

Hawthorne Place News



Important Dates

August 1st	Lifeline Testing
August 3rd	BC Day
August 10th	Hymn Sing
August 12th	Patty Plays Piano
August 20th	Bruce Feltham

BC DAY



Monday August 3rd

Come on down to the dining room for coffee, tea, and baked goods.

10 am



happy
BIRTHDAY

August 18th	Dorothy
August 22nd	David

Happy Birthday!
From all the staff
of Hawthorne Place!



EVENTS

Rise and Shine!

Armchair Yoga
Every Friday at 11 am!



Tuesday & Thursday at 1:30

Armchair Travel

Every Saturday at
1:30 pm



Sunday Movie

1:30



Happy Hour Friday at 4 pm



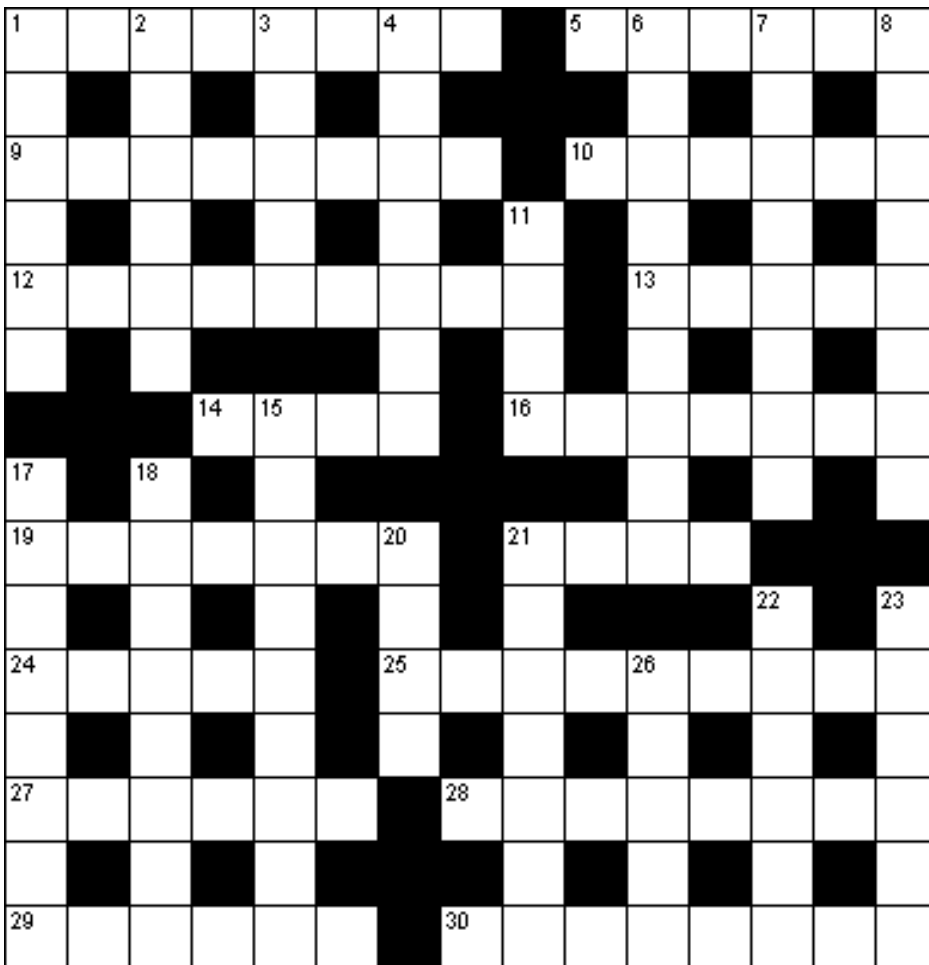
GAMES!

Friday @ 1:30



Second Monday of every month at

Quick Crossword Puzzle #1106



Across

1. Gazelle (8)
5. Sleeping sickness carrier (6)
9. Shears (8)
10. Rehearsal (6)
12. Extemporaneous (9)
13. Artillery burst (5)
14. Blowgun missile (4)
16. Bowling pin (7)
19. Munitions (7)
21. Jab (4)
24. Geeky (5)
25. Namelessness (9)
27. A vast multitude (6)
28. Statuette (8)
29. Really enjoy (6)
30. A national legislative assembly (8)

Down

1. Assault (6)
2. Twits (6)
3. Lariat (5)
4. Protective wall (7)
6. A form of physical comedy (9)
7. Example (8)
8. Worker (8)
11. Rump (4)
15. Having no known name (9)
17. Defrauder (8)
18. Partsong (8)
20. Petty quarrel (4)
21. Condition (7)
22. Manly (6)
23. Woody parts of plants (6)
26. Not old (5)

Sudoku puzzle: Difficulty level: medium

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

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

Take steps to avoid it reaching dangerous levels.



Move somewhere cool and drink water.



If you start to feel unwell, seek medical advice.



Just a reminder...



The magnetic **Good Morning** signs placed on the hallway side of your door lets us know that everything is good in your home. Please put them out by 10 am.



British Columbia's official provincial flower is the Pacific Dogwood (*Cornus nuttallii*). Adopted as the province's floral emblem in February 1956, this bloom appears as a small tree that produces large, showy white flowers during April and May.

Facts about British Columbia

British Columbia is Canada's third largest and westernmost province

British Columbia is Canada's third largest and most western province. This area is four times the size of Great Britain. It is bounded to the north by the Northwest Territories, the Yukon, and Alaska, to the east by Alberta, and to the south by the states of Washington, Idaho, and Montana. The province's coastline stretches for about 27,000 kilometers.

BC produces a little over half of Canada's total wine production (I'm looking at you, Happy Hour ladies)

British Columbia is famous for its wine production because of its high grapes cultivation. The \$2.8 billion economic impact of the British Columbia wine industry is a crucial driver of the province's economy. This industry supports more than 12,000 people in every part of the province.

The world's largest blue whale skeleton is in British Columbia

The world's largest blue whale skeleton can be found in the Royal British Columbia Museum in Victoria! If you're ever in town, you should go and make a trip out of it. It's a fantastic location.

The Great Bear Rainforest located in BC

Great Bear Rainforest is also situated in BC and has a rare white Kermode bear. British Columbia is fortunate to have white and grizzly bears. Kermode bears are mainly found in the Great Bear Rainforest, a protected area the size of Ireland that covers British Columbia's North and Central Coasts.



Qualicum Beach Farmers Market



A vibrant, community-driven market located on Veterans Way in the heart of Qualicum Beach, bringing together the very best of Vancouver Island and Gulf Island growers, makers, bakers, and artisans.

Saturdays | 8:30 AM – 12:00 PM

Sudoku puzzle #3 SOLUTION

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

Quick Crossword Puzzle SOLUTION

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