

PERFUME FREE

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

KATHY'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.

***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.

8-1-1 Health Line

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

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



Canadians call it:

1. Chocolate bar
2. Processed cheese
3. Homo milk
4. Brown bread
5. Icing sugar
6. Back bacon
7. Rye & ginger

The U.S. calls it:

1. Candy bar
2. American cheese
3. Whole milk
4. Whole wheat bread
5. Powdered sugar
6. Canadian bacon
7. Canadian whiskey and gingerale

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 7

HAPPY CANADA DAY!

July 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.

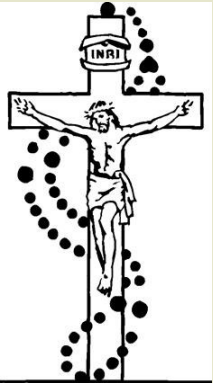


Divine Mercy Chapel Schedule

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.

Magic Time



- baseball bat
- bell
- glove
- fried egg
- noodle
- loaf of bread
- coin
- mushroom
- wishbone

- crown
- ring
- yarn
- padlock
- crescent moon
- screw
- rope
- nail
- heart

Deadline to hand in this hidden object search is July 24th. Everyone who guesses all the answers correctly will go into a draw for one winner of a goodie bag.

You Know You Live in Canada When:

If someone in a Home Depot store offers you assistance and they don't work there, you may live in Canada.

If you've worn shorts and a parka at the same time, you may live in Canada.*(oh yes, definitely...and you might be having the barbecue on in the snow)*

If you know several people who have hit a deer more than once, you may live in Canada.

If you have switched from 'heat' to 'A/C' in the same day, and back again, you may live in Canada.

If the speed limit on the highway is 80 km -- You're going 95 and everybody is passing you, you may live in Canada.

If driving is better in the winter because the potholes are filled with snow, you may live in Canada.

If you have more miles on your snow blower than your car, you may live in Canada.

If you find -2 degrees 'a little chilly', you may live in Canada.

Many historians believe that fireworks originally were developed in the second century B.C. in ancient Liuyang, China. It is believed that the first natural "firecrackers" were bamboo stalks that when thrown in a fire, would explode with a bang because of the overheating of the hollow air pockets in the bamboo. The Chinese believed these natural "firecrackers" would ward off evil spirits.	PRIVATE FUNCTIONS: We ask that you do not enter the dining rooms or meeting room when someone is using it for a private function. If you want to play games or cards, please find a different room to play in during these events. Thanks for your co-operation!	Interesting fact: Queen Elizabeth II had a stand-in to make sure the sun wouldn't get in her eyes. Ella Slack was a similar height to the late Queen, so she would rehearse big events beforehand to make sure everything would be comfortable for the monarch. However, she wasn't allowed to sit on the throne, so she had to squat above it.
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POP & BEER CAN TABS

The can tabs collected at Columbian Manor are given to a volunteer collection group named **Small But Mighty** which in turn sells the tabs to BN Steel & Metals in Saskatoon. The monies received are donated to the Children's Cancer Centre at The Jim Pattison Children's Hospital.

Our Columbian Manor group, along with others, contributed \$3,114.79 to the centre in 2025.

Your continued support will be appreciated.

Did you know? One pound of tabs sells for \$1.00



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

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.)

REMINDER:

DO NOT SMOKE IN YOUR SUITES, ON YOUR BALCONIES, OR ANYWHERE ELSE IN THE BUILDING. YOU MUST BE 30 FEET AWAY FROM THE PREMISES TO SMOKE.

A Calgarian rolled up the rim on his Tim Hortons coffee. He stared in disbelief for a moment, then started yelling, "I've won a motor home! I've won a motor home!"
A woman working at the counter said, "That's impossible. The biggest prize is a car."
"No, it says right here," he said, handing the cup to the employee: "W I N A B A G E L."

Did you know? The actors who voiced Mickey and Minnie Mouse got married in real life. Russi Taylor (Minnie) and Wayne Allwine (Mickey) tied the knot in 1991.





HOCKEY CANADA

WORD SEARCH

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

ASSIST
BUTTERFLY
DEFENSEMAN
FACEOFF
FORWARD

GLOVES
GOAL
HELMET
ICING
MEDALS

NEUTRAL ZONE
OFFICIALS
OFFSIDE
OLYMPICS
PUCK

PENALTY
RED LINE
RINK
STICK
TRIPPING

Fun Facts About Canada

- 1. It's the second-largest country on Earth. Covering nearly 10 million square kilometres, Canada is massive. It's second only to Russia in total area. To put that in perspective, you could fit Australia inside Canada and still have plenty of room left over for most of Western Europe!
- 2. Canada is bounded by three oceans: the Atlantic, Pacific, and Arctic. This gives it the longest coastline in the world, stretching over 202,080 kilometres. If you walked it without stopping, it would take you about 30 years.
- 3. Canada is paradise for water lovers. It contains about 60% of the world's lakes. There are so many that the exact number is unknown, but it's estimated to be over two million.
- 4. If you love pancakes, thank Canada. The province of Quebec produces over 70% of the entire world's maple syrup. They even have a "Global Strategic Maple Syrup Reserve" to ensure the world never runs out!
- 5. In 2010, the Canadian government officially declared Santa Claus a Canadian citizen.
- 6. The border between Canada and the United States is the longest unprotected international border in the world, stretching 8,891 kilometres.
- 7. Canadians are famously polite, and they say "sorry" so much that the province of Ontario passed the Apology Act in 2009. It legally states that an apology does not constitute an admission of guilt or fault in court-it's just a social expression of regret!
- 8. Canada is officially bilingual. While English and French are spoken throughout, you'll find. French is the primary language in Quebec and parts of New Brunswick.
- 9. Around 60-80% of the world's polar bears live in Canada. The town of Churchill, Manitoba, is known as the "Polar Bear Capital of the World," where residents sometimes leaved their car doors unlocked in case someone needs a quick escape from a wandering bear!
- 10. While it's a huge sport in the USA, basketball was actually invented by a Canadian physical education instructor named James Naismith in 1891.
- 11. While everyone knows the North American Beaver is a national symbol, Canada also has a national horse: the Canadian Horse, known for its strength and resilience.
- 12. If you visit Ontario or Quebec, don't be surprised to find milk sold in plastic bags rather than cartons or jugs. You just pop the bag into a pitcher and snip the corner!
- 13. The names comes from the Huron-Iroquois word "kanata," which means village or settlement. Explorers misunderstood the local Indigenous people and thought the name applied to the entire region.
- 14. Originating in Quebec, the poutine consists of fries topped with fresh cheese curds and smothered in brown gravy. It's a late-night staple!
- 15. If you're planning a road trip, the Trans-Canada Highway is one of the world's longest national routes, spanning over 7,800 kilometres from the Atlantic to the Pacific.



Pea Soup

Hunger is the necessity of invention for many traditional Canadian foods and pea soup is the mother of them all. It's been part of the Canadian culinary appendices for more than 400 years, starting in Quebec, then spreading to the Maritimes and across the country.

The staple ingredients necessary for pea soup, yellow split peas and pork, were easy to transport and to store so it was as good for sailors as it was for fur traders, and like most dishes from this period, it was easy to carry, cheap to make and calorie-rich.

The history of pea soup across Canada is thick and comforting, like the stick-to-your-ribs elixir itself.

Les Habitants, otherwise known as the first French settlers, started to arrive in Canada in the 17th century. And they lend their name to the soup made with yellow split peas, ham hock and vegetables. As the trading routes developed into rudimentary highways, travelers of the roadways that extended through the Quebec region would have seen yellow split pea soup on the menu both in taverns and on the homestead.

Interestingly, some say that pea soup was introduced to New England in the early 19th century by French Canadian mill workers.

While the canned Habitant pea soup brand has long been on grocery store shelves across the country, there are regional varieties of yellow split pea soup. These days, many cooks have opted to swap out the ham hock for salted pork or roasted ham, though in Quebec, many are adamant that a ham hock must be used in order to have the most authentic flavour.

In Newfoundland and Labrador, many opt to make pea soup after Easter Sunday when a large ham is served for dinner. They use the leftover ham to chop up and add flavour to their soups. Many also serve the yellow split pea soup with large dumplings, which they call doughboys.

This classic yellow split pea soup has some versatility when it comes to one of the main ingredients: the ham. Some cooks opt for the traditional ham hock, using the meat on the bone to add extra flavour, while others use leftover roasted ham or just the meaty bone leftover from a big dinner.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
JULY 2026			HAPPY CANADA DAY! OFFICE CLOSED 830am Hair Care 930am Mass 3pm Coffee 7pm Kaiser \$1 (CM)	830am Hair Care 1030am Exercises 3pm Coffee	930am Mass followed by Adora- tion/Confessions 1-3pm Hand & Foot Canasta (CV) CARDS IN CM CANCELLED 2pm Ice Cream Social (CM) 3pm Coffee	930am Mass 3pm Coffee
5	6	7	8	9	10	11
10am Mass 3pm Coffee	930am Mass 1030am Exercises 1-3pm Cards/Games 2pm Bingo (CV) 3pm Coffee	930am Mass 1030am Exercises 2pm Bingo (CM) 3pm Coffee	830am Hair Care 9am Foot Care 930am Mass 1030am Exercises 3pm Coffee 7pm Bingo \$1/card (CM)	830am Hair Care 1030am Exercises 2pm Music for the Soul entertains (CM) 3pm Coffee	930am Mass 1030am Mindful Movement Exer- cises (CV) 1-3pm Cards/Games (CM) 1-3pm Hand & Foot Canasta (CV) 3pm Coffee	930am Mass 3pm Coffee
12	13	14	15	16	17	18
10am Mass 3pm Coffee	930am Mass 1030am Exercises 1-3pm Cards/Games 2pm Bingo (CV) 3pm Coffee	930am Mass 1030am Exercises 2pm Bingo (CM) 3pm Coffee	830am Hair Care 9am Foot Care 930am Mass 1030am Exercises 3pm Coffee 7pm Kaiser \$1 (CM)	830am Hair Care 1030am Exercises 2pm L&M Music entertains (CV) 3pm Coffee	930am Mass 1030am Mindful Movement Exer- cises (CV) 1-3pm Cards/Games (CM) 1-3pm Hand & Foot Canasta (CV) 3pm Coffee	930am Mass 3pm Coffee
19	20	21	22	23	24	25
10am Mass 3pm Coffee	930am Mass 1030am Exercises 1-3pm Cards/Games 2pm Bingo (CV) 3pm Coffee	930am Mass 1030am Exercises 2pm Bingo (CM) 3pm Coffee	830am Hair Care 9am Foot Care 930am Mass 1030am Exercises 3pm Coffee 6-10pm Private Function Village Dining Room 7pm Bingo \$1/card (CM)	830am Hair Care 1030am Exercises 2pm Country Gold entertains (CM) 3pm Coffee	930am Mass 1030am Mindful Movement Exer- cises (CV) 1-3pm Cards/Games (CM) 1-3pm Hand & Foot Canasta (CV) 3pm Coffee	930am Mass 3pm Coffee
26	27	28	29	30	31	
10am Mass 3pm Coffee	930am Mass 1030am Exercises 1-3pm Cards/Games 2pm Bingo (CV) 3pm Coffee	930am Mass 1030am Exercises 2pm Bingo (CM) 3pm Coffee	830am Hair Care 9am Foot Care 930am Mass 1030am Exercises 230pm Birthday Party 7pm Kaiser \$1 (CM)	830am Hair Care 1030am Exercises 2pm Just Us entertains (CV) 3pm Coffee	930am Mass 1030am Mindful Movement Exer- cises (CV) 1-3pm Cards/Games (CM) 1-3pm Hand & Foot Canasta (CV) 3pm Coffee	