

PERFUME FREE

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.

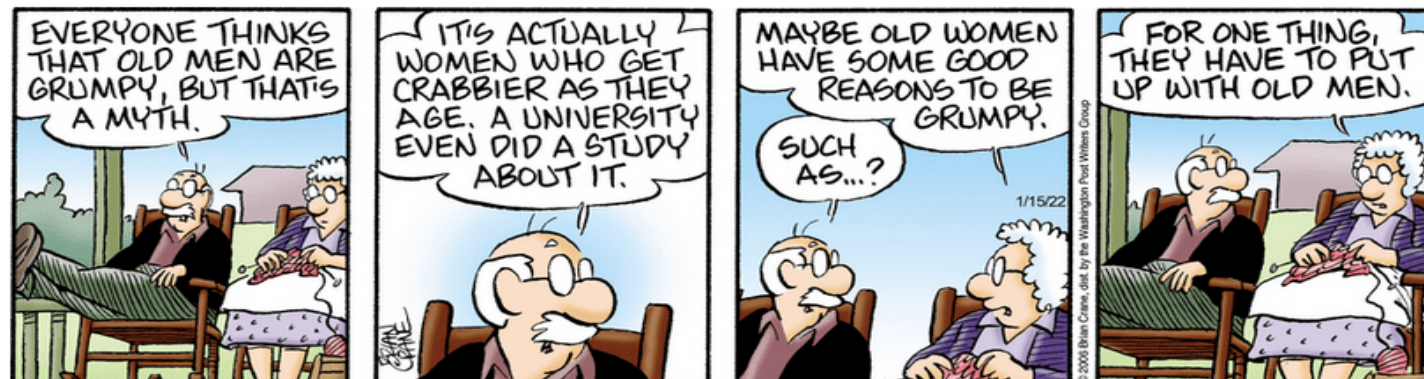


Foot Care Clinic

Pedicures, manicures & toenail trims.
Clinics will be every Wednesday in Columbian Manor!

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

Pickles by Brian Crane for January 15, 2022



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 8

HAPPY SASKATCHEWAN DAY!

August 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.

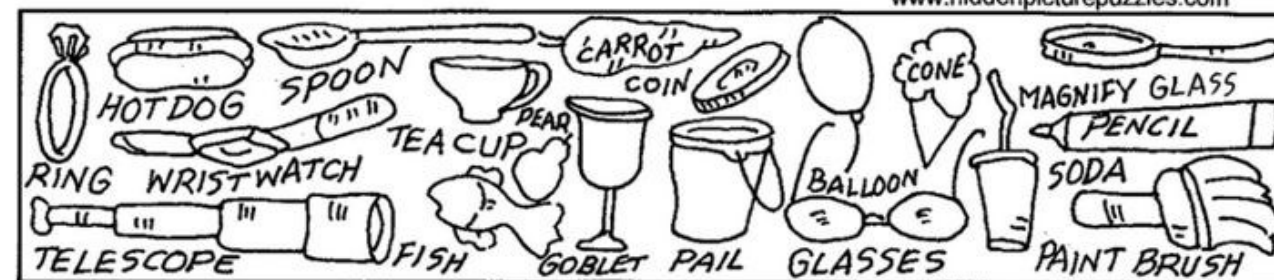
Holy Water is available from the Chapel.



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.



www.hiddenpicturepuzzles.com



Deadline to hand in this hidden object search is August 21st. Everyone who guesses all the answers correctly will go into a draw for one winner of a goodie bag.

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.



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?"



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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.

It takes about 700 grapes to make 1 bottle of wine. That's approximately 2.6 pounds of grapes!

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!



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.

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





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?

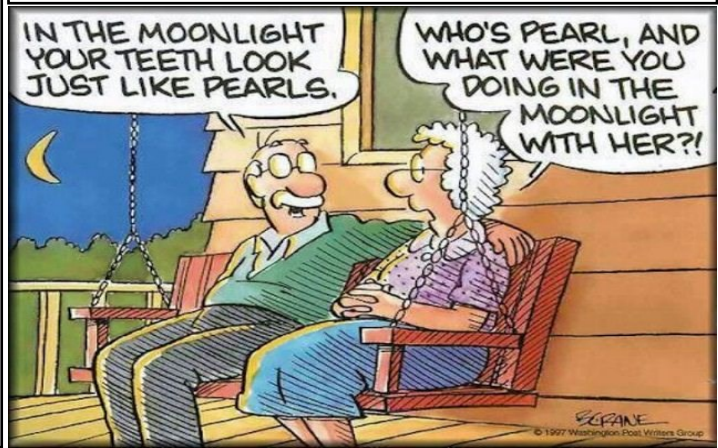
That question is thousands of years old. We're still asking it today.

An Englishman arrives at the Sydney airport and is met by a customs officer who proceeds to asks 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?"
Englishman: "I didn't think we still needed to!"

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 the soup myself. Where is the spoon?"

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"
Sarah replies "Property? The mongrel has a paper round!"



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
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A	T	U	A	V	W	M	J	R	E	G	I	N	G	R	X	S	S	I	Y
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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.

Hello Summer

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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” (σεῖριος), 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.

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.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
AUGUST 2026						930am Mass 3pm Coffee
2	3	4	5	6	7	8
10am Mass 3pm Coffee	STAT HOLIDAY 930am Mass 1-3pm Cards/Games 3pm Coffee	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 7pm Bingo \$1/card (CM)	830am Hair Care 930am Mass 1030am Exercises 2pm Entertainment by Warner (CM) 3pm Coffee 630pm Chapel Talk by Moira Noonan 7pm Kaiser \$ (CV)	930am Mass followed by Adoration/ Confessions 1-3pm Hand & Foot Canasta (CV) 1-3pm Cards/Games (CM) 3pm Coffee 7pm Bingo \$1/card (CV)	930am Mass 2pm Kaiser \$1 (CV) 3pm Coffee
9	10	11	12	13	14	15
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 7pm Bingo \$1/card (CV)	830am Hair Care 9am Foot Care 930am Mass 1030am Exercises 2pm Pie/Ice Cream Social (CM) 3pm Coffee 7pm Kaiser \$1 (CM) 7-8pm Chapel Private Function	830am Hair Care 930am Mass 1030am Exercises 2pm Bridge City Duo entertains (CV) 3pm Coffee 7pm Kaiser \$ (CV)	930am Mass 1030am Mindful Movement Exercises (CV) 1-3pm Hand & Foot Canasta (CV) 1-3pm Cards/Games (CM) 3pm Coffee 7pm Bingo \$1/card (CV)	930am Mass 2pm Kaiser \$1 (CV) 3pm Coffee
16	17	18	19	20	21	22
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 7pm Bingo \$1/card (CV)	830am Hair Care 9am Foot Care BUS DAY 930am Mass 1030am Exercises 3pm Coffee 7pm Bingo \$1/card (CM)	830am Hair Care 930am Mass 1030am Exercises 2pm Signs of His Grace entertains (CM) 3pm Coffee 7pm Kaiser \$ (CV)	930am Mass 1030am Mindful Movement Exercises (CV) 1-3pm Hand & Foot Canasta (CV) 1-3pm Cards/Games (CM) 3pm Coffee 7pm Bingo \$1/card (CV)	930am Mass 2pm Kaiser \$1 (CV) 3pm Coffee
23	24	25	26	27	28	29
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 7pm Bingo \$1/card (CV)	830am Hair Care 9am Foot Care 930am Mass 1030am Exercises 230pm Birthday Party 7pm Kaiser \$1 (CM)	830am Hair Care 930am Mass 1030am Exercises 2pm Old Tyme Rhythm Makers entertain (CV) 3pm Coffee 7pm Kaiser \$ (CV)	930am Mass 1030am Mindful Movement Exercises (CV) 1-3pm Hand & Foot Canasta (CV) 1-3pm Cards/Games (CM) 3pm Coffee 7pm Bingo \$1/card (CV)	930am Mass 2pm Kaiser \$1 (CV) 3pm Coffee
30	31					
10am Mass 3pm Coffee	930am Mass 1030am Exercises 1-3pm Cards/Games 2pm Bingo (CV) 3pm Coffee					