




What foreigners are scared of in Canada




CANADAMEMES.COM

What Canadians are scared of in Canada






Canada Day Trivia



1. How many time zones does Canada have?
2. The CNE was originally known as what?
3. Of Canada's three largest cities, which one is on an island?
4. What was Canada's first capital city?
5. In 1964, the first Tim Horton's opened in Canada. What city was it in?
6. What is Canada's national animal?
7. What was the last province or territory to become part of Canada?
8. Canada is the biggest exporter of what fruit?
9. Who was Canada's first Prime Minister?
10. In what year did Canada adopt the metric system?



1. Six. 2. Toronto Industrial Exhibition. 3. Montreal. 4. Kingston, ON. 5. Hamilton, ON. 6. Beaver. 7. Nunavut. 8. Blueberries. 9. John. A MacDonald. 10. 1970

Join us
Saturday July 1st at 2 pm



in the
Courtyard

Happy Canada Day
with Zack!!

Embrace Canada's Legacy: Spread Kindness, Live Up to Our Reputation and Reap the Benefits of Being Kind.

KINDNESS Promotes Heart Health

Kindness releases the natural hormone oxytocin into the brain and the body, reducing blood pressure and protecting the heart.



Kindness Keeps Us Young

When we are kind, we slow the speed of aging by reducing our body's free radicals and inflammation through the release of oxytocin in the body.



Paying it Forward Helps Decrease Stress & Anxiety

Kindness makes us focus on others, so we are less focused on our negative feelings. In addition, kindness increases the production of serotonin, a feel-good chemical that regulates our mood and helps decrease anxiety.



KINDNESS

is a gift everyone can afford to give.

UNKNOWN

STORIES by STEVE



Fun in the Sun

