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An aging demographic is changing the face of Alberta. Alberta Council on Aging, with regional representation across the province, addresses many of the challenges our older population faces. We engage in conversation with various organizations addressing relevant research-based matters, communications, and programs. ACA is committed to providing support and resources to all Alberta communities.

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Alberta Council on Aging  
**Let's Stop Ageism**

**Join us for Coffee Group!**

Hosted by Yellowhead Emergency Shelter  
Facilitator: Tannis Arseneault R.S.W

**Topics include:** Healthy Relationships, Dating Red Flags, Setting Boundaries, Online Dating Safety

• Tuesdays - 10:30-11:30 at Bridges Hinton AB  
• Wednesdays - 9:30-10:30 at Yellowhead Emergency Shelter

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**Everybody's Talking**

**Lying down:** Everyone knows about ski competitions, bicycle races, and running marathons, but the village of Brezna, Montenegro, has a unique one. During their "lying down competition," people lie down for as long as they can. The competition has taken place annually for over a decade; in 2022, the winner was Zarko Pejanic. With the exception of allowable washroom breaks, this winner stayed prone for 60 hours, beating out his nine competitors. The unusual event started because organizers wanted to make fun of the stereotype that people from Montenegro are lazy. Pejanic was happy to take first prize, which included 350 Euros in cash, plus other rewards.

**Balancing act:** Wang Yekun of Hong Kong really knows how to keep things in balance, quite literally! He puts various items on top of each other and figures out how to make them stay there. For example, he placed two bottles on the ground, positioned a third bottle on top of the first two, and then balanced a bicycle on top of the bottles. Other items he's used in his precarious arrangements include sewing machines, wrenches, gas cylinders, bricks, and cell phones. The skill started as a hobby, and now his patience has paid off. He has quite a following on social media by people who are amazed at his clever ability.

**Salty wall:** Although the action is not condoned by public health authorities, patrons of The Mission restaurant in Scottsdale, Arizona (U.S.), sometimes lick the establishment's walls. That's because the walls in question are made of Himalayan salt blocks. Owner Matt Carter got the idea to build pink salt walls after he visited a Chicago restaurant that boasted a room lined with salt rocks. He claims that he does not encourage his customers to stick out their tongues for a taste in his own restaurant, unless, of course, it is to lick the salt block that comes with the tortillas. Or patrons can buy a small block of Himalayan salt to take home with them.

**Screamer:** Ashley Peldon has a gift for screaming, and she is using it to make a living. Born in New York, N.Y. (U.S.), in 1984, Peldon has worked as a child actor in such shows as Guiding Light, That 70s Show, and Ghost World. Her ability to scream well has landed her voice roles in movies, television shows, and video games. In real life, people may scream for many reasons, including feeling emotions such as fear, rage, happiness, and grief. But an actor may not be able to scream on cue, regardless of their acting ability. That's where Peldon steps in, providing the exact feeling needed to make the scene come to life.

**Quoteable Quotes**

"Between what is said and not meant, and meant and not said, most of love is lost."  
—Kahlil Gibran

When you don't slow down by choice, your body can make you slow down by force."  
—Katrina Leggins

**What's Happening**

**June 24 - Hamlet of Robb - Centennial Event** The Hamlet of Robb is celebrating 100 years with a full day of activities for all ages. There will be a Beer Garden, Children's Carnival, Food Trucks, Historical Display, Live Music many other surprises. Bring your family be a part of History!

**Jul 15 - Parks Day 2023** Artisans Market and buskers at the Pembina Nordic Centre in Eagle Point Provincial Park. There will be food trucks and old fashioned childrens games and crafts, including sack races and tug-o-war competitions! From noon-4pm, more info 780-898-7275

NON profit organizations may submit events for FREE at [www.coffee-news.ca](http://www.coffee-news.ca)

**Hidden Coffee News Guy ADVENTURE**

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**Trivia**

1. A triangle with at least two equal sides is equilateral, isosceles, or obtuse?
2. Backgammon originated near the Mediterranean Sea about 5,000 years ago—T/F?
3. A desert is one of the five kinds of biomes or climates?
4. Perseus, Heracles, or Apollo—who was the son of Zeus and Alcmene?
5. A grandfather clock is an analog or digital timepiece?

(Flip bottom of page for answers)

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(Over)

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