## Hawthorne Place News



#### Important Dates

\*July 1st\*

Canada Day

\*July 5th\*

Lifeline and in suite testing

\*July 9th\*

Patty Plays Piano

\*July 17th\*

Bruce Feltham





Join us in the dining room to celebrate Canada's 158th Birthday.





Henriette Gill	July 5th
Linda Stribny	July 13th

From all the staff of Hawthorne Place!



## **Rise and Shine!**

Armchair Yoga Every Friday at 11 am!



Sunday Movie

1:30





Second Monday of every month at 1:30



### Tuesday & Thursday at 1:30

**Armchair Travel** 



Every second

Saturday at 1:30 pm

Happy Hour Friday at 4 pm



Friday at 1:30 pm GAMES!

every second Friday



## Quick Crossword Puzzle #1026

1	2		3	4			5	6	7	8
9							10			
						11				
12								13		
		14	15			16				
17	18									
19				20		21				
									22	23
24				25				26		
27					28					
29					30					

#### Across

1. Tastefully done (8) 5. On fire (6) 9. Generous gifts (8) 10. Nymph loved by Apollo (6)12. Not offensive (9) 13. Unit of measure for gold (5)14. Flunk (4) 16. Male child of a stepparent (7) 19. Wangle (7) 21. Where the sun rises (4) 24. Mistake (5) 25. Religious residences (9) 27. Delicate (6)

- 28. Demoralize (8)
- 29. Military government (6)
- 30. Spellbind (8)

#### Down

1. Make a disguised reference to (6)

- 2. Customs duty (6)
- 3. Coil of yarn (5)
- 4. Infuse (7)
- 6. Total absence of light (9)

7. A short pithy instructive saying (8)

- 8. Constructing (8)
- 11. Types of airplanes (4)
- 15. Formula (9)
- 17. Wrongdoer (8)
- 18. Infallible (8)
- 20. Carve in stone (4)
- 21. Wearing away (7)
- 22. Nerve (6)
- 23. Spreads sleeping sickness (6)
- 26. Ultra (5)





#### When: July 1st – All Day!

#### **Event Schedule:**

- □ 8:30 AM 11:30 AM Pancake Breakfast (Legion)
- ♪ 9:30 AM 11:30 AM Live music with Q Jumpers (Inside Deck)
- □ 12:00 PM 6:30 PM Burger & Hot Dog Sales + Beer Garden Opens
- 12:30 PM 1:00 PM Qualicum Beach Pipe Band (Front of Stage)
- □ 1:00 PM 1:45 PM Opening Ceremonies
- □ 1:45 PM Canada Day Fly Over
- □ 1:45 PM 2:30 PM Cloggers Performance
- 3:00 PM 4:45 PM Mike Jarvis Live
- *•* 5:00 PM − 6:45 PM − Cheers Band

Good food, cold drinks, and amazing entertainment all day long. Bring your friends, your family, and your patriotic spirit – let's make this a Canada Day to remember!

# **Beat the Heat**

## How to stay safe this summer



Have a plan on how to stay cool when it heats up



**Drink plenty of water** and avoid alcoholic, sugary and caffeinated drinks.



Keep yourself cool do less and avoid being outside during the hottest part of the day



Virtually check on elderly friends, neighbours and relatives, especially if they live alone.

## Know the early signs of heat related illness



Dizziness and fainting



Tiredness



Bright or dark yellow urine



Thirst



Move somewhere cool and drink water.

If you start to feel unwell, seek medical advice.





In Canada, National Ice Cream Day is celebrated on the third Sunday of July, which this year falls on **July 20th**. This day encourages people to enjoy their favorite ice cream treats. Several businesses, including <u>Dairy Queen</u>, offer deals and promotions to mark the occasion.

One minute you're young and fun. And the next, you're turning down the stereo in your car to see better. Solution to Quick Crossword Puzzle #1026

