

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



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 9

Happy Labor Day!

September 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 306-220-3121

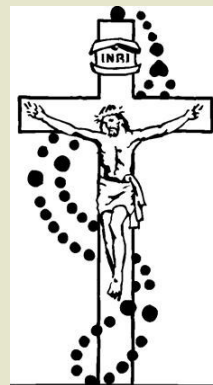


Divine Mercy Chapel Schedule

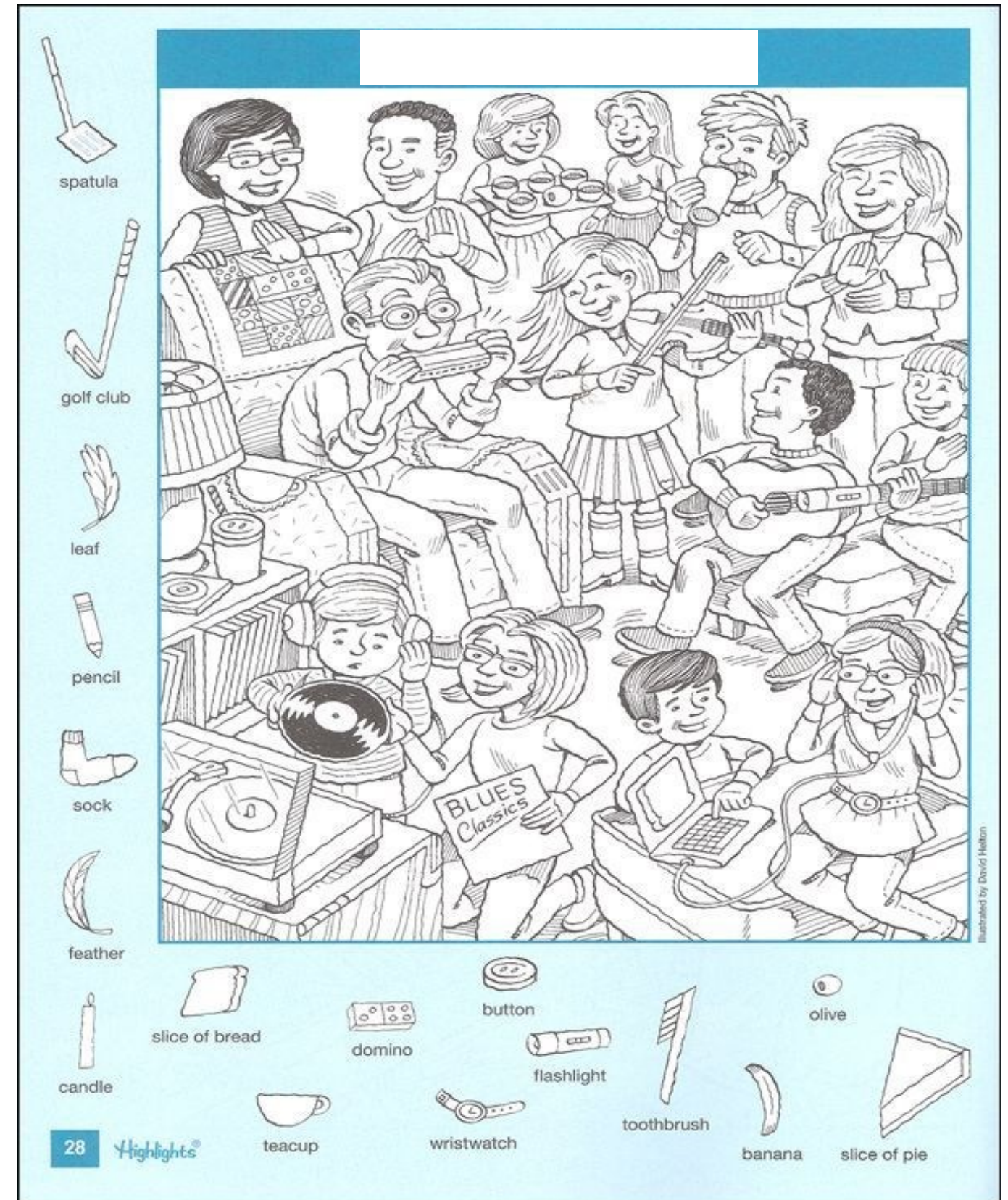
Sunday Mass: 10:00 a.m.
Weekday Mass: 9:30 a.m.
Confessions: 1st Friday during Adoration
Divine Mercy Chaplet: 3 p.m. daily

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 September 25. Everyone who guesses all the answers correctly will go into a draw for one winner of a goodie bag.

Labor Day in Canada

Labour Day, the first Monday in September, has been a statutory holiday in Canada since 1894. It originated in the first workers’ rallies of the Victorian era. Historically, workers marked the day with various activities. These included parades, speeches, games, amateur competitions and picnics. The holiday promoted working-class solidarity and belonging during a time of rapid industrialization. Since the Second World War, fewer and fewer people have participated in Labour Day activities. Nevertheless, it remains a statutory holiday. Many Canadians now devote the Labour Day holiday to leisure activity and family time.

Fun Facts About Saskatchewan

Reindeer Lake was carved by an ancient meteor strike over 140 million years ago.

Saskatchewan has more kilometres of roads than any other Canadian province—enough to circle the Earth multiple times.

Every single recruit for the Royal Canadian Mounted Police completes their initial training in Regina.

Saskatchewan has two national, 36 provincial and approximately 80 regional parks, with more than 400 campgrounds throughout the province.

The world’s largest Tyrannosaurus rex was discovered in southwest Saskatchewan. Scotty the T. rex is on display at the Royal Saskatchewan Museum in Regina and T.rex Discovery Centre in Eastend.

Last Mountain Lake, the Quill Lakes International Bird Area and Chaplin Lake are stops for the migration of over 350 bird species.

The Borden Bridge was constructed in 1937 as a make-work project during the depression.

In the 1940s there were approximately 5000 one-room schoolhouses throughout the province.

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!



THE AMAZING HUMAN BODY QUIZ ANSWERS:

1. FALSE 2. FALSE 3. FALSE 4. TRUE
5. FALSE 6. TRUE 7. TRUE 8. TRUE

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 stair-well 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.

2/18

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Knowledge is knowing a tomato is a fruit; wisdom is not putting it in a fruit salad.



A frog walks into a bank and approaches the teller, whose name plate says Patricia Whack. "Miss Whack, I'd like to get a \$50,000 loan to take a vacation."

Patty looks at the frog in disbelief and asks his name.

"Kermit Jagger. My father is Mick Jagger. It will be fine to authorize the loan, I know your manager."

Patty explains that he will need to secure the loan with some collateral.

"Sure, how about this," said Kermit as he produces a tiny porcelain elephant, about an inch tall, bright pink and perfectly formed. Very confused, Patty explains that she'll have to consult with the bank manager and disappears into a back office.

Patty walks into the manager's office and proceeds to tell her, "There's a frog called Kermit Jagger out there who claims to know you and wants to borrow \$50,000, and he wants to use this as collateral." Patty holds up the tiny pink elephant. "I mean, what in the world is this?"

The bank manager looks back at her and says..."It's a knick-knack, Patty Whack. Give the frog a loan. His old man's a Rolling Stone."

When tempted to start fire with fire, remember the Fire Department fights fire with water.

The Amazing Human Body Quiz—TRUE OR FALSE—Answers on page 10

1. The largest cell in the human body is the blood cell and is barely visible to the naked eye?
TRUE or FALSE
2. The shortest bone in the body is the little finger?
TRUE or FALSE
3. The fastest muscles in the body are the ones in the legs?
TRUE or FALSE
4. A human eye can distinguish approximately 10 million different colors?
TRUE or FALSE
5. The strongest human muscle is the bicep?
TRUE or FALSE
6. Humans shed thousands of skin cells every minute?
TRUE or FALSE
7. Bone can be stronger than steel of the same weight?
TRUE or FALSE
8. Humans are the only animals that blush?
TRUE or FALSE

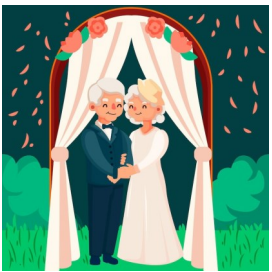
The History of National Grandparents Day

Marian McQuade hoped to establish a national day that would honor grandparents, and in 1970, she began a campaign to do so. McQuade raised awareness about senior citizens throughout the 1970s. In 1978, President Jimmy Carter declared the first Sunday after Labor Day to be National Grandparents Day. Each year, the president makes a proclamation to keep the tradition going. Grandparents Day has both an official flower and a song. The National Grandparents Day Council chose both. The official flower is the forget-me-not. The official song is Johnny Prill’s “A Song for Grandma and Grandpa.”



To honor all the Grandparents we will have a social on Wednesday, September 9 from 2 to 3 p.m. in the Manor dining room and Peter Harvey Room. Cake, berries, coffee & tea will be served! See you there!

The local news station was interviewing an 80-year-old lady because she had just gotten married for the fourth time. The interviewer asked her questions about her life, about what it felt like to be marrying again at 80, and then about her new husband’s occupation. “He’s a funeral director,” she answered. “Interesting,” the newsman thought. He then asked her if she wouldn’t mind telling him a little about her first three husbands and what they did for a living. She paused for a few moments, needing time to reflect on all those years. After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her 20’s, then a circus ringmaster when in her 40’s, and a preacher when in her 60’s, and now – in her 80’s – a funeral director. The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers. She smiled and explained: “I married: **One** for the money, **Two** for the show, **Three** to get ready, And **four** to go!”



An Englishman, an Irishman, and a Scotsman were standing looking at a prize cow in a field. '

The Englishman says, 'Look at that English cow, she's a winner alright.'

The Irishman disagreed. 'Hang on, that's an Irish cow.'

The Scot thought for a moment and settled the argument. "No way, it's a Scottish cow - you can tell from the bagpipes underneath.'

I dream of a better world where chickens can cross the road without their motives questioned.



Harvest



ABUNDANT
ANNUAL
APPLES
BALES
BARLEY
BEANS
BEETS
CANNING
CARROTS
CELEBRATION
CHESTNUTS
CHILLY
CIDER
CORN
CORNUCOPIA
CRANBERRIES
CROP
CULTIVARS
EATING
FARM
FROST
FRUIT
GARDEN
GATHER
GOURDS
GRAINS
GRAPES
HAY
HAYRIDE
HOMESTEAD
HUSK
JAMS
JELLIES
LEGUMES
MAIZE
MARKET
NUTS
OATS
ONIONS
ORCHARD
PEPPERS
PLENTIFUL
POTATOES
PRESERVE
PRODUCE
PUMPKINS
REAP

W	C	G	F	G	P	Q	O	A	T	S	F	S	H	M	I	E	B	V	R	Z	G	M
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RIPE
RYE
SCARECROW
SCYTHE
SEASON
SQUASH
STRAW
SUNFLOWER
THANKSGIVING

THRESHING
TOMATOES
TRACTOR
TURNIP
VEGETABLES
WAGON
WHEAT
YIELD
ZUCCHINI



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
SEPTEMBER 2026		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 930am Mass 1030am Exercises 2pm Young at Heart (CM) 3pm Coffee 7pm Kaiser \$1 (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
6	7	8	9	10	11	12
10am Mass 3pm Coffee	STAT HOLIDAY LABOR DAY OFFICE CLOSED 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 930am Mass 1030am Exercises 2-3pm Grandparents Day Social- Cake & Berries 330pm Sing-a-long (CM) 7pm Kaiser \$1 (CM) 7-8pm Chapel Private Prayer	830am Hair Care 930am Mass 1030am Exercises 2pm Elaine Boechler (CV) 3pm Coffee 7pm Kaiser \$1 (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
13	14	15	16	17	18	19
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 930am Mass 1030am Exercises 2pm Garth Horn (CM) 3pm Coffee 7pm Kaiser \$1 (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
20	21	22	23	24	25	26
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(CV) 1030am Tenant Meeting (CM) 2pm Bingo (CM) 3pm Coffee 7pm Bingo \$1/card (CV)	830am Hair Care 9am Foot Care 930am Mass 1030am Exercises (CM) 1030am Tenant Meeting (CV) 3pm Coffee 330pm Sing-a-long (CM) 7pm Kaiser \$1 (CM)	830am Hair Care 930am Mass 1030am Exercises 2pm Bosco Ukeladies (CV) 3pm Coffee 7pm Kaiser \$1 (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
27	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 BUS DAY 930am Mass 1030am Exercises 230pm Birthday Party 3pm Sing-a-long (CM) 7pm Bingo \$1/card (CM)			