

NEWSLETTER

July 2024

Diamond House 700 Ballesteros Cres Warman SK S0K 4S4



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July Trivia

July was named by the Roman Senate in honor of the Roman general, Julius Caesar, it being the month of his birth. Prior to that, it was called Quintilis.

Zodiac signs: **Cancer & Leo**
Birthstone: **Rubies**
Flower: **Water Lily**

Quote of the Day

*Believe you can
and you're
halfway there.*

– Theodore Roosevelt

Fun Fact

**In 1896 the First
Modern Olympics
were held in
Athens.**

June Spotlights

Sharing Culture

This month we had the pleasure of learning about the Philippines.



Father's Day Celebration

We had Fun Celebrating the Fathers, Mentors and Influential men we have the pleasure of knowing.

Country Drives

We took advantage of the beautiful weather and decided to take a drive and explore the countryside.



June in Review



July 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>The best thing to plant in July is "warm season veggies".</p>	<p>Canda Day 1 </p>	<p>2</p>	<p>3</p>	<p>Independence Day 4 </p>	<p>Calgary Stampede 5 </p>	<p>6</p>
<p>World Chocolate Day 7 </p>	<p>8</p>	<p>9</p>	<p>10</p>	<p>11</p>	<p>12</p>	<p>13</p>
<p>14</p>	<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p>	<p>19</p>	<p>20</p>
<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>Olympic Games 26 </p>	<p>27</p>
<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>	<p>"We shall be Canadians first, foremost, and always, and our policies will be decided in Canada and not dictated by any other country." - John G. Diefenbaker</p>		

July Birthdays

In July, we celebrate birthdays with:

- **Bruce. C**
- **Marlene. L**
- **George. D**
- **Rose. M**
- **Stacy. R**
- **Agatha. G**
- **David. K**
- **Joan. A. B**

Please join us in the Great Room on July 19 to celebrate!

Houses 1,3&6 at 10:00am.

Houses 2,4&5 at 2:00pm.



Olympic Games Trivia

Naked Origins: The ancient Olympics, held in Greece from 776 BC to 393 AD, were initially conducted in the nude, possibly to honor the gods and promote aesthetic appreciation of the human body.

Sweden's Unique Medals: In the 1912 Stockholm Olympics, the gold medals were made entirely of gold. This is the only time in Olympic history when the medals were made of solid gold.

Cancer (June 21 – July 22)

Cancer personalities are very emotional and sensitive, and care deeply about matters of the family and their home.

Leo (July 23 – August 22)

Leos are natural born leaders. They are able to achieve anything they commit to.

Moon Walk

In July 1969, Apollo 11 made history when Neil Armstrong became the first human to walk on the moon, famously saying, "That's one small step for man, one giant leap for mankind."

This iconic moment symbolized human achievement and innovation.

WOW!

Poem to Share

Summer Sun

Robert Louis Stevenson

Great is the sun, and wide he goes
Through empty heaven with repose;
And in the blue and glowing days
More thick than rain he showers his rays.

Though closer still the blinds we pull
To keep the shady parlor cool,
Yet he will find a chink or two
To slip his golden fingers through.

The dusty attic, spider-clad,
He, through the keyhole, maketh glad;
And through the broken edge of tiles
Into the laddered hay-loft smiles.



Mobile Canteen Prices

<u>Chocolate Bars</u>	
Aero Milk Chocolate	\$1.00
Aero Mint	\$1.00
Caramel	\$1.00
Coffee Crisp	\$1.00
Dairy Milk	\$1.00
Glossets Raisins	\$1.00
Hershey's Cookies & Cream	\$1.00
Hershey's Milk Chocolate	\$1.00
Hershey's Whole Almonds	\$1.00
KitKat	\$1.00
M&Ms	\$1.00
M&Ms Peanut	\$1.00
Mr. Big	\$1.00
Oh Henry	\$1.00
Reese's Peanut Butter Cups	\$1.00
Smarties	\$1.00
Twix	\$1.00

<u>Chips</u>	
All Dressed	\$0.50
BBQ	\$0.50
Cheetos	\$0.50
Doritos	\$0.50
Ketchup	\$0.50
Regular	\$0.50
Salt & Vinegar	\$0.50
Sour Cream & Onion	\$0.50

<u>Peanuts</u>	
BBQ	\$1.00
Honey Roasted	\$1.00
Salted	\$1.00
Trail Mix	\$1.00

<u>Candy</u>	
Mints - Spearmint	\$2.00
Mints - Peppermint	\$2.00

<u>Beverages</u>	
Coke	\$1.00
Cream Soda	\$1.00
Dr. Pepper	\$1.00
Grape Soda	\$1.00
Orange Crush	\$1.00
Pepsi	\$1.00
Root Beer	\$1.00
7-up	\$1.00

<u>Hygiene Products</u>	
Bar Soap	\$2.00
Handsoap	\$3.00
Shampoo	\$5.00
Conditioner	\$5.00
Ladies Bodywash	\$5.00
Men's Bodywash	\$5.00
Body Lotion	\$4.00
Regular Toothpaste	\$2.00
Sensodyne Toothpaste	\$4.00

<u>Other</u>	
Halls	\$1.00

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **David. K**
- **Marlene. K**
- **Sharon L**

We hope that you enjoy your time here!

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

DENTAL HYGIENE

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



@Smiles2UMobileDentalHygiene

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

VOLUNTEERING

If you would like to volunteer your time, abilities, and skills please see the Activity Department.

(306)-955-1300 Ext 4

activity@diamondhouse.ca



Noticeboard



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



CULTURAL CELEBRATION

We celebrate France on July 18 at 2:00pm in the Great Room.

Please join us for food, facts, drinks and fun as we explore the French culture.

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

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.



Noticeboard



FOOTCARE

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.

ESTHETICS BY JOELY

Finger & Toenail care.

Call Joely

Phone: (306) – 229-9200

ADVANCED FOOT CARE

Call Megan to book your appointment.

Phone: (306)-914-3436

CRACKED SOLES

Call Laura or Tanya to book your appointment.

Phone: (306)-715-7280

BEYOND CARE HOME HEALTH

Call to book your appointment.

Phone: (306)-715-3308



Laughing Matters



Why do bicycles fall over?
Because they're two-tired!

I told my wife she was drawing her eyebrows too high.
She looked surprised.

I'm reading a book on anti-gravity.
It's impossible to put down!

The Suit

A man walks into a clothes shop: "Can I try on that suit in the window?" he asks.
The assistant replies "No. Use the changing room like everyone else."

Losing Weight

All my life I've been extra large,
I'm known as a very large fellow,
I would easily pass as a school district bus,
If somebody painted me yellow.

"No secret to losing weight!" I've been told.
"Just cut the fat from your diet"
"Get up and about, even if it's cold"
Once again I decided to try it.

But jogging was senseless to me,
and riding a bike seemed insane.
Joining a gym involved a large fee,
and lifting weights was a pain.

So for exercise I choose horseback riding,
It's fun and easier than it sounds,
It's a very effective form of dieting,
'cause my horse has lost 40 pounds!

Word Search

SUMMER OLYMPICS



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

Football
Taekwondo
Handball
Basketball
Triathlon

Tennis
Rugby
Archery
Badminton
Diving

Trampoline
Sailing
Athletics
Equestrian
Judo

Volleyball
Shooting
Fencing
Gold
Swimming