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ZOOMER

MEN
55 & UP
WOMEN

OUR HEALTHY

new year

THE
BOOMER
FUTURE

THE END
OF AGING?

INSIDE
THE BRAIN

INTER LIVING
HOME & AWAY

NEW!

Faith
Hope &
Charity

**20
09**

ZOOMERS LOOK AHEAD

HE'S ONE!

BRYAN ADAMS: THE MAN, THE MUSIC, THE CAUSE
PLUS: ANDREA BOCELLI & TONY BENNETT

CARP: THE BENEFITS, THE INITIATIVES, THE NEXT STEPS



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WINTER 2008
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DISPLAY UNTIL FEB. 2

Hong Kong

CHINESE NEW YEAR

SUIT UP

Crease-resistant and laced with discreet passport and coin pockets, it's stylishly suited for the globe-trotting businessman. \$795, Strellson

pack
& go

TYPECAST

These smart-sized, easy-to-pack bottles house unisex potions that combat damage, aging and imbalance in skin and hair cells caused by specific "Enviro-types." Select from Mountains, Urban, Tropics, Shore, Plains and Desert. \$10-\$59, Solavie —Jessica Green

FOR INFO, SEE SHOPPING GUIDE

Armchair Traveller

Learning another language, no matter what your age, has been proven to keep your brain's cognitive functions healthy. With My Chinese Coach (Ubisoft) for the Nintendo DS, you can learn a few key phrases en route or just to help you feel right at home in your local Chinatown. \$30, EB Games —Vivian Vassos



On the new year's second evening, look to the skies for the must-see fireworks over Victoria Harbour.

FORTUNE Forget auld lang syne. Chinese New Year is all about the future. Vibrant Hong Kong revs up as Chinese New Year nears — the Year of the Ox debuts Jan. 26, 2009. Boldly go where *everyone* goes — to temples to pray for a prosperous year. In Kowloon, duck the ashes and brave the smoke at the Wong Tai Sin Temple, where worshippers wave masses of burning incense. For about \$3, shake out a *chim* fortune stick and find out what's in your future, good or bad. Then, watch lion dancers noisily drive off evil spirits at the elegant Langham Hotel (www.langhamhotels.com). Wear red to bring good luck. *Kung hei fat choy* — congratulations and be prosperous!

FAMILY In the world's largest annual human migration, Chinese people head home for the New Year's Eve feast and family reunion, the season's most important event. Arrive a couple of days before the two-week festivities begin to shop, shop, shop. If Hong Kong denizens

buy new clothes and shoes to start the year off fresh, why shouldn't you? Haggle — it's a must — at the markets or join the waiting lines in Kowloon's Tsim Sha Tsui district at high-end shops like Chanel, Louis Vuitton and Lane Crawford. Over on Hong Kong Island's Causeway Bay, join the families that pack Victoria Park's annual flower market early New Year's Eve. Flowers that bloom on New Year's Day bring good luck, while fruit-laden kumquat trees symbolize prosperity.

FIREWORKS On the new year's first evening, don't miss the colourful Cathay Pacific International Chinese New Year Night Parade. And, any night is right for cruising Hong Kong's famous Victoria Harbour, drink in hand, on the Aqua Luna, a traditionally handcrafted, 28-metre Chinese junk. It's perfect for viewing A Symphony of Lights — music, lights and lasers synchronized over 44 surrounding buildings, every night of the year

FOOD Zip beyond the city to the New Territories on cheap, easy-to-navigate public transit. You'll need to make reservations for "village food" at the popular Tai Wing Wah, a restaurant in the city of Yuen Long co-owned by celebrity chef Hugo Man-To Leung.

FLY Cathay Pacific Airways flies direct from Vancouver and Toronto. Sleep flat and arrive rested in first- and business-class cabin: (www.cathaypacific.com). For more info, visit Hong Kong Tourism Board (www.discoverhongkong.com/canada) —Jayne MacAulay

