

ASTER GARDENS
Memory Care at Aster Gardens

Come and thrive in our Memory Care program designed with you in mind, in partnership with U of A.

Limited Suites Available

UNIVERSITY OF ALBERTA

Call to ask questions or book a tour
 astergardens.ca | 780-902-7837

7 Brower Dr, Sherwood Park

FREE! *New Issue Every Week!*
Coffee News®
 "News To Be Enjoyed Over Coffee"

Sherwood Park North Edition
780-220-6397

www.coffee-news.ca

The World's #1 Restaurant Publication!

IF WATER RUNS THROUGH IT, WE DO IT!
LUC'S PLUMBING INC.
Your Local Plumber

CERTIFIED GASFITTER

780-405-0436
 lucsplumbinginc@gmail.com

Proudly Serving Sherwood Park & Surrounding Areas
NO CALL OUT FEE IN SHERWOOD PARK!

Frustrated with traditional financing options? Tired of waiting for answers?

EQUIPMENT FINANCING

With over 25 years experience, we pride ourselves in eliminating the obstacles often associated with traditional finance solutions.

We do the work so you can keep on working.

PRactical COMMERCIAL FINANCING FOR PEOPLE ON THE GO

Call today:
 780.467.7600 or toll free at 1.855.967.7600
 contact@westarfin.com

RETIREMENT LIVING CHRISTENSON
 Optional Meals • Personalized Services • On-Site Care

Join Our Vibrant Community

Bedford Village
 Centre in the Park

Full Kitchens • Social & Recreation • U/G Parking

161 Festival Way, Sherwood Park

780-540-9500
 CDLhomes.com

Welcoming new patients!
 Offering a full line of dental services, including

- ◆ Invisible Braces ◆ Myofunctional Therapy
- ◆ Snore and Apnea Appliances

PARK DENTAL
 WELLNESS CENTRE #302, 2018 Sherwood Dr.

780.467.2444
 www.parkdentalcare.ca

We are pleased to announce that Dr. Sabrina Atwal has joined our team

10% OFF SUPPLIES
 When you mention this ad, in-store only

CAPITAL CITY SPORTS CARDS

BUY SELL TRADE

Sports Cards of all Eras
 Vintage Cards • Memorabilia
 Figurines • TCG Cards • Pokemon
 Mystery Packs • Auctions • Box Breaks

We can also Grade your cards for you.
 We recommend The Canadian Graders along with these guys!

7633-50 St. NW Unit 101
 1.825.480.1886
 capitalcitysports21@outlook.com

ART CLASSES

Artfully Yours
 School of Fine Art

- * Drawing * Painting
- * Sculpture
- * Portfolio Preparation

#126
 150 Chippewa Road (upstairs)
 Sherwood Park

LIMITED ENROLLMENT - REGISTER TODAY

780.449.3824
 info@artfullyyoursschool.ca
 artfullyyoursschool.ca

GIFT CERTIFICATES AVAILABLE!

TileTown
 Your Space. Your Style. Your Way.

50 years
 1971-2021

Bring this ad into one of our 2 Edmonton Locations & Receive **20% OFF**
 All Regular Priced, in Stock Tile

8219 Argyll Rd., Edmonton • 780-466-1343
 11478-156th St., Edmonton • 780-451-7744

Everybody's Talking

Scribbled tattoo: When getting a tattoo, clients choose designs that vary widely and, in the end, it's "to each their own." That's likely what many people say about tattoos by German artist Mykhailo, based in Berlin. One piece of this artist's work looks more like a child's scribbles, with squiggly looking flowers on scrawled stems, along with other lines that don't seem to have any connection to anything. However, the artist first drew the design with a marker, and the client said "yes" to it before the actual inking happened. Mykhailo said he knew the work would be controversial and provocative, which it proved to be on social media.

Not a barn: When apartment buildings allow residents to keep pets, that's usually understood to mean dogs, cats, birds, and maybe the odd goldfish. But a retired farmer in Sichuan Province, China, pushed the limits when he brought seven calves from his country home to keep as pets on his fifth-floor balcony. The presence of the mooing, smelly animals didn't go over well with the building's other tenants, who reported the man to the authorities. Luckily, the tenants' beefs were taken seriously, and the owner of the bovines had to give up his plan to keep the cows. However, he's tried to sneak them back in!

Hummingbird haven: An older lady from Mexico City is known for her ability to care for injured hummingbirds. In 2012, a friend brought one of the tiny birds to Catia Lattouf de Arida. Ever since then, she has been nursing the small pollinators back to health. When she realized this was her calling, she started researching the birds, and she has become an expert in their care. When they regain their health, she takes them to an unpopulated spot outside of the city to release them back to the wild. If they are unable to fly again, she provides a home for them in the refuge she has created in her apartment.

Close call: A father-son kayaking duo were in the right place at the right time when they came across an overturned boat in the Thompson River in the Canadian province of British Columbia. Chris Carlson and his teen son Ben found two men holding on to the capsized boat, yelling for help. One boater could not swim and the other's foot was tangled in a rope. The kayakers retrieved the boaters' life jackets, floating nearby, and managed to pull the men to shore. The boaters had been yelling but their shouts could not be heard from the shore over a nearby restaurant's loud music. Chris is proud of Ben for staying calm during the incident.

Quoteable Quotes

"Act the way you'd like to be, and soon you'll be the way you act."
 —Leonard Cohen

"If you only read the books that everyone else is reading, you can only think what everyone else is thinking."
 —Haruki Murakami

What's Happening

NON PROFIT organizations may submit fundraising events for FREE at www.coffee-news.ca. Please submit a minimum of 4 weeks in advance.

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!

\$400* Prize Package
 *Coffee News Bucks
 Over 150 participating sponsors!

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

Trivia

1. An epact is a period of time used to harmonize the solar and lunar calendars—T/F?
2. The famous cat at London's No. 10 Downing Street is Tabby, Larry, or Felix?
3. Who composed the opera Falstaff?
3. Who composed the opera Falstaff?
5. In the movie Casablanca, the cafe is called what?

(Flip bottom of page for answers)
 © Published with Permission by Capital Marketing Ltd
(Over)

RECOVER UP

Rewrite the narrative of addiction in your family.

Find a meeting near you.
 1.877.991.2737
 pepsociety.ca

THOSE GUYS GARAGE

Now Accepting New Clients

All services performed by qualified service technicians

587-456-0164 Family Owned and Operated

241 Portage Close, Unit 140 (across from Atco Gas)

Real Estate | Wills | Contracts

HOMESTEAD LAW

Tamara D. Eppe B.A., J.D.

780.243.2116
 www.homesteadlaw.ca

"OUR GOAL IS TO MAKE CLIENTS FEEL LIKE FAMILY"

Sonia Sells!

SONIA TARABAY
#1 AGENT
 RE/MAX ELITE (2017-2022)

780.707.6015
SONIASSELLS.COM

RECONNECTING YOU TO LIFE'S MELODY

Complimentary hearing test 55+ years of age

HEARING TESTS
 HEARING AIDS
 HEARING PROTECTION

MELODY HEARING CLINIC
 101 Granada Boulevard, #113, Sherwood Park

587.689.7249 | melodyaudiology.com

yes tv

FREE LIVE STREAMING COMING THIS FALL
 visit yes.tv for details

We've got you covered!

Serving Edmonton and Area for Generations

ALF'S ROOFING
464.6464

- ◆ Specializing in residential re-roofing
- ◆ Visit our showroom today
- ◆ In business since 1976

alfsroofing.com

When YOU Get Paid We Get Paid

Over HALF A BILLION Recovered For Our Clients!



Braithwaite Boyle Injury Law 800-440-8298

It's The Only Law We Do - Since 1986
Free Initial Consultation

Offices in: Edmonton, Red Deer, and Calgary

WIN one of three \$400 prepaid Visa cards awarded monthly

Scan Once Weekly for Max. Entries

YOUR CONTACT INFORMATION IS SAFE WITH US!



For contest rules and recent winners, visit www.accidentinjurylawyer.com/coffee news

OPENING ANOTHER LOCATION SOON IN ARDROSSAN

FOR

HOME | AUTO | LIFE | RRRSP TFSA GROUP | BUSINESS | FARM | TRAVEL



"The Insurance Guyz" Tom & Todd

Tom Ciezki Todd T. Fournier

co-operators

Investments. Insurance. Advice.

780.464.3279 Aspen Plaza 260, 3820 Sherwood Dr. Sherwood Park
780.632.3240 #136, 4925-50 Ave. Vegreville
780.895.7303 5124-50 Ave. Lamont

Life's busy. We can help.

Kitchens • Bathrooms • Bedrooms
Dusting • Mopping • Vacuuming

Maids of Sherwood

780.604.0528 maidsofsherwood@gmail.com

FLEXIBLE OPTIONS TO SUIT YOUR SCHEDULE AND LIFESTYLE:
One Time | Weekly | Bi-Weekly | Monthly



Grand Alaskan Cruise & Tour



12 DAYS: MAY-SEPT 2024 DEPARTURES
Starting at \$2149 \$1899 USD

YMT vacations

1-844-263-7038

USE PROMO CODE: YMT2024

Price per person based on double occupancy plus \$299 tax service/air't fees. Ask your Travel Consultant for terms & conditions. Add-on airfare with transfers available from most major gateways. Call for details.

BUYING A NEW HOME?
LOOKING TO REFINANCE?
TIME TO RENEW?

Contact your local mortgage broker to get started today!

LESLIE CAIRNS 780.570.5457
ACCREDITED MORTGAGE PROFESSIONAL

Joy MORTGAGES

KEYSTONE MORTGAGE CORPORATION

@JoyInMortgages

leslie@joyinmortgages.ca • www.joyinmortgages.ca

HIP OR KNEE REPLACEMENT?

THE DISABILITY TAX CREDIT ALLOWS FOR A

\$2,500 YEARLY TAX CREDIT

\$30,000 LUMP SUM REFUND

COPD, arthritis, and many other disabling conditions that cause Restrictions in Walking or Dressing may qualify.



WIPE OUT INFLATION, GET THE CREDIT!

FOR EXPERT HELP: 1-844-453-5372

www.scubagearcanada.ca

Your Weekly Horoscope

ARIES

(March 20 - April 19)



Over the next year, an old wound may intersect with your life purpose. You may need to reach for the courage of Aries the Ram to navigate this dynamic now. Lucky numbers: 12, 13, 16, 22, 31, 37.

TAURUS

(April 20 - May 20)



You may be very busy this week. Even so, try to be on the lookout for an opportunity that could give you a chance to exhibit new leadership skills. Lucky numbers: 4, 6, 7, 17, 31, 38.

GEMINI

(May 21 - June 20)



Gemini can sometimes be a victim of having too many options. Narrowing them to those that can be successful for you and others might be helpful for you now. Lucky numbers: 13, 14, 24, 30, 36, 42.

CANCER

(June 21 - July 21)



Early this week, you may have the chance for an emotional reset. If you are retreating into your shell, this might be an opportunity to set new rules of engagement. Lucky numbers: 7, 8, 13, 17, 24, 36.

LEO

(July 22 - Aug. 22)



During midweek, your natural enthusiasm and charm may be heightened. Your ability to shine could provide an opportunity to secure the help of others in your endeavours. Lucky numbers: 3, 12, 38, 41, 42, 46.

VIRGO

(Aug. 23 - Sept. 22)



Are you a bit overwhelmed with everything on your plate? The end of the week may be a good time to sort out what to drop and what might be best to complete now. Lucky numbers: 1, 3, 19, 23, 42, 48.

LIBRA

(Sept. 23 - Oct. 22)



Others sometimes take advantage of a Libra desire to please. If this applies to you, the next year may offer an important opportunity for you to finally break this pattern. Lucky numbers: 7, 13, 16, 19, 26, 30.

SCORPIO

(Oct. 23 - Nov. 21)



Your ability to obtain intuitive insights may be heightened in the next month. You might have an opportunity to incorporate more empathy into your communication style. Lucky numbers: 6, 8, 25, 27, 44, 46.

SAGITTARIUS

(Nov. 22 - Dec. 20)



For the next month, you may run into obstacles in your endeavours. It might help to remember one theme for Sagittarius is egalitarianism. How does that fit into your goals? Lucky numbers: 8, 14, 17, 24, 39, 40.

CAPRICORN

(Dec. 21 - Jan. 19)



Your heart and mind may be at odds early this week. Is there a win-win resolution? You might want to hold off for a few days on making an important decision. Lucky numbers: 11, 14, 28, 30, 38, 45.

AQUARIUS

(Jan. 20 - Feb. 18)



A decade from now, you may look back at this time as a critical "fork in the road" moment. In choosing your path, be clear and conscious of your motivation. Lucky numbers: 2, 5, 9, 12, 42, 44.

PISCES

(Feb. 19 - March 19)



Your birthday month is a good time to set goals for the next year. This time you may want to make an adjustment to incorporate your values into your endeavours. Lucky numbers: 5, 9, 11, 26, 27, 30.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 3.

Did You Know...

Deep spot: The deepest ocean spot in the world is within the Mariana Trench, in the western Pacific Ocean. The Challenger Deep is approximately 10,935 metres (35,876 ft.) deep.

Starting young: American actor Burt Reynolds (1936-2018) had many television and movie roles during his acting career. Taking an acting class during college in the mid-1950s set him on the road to his well-known career.

Mating call: Male Gunnison sage-grouse put on quite a performance to attract a mate. They inflate air sacs on their necks, then slide the sacs under their wings and slap them together for swishing and plopping sounds.

Tart berry: Lingonberries are small, deep red, and quite tart. They grow in Scandinavia and northern North America. Rarely cultivated, they are harvested from the wild and used to make jams and jellies.

Real ID: Using a fake name when checking into a hotel in the American town of Buckeye, Arizona, is illegal. Even celebrities, who don't want to draw the attention of the public, must use their real names.

On the Lighter Side

Flip: "Are your blinds drawn?"
Flop: "No, they're real blinds."

Knock! Knock! Who's there? Colin. Colin who? Just Colin to see how you are doing.

Two parakeets were standing on a perch. One says, "Do you smell fish?"

Where did Robin Hood buy his flowers? Sherwood Florist.

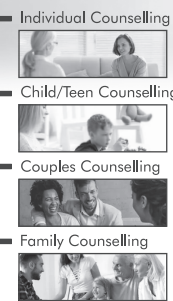
Ceiling fans: "Wow, look at that ceiling! What a great paint job! It's so high up there!"

Answers

Trivia answers: 1. True 2. Larry 3. Giuseppe Verdi 4. Tiber 5. Rick's

For available franchise opportunities - visit coffeenewscanada.com
© Published with Permission by Capital Marketing Ltd

Find Your Power...



Virtual and In-person sessions

POWER PSYCHOLOGY

WWW.EMDRPOWER.COM

780-467-0700

Sherwood Park, Edmonton, St. Albert locations

TRINITY Baptist Church

Serving the community for over 40 years.
10:30 AM Sunday Worship Service

www.tbcsherwoodpark.ca

780-464-4040

East on Baseline; First left after Hwy 21
22550 Twp Road 530, Sherwood Park, AB

We've moved... VISIT US IN OUR NEW LOCATION!



NOW AT 28-308 WESTGROVE DR., SPRUCE GROVE BEHIND MCDONALD'S

YOUR ONE STOP KITCHEN AND GIFT SHOP
780.962.5220 | www.giftsandgadgets.ab.ca

\$1 OFF

ON VAPES & SMOKING ITEMS

- WHEN YOU PRESENT THIS COUPON -

LIMIT 1 COUPON PER DAY PER CUSTOMER. MUST BE 18+.

OFFER EXPIRES 01.31.24

99 WYE ROAD BUBONIC KRONIK 420 SHERWOOD PARK
ECIGS VAPORIZORS BONGS

FLAT RATE ALFA TAXI

SERVING SHERWOOD PARK AND AREA

780.410.0667

Toll Free 1.855.688.2941

Reasonable flat rate to Airport - \$50

24 HR. SERVICE



- Security Cameras
- Access Control
- Special Orders
- Tools
- Network Hardware and Switches

<https://cdnsd.ca>

the **MAKERS** keep

A local collective boutique with over 350 vendors from all across Alberta!

112, 2755 Broadmoor Blvd Sherwood Park
@tmksherwoodpark @themarkerskeep

587.200.0473

www.themarkerskeep.com



SNOW REMOVAL

780-922-4619

THREE SEASONS LANDSCAPING LTD.

www.ThreeSeasonsLandscaping.ca

Visit us on Facebook-CoffeeNewsWeekly