



GEORGE  
DERBY  
CENTRE

# THE DERBY DIGEST

DECEMBER 2019



## Don't Let The **Flu** Get to **You**

Get  
Immunized



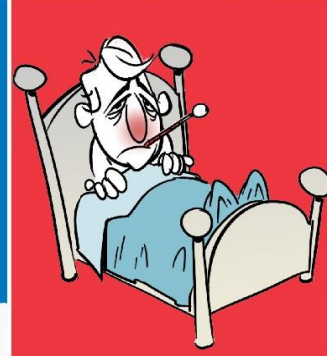
Cover Your  
Cough



Wash Your  
Hands



Stay Home  
When Sick



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**Immunization  
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Sign up today at  
[IBoostImmunity.ca](http://IBoostImmunity.ca)  
and help spread the word about  
the importance of immunization.

◆ PROMOTING EXCELLENCE IN SENIOR LIVING ◆



GEORGE  
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CENTRE



**Mission**

In a home-like environment we provide resident and family centered care while recognizing our veterans' legacy.

**Vision**

To be a community committed to compassionate care, innovation and excellence.

**Values**

Resident & family centered, integrity, inclusion, diversity, safety, respect & dignity.



*Lest we forget*



# AROUND THE WORLD AT GDC!



In December we will be exploring Italy!



Programs highlighted in green on your calendar indicate an Italy themed program!

Our themed programs this month include: Armchair Travel to the Italian countryside, Movie Matinee: *Under the Tuscan Sun*, and Dine In Lunch from Amorosa Italian Restaurant.

For more information, please talk to a Recreation staff member.



Armstrong Elementary students joined the residents of George Derby Centre to commemorate the approaching 75th anniversary of the Netherlands liberation from Nazi occupation, by Canadian soldiers during the Second World War by planting 50 bulbs in George Derby's Tulip Tribute garden.

This special initiative from the Canadian Tulip Festival in Ottawa, the Embassy of the Kingdom of the Netherlands, the National Capital Commission and KLM Royal Dutch Airlines, aims to plant approximately one million bulbs across the country to mark the final liberation that took place on May 5, 1945.



# TOWN HALL ENTERTAINMENT



## Wednesday Pub

December 4th: Gordy Van Ieperen

December 11th: Kenny Buston

December 18th: Mark Wolfe

December 25th: No Pub - Christmas Day



## Saturday Social

December 7th: Maggie's Piano Studio

December 14th: Mika Kinal

December 21st: Shawn McKee

December 28th: Kenny Buston



# Bus Outings

## Legion Outings

December 2nd: RCL # 118

December 9th: ANAF # 26

December 12th: RCL # 240 - Special XMAS Lunch

December 16th: RCL # 60

December 17th: RCL # 179



## Unit Outings

December 3rd: Lower North Lunch Outing

December 10th: Main North Lunch Outing

December 23rd: BSTN Scenic Drive

December 30th: Main South Lunch Outing

# ALL ABOUT DECEMBER

## Birthstone of the Month - Turquoise

December's birthstone is the turquoise. Although found all over the world, it gets its name because it was prevalent in ancient Turkish culture. Turquoise was traded at Turkish bazaars to Venetian merchants, who brought it to Europe. The Aztecs mined turquoise in an area now known as New Mexico, and a significant amount of turquoise today comes from Arizona, California, and Nevada. The stones are most commonly pale blue with veins of brown or black running through them, but they can also be dark blue or green.



## Flower of the Month - Daffodil



Narcissus, more commonly known as the daffodil, is a beautiful flower that usually blooms in springtime. Its lovely, delicate white petals and yellowish orange center make it a gardening favorite. Most believe its name comes from the Greek myth of Narcissus, a young man who was so taken by his own reflection in a pool of water that he fell in and drowned. In this story, a daffodil sprang up from the very spot where he had sat. Since the narcissus was often used for a medicine, others believe that the name is derived from the Greek word narke, which means "numbness."

## December Zodiacs

Sagittarius (The Archer) December 1 - 21  
Capricorn (The Sea Goat) December 22 - 31



# December Fun Facts



December is the month with the shortest daylight hours of the year in the northern hemisphere and the longest daylight hours of the year in the southern hemisphere. Its name comes from the Latin word decem, which means "ten." That's because the Roman year began in March, making December the 10th month of the Roman year. When January and February were added to the calendar, December became the 12th month.

## What's Lucky in December:

- Lucky Letter: A
- Lucky Plant: Olive
- Lucky Day: Thursday
- Lucky Color: Blue-green
- Lucky Animal: Reindeer



"I'm running behind. Can you take half the list and deliver the toys?"

## George Derby's Holiday Movie Favorites

Wednesday, December 4th @ 6:15 pm  
- A Christmas Story



Sunday, December 15th @  
2 pm - It's A Wonderful Life

Friday, December 20th @ 2:30 pm -  
White Christmas



Sunday, December 22nd @ 2pm -  
Miracle on 34th Street



Sunday, December 29th @ 2 pm -  
A Christmas Carol



## Holiday Special Events

Thursday, December 5th @ 3:30 pm - Carols with Derby Manor Choir

Wednesday, December 11th @ 6pm - Carols with the Girl Guides

Friday, December 13th from 2:00—3:30 pm -  
George Derby's Annual Christmas Social (families to RSVP at Reception or with unit clerks)

Wednesday, December 18th @ 6pm - Carols with Carbonated Pop

Tuesday, December 24th—All Day—Gift Delivery from Santa and Santa's Helpers!