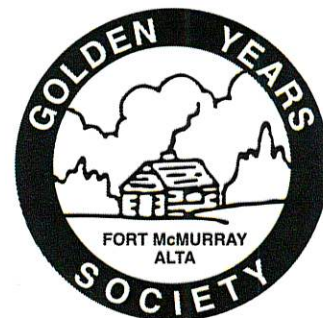




REGIONAL MUNICIPALITY
OF WOOD BUFFALO

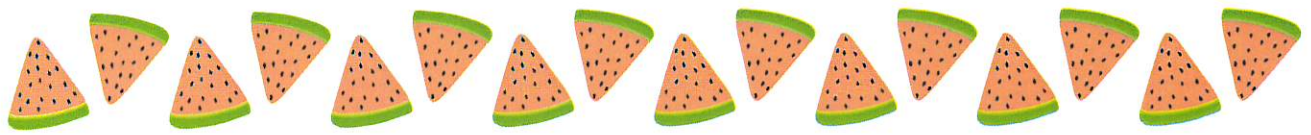


United Way
Fort McMurray
and Wood Buffalo
fmwbunitedway.com

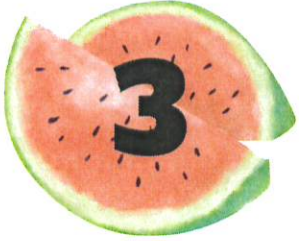


Golden Years Society JULY Newsletter 2024

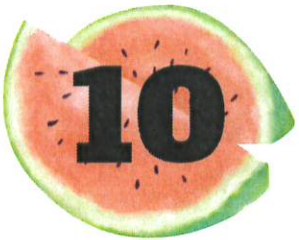




JULY MENU



Oven Cooked Honey Ham, Scalloped Potatoes, Seasonal Veggies, Fresh Fruit Salad.



Summer BBQ Burgers, Loaded Hotdogs, Potato Salad, Garden Salad, Bread Pudding.



Swedish Meat Balls, Pasta, Steam Vegetables, Apple Pie.



Slow Cooked Beef Stew, Creamy Mash Potato, Roasted Vegetables, Lemon Pie.



Oven Cooked Salmon Filled, Lemon Garlic Shrimp, Sweet Potato Mash, Peas, Caesar Salas, Banana Cake.



JULY CALENDAR

FORT MCMURRAY GOLDEN YEARS SOCIETY



United Way
Fort McMurray
and Wood Buffalo
fmb.unitedway.com



REGIONAL MUNICIPALITY
OF WOOD BUFFALO

| Sun | Monday | Tuesday | Wednesday | Thursday | Friday | Sat |
|-----|--|---|---------------------------------------|--|---|-----|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| | CANADA DAY CLOSED | Walk the island 9:30am NAFC Tea & Bannock 1-3pm Craft 1-3pm Wax Cherry Blossoms | Luncheon & Bingo Bocce Ball 6:30pm | Walk the island 9:30am Floor Curling 2:15pm | Coffee 10am NAFC Flower keychain 1-4pm | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| | Euchre 1pm | Walk the island 9:30am | Luncheon & Bingo Bocce Ball 6:30pm | Walk the island 9:30am Floor Curling 2:15pm With Giants | Coffee 10am | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| | Walk the island 9:30am | Walk the island 9:30am NAFC Tea & Bannock 1-3pm RIMWB Presentation | Luncheon & Bingo Bocce Ball 6:30pm | Walk the island 9:30am Floor Curling 2:15pm Craft 6-8pm Solar Light Pot | Coffee 10am NAFC Potluck 1-3pm | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| | Walk the island 9:30am | Walk the island 9:30am | Luncheon & Bingo Bocce Ball 6:30pm | Walk the island 9:30am Floor Curling 2:15pm NAFC Elder Meals 5pm REGISTRATION REQUIRED | Coffee 10am ATB Fraud Presentation | |
| 28 | 29 | 30 | 31 | | | |
| | Euchre 1pm NAFC Flower Pin 1-4pm | Craft 1-3pm Bottle Cap Flower Welcome Sign | Bocce Ball 6:30pm | NAFC = Nistawoyou Friendship Center | | |
| | Euchre 1pm | Walk the island 9:30am | Luncheon & Bingo Bocce Ball 6:30pm | | | |



Upcoming Events

Euchre - Golden Years Society

Mondays at 1:00pm

Bocce Ball - Golden Years Society

Wednesday evenings 6:30pm

Floor Curling - Golden Years Society

Thursdays at 2:15pm

July 11 Fort McMurray Giants will be joining





Upcoming Events

Crafts with Dianne

Tuesday July 2, 1pm-3pm - wax cherry blossoms

Thursday July 18, 6pm-8pm - solar light pot

Tuesday July 23, 1pm-3pm - bottle cap flower welcome sign





JULY 2024

Events Calendar

ELDERS/SENIORS 55+

All of the events listed below are hosted by Nistawayou Association Friendship Centre with thanks to our generous sponsors.

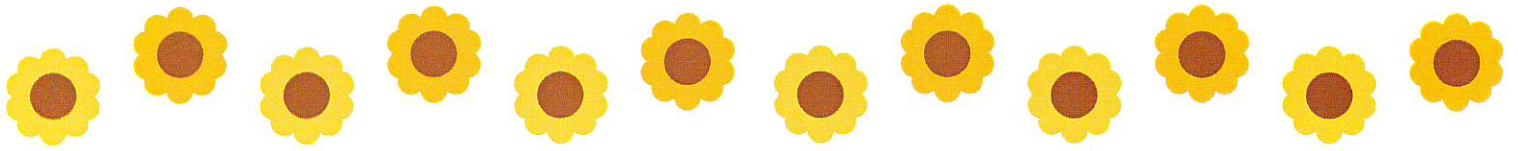
We invite Elders & Seniors (age 55+) to join us for more great events & gathering opportunities! For full event details & our community calendar, please visit www.nistawayouafc.com/events or follow along on Facebook & Instagram.

| | |
|--------------------|---|
| TUES JULY 2ND | TEA & BANNOCK NO REGISTRATION REQUIRED TIME: 1:00PM - 3:00PM VENUE: GOLDEN YEARS SOCIETY |
| FRI JULY 5TH | BEADING WORKSHOP REGISTRATION REQUIRED TIME: 1:00PM TO 4:00PM VENUE: GOLDEN YEARS SOCIETY |
| WED JULY 10TH | MEDICINE WALK & BANNOCK ON A STICK REGISTRATION REQUIRED TIME: 1:00PM - 4:00PM VENUE: LIONS PARK |
| TUES JULY 16TH | TEA & BANNOCK *Includes special Vulnerable Persons Registry Presentation from the RMWB NO REGISTRATION REQUIRED TIME: 1:00PM - 3:00PM VENUE: GOLDEN YEARS SOCIETY |
| FRI JULY 19TH | POTLUCK REGISTRATION REQUIRED TIME: 1:00PM - 3:00PM VENUE: GOLDEN YEARS SOCIETY |
| MON JULY 22ND | BEADING WORKSHOP REGISTRATION REQUIRED TIME: 1:00PM - 4:00PM VENUE: GOLDEN YEARS SOCIETY |
| THURS JULY 25TH | ELDERS & SENIORS SUPPER *Members Only REGISTRATION REQUIRED - LIMITED SEATING AVAILABLE. CALL TO REGISTER. TIME: 5:30PM - 8:30PM REGISTRATION OPENS JULY 2ND 8:30AM VENUE: GOLDEN YEARS SOCIETY |

Our office is closed July 1st in observance of Canada Day.



TO REGISTER, CONTACT ELDER COORDINATOR RENEE HURLEY
PHONE: 780-743-8555 & EMAIL: ELDERS@NISTAWOYOUAFC.COM
FOR UPDATES & FULL COMMUNITY CALENDAR: VISIT WWW.NISTAWOYOUAFC.COM/EVENTS

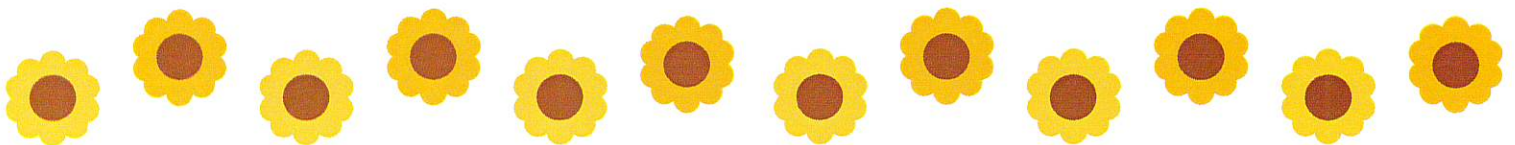


MAY
VOLUNTEER OF THE MONTH
KAREN SAUNDERSON

Karen has donated several hours between knitting items for the country store and filing taxes for low income seniors in the community.

Karen always comes to the centre with a positive attitude and smile on her face.

Thank you Karen.





Happy Birthday!

| | |
|----------------------|---------|
| Norma Jean Atkinson | July 1 |
| Carolyn Evancio | July 2 |
| Larry Gladue | July 2 |
| Bonnie Boyd | July 4 |
| Danny Ferguson | July 4 |
| Frances Squire | July 4 |
| Marilyn Cote | July 6 |
| Anwar Khan | July 7 |
| George Mullins | July 7 |
| Stanley Meagher | July 8 |
| Claudia Lawrence | July 10 |
| Villy Hansen | July 12 |
| Mary Paskal | July 12 |
| Ray Bonett | July 15 |
| Beatrice Oghenekevwe | July 17 |
| Maria Chong | July 19 |
| Effie Dodigovich | July 19 |
| Joan Lewis | July 19 |
| Corine Smith | July 19 |
| Betty (Alice) Tucker | July 19 |
| Terese Diprose | July 20 |
| Ross Dickinson | July 21 |
| Denise Martineau | July 23 |
| Gert Drever | July 28 |
| Damodar Pradhan | July 29 |
| Ann Sitko | July 29 |
| Robert Spurrell | July 29 |
| Ruth Richards | July 31 |

Please let us know if your birthday is missing!





Fun Facts about July

July's Birthstone: Ruby

July Birth Flower: Larkspur and Water Lily

Astrology Zodiac Signs of July: Cancer and Leo

Cancer - June 22nd - July 22nd

Leo - July 23rd - August 22nd

- The name July was named after Roman general Julius Caesar.
- July is in the Summer season in the northern hemisphere and one of the warmest months. July in the southern hemisphere is one of the coldest.
- Early July, historically is called the dog days of summer because it's the beginning of the hot summer days.
- The fourth of July is the only federal holiday (national holiday) in July. Independence Day is in celebration of the United States declaration of independence from Great Britain. America's birthday. The Declaration of Independence was signed by Thomas Jefferson, John Adams, and John Hancock.
- Neil Armstrong made history on July 29, 1969, by taking the first steps on the moon. His famous declaration "That's one small step for man, one giant leap for mankind!"





Fun Facts about July

- Summer temperatures, on average, will be hotter than normal from New England through the Atlantic Corridor, in Florida and the Deep South, through Texas and the Midwest, and on to California. In terms of rainfall, much of the country has normal to below-normal rainfall, especially in New England and the Midwest. However, the West Coast, Texas, and the Atlantic Corridor will see normal to above-normal rainfall.
- July's full Moon, the Full Buck Moon, occurs on Monday, July 21. It reaches peak illumination at 6:17 A.M. (EDT), rising above the horizon after sunrise—but it will still be spectacular in the night sky.
- July 5 is the time of aphelion when Earth is the farthest it will get from the Sun for the entire year—specifically, we'll be 94,506,364 miles away from our bright star!
- Diana, the Princess of Wales, was adored by many as she changed the way people viewed the Royal Family. Diana remains an icon of strength and independence to women around the world.
- July babies, according to a recent study have the greatest ability to self-regulate their emotional inner lives including controlling aggression like getting upset over losing a game or having a toy taken away from them.





Recipe of the Month

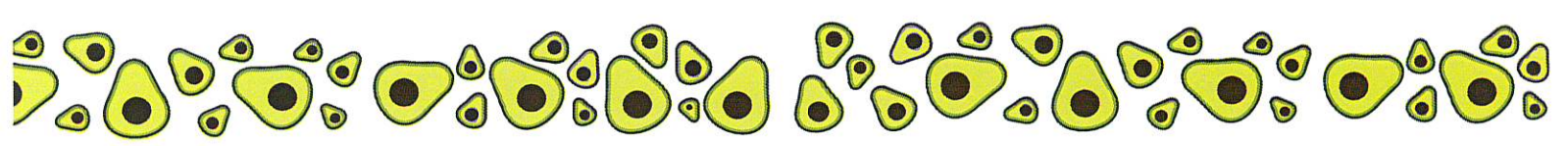
Recipe of the Month: Guacamole

Instructions

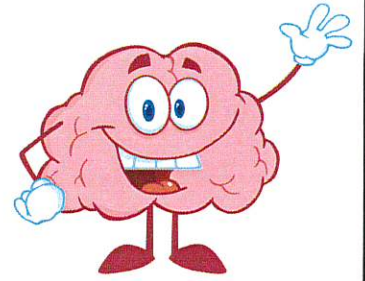
1. Slice the avocados in half, remove the pit, and scoop into a mixing bowl.
2. Mash the avocado with a fork and make it as chunky or smooth as you'd like.
3. Add the remaining ingredients and stir together. Give it a taste test and add a pinch more salt or lime juice if needed.
4. Serve the guacamole with tortilla chips.

Ingredients

3 Avocados, ripe
1/2 small yellow onion, finely diced
2 roma tomatos, diced
3 tablespoons finely chopped fresh cilantro
1 jalapeno pepper, remove seeds
2 garlic cloves, minced
1 lime, juiced
1/2 teaspoon sea salt



Brain Teasers



1. Jack and Jill both told their parents about the results of the marathon. Their friends Bill, George, and Karen were all in the race. Jack told his parents that Bill won the race and George came in second. Jill told her parents that Karen won the race and Bill second. Both Jack and Jill had made one correct statement and one incorrect statement. What place did each runner actually achieve in the race?
2. The following people were seated around a Thanksgiving table: one grandfather, one grandmother, two fathers, two mothers, four children, three grandchildren, one brother, two sisters, two sons, two daughters, one father-in-law, one mother-in-law, and one daughter-in-law. How many people sat at the table and how were they related to each other?
3. What's the most amount of coins you can have without having change for a dollar?
4. You have six pairs of red socks and six pairs of blue socks in your sock drawer. If you are blindfolded, and only take one sock out of the drawer at a time, what is the most number of socks will you have to take before you will have at least one pair that matches?

Free Printable Sudoku Puzzles

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

Sudoku #333 (Medium)

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 1 | | 5 | | | 9 | |
| | | 3 | | | | | | 2 |
| 5 | 9 | | | 1 | | | | |
| | 1 | | | | | 8 | | |
| 7 | 2 | | | 6 | | | | |
| | | 9 | | 2 | 7 | | | 6 |
| 6 | 5 | | | | | | | |
| | | | 8 | | | | 6 | 3 |
| | | | | | | | | |

Sudoku #334 (Medium)

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | | | | | 6 | |
| | | 5 | 4 | 2 | | | | |
| | | | | | | | | 9 |
| 6 | 3 | | 7 | | | 2 | | |
| | | | | 8 | 2 | | | |
| 7 | | | | 3 | | | | |
| | 5 | | | | 4 | 3 | | |
| 1 | | | | | 8 | | 9 | 2 |
| | 8 | | 9 | 5 | | | | 1 |

Additional Sudoku puzzles as well as the solution to these two puzzles can be found at the following web page: <https://www.puzzles.ca/sudoku>

Old TV Shows 1 - Word Search

H E E H A W Y M P F O D T D Z O E
R F S N W V P D R M T F E O H T K
S T U N H R S E O H A H K W A A O
T W H L S O I A E O C V R B Z R M
R I B G L S J W J T D O E M E Z S
U N G P A H A R I L T Y M R L A N
O P Z R V L O W A C Z X D B I N U
C E F H T U E U O E N X I W H C G
T A W O X B G D S L D C C N O L K
H K N Q H H Q Y W E T P O O N H I
G S Y L I M A F S M A D D A H A D
I O G N T X C H I N A B E A C H M
N A M T A B Y L P L X I L A P H N
Y N N A N E H T O R O S E A N N E

ADDAMS FAMILY
BATMAN
BEWITCHED
CHINA BEACH
COACH
DEAR JOHN
DOCTOR WHO
FRASIER

GUNSMOKE
HAZEL
HEE HAW
HOWDY DOODY
I SPY
LAUGH IN
MANNIX
MAVERICK

ROSEANNE
TARZAN
THE NANNY
THE WALTONS
TWIN PEAKS

Crossword #6

Across

1. Oscar Madison, e.g.
5. D.C. office
9. Astrological transition point
13. Biblical outcast
15. Meditative exercise
16. Part of A.M.
17. Tequila plant
18. Zorro, for one
20. Skunk
22. Keep in custody
23. Of direct descent
26. Give and take
27. Circle segment
30. Biased, in a way
32. Water cannon target
34. Curtail expenses

38. Burrowing animal
39. Witchy woman
41. Damaged, as a ligament
42. Kirk's command

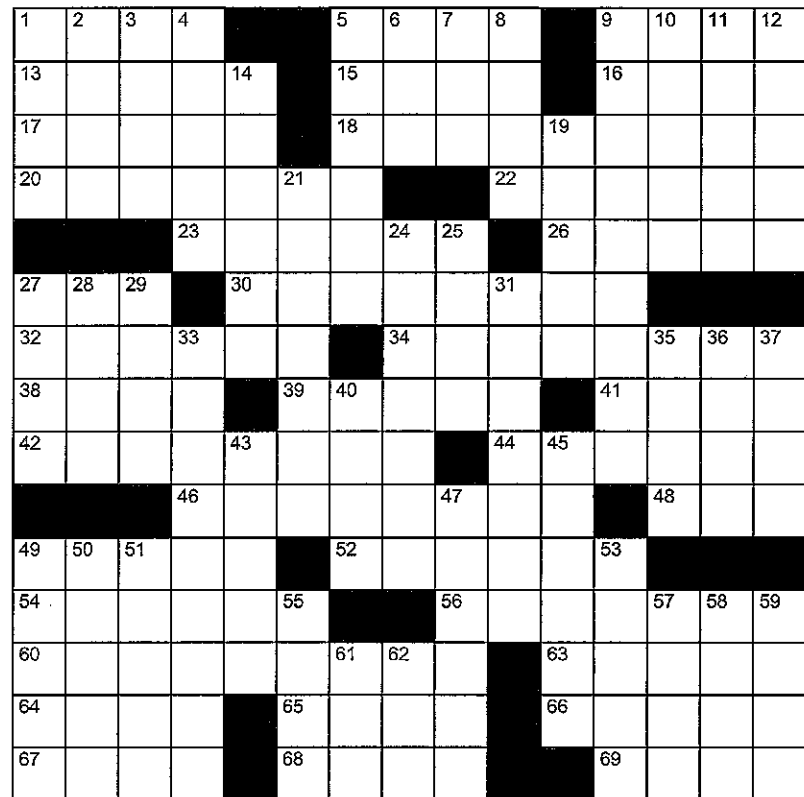
44. List of people
46. Like drumbeats
48. Flock member
49. Up and about
52. Embroidered hole
54. Step-in shoe
56. Pleasant-sounding
60. Employee-abetted crime
63. Ready for use
64. Dentist's request
65. Computer command

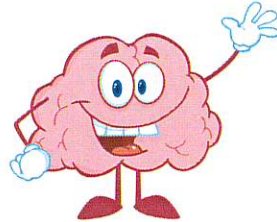
66. Mortise's mate
67. Like some tea
68. Two-at-a-time tow
69. Monopoly payment

Down

1. High-five sound
2. Popular building toy
3. Birthstone after sapphire
4. Cut at an angle
5. Tasty mollusk
6. "I do," for one
7. Bygone days
8. Frying medium
9. Clickers
10. Emasculate
11. Composed
12. Minimal change
14. Cooking directions
19. Legally prohibit
21. Charlie Hunnam series, "Sons of _____"
24. Waste away
25. Hold on property
27. Kind of race
28. Knee-slapper
29. Fountain drink
31. Like OR instruments
33. Scared stiff
35. Musical sound
36. Ship's staff
37. Where Kilroy was?

40. Baptism, e.g.
43. Cut up
45. Spotted animal
47. Card carrier
49. Accused's need
50. ____ boom
51. Sample
53. Laser printer powder
55. Doctor's order
57. Wine's partner
58. Screen symbol
59. Small price to pay
61. Boxer's punch
62. In vitro items





ANSWERS

1. Karen came in first, George came in second, Bill came in third
2. 7 people: two girls and a boy, their parents, and their father's parents, totaling seven people.
3. 99 if they are all pennies
4. three, the third sock is guaranteed to match one of the other two.

Free Printable Sudoku Puzzles

These are the solutions to the puzzles located [here](#)

Sudoku #333 (Medium)

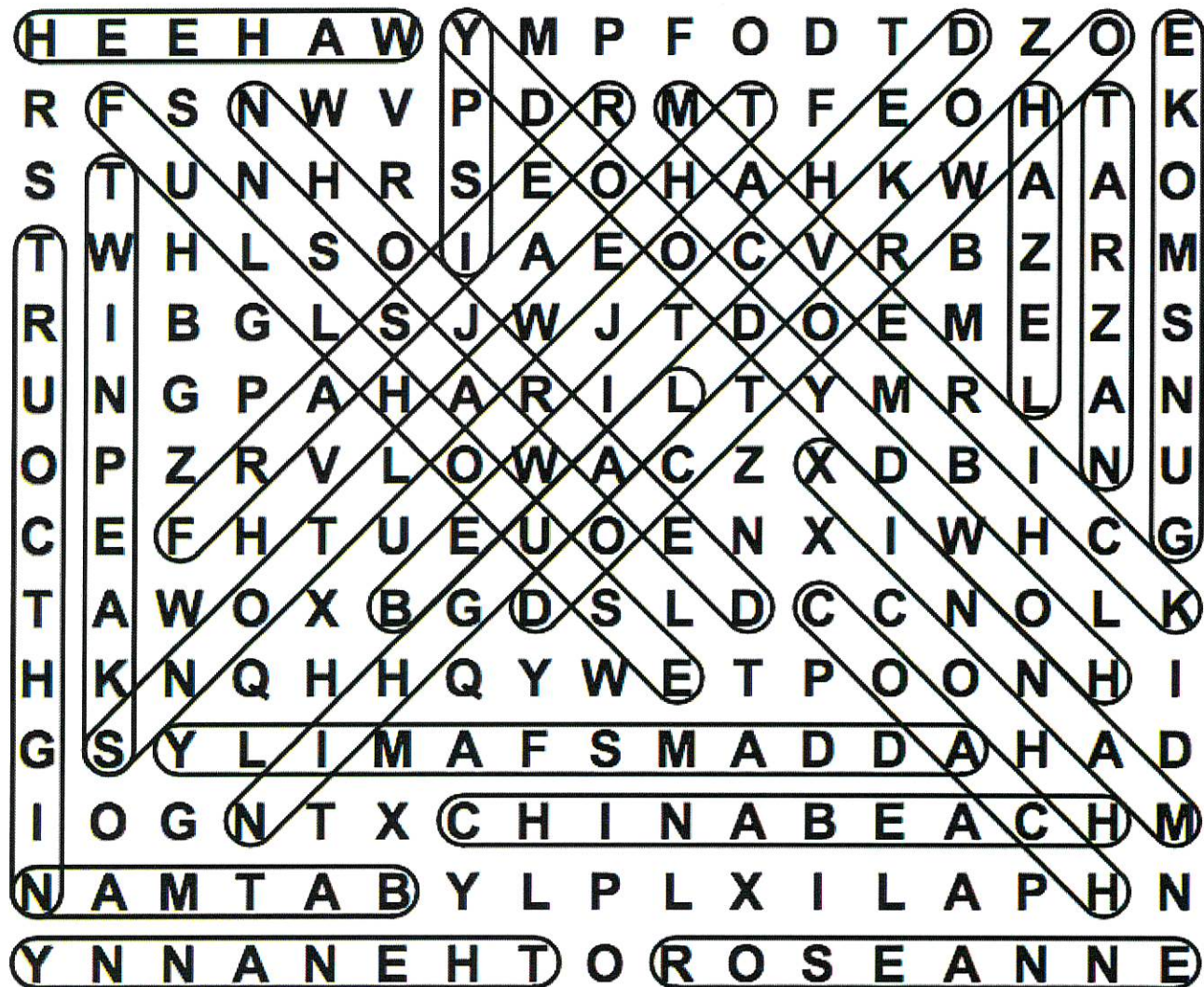
| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | 8 | 1 | 6 | 5 | 3 | 7 | 9 | 4 |
| 4 | 6 | 3 | 7 | 8 | 9 | 5 | 1 | 2 |
| 5 | 9 | 7 | 4 | 1 | 2 | 6 | 3 | 8 |
| 3 | 1 | 6 | 5 | 9 | 4 | 8 | 2 | 7 |
| 7 | 2 | 5 | 3 | 6 | 8 | 9 | 4 | 1 |
| 8 | 4 | 9 | 1 | 2 | 7 | 3 | 5 | 6 |
| 6 | 5 | 8 | 2 | 3 | 1 | 4 | 7 | 9 |
| 9 | 7 | 2 | 8 | 4 | 5 | 1 | 6 | 3 |
| 1 | 3 | 4 | 9 | 7 | 6 | 2 | 8 | 5 |

Sudoku #334 (Medium)

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | 1 | 7 | 8 | 9 | 3 | 4 | 6 | 5 |
| 8 | 9 | 5 | 4 | 2 | 6 | 1 | 7 | 3 |
| 4 | 6 | 3 | 5 | 7 | 1 | 8 | 2 | 9 |
| 6 | 3 | 1 | 7 | 4 | 9 | 2 | 5 | 8 |
| 5 | 4 | 9 | 1 | 8 | 2 | 7 | 3 | 6 |
| 7 | 2 | 8 | 6 | 3 | 5 | 9 | 1 | 4 |
| 9 | 5 | 6 | 2 | 1 | 4 | 3 | 8 | 7 |
| 1 | 7 | 4 | 3 | 6 | 8 | 5 | 9 | 2 |
| 3 | 8 | 2 | 9 | 5 | 7 | 6 | 4 | 1 |

Additional Sudoku puzzles as well as the solution to these two puzzles can be found at the following web page: <https://www.puzzles.ca/sudoku>

Old TV Shows 1 - Solution



ADDAMS FAMILY
BATMAN
BEWITCHED
CHINA BEACH
COACH
DEAR JOHN
DOCTOR WHO
FRASIER

GUNSMOKE
HAZEL
HEE HAW
HOWDY DOODY
I SPY
LAUGH IN
MANNIX
MAVERICK

ROSEANNE
TARZAN
THE NANNY
THE WALTONS
TWIN PEAKS

For more puzzles like this, visit the following webpage: <https://www.puzzles.ca/large-print-word-search.html>

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Solution for Crossword #6

| | | | | | | | | | | | | | | | | | | | |
|----|---|---|---|---|----|----|----|----|---|----|----|----|----|----|---|----|---|---|---|
| 1 | S | L | O | B | | 5 | O | V | A | L | | 9 | C | U | S | 12 | P | | |
| 13 | L | E | P | E | 14 | R | | 15 | Y | O | G | A | | 16 | A | N | T | E | |
| 17 | A | G | A | V | E | | 18 | S | W | O | R | | 19 | D | S | M | A | N | |
| 20 | P | O | L | E | C | 21 | A | T | | | | 22 | D | E | T | A | I | N | |
| | | | | | 23 | L | I | N | E | 24 | A | L | | 26 | B | A | N | D | Y |
| 27 | A | R | C | | 30 | P | A | R | T | I | S | A | N | | | | | | |
| 32 | R | I | O | T | E | R | | 34 | R | E | T | R | E | N | C | H | | | |
| 38 | M | O | L | E | | 39 | C | R | O | N | E | | 41 | T | O | R | E | | |
| 42 | S | T | A | R | | 43 | S | H | I | P | | 44 | R | O | S | T | E | R | |
| | | | | | 46 | R | H | Y | T | H | 47 | M | I | C | | 48 | E | W | E |
| 49 | A | S | T | I | R | | 52 | E | Y | E | L | E | T | | | | | | |
| 54 | L | O | A | F | E | R | | | | 56 | M | E | L | O | D | I | C | | |
| 60 | I | N | S | I | D | E | 61 | J | O | B | | 63 | O | N | I | C | E | | |
| 64 | B | I | T | E | | 65 | S | A | V | E | | 66 | T | E | N | O | N | | |
| 67 | I | C | E | D | | 68 | T | B | A | R | | 69 | R | E | N | T | | | |