

Columbian Place

In-House News

June 2026

“Providing Faith Based
Affordable Housing for Seniors”



“Happy Father’s Day”



Office Hours

Mon-Fri

10am-3pm

Unless other-
wise posted

For all calls
including
emergencies
call

306-952-5206

www.kccharitieshousing.com



Kaitlyn's Nail Care

- Pedicures-
- Manicures-
- Toenail Trims-

By Appointment Only

Call 306-491-6545



Kathy's Hair Salon

Kathy will be at Columbian Place on Wednesday's to provide hair care services.

By Appointment Only

Call 306-931-4018



MESSAGE FROM ADRIEN

1. There will be construction in and around our building outside. The city has posted signs indicating ramp installation on 20th Street West affecting Avenue "M" and Avenue "O". Please be mindful when walking across to go to St. Mary's Church. Full details are quite sparse, so caution on our part means we need to be vigilant.
2. June 10 and 24, bingo is being offered. Please come and have some fun. Bingo will take a vacation for the month of July.
3. June 18 is entertainment night; we are booking someone to come and be with us that night.
4. June 21 is Father's Day, and I want to wish all Fathers a very blessed day.
5. Adrien & Maria will be going to Moose Jaw on the weekend of June 26, 27 and coming back on the 28.
6. On behalf of Maria and myself, we want to wish you all a very blessed and joyful month of June.

God Bless You All,

Adrien



Diabetes & Feet: Check your feet every day for changes...

Poor circulation can lead to dry skin, cracked heels, sores that are slow to heal, numbness in the feet and nail growth changes. You may not feel the changes in temperature of hot or cold, nor the irritation or pressure in the feet. Nerve damage can affect your foot muscles and tendons which can cause weakness and foot changes.

Check for hot spots, swelling, breaks in the skin or color change. Because you don't have feeling in your feet... if you see something unusual seek a doctor's advice right away.

WHEELCHAIRS & SHOPPING CARTS

Wheelchairs and shopping carts in the coffee room are for the public and residents to use anytime.

Wheelchairs and walkers that are left in the T.V. room are private and should not be moved away by anyone.

Please do not move out any mobility items from the T.V. room. They are privately owned and usually there just temporarily.

This procedure has been in effect for many years.

Thanks—Adrien



June Birthdays:

4th Nicolas Blom

7th Sr. Lenore Moldenhauer

8th Darlene Ewert

11th Kenn Lowery

12th Paula Brychun

12th Maria-Wilma Youngwirth

24th Paulette Degagne

28th Elaine Postey



K.C. CHARTITIES WEBSITE

We are excited to announce that you and your families can now access our monthly newsletters on our website.

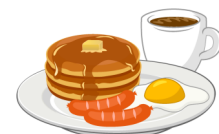
kccharitieshousing.com

Any important information that we think families should be informed of will also be posted on the site.

Tip

You need to eat breakfast to get your metabolism going in the morning. If you don't eat, your metabolism stays low, so basically all those hours until supper are good calorie burning hours wasted. Then you eat a big meal when your body doesn't need it, so it puts it in storage. You need to eat breakfast, then every 3 or 4 hours to keep your metabolism at peak performance.

Mom was right after all—breakfast is the most important meal of the day!



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Grandpa's "Lost" Adventure:

Grandma Marge was enjoying a peaceful afternoon outside her house when a police car pulled up, and out stepped Grandpa Morris. The polite officer explained that Grandpa had gotten lost in the park. Surprised, Grandma Marge quipped, "Morris, you've been going to that park for over 30 years!" In a hushed tone, Grandpa leaned in and confessed, "I wasn't lost. I was just too tired to walk back!"

What Makes a Dad

*God took the strength of a mountain,
The majesty of a tree,
The warmth of a summer sun,
The calm of a quiet sea,
The generous soul of nature,
The comforting arm of night,
The wisdom of the ages,
The power of the eagle's flight,
The joy of a morning in spring,
The faith of a mustard seed,
The patience of eternity,
And the depth of a family need.*

*Then God combined these qualities.
As there was nothing more to add,
He knew that His masterpiece was complete.
He called it **Dad**.*

Unique Hotel

There is a hotel in Sweden unlike any other. Located near the town of Harads in northern Sweden, it is called Treehotel. Guests can choose to stay in one of six unique rooms that are suspended from branches in the forest. For example, the Mirrorcube's reflective coating provides mirror images of the surrounding trees, making it hard to find in the forest. The UFO room looks like a spaceship, and the Bird's Nest—a big ball of sticks—looks just like its name. Guests climb up wooden ladders to reach their rooms, which have double beds and solar heating, but no television, as that would not fit with the natural idea behind the hotel's design.

Woudn't this be a fun vacation??

The Marine & the Snorer

By the time a Marine pulled into a little town, every hotel room was taken. "You've got to have a room somewhere," he pleaded. "Or just a bed, I don't care where."

"Well, I do have a double room with one occupant, a Navy guy," admitted the manager, "and he might be glad to split the cost. But to tell you the truth, he snores so loudly that people in adjoining rooms have complained in the past. I'm not sure it'd be worth it to you."

"No problem," the tired Marine assured him. "I'll take it."

The next morning the Marine came down to breakfast bright-eyed and bushy-tailed. "How'd you sleep?" Asked the manager. "Never better."

The manager was impressed. "No problem with the other guy snoring, then?"

"Nope, I shut him up in no time." Said the Marine.

"How'd you manage that?" asked the manager. "He was already in bed, snoring away, when I came in the room," the Marine explained. "I went over, gave him a kiss on the cheek, said, "Goodnight, beautiful" and he sat up all night watching me."

Fun facts about dreams

1. You dream multiple times every night: It's common to have multiple dreams every night. Since you go through multiple sleep cycles, you also dream multiple times. The longest and most detailed dreams usually happen in the last few hours before you wake up.
2. Your brain is super active while you sleep: Your brain actually stays active as you sleep, especially during REM. In some ways, your brain can be just as busy as it is when you're awake. Which could explain why your dreams feel so vivid.
3. Most dreams disappear within minutes: Many people have experienced a dream that felt so real, only to forget it a couple of seconds after they get out of bed. Surprisingly, about 90% of our dreams fade away within 10 minutes of us waking up.
4. Animals dream too: Animals experience REM sleep just like you do. Studies have shown that dogs, cats, and even rats have dreams about things that they normally do when they're awake.
5. Your body is paralyzed while you dream: During REM sleep, your brain temporarily paralyzes most of your muscles to keep you from acting out your dreams. That's why you might dream of running but feel like you're moving in slow motion.



FUN FACTS ABOUT FATHER'S DAY

Father's Day is celebrated most places on the third Sunday in June, but not everywhere. In Spain and Portugal, for instance, fathers are honored on St. Joseph's Day on March 19. In Australia, it's the first Sunday in September.

Father's Day is the fourth-biggest day for sending greeting cards, after Christmas, Valentine's Day and Mother's Day.

Neckties are the most popular gifts for Father's Day. They date as far back as 221 B.C. When Chin Shi Huang, China's first emperor, and his "terracotta army" were discovered, each replica was wearing a necktie.

Father's Day cards go farther back than Hallmark. One of the earliest dates back roughly 4,000 years. Elmesu, a Babylonian youngster, carved a card out of clay to "wish his father good health and long life."

Unlike Mother's Day, Father's Day was originally met with laughter. It was the target of much satire, parody and derision with a local newspaper complaining that it would lead to mindless promotions such as 'National Clean Your Desk Day'.

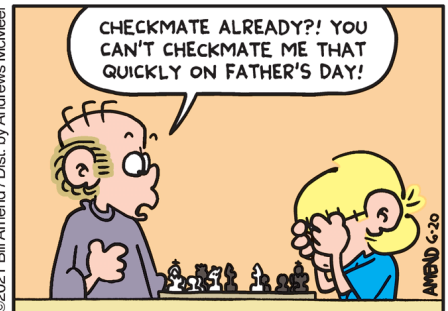
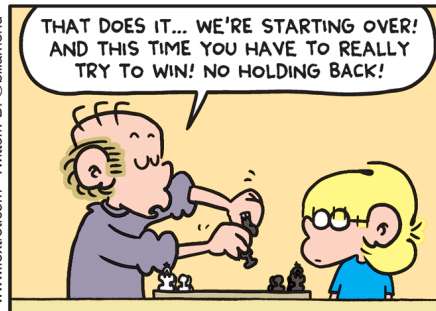
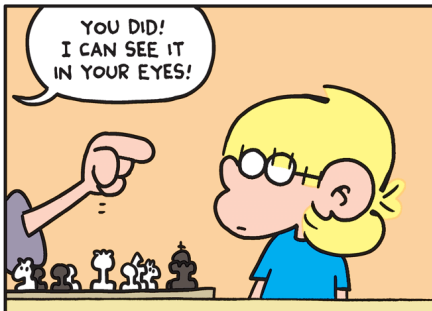
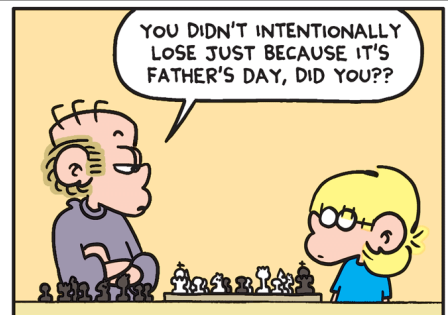
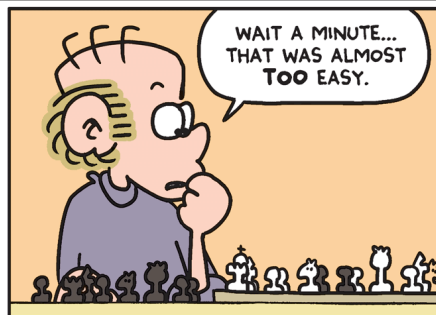
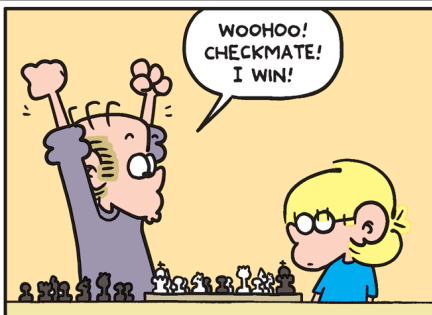
Did you know?

Canada geese are among several species, predominantly birds, that mate for life. At the age of 2 or 3, Canada geese begin to seek a mate through the process of assortative mating, which means they look for a bird that is about the same size as them.

Geese can live between 10 years and 25 years, so it's not uncommon for a pair to be together for a decade or longer. If a goose's partner dies, the surviving goose will find a new mate .

A mated pair of Canada geese will raise one brood each year. The female will lay between two and 10 eggs, which the female incubates while the male keeps a watchful eye on the nest .

The goslings will stay with their parents until the spring after they hatch, when they will join a group of other juvenile geese until they are ready to select a mate.



Lakes in Saskatchewan were formed during glaciation in the Quaternary period. According to the Canadian Encyclopedia, glaciers moved southwest across the land, leaving lakes behind them. At one point in the development of Saskatchewan's topography, these bodies of water nearly covered the whole province.

Life After Death

"Do you believe in life after death?" the boss asked one of his employees.

"Yes, sir," replied the new employee.

"Well, that makes everything just fine," the boss went on. "After you left early yesterday to go to your grandmother's funeral, she stopped in to see you!"

Happy

Word Search

Father's Day

Find the words below hidden in the puzzle.
Words are hidden down and across.



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



CARS

GOLFING

LOVE

SPORTS

DADDY

GRANDPA

PLAYING

STEPDAD

FISHING

GRILLING

SPECIAL

UNCLE



Father's Day

The idea of Father's Day was conceived by Sonora Dodd of Spokane, Washington, while she listened to a Mother's Day sermon in 1909. Dodd wanted a special day to honour her father, William Smart, a widowed Civil War veteran who was left to raise his six children on a farm. A day in June was chosen for the first Father's Day celebration—June 19, 1910, proclaimed by Spokane's mayor because it was the month of Smart's birth.

The first presidential proclamation honouring fathers was issued in 1966 when President Lyndon Johnson designated the third Sunday in June as Father's Day. Father's Day has been celebrated annually since 1972 when President Richard Nixon signed the public law that made it permanent.



Pigeons never forget a face and are not fooled by a change of clothes. Research shows that pigeons likely recognize facial features rather than the clothes. So if you shoo them away or yell at them, they will remember.

Crows also have an excellent memory for faces and can tell the difference between a friendly face and a dangerous one. The birds, which are as intelligent as chimpanzees, will remember for up to five years.



JUNE BRIDES—some classical scholars believe the month of June is actually named after Juno, the Roman goddess of marriage. Fast-forward to a few centuries and you'll find another good reason to book a banquet hall for June: according to one old wives' tale, "Marry in the month of May, and you'll surely rue the day. Marry when June roses grow, over land and sea you'll go."

Did you know...

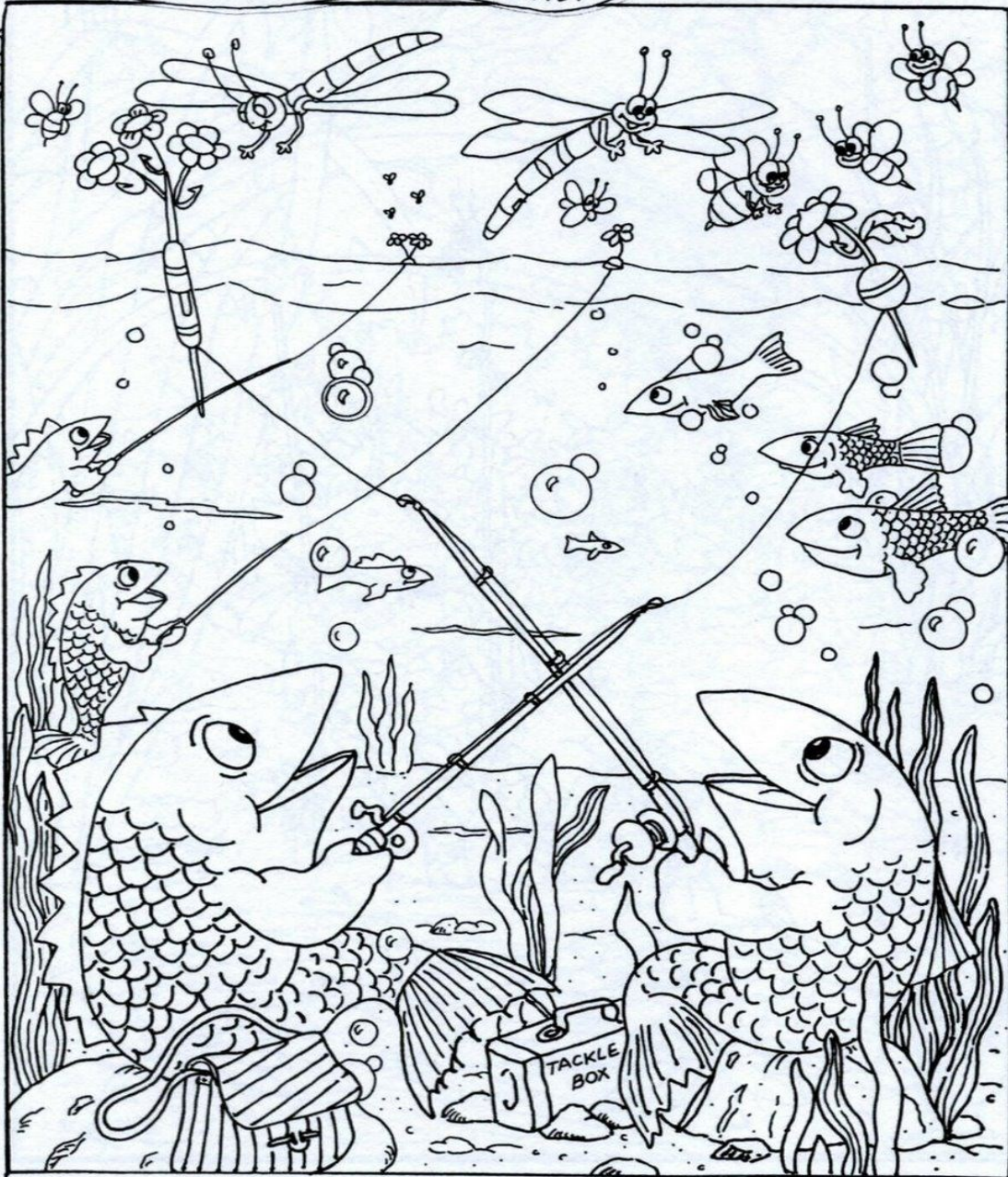
- People tend to eat less when food is served on a blue plate.
- The most common blood type in the world is Type O. The rarest is Type AB.
- Potatoes were the first vegetables grown in space in 1995.
- There were active volcanoes on earth while dinosaurs were still roaming the earth.

Pleasant Hill Community Garden



Are you interested in having a plot this spring (\$25 fee or \$12 for half a plot)? Contact the Garden Coordinator, Bernice Daratha at 306-281-7980. Folks have already signed up! The early bird gets the worm!

HOW MANY HIDDEN OBJECTS DID YOU FIND?



I like hidden picture puzzles!

Have a FUN summer!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
JUNE 2026						
7	8	9	10	11	12	13
		12:30pm Adrien & Curtis – City Hall – Police Station	OFFICE CLOSED Adrien @ Columbian Manor	12:30pm Adrien & Curtis – City Hall – Police Station		
			7pm Bingo	7pm Exercises		
14	15	16	17	18	19	20
		6pm 4 th Degree KofC		7pm Entertainment Night		9am Mass
		Supper to follow				
21	22	23	24	25	26	27
Father's Day			OFFICE CLOSED Adrien @ Columbian Manor	7pm Exercises	Adrien & Maria – Moose Jaw	Adrien & Maria – Moose Jaw
			7pm Bingo			
28	29	30				