

**THIS SPACE
FOR RENT
780-220-6397**

SNOW REMOVAL

780-922-4619

**THREE SEASONS
LANDSCAPING LTD.**

www.ThreeSeasonsLandscaping.ca

**Dementia and
Contenance Study**

Dr. Adrian Wagg's research team at the University of Alberta is recruiting participants for a research study to understand self-management of urinary incontinence with containment products by community dwelling older people living with dementia.

You will be in the study for approximately 10 weeks. During this time, the researcher will visit you five times. You will be asked to fill out questionnaires, maintain a bladder diary and take part in two interviews. The study visits will last between 1 to 2 hours.

If you want to learn more about this study, please contact Dr. Wagg's research office at **780-492-6855** (24-hour confidential voicemail).



UNIVERSITY OF ALBERTA
This study will abide by all Covid-19 safety measures outlined by Alberta's Chief Medical Officer and Alberta Health Services.

Did you know Gold Canyon Candles went out of business in March 2020? Sunset Scents is a new candle company that was formed by two former Gold Canyon executives who have over 20 years in the candle industry.



We are recreating your Gold Canyon favourites like Fall Leaves (aka Autumn Walk), Hot Apple Cider (aka Mulled Cider), Christmas Wreath (aka Holiday Wreath), Ginger Lime and many more!

prairiescentedcandles@gmail.com
www.prairiescentedcandles.com

It's RRSP Time

To make a contribution or get a no cost second opinion on your current investments, call us.



amh FINANCIAL SERVICES

Andy Husband
B.Comm., CFP
780.425.4058
info@amhfinancial.ca
www.amhfinancial.ca



COLD SHOT
A DIVISION OF BALWARIA EMPIRE PVT. LTD.

PASSENGER & PARCEL SERVICES

GET YOUR REWARD CARD TO GET A FREE TICKET!
Parcel Website: www.coldshotca.com
Passenger Website: www.coldshot.ca

TICKETS: 587-557-7719 | PARCEL: 587-557-7718

SERVING ALBERTA'S BUSINESS COMMUNITY SINCE 2005

**WE CLEAN YOUR HOME
LIKE IT'S OUR OWN!**

- Weekly/Biweekly/Monthly Personalized Cleans
- Move In/Outs
- Residential and Small Business

ASK ABOUT OUR SENIORS' RATES!

NOBODY CLEANS LIKE MOM

780.700.6686 • www.nobodycleanslikemom.com

EMPLOY Abilities FOR NEWCOMERS

LOOKING FOR HELP? NEW TO ALBERTA?

We provide services for newcomers with permanent barriers with a fast, pre-employment program, to help you get ahead!



This program offers the following FREE services:
• Private one-on-one job search advice
• Training to get you ahead with your job search
• Strategies to help you succeed at work
• Networking to help you with your goals

CONTACT EMPLOYABILITIES TODAY!

Contact us by phone at 780.945.4643 or email michael@employabilities.ab.ca

Funded by: Immigration, Refugees and Citizenship Canada
Financed by: Immigration, Refugees and Citizenship Canada

FREE!

New Issue Every Week!

Coffee News

"News To Be Enjoyed Over Coffee"

**North Central
Edmonton
Edition**

780-220-6397



www.coffee-news.ca

Vol. 17 No. 51 December 21, 2020

Everybody's Talking

Collectors' items: Lots of people collect favourite items, whether those are dolls, books, records, or guitars. Usually, they legally obtain the items. That was not the case with a collector in Higashiosaka, Japan. Hiroaki Suda was in the habit of collecting bicycle seats, after he had stolen them. Recently, the man was filmed on surveillance cameras in the act of taking the seats from two parked bikes at a train station. Police were astounded to discover that he had been repeating this crime for over 25 years and had collected over 5,800 bicycle seats, which he kept in a storage facility.

Brotherly love: A caring brother from Zamboanga City, Philippines, wanted to do a good deed for his sister, so he learned how to sew. Rather than taking on a small project, Maverick Francisco Oyao made a prom dress for his sister, Lu Asey, because the family couldn't afford to buy or rent one. And what a dress it turned out to be! Wearing the dress, Lu Asey looked like a princess from a fairy tale. Her brother had learned how to sew by viewing YouTube videos. The finished project was royal blue and white, and featured large pleats and winged sleeves.

Weird items: Those who are interested in visiting a place full of peculiar items might want to know about the Noir Arts & Oddities in Kansas City, Missouri (U.S.). Owner Pamela Smith sells unusual and strange items in her "antique oddities boutique." For people who want to see medical oddities, they have antique medical prints. If customers are curious about the occult, the owner directs them to a selection of incense, tarot cards, and crystals. The shop also has a collection of unusual cross-stitch patterns, as well as books, jewelry, and natural science items.

Bagged burglar: A Welshman must have thought an Elvis Presley convention would be a good place to commit burglary. A camera caught Christopher Badman (his real name!) wandering the halls of a hotel in Porthcawl, Wales, where the convention was taking place. He had a bag over his head to disguise himself while breaking into a room. At one point, he was confronted by a guest. Then, much to the joy of the police, Badman removed the bag from his head and looked into the security camera. He was readily identifiable, and ended up being charged.

Quoteable Quotes

"The person who removes a mountain begins by carrying away small stones."
—Chinese proverb
"It isn't the great big pleasures that count the most; it's making a great deal out of the little ones."
—Jean Webster

What's Happening

Nov 19 to Jan 18-Mom to Mom Online Group Online group where Moms can get together to talk about successes and difficulties of being a mom and sharing stories, each week working on a different topic. Thursdays 1-2 pm. Register at jasperplace-CFC.com

Nov 20 to Jan 2-Magic of Lights Head to Castrol Raceway for a new holiday tradition! You'll embark on a 2.5 KM drive through experience from the comfort of your own vehicle. Be mesmerized as multiple holiday themes come to life with hundreds of thousands of sparkling LED lights!

Dec 1-Dec 31-Luminaria Stroll through the candle-lit pathways of the snow-covered Kurimoto Japanese Garden. University of Alberta Botanic Gardens - 51227 Hwy 60, Parkland County.

Jan 16 to 17-Deep Freeze: A Byzantine Winter Adventure This two-day festival brings together diverse cultures and revels in the magic and beauty of winter. Alberta Avenue - 118 Avenue NW and 91 Street, Edmonton.

NON profit organizations may submit events for FREE at www.coffee-news.ca/whats-happening

Hidden Coffee News Guy ADVENTURE

To enter, visit www.coffee-news.ca

Submit your birth date and we'll send you a birthday card with valuable offers on your special day!

Find the Coffee News Guy hidden in one of the ads, then enter to win!

\$400* Prize Package

Over 150 participating sponsors!

4 winners (\$100 each) will be drawn on the 15th of each month from all correct entries.

...or send your entry by snail mail to: CN Guy Contest, 17303-107 Ave., Edmonton, AB T5S 1E5. Be certain to include your full name, complete mailing address (including postal code), phone number, email address and your birth date. Also include the name of the ad in which you found the hidden Coffee News Guy.

Trivia

1. An appaloosa is a breed of cattle, horse, or sheep?
2. Which Guthrie popularized the song "Alice's Restaurant"—Woody or Arlo?
3. What does the term "per diem" mean?
4. A shuttlecock is used in what game?
5. The city of Timbuktu is located in what country?

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd

(Over)

Feel free to take your Coffee News home!

Every \$3.51 You Give = **1 MEAL FOR A HOMELESS NEIGHBOUR**

Give Hope. Give Today.
TheSeed.ca/donate

THE MUSTARD SEED

IS ADVENTURE ON YOUR BUCKET LIST?
Discover Scuba

Try **Scuba Diving** and see what it's like to breathe underwater!
\$50 per person. Save \$10 each when you register two or more!

Or, discover **Snorkelling!**
\$30 per person. Save \$5 each when you register two or more!

The Dive Outfitters
Scuba Diving & Snorkeling
780.483.0044
11781-156 St., Edmonton

www.thediveoutfitters.ca

SCUBAPRO | SHERWOOD | GARMIN | SHEARWATER | AKONA | HENDERSON | SEALIFE | TUSA

CALL OR REGISTER ONLINE

STOP STREAMING!
IT'S FUNNIER LIVE
AT THE COMIC STRIP
ON BOURBON STREET, WEST EDMONTON MALL

BUY TICKETS ONLINE AT thecomicstrip.ca

2 FOR 1
TICKETS
ALL SUMMER LONG
CODE: SUMMER2020

Rick Branson's
THE COMIC STRIP
DRINK · DINE · LAUGH

HELP STOP THE SPREAD!

1. Wear a mask
2. Keep your distance – six feet!
3. Wash your hands
4. Take your copy of Coffee News home with you

Stay safe!
A message from your friends at **Coffee News**

BROKEN VEHICLE?
Don't despair... We are here to help!
Honest, reliable, inclusive full service automotive repair

TRINITY AUTOMOTIVE

COURTESY CARS AVAILABLE

We understand that your life doesn't stop just because your vehicle does!

780.953.9795
trinityauto9795@gmail.com
#120, 11870-88 Ave., Fort Sask

Calling all Fishermen
50 YEARS & OVER

Come find fishing buddies at
THE EDMONTON
Old Timers'
FISHING CLUB

Monthly meetings
Monthly newsletter

...with guest speaker, free coffee & donuts.

For more info, call or text Gary Preece at 780.940.6679

Recipe of the month

Holiday Haystack Cookies

1 cup semisweet chocolate chips
1 cup milk chocolate chips
3 cups chow mein noodles

1/2 cup roughly chopped almonds
1/2 cup shelled pistachios
2 tablespoons assorted holiday sprinkles

Level: Easy Total: 1 hr 15 mins Yield: 24 cookies
Active: 15 mins

1. Heat 2 inches of water in a pot to a simmer. Add the semisweet and milk chocolate to a bowl and place over the pot of simmering water. Allow to melt, stirring occasionally, 4 to 5 minutes.
2. Meanwhile, add the noodles, almonds and pistachios to a large bowl and set aside.
3. When the chocolate has melted completely, pour over the noodle and nut mixture. Mix until everything is well coated in the melted chocolate.
4. Using 2 spoons, drop tablespoon mounds onto 2 parchment-lined baking sheets. Sprinkle the holiday sprinkles over the top. Allow to dry completely before storing, about 1 hour.

Source: www.foodnetwork.com

Visit us on Facebook-CoffeeNewsWeekly

NEW PATIENTS WELCOME!

Experienced dental care



Dr. Derek Fika
Family Dentistry
Creating Beautiful Smiles
587-760-3454
drderekfika@shaw.ca
Visit us at 12943-97 Street NW, Edmonton

NOW OFFERING COSMETIC AND THERAPEUTIC BOTOX!

Are your ducks all in a row...?

Offering years of paralegal experience to assist you by preparing documents such as:

- Last Will and Testament
- Enduring Power of Attorney
- Personal Directives

RATES AS LOW AS \$150 FOR WILLS

WILLPOWER WILLS
EXPERIENCED. DEDICATED. KNOWLEDGEABLE.
780-418-7611
Call Terri today for a FREE consult.

TERRI BRUNNING

Wishes are waiting.

Help us give every eligible child the wish they need.

Donate today:
www.makeawishna.ca

Make-A-Wish
NORTHERN ALBERTA CANADA

Coffee News is proud to support Make-A-Wish Northern Alberta

CONNECTOR

CONVENIENT, RELIABLE TRANSPORTATION SERVICE
DAILY BETWEEN JASPER | HINTON | EDSON | EDMONTON
AND JASPER | LAKE LOUISE | BANFF | CALGARY

Visit our site to book
www.SunDogTours.com
or call us at 1.888.786.3641

SUNDOG
TRANSPORTATION AND TOURS LTD.

Need ONE More Reason to Join?

- You need child support enforced
- Your landlord raises rent in violation of your verbal agreement
- You adopt a child
- A friend owes you money and files for bankruptcy
- You need help with credit card liability resolution
- Your car is vandalized in a parking lot

Call **LOYD KENNEY**, Independent Associate, to find out how LegalShield can help you!

LegalShield 1-877-579-9449

One solution for oxygen at home, away, and for travel

Introducing the INOGEN ONE - It's oxygen therapy on your terms

No more tanks to refill. No more deliveries. No more hassles with travel. The INOGEN ONE portable oxygen concentrator is designed to provide unparalleled freedom for oxygen therapy users. It's small, lightweight, clinically proven for stationary and portable use, during the day and at night, and can go virtually anywhere - even on most airlines. Inogen accepts Medicare and many private insurances!

Reclaim Your Freedom And Independence NOW!

inogen

Call Inogen Today To Request Your FREE Info Kit
1-888-998-6714

PLEASE ASK US FOR STARTER PACK

200+ Delicious Meals Made for SENIORS!

NOW SERVING THIS COMMUNITY!

- Free Delivery*
- No Obligations
- No Minimum Orders*

*Some conditions apply

Request your **FREE MENU Catalogue** today!
780-666-2336
TF: 1-800-704-4779

HEART TO HOME MEALS
DELICIOUS MEALS MADE FOR SENIORS®
www.hearttohomemeals.ca

Love Coffee News?

Send a selfie of yourself with your weekly edition of the paper, and your picture may appear here!

Send your selfie to contests@coffee-news.ca
Please put "Readers" in the subject line.

Please include:
1 Your name 2 Your phone number and 3 Your address so that we can send you some cool prizes if your photo is chosen to appear in the paper!

Reader of the Month
Thomas Acheson • Calgary, AB

Coffee News Fun Reading. Serious Advertising.

Your Weekly Horoscope

ARIES (March 21 - April 20)

Intense discussions with others might allow things to be blown out of proportion. A willingness to listen, learn, and heal may be a very useful tool for you. Lucky Numbers: 8, 11, 16, 22, 24, 34.

TAURUS (April 21 - May 21)

Some new, exciting ideas may come to you via books, magazines, or on-line sources. You might want to take advantage of these opportunities to expand your mental horizons. Lucky Numbers: 1, 5, 15, 25, 30, 35.

GEMINI (May 22 - June 21)

Personal relationships may help you openly and honestly share feelings and interests. You also might be more willing to accept comments or suggestions from others. Lucky Numbers: 14, 27, 29, 35, 41, 47.

CANCER (June 22 - July 22)

Show your compassion by helping others who are less fortunate. Don't fall into a fantasy world and waste your time on those who don't really care about others. Lucky Numbers: 2, 22, 27, 32, 37, 42.

LEO (July 23 - Aug. 23)

Passion in your relationships may push you to extremes. Use your time to help deepen your understanding of what you value most in people. Lucky Numbers: 6, 8, 17, 23, 30, 42.

VIRGO (Aug. 24 - Sept. 23)

You may have the chance to combine your compassion and imagination with discipline and focus. This mix might be the stuff of which dreams are made. Lucky Numbers: 11, 16, 21, 26, 31, 36.

LIBRA (Sept. 24 - Oct. 23)

You may make important changes now that might help others to see you differently. This also could help you to better express your inner feelings. Lucky Numbers: 3, 4, 10, 13, 33, 43.

SCORPIO (Oct. 24 - Nov. 22)

Try to be very clear and aboveboard about your motives. Your confident appearance might enable others to follow your lead and may help you find solutions. Lucky Numbers: 6, 7, 12, 14, 18, 21.

SAGITTARIUS (Nov. 23 - Dec. 21)

You may be sensitive to beauty and to the feelings of others. Giving generously might be easy because you strongly sympathize. Spiritual values may be more important than material ones. Lucky Numbers: 21, 27, 30, 31, 37, 40.

CAPRICORN (Dec. 22 - Jan. 20)

Your ability to concentrate on complex ideas and to think deeply may be much better than usual. Try to take time to organize your affairs by seeking professional advice. Lucky Numbers: 9, 19, 20, 29, 39, 49.

AQUARIUS (Jan. 21 - Feb. 19)

You may feel strong pressure. Focus on the essential tasks and try to let the rest go. This might allow you to accomplish some very arduous tasks. Lucky Numbers: 10, 12, 15, 30, 35, 47.

PISCES (Feb. 20 - March 20)

Recent events may help you gain a better appreciation for your close friends and family. You might receive some financial assistance from a very unlikely source. Lucky Numbers: 3, 16, 18, 22, 29, 32.

Lucky numbers this week: This week's odds favour Cancer winners with the luckiest number being 2.

Did You Know...

Two moons: Mars, known as the red planet, is the closest planet to Earth and the fourth from the Sun. It has two moons: Phobos and Deimos.

Far-flung place: Each of the world's continents has permanent populations and is made up of countries, except for Antarctica. Only scientists stay on this island at the South Pole, while tourists come to visit.

Age spots: As people age, they may notice flat spots of darker skin on their hands and other areas of the body. These age spots can be caused by sun exposure, which makes skin produce melanin, a natural pigment.

Milkweed dinner: We all love monarch butterflies! To make sure they thrive, don't cut down any milkweed plants. Better yet, plant them. The caterpillars of the monarch feed on these plants.

Bug traps: Science fiction may have us believe that carnivorous plants, such as the Venus flytrap or the tropical pitcher plant, might evolve to have a taste for humans. In reality, these plants only like bugs and the occasional small vertebrate, such as frogs.

On the Lighter Side

No matter how much a private hospital room costs, they only give you a semi-private gown.

Prosecuting attorney: "Isn't it true the defendant talks to himself when alone?"
Witness: "I couldn't say. I've never been with him when he's alone."

Why do elephants have trunks? No glove compartments.

Hospitality is making your guests feel at home, even if you wish they were.

Inflation is when you pay \$20 for the \$10 haircut you used to get for \$5 when you had hair.

Answers

Trivia answers: 1. Horse 2. Arlo 3. Each day 4. Badminton 5. Mail

BUYING A HOME?

Call today so I can help create **Joy in Your mortgage experience!**

LESLIE CAIRNS 780.570.5457
ACCREDITED MORTGAGE PROFESSIONAL

Joy MORTGAGES **KEYSTONE** **@JoyInMortgages**

leslie@joyinmortgages.ca • www.joyinmortgages.ca

PROVIDING THE GREATEST RETURN ON YOUR GREATEST INVESTMENT!

SELLING YOUR HOME?

Invite me over for a coffee. I'll give you real estate advice and a **FREE** market evaluation.

Your Community Realtor
GEORGE VAN DE WALLE
780.982.4247 **RE/MAX**

FREE ROLLING TRAY

- WHEN YOU PRESENT THIS COUPON -

LIMIT 1 PER CUSTOMER - SEE IN STORE FOR DETAILS

NO PURCHASE NECESSARY

8060 - 167 AVE. NW

420 **BUBONIC KRONIK** EDMONTON
ECIGS VAPORIZORS BONDS 780.371.0106

HIP/KNEE REPLACEMENT?

Other medical conditions causing **TROUBLE WALKING** or **DRESSING?**

The Disability Tax Credit allows for **\$3,000 YEARLY TAX CREDIT** and **\$30,000 LUMP SUM REFUND**

APPLY NOW TO MEET 2019 TAX DEAD-LINES!

For Expert Help:
1.844.453.5372

JEOPARDY!

WEEKNIGHTS 7:30
yesTV

We Specialize in **Custom Designed Upper & Lower Dentures to Fit!**

- New Dentures • Relines • Repairs
- Social Assistance - No Charge
- Dental Plans Accepted

NO CHARGE FOR SENIORS WHO QUALIFY

LONDONDERRY DENTURE CLINIC
Mel Lucyshyn ~ Denturist
FOR APPOINTMENTS, PLEASE CALL
780-476-2529

*Some conditions and restrictions apply. Enhancements extra. Inquire for details.

Here to help you see the world

We provide the technology to give you and your family the eye care you expect and need. We direct bill to most insurance companies.

Call today to book your appointment:
780-487-5986

SPECTRUM
FAMILY OPTOMETRY
1188, 8882-170 Street NW, Edmonton

OPEN 7 DAYS A WEEK TO ACCOMMODATE YOUR BUSY SCHEDULE

~ Conveniently located at entrance 48 inside Pearle Vision in West Edmonton Mall ~

Over 20 Yrs. of Great Service!

- HVAC and Mechanical Building Maintenance
- Air Conditioning Repairs and Installations
- Troubleshooting and Diagnostics
- Serving Residential and Commercial Clientele

RBA MECHANICAL INC.
780-474-7481
www.rbamech.ab.ca