

NEWSLETTER

November 2024

Diamond House 700 Ballesteros Cres Warman SK S0K 4S4



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November Trivia

November is considered a transitional month around the globe. Depending on where you live, you might begin to welcome hints of winter...or of summer.

Zodiac signs: **Scorpio & Sagittarius**

Birthstone: **Topaz & Citrine**

Flower: **Chrysanthemum**

Quote of the Day

You are never too old to set another goal or to dream a new dream.

-- C.S. Lewis

Did You Know

From 1921 to 1930, Remembrance Day (then called Armistice Day) was held on whichever Monday in which the week of November 11 fell. In 1931 a bill passed by the House of Commons changed the name and day of the commemorative holiday.

October Spotlight

Gone to the birds

Living Sky Wildlife Rehabilitation brought some friends for us to interact with as we learn about our local animals for International Animal Day!



Sharing Culture

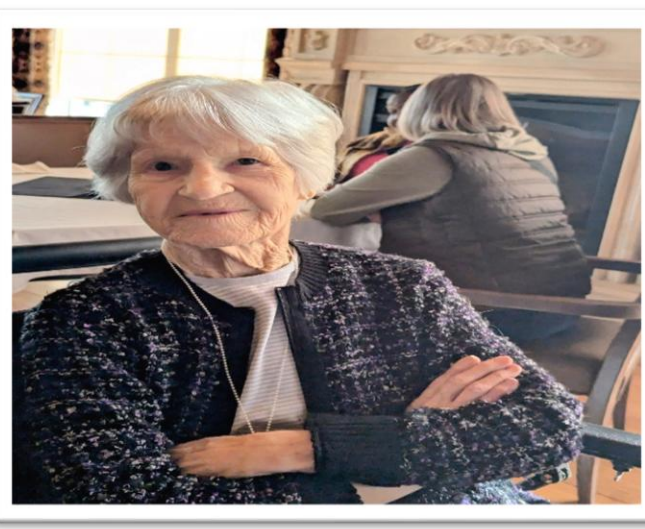
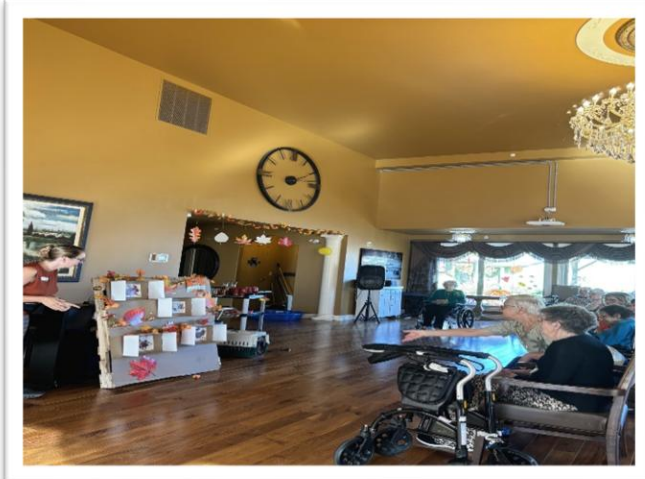
This month we celebrated Austria with food, drink, and stories from a few of our residents.

Art

We learned a new painting technique called splatter painting. We tapped one paint brush over the other to create a galaxy of color.



October in Review



November 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

You can either **cover the entire surface of your garden with compost** or you can apply compost around what would be the drip line of your plant. I like to do the full surface garden every five years, and around the base of the plant every spring and fall.

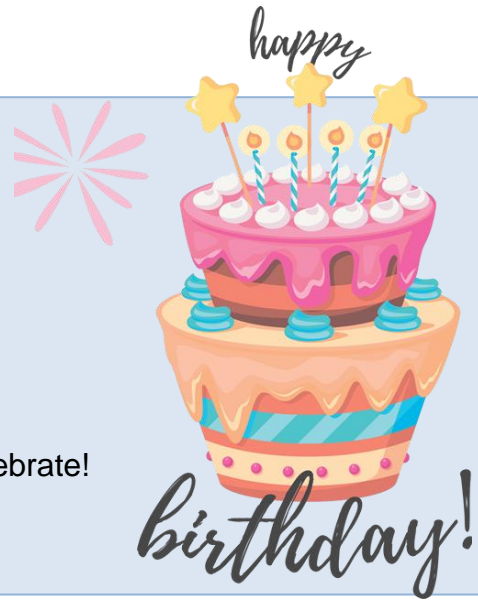
					1	2	3
4	5	6	7	8	9	10	
11  Remembrance Day Veterans Day	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	The leaves are falling, and they're falling like they're falling in love with the ground. -Andrea Gibson	

November Birthdays

In November, we celebrate birthdays with:

- Mark B
- Jacob D
- Gail G
- Kathy L

Please join us in the great room on **November 28th** to celebrate!
2:00pm



Vivien Leigh, Actress, 5th November 1913
Richard Burton, Actor, 10th November 1925
Grace Kelly, Actress, 12th November 1929
Charles, Prince of Wales, 14th November 1948
Rock Hudson, Actor, 17th November 1925
Bo Derek, Actress, 20th November 1956
Goldie Hawn, Actress, 21st November 1945
Bruce Lee, Actor & Martial Artist, 27th November 1940
Winston Churchill, Prime Minister, 30th November 1874
Mark Twain, Writer, 30th November 1835

Scorpio (Nov 23 – Nov 22)

Competitive, passionate, independent, and unafraid to blaze their own trail no matter what others think.

Sagittarius (Nov 23 - Dec 21)

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

WOW!

Birthday Spotlight: The Discovery of X-Rays

In November 1895, Wilhelm Conrad Roentgen discovered X-rays, which allowed for non-invasive imaging of the human body. This breakthrough revolutionized medicine and earned Roentgen the first Nobel Prize in Physics in 1901.

Poem to Share

Hope is the thing with feathers

Emily Dickinson

Hope is the thing with feathers
That perches in the soul,
And sings the tune without the words,
And never stops at all,

And sweetest in the gale is heard;
And sore must be the storm
That could abash the little bird
That kept so many warm.

I've heard it in the chilliest land,
And on the strangest sea;
Yet, never, in extremity,
It asked a crumb of me.



Mobile Canteen Prices

<u>Chocolate Bars</u>	
3 Musketeers	\$1.00
Aero Milk Chocolate	\$1.00
Aero Mint	\$1.00
Aero White Chocolate	\$1.00
After Eight	\$1.00
Bounty	\$1.00
Caramel	\$1.00
Coffee Crisp	\$1.00
Crispy Crunch	\$1.00
Dairy Milk	\$1.00
Eatmore	\$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
Mars	\$1.00
Mirage	\$1.00
M&Ms	\$1.00
M&Ms Peanut	\$1.00
Mr. Big	\$1.00
Oh Henry	\$1.00
Oh Henry Peanut Butter	\$1.00
Reese's Peanut Butter Cups	\$1.00
Reese's Pieces	\$1.00
Skor	\$1.00
Smarties	\$1.00
Snickers	\$1.00
Toblerone	\$1.00
Twix	\$1.00

<u>Chips</u>	
All Dressed	\$1.00
BBQ	\$1.00
Cheetos	\$1.00
Doritos	\$1.00
Ketchup	\$1.00
Regular	\$1.00
Salt & Vinegar	\$1.00
Sour Cream & Onion	\$1.00

<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
Twizzlers	\$2.00

<u>Gum</u>	
Halls	\$1.00
Excel Peppermint	\$1.00
Excel Polar Ice	\$1.00
Excel Spearmint	\$1.00
Excel Winterfresh	\$1.00

<u>Beverages</u>	
Coke	\$1.00
Cream Soda	\$1.00
Diet Coke	\$1.00
Diet Gingerale	\$1.00
Diet Pepsi	\$1.00
Dr. Pepper	\$1.00
Gingerale	\$1.00
Grape Soda	\$1.00
Ice Tea	\$1.00
Lemonade	\$1.00
Mountain Dew	\$1.00
Orange Crush	\$1.00
Pepsi	\$1.00
Root Beer	\$1.00
Sprite	\$1.00
7-up	\$1.00

<u>Hygiene Products</u>	
Ladies Antiperspirant	\$3.00
Men's Antiperspirant	\$3.00
Bar Soap	\$2.00
Handsoap	\$3.00
Shampoo	\$5.00
Conditioner	\$5.00
Ladies Bodywash	\$5.00
Men's Bodywash	\$5.00
Men's Shaving cream	\$3.00
Body Lotion	\$4.00
Mouth Wash	\$4.00
Regular Toothpaste	\$2.00
Sensodyne Toothpaste	\$4.00
Toothbrush	\$2.00
Floss picks	\$3.00
Hair Spray	\$3.00

Items Subject to availability

Noticeboard



NEW RESIDENTS

A very warm welcome to:

All our lovely new residents that have joined us here at Diamond House!

We hope that you enjoy your time here!

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 Poland on November 14th at 2:00pm in the Great Room.

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

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

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.

- Iris V



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

Please call Tracey for all your hair care needs. Flexible appointment times.

Please note that all salon services are an additional cost.

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

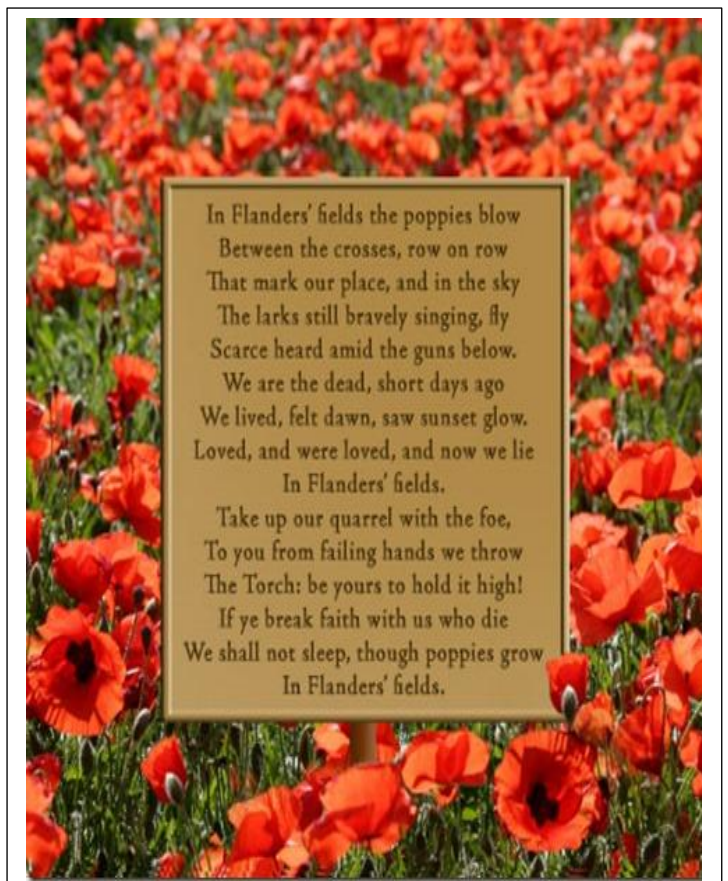
We are pleased to welcome back Abbey. Abbey is a RDH and offers in house dental hygiene and teeth whitening services for our residents at Diamond House. Please contact Abbey directly to book your appointment.

Phone: (306)-380-5472

Email: abbeyhowe@sasktel.net



@Smile2UMobileDentalHygiene



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.

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

ESTHETICS BY JOELY

Finger & Toenail care.

Call Joely

Phone: (306) – 229-9200

BEYOND CARE HOME HEALTH

Call to book your appointment.

Phone: (306)-715-3308

Nursing for the Sole

Call to book your appointment.

Phone: (306) 914-3436

Email: m_haynes7@hotmail.com



Laughing Matters



The Missing Socks Mystery

Two men were discussing the greatest mysteries in life.

One of them said, "You know what I can't figure out? Where do all the missing socks go after doing laundry? I've never seen a single missing sock reappear!"

The other man nodded thoughtfully and replied, "You know, I think they come back as Tupperware lids that don't fit any of your containers!"

The Break-in

George was ready to go to sleep when he noticed he had forgotten to switch off the garage light.

When he went back, there were burglars in the garage. Wisely, he retreated to the house and called the police. The police told him to lock himself in and wait because all patrols were busy.

George counted to 30 and called the police again: "Hi, I just called you a few minutes ago because there were suspicious people in my garage. Well, you don't have to hurry anymore because I've just shot all the good-for-nothing scoundrels!"

Within four minutes three police cars, an armed response unit and an ambulance showed up and caught the burglars red-handed.

The policeman said to George: "I thought you shot them" and he replied: "I thought you said there were no patrols available!"

Word Search

MAN CAVE



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

Man
Hockey
Beer
Whiskey
Pool
Basement

Boy
Baseball
Ale
Rum
Poker
Den

Fraternity
Football
Stout
Cars
Cards
Gentlemen

Sports
Darts
Lager
Beer Pong
Horses
Club