

Suicide & Crisis Helpline Call or text: 9-8-8

Edmonton.CMHA.ca





HIP OR KNEE REPLACEMENT?





Let's Stop

Ageism



Everybody's Talking

Strange sight: People looking out their kitchen windows in northern Scotland usually don't expect to see a monkey in their yards. But Carl Nagle, a resident of Kincraig, saw just that. A monkey was by the fence, eating nuts that had fallen from the birdfeeder. Nagle observed that the monkey looked as though he knew he shouldn't have been there. The little fellow turned out to be an escapee from the Highland Wildlife Park, where a troop of 37 Japanese macaques, also known as snow monkeys, make their home. The Royal Zoological Society of Scotland runs the park, which is located within the Cairngorms National Park in Kingussie

Sunken dreams: Empires of the Deep was an expensive cinematic venture funded by Chinese billionaire Jon Jiang about a human-mermaid love story. It started as the cornerstone of a trilogy. This ambitious project aimed not only to grace the silver screen but also to launch an animated series, video game, and even a theme park. However, the undertaking encountered turbulent waters. The screenplay underwent 40 drafts, with A-list actors like Sharon Stone and Monica Bellucci briefly flirting with the project before leaving. Directors came and went, and the film languished in post-production for years. Despite an underwhelming trailer, the film has never been released.

Happy reunion: A dog named Lottie and an escaped male cockatiel called Ernie had a happy reunion in a suburb of Manchester, England. Ernie had disappeared from his home during a storm and was found several weeks later, singing on a bench in a community 6.4 kilometres (4 mi.) away. He was turned over to local animal services, where his chattiness charmed his caregivers. They recorded the bird singing and put the recordings on social media. Ernie's owners saw it, and soon the bird was reunited with his best friend, Lottie. Now the two are back to their old antics, with Ernie perching on Lottie's back for free rides.

Nasal notes: A woman from Aurora, Ontario, Canada, sure knows how to whistle. LuLu Lotus recently earned a spot in the Guinness World Record book with her ability to whistle through her nose. She set the record with a blast that reached 44.1 decibels. Inspired by a documentary she had watched about a person who had set a world record, Lotus knew she could really nose whistle, and when she discovered no one had ever applied for the record, she went for it. She met the strict requirements for earning the distinction by working with Aercoustics Engineering, Ltd., acoustical consultants in the nearby city of Mississauga.

Quoteable Quotes

"Always do what you are afraid to do." — Ralph Waldo Emerson "The opposite of war isn't peace. It's creation." —Jonathan Larson

What's Happening

May 27 - Non-Profit Growth Conference Taking place at the Senior's Sunshine Club from 9am to 4pm. This conference is free to attend and lunch is included. Register by calling 780-632-3966

May 4 - Flavor Festival This event is bringing live music, drinks, and food all to one place! Vendors from across western Canada will be bringing their product for you to try! For more info visit mylloydminsternow.comeventsflavor-festival

CN-Proudly printed by One to One Mailing



Retired and ready to make an impact?

We believe people over the age of 65 bring invaluable experience and empathy to our team. As a Senior Caregiver Ambassador volunteer, you can help family and friend caregivers in your community who need support by:

- Sharing our brochures at your local community facilities
- Arranging caregiver wellness presentations
- Advocating on issues that matter to caregivers

Make a difference right where you live. Join us today! www.caregiversalberta.ca/get-involved/volunteer



airs at 7:45 am Monday through Friday

Call or text 780.632.6671 during the show or submit a birthday through the website page the day before https://country106.ca/the-birthday-club/





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



www.scubagearcanada.ca

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



www.coffee-news.ca 3. Mail your entry*

• Coffee News Bucks Over 150 participating sponsors! ners (\$100 each) will be drawn on the 15th of each month from all correct e



Enter one of

*Mail your entry to: CN Guy Contest, 9768-170 Street, Suite 303, Edmonton, AB TST 6L4. 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.



Home

and Auto

Insurance

Farm &

Commercial

Insurance Specialists

co-operators[®] Investments. Insurance. Advice. Todd T. Fournier Owner | Financial Advisor Fournier Financial & Insurance Inc. Vegreville 780.632.3240 Ardrossan 280.922.1788 Lamont 780.895.7303 Claims Line 1.877.682.5246 * Transform lives, one wish at a time.

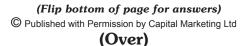
Make A-Wish.

Visit makeawish.ca

The World's #1 Restaurant Publication!

Trivia

- 1. Are oboes and bassoons single or double reed instruments?
- 2. Who was the subject of Auguste Rodin's sculpture "The Thinker"?
- 3. This science fiction author co-wrote the movie 2001: A Space Odussev
- 4. Which archipelago nation won independence from the U.S. in 1946?
- 5. France's Bordeaux region only produces red wine—T/F?





Unemployed? Underemployed? We can help. Contact us.

Vegreville office

♀ 5025 50 Street

• 780.631.1471

@ employabilities.ab.ca

EMPLOY Abilities





compensation you deserve from a trusted team of experienced lawyers. You pay nothing up front. Not all injury claims are capped.

1-800-661-4902 WhiplashInformationCentre.com



ALBERTA OWNED AND OPERATED FOR OVER 35 YEARS

Your Weekly Horoscope LIBRA

(Sept. 23 - Oct. 22)

(Oct. 23 - Nov. 21)

Libras usually are thought-

ful and careful in communication. But early this

week, you may find your-

self being impulsive and or

angry, so be aware of this

You may feel conflicted

this week about what you

want. But if you work to

understand the source of

this issue, you might be better able to find a solu-

potential. Lucky numbers: 3, 11, 12, 29,

tion. Lucky numbers: 5, 16, 22, 30,

ARIES (March 20 – April 19)

This week your unconscious may offer information about an old trauma. How might you use this understanding for yourself and to help others

with their wounds? Lucky numbers: 10, 14, 18, 27, 29, 32. **TAURUS**

(April 20 – May 20)

A sudden or unexpected opportunity may arrive midweek. This might be a good time to develop a plan to capitalize on it. but perhaps you should wait a bit to begin. Lucky numbers: 7,

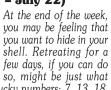
17. 27. 29, 33, 36. **GEMINI**

(May 21 – June 20)

At midweek, you may find yourself receiving an avalanche of information. For a few days, try to just let it happen, and then you might be able to

sort through it. Lucky numbers: 15, 21, 22, 32, 39, 42. CANCER

(June 21 – July 22)



you need. Lucky numbers: 7, 13, 18, 20, 29, 35. LEO

(July 23 - Aug. 22)

You may feel stuck in the mud at the beginning of the week. Instead of resisting, try to use it as an opportunity to find any flaws in your plans going forward. Lucky numbers: 8, 20, 25, 27, 39, 41.

VIRGO

(Aug. 23 – Sept. 22)

Your talent for precise and detailed work may be highlighted. Don't get so lost in the trees that you can't see the forest, which is the purpose of

the work. Lucky numbers: 12, 13, 14, 16, 18, 19.

Lucky numbers this week: This week's odds favour Aquarius winners with the luckiest number being 7.

Did You Know...

Hot shot: American actor, director, and writer Ben Affleck, who commands millions for his work, isn't just good at Hollywood things. In 2004, he won the California State Poker Championship, earning a cool \$356,400.

Wooden barrel maker: Pirates on ships of the past had many roles. On larger ships, the "cooper" was responsible for the wooden barrels that stored food, water, and other items. A very important position indeed!

Shivering: People are bound to get the shivers when reading this fact. In 1947 in Snag, a small village in Canada's Yukon, a temperature of -63 C (-81.4 F) was recorded. That's about the same temperature as the surface of Mars.

Red and white: Bird watchers love to spot northern cardinals because of their brilliant red plumage. These birds don't migrate, so seeing their bright colour against a snowy background







36.37.

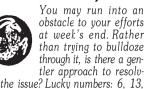
35.41.

SCORPIO

find yourself in a stalemate with someone else. If you can't find a solution with them, try waiting a couple of days for the dynamic to ease. Lucky numbers:

1, 3, 8, 9, 11, 24. **CAPRICORN**

(Dec. 22 - Jan. 19)



tler approach to resolving the issue? Lucky numbers: 6, 13, 17.27.44.46. **AQUARIUS**

(Jan. 20 - Feb. 18)

Your humanitarian goals often can be lofty and difficult to attain. The grounded energy in the first half of the week may help you find a new approach to them. Lucky numbers: 2,

4, 7, 33, 35, 47. **PISCES**

(Feb. 19 – March 20)

At the beginning of the week, a grounded energy may help you accomplish a goal that otherwise might be hard for you to manifest on the physical plane. Lucky numbers: 4, 11, 16, 24,

. 33, 39.



is a treat.

Big jump: If you thought dogs could jump higher than cats, you'd be wrong. With their powerful back legs, the average cat can jump up to seven times their height, which is much greater than their canine friends.

On the Lighter Side

Is there a silent C in Connecticut? No, but there's a noisy ocean offshore.

When you borrow money, find a pessimist. He won't expect you to pay it back.

Joe: "When did you decide to be a parachutist?" Mo: "When the plane caught on fire."

Knock! Knock! Who's there? Window. Window who? Window you think we'll tire of knock-knock jokes?

Why do puffins carry fish in their beaks? Because they don't have any pockets.

Answers

3. Arthur C. Clarke 4. The Philippines 5. False Trivia answers: 1. Double 2. The poet Dante

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



Zone 20 - Vegreville