

Hawthorne Place News



Welcome

Welcome to
Hawthorne Place
Joy Chevrefils!

Important Dates

July 1st	Canada Day
July 4th	Lifeline Testing
July 8th	Patty Plays Piano
July 13th	Hymn Sing
July 16th	Bruce Feltham



Wednesday July 1st

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

10 am



Marilyn Dawson	July 5th
Henriette Gill	July 5th
Linda Stribny	July 13th

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

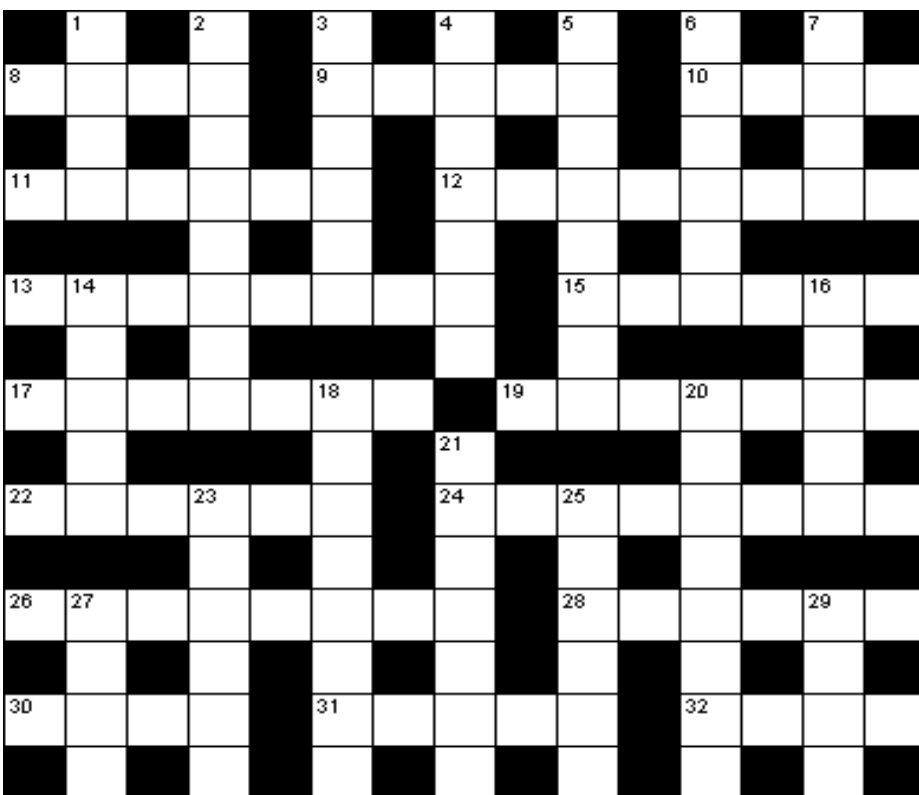


Second Monday of every month at

Quick Crossword Puzzle #1105

Across

- 8. Modify (4)
- 9. Positive pole (5)
- 10. Leave out (4)
- 11. Perplex (6)
- 12. Encirclement (8)
- 13. Breaking and entering (8)
- 15. Ascribe (6)
- 17. Not an art (7)
- 19. Violent rotating windstorm (7)
- 22. Scant (6)
- 24. Fury (8)
- 26. Marine crustacean (8)
- 28. Termagants (6)



Down

- 1. Border (4)
- 2. Fight (8)
- 3. Photographic necessity (6)
- 4. Cattlemen (7)
- 5. Speed (8)
- 6. Come up with (6)
- 7. Discover (4)
- 14. Open, as a bottle (5)
- 16. Basic belief (5)
- 18. A type of curved shape (8)
- 20. A black candy (8)
- 21. Outcomes (7)
- 23. Eluted (6)
- 25. Dwell (6)
- 27. Affirm (4)
- 29. Sponge (4)



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.



Canada

Canada is the second-largest country in the world by total area, yet it is sparsely populated with over 90% of its residents living within 160 km of the U.S. border. It boasts the world's longest coastline, holds more lakes than the rest of the world combined, and features two official languages: English and French.

A few fascinating highlights about the Great White North cover its incredible geography and quirky culture:

Breathtaking Geography

- **Endless Waters:** Canada contains an estimated 60% of all the world's lakes, covering about 9% of the country's total area.
 - **Extreme Coastline:** It features the longest coastline on Earth, spanning over 202,080 km across three oceans: the Atlantic, Pacific, and Arctic.
- Vast Reach: The country stretches across six different time zones.

Iconic Wildlife & Exports

Polar Bears: Around 60-80% of the world's polar bears live in Canada. The town of Churchill, Manitoba, is famously known as the "Polar Bear Capital of the World". [1]

Maple Syrup: The province of Quebec produces roughly 70% of the world's maple syrup supply and even maintains a strategic maple syrup reserve.

Culture & Quirks

- **Inventions:** Canadian innovators created basketball, the telephone, and the baseball glove.
- **National Sports:** Ice hockey is the national winter sport, while lacrosse is the official national summer sport.

Unique Facts: Canada has recognized Santa Claus as a citizen with his own postal code (H0H 0H0) and passed the "Apology Act" in 2009, which ensures that saying "sorry" is not an admission of guilt in court.



Qualicum Beach's Canada Day celebrations on July 1, 2026, will be hosted by the Royal Canadian Legion (Branch 76) at 180 Veterans Way. There will **not** be a traditional street parade this year. Instead, the town is dedicating those funds to an expanded, family-friendly schedule of events, live entertainment, and children's activities.

PROBLEMS with your ELECTRONIC DEVICES? Call the TECHNOLOGY TUTOR! Brian Collicott 250 947-8258 To book an appointment, contact the OBLT Technology Learning Centre at tlc@sd69.bc.ca



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

Solution to Quick Crossword Puzzle #1105

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

