

Columbian Place

In-House News

“Providing Faith Based
Affordable Housing for Seniors”

August 2026



HAPPY SASKATCHEWAN 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



Two hunters are walking through the woods when they come across a large hole. It's so deep that they can't see the bottom.

One hunter goes looking for something to throw down the hole hoping to see how deep it is. He finds a rusty old car transmission near by and throws it down the hole. The hole is so deep they never hear it hit the bottom.

Suddenly, they hear speeding hooves behind them and a goat goes flying past them and jumps right into the hole.

A few seconds later, they hear a farmer calling out for his goat. "Betsy! Betsy!"

He sees the two hunters and asks if they had seen his goat Betsy. "Yeah", they say, "She ran right passed us at like 80 miles and hour and jumped right into this hole!"

The Barber's Bad Haircut

Barber: "How would you like it, sir?"

Man: "Could you cut it very short on one side and not at all on the other, with a sort of crooked fringe at the front and big tufts pulled out at the back?"

Barber: "Oh dear, I don't think I can manage that, sir"

Man: "Why not? You did it last time!"

The enormous diamond ring a woman wore on a luxury cruise attracted much attention from fellow passengers.

"It's the Beaumont diamond," she told her table companions, "and like the notorious Hope diamond, it carries a terrible curse."

"What's the curse?" they asked.

"Mr Beaumont," she explained.

A blonde is going door to door trying to find some paying work She knocks on one door and an older man opens it up. "Hey mister, do you have any odd jobs I could do for cash?"

He looks her up and down and surmises that she's an idiot whom he can take advantage of.

"I'll give you ten dollars if you paint my porch. There's paint, brushes, ladders and everything you'll need next to the car in the garage."

"Sure, sounds great!"

The man closes the door, chuckling at what a great deal he's just brokered. Half an hour later, there's another knock at the door. He opens it up and there's the blonde.

"You're finished already?" he asked her incredulously.

"Yeah! It isn't really that big! But I think you should know, porch. It's

that's not a Jaguar!"



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



August Birthdays:

2nd Edward Prystupa

14th Mary Anne Selsky

14th Melvin Therres

15th Marvin Yungwirth

20th Ann McKinley

20th MaryAnne Borowetz

23rd Sherryl Sanjenko

29th Sr. Sylvia Obrigewitsch

29th Helen LeBlanc



Did you know that moose have many different sounds that they make?

During the mating season, bull moose are known to emit bellows, roars, and grunts, with their grunts being audible up to 500 meters away.

Female moose express their readiness for mating by emitting long, protracted moans, occasionally ending with a cough-like sound.

To call their offspring, cow moose produce grunting sounds.

A distinctive high-pitched sound, reminiscent of a creaky door hinge combined with the viscosity of molasses, is made by moose of all ages.

Young bull moose are often heard whining and whimpering.



MESSAGE FROM ADRIEN

1. There are several Private Functions happening this month. Please be aware of those and if they conflict with coffee time, the private functions take priority. You can have coffee in the TV room.
2. Bingo will resume this month, please support it in the best way possible.
3. Thursday, August 20, we will be enjoying a BBQ at 5:00 p.m. We will have hamburgers and hot dogs plus fixings with potato salad and dessert. The cost is \$10.00/person and there will be a sign-up poster by the office in early August.
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. The garden looks great and we can see the fruit of people's labor.
7. There has been a rumor that I am moving and that is far from the truth. I am not moving any time soon.
8. Finally, we want to bid farewell to 3 wonderful tenants who have been living at Columbian Place for many years: Anita Ryland who has already relocated to Columbian Manor in the assisted living area; Doug Einsiedler who will be moving later in August to Columbian Manor assisted living and Paulette DeGagne who is presently very sick in a home and will not be coming back to live at Columbian Place. Thank you for all your prayers and support we have received from you all and may God's blessing be upon you as you continue your journey in the Lord and your life.
9. Maria and I wish you all a blessed August and let's keep safe one and all.

Thanks, and God Bless you all,

Adrien



Saskatchewan Wind Scale:

- 0-50 kmh Calm
- 50-100 kmh Slight air movement
- 100-150 kmh Light breeze
- 150-200 kmh Breezy
- 200-225 kmh Light wind
- 225-250 kmh Gusty
- 250-300 kmh Windy
- 300+ kmh Hide the chickens

The poppy, one of the two traditional birth flowers for August, symbolizes remembrance, peace, and creative imagination. Because the poppy is available in a variety of vibrant colors, its exact meaning can change, but it generally represents deep emotion, restful sleep, and the beauty of a quiet, reflective soul.

Edinburgh man Willie McTavish knows the end is near, and is with his nurse, his wife, his daughter and 2 sons.

"So", he says to them, "Bernie, my eldest son, I want you to take the houses on the hill"

"Sybill, my only daughter, you take the flats in the main street and along the coast"

"Mike, my youngest, you can have the offices in the square, and Sarah, my darling wife, please take all the residential buildings in the main town."

The nurse is just blown away by all this, and as Willie slips away, she says, "Mrs McTavish, your husband must have been such a hard working man to have accumulated all this property"



Ice Cream Existed Before It Had a Name

Long before anyone had a word for ice cream, people were already trying to make something that felt like it.

In China around 200 BCE, mixtures of milk and rice were frozen using ice collected from mountain lakes. By the Tang Dynasty, frozen milk desserts were being served to royalty from ice stored in underground houses built specifically for that purpose. In Persia around 400 BCE, people were eating faloodeh, a frozen dessert made with rose water, lime juice, and delicate noodles, a version of which still exists today. In India, kulfi developed as a slow-frozen milk dessert packed with pistachio, saffron, and cardamom. In the Middle East, people were drinking sharbat, fruit syrups chilled with ice, which is where the words sherbet and sorbet eventually came from.

None of these cultures were copying each other. There were no shared recipes, no cultural exchange, no trade route connecting a Persian faloodeh maker to a Tang Dynasty royal kitchen.

They were all trying to answer the same question: how do you turn something cold into something joyful?

That question is thousands of years old. We're still asking it today.

Why Are They Called the “Dog Days”?

This period of intense heat coincides with the heliacal rising of Sirius, the Dog Star, part of the constellation Canis Major. Ancient civilizations noticed the star appeared in the eastern sky just before dawn during midsummer.



The Greeks believed its brilliance intensified the summer sun, and its name, “Sirius” (σειριος), even means “scorching.” For the Egyptians, Sirius—called Sothis—signaled the annual flooding of the Nile, a critical event for agriculture and survival. While the star has no actual effect on Earth’s temperature, the lore surrounding Sirius has endured for thousands of years.

When Are the Dog Days of Summer?

According to *The Old Farmer’s Almanac*, the Dog Days span July 3 to August 11—40 days following the summer solstice. These are traditionally the hottest and most humid weeks of the year.

However, if you’re eager to spot Sirius for yourself, it often doesn’t appear in the dawn sky until mid-August, depending on your location. Observers in Florida commonly spot it around August 13. This first sighting is called the heliacal rising, a fun skywatching challenge for anyone who wants to observe the stars as the ancient Egyptians did.

An old man comes into a restaurant, sits at his usual table, and orders the usual - tomato soup.

The waiter sets it down in front of him, and stands back to watch him enjoy it. But the man just sits there.

“Is there something wrong?” the waiter asks.

“I can’t eat this soup,” the man replies.

“Is it too hot?” the waiter asks. “No.”

“Too cold?” “No.”

“Too salty?” “No.”

The waiter calls for the maitre d’, and for the chef, and each goes through the same routine:

“Too hot?” “Too cold?” “Too salty?” “No, no no.”

Finally the chef, at his wits end, says, “Sir, I will taste

A tourist capsized his boat while sightseeing in Florida.

Although he could swim he was afraid of alligators so when he saw in the distance a man in a canoe, he shouted:

“Are there any alligators in these waters?”

“No, they haven’t been around for years” replied the man.

Reassured, the tourist started swimming to the shore.

After a while, he looked back and called to the man:

“How did they get rid of the alligators?”

“They didn’t, the sharks got em.”

AUGUST
 BARBECUE
 BASEBALL
 BEACH
 BIKE
 BOAT
 CAMP
 FAMILY
 FISHING
 FLIGHT
 FLIP FLOPS
 FLOWERS
 FRIENDS
 GARDEN
 HEAT
 HOLIDAYS
 HOT
 HUMID
 ICED TEA
 INSIDE
 JULY
 JUNE
 LEMONADE
 OUTSIDE
 PARK
 PICNIC
 PLAY
 POOL
 RELAX
 SANDALS
 SHORTS
 SKATEBOARD
 SOCCER
 SUNSCREEN
 SUNSET
 SWIMMING
 TAN
 TANK TOPS
 TENT
 THEME PARK
 TOUR
 TRAVEL
 TRIP
 VACATION
 WATERPARK

HUGE SUMMER

WORD SEARCH PUZZLE



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

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY. Find and circle each word.



Some benefits of drinking turmeric and ginger tea:

1. Both turmeric and ginger are known to promote a healthy digestive system. Ginger stimulates saliva, bile, and gastric enzymes, all of which aid in the digestive process and help prevent bloating and gas. Turmeric, with its active compound curcumin, helps reduce inflammation in the gut lining and can support the management of irritable bowel syndrome (IBS), leaky gut syndrome, and other digestive disorders.

Together, these roots work to soothe the stomach, relieve indigestion, and support overall gut health.

2. Your liver is responsible for filtering toxins from your body, and turmeric and ginger tea may help support this vital organ. Turmeric has hepatoprotective properties, meaning it helps protect liver cells from damage. Curcumin also enhances the production of bile, which assists in breaking down fats and eliminating waste.

Ginger complements this action by supporting liver enzyme activity and aiding in the elimination of toxins. Drinking this tea regularly can gently promote your body's natural detox pathways.

3. Ginger is widely recognized for its ability to ease nausea, whether it's from morning sickness, motion sickness, chemotherapy, or an upset stomach. It works by speeding up stomach emptying and blocking signals in the brain that cause nausea. Turmeric supports this action by reducing inflammation in the gut and aiding digestion. Sipping turmeric and ginger tea is a gentle and effective way to calm your stomach and feel better fast.



An Englishman arrives at the Sydney airport and is met by a customs officer who proceeds to ask him a few questions:

C.O.: "How long do you intend to stay?"

Englishman: "One week".

C.O.: "What is nature of your trip?"

Englishman: "Business"

C.O.: "Do you have any past criminal convictions?"



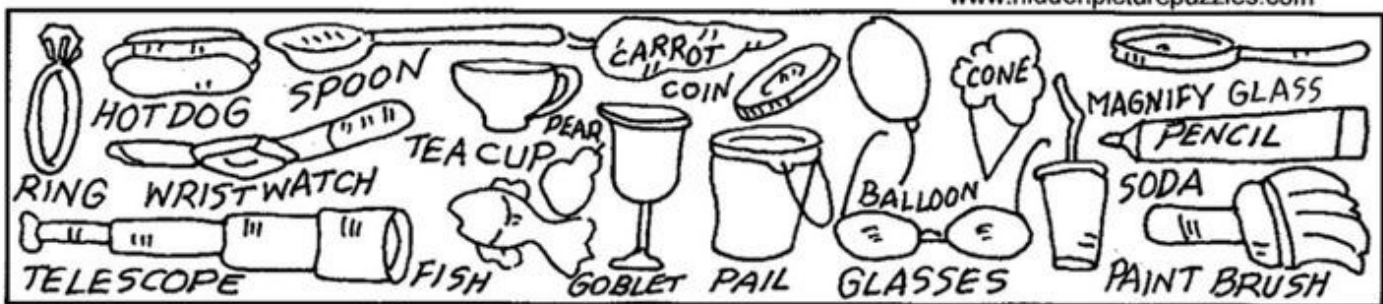
Pleasant Hill Community Garden



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!



www.hiddenpicturepuzzles.com



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
AUGUST 2026						11am-330pm Private Function
2	3	4	5	6	7	8
	OFFICE CLOSED CIVIC HOLIDAY	10am-2pm Private Function	OFFICE CLOSED Adrien @ Columbian Manor 7pm Bingo			
9	10	11	12	13	14	15
		9am Kaitlyn				9am Mass
16	17	18	19	20	21	22
	6-9pm Knights of Columbus Cluster Meeting	730pm D'Arcy McGee Assembly-4 th Degree Knights	OFFICE CLOSED Adrien @ Columbian Manor 7pm Bingo	5pm BBQ @ Columbian Place \$10/person		
23	24	25	26	27	28	29
30	31					