

# NEWSLETTER

# December 2023

Diamond House 700 Ballesteros Cres Warman SK S0K 4S4



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## December Trivia

Babies born the last month of the year are more likely to live the longest!

Zodiac signs: **Sagittarius & Capricorn**

Birthstone: **Turquoise**  
Flower: **Holly**

## Quote of the Day

*Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful.*  
– Norman Vincent Peale



# November Highlights

## Remembrance Day



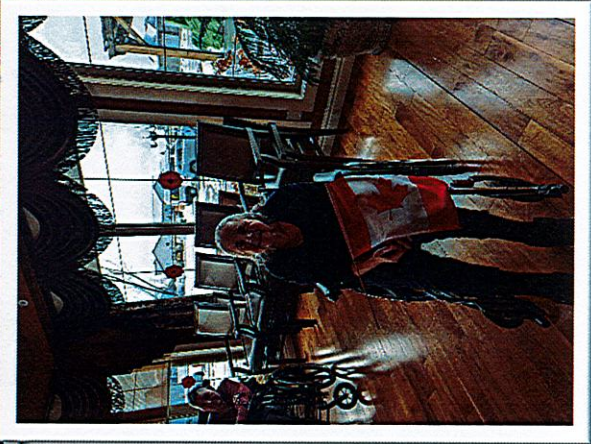
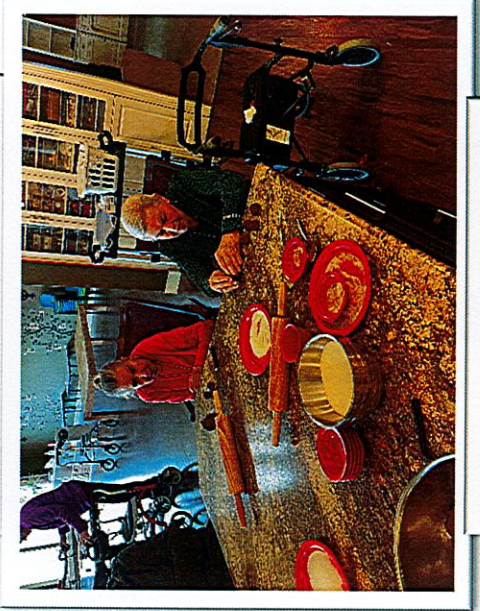
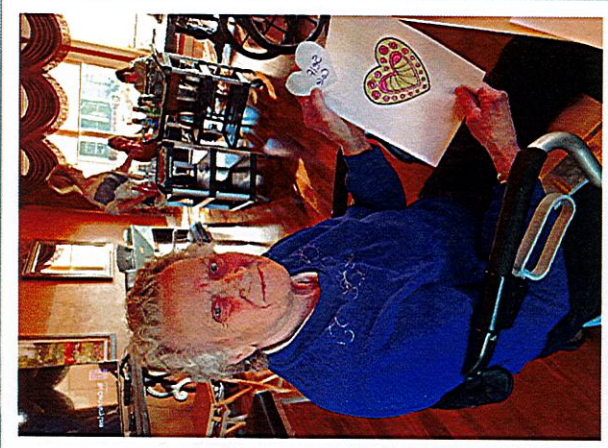
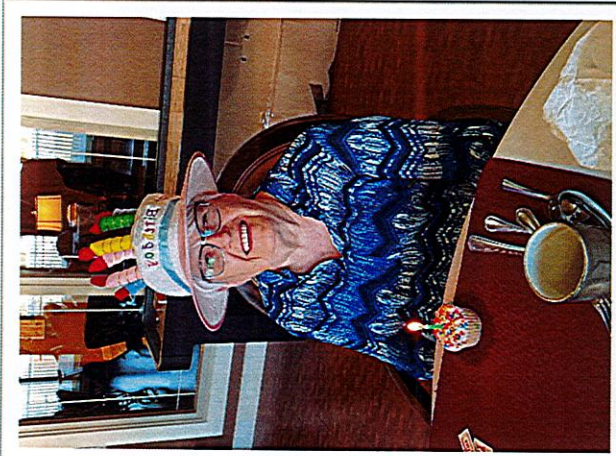
## Importance of Exercise



## Importance Of Gratitude



# November In Review



# December 2023

SUNDAY      MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY

							1	2
3	4	5	6	7	8	9		
10	11	12	13	14	15	16		
17	18	19	20	21	22	23		
24	Christmas 25	Boxing Day 26	27	28	29	30		
New Year's Eve 31								

# December Birthdays

In December, we celebrate birthdays with:

- **Zora P**
- **Alvira D**



Can you finish these Christmas carol lyrics?

- Oh, the weather outside is \_\_\_\_\_!  
Since we've no place to go, let it \_\_\_\_\_.  
With a corncob pipe and a button \_\_\_\_\_.  
Dashing through the snow, in a \_\_\_\_\_.  
I saw Mommy kissing \_\_\_\_\_.  
The holly and the ivy, when they are both \_\_\_\_\_.  
City sidewalks, busy sidewalks, dressed in \_\_\_\_\_.  
Chestnuts roasting on \_\_\_\_\_.  
Up on the rooftop reindeer \_\_\_\_\_.

**Sagittarius (Nov 23 - Dec 21)**

Sagittarians are artistic, loyal, sophisticated, independent, and kind!

**Capricorn (Dec 22 – Jan 19)**

Capricorns are responsible, disciplined and have good managers



# Poem to Share

## December

"All the months go past,  
Each is like a guest,  
December is the last,  
December is the best,  
Each has lovely things,  
Each one is a friend.  
But December brings  
Christmas at the end!"

## A Wintry Night

"The ski is dark and the  
Ground is white.  
The world is peaceful on  
This wintry night.  
No one around, not a  
Sound to be heard.  
Not a laugh, not a car,  
Not even a bird.  
For a moment, it's just  
The snow and me.  
I smile inside.  
I feel so free"

# Noticeboard



## NEW RESIDENTS

A very warm welcome to:

- Allan S
- Alan D
- Michael P
- Kathy L
- Franklin
- Lindsey

We look forward to getting to know you.

## MASSAGE SERVICES

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.

- Betty Y
- Ted F

## 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.

To make an appointment you can contact:

Tracey (306)-222-9481

Tuesday & Thursday – Tracey's Availability

Karen (306)-227-4132

**Please note that all salon services are an additional cost**

## 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 nurses station if there are other residents and staff present. Please respect everyone's right to privacy.

## FIND US AND GIVE US A FOLLOW

We have expanded our media presence!

We can be found on:

Facebook: Diamond House

Instagram: Diamond\_Crew2016

ToITok: Diamond\_Crew2016



# Footcare

## UPDATE IN SERVICE

We are pleased to offer in suite foot care to our residents at Diamond House. We have added additional foot care support to enhance your foot care experience. The foot care nurses offer direct billing, in-suite services, and have flexible booking options. Please contact the foot care nurse directly to book your appointment.

## CRACKED SOLES

Call Laura or Tanya to book your appointment.

Phone: (306)-715-7280

## ADVANCED FOOT CARE

Call Megan to book your appointment.

Phone: (306)-914-3436

## BEYOND CARE HOME HEALTH

Call to book your appointment.

Phone: (306)-715-3308

# Dental Hygiene

## UPDATE IN SERVICE

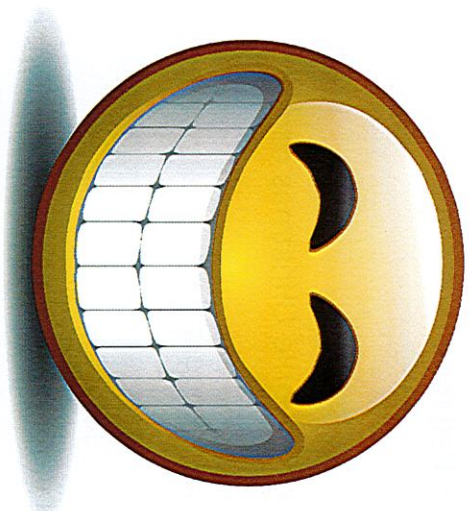
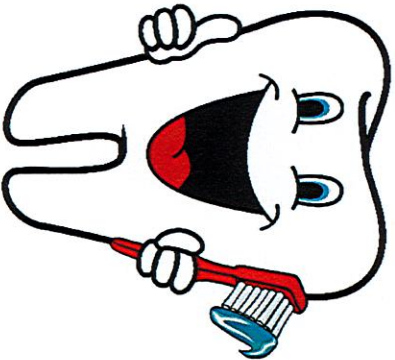
We are pleased to welcome back Abbey. Abbey is a RDH and offers in house dental hygiene and teeth whitening services for our residents at Diamond House. Please contact Abbey directly to book your appointment.

Phone: (306)-380-5472

Email: [abbeyhowe@sasktel.net](mailto:abbeyhowe@sasktel.net)



@Smiles2UMobileDentalHygiene



# Laughing Matters



I carry a stone with me to throw at anyone who sings Christmas carols before Thanksgiving.

It's my Jingle Bell rock.

What's a dog's favorite Christmas carol?

Bark the Herald Angels Sing.

Why should you take a ladder with you when you go Christmas caroling?

So you can reach the high notes.

What is a skunk's favorite Christmas carol?

Jingle Smells.

A copy of A Christmas Carol fell on my toe...

It hurts like the Dickens!



# CHRISTMAS

## Word Scramble

LELBS \_\_\_\_\_

ISENTPIOTA \_\_\_\_\_

CLEAND \_\_\_\_\_

GIGABRNDEER \_\_\_\_\_

TEWHAR \_\_\_\_\_

SCRALO \_\_\_\_\_

EDINERER \_\_\_\_\_

GOSTINCK \_\_\_\_\_

ESOKOCI \_\_\_\_\_

GNGEGO \_\_\_\_\_

GLISEH \_\_\_\_\_

TENESSRP \_\_\_\_\_

SOTTLEMIE \_\_\_\_\_

LEGAN \_\_\_\_\_

STRANEMON \_\_\_\_\_

CREDEMBE \_\_\_\_\_

WOMANNNS \_\_\_\_\_

DANCY ENCA \_\_\_\_\_

SLITEN \_\_\_\_\_

SATNA CSLAU \_\_\_\_\_

GSGENTIER \_\_\_\_\_

RSNIBOB \_\_\_\_\_

YMFALL PSUPRE \_\_\_\_\_

LAGRAND \_\_\_\_\_



# December 2023



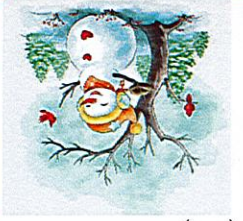




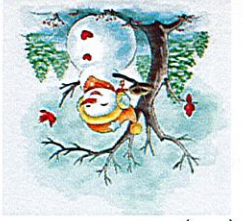

SUNDAY    MONDAY    TUESDAY    WEDNESDAY    THURSDAY    FRIDAY    SATURDAY

**\*Activities Subject to Change- Refer to House Activity Boards for Updates\***

## Little Learner's Preschool

Monday- Thursday 9:30am- 11:00am

### House 1

 9	 10:00am Core & 1 Balance (GR) 10:45am Hymn Singing (GR) 2:00pm Happy Hour: Christmas Jokes (H2)	 10:00am Core & 7 Balance (GR) 10:45am Hymn Singing (GR) 2:00pm Travel Cinema: Finland (GR)	 10:00am Chair 5 Cardio (GR) 10:45am Hymn Singing (GR) 2:00pm Hot Chocolate Social (H1) 2:30pm Bingo (H1)	 9:30am Catholic 3 Devotion & Communion (GR) 10:00am Strength Training (GR) 10:45am Hymn Singing (GR) 2:00pm Men's Club (Poker Room House 4) 2:00pm Reading Corner: Christmas Stories (GR)
 9	 10:00am Chair 8 Drumming (GR) 10:45am Hymn Singing (GR) 2:00pm Entertainment by The Old Time Rhythm Makers (GR)	 10:00am Chair 6 Yoga & Guided Meditation (GR) 2:00pm Yatze (H2) 3:15pm Sing Along with AI (GR)	 10:00am Chair 5 Cardio (GR) 10:45am Hymn Singing (GR) 2:00pm Hot Chocolate Social (H1) 2:30pm Bingo (H1)	 9:30am Catholic 3 Devotion & Communion (GR) 10:00am Strength Training (GR) 10:45am Hymn Singing (GR) 2:00pm Men's Club (Poker Room House 4) 2:00pm Reading Corner: Christmas Stories (GR)

10  
3:00pm Bible Fellowship Service (GR)

11  
10:00am Preschool Christmas Pageant (GR)  
2:00pm Strength Training (GR)  
2:45pm Hymn Singing (GR)



12  
10:00am Preschool Christmas Pageant (GR)  
2:00pm Glühwein Social (H2)  
2:30pm Bingo (H2)

13  
10:00am Chair Yoga & Guided Meditation (GR)  
1:30pm Baking with Wanda (H5)  
3:15pm Sing Along with AI (GR)



14  
10:00am Core & Balance (GR)  
10:45am Hymn Singing (GR)  
2:00pm Christmas Craft & Carols (GR)

15  
10:00am Chair Dancing: Zumba (GR)  
10:45am Hymn Singing (GR)  
2:00pm Entertainment: Art & Clara Priebe (GR)  
3:30pm Catholic Communion with Father Peter (GR)



16  
2:00pm Catholic Christmas Mass (GR)

17  
3:00pm Diamond House Fellowship Service



18  
10:00am Little Learner's Christmas Party (GR)  
2:00pm Strength Training (GR)  
2:45am Hymn Singing (GR)

19  
10:00am Little Learner's Christmas Party (GR)  
2:30pm Christmas Treats (GR)  
3:00pm Hague Highschool Choir (GR)



20  
10:00am Chair Yoga & Guided Meditation (GR)  
2:00pm Coffee Talk: Winter Reminiscing (H1)  
3:15pm Sing Along with AI (GR)

21  
10:00am Core & Balance (GR)  
10:45am Hymn Singing (GR)  
2:00pm Christmas Party (GR)



22  
**No Morning Activities**  
2:00pm Christmas Movie & Treats (H2)

23







10:45am Hymn & Cardio (GR)  
11:45am Singing (GR)  
2:00pm Go Fish  
Poker (H1)

New Year Celebration (GR)  
**H1, H3, H5**

2:00pm Resident Birthday & New Year Celebration (GR)  
**H2, H4, H6**



Yoga & Guided (GR)  
1:30pm Baking with Wanda (H4)  
3:00pm Christmas Light Tour (GR)

Strength Training (GR)  
10:45am Hymn Singing (GR)  
2:00pm Coffee Social (H1)  
2:30pm Bingo (H1)



**No Activities Today**



3:00pm Diamond House Fellowship Service (GR)

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# December 2023

SUNDAY




9:30am Catholic 3  
Devotion & Communion (GR)

MONDAY

10:00am  
Strength Training (GR)  
10:45am Hymn Singing (GR)  
2:00pm Men's Club  
(Poker Room House 4)  
2:00pm Reading Corner: Christmas Stories (GR)

TUESDAY




10:00am Chair 5  
Cardio (GR)  
10:45am Hymn Singing (GR)  
2:00pm Hot Chocolate Social (GR)  
2:30pm Bingo (GR)

WEDNESDAY


10:00am Chair 6  
yoga & Guided Meditation (GR)  
2:00pm Yatzeec (H3& H5)  
3:15pm Sing Along with Al (GR)

THURSDAY



10:00am Core & 7  
Balance (GR)  
10:45am Hymn Singing (GR)  
2:00pm Travel Cinema: Finland (GR)

FRIDAY



10:00am Core & 1  
Balance (GR)  
10:45am Hymn Singing (GR)  
2:00pm Happy Hour: Christmas Jokes (GR)

SATURDAY

9



10:00am Chair 8  
Drumming (GR)  
10:45am Hymn Singing (GR)  
2:00pm Entertainment by Rhythm Makers (GR)

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**Little Learner's Preschool**

**Monday-Thursday 9:30am-11:00am**

**House 1**

10  
3:00pm Bible Fellowship Service (GR)

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10:00am Preschool Christmas Pageant (GR)  
2:00pm Strength Training (GR)  
2:45pm Hymn Singing (GR)



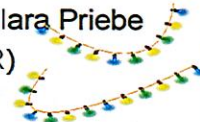
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10:00am Chair Yoga & Guided Meditation (GR)  
1:30pm Baking with Wanda (H5)  
3:15pm Sing Along with Al (GR)



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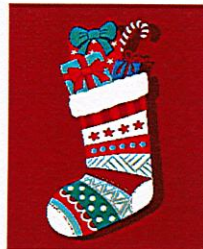
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2:30pm Christmas Treats (GR)  
3:00pm Hague Highschool Choir (GR)

20  
10:00am Chair Yoga & Guided Meditation (GR)  
2:00pm Coffee Talk: Winter Reminiscing (H4 & H6)  
3:15pm Sing Along with Al (GR)

21  
10:00am Core & Balance (GR)  
10:45am Hymn Singing (GR)  
2:00pm Christmas Movie & Treats (H3, H4, H5 & H6)

22  
10:00am House 3 & House 4 Christmas Party (GR)  
2:00pm House 5 & House 6 Christmas Party (GR)

23



24

Merry Christmas



No Activities Today

25

10:00am Strength Training (GR)  
10:45am Hymn Singing (GR)  
2:00pm Coffee Social (GR)  
2:30pm Bingo (GR)

26

10:00am Chair Yoga & Guided (GR)  
1:30pm Baking with Wanda (H4)  
3:00pm Christmas Light Tour (GR)



27

10:00am Resident Birthday & New Year Celebration (GR)

**H1, H3, H5**

2:00pm Resident Birthday & New Year Celebration (GR)

**H2, H4, H6**

28

10:00am Chair Cardio (GR)  
10:45am Hymn Singing (GR)  
2:00pm Go Fish Poker (H3 & H6)



29

New Year's Eve 31



3:00pm Diamond House Fellowship Service (GR)

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