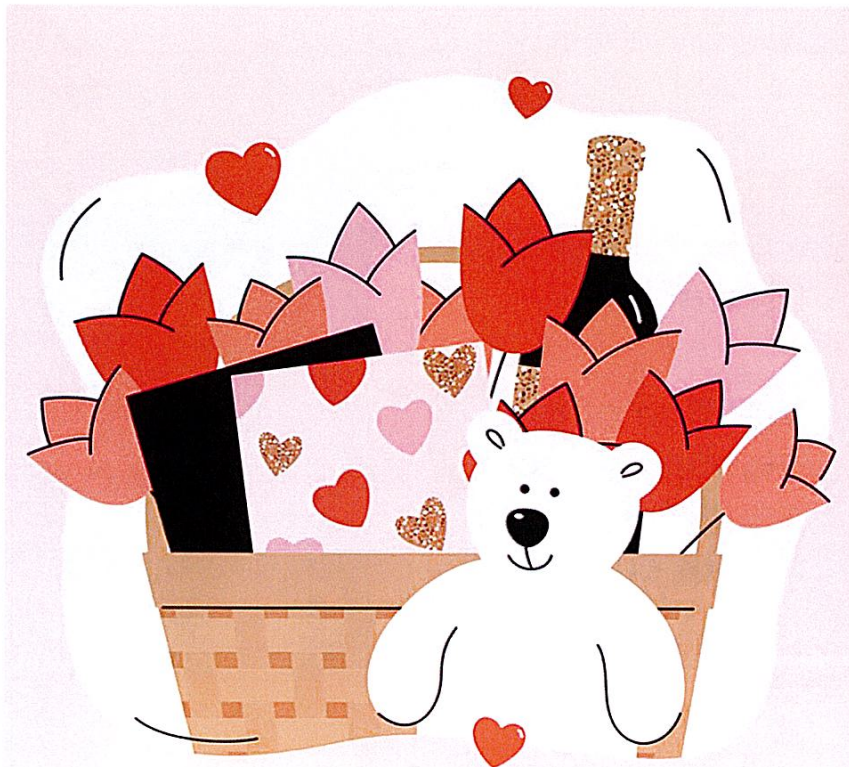


NEWSLETTER

February 2025

Diamond House 700 Ballesteros Cres Warman SK S0K 4S4



Happy Valentine's Day

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February Trivia

The oldest known Valentine's Day message dates back to 1415, written by Charles, Duke of Orléans, to his wife while he was imprisoned in the Tower of London.

Zodiac signs: **Aquarius & Pisces**
Birthstone: **Amethyst**
Flower: **Primrose**

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

Fun Fact

The tradition of giving Valentine's Day flowers dates back to the 17th century.

What We've Been Up To

The art of sewing

We gathered to share our knowledge and skill at sewing. Sewing is an art of vision, ability, and experience.

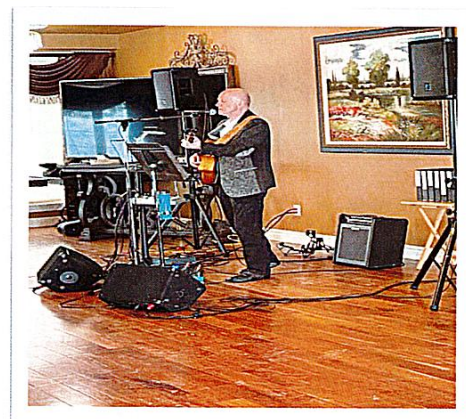


Cultural Day

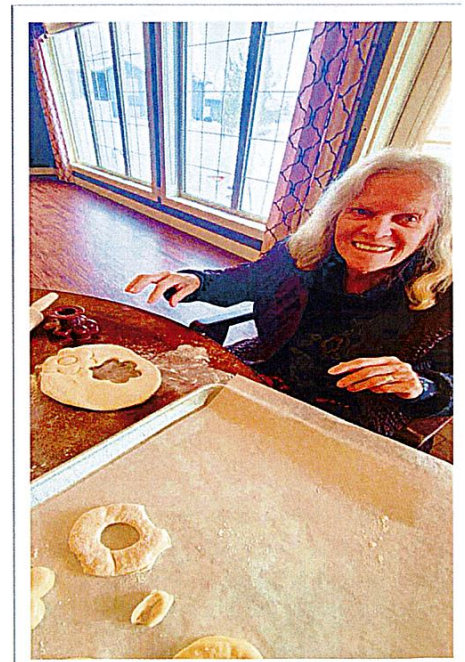
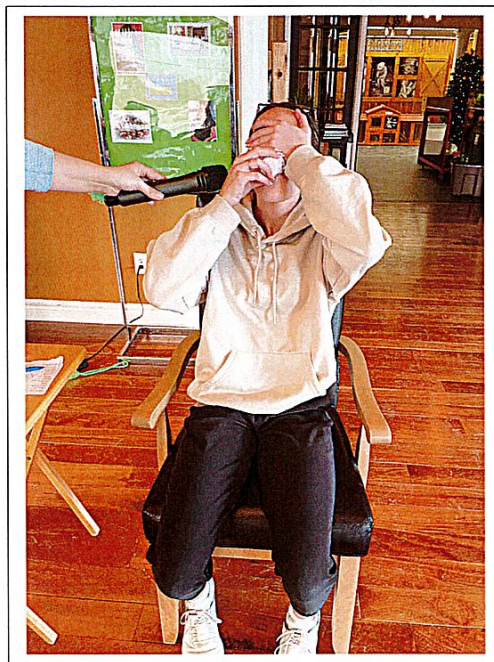
Santanna took us on a cultural journey of the Ukrainian culture. We celebrated with handmade traditional food and drink accompanied by armchair travel and facts about Ukraine.

Pied Piper

We had the toe tapping knee slapping pleasure of the Ped Piper .



January In Review

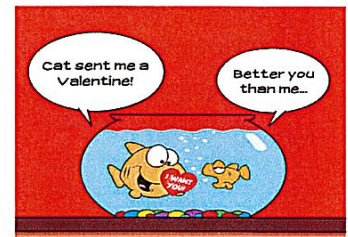
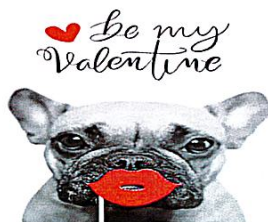


February 2025

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

February is a pivotal month for gardeners to prepare for spring by pruning fruit trees, **propagating perennials**, transplanting bare root plants, starting seeds indoors, sharpening garden tools, cleaning plant debris, and preventing issues with weeds and diseases.

						1	Groundhog Day	2
3	4	5	6	7	8	9		
10	11	12	13	Valentine's Day	14	15	16	
17	18	19	20	21	22	23		
24	25	26	27	28	<p>"I have found that if you love life, life will love you back"</p> <p>- Arthur Rubinstein</p>			

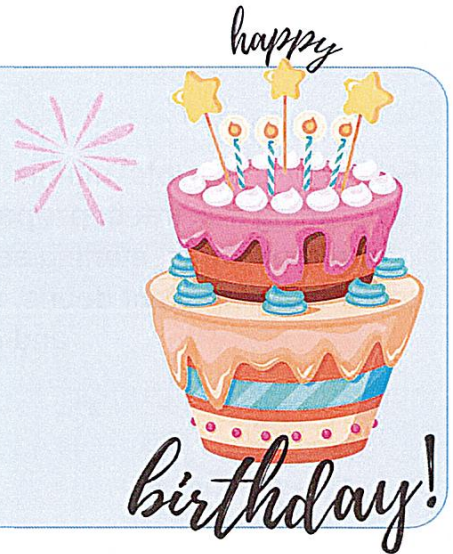


February Birthdays

In February, we celebrate birthdays with:

Anne K	Esther B	Phyllis E
Adrienne F	Marci T	Gail S

Please join us in the Great Room on February 27th at 2:00pm to celebrate!



Fascinating Leap Year Trivia

Leap Year Logic: Leap years occur every four years to keep the calendar aligned with Earth's 365.25-day orbit. Without them, seasons would slowly drift out of sync.

Why "Leap" Year?: In a leap year, calendar dates jump ahead by two days instead of the usual one (e.g., January 1 might move from Monday to Wednesday).

Rare Birthdays: February 29, the rarest birthday, only comes once every four years. People born on this day are called "leaplings" or "leapers" and celebrate on February 28 or March 1.

Aquarius (Jan 20 – Feb 18)

Aquarians are shy & quiet deep thinkers who love helping others.

Pisces (Feb 19 – Mar 120)

Pisces are friendly and selfless. They are always willing to help others

Galentine's Day?

Not all love is a romantic love. Celebrating the friends you love is the purpose of a new "holiday", Galentine's Day! Friends gather for glasses of wine or a relaxed dinner to show their appreciation for one another.

Poem to Share

The Joy of Age

by John McLeod

It's true we're not as young,
As once we used to be,
But there's so much more to life,
Than youthful energy.

We've wisdom in abundance,
And stories yet to share,
A kindness in our hearts,
And memories beyond compare.

The laughter of a lifetime,
The love that never fades,
The courage we have gathered,
From all the paths we've made.

So let us greet each morning,
With gratitude and cheer,
For age has brought its treasures,
And every day is dear.



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

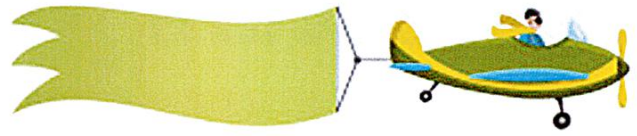
<u>Gum</u>	
Halls	\$1.00
Excel Peppermint	\$1.00
Excel Polar Ice	\$1.00
Excel Spearmint	\$1.00
Excel Winterfresh	\$1.00

<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:

Robert E	Darcy L
Jacob D	Walter T
Edith M	

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



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

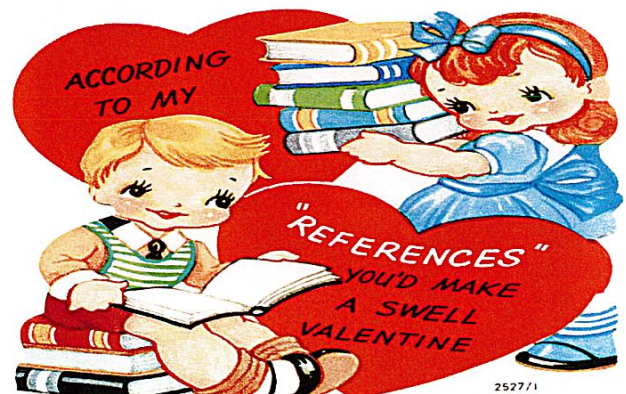
To the families and friends of our late residents—may you be comforted by the knowledge that your loved ones are at peace.

- Roy S

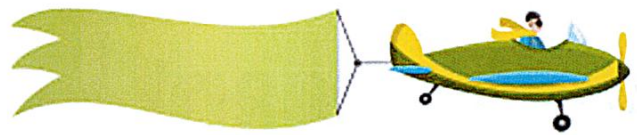
CULTURAL CELEBRATION

We celebrate Japan on February 13th at 2:00pm in the Great Room.

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



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.



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

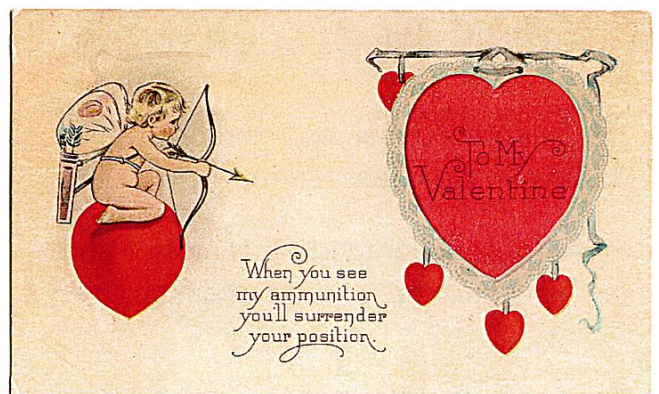


@Smile2UMobileDentalHygiene

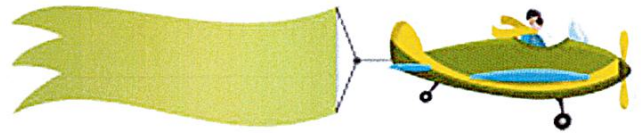
MASSAGE SERVICES

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



Footcare



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

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@hoymail.com

ESTHETICS BY JOELY

I have been providing foot and nail care for seniors for 25 years, and I am currently offering in suite service at Diamond House. **I am experienced in diabetic and problematic foot care.**

Call to book your appointment.

Phone: (306) 229-9200

Meet **Diamond House's**
newest care team member



ASHLEY MILLER

Exercise Therapist



I believe that everyone has the potential to lead a healthier, more active life. My mission is to inspire and support clients in achieving a better quality of life through movement.

ABOUT ME

As an Exercise Therapist, I am dedicated to helping individuals enhance their physical health and overall well-being through tailored exercise programs. I hold a Bachelor of Science in Kinesiology and am certified by the Canadian Society for Exercise Physiology.

Throughout my career, I have developed a passion for helping individuals manage pain—whether from past injuries or a sedentary lifestyle—and for guiding people who wish to prevent chronic pain as they grow older.

MY APPROACH

My approach is personalized and compassionate, focusing on:

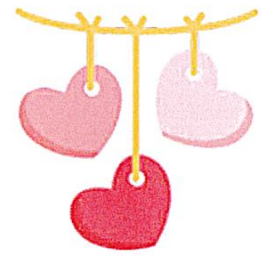
- Individualized Exercise Programs:** Creating customized plans that align with each client's goals, abilities, and lifestyle.
- Pain Management:** Utilizing evidence-based techniques to help alleviate and prevent pain through movement.
- Education and Empowerment:** Sharing resources and tools with people about the importance of exercise and healthy habits, encouraging them to take an active role in their wellness journey.

MY SPECIALTIES

- Injury Rehabilitation and Prevention**
- Fall Prevention**
- Chronic Pain Management**
- Strength and Conditioning**
- Mobility and Flexibility Training**
- Functional Fitness for Older Adults**
- Behavior Change and Lifestyle Coaching**

Word Search

VALENTINE'S DAY



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

Lovers
Heart
Sweetheart
Valentine

Red
Hugs
Pink
Chocolate

Lace
Romance
Love
Friends

Kindness
February
Flowers
Forget-me-not

Happy
Cupid
Cards
Candy