

Caregivers Support Group

Join our free monthly support group for caregivers in our community. This safe, supportive space is here to help those caring for loved ones with chronic or life-limiting illnesses, offering connection, shared experiences, and comfort.

The 2nd WEDNESDAY
of every month
1:00 - 2:30pm

To register, contact:
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Everybody's Talking!

Coral revival: Marine researchers in the Maldives have tested a new portable lab designed to restore coral reefs faster than ever before. The system, known as ReefSeed, fits inside a shipping container and can be used along any coastline without needing large power supplies or deep-sea diving teams. Created by collaborating scientists in Australia and the Maldives, the lab lets coral be spawned and grown within weeks instead of months. In its first full trial, it produced thousands of juvenile corals later placed across multiple reef sites. The project has shown that small island nations can potentially manage coral recovery on their own, offering renewed optimism for ecosystems threatened by warming seas.

Trail hero: A once-homeless dog rescued from a shelter has become an expert in tracking down lost pets in Whitchurch, England. His trainer, who runs a scent-trailing school, adopted him after seeing potential in his remarkably sharp sense of smell. What started as a playful habit of sniffing and searching soon turned into a career helping owners recover missing animals. Now he follows scents from items like toys or fur to locate everything from runaway pets to escaped zoo animals. His precision and patience have made him a trusted partner in countless rescues. Once facing a questionable future, this dog now spends his days proudly putting his powerful nose to good use helping others.

Flood shield: A new park in the Vine City neighborhood of Atlanta, Georgia (U.S.), helps keep the area dry during heavy rain and prevents flood damage to nearby homes. Built to function like a giant sponge, it absorbs stormwater in ponds and gardens that hold the water before slowly releasing it underground. When a major storm hits, the park fills with water but nearby homes stay dry. The design uses plants and soil instead of concrete to naturally manage flooding. Along with protecting the neighborhood, it has open lawns, sports areas, and walking paths for residents to enjoy year-round. The project demonstrates that a city park can prevent flooding while still being a welcoming community space for everyone.

Laptop lifeline: A retired computer expert has made it his mission to give technology a second life. What started as a hobby repairing unwanted laptops now helps hundreds of people in Sarasota, Florida (U.S.), who can't afford their own. He gathers discarded computers from local donors, installs new hardware, and restores each one with care. Many go to students, single parents, and workers hoping to learn new skills or to stay connected. Neighbors began calling him the "Tech Fairy," a name that stuck as word of his generosity spread online. Each computer represents another step forward for someone in need, and for him, that simple impact is worth every hour spent on the project.

Quoteable Quotes

"The future depends on what you do today."

—Mahatma Gandhi

"Nothing ever goes away until it has taught us what we need to know."

—Pema Chödrön

What's Happening

Kamloops hosts the annual Canada Day event on July 1 in Riverside Park. Join us at Riverside Park for a full family-friendly day of activities, food, culture, entertainment, art, and unique for this year, live watch parties showing FIFA World Cup™ matches on a large screen at the Rotary Bandshell. Residents are invited to join the Canada Day festivities starting at 9:00 am.

The Kamloops Rock N' Gem Show returns this summer with a curated indoor showcase highlighting minerals, crystals, fossils, and handcrafted jewelry from around the world. Jul 3 - 5, 2026 Kamloops Curling Club 700 Victoria Street. 10:00am - 8:00pm Friday - Saturday | 10:00am - 5:00pm Sunday Single \$3 | Family \$7 | Kids 5 and under FREE

The City of Kamloops and BCLC are proud to present another great season of Music in the Park from July 1- August 31, 2026. The summer concert season brings a variety of blues, rock, classics, country, tribute bands, and more that will appeal to the whole family. Free performances take place at the Riverside Park Rotary Bandshell each evening, 7:00-8:30 pm, weather and air quality permitting.

The Kamloops Social Club is hosting a dance with Jerry De Souza on Sunday July 19th. His music is a mix of pop, light rock and a bit of light country from 60's and 70's. Location is St. Paul's Cathedral at 360 Nicola July 19 from 7-10 pm. Admission \$15 at the door prizes and fifty-fifty draw as well.

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Trivia

1. Does the Hope Diamond have approximately 25, 35, or 45 carats?
2. Is a baby hedgehog called a hoglet, hedgie, or pup?
3. Dmitri Mendeleev invented this organized chart of the elements.
4. The musical *Grease* takes place in this decade.
5. What is the name of Elvis Presley's mansion in Memphis, Tennessee (U.S.)?

(Flip bottom of page for answers)

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(Over)

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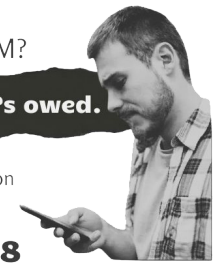
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Your Weekly Horoscopes

ARIES

(March 20 – April 19)



At week's end, an opportunity may emerge for you to lead a group in an endeavor that could benefit all. Showing compassion to others is an integral part of this effort. Lucky numbers: 3, 14, 21, 31, 34, 38.

TAURUS

(April 20 – May 20)



If you are in a conflict early in the week, consider taking a step back. Are you contributing to the situation by being overly aggressive? If so, what is motivating you? Lucky numbers: 5, 11, 12, 23, 26, 31.

GEMINI

(May 21 – June 20)



Are you feeling restricted in expressing your authentic self right now? You may be tempted to break free. Instead, try a plan that doesn't burn bridges behind you. Lucky numbers: 4, 11, 17, 18, 22, 42.

CANCER

(June 21 – July 22)



Do you have an endeavor that could be brought to completion now if you apply some effort? Just try to be sure that all the details have been reviewed and verified. Lucky numbers: 7, 17, 27, 34, 43, 44.

LEO

(July 23 – Aug. 22)



For the next year, you may be motivated to try to do a lot of big things quickly. You might be able to accomplish a lot, but be careful of not over-promising. Lucky numbers: 11, 19, 20, 28, 38, 45.

VIRGO

(Aug. 23 – Sept. 22)



Your usually grounded nature and attention to detail may be disrupted by confusion at week's end. Take a deep breath and wait a few days for things to change. Lucky numbers: 13, 17, 30, 31, 38, 48.

LIBRA

(Sept. 23 – Oct. 22)



For the next few weeks, miscommunications may abound. Be aware of this when interacting with others. If someone upsets you, ask them to clarify their intent. Lucky numbers: 8, 13, 26, 32, 39, 45.

SCORPIO

(Oct. 23 – Nov. 21)



Clearly communicating may be important for the next few weeks. Having others mirror back to you what you said, to be sure they understood, might be helpful. Lucky numbers: 14, 25, 31, 36, 38, 46.

SAGITTARIUS

(Nov. 22 – Dec. 21)



If you are proactive early in the week, a new opportunity may emerge. Be very sure to double check the details, whether verbal or written, before committing. Lucky numbers: 14, 20, 26, 33, 34, 48.

CAPRICORN

(Dec. 22 – Jan. 19)



At the start of the week, you may run into obstacles completing an endeavor. The issue might lie in your communication style. Try focusing on the needs of other parties. Lucky numbers: 1, 2, 18, 29, 37, 44.

AQUARIUS

(Jan. 20 – Feb. 18)



You may experience information overload this week. Give yourself time to sort through options before communicating them to others or making any decisions. Lucky numbers: 19, 36, 40, 43, 44, 47.

PISCES

(Feb. 19 – March 20)



Last week's dynamic continues. You may still receive a lot of unconscious information, which might be confusing to interpret. Postpone action if you aren't clear. Lucky numbers: 15, 16, 18, 32, 38, 40.

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

Did You Know...

Speed surprise: Despite their bulky build, hippos can sprint faster than most people. On land, their short bursts of power let them outpace the average human, proving that appearances can be deceiving when it comes to nature's speedsters.

Bouquet beginnings: In early weddings, guests believed touching the bride's dress brought good luck, often leaving her surrounded by eager hands. To get away, she threw her flowers into the crowd, a fix that later became the familiar bouquet toss.

Fuzzy fruit: Before earning the name kiwifruit, New Zealanders called it the Chinese gooseberry, comparing its flavor to the gooseberries they already knew. The new name came later, to link the fruit with New Zealand's national bird, the kiwi.

Solar trick: In Hawaii (U.S.), there's a brief moment when the sun stands directly overhead and every shadow disappears. Known as Lāhainā Noon, it happens twice a year, turning statues, trees, and people into perfectly shadowless shapes.

Pharaoh pimples: Acne isn't just a modern nuisance. Tutankhamun reportedly struggled with it, and remedies were placed in his tomb to accompany him beyond death. Even pharaohs, it seems, faced the same skin worries as ordinary people today.

On the Lighter Side

A pianist found a note from his wife: Gone Chopin, have Liszt, Bach in a minuet.

Never go fishing with a DJ. They always drop the bass.

Doctor: "Have you had this problem before?"

Patient: "Yes."

Doctor: "Well, you have it again."

Knock! Knock! Who's there? Isabelle. Isabelle who? Isabelle on your bike?

What fairground ride is always made of iron? A ferrous wheel.

Answers

Trivia answers: 1. 45 2. Hoglet 3. Periodic Table 4. 1950s 5. GraceLand
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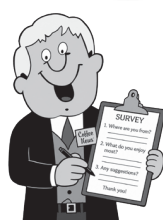
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