

BIAQD Newsletter

For members of the Quinte Area Brain Injury
Association

August 2020



HAVE YOU SEEN US ONLINE? www.biaqd.ca

April to August in review....

On March 16th, 2020 it was decided to cancel all programs and clients/people were not allowed to visit the office. This took effect Tuesday March 17th, 2020.

Jennifer is still taking calls and answering emails, so please stay connected!

Our new meeting place/office is ready to open when we are allowed back!

Please Note the following :

We have started the following events/classes for members online:

Quilting/sewing
Walking Group
Cooking
Art



Please call the office if you would like to join or need more information.



Before Mt. Everest was discovered, what was the highest mountain in the world?

Fun Facts about the Month of August

1. The birthstones for August are the peridot and the sardonyx.
2. The zodiac signs for August are Leo (July 23 – August 22) and Virgo (August 23 – September 22)
3. August in the Northern Hemisphere is similar to February in the Southern Hemisphere.
4. August's flower is the gladiolus. The flower was discovered in Africa in the 17-18th centuries and was initially used as food (don't try this at home!).
5. The name "August" was given by Roman emperor August, in 8BC. Until then, the Romans called August "Sextilis" meaning the sixth month of their calendar. Augusts claimed this month his own because most of his victories occurred during August. Many other versions of the name designate this month as Harvest Month.
6. Famous birthdays in August include Barack Obama, Herman Melville, Hulk Hogan, Mila Kunis, Jennifer Lawrence, Ben Affleck, Madonna, Robert DeNiro, Peter O'Toole and Cameron Diaz.

Shark Week is in August



August is also related to the word "auger", a hole digging tool, because farmers dug for next season at this time every year.

The August Long Weekend in Canada

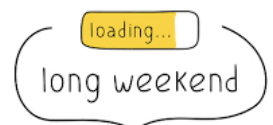
The reason behind Canada's widely recognized August long weekend, provides a highly anticipated work break in the middle of the summer season. It takes place in most provinces on the first Monday of August and can be called by different names depending on where in Canada you are: Heritage Day in Alberta, Terry Fox Day in Manitoba, or Natal Day in [Nova Scotia](#). On this day, many businesses close down as Canadians take advantage of three consecutive days off, often escaping to the lakes, mountains, and beaches for the weekend.

The holiday is not celebrated in Quebec, Newfoundland, or Yukon, so you can expect business on Civic Day to be conducted as usual in those places. In 2020, the holiday occurs on August 3.

Many of the events surrounding Civic Day have been altered or canceled in 2020.

You can expect some businesses, such as banks, libraries, and government offices to be closed in areas where the holiday is observed. Others may have reduced hours and public transportation typically operates on a special holiday schedule. Several cities across Canada hold events or celebrations for the August long weekend. Check the websites of the events for updated information.

If you find yourself in Ontario over the August long weekend, hike your way through Rouge National Urban Park in Toronto, bike along the scenic Rideau Canal in Ottawa, or make your way to one of the province's beautiful provincial parks to camp or swim.



Board Games Word Search

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

APPLES TO APPLES	MAH JONGG
BACKGAMMON	MANCALA
BATTLESHIP	MONOPOLY
CANDY LAND	OTHELLO
CHECKERS	PICTIONARY
CHESS	RISK
CLUE	SCRABBLE
CONNECT FOUR	SORRY
GUESS WHO	STRATEGO
LIFE	TROUBLE



Creamy Cucumber Salad

INGREDIENTS

- 2 large cucumbers, sliced
- 1/4 cup red onion, sliced
- 1/4 cup greek yogurt (or sour cream or mayo or combination)
- 1 lemon, juice and zest (or 1/4 cup white vinegar)
- 2 tablespoons dill, chopped
- salt and pepper to taste
- 1 clove garlic, grated (optional)

DIRECTIONS

Mix everything and enjoy!



Hi,

How has everyone been? I am hoping that you have managed to stay comfortable these past few weeks in the heat.

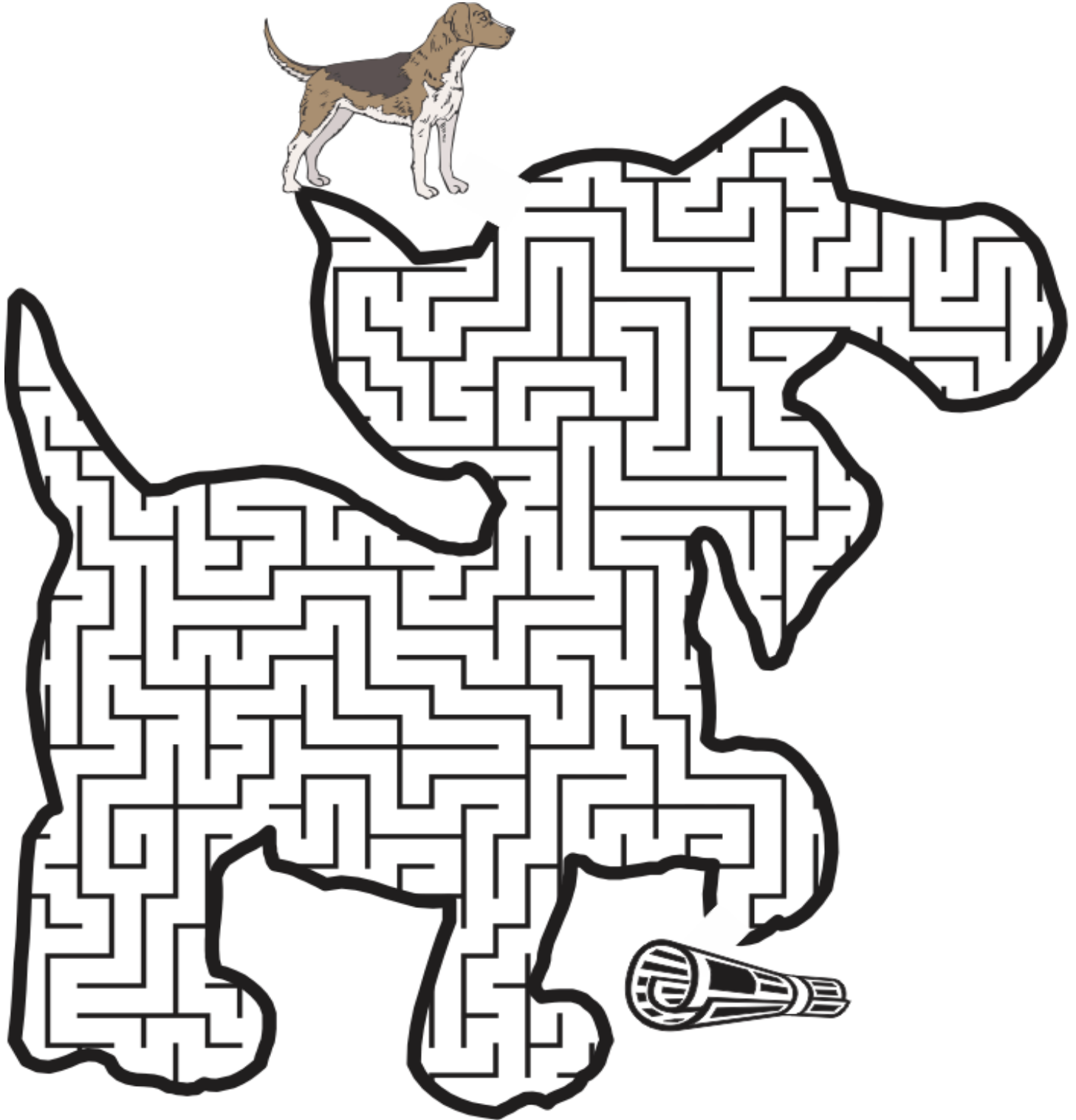
The past few weeks for me have been different. My friend has been helping me with Maggie and I cannot say enough about how she has stepped forward to help us. It is amazing that after the disappearance of most of my friends she has stayed true and always steps in when needed. I truly hope that everyone is able to say that about someone....

Take care everyone and hopefully we can get together again soon!



Answer - Mt. Everest. It was still the highest in the world. It just had not been discovered yet!

Help the dog find the newspaper to take to its owner.



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Joke:

Why shouldn't you tell secrets on the farm?

Because the corn has ears, the potatoes have eyes and the beanstalks.