

FREE!



May 26 - Tom's Walk for Mental Health Tom's Walk began in 2018 after losing Tom to mental illness. This non-profit plans a special day where we unite, share experiences, honor lost loved ones and raise funds for The SILA Skills Group. toms.walk4mh@

We Need Volunteers In Your Area!

Help us to advocate for a quality of life that all Alberta seniors deserve

Alberta Council on Aging

Contact us 780.423.7781 | 1.888.423.9666

AN INDEPENDENT NON-PROFIT, CHARITABLE ORGANIZATION SINCE 1967



Visit our free online library of 230+ resources about dementia-related changes in mood & behaviour today!



Let's Stop

Ageism

www.BehavioursInDementia.ca

Visit us on Facebook-CoffeeNewsWeekly

gmail.com

NON P{ROFIT 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 Find the Coffee News Guy hidden in one of the ads, then enter to win! \$4.00° Prize Package



Nai your entry to Civ Que Contest, 9760-170 Sin Suite 303, Edmonton, AB T5T 514. Be certain to include your full name, complete mailing address (including postal code), phone number, email addres and your birth date. Also include the name of the ad in which you found the hidden Coffee News Guy.



- 1. Fictional character James Bond briefly was married to "Tracy"—T/F?
- 2. The game cribbage is played with a board, pegs, and
- 3. In which city can you visit the Prado art museum?
- 4. A brachialis is a tendon, ligament, or muscle?
- 5. This ancient Greek physician is called the father of western medicine.

(Flip bottom of page for answers)

© Published with Permission by Capital Marketing Ltd (Over)



587.760.2800

https://zettatelecom.com

CN-Proudly printed by One to One Mailing

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. L-844-453-5372





Rechargeable Hearing Aids Available Did you know all seniors and low income adults



Your Weekly Horoscope

(Sept. 23 - Oct. 22)

18, 21, 26, 30, 45.

SAGITTARIUS

9, 15, 17, 26, 31, 37

(Dec. 22 - Jan. 19)

(Jan. 20 - Feb. 18)

CAPRICORN

(Nov. 22 - Dec. 21)

(Oct. 23 - Nov. 21)

SCORPIO

particularly intense early

in the week. Is an under-

good week to consider

completing projects that

support those objectives.

challenge to your belief system. If needed, the

If you have been working

facilitate change? Lucky numbers: 10,

Lucky numbers: 11, 13, 18, 25, 27,

support your beliefs. Lucky numbers:

few days. Lucky numbers: 15, 16, 39,

ARIES

(March 20 – April 19) Have you not been entirely truthful about something, either to yourself or to others? Now may be a good time to correct



85%

SUCCESS RATE!

the situation and put it behind you. Lucky numbers: 4, 13, 14, 20. 43. 45. **TAURUS**

(April 20 - May 20)

The potential exists, early in the week, for you to uncover an opportunity. This may come to you out of the blue or may require you to take a leap of faith. Lucky numbers: 1, 11, 32, 35,

Are you having trouble

making a choice about

something important?

The answer may become

37, 44. **GEMINI**

(May 21 – June 20)

apparent if you use your belief system to examine the situation. Lucky numbers: 13, 16, 18, 28, 40, 48.

CANCER

(June 21 – July 22)



few days. Lucky numbers: 5, 7, 22, 37, 43.46 LEO

(July 23 - Aug. 22)

At the start of the week, your unconscious may reveal information that may be upsetting to your self image. How can you integrate rather than fight this insight? Lucky numbers: 1, 3, 8, 24, 41, 46.

VIRGO

(Aug. 23 - Sept. 22) Your natural work and communication style may be "slow and steady wins the race." But this week, the energy might help you pick up the pace with

success. Lucky numbers: 2, 12, 23, 30, 32, 47.

Lucky numbers this week: This week's odds favour Taurus winners with the luckiest number being 11.

Did You Know...

Hawaiian dessert: Anyone visiting Hawaii (U.S.) should try its famous Haupia pie. This decadent, layered dish starts with a pie crust, usually followed by coconut and chocolate pudding, topped with whipped cream.

Peace prize: Agnes Gonxha Bojaxhiu is better known as Mother Theresa. Born in 1910 in what is now North Macedonia, she became a nun at 18 and worked in the slums of India, which earned her the Nobel Peace Prize in 1979.

Waiting for visitors: During Canada's 1967 centennial, the town of St. Paul, Alberta, celebrated by building the world's first UFO landing pad. No extra-terrestrial visitors have been sighted, but thousands of humans have taken a look.

Indoor plant: Indoor gardeners might want to try growing a bamboo plant. These attractive plants like indirect light and don't need much water. Avoid using water with fluoride and www.scubagearcanada.ca



of sync with your highest gets you back on track and in alignment. Lucky numbers: 16, 18, 19, 33, 38, 39. **PISCES** (Feb. 19 - March 20)

42, 43, 47.

AQUARIUS



tage of it. Lucky numbers: 3, 10, 12, 13, 21, 33.

lenge for Pisces. The energy this week may help you, so try to take advan-



The World's #1 Restaurant Publication!

chlorine. Bottled is the best choice.

Crispy snack: A traditional Portuguese dish is bolinhos de bacalhau, also called pastéis de bacalhau. These are fritters made with cod, potatoes, onions, eggs, parsley, and spices, then deep fried.

On the Lighter Side

Knock! Knock! Who's there? Uriah. Uriah who? Keep Uriah on the ball!

Why did the farmer plow the field with a steam roller? He wanted to grow mashed potatoes.

People say I look better without my glasses on. But I just can't see it.

Paul Revere always carried a handkerchief. He was, after all, the town crier.

Customer: "I suppose you call this modern art?" Art Dealer: "No, it's a mirror."

Answers

4. Muscle 5. Hippocrates Trivia answers: 1. True 2. Cards 3. Madrid, Spain

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

front. Not all injury claims are capped. 1-800-661-4902

WhiplashInformationCentre.com

Braithwaite Boyle Injury Law 800-440-1 It's The Only Law We Do - Since 1986 Free Initial Consultation

You pay nothing up



Offices in: Edmonton, Red Deer, and Calgary

ALBERTA OWNED AND OPERATED FOR OVER 35 YEARS



(780) 760-6922 FRONTLINECONSULTING.CA

Affordable-Effective-Exclusive-CALL NOW!