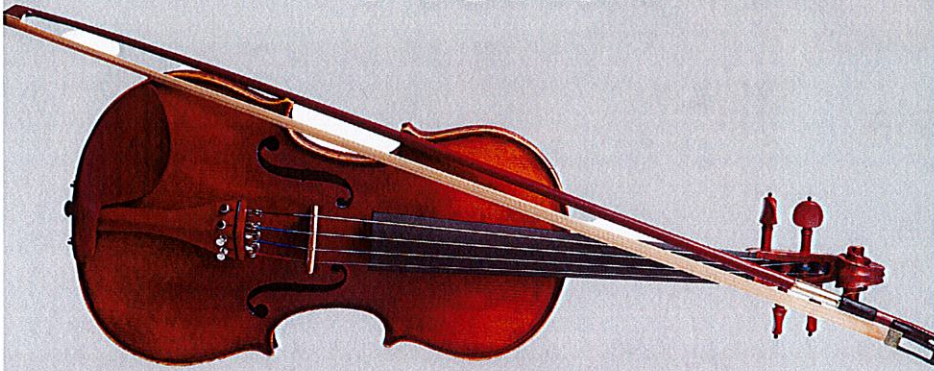


NEWSLETTER

September 2023

Diamond House 700 Ballesteros Cres Warman SK S0K 4S4

September is
Classical Music
Month



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Did You Know

The Romans often associated different months with different gods.

September is associated with Vulcan, the Roman god of fire.

Quote of the Day

Without music, life is a journey through a desert.

- Pat Conroy

September Trivia

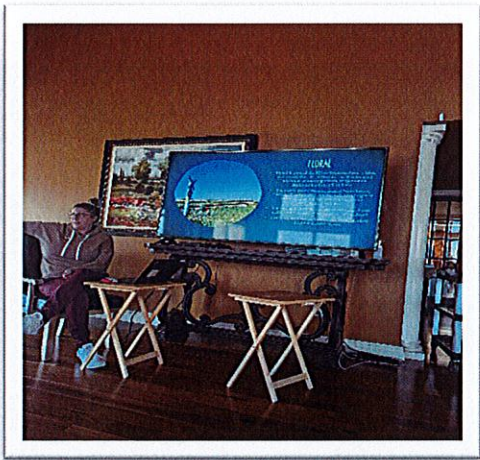
More people are born in September than any other month! Which means that September babies were conceived in the December holiday period... 😊

Zodiac signs: **Virgo & Libra**
Birthstone: **Sapphire**
Flower: **Morning Glory**

August Highlights

Country Drives

We enjoyed country drives to the local creameries for fresh ice cream and milkshakes.

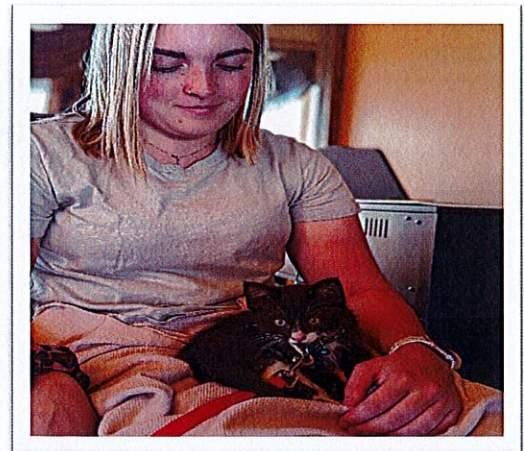


Ghost Towns of Saskatchewan

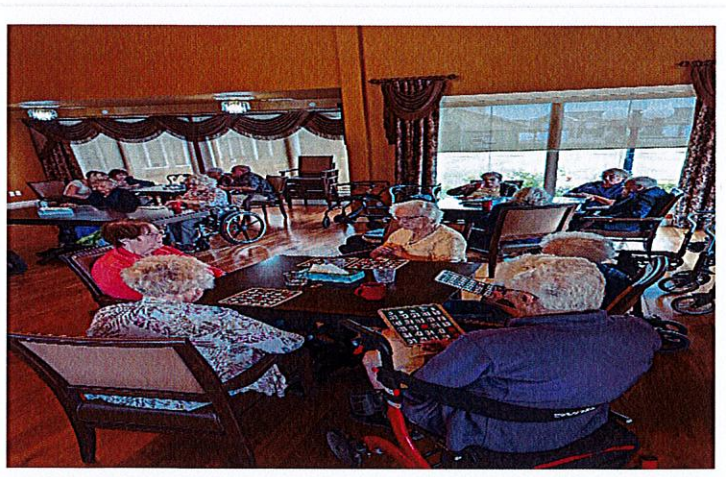
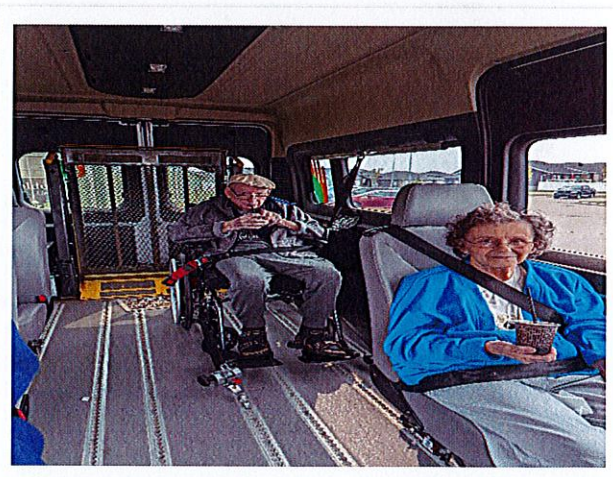
Kassandra took us on a virtual journey of towns long past.

Zoo Tour

The weather cancelled our outing to the Zoo, but Payton and kitten Rascal brought the zoo to us.



August in Review



September 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Autum shows us how beautiful it is to let things go.

-Author Unknown

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	Labor Day 4	5	6	7	8	9
10	11	12	13	14	15	16
17)	18	19	20	21	22	Autumn 23 
24	25	26	27	28	29	30

September Birthdays

In September, we celebrate birthdays with:

- Diane B
- Dennis O
- Sandra P

Please join us in the Great Room September 29 to celebrate!
Birthday Bingo Houses 1,3 & 5 at 10:00 am.
Birthday Bingo Houses 2,4 & 6 at 2:00 pm.



Freddie Mercury, Musician, 5th September, 1946
Buddy Holly, Musician, 7th September 1936
Peter Sellers, Actor, 8th September 1925
Agatha Christie, Writer, 15th September 1890
Lauren Bacall, Actor, 16^h September 1924
Lance Armstrong, Cyclist, 18th September 1971
Stephen King, Author, 21st September 1947
Andrea Bocelli, Singer, 22nd September 1958
Bruce Springsteen, Singer, 23rd September 1949
Michael Douglas, Actor, 25th September 1944

Virgo (Aug 22 - Sep 22)

Logical, practical, and systematic in their approach to life. Perfectionists at heart.

Libra (Sep 23 - Oct 22)

Often considered the nicest and most charming personality in the world!

September in History: Teenagers Unearth Stunning Prehistoric Art

In September 1940, a group of teenagers stumbled upon the awe-inspiring Lascaux Cave paintings in France. These ancient artworks, dating back around 17,000 years, showcase a mesmerizing array of animals and intricate details.

WOW!

Poem to Share



Music

When music sounds, gone is the earth I know,
And all her lovely things even lovelier grow;
Her flowers in vision flame, her forest trees
Lift burdened branches, stilled with ecstasies.

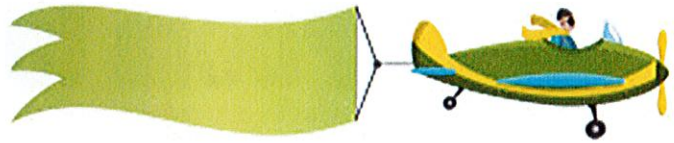
When music sounds, out of the water rise
Naiads whose beauty dims my waking eyes,
Rapt in strange dreams burns each enchanted face,
With solemn echoing stirs their dwelling-place.

When music sounds, all that I was I am
Ere to this haunt of brooding dust I came;
And from Time's woods break into distant song
The swift-winged hours, as I hasten along.

- *Walter de la Mare*



Noticeboard



NEW RESIDENTS

A very warm welcome to our new residents who wish to remain anonymous. We look forward to getting to know you.

MASSAGE SERVICE

We are pleased to offer in suite massage therapy by Self Wellness. Please contact Self Wellness directly to book your appointment.

Phone: (306)-244-7873

IN MEMORIAM

To the families and friends of our late residents—may you be comforted by the knowledge that your loved ones are at peace.

- Edna B
- Lillian W
- Ida L

DOCTOR AND LAB

We offer the service of having an in-house doctor and lab services.

Our in-house doctor rounds are every Wednesday.

If you would like a doctor's appointment or require lab services, please contact the Nurse on duty.

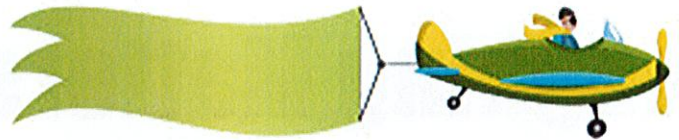
Phone: (306)-955-1300 Ext 3

PHYSIOTHERAPY

We are pleased to offer in suite physiotherapy by Nova. Please contact Nova directly to book your appointment.

Phone: (306)-382-3332

Noticeboard



SALON

Woman's hair cut - \$40.00

Shampoo & Set - \$30.00

Perms - \$90.00

Hair Color - \$80.00

Men's hair cut - \$30.00

Payment can be cash, cheque, or e-Transfer to your stylist, or you can charge your appointment to your comfort fund.

Marlene is off to enjoy retirement! As we wish her Bon Voyage, Karen will be taking her place. Karen has been a hairdresser for over 50 years.

Karen will be taking over Marlene's current clients and is open to new clients as well.

To make an appointment you can contact:

Tracey (306)-222-9481

Tuesday & Thursday

Karen (306)-227-4132

Wednesday and Friday mornings.

Please note that all salon services are an additional cost.

FIND US AND GIVE US A FOLLOW

We have expanded our media presence!
We can be found on:

Facebook: Diamond House

Instagram: Diamond_Crew2016

TikTok: Diamond_Crew2016



VOLUNTEERS

If you want to volunteer your skills, abilities or talents please contact our Activity Department.

FRIENDLY REMINDER

Video recording and photo policy.

Family and friends are asked not to videotape or take photos in the common areas including the nurse's station if there are other residents and staff present. Please respect everyone's right to privacy.

Laughing Matters



Here's a few music-inspired jokes to keep you laughing...
or groaning!

How do you fix a broken tuba?

With a tuba glue!

What musical key do cows sing in?

Beef flat.

What's the difference between a piano and a fish?

You can't tuna fish!

Why did the pianist keep banging his head against the keys?

He was playing by ear!

What type of music are balloons afraid of?

Pop music!

What key do you get when you drop a piano down a mine shaft?

A flat miner.

What type of songs do planets sing?

Nep-tunes!

Why did the singer climb a ladder?

To reach higher notes!

What do you get when you cross a sweet potato and a jazz musician?

A yam session!

Why was the musician arrested?

Because she got in treble!

Word Search

CLASSICAL MUSIC



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

Violin

Flute

Adagio

Quartet

French Horn

Timpani

Clarinet

Fanfare

Beethoven

Concerto

Piano

Tempo

Ensemble

Vivaldi

Melody

Cello

Forte

Largo

Harp

Mozart

September 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

GR- Great Room

H1- House 1

H2- House 2

H3- House 3

H4- House 4

No Morning
Activities 1

1:00pm- 4:00pm
Country Drives
(H1 & 2)

2:00pm

Entertainment:
Sings of His Grace
(GR) 2

9:30am Catholic 3

Devotion &
Communion (GR)



4

No Activities

Today

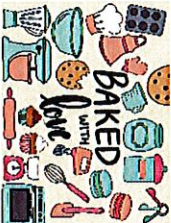
10:00am Chair 5

Cardio & Walking
(GR)

10:45am Hymn
Singing (GR)

1:00pm Baking with
Wanda: Outing to
Wanda's

Sign Up Sheet in
Each Kitchen



10:00am Chair 6

Yoga & Guided
Meditation (GR)

1:30pm Rosary with
Jane (GR)

2:00pm Reading
Corner (H2)



3:15pm Sing Along
with Al (GR)



10:00am Core & 7

Balance (GR)
10:45am Hymn
Singing (GR)

2:00pm

Travel Cinema:
Brazil (GR)



3:30pm
Walking Club
House 1 & 2



10:00am Chair 8

Dancing &
Walking (GR)

10:45am Hymn
Singing (GR)

2:00pm

Entertainment: The
Wine Not Band
(GR)



9

10 10:00am **11**
Strength Training
(GR)
10:45am Hymn
Singing (GR)

12
10:00am Chair
Cardio &
Walking (GR)
10:45am Hymn
Singing (GR)

13
10:00am Chair
Yoga & Guided
Mediation (GR)
1:30pm Rosary with
Jane (GR)

14
10:00am Core &
Balance (GR)
10:45am Hymn
Singing (GR)

15
10:00am Chair
Dancing &
Walking (GR)
10:45am Hymn
Singing (GR)

3:00pm Bible
Fellowship Service
(GR)

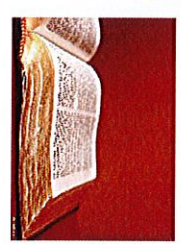
2:00pm Iced Tea
Social (H2)

2:00pm Social
Hour: Grandparents
Day (GR)

2:00pm Coffee Talk:
Positive Thinking
Day (H1)

2:00pm Happy
Hour: Octoberfest
(GR)

2:00pm
Entertainment:
DonLin Country
(GR)



2:30pm Bingo (H2)



3:15pm Sing Along
with AI (GR)

9:30am Catholic 17
Devotion &
Communion (GR)



10:00am **18**
Strength Training
(GR)
10:45am Hymn
Singing (GR)

19
10:00am Chair
Cardio &
Walking (GR)
10:45am Hymn
Singing (GR)

20
10:00am Chair
Yoga & Guided
Mediation (GR)
1:30pm Rosary with
Jane (GR)

10:00am Core & **21**
Balance (GR)
10:45am Hymn
Singing (GR)

10:00am Chair **22**
Dancing &
Walking (GR)
10:45am Hymn
Singing (GR)

3:00pm Diamond
House Fellowship



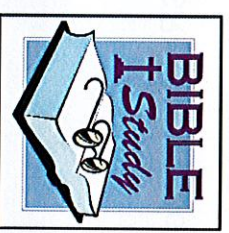
2:00pm Coffee
Social (H1)



2:30pm Bingo (H1)



2:00pm Bible Study
& Hymn Singing
(GR)



1:30pm Baking with
Wanda (H4)



3:15pm Sing Along
with AI (GR)



2:00pm Board &
Card Games (GR)



2:00pm
Entertainment:
Memory Lane (GR)



10:00am
Strength Training
(GR)

10:00am Chair
Cardio &
Walking (GR)

10:00am Chair
Yoga & Guided
Mediation (GR)

10:00am Core & 28
Balance (GR)

10:00am
Resident
Birthday Party &
Bingo (GR)

10:45am Hymn
Singing (GR)

10:45am Hymn
Singing (GR)

2:00pm Men's Club
(H5)

1:30pm Rosary with
Jane (GR)

2:00pm Fall Craft
Social (GR)

2:00pm Resident
Birthday Party &
Bingo (GR)

2:00pm Shirley
Temple Social (H2)

2:00pm Celebrating
Classical Music
(GR)

2:00pm Coffee Talk:
World Maritime Day
(H1)

2:00pm Fall Craft
Social (GR)

2:00pm Resident
Birthday Party &
Bingo (GR)



2:30pm Bingo (H2)

2:00pm Celebrating
Classical Music
(GR)

3:15pm Sing Along
with AI (GR)

2:00pm Resident
Birthday Party &
Bingo (GR)

2:00pm Resident
Birthday Party &
Bingo (GR)



H2, H4 & H6

H1, H3 & H5

H2, H4 & H6

H1, H3 & H5

