Book party dates now

Are you in charge of planning this year's office holiday party? If so, remember that the best dates are booked early.

If you act now, you can have your pick of the most desirable days and times for entertaining your customers or employees. But these dates will not last long. So call the Holiday Inn Arena today and reserve a room for your important holiday season events.

And to help you make your party a success, telephone the Catering Department at 722-1212 and ask for a free copy of our helpful booklet, "Make the Occasion" Party Planners Guide.

Let us take the hassle out of your holiday planning.

Best in Triple Cities Award-winning Sunday brunch

Sunday Brunch at the Atrium Restaurant was recently voted best in the area by readers of The Press & Sun Bulletin.

The brunch features chef-carved sirloin roast and tavern ham, as well as omelets and Belgium waffles prepared to order.

The day's theme might be Chinese, Creole, Hawaiian, Italian or Western. Whichever, you'll enjoy trays of hot and cold foods, salads and desserts that will keep you coming back again and again.

So bring your family, and enjoy the spectacular view of the Chenango River while you eat. Brunch is served from 11 a.m. to 2:30 p.m. Adults $11.95, seniors $8.95, children under 12 eat free when accompanied by a parent.

Exercise for free Work off stress during stay

Hotel guests have the use of two swimming pools and other exercise facilities when they stay at the Holiday Inn Arena.

Swim in the hotel's own pool located on the ground floor, or exercise on the stationary bicycle, treadmill and sit-up bench located nearby. Towels are provided free, but there are no lockers. Lifeguards are on duty Monday through Thursday 7 a.m. to 7 p.m., Friday and Saturday 7 a.m. to 10 p.m., and Sunday 7 a.m. to 5 p.m.

Hotel guests also have full use of the YMCA located just one and one-half blocks from the hotel. There's a swimming pool, racquetball and squash courts, indoor track, weight machines, free weights and aerobics classes, all available at no charge to registered guests at the hotel. Just show your room key at the front desk of the Y to receive your pass and a towel to use.

All exercise clothing is provided for men except for shoes. Women should bring all of their own clothing. Check your wallet or purse at the Y's service desk. Bring (or purchase for $6) your own padlock for use in the locker rooms.