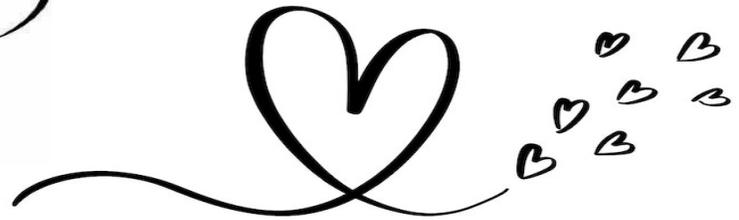


Hawthorne Place News

february



HAPPY
Family
Day

10 am Monday February 16th

Please join us in the dining room
for refreshments and goodies.

Important Dates

February 7th	Lifeline Testing
February 9th	Hymn Sing
February 14th	Valentines Day
February 16th	Family Day
February 17th	Chinese New Year
February 19th	Bruce Feltham

Welcome

Welcome to Hawthorne Place
Marlene & Doug Cockburn

&

Joyce Rose

happy
birthday

February 1st	Dylys
February 6th	Joyce

Happy Birthday!
From all the staff
of Hawthorne Place!



What's Happening

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



Valentine's Day Word Search

c g f l o w e r s i p
j s w e e t h e a r t
e f p a c u p i d a e
v h o i k a c p s r t
a o g u y h e a r t s
l o v e r r d e g o f
e k r a p t r r o w r
n r i r o s e s p x i
t o h s d r d e i r e
i s u h s p i n n h n
n r g a r e l l k t d
e o s c h o s r o s h
s w e e r t s f r i e
v c h o c o l a t e k

valentine
arrow
cupid
hearts
love

red
fourteenth
hugs
chocolate
pink

roses
friend
flowers
sweetheart
kisses

This group of
ladies are staying healthy and fit with
some armchair yoga



Sudoku puzzle #4 Difficulty: Medium

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

“

What did one triangle
say to the other
on Valentine's Day?

“You're acute.”

The Shape I Am In

~Author Unknown

There's nothing the matter with me,
I'm just as healthy as can be,
I have arthritis in both knees,
And when I talk, I talk with a wheeze.
My pulse is weak, my blood is thin,
But I'm awfully well for the shape I'm in.

All my teeth have had to come out,
And my diet I hate to think about.
I'm overweight and I can't get thin,
But I'm awfully well for the shape I'm in.

And arch supports I need for my feet.
Or I wouldn't be able to go out in the street.
Sleep is denied me night after night,
But every morning I find I'm all right.
My memory's failing, my head's in a spin.
But I'm awfully well for the shape I'm in.
Old age is golden I've heard it said,
But sometimes I wonder, as I go to bed.
With my ears in a drawer, my teeth in a cup,
And my glasses on a shelf, until I get up.
And when sleep dims my eyes, I say to myself,
Is there anything else I should lay on the shelf?

The reason I know my Youth has been spent,
Is my get-up-and-go has got-up-and-went!
But really I don't mind, when I think with a grin,
Of all the places my get-up has been.

I get up each morning and dust off my wits,
Pick up the paper and read the obits.
If my name is missing, I'm therefore not dead,
So I eat a good breakfast and jump back into bed.

The moral of this as the tale unfolds,
Is that for you and me, who are growing old.
It is better to say "I'm fine" with a grin,
Than to let people know the shape we are in.



Symbolism of the Fire Horse:

The Horse signifies dynamism, freedom, and adventure, while the Fire element adds intensity, enthusiasm, and a drive for rapid change and progress, making it a year for bold decisions and moving forward.

Sudoku solution, #4

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



The QBFM is year round on Saturdays from 8:30am-12:00pm Veterans Way in the heart of Qualicum Beach.