



Are you 65 or older?

Help us learn about and address social isolation and loneliness in older adults in Canada. Complete this survey by the Canadian Coalition for Seniors' Mental Health. Just scan the QR code with your phone's camera:



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SYEL

Trivia

1. This fleshy tissue hangs down near the back of the mouth. _____ is a wheel with a rope, cord, cable, chain, or belt on its rim. 3. Waitangi Day celebrates what country's founding document? 4. Did the Edmonton Oilers win the Stanley Cup between 1956-1960?

5. How long is the gestation period for an elephant?

(Flip bottom of page for answers)

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Your Weekly Horoscope LIBRA

(Sept. 24 - Oct. 23)

(Oct. 24 - Nov. 22)

28, 33, 47.

26.35.

37.39.

CAPRICORN

AQUARIUS

PISCES

11, 18, 19, 25, 48.

(Dec. 22 - Jan. 20)

SAGITTARIUS

(Nov. 23 – Dec. 21)

SCORPIO

If you are having difficulty

communicating with some-one, now may be a good

time to resolve the situa-

tion. However, you might

need to be the first one to

Are your intuitive abili-

ties not working properly

now? Consider where you

could adjust your thought

processes to accommodate

new forms of information

You may find that others

are putting obstacles in

the way of something you

want. Rather than fighting

this, perhaps consider

changes you might want

Your insecurities may

surface this week and

encourage you to focus

obsessively on a particular

situation. Breathe deeply

and wait it out, rather

The detached energy that

makes Aquarius a fine

humanitarian can create

distance in personal rela-

tionships. Now may be a

good time to be aware of

You may receive a wave of

information from your

unconscious now. Try not

to let yourself be over-

whelmed by it. Instead,

see how it can help guide

reach out. Lucky numbers: 12, 17, 23,

and data. Lucky numbers: 2, 3, 12, 16,

to make. Lucky numbers: 9, 13, 18, 21,

than immediately responding. Lucky

and positively address this. Lucky numbers: 1, 4, 21, 30, 40, 44.

you on your path. Lucky numbers: 7,

(Feb. 20 - March 20)

numbers: 4, 18, 21, 29, 38, 43.

(Jan. 21 – Feb. 19)

ARIES



You are more than halfway through an eightyear cycle where old wounds resurface in order to be healed. This week may be good for obtain-

ing information that can help. Lucky numbers: 8, 17, 23, 32, 34, 39. **TAURUS**

(April 21 - May 21)

An unexpected opportunity could suddenly appear this week, and you might be more open to seeing it than you usually would be. You may want to examine

it carefully before deciding. Lucky numbers: 3, 5, 19, 22, 38, 47. GEMINI

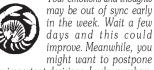
(May 22 – June 21)

Gemini is one of the signs that is good at picking up information from the ethereal realm. Your ability to do so could be heightened over the next

few weeks. Lucky numbers: 6, 9, 16, . 19, 23, 29. **CANCER**

(June 22 – July 22)

Your emotions and thoughts may be out of sync early in the week. Wait a few



any important decisions. Lucky numbers: 16, 19, 33, 36, 38, 47. LEO

(July 23 - Aug. 23)

Your focus for the next few months may be on romance. This period might provide an opportunity, but seeing the other person clearly, including is important. Lucky num

bers: 29, 32, 37, 41, 43, 46. VIRGO

(Aug. 24 - Sept. 23)

their values.

Your typically stable emotional nature may be out of sorts at the end of the week. This might be an opportunity to stretch your comfort zone and

explore your intuition. Lucky numbers: 5, 7, 12, 15, 24, 41.

Lucky numbers this week: This week's odds favour Gemini winners with the luckiest number being 9.

Did You Know...

City of blue: The city of Jodhpur in Rajasthan, India, is full of blue-coloured houses. Called Brahmin blue, the calming colour has been found to repel mosquitos and keep houses cooler.

Rocky outcrop: The Farallon Islands lie about 27 miles (43 km) off the coast of San Francisco, California (U.S.). Indigenous peoples called them Islands of the Dead. The series of steep cliffs provide refuge for birds and other wildlife.

Tiny creature: The bumblebee bat (Craseonycteris thonglongyai) of Thailand and Myanmar is the smallest bat in the world. Also known as Kitti's hog-nosed bat, these wee creatures are smaller than a thumb and weigh only about 2 grams (0.07 oz.).

Pop royalty: Madonna, known as "The Queen of Pop," is a versatile musician and songwriter whose many songs have topped the charts over the years. She was born Madonna



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Louise Ciccone in 1958 in the U.S. state of Michigan.

Clean teeth: An expensive alternative to grocery store toothpaste is Theodent 300. Costing 100 (USD) or more per tube, it contains a trademarked ingredient derived from cacao that is supposed to strengthen enamel.

On the Lighter Side

Ernie: "Are you a light sleeper?" Bernie: "No, I like to sleep in the dark."

Why did the circus performer get tired? He was juggling two jobs.

Sign in a veterinarian's waiting room: "Be back in 5 minutes. Sit! Stay!"

Knock! Knock! Who's there? Dozen. Dozen who? Dozen anybody want to come out and play?

A persistent banker kept bothering me. He wouldn't leave me a loan.

Answers

4. No 5. 22 months Trivia answers: 1. Uvula 2. Pulley 3. New Zealand

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