Indoor Air Quality



Supports
HVAC Efficiency

BOOK YOUR
DUCT CLEANING
TODAY!

\$50* OFF

PROFESSIONAL DUCT CLEANING

A CLEANER HOME
STARTS HERE.

LIMITED TIME OFFER

*Valid until October 15, 2026 Taxes extra.

CALL: 855-978-DUCT(3828)

www.odckw.ca

FENCING EXPERTS SERVICES



STRAIGHTLINEIMPROVEMENTS.CA



CALL TODAY!

Straightline Improvements

SUMMER SPECIAL -BOOK NOW
5% OFF
Linear ft. includes 4x4 or 6x6 posts.
LIMITED TIME OFFER.

WE SPECIALIZE IN:

- FENCE • POSTS • POST HOLES
 - DECKS & SIGNS • SOFT SCAPE LANDSCAPING
 - ARTIFICIAL GRASS • SOD INSTALLATIONS
 - INTERLOCKING STONE • EXCAVATING...
- WE WILL MATCH ANY WRITTEN QUOTE!**

SENIORS DISCOUNT
WRITTEN GUARANTEE!

226-808-1161

straightlines4u@gmail.com

Moving, Downsizing, Estate Cleanout?



- B&W Photos • Postcards • Coins • Bank Notes • Records
- Toys • Jewellery • Watches • Fishing & Hunting
- Oil & Beverage Signs/Cans • Clocks
- Military Badges, Medals, Uniforms • Jars & Bottles • Tools

Turn your Antiques Collectibles & Vintage Items Into Cash.

No collection is too big or too small!

Contact Kris Bucior, Kitchener

Call Text or Email **519-744-8392** buciorpl@gmail.com

YOUR SWING ISN'T THE PROBLEM!

You've hit great shots before. So why does your swing disappear when it matters most?

At the range, you feel loose and confident. Then you step onto the first tee... and suddenly the nerves kick in. **That's not a technique problem.** It's your brain running an old stress response under pressure.

No amount of lessons, new clubs, or YouTube tips will fix what's happening between your ears.

MENTAL CHEAT CODES FOR GOLFERS

- *Get in the zone faster*
- *Calm first-tee nerves*
- *Stop analysis paralysis*
- *Recover quickly after bad shots*
- *Play with more confidence under pressure*

DISCOVER THE SECRET IN THE ANXIETY TRAP

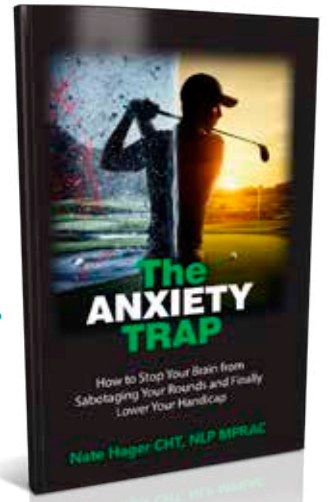
How to Stop Your Brain from Sabotaging Your Best Rounds

Neuroscience-backed techniques to help you play with more confidence, focus, and control.

ORDER NOW ON AMAZON.CA

Start your journey to inner mastery and better golf today.

LEARN MORE: www.unfairadvantage.golf info@unfairadvantage.golf



~~\$150~~ Only \$99/Session

(Average program – 1 to 2 sessions)

>> COSTS LESS THAN A WEEK WORTH OF CIGARETTES <<

** \$20 Consultation fee **



Call or Email Nate Hager for details

(519) 616-8083 nate@getpastit.ca

To find out more go to getpastit.ca



Think Differently Do Differently

getpastit.ca

Hypnosis Coaching NLP Coaching

Located at:

501 Krug St. Kitchener, ON N2B 1L3 Suite 204

COMFORT NOW PAY NEXT YEAR!

NO Payments for 12 Months.



HEAT PUMP
& FURNACE



PROFESSIONALLY
INSTALLED

home
RENOVATION SAVINGS
up to **\$7500**
IN ENERGY
REBATES!

*OAC. Conditions may apply. Limited time offer. Taxes extra.

**For program information, please visit their website for complete details.

GAS & ELECTRIC FIREPLACES



Warm Up this Winter



*With this Coupon. Valid until Oct. 15, 2026. Call for details. Taxes extra.



SAVE
\$500
off gas fireplace
installations

BUNDLED SAVINGS!

TANKLESS
WATER HEATER

GET
\$1500
CASH BACK



FROM
\$49⁹⁹
INSTALLED
LIFETIME WARRANTY

CHLOR-A-SOFT



FROM
\$39⁹⁹
INSTALLED
LIFETIME WARRANTY

WATER
SOFTENER



FROM
\$29⁹⁹
INSTALLED
LIFETIME WARRANTY

*OAC. Rates are per month. Conditions may apply, call for details. Taxes extra. Limited time offer.

FURNACE TUNE-UP

NOW **\$98**

- ✓ Check furnace temperature rise
- ✓ Clean & adjust burner assembly
- ✓ Clean furnace ignition assembly
- ✓ Check carbon monoxide levels
- ✓ Check heat exchanger for damage
- ✓ Inspect furnace safety controls
- ✓ Inspect gas piping
- ✓ Adjust blower motor speeds
- ✓ Clean condensate drains
- ✓ Test & adjust gas pressure and more...



was ~~**\$169**~~

*With this Coupon. Valid until Oct. 15, 2026. Call for details. Taxes extra.

FIREPLACE TUNE-UP

NOW **\$129**
was ~~**\$199**~~

*With this Coupon. Valid until Oct. 15, 2026. Call for details. Taxes extra.

SERVICE CALL

HEATING, PLUMBING, ELECTRICAL



NOW **\$79**
was ~~**\$169**~~ EACH

*Some conditions apply. Valid until Oct. 15, 2026. Taxes extra.



KITCHENER, ON



FINANCING
AVAILABLE

VISIT US AT
2085 SHIRLEY DRIVE
KITCHENER

SUMMER SPECIAL
EXTENDED UNTIL
SEPT 30, 26.

Save **20%** ON ALL METAL
ROOFING PRODUCTS

ASK ABOUT SENIOR

DISCOUNT EVENT

519-224-3433

Buy Directly From
The Manufacturer

BE READY FOR
NEXT WINTER



A TRUSTED AFFORDABLE SOURCE

canmetroof.com

ESTABLISHED IN 1967

SERVING WATERLOO REGION AND NEIGHBOURS FOR OVER 55 YEARS!

Get the best **QUALITY SEAFOOD** selections at two locations
in Kitchener, Ontario.



**Fresh Fish, Fresh Seafood,
Smoked Fish, Condiments...**

T&J Seafoods



2 LOCATIONS TO SERVE YOU BETTER:

26 Elm Street (near Grand River Hospital)
Kitchener ON, N2G 2G4 Ph: 519-578-3080 Ext #1
E: elmstreet@tandjseafoods.com

1425 Weber Street (near Zehrs Hiway Market)
Kitchener, ON, N2A 3A7 Ph: (519) 578-3080 Ext #2
E: weberstreet@tandjseafoods.com

www.TandJSeafoods.com

E-BIKES, SCOOTERS, TRIKES & 4-WHEELERS BLOW OUT!



**OUR
BEST SELLER**



**1 YR.
WARRANTY**



**500W
FAT TIRE
FOLDING
E-BIKE**



**Wagler Sales
& Service**

Scout Along
scoutalongmobility.ca

RR 1 MILLBANK,
(at Zehr's Engine Repair)

BY APPOINTMENT
519-722-0908

FREE DELIVERY

WE MAKE SERVICE CALLS TO YOUR DOOR

UNIGLASS PLUS

Ziebart

GLASS • ACCESSORIES • PROTECTION • DETAILING



#1 CHOICE FOR WINDSHIELD REPLACEMENT & REPAIR

-BY LOCAL INSURANCE COMPANIES



**SECURI-CLEAR™
LIFETIME
WARRANTY**

WHEN YOU REPAIR/REPLACE
YOUR WINDSHIELD THRU
INSURANCE, A LIFETIME REPAIR
WARRANTY IS INCLUDED!



PROFESSIONAL DETAILING

PLUS

■ CAR STARTERS ■ AUTO ACCESSORIES
■ HITCHES ■ WINDOW TINTS & PROTECTIVE FILM

**NEW CAR
RUST
PROOFING**
10 YEAR WARRANTY

FROM
\$599

**NEW PENETR-OIL®
USED CAR
RUST
PROTECTION**

FROM
\$169

**CARPET
SHAMPOO**
FLOOR MATS EXTRA

FROM
\$79⁹⁵

RENU-A-SHINE
THE BEST
PAINT PROTECTION
WITH FREE WINDSHIELD
WATER REPELLENT TREATMENT

FROM
\$179

**HEADLIGHT
RESTORATION**

FROM
\$149

**WINDOW TINT
& HOOD FILMS**
Over 30 Years of
Installation Experience by
Steve Strassburger!

FROM
\$229

WE DO MOTORCYCLE 'CLEAR FILM PROTECTION'

NEW! CERAMIC Z-GLOSS

The Latest Technology in Paint Protection

No Annual
Re-application

7-Year
Warranty



Resistant to impact,
chemicals,
acid rain,
UV rays, scratches
& temperature

COUPON UP TO **\$100 OFF**
WITH COMBINED SERVICES-GET DETAILS IN-STORE



www.uniglassplus.com

363 STIRLING AVE., S. @ MILL ST. KITCHENER 519-744-9606

Take Back Your Garage and Get Organized!

Free Delivery to KW, Cambridge & Guelph Areas

FREE DELIVERY
WITHIN 75 KMS



CANADIAN MADE

PRICE INCLUDES
ON-SITE ASSEMBLY!

**PINEHAVEN
SAWMILL LTD.**

1-888-349-2840 FAX (519) 349-2841

"BUILDERS OF AFFORDABLE-QUALITY PINE SHEDS" www.pinehavensawmill.com

LIVE
OUTDOORS
IN STYLE

Shade Plus

RETRACTABLE AWNINGS
PATIO COVERS
ENCLOSURES
SUN SCREENS
LOUVERED PERGOLAS
RAILINGS

519-846-2509

www.shadeplus.ca



GoLocal Quote



STOP

What service do YOU need?

1. Tell Us What You Need.
2. Trusted Local Businesses
Come to You!
3. Power Your Local
Community.

FREE

to DOWNLOAD FREE TO HIRE!

*Simplify your
life today...*



Questions? Email:
Trevor@GoLocalQuote.com

OR Call:
548-483-6533



www.GoLocalQuote.com

STUART BOWEN CONSTRUCTION

Design & Build

SUNROOMS & ADDITIONS
BACKYARD OFFICE - STUDIO - GYM
BASEMENTS & RENOVATIONS

- **3 SEASON & 4 SEASON SUNROOM ADDITIONS**
 - DOUBLE OR TRIPLE GLAZING
- WE UPGRADE EXISTING SUNROOMS
 - FIXED PRICING
- BUNKIES FOR HOME OR COTTAGE
 - BASEMENT RENOVATIONS
 - RENOVATIONS



★ Fall SALE on Sunrooms!
★ Free Upgrade to Triple Glazing!
★ 10% Senior Discount!

FOR MORE INFORMATION OR
TO BOOK A SITE VISIT

Call/Contact STUART

519.572.0855

Stuartbowen59@gmail.com

www.stuartbowenconstruction.ca

CANADIAN MADE
Since 1987



**WE'VE
MOVED!!**

See new address below,
Turn Right off Line 86
at the General Store in
Wallenstein.

WE CREATE CUSTOM METAL WORKS



MONO STAIRS



METAL FRENCH DOORS



**RESIDENTIAL
SUPPORT
BEAMS**



**SPIRAL
STAIRCASES**



GATES



**FIREPLACE GRATES
& SCREENS**



**PORCH
RAILINGS**



**DECK
RAILINGS**



Free Design Ideas

519-722-0998
6601 YATTON SIDE RD
WALLENSTEIN, ON



RESIDENTIAL
COMMERCIAL
AGRICULTURAL

Roofs Done Right!



**30 YEAR
FIBERGLASS
SHINGLES**

**10 YEAR
WORKMANSHIP
WARRANTY**

We will fully explain the latest in Roofing Advances, and PROFESSIONALLY INSTALL your next roof

**INSTALLED
FROM**

\$2995

*BASED ON A 900 SQ. FT. SURFACE AND 4/12 PITCH

-CALL FOR DETAILS

**We Measure On Property
or Can Estimate
By Google Earth
and Can Quote by Email**

- ✓ POLITE & EXPERIENCED
- ✓ W.I.S.B COVERAGE INSURED
- ✓ LIABILITY INSURED
- ✓ REPAIRS & HEATING CABLES INSTALLED

Courteous Free Estimates

LOCAL CALLING

519-505-4525

SERVING THE KW AREA

**NO
CHARGE
FOR LABOUR
ON EXTRAS!**

*METAL ROOF VALLEYS
WITH 6 FT. OF ICE & WATER
RUBBER SHIELD

*ADDITIONAL ROOF VENTS
IF REQUIRED.
MATERIAL COSTS ONLY



HENRY
ASKES
30 YRS.
EXPERIENCE!



**ALL SEASON
ROOFING**



What We Offer:

- Honest, Trustworthy Communication
- Functional, High End Craftsmanship
- Beautiful Design and Thoughtful Layout
- Stress Free Process



**Visit Our
FREE Kitchen
Estimator!
Contact Us**

(226)-696-0555

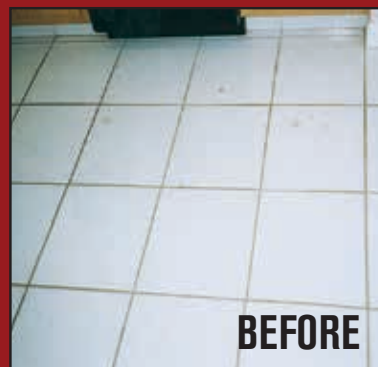
Info@BBcarpentry.ca



Restore that floor!



Has your floor lost its luster?



BEFORE



AFTER

Let us transform your tired and worn looking floor back to its original beautiful look.

We're your premier professional tile & grout restoration experts. IICRC Certified Stone Restoration Technicians you can count on to get the job done right.

- Tile & Grout Cleaning & Restoration
- Stone, Tile & Grout Sealing
- Warranty Grout Colour Sealing
- Natural Stone Polishing
- Broken Tile Replacement
- Natural Stone & Marble Repair
- Natural Stone Cleaning & Sealing
- Stone Countertop Restoration
- Stone Fireplace Restoration
- Shower Stall Restoration
- Stain Removal
- Premium Caulking Service



QUALITY WORK, DONE RIGHT - EVERY TIME.

519.841.7497



www.strassburgertileperfection.ca

Change your Carpeted Stairs to Hardwood!

**** SENIOR DISCOUNTS ****
AVAILABLE!
JUST ASK

We Install
Hardwood,
Laminate and
Vinyl flooring too!

PROFESSIONAL RESULTS...
EVERY TIME!

**YOU BUY IT,
WE INSTALL IT!**

SAVE AS MUCH AS
50%
ON YOUR INSTALLATION

Tri-City
Flooring &
Stairs

519-721-2924
OVER 20 YEARS EXPERIENCE

FREE GUTTER GUARD with NEW EAVES!!!

>> Limited time offer! <<

only **\$2997**

Based on 165 Running Feet
Measured & cut on the spot

**WE'LL BEAT ANY COMPETITORS
WRITTEN QUOTE BY 10%!!!**
Call to book your **FREE** quote!



**EAVE TROUGH
DOUBLE PRO UPGRADE**
for **\$349**
(based on 165 ft)
• CLOG FREE GUARANTEED
• 2 LAYER SYSTEM



FOR MORE INFORMATION CONTACT
KIENITZCONSTRUCTION.COM
CALL **519-572-5147**

KIENITZ
STRENGTH • PRIDE • TRADITION

**DINE-IN &
TAKE-OUT**

**KIDS EAT
FREE**
ON WEDNESDAYS
GET DETAILS

**WHEELCHAIR
ACCESSIBLE!**

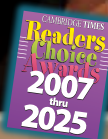
SINCE 1989
**CAZ'S GREAT
FISH**
CAMBRIDGE

Welcome

NEW OWNERSHIP
TO SERVE YOU EVEN BETTER!

**SENIORS DAY
TUESDAY
15% OFF**

JOIN US
FOR ALL YOU CAN EAT



CAZS BEST

THURSDAYS!
FROM 4 - CLOSE

**BUY 1
GET 1/2 OFF**

Choose any regular priced entrée from Caz's menu
& receive the second entrée of equal or lesser
value for 1/2 price, up to a total value of \$10.

Not valid with any other offers, specials or online orders. Expires September 30, 2026.

**BUY 1
GET 1/2 OFF**

Choose any regular priced entrée from Caz's menu
& receive the second entrée of equal or lesser
value for 1/2 price, up to a total value of \$10.

Not valid with any other offers, specials or online orders. Expires September 30, 2026.

SINCE 1989
**CAZ'S GREAT
FISH**
CAMBRIDGE
HLSKW-0926

SINCE 1989
**CAZ'S GREAT
FISH**
CAMBRIDGE
HLSKW-0926

10 PINEBUSH RD. AT HWY. 24 SOUTH, CAMBRIDGE
519-621-6081 **www.cazs.com**

PROUDLY  Canadian



INVISIBLE BUSINESSES DON'T GET CALLED!

Most homeowners aren't buying today—they're
deciding who they'll trust when the moment hits.



**PRINT PUTS
YOU IN THEIR
HOME—
WHERE
DECISIONS
GET MADE:**

- **SEEN** (not skipped or scrolled past) • **TRUSTED** (it feels real in-hand)
- **REMEMBERED** (you're there when they're ready)
- **LESS CROWDED** (than online ads)

ISSUES HAVE LIMITED SPACE.

If your competitor gets in first... **YOU LOSE THE CALL.**

BONUS: Get 4 Months **FREE** Access to **GoLocal Quote** (with your ad)

CALL NOW: 548-483-6533 or email Sales@HLSG.ca

Home&Lifestyle
Shopping Guide

Supporting Local Businesses.



To advertise please visit www.hlsq.ca or call 519-572-5389.

PARIS KITCHENS

Head Office
1550 Caterpillar Rd
Mississauga, ON L4X 1E7

Factory Showroom
23 Railway St
Paris, ON N3L 2Z6

Oakville Showroom
114 Lakeshore Rd W
Oakville, ON L6K 1E3



KITCHENS REIMAGINED.

Step into a world where style meets function. Paris Kitchens combines exquisite craftsmanship with innovative design to create spaces that inspire. Whether you're hosting or simply enjoying a quiet moment, your kitchen will be re-imagined into the heart of your home. Let's build something extraordinary, together.

25% OFF
**YOUR NEXT
KITCHEN
PROJECT!**

EXPIRES SEPT 30, 2026.

**FINANCING
AVAILABLE**

CALL US TODAY 289-815-4561



www.pariskitchens.com



FROM
DESIGN TO
COMPLETION,
WE DO
IT ALL!

PROUDLY
MADE IN
CANADA

Made by Canadians
for Canadians

Enjoy Your Spectacular New
SUNROOM

SUNROOM
OWNERS SAY
IT IS THEIR
FAVOURITE
ROOM IN
THEIR HOME

See for yourself why everyone loves a sunroom.

For only a few dollars a day we can create a space that implores your senses to re-adjust, demands your heart rate to slow and adds a smile to your face. It's a space perfect for me-time. A space you won't ever want to live without. Let us build your new favourite room!

VISIT OUR
STATE-OF-THE ART
SHOWROOM!



www.tropicalsunrooms.com

All Season or 3-Season Enclosures Custom designed to fit your home - no standard sizes .Top quality products & Limited Lifetime Warranty



SUNSPACE
TROPICAL SUNROOMS

VISIT OUR STATE OF THE ART SHOWROOM TODAY!

Kitchener 1486 Victoria St. N 519-742-3525
or no charge dial 1-800-265-2184

London (Lambeth) 2490 Main St., 519-266-3111

To advertise please visit www.hlsq.ca or call 519-572-5389.

Wet Basement?

Call an award winning local Tri-Cities company since 1995

BASEMENT LEAKS
FIXED
PERMANENTLY
from \$350
We Pay The HST
up to \$1000

call for an appointment



A+ Rating

**A Full Service Waterproofing Company With
Over 200,000 Basements Made Dry**

- ✓ Wet Basement Repair
- ✓ Permanent Crack Repair
- ✓ Foundation Repairs
- ✓ Basement Waterproofing
- ✓ Crawl Space Solutions
- ✓ Dampness, Mould and Mildew Solutions

“ The Crack Doctor did a great job. The job was difficult because of Radiant heating. Luke thought out the whole process and was very careful not to damage the heating system. His resourcefulness was truly amazing. Great Job! ”

Ron S.



“ We rate the work done today as top notch. The guys showed up on time and got to work after discussing what they would do to repair a leak in our basement. We were very impressed by their professionalism and pleasant manner. We would recommend this company. ”

John and Judy R.

VISIT OUR WEBSITE: www.thecrackdoctorpros.ca



THE CRACK DOCTOR

“We Repair All Foundation Problems”

WATERPROOFING GROUP INC.



1-866-788-3288

519-584-2339
FREE ESTIMATES

Reading and learning starts with clear vision



"Some early learning disabilities can be associated with blurry vision"
Call us today.

**KIDS & SENIORS
EYE EXAMS**

COVERED BY HEALTHCARD

KIDS EYES AND WHAT TO EXPECT

FACT:

80% of learning in a child's first 12 years comes through the eyes.

FACT:

86% of Canadian Children under the age of 6 have never had a comprehensive eye exam.

FACT:

A child's developing eye is more vulnerable to UV damage, which is cumulative and can't be reversed.

**FREE
MINOR ADJUSTMENTS**

**PROFESSIONAL
COVID PROTOCOL**

**WE BEAT ALL
ADVERTISED PRICES**
AT TIME OF PURCHASE

**no insurance plan?
we can help!**

We accept most insurance:

Blue Cross, CINUP, Chambers of Commerce, Cowan, DVA, Desjardins, First Canadian, Great West Life, Green Shield, GroupHEALTH, GroupSOURCE, Industrial Alliance, Johnson Inc, Johnston Group, Manion, Manulife, Maximun Benefit, O.D.S.P., Ontario Works, Sunlife

2 FOR 1
**GLASSES, SUNGLASSES
OR CONTACTS**

with complete purchase of glasses**
Complete glasses include frame and lenses.
VALID WITH COUPON ONLY. Details in store.

OR

**50% OFF
FRAMES**

WITH COMPLETE PURCHASE OF GLASSES. GET DETAILS

VALID WITH COUPON ONLY. Details in store.

Super Optical

89 King St. North, Waterloo

(near Bridgeport Road)
FREE PARKING
behind building

519-747-5657
www.super-optical.ca

Lens Master

598 Belmont Ave., Kitchener

(near Glasgow)
FREE PARKING

519-570-0118
www.lens-master.com

King Optical

310 King St E #101, Kitchener

(near Cedar St)

519-570-1991
www.KingOptical.ca

**LATEST IN
PRESCRIPTION
SUNGLASSES**

SERENGETI
EYEWEAR



Ray-Ban



nicole miller