

Rest Haven News & Notes

Issue November 2023



*Come and check out the first:
"Resthaven Winter Market at
Woodhaven"*



*Interested in setting
up your own booth
at the market?
Contact Helen asap
at 204-346-1501*

*Saturday, November 18th
1:00 pm - 4:00 pm
In the Woodhaven Basement
Multipurpose Room*

*Browse all of the different
vendor booths, and get an
early start on your
Christmas shopping!*

- Pampered Chef
- Avon
- Baking & Canned Goods
- Jewelry
- Tupperware
- Rugs
- Painted Crafts and more!

*All purchases are cash only
please!*



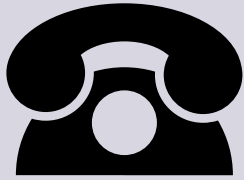
Should you wish to be added or removed from the newsletter contact list please
contact tchabot@havengroup.ca



“Autumn is springtime in reverse.” – Terri Guillemets
The solemnness of Winter is upon us, as we enter into the quiet reserve of November. How appropriate that as we just finished celebrating Thanksgiving, we come upon a reason to be thankful this month... Remembrance Day. Although the members who served and fought for our freedom may not be many anymore, the freedom they fought for remains.

We will be planning a Remembrance Service in our home on November 10th to remember and honor those who have served and have made our country as safe as it is. We are forever grateful...

Lest We Forget, let's continue to remember...



Household Extension Numbers

1st Floor

Lakeview 7465
Still Waters 7466
Golden Creek 7340
Woodlands 7341

2nd Floor

Water's Edge 7346
Autumn Glory 7347
Daisy Lane 7348
Prairie Posts 7349

3rd Floor

Prairie Sky 7355
Sunset Way 7356
Homestead Ridge 7357
Freedom Meadows 7358

Sage Words From Senior Souls

"Cows don't celebrate Sundays."

As we talked about National Farmers' Day earlier this month, we talked about the dedication it takes to help feed the world. This quote came to us from one of our senior friends as she shared about the struggle of working on the farm, then getting cleaned up 'enough' to still be presentable in church.

Some things never change. We are grateful to all those individuals who make sure we have food available....

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have you will never, ever have enough." — Oprah Winfrey

Until next time, everyone....

**Sincerely,
Leanne Silvers,
Therapeutic Recreation Facilitator,
Daily Life Team Member**





**Please help us in celebrating our many
November birthdays:**



**Sally Wiebe
Maria Neufeld
Tina Kornelsen
Samuel Wiens
Jennie Bilun
Marlene Carlisle
Katherine Martens**





AUTUMN



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

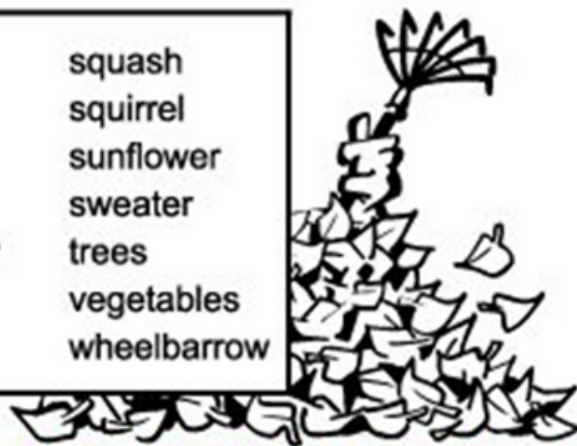
apples
autumn
birds
blanket
bonfire
changing
cider

colorful
cozy
crow
deciduous
equinox
flannel
foliage

frost
harvest
hayride
jacket
leaves
migrate
orchards

pumpkin
quilt
rake
rustling
scarecrow
season
spider

squash
squirrel
sunflower
sweater
trees
vegetables
wheelbarrow



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.

Many have already entered through the gates to Glory. At Rest Haven we want to honor the memories of those who have passed away this last year, with a special year-end memorial planned for Tuesday, December 12, at 6:30pm, to which all are invited, especially family and friends of those who have passed away here in the last year.

**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





REST HAVEN LUNCH MENU

MONDAY	TUE SDAY	WEDNE SDAY	THUR SDAY	FRIDAY	SATURDAY	SUNDAY
<div></div>						
<div>(Week 5) Sauerkraut Borscht Soup Meatloaf Gravy Mashed Potatoes Mixed Vegetables Date Square</div>	<div>6 Hearty Italian Soup Kielke & Schmaunt Phat Peas/Carrot Ham Oatmeal Muffin</div>	<div>7 Hearty Vegetable Soup Honey Mustard Chicken Rice Pilaf Salad Coconut Cream Pie</div>	<div>8 Turkey/ Stuffing Cranberry Sauce Mashed Potato Corn Pumpkin Cheesecake</div>	<div>9 Creamy Lentil and Roasted Carrot Soup Sweet and Sour Pork Rice Pilaf Gravy California Mixed Veg. Peach Upside Down Cake</div>	<div>10 Vegetable Soup Ham & Cheese Sandwich Pickles Fruit Cobbler</div>	<div>11 Shake & Bake Chicken Mashed Potatoes Cooked Turnips and Carrots Blueberry Mous</div>
<div>(Week 1) Beef and Barley Soup Chicken Fingers Fries Garden Salad Fruit Based Dessert</div>	<div>13 Chicken Noodle Soup S&S Baked Farmer Sausage Steamed Rice Green Beans Tapioca Pudding</div>	<div>14 Hearty Vegetable Soup Chicken Cacciatore Noodles Salad Chocolate Cream Pie</div>	<div>15 Cream of Celery BBQ Rib Mashed Potatoes Carrots Cinnamon Coffee Cake</div>	<div>16 Chef's Soup Lasagna Caesar Salad Garlic Bread Chocolate Cake</div>	<div>17 Garden Vegetable Soup Chicken Pot Pie Cucumber and Tomato Slices Fruit Platz</div>	<div>18 Roast Beef Mashed Potatoes Coleslaw Rice Pudding</div>
<div>(Week 2) Beet Borscht Soup Perogies Farmer Sausage Mixed Vegetables Cream Gravy Canned Peaches</div>	<div>20 Hearty Manitoba Vegetable Soup Meat Loaf Mashed Potato Vegetable Salad Cinnamon Roll Cake</div>	<div>21 Roast Beef/Gravy Oven Baked Potatoes Mixed Vegetables Apple Crisp</div>	<div>22 Butternut Squash Soup Chicken Taco Bake Noodles Cucumber Salad Fruit</div>	<div>23 Minestrone Soup Ham Kielke & Schmaunt Phat Coleslaw Frozen Yogurt</div>	<div>24 Chef Soup Egg Salad Sandwich Cheese Chips/Pickles Orange Fluff Salad</div>	<div>25 Baked Ham Pineapple Sauce Scalloped Potatoes Corn Plum Mous</div>
<div>(Week 3) Summa Borscht Country Style Chicken Mac N Cheese Savory Green and Wax Beans Ice Cream Sundae</div>	<div>27 Vegetable Soup Spaghetti with Meat Balls Caesar Salad Garlic Bread Custard Bread Pudding</div>	<div>28 Chicken Noodle Soup Baked Farmer Sausage Fried Potatoes Vegetable au Gratin Banana Cream Pie</div>	<div>29 Corn Chowder with Bacon Fish Fry Potato Wedge Three Bean Salad Ambrosia Salad</div>	<div>MENU SUBJECT TO CHANGE Nutrition and Food Services Department: 204-326-2285/204-346-5013</div>		

REST HAVEN SUPPER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						
(Week 5) Breaded Pork Outlets Rice Pilaf with Brown Rice Gravy/Coleslaw Nanaimo Bar	6 Mushroom/Omelet Garlic Toast Tomato Slices on Lettuce Fruit Based Dessert	8 Fettucini Primavera Biscuits Fruit Based Dessert	9 Pork Sausages Spanish Rice (Brown rice) Buttered Peas Carrot Cake	10 Cabbage Rolls Mashed Potatoes Carrots Apple Crisp	 REMEMBRANCE DAY Spaghetti & Meat Sauce Garlic Bread Lettuce Salad Tart	11 Chicken Noodle Soup Cottage Cheese Rye Bread Potato Salad Cold Cuts/Pickles Coconut Cream Pie
(Week 1) Garlic Sausage Hashbrown Casserole Mixed Vegetables Peach PlatZ	13 Beef Stew Cheese Biscuits Mandarin Segments	15 Breaded Mustard Veal Cutlets Mashed Potatoes Beef Gravy Steamed Broccoli Oatmeal Chocolate Chip With Red Lentils	16 Chicken with Alfredo Sauce Noodles Peas Biscuits Fruit	17 Baked Fish Fillet Lemon Slice Lyonnaise Potatoes Cauliflower/Carrots Butterscotch Pudding	18 Breaded Pork Outlets Noodles and Sauce Mixed Vegetables Chef's Dessert	19 Summa Borscht Cold Cuts/ Bread/ Pickles Macaroni Salad Cottage Cheese Blueberry Cheesecake
(Week 2) Roasted Chicken Chicken Gravy French Fries Oriental Mixed Veg. Iced White Cookies	20 Pork and Apple Cakes Rice (Whole Grain) Apple Cinnamon Sauce Peas Ice cream Sundae	22 Baked Porkchops Gravy Mashed Potato Corn Tapioca Pudding	23 Fish Sticks Fried Potatoes Gravy Tartar Sauce Herbed Green Beans/ Peppers Trifle	24 Chicken Teriyaki Steamed Rice Green Salad Mandarin Oranges	25 Veal Parmigiana Pasta Marinara Sauce Peas Fruit PlatZ	26 Farmer Sausage Noodle Soup Cold Cuts Buns Three Bean Salad Cream Pie
(Week 3) Lemon Baked Fish Potatoes Peas & Carrots Pineapple Upside Down Cake	27 Homemade Chicken Pot Pie Mandarin Lettuce Salad Peanut Butter Brownie	29 Sweet & Sour Diced Beef S&S Sauce Steamed Rice Broccoli Fruit	30 Mushroom Baked Pork Chops Mushroom Gravy Lyonnaise Potatoes Mixed Veg Cupcake	MENU SUBJECT TO CHANGE Nutrition and Food Services Department: 204-326-2285/204-346-5013		

Rest Haven Care Home

November 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1st Floor

*Events in Red - Chapel
Lakeview LV

10:30
Evangelical Fellowship



Daylight Savings Ends

6
10:15 Singing The Sixties



2:45 Fun Fitness

3:00-4:00 Sonnie the Dog

12

10:30
Stony Brook Fellowship

13
10:30 Fun Fitness
2:00 Baking
3:00-4:00 Sonnie the Dog



19

10:30 Ridgewood EMC

20
10:30 Peter & Arlene Music
3:00-4:00 Sonnie the Dog



26

10:30 Steinbach EMC

27
3:00-4:00 Sonnie the Dog



1
9:30 Reading
10:30 Fun Fitness
2:00 Men's Bible Study
3:00 Hymn Sing



8
9:30 1:1 Visits
10:30 Fun Fitness
2:00 Men's Bible Study
3:00 Hymn Sing



15
9:30 Reading
10:30 Fun Fitness
2:00 Men's Bible Study
3:00 Hymn Sing



22
9:30 1:1 Visits
10:30 Bowling
2:00 Resident Council
3:00 Hymn Sing



29
9:30 Guess What's in the Bag
10:30 Fun Fitness
2:00 Men's Bible Study
3:00 Hymn Sing
6:00 German & English Gospel Group



2
9:30 News Update
10:30 Chapel
6:45 Kleeefeld EMC



9
10:30 Chapel
2:00 Remembrance Day Craft
6:45 Steinbach EMC



16
10:30 Chapel
2:45 Color my World Grey
6:45 Evangelical Fellowship



23
10:30 Chapel
2:30 Hunting
6:30 Sing Along Singers



30
9:30 News Update
10:30 Memorial Chapel
6:00 Prairie Rose Group



3

10
10:30 Remembrance Day Service



17

18
Rest Haven Christmas Market
Time: 1:00pm-4:00pm
Location: Woodhaven Basement Multi-Purpose Room

25
1:1 Programming

24
Special Event: Toy & Collectibles Show at Clearspring Mall

*Programs are subject to change without notice. Check whiteboards for current daily events.

Rest Haven

November 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

2nd Floor

*Events in Red- Chapel
Daisy Lane DL
Men's Bible Study
Ladies Bible Study DL

Autumn Glory AG
Prairie Post PP
Water's Edge WE

10:30
Evangelical Fellowship



Daylight Savings Ends

6
10:15 Singing The Sixties



3:00-4:00 Sonnie the Dog



12

10:30
Stony Brook Fellowship



13

3:00-4:00 Sonnie the Dog



19

10:30 Ridgewood EMC



20

10:30 Peter & Arlene Music
2:30 Bowling WE
3:00-4:00 Sonnie the Dog



26

10:30 Steinbach EMC



27

2:45 Guess What's in the Bag WE
3:00-4:00 Sonnie the Dog



9:30 Ladies Bible Study 1

10:30 Bingo PP
2:00 Men's Bible Study
3:00 Hymn Sing



9:30 Ladies Bible Study

10:30 Bingo WE
2:00 Men's Bible Study
3:00 Hymn Sing



15

9:30 Ladies Bible Study
10:30 Bingo AG
2:00 Men's Bible Study
3:00 Hymn Sing



22

9:30 Ladies Bible Study
10:30 Bingo PP
2:00 Resident Council
3:00 Hymn Sing



29

9:30 Ladies Bible Study
10:30 Bingo WE
2:00 Men's Bible Study
3:00 Hymn Sing
6:00 German and English Gospel Group



2

9:30 News Update WE
10:30 Chapel
2:45 Balloon Hockey PP
6:45 Kleefeld EMC



9

9:30 News Update AG
10:30 Chapel
2:00 Remembrance Day Craft
6:45 Steinbach EMC



16

9:30 News Update PP
10:30 Chapel
6:45 Evangelical Fellowship



23

9:30 News Update WE
10:30 Chapel
2:30 Hunting
6:30 Sing Along Singers



30

9:30 News Update AG
10:30 Memorial Chapel
2:45 Card Games
6:00 Prairie Rose Group



3



10

9:15 Fun Fitness PP
10:30 Remembrance Day Service
2:45 Fun Fitness AG

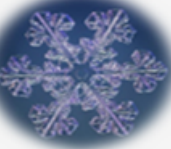
17

2:45 Color my World Grey PP
6:00 Singing DL

24



25



18

Rest Haven
Christmas Market
Time: 1:00pm-4:00pm
Location:
Woodhaven Basement
Multi-Purpose Room

11



*Programs are subject to change without notice. Check whiteboards for current daily events.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

3rd Floor

*Events in Red- Chapel
Homestead Ridge **HR**
Freedom Meadows **FM**
Sunset Way **SW**

Prairie Sky **PS**
Ladies Bible Study **PS**
Men's Bible Study

10:30
Evangelical Fellowship



Daylight Savings Ends

6
10:15
Singing The Sixties



Joe Draude
Singing The Sixties

7
10:00 Men's Coffee Club
2:30 Card Games **SW**
6:00 Abe & Tina Music

12
10:30
Stony Brook Fellowship



14
10:00 Men's Coffee Club
6:00 Jon Penner Music

19
10:30 Ridgewood EMC



20
10:30 Peter & Arlene
Music

21
9:30 Ladies Bible Study
10:00 Men's Coffee Club
10:30 Bowling **FM**
2:30 Bingo Bonanza
6:00 Abe & Tina Music

26
10:30 Steinbach EMC



28
9:30 Ladies Bible Study
10:00 Men's Coffee Club
10:30 Singing **PS**

1
9:30 Fun Fitness **HR**
10:30 Fun Fitness **SW**
2:00 Men's Bible Study
3:00 Hymn Sing

8
9:30 Fun Fitness **FM**
10:30 Fun Fitness **PS**
2:00 Men's Bible Study
3:00 Hymn Sing

15
9:30 Fun Fitness **FM**
10:30 Fun Fitness **SW**
2:00 Men's Bible Study
3:00 Hymn Sing

22
9:30 Fun Fitness **PS**
10:30 Fun Fitness **HR**
2:00 Resident Council
3:00 Hymn Sing

29
9:30 Fun Fitness **SW**
10:30 Fun Fitness **FM**
2:00 Men's Bible Study
3:00 Hymn Sing
6:00 German & English
Gospel Group

2
9:30 News Update **FM**
10:30 Chapel
1:00-2:00 Sonnie the Dog
6:45 Kleefeld **EMC**

9
9:30 News Update **HR**
10:30 Chapel
1:00-2:00 Sonnie the Dog
2:00 Remembrance Day
Craft
6:45 Steinbach **EMC**

16
9:30 News Update **PS**
10:30 Chapel
1:00-2:00 Sonnie the Dog
6:45 Evangelical Fellowship

23
9:30 News Update **SW**
10:30 Chapel
1:00-2:00 Sonnie the Dog
6:30 Sing Along Singers

30
9:30 News Update **FM**
10:30 Memorial Chapel
1:00-2:00 Sonnie the Dog
2:45 Guess What's in the
Bag **PS**
6:00 Prairie Rose Group

3
9:30 Reading Club **FM**
10:30 Balloon
Badminton **HR**
2:45 Bingo **PS**

10
9:30 Ladies Bible Study
10:30 Remembrance
Day Service
2:45 Bingo **SW**

17
9:30 Ladies Bible Study
10:30 Color my World
Grey **PS**
2:45 Bingo **HR**

24
10:15 Hunting
2:45 Bingo **FM**
Special Event:
Toy & Collectibles
Show at Clearspring
Mall



18
Rest Haven
Christmas Market
Time: 1:00pm-4:00pm
Location:
Woodhaven Basement
Multi-Purpose Room



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change without notice.
Check whiteboards for
current daily events.