

The Upper Village Neighbourhood

Health & Wellness with a Side of Indulgence

Upper Village BIA Contact: uppervillageto@gmail.com | www.uppervillageto.com

BIA Profile

Business Improvement Area

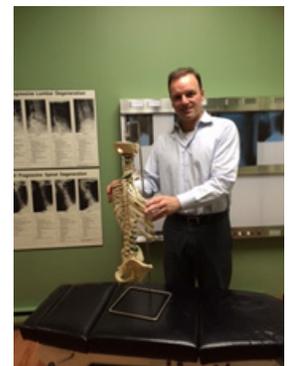
The Upper Village BIA covers the area on Eglinton Avenue West between Allen Road and Bathurst Street, adjacent to one of the city's most beautiful neighbourhoods - Forest Hill.



Established in 1983, it is currently chaired by Dr. Alan Pintaric, a chiropractor who runs Health Solutions. Dr. Pintaric provides his patients with complete chiropractic care, including acupuncture and massage therapy.

Ensuring the neighbourhood is beautiful and pedestrian friendly is one of the priorities of Dr. Pintaric. In fact, the Upper Village BIA goes to great lengths every spring to make sure that flower pots line the streets to beautify the area.

The Upper Village BIA also makes it a priority to promote its businesses in unique ways. It initiated a "Live Shop Dine" passport campaign where customers received a stamp for every store they visited in the area for a chance to win \$500.



Dr. Pintaric at his chiropractic office

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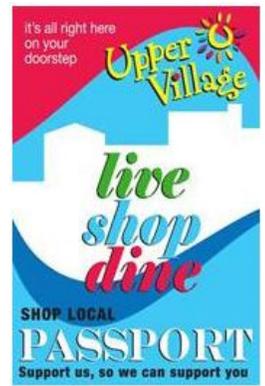
EGLINTON
CROSTOWN

 **METROLINX**
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It's fitting that a health care professional chairs the Upper Village BIA given this area has a large concentration of health and wellness services and stores: The Natural Healing Health Centre & Spa, the Canadian Gynecology Institute of Chinese Medicine, the MCC Laser & Skin Care, and W Holliswealth. Qi Natural Foods and Nortown Foods, two speciality grocery stores, are also located in this neighbourhood.

In this area, there is a focus on people health, but it's also good for the health of our four-legged best friends thanks to the Central Toronto Veterinary Referral Clinic and the Forest Hill Animal Clinic.

So if it's you or if it's your pooch feeling a little out of sorts, the two of you can easily find ways to boost both physical and spiritual well-being in the Upper Village area.



Passport campaign to support local businesses

Of course, no area is complete without highlighting the amazing eats, and the Upper Village neighbourhood has many. Starting with breakfast, there are many bagel shops and bakeries in the area, such as What-A-Bagel, where the bagels are so fresh you literally pick them up directly from the oven.



Jerusalem Restaurant – a go-to in the neighbourhood

For lunch and dinner, cuisines range from pub fare to Filipino or Korean, and don't forget French, Italian or Middle Eastern.

A must-try in the area is the Jerusalem Restaurant, which was opened in 1971 and has been a neighbourhood staple ever since. Patrons who visit have gotten to know the owner and some have been regulars for more than 30 years. Many even call it the best Middle Eastern food they've ever had.

For dessert, there are several decadent cupcake places to choose from, including Two Moms Baked Goods and The Pursuit of Frosting, which also specializes in wedding cakes.

Finally, after pampering your body and indulging your taste buds, how about a feast for the eyes? Petroff Gallery is a 2,200 square foot showcase of fine contemporary craft, hosting feature artist exhibitions, large-scale sculptures and paintings, alongside an impressive ongoing selection.



Ongoing glass exhibit and feature artist Maya Eventov exhibit at the Petroff Gallery



Wedding cakes at The Pursuit of Frosting

Whether you are coming for a physiotherapy appointment, bringing your furry friend for a checkup, treating yourself to a cupcake, or dining at one of the many restaurants, the Upper Village area is certainly a beautiful neighbourhood with tons to offer.