

GOLDEN YEARS

INSIDER

July 2025

peopleCare  
communities

704 Eagle St. N. Cambridge, Ontario  
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\*peoplecare.ca\*

# FUN FACTS ABOUT CANADA



Canada is the second largest country  
in the world with **9,984,670km**  
total land area.

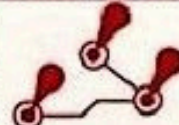


**6** Different  
time zones



**ONTARIO**  
**WORLD'S**  
LONGEST STREET

**2000**  
**KMS**



starts at Lake Ontario, runs north  
through Ontario and extends to the  
Minnesota border



**202080 KMS**  
**WORLD'S**  
LARGEST COASTLINE



**LARGEST SUPPLIER**

**OF OIL** in the US with almost a million barrels  
exported daily to the US' southern part.



More Canadians attend college  
compared with those from  
other countries.  
Literary rate is more than 99%



**3000**  
**LAKES**  
IN CANADA



Canada is one of the  
**Most Scholarly**  
countries in the world



Winters in Canada can be very cold.  
Temperatures can drop as low as **-40**  
degrees Celsius ( **-40** degrees Fahrenheit) in  
some parts of the country.



Second to Paris,  
**Montreal** is the  
largest French speaking  
city in the world.

Home of  
**15,000**  
polar bears which  
earns it the title  
of being the polar  
bear capital of  
the world



The world's only enclosed captivity for  
polar bears is found in Canada's  
northern town of Churchill,  
Manitoba. The polar  
bears are kept in a former  
aircraft storage hangar.



The character  
Winnie the Pooh is  
inspired by  
'Winnipeg,' a  
Canadian bear  
cub.

# HE♥RTbeats

Congratulations to our June  
Draw Winners!

Name of Giver:

Name of Receiver:

They will receive a \$25 gift card  
for displaying the peopleCare  
Values!

Thank you for all you do!

## \*Residents Council \*

The next Resident's Council  
meeting will be held **July 30th** at  
10:30am in the Cafe  
Council is open to all residents,  
and you are encouraged to  
attend!





## Chaplain Chit Chat...

*"Sunshine on my shoulders makes me happy..."* John Denver

With the much-anticipated arrival of summer, I know that I am very thankful for the warmth of the sun and the longer hours of light. Don't get me wrong – I believe there is beauty in every season, but I certainly find it much easier to get up in the morning during these summer months with the earlier sunrise. It is amazing how much better some people feel when the sun is shining, and I'm sure there are many of you reading this that may agree with me. The ability of light to *brighten our spirits* – both literally and figuratively – is something shared by people the world over.

In many faith traditions, light is a symbol of love and hope. In our own lives, we 'capture' that light by burning candles at special moments as an expression of warmth, affection, prayerfulness or celebration. We light them on birthdays, for parties and religious occasions. Different ancient cultures and religious groups worshiped the sun, with similar legends as the source of light and, by extension, of life... "Ra" (Egyptians), "Huitzilopochtli" (Mexican Aztecs), "Inti" (Peruvian Incas), "Helios" (Greeks), "Sol" (Romans & Norse).

No matter whether you enjoy sitting in the sun or in the shade, may these summer months bring you the appreciation of this beautiful Creation and the peaceful sharing with all living things within it... even if sometimes you have to make your own sunshine!

Spiritual observances for the month of July:

5th: **Ashura**: Observed by Muslims, remembering the martyrdom of Husayn ibn Ali

9th: **Martyrdom of the Bab**: A day remembering the execution of one of the founders of the Baha'i faith.

23rd: **Haile Salassie's Birthday**: The festival that celebrates the birth of Ethiopian Emperor Haile Salassie, revered by Rastafarians.

24th: **Pioneer Day**: This day marks the settling of Latter Day Saints (Mormon) pioneers in the state of Utah.

I am at Golden Years on Fridays... would love to have a chat with you!

Continued blessings to you and yours. *Chaplain Daria*



HAPPY  
BIRTHDAY



Julia B. - July 2nd  
Mary N. - July 5th

WELCOME HOME

Stephen R.



*In Loving  
Memory*

Lillian S.

James C.

Laszlo S.

Our deepest thoughts and sympathies go out to their family  
and friends.

"He spoke well who said that graves are the footprints of  
angels."

*~Henry Wadsworth Longfellow*



# June Lookback...





# Canada Word Search

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

deer

elk

goose

grizzly

ice

lacrosse

moose

mountains

Ottawa

RCMP

skates

skiing

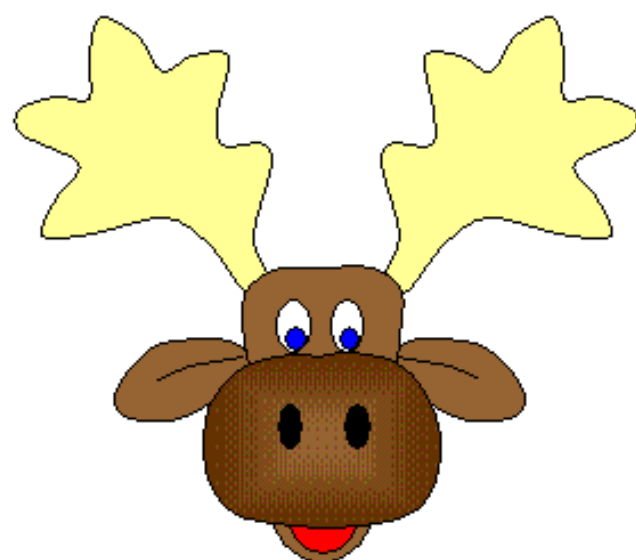
sled

snowboard

snowman

syrup

Wild rose



# Canada Anagram



**Hidden Word**

(solve the circled letters): \_\_\_\_\_

v r e e a b

\_\_\_\_\_

t t o w a a

\_\_\_\_\_

g i r h f s i

\_\_\_\_\_

t e i o n m u

\_\_\_\_\_

s o e o m

\_\_\_\_\_

m c r p

\_\_\_\_\_

n c a e o

\_\_\_\_\_

o n o l e i

\_\_\_\_\_

n o w s

\_\_\_\_\_

b z m a n i o

\_\_\_\_\_

o k c h y e

\_\_\_\_\_

l p e a m

\_\_\_\_\_