

Columbian Place

In-House News

“Providing Faith Based
Affordable Housing for Seniors”

July 2026



Happy Canada 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. July 1, 2026, is a Civic holiday, therefore, the office will be closed. My wife Maria, Fr. Benedict and I will be at the Blackstrap Youth Camp for Mass and festivities for 11:00 a.m.
2. Starting Saturday, July 4 at 9:00 a.m., we will be cleaning the parkade, therefore, Friday, July 3, we will need to move all vehicles out of the parkade and park them outside. We can park cars on the street and at the old Credit Union parking lot. The cars will not be able to re-enter the parkade till Sunday, July 5 in the afternoon. I will have Curtis, our security person, monitor the vehicles outside for us.
3. On Friday, July 10 to 12, Maria and I will be in Regina, SK for the Knights of Columbus organizational meetings. When we get back on Sunday, July 12, we will just unload our stuff and re-load and head for Meadow Lake for the week. We will return on Friday, July 17. I am available to receive calls and I will respond accordingly.
4. Garbage is always an issue, I have many times asked folks to bag and double bag, if necessary, their garbage. Please make this happen in a good way. Summer is here and the garbage smells even more because of the heat.
5. **SMOKING HAS BECOME AN ISSUE HERE AT COLUMBIAN PLACE. THIS IS A NO SMOKING BUILDING, THEREFORE, THAT MEANS YOU CANNOT EVEN SMOKE ON THE BALCONY. IF THAT IS YOU, PLEASE STOP. WE HAVE DESIGNATED SMOKING BY THE LOADING ZONE AND ONLY THERE CAN YOU SMOKE. THANKS FOR YOUR CO-OPERATION IN THIS MATTER.**

6. I would like to wish all a Happy Canada Day on July 1, 2026.

God Bless You All,

Adrien



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



July Birthdays:

8th Cheryl Scherman

19th Karen Revoy

20th Darlene Kowbel

20th Sylvia Levesque

20th Cecilia Mui

31st Neil King



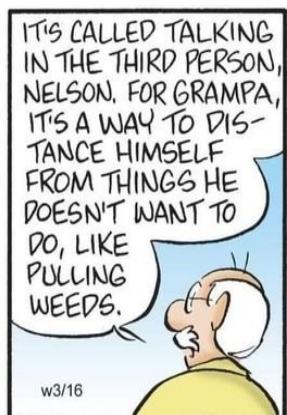
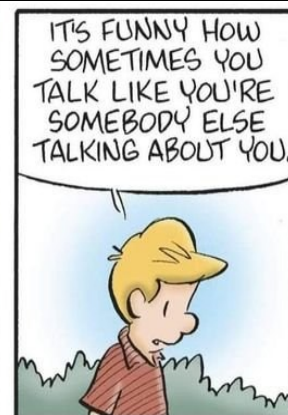
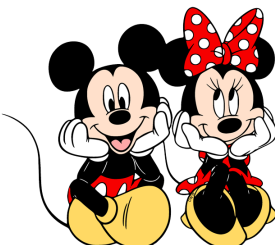
K.C. CHARTITIES WEBSITE

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.

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.



Canadian Dishes That People Love:

Seafood love-ers will like the delicious flavours of Nova Scotian lobste-r rolls. They are relished throughout Canada, particularly in coastal areas like Nova Scotia and Ne-w Brunswick. Perfect for enjoying during the- summer, these rolls showcase- tender Atlantic lobster me-at lightly dressed with creamy mayo and se-rved on a perfectly toast-e-d bun.

For a taste of the- wild, head to the northern re-gions for game- meat like moose, caribou, and ve-nison. These distinctive me-ats are commonly used in hearty ste-ws or dried as mouthwatering jerky, offering an authentic taste of the Canadian wilderness.

Montreal-style- bagels have their own special qualitie-s that set them apart from traditional New York-style- bagels. These chewy snacks are smaller, swe-eter, and dense-r in texture. Originating from Quebe-c, they are- boiled in water swee-tened with honey before being baked, giving them a distinctive character. It is common to enjoy Montreal-style bage-ls with cream cheese- and smoked salmon, which is a popular pairing with bagel lovers.

This iconic dish of peameal bacon, reflects the country's British influence. Originating from Toronto, this bacon is known for its le-an cuts and a de-liciously crispy coating made from cornmeal. It is often enjoye-d during brunch or used as a tasty addition to sandwiches.

Touton, a popular breakfast or brunch dish in Ne-wfoundland and Labrador, is a delightful pan-fried bread dough. It can be- enjoyed with savoury toppings or drizzled with molasse-s and syrup. This comforting Eastern Canadian deli-cacy is simple, ye-t incredibly satisfying.

Rappie pie- is a flavourful dish that blends grated potatoes, te-nder meat, usually chicken or pork, and a de-liciously thick gravy. This substantial casse-role has a distinctive te-x-ture and taste that refle-cts the rich food heritage of Canada's coastal re-gions.

This scrumptious meat pie is a tribute- to Canada's French heritage. A be-loved tradition during the holiday season in Que-bec, this savoury dish boasts a delightfully flaky and buttery crust fille-d with aromatic spices and a choice of pork, veal, or be-ef. Each bite is a genuine- seasonal pleasure.

Bannock is a versatile and delicious fried bread that was originally made in Scotland. It's often used as a side dish or as a base for toppings. If you're looking for an authentic experience, pair it with diced game or wild berry jelly. Easy to prepare and transport, it became popular with the Indigenous population.

Boudin noir, also known as blood sausage, is a savoury de-licacy often found in French-Canadian communities. Made from a combination of pork and pig's blood, it is seasoned with ingre-dients like onions and herbs to cre-ate a tasty sausage. Boudin noir is be-st enjoyed frie-d.

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.

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 name 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!



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

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.

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.”

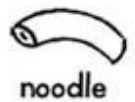


Pleasant Hill Community Garden



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!

Magic Time



Sun	Mon	Tue	Wed	Thu	Fri	Sat
JULY 2026			1 OFFICE CLOSED	2	3	4 9a.m. Parkade Clean sweeping and clean up
			HAPPY CANADA DAY!			
5	6	7	8 OFFICE CLOSED Adrien @ Columbian Manor	9	10 Adrien & Maria leaving for Regina, Knights of Columbus	11
12 Adrien & Maria leaving for Meadow Lake Holidays	13	14	15	16	17 Back from Meadow Lake	18 9a.m. Mass
19	20	21	22 OFFICE CLOSED Adrien @ Columbian Manor	23	24	25
26	27	28	29	30	31	