



We are a scent-free facility!
Refrain from any scented products
in the residence and Chapel.

DIANNE'S HAIR SALON

Every Wednesday
Wed: 8:30 a.m. – 4:30 p.m.
Salon is located in the Village
across from the dining room.
To book an appointment:

Call Dianne at 306-374-7378.

KATHY'S HAIR SALON

Open Thursdays by appointment only.
8:30 a.m. – 4:30 p.m.
Salon is located in the Village
across from the dining room.
To book an appointment:

Call Kathy at 306-931-4018.

MEAL TICKETS:

Breakfast ~ \$5
Lunch ~ \$13
Dinner ~ \$16

- Advance notice is required for residents & guests using meal tickets.
- If you plan to attend the evening meal, please contact the office no later than 2:00 p.m. that same day.
- This can be done at the General Office or by phoning 306-373-8160 Monday thru Friday.
- Saturday, Sundays & holidays, phone the kitchen directly at 306-373-8160. Ext. 5

8-1-1 Health Line

When you call HealthLine 811, a licensed healthcare professional will give you options and information to help you with health or mental health and addictions-related questions or concerns. You will be able to discuss your concerns in a safe, caring and confidential manner.

A Registered Nurse will assess your symptoms and help you decide whether to treat your own symptoms, go to a clinic, see your primary health care provider or access emergency medical care, if necessary.



Foot Care Clinic

Pedicures, manicures & toenail trims.

Clinics will be every Wednesday in Columbian Manor!

TO BOOK AN APPOINTMENT CALL KAITLYN AT 306-491-6545



Our Email Address is: reception@kccharities.ca
Our Website Address is: www.kccharitieshousing.com

MANOR & VILLAGE NEWS BREAK

Columbian Manor News

Editor: Michele

Volume 19 Issue 6

Happy Father's Day

June 2026

OFFICE PHONE: 306-373-8160 (9 a.m. – 4:30 p.m.)



Emergencies:

First On Call:

306-373-8160

During Office Hours

Please

Call Office

306-373-8160



Activity Central:

PLEASE REFER TO THE ACTIVITY CALENDAR AS TO WHAT ACTIVITIES ARE TAKING PLACE. ANY ACTIVITIES THAT GET CANCELLED WILL BE POSTED ON THE BULLETIN BOARDS.

- The shuffleboard table is located in the hall on main floor across from the Guest Suites in the Village.
- Cards and puzzles are available to use in the Peter Harvey Room in the Manor, and the Puzzle Room in the Village.
- Everyone is welcome to use the puzzles that are in the closet in the Peter Harvey Room. Please return the puzzles back to the room once you are finished with them.



LIFELINE & OTHER MEDICAL ALERT SYSTEMS

If you have a medical alert system, **DO NOT** put Columbian Manor, or ANY staff member as one of your contacts. Contacts **MUST** be family or friends **ONLY**.

If you are interested in getting a medical alert system, please see Michele at the office for information on a monthly discount available for all **NEW CUSTOMERS WHO SIGN UP WITH LIFELINE.**

If you have experienced any falls, you should strongly consider this. It can reduce the length of time you might be lying on the floor waiting for help to arrive. It will protect your health and independence.

Are you having problems with your computer, tablet, cell phone or TV?

Call Glender Technologies to speak with Glen Hauser to set up an appointment for him to do a home visit to help you with your information technology problems.



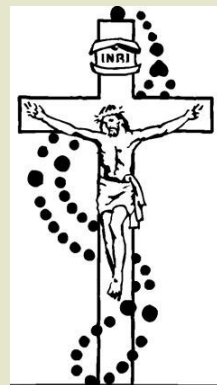
306-717-3826

If you are shut in and unable to attend Sunday Mass, but would still like to receive communion, please contact Sophie Lachapelle before Sunday to make arrangements for them to bring it up to your apartment. You can reach Sophie at 306-249-0530.



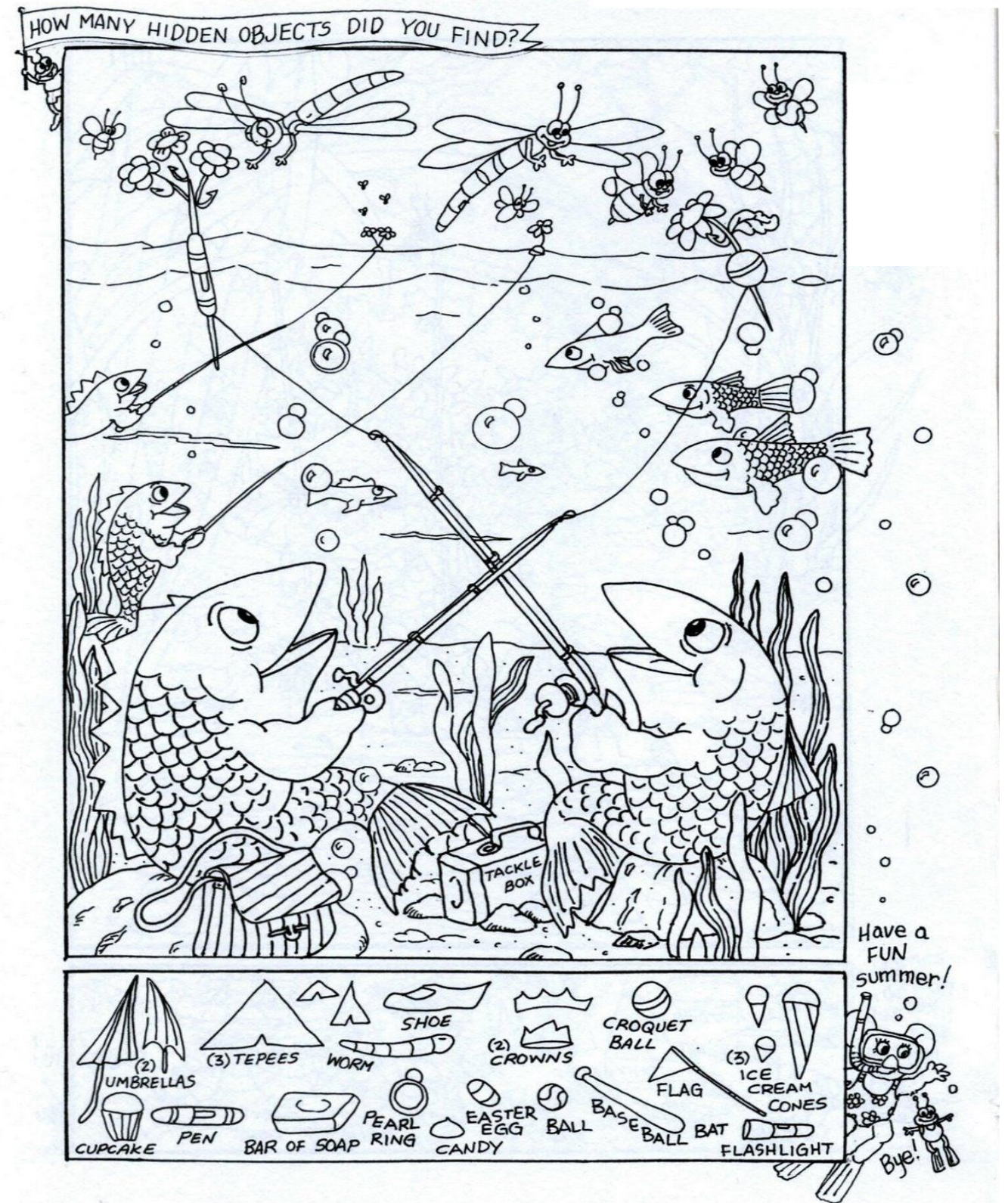
Divine Mercy Chapel Schedule

- Sunday Mass:** 10:00 a.m.
- Weekday Mass:** 9:30 a.m.
- Confessions:** 1st Friday during Adoration
- Divine Mercy Chaplet:** 3 p.m. daily
- Rosary:** 9:00 a.m. Mon.—Sat.
9:30 a.m. Sun.



Holy Water is available from the Chapel.

Chapel donation envelopes are available at Sunday Mass or at the Office. Receipts are issued at the end of the year. Pre-authorized debit is now available.



Deadline to hand in this hidden object search is June 26. Everyone who guesses all the answers correctly will go into a draw for one winner of a goodie bag.

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’.

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."

PARKADE CLEANING IN THE VILLAGE AND MANOR WILL TAKE PLACE THE WEEKEND OF JUNE 27, 2026. PLEASE WATCH FOR NOTICES TO GO UP WITH FURTHER DETAILS.

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!"

Under no circumstances do you let anyone into Columbian Manor or Village if you do not know them. When you are opening the door, and someone you don't know attempts to follow you in, simply tell them that they must go back to the intercom system and contact the person they are coming to see. If they do not know how to contact the person, they can always buzz the office or the kitchen for assistance. As well, we do not allow door to door salespersons in the building.

After office hours, contact the emergency number at 306-373-8160 and our staff will determine if they can enter the facility.

FIRE ALARMS

In the event of a fire alarm, if you are capable of doing the stairs, proceed to the nearest stairwell to exit the building. Once outside, follow everyone to the muster point. (DO NOT LOCK YOUR DOOR WHEN YOU LEAVE YOUR SUITE.)

Anyone who cannot safely do the stairs, please stay in your room and make sure your door is unlocked.

For those who are exiting the building, please proceed to the muster points as follows:

- Village apartment residents go to the north side of the building.
- Village assisted living residents go to the east side of the building.
- Manor apartment residents go to the east side of the building.
- Manor assisted living residents go to the south side of the building.



ONCE THE ALARM STOPS, IT'S SAFE TO RE-ENTER THE BUILDING.

DAILY BINGO

1. Pick up 3 cards at the general office in the Manor at the beginning of the month.
2. 3 numbers will be drawn daily and will be posted on each activity board. If you miss seeing them one day, don't worry, you can always find all the previous numbers called posted on the office door near the dining room.
3. If you have a blackout, bring your card to the office, and submit it to a staff member. Staff will write your name, the date & time you submitted the card on the back of the card. Numbers will be checked to confirm a blackout. A prize will then be awarded to the first winner recorded that day with a valid blackout.
4. The winner will be posted and no more numbers will be drawn.
5. 3 new cards can be picked up on the first of the new month to start a new blackout game.

FULL POWERS OUTAGES

In the event of a power outage in the building, please stay in your suite.

If you are in another area of the building at the time of the outage, do not attempt the stairs unless you can safely do so on your own. Just stay put where you are until the power comes back on.

Call the City of Saskatoon to inquire about power outages in our area. Call 306-975-2414.

Make sure you have a flashlight in your suite to help you get around.

If you need to leave the suite in the event of an emergency, bring your flashlight with you because the emergency lights in the halls only stay on for 30 minutes.

All activities will be cancelled during power outages.

IF YOU HAVE AN AFTER HOURS EMERGENCY SUCH AS:

- running or leaking water in your suite
- no heat in your suite
- you notice an intruder in the building

**PLEASE CALL
306-373-8160**

If you have a medical emergency call 9-1-1.

If you need help getting off the floor call 9-1-1.

For non-emergency concerns, please call the office during regular business hours.

Guest Suites:
We have three guest suites available to rent for family and friends.
Guest suites are to be booked by residents only. Price is \$75/night (includes bed linens, towels and toilet paper).
Please call the General Office to book a suite. 306-373-8160

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**.*



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.

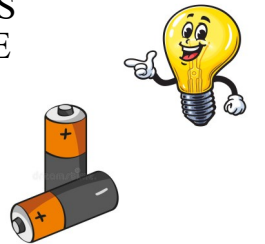
WE ARE STILL HAVING PROBLEMS WITH PEOPLE RECYCLING. PLEASE READ THE FOLLOWING LIST CAREFULLY AND PLACE A COPY ON YOUR FRIDGE.

Items you can recycle:

- Newspapers
- Magazines
- Cardboard (flattened)
- Juice boxes
- Plastic juice bottles
- Tin foil
- Foil pie plates
- Tin cans
- Clear plastic bakery containers
- Pop & beer cans
- Glass liquor bottles
- Plastic food containers
- Plastic pop/water bottles
- Plastic boost/ensure bottles
- Cardboard & plastic milk containers
- Plastic food bottles
- Plastic cleaning product bottles
- Shredded paper put into a clear bag



LIGHTBULBS & BATTERIES CAN BE RECYCLED IN THE BINS THAT ARE LOCATED BY THE GENERAL OFFICE IN THE MANOR.



REMEMBER:

1. WASH & RINSE ALL ITEMS BEFORE PLACING THEM INTO THE BINS
2. REMOVE ALL LIDS AND THROW THEM IN YOUR HOUSEHOLD GARBAGE CONTAINERS
3. ALL CARBOARD MUST BE FLATTENED
4. LARGER CARDBOARD PIECES MUST BE PLACED IN THE BLUE BINS OUTSIDE (VILLAGE EAST ALLEY & MANOR SOUTH ALLEY)
5. IF YOU ARE UNCERTAIN ABOUT ANY ITEMS, CALL DOWN TO THE OFFICE AND CHECK IF YOU CAN RECYCLE THE ITEM

Please do not put the following items in our recycle bins. They MUST be dropped off at Sarcan if you want to recycle them:

- Household paint
- Electronics
- Flex plastics such as grocery bags, chip bags, bread bags, etc.
- Styrofoam packaging material
- Glass jars and bottles



Items you cannot recycle:

- Cardboard pizza/food boxes
- Tissues & paper towel
- Aerosol cans
- Small appliances
- Styrofoam containers
- Packing peanuts
- Glass food jars & bottles
- Incontinence products
- Candy/food wrappers & bags
- Black plastic food containers
- Soup broth boxes



Happy Word Search

Father's Day



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

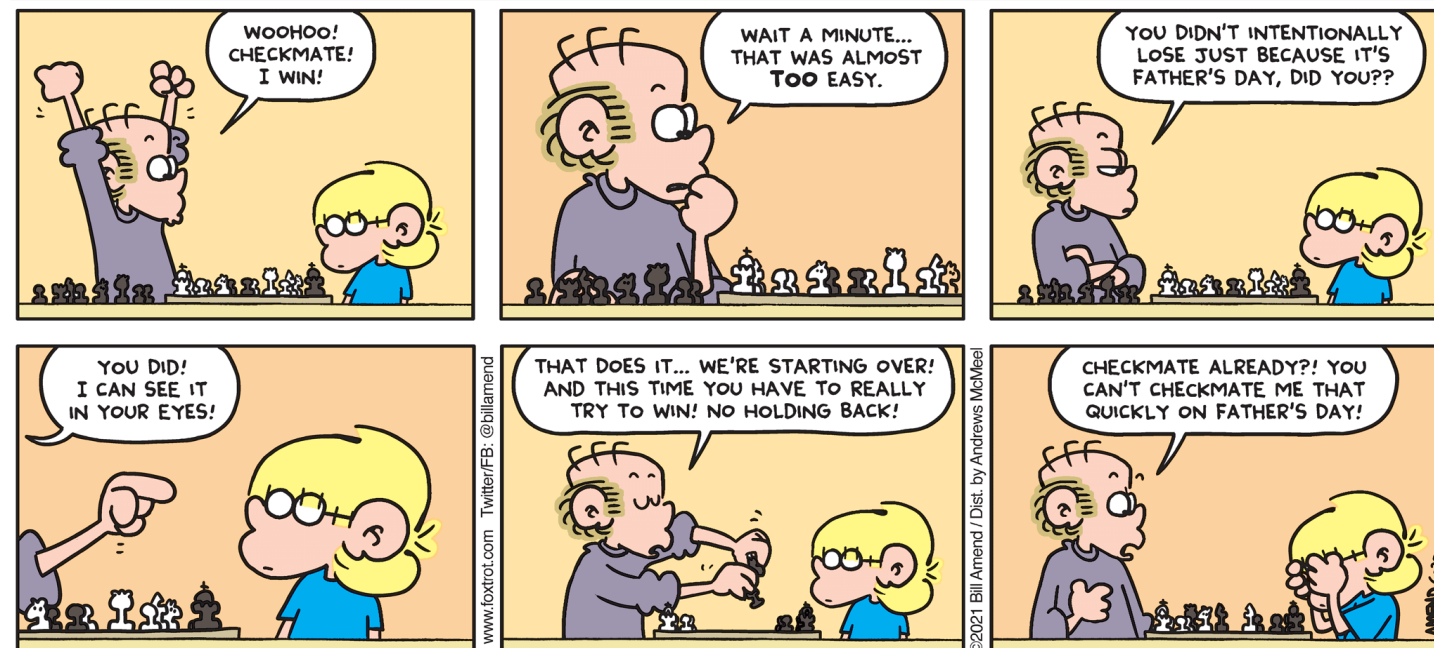
Did you know?

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.



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.

(Residents will still receive a copy of the newsletter delivered to their doors.)

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.

REMINDER:

NO SMOKING IN THE BUILDING OR ON YOUR DECKS.
 SMOKING IS ONLY PROHIBITED 30 FEET AWAY FROM THE PROPERTY.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
JUNE 2026	930am Mass 1030am Exercises 11am Knit-a-Bit (CM) 1-3pm Cards/Games (CM) 2pm Bingo (CV) 3pm Coffee	930am Mass 1030am Exercises 2pm Bingo (CM) 3pm Coffee 7pm Bingo \$1/card (CV)	830am Hair Care 9am Foot Care 930am Mass 1030am Exercises 3pm Coffee 330pm Sing-a-long (CM) 7pm Kaiser \$1 (CM)	830am Hair Care 1030am Exercises 2pm Karen & Tim entertain (CM) 3pm Coffee 7pm Kaiser \$1 (CV)	930am Mass followed by Adoration/Confessions 1-3pm Cards/Games (CM) 1-3pm Hand & Foot Canasta (CV) 3pm Coffee 7pm Bingo \$1/card (CV)	930am Mass 2pm Kaiser (CV) 3pm Coffee
7	8	9	10	11	12	13
10am Mass 3pm Coffee	930am Mass 1030am Exercises 11am Knit-a-Bit (CM) 1-3pm Cards/Games (CM) 2pm Bingo (CV) 3pm Coffee 7pm Taize Prayer	930am Mass 1030am Exercises 2pm Bingo (CM) 3pm Coffee 7pm Bingo \$1/card (CV)	830am Hair Care 9am Foot Care BUS DAY 930am Mass 1030am Exercises 3pm Coffee 330pm Sing-a-long (CM) 7pm Bingo \$1/card (CM)	830am Hair Care 1030am Exercises 2pm Neil & Nancy Stubbs entertain (CV) 3pm Coffee 7pm Kaiser \$1 (CV)	930am Mass 1030am Mindful Movement Exercises (CV) 1-3pm Cards/Games (CM) 1-3pm Hand & Foot Canasta (CV) 3pm Coffee 7pm Bingo \$1/card (CV)	930am Mass 2pm Kaiser (CV) 3pm Coffee
14	15	16	17	18	19	20
10am Mass 3pm Coffee	930am Mass 1030am Exercises 11am Knit-a-Bit (CM) 1-3pm Cards/Games (CM) 2pm Bingo (CV) 3pm Coffee	930am Mass 1030am Exercises 2pm Bingo (CM) 3pm Coffee 7pm Bingo \$1/card (CV)	830am Hair Care 9am Foot Care 930am Mass 1030am Exercises 3pm Coffee 330pm Sing-a-long (CM) 7pm Kaiser \$1 (CM)	830am Hair Care 1030am Exercises 2pm Don Balzer entertains (CM) 3pm Coffee 7pm Kaiser \$1 (CV)	930am Mass 1030am Mindful Movement Exercises (CV) 1-3pm Cards/Games (CM) 1-3pm Hand & Foot Canasta (CV) 3pm Coffee/Happy Hour (CM) 7pm Bingo \$1/card (CV)	930am Mass 2pm Kaiser (CV) 3pm Coffee 6-10pm PRIVATE FUNCTION IN THE VILLAGE DINING ROOM
21	22	23	24	25	26	27
10am Mass 3pm Coffee HAPPY FATHER'S DAY!	930am Mass 1030am Exercises 11am Knit-a-Bit (CM) 2pm Father's Day Social (CM) BINGO IN VILLAGE CANCELLED	930am Mass 1030am Exercises 2pm Bingo (CM) 3pm Coffee 7pm Bingo \$1/card (CV)	830am Hair Care 9am Foot Care BUS DAY 930am Mass 1030am Exercises 3pm Coffee 330pm Sing-a-long (CM) 7pm Bingo \$1/card (CM)	830am Hair Care 1030am Exercises 2pm Guitar Eddie entertains (CV) 3pm Coffee 7pm Kaiser \$1 (CV)	930am Mass 1030am Mindful Movement Exercises (CV) 1-3pm Cards/Games (CM) 1-3pm Hand & Foot Canasta (CV) 3pm Coffee 7pm Bingo \$1/card (CV)	930am Mass 2pm Kaiser (CV) 3pm Coffee
28	29	30				
10am Mass 3pm Coffee	930am Mass 1030am Exercises 11am Knit-a-Bit (CM) 1-3pm Cards/Games (CM) 2pm Bingo (CV) 3pm Coffee	930am Mass 1030am Exercises 2pm Bingo (CM) 3pm Coffee 7pm Bingo \$1/card (CV)	830am Hair Care 9am Foot Care 930am Mass 1030am Exercises 2pm Birthday Party 3pm Sing-a-long (CM) 7pm Kaiser \$1 (CM)			