

Cedarwood

NOVEMBER'23

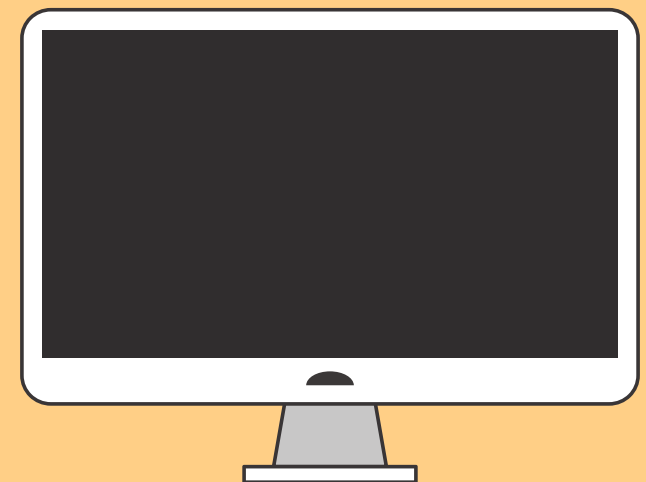


TRC Lina Sproule

Ph: 204-371-1721

Email:

cedarwoodtrc@gmail.com



Michael Obviar

Ph: 204 326-2002

Email: mobviar@havengroup.ca

**Through Jesus, therefore, let us
continually offer to God a sacrifice of
praise—the fruit of lips that openly
profess his name.**

Hebrews 13:15



ANNOUNCEMENTS

The joyous season of Christmas is soon upon us again. We ask that when decorating, that you do not put anything in the hallways. You are welcome to hang decorations on your door.

BINGO

**BINGO AT 2:00 PM
ON NOVEMBER 2
AND NOVEMBER 16**



BOWLING

**BOWLING AT 2:30
PM
ON NOVEMBER 9**



BIRTHDAYS

**LETS CELEBRATE - AGATHA SMITH
AND JUSTINA HIEBERTS
BIRTHDAY ON NOV, 23 AT 2:30**

CHRISTMAS DECOR

**WE ARE DECORATING CHRISTMAS
TREES AND ENJOYING SOME HOT
CHOCOLATE
ON NOV, 30 AT 10:00 AM**

FLU SHOTS

**NOVEMBER 7
BETWEEN 2:30-4:00 PM
PLEASE BRING
CONSENT FORMS AND
MB. HEALTH CARD**



LIBRARY BOOKS

**IF YOU HAVE ANY
LIBRARY BOOKS THAT
YOU FINISHED READING
PLEASE RETURN THEM
BY NOV. 3**



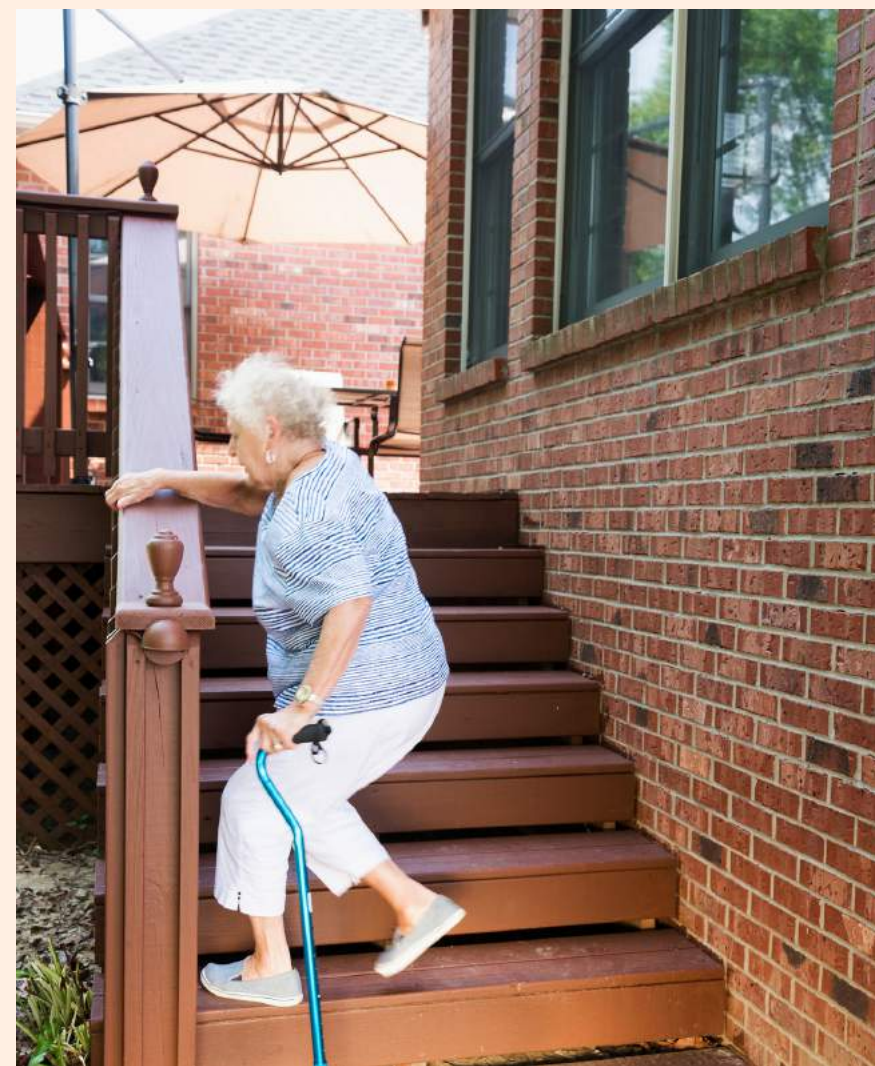


HOW TO PREVENT FALLS IN THE HOME

SENIOR SAFETY



- ***Talk to your doctor about falls prevention. Have regular vision and hearing tests.***
- ***Take prescription and over-the-counter medications correctly. Keep a medication record and review it regularly with your doctor. Tell your doctor if your medication makes you dizzy or light-headed.***
- ***Install proper lighting throughout your home. Pay special attention to stairs (with a light switch at both ends) and bathrooms. Use night-lights in the hallways, particularly between the bedroom and bathroom.***
- ***Keep your floor and stairs free of clutter. Avoid the use of scatter rugs. Be sure to have at least one handrail (preferably two) on all stairways and steps in your home. Ensure handrails are securely attached and in good repair.***
- ***Check that stairs are in good repair and are slip resistant. If any stairs are broken, have them fixed promptly. Add a strip along the edge of each step in a contrasting color to make it easier to see or use reflective anti-skid treads.***
- ***Take the same precautions for outdoor steps. In addition, arrange to have leaves, snow and ice removed on a regular basis. Use salt or sand throughout the winter months.***
- ***Wear proper footwear. Shoes, boots and slippers should provide good support and have good soles. Avoid loose slippers or stocking feet.***
- ***Install grab bars in all bathrooms, by the toilet and in the bathtub or shower. It's a good idea to have two bars in the tub, one on a side wall and one on the back wall. If you need extra support, consider a bath seat or bench so you can have a shower sitting down.***
- ***Use a rubber mat along the full length in your tub, and a non-skid bath mat beside the tub.***
- ***Use walking aids and other safety devices for extra safety. If you use a cane or a walker, check that it is the right height and that the rubber tips are not worn. Install stainless steel prongs (ice picks) on canes for safe walking in the winter.***



COMMUNITY HAPPENINGS

Mennonite Heritage Museum

Christmas Market Saturday Nov. 11, 1-6pm

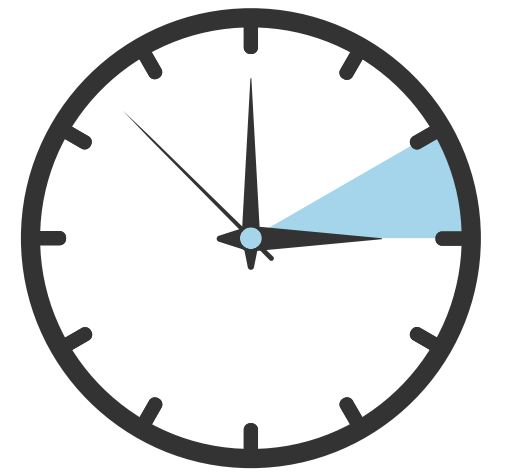


Local Authors Night- Wednesday Nov. 15, 7pm

**Featuring: Elma Koop, Mary-Lou Driedger,
Noreen Janzen, Mitch Toews**

Fall-back

**Remember to
move your clocks
back 1 hour before
November 5**



Clarsprings Mall

**Annual Christmas Craft Sale
Friday, Nov. 17- Sunday Nov. 19**

**Black Friday Toy & Collectable Sale
Friday, Nov. 24 - Sunday, Nov. 2**

SBC

**DRAMA PRODUCTION:
Esther- Queen of Pursia
Thurs. Nov 9 to Sat.
Nov 11 @ 7 PM
Sun. Nov 12 @ 3 PM**

IN FLANDERS FIELDS By John McCrae

In Flanders fields the
poppies flow
Between the crosses,
row on row,
That mark our place;
and in the sky
The larks, still bravely
singing, fly
Scarce heard amid the
guns below.

We are the Dead.
Short days ago
We lived, felt dawn,
saw sunset glow,
Loved and were loved,
and now we lie,
In Flanders fields.

Take up our quarrel with
the foe:
To you from failing hands
we throw
The torch; be yours to hold
it high.
If ye break faith with us
who die
We shall not sleep, though
poppies grow
In Flanders fields.



WHAT ARE YOU HOPING FOR?

WE LIKELY ALL REMEMBER THINGS WE HOPED FOR AS A CHILD—MAYBE A SPECIAL GIFT FOR OUR BIRTHDAY OR FOR CHRISTMAS: A NEW DOLL, A DUMP TRUCK, OR PERHAPS A GAME TO ENJOY WITH FRIENDS. I REMEMBER SEEING SOME CHRISTMAS WISH LISTS WHICH WERE QUITE LONG!

HOW DO WE RESPOND, THOUGH, WHEN WHAT WE HOPE FOR DOESN'T MATERIALIZE? WHEN WHAT WE WERE BUILDING ON FALLS THROUGH? WE NEED TO MAKE SURE THAT WHAT WE ARE HOPING FOR IS SOLID AND SECURE.

THE PSALMIST WRITES, "I WILL LIFT UP MINE EYES UNTO THE HILLS, FROM WHENCE COMETH MY HELP? MY HELP COMETH FROM THE LORD, WHICH MADE HEAVEN AND EARTH," (PSALM 121:1). THOUGH HE MAY HAVE BEEN SCANNING THE HORIZON FOR HELP, THE PSALMIST KNEW WHERE HIS HELP ULTIMATELY CAME FROM.

ONE ASPECT OF REMAINING HOPEFUL IS TO REMEMBER THAT THE DIFFICULTIES OF THIS LIFE ARE ONLY TEMPORARY AND THAT GOD HAS SOMETHING BETTER IN STORE FOR US. PAUL WRITES THAT "...EYE HATH NOT SEEN, NOR EAR HEARD, NEITHER HAVE ENTERED INTO THE HEART OF MAN, THE THINGS WHICH GOD HATH PREPARED FOR THEM THAT LOVE HIM," (I CORINTHIANS 2:9). THE GLORY OF WHAT GOD HAS IN STORE FOR THOSE WHO HAVE TRUSTED IN HIM, IS MORE THAN WE CAN EVEN IMAGINE.

IT WAS EDWARD MOTE WHO PENNED THE WORDS,

MY HOPE IS BUILT ON NOTHING LESS, THAN JESUS' BLOOD AND RIGHTEOUSNESS.

MAY WE CONTINUE ON WITH THAT SAME HOPE,

PETER BERG, CHAPLAIN





NOVEMBER 2023

CEDARWOOD ACTIVITY



S	M	T	W	T	F	S
			¹ CHAPLAIN @ 9:45 AM	² MOBILE BOOKS BINGO @ 2:00 PM	³	⁴
⁵ Evangelical Fellowship 9:30 am @ CW	⁶ JACOB & HELEN HARDER @ 7:00 PM	⁷	⁸ CHAPLAIN @ 9:45 AM ERNA, BERTA & FRIENDS @ 7:00 PM	⁹ BOWLING @ 2:00 PM	¹⁰	¹¹
¹² Stony Brook Fellowship 9:30 am @CW Bethaus Youth @ 2:00 PM	¹³  OFFICE CLOSED	¹⁴	¹⁵ CHAPLAIN @ 9:45 AM	¹⁶ BINGO @ 2:00 PM	¹⁷	¹⁸ FIRST BAPTIST CHURCH @ 7:00 PM
¹⁹ Kleefeld EMC 9:30 am @ CW	²⁰	²¹ JOE DRAUDE @ 2:30	²² CHAPLAIN @ 9:45 AM Ridgewood Youth @ 7:30	²³ BIRTHDAY PARTY @ 2:00 PM 	²⁴	²⁵ PEACEFUL HARBOUR @ 7:30 PM
²⁶ Steinbach EMC 9:30 am @ CW	²⁷	²⁸	²⁹ CHAPLAIN @ 9:45 AM	³⁰ CHRISTMAS DECORATION @ 2:00 PM		

*“Peace demands the most heroic labor and
the most difficult sacrifice.”*

-Thomas Merton.