

Rest Haven News & Notes



Issue March 2024



March Highlights Folklorama

Mennonite



Island Breeze



Ukrainian



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



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 Post 7349

3rd Floor

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



"Spring came to my window, and smiled into my eyes, then set my lips to laughing, in startled, glad surprise. And set my lips to singing, then hastened to depart...Spring came to my window and smiled into my heart!"

– Edgar Daniel Kramer

Yes, Spring is on the way, longer days are coming... This month is busy for us as we bring Folklorama to our home.

On March 9th, we will be looking deeper into our Mennonite culture as we enjoy a presentation from our local Mennonite Heritage Village.

March 16th, we have a spectacular Ukrainian presentation from the Ukrainian Association of the Southeast, along with a live band bringing us music, complete with Ukrainian-style faspa. Come check out what each culture has to offer.

To finish off our Folklorama programs on March 22nd has Island Breeze coming to our home, bringing a dynamic cultural performance for us to enjoy.

HAPPY BIRTHDAY

Please help us in celebrating our many
March Birthday's:



Susan Kehler – March 8th
Cornie Martens – March 12th
John Neufeld – March 13th
Maria Friesen Doerksen- March 17th
Florence Collette – March 20th
William Mardynalka – March 24th
John Plett – March 23rd
Katharina Unrau – March 30th



**And last but not least, don't forget to wear green on St. Patrick's Day
March 17th...**

St. Patrick's Day Pinching Rules

The reason why other non-leprechauns pinch someone not wearing green is to remind them that they should be. Here are some universal rules to consider:

- You must wear green clothing which must be visible for all to see. Sorry, green socks tucked inside your sneakers won't do unless you can see them.
- If you end up pinching someone who is wearing green, they're allowed to pitch you back.
- If you aren't celebrating, you're not off limits either. You still weigh the chance to get pinched.



Until next time...

Leanne Silvers

**Therapeutic Recreation Facilitator,
Daily Life Team Member**



How do we meet with God?

In the Old Testament, people seeking God's Presence would go to the Tabernacle, a tent-like structure easily moved where ever the Children of Israel traveled. Inside the Tabernacle was a most sacred room, the Holy of Holies, containing the Ark of the Testimony with the Mercy Seat on top, representing God's Presence. Only the High Priest was allowed to enter there, and he could only do that once each year when he went in to make atonement for the sins of the people.

When King Solomon began to reign, he had an elaborate Temple built in Jerusalem, a solid structure of timber and stone, and beautifully decorated with gold. This Temple also had the Holy of Holies where only the High Priest could go in once a year to make atonement for the sins of the people.

When Jesus came and made that once-for-all sacrifice for us upon the cross, the curtain closing the way into the most Holy Place was torn open, indicating that we are all now welcome to enter into the presence of God through our response of repentance and faith in Jesus. No longer need we rely on the priest to make atonement for our sins, as Jesus has provided atonement through his death.

What a privilege it is for us, as Hebrews 4:16 encourages, to "approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need."

May God bless you as we together celebrate Good Friday and Easter this year.

Peter Berg, Chaplain



March is the Easter season and of course the Easter lily is a popular item but we respectfully ask that you not bring lilies into the houses as we have both staff and residents who are allergic to them. As scent based allergies are common we endeavor to keep Rest Haven perfume free as much as possible. Thank you!



Memory Lane

Wedding photos from residents and staff for the month of February. The earliest wedding photo from 1932 and most recent from 2023, about 90 years of wedding photos on display.







REST HAVEN LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MENU SUBJECT TO CHANGE						
Nutrition and Food Services Department: 204-326-2285/204-346-5013						
Happy Nutrition Month 2024						
						
(Week 1) Lasagna or Chefs Alternate Caesar Salad Garlic Bread Chocolate Cake						
1						
Garden Vegetable Soup Chicken Pot Pie or Cucumber and Tomato Slices Fruit Plat						
2						
Roast Beef or Chefs Alternate Mashed Potatoes Coleslaw Rice Pudding						
3						
(Week 2) Beet Borscht Soup Perogies Farmer Sausage or Chefs Alternate Mixed Vegetables Cream Gravy Canned Peaches						
4	5					
Hearty Manitoban Vegetable Soup Meat Loaf or Chefs Alternate Oven Baked Potatoes Mixed Vegetables Apple Crisp						
6	7					
Butternut Squash Soup Chicken Taco Bake or Chefs Alternate Noodles Cucumber Salad Fruit						
8	9					
Mинestrone Soup Ham or Chefs Alternate Kielke with Fried Onions & Schmaunt Phat Coleslaw Frozen Yogurt						
10	11					
(Week 3) Summa Borscht Country Style Chicken Chefs Alternate Mac N' Cheese Savory Green and Wax Beans Ice Cream Sundae						
12	13					
Vegetable Soup Spaghetti with Meat Balls or Chefs Alternate Caesar Salad Garlic Bread Custard Bread Pudding						
14	15					
Corn Chowder with Bacon Battered Fish Fry or Chefs Alternate Potato Wedge Thine Bean Salad Ambrosia Salad						
16	17					
Green Bean Soup Farmer Sausage or Chefs Alternate Perogies Pickled Beets Schmaunt Phat Trifle						
18	19					
Lentil Vegetable with Parmesan Soup Shepherd's Pie or Chefs Alternate Green Salad Lava Cake						
20	21					
Cabbage Borscht Soup Honey Mustard Chicken or Chefs Alternate Rice Pilaf Salad						
22	23					
Broccoli Soup Battered Fish Fry or Chefs Alternate Lyonaise Potato Coleslaw Frozen Sherbet						
24	25					
Oven Baked Potatoes Sour Cream/Chives Mixed Veg Zucchini Brownie						
26	27					
Roast Beef or Chefs Alternate Gravy Pineapple Sauce Scalloped Potatoes Kemel Corn Blueberry Lentil Muffin						
28	29					
Turkey Stuffing or Chefs Alternate Cranberry Sauce Mashed Potato Corn Cheesecake						
30	31					
Chefs Soup Turkey Sandwich or Chefs Alternate Chips/Pickles Fruit Based Dessert						
31						
Roast Pork with Gravy or Chefs Alternate Boiled Potatoes Green Beans Fruitcocktail Mous						

REST HAVEN SUPPER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MENU SUBJECT TO CHANGE Nutrition and Food Services Department: 204-326-2285/204-346-5013						
Happy Nutrition Month 2024						
(Week 1) Roasted Chicken or Chef's Alternate Chicken Gravy French Fries Oriental Mixed Veg. Iced White Cookies	Fish Fillet or Chef's Alternate Lemon Slice Lyonaise Potatoes Cauliflower/Carrots Butterscotch Pudding	Fish Sticks or Chef's Alternate Fried Potatoes Gravy Tartar Sauce Herbed Green Beans/Peppers Trifle	Chicken Teriyaki or Chef's Alternate Steamed Rice Stir Fry Vegetables Mandarin Oranges	Veal Parmigiana or Chef's Alternate Pasta Marinara Sauce Peas Fruit Plat	Chicken or Chef's Alternate Mashed Potatoes Carrots Hot Fudge Pudding Cake	Summa Borscht Cold Cuts Bread/ Pickles Macaroni Salad Cottage Cheese Blueberry Cheesecake
(Week 2) Roasted Chicken or Chef's Alternate Rice (Whole Grain) Apple Cinnamon Sauce Peas Ice cream Sundae	Baked Porkchops or Chef's Alternate Gravy Mashed Potato Com Tapioca Pudding	Sweet & Sour Diced Beef or Chef's Alternate S&S Sauce Steamed Rice Broccoli Fruit	Homemade Chicken Pot Pie or Chef's Alternate Mandarin Lettuce Salad Peanut Butter Brownie	Lemon Butter Chicken or Chef's Alternate Mashed Potatoes Carrots Hott Fudge Pudding Cake	Chicken Ball or Chef's Alternate Rice Spring Roll Broccoli Fruit Jello	Farmer Sausage Noodle Soup Cold Cuts or Chef's Alternate Buns Three Bean Salad Cream Pie
(Week 3) Lemon Fish or Chef's Alternate Potatoes Peas & Carrots Pineapple Upside Down Cake	Mushroom Baked Pork Chops or Chef's Alternate Mushroom Gravy Lyonaise Potatoes Green Beans Veg Cupcake	Savory Meat Loaf or Chef's Alternate Whipped Potatoes Gravy California Mixed Vegetable Jellied Fruit Salad	Baked Chicken or Chef's Alternate Mashed Potatoes Gravy Southwest Vegetables Cream Puffs	Swedish Meatballs or Chef's Alternate Seasoned Noodle Mushroom Gravy Waxed Bean/Peppers Butter Tart	Vegetable Beef and Rice Soup Potato Salad Brown Bread/Garnish Cold Cuts/Pickles or Chef's Alternate Apple Pie (St. Patrick's Day)	Lentil Soup Brown Bread Cold Cuts or Chef's Alternate Cottage Cheese Pea Salad Rhubarb Strawberry Pie
(Week 4) Garlic Sausage or Chef's Alternate Macaroni and Cheese Peas Chocolate Pudding	BBQ Pork Ribs or Chef's Alternate Gravy Brown Rice Green Beans Lemon Tarts	Hamburger Steak or Chef's Alternate Mashed Potatoes Beef Gravy Roasted Zucchini Fried Onions Fruit	Savory Meat Loaf or Chef's Alternate Whipped Potatoes Gravy California Mixed Vegetable Jellied Fruit Salad	Baked Chicken or Chef's Alternate Mashed Potatoes Gravy Southwest Vegetables Cream Puffs	Swedish Meatballs or Chef's Alternate Seasoned Noodle Mushroom Gravy Waxed Bean/Peppers Butter Tart	Spaghetti & Meat Sauce or Chef's Alternate Garlic Bread Lettuce Salad Tart
(Week 5) Breaded Pork Cutlets or Chef's Alternate Mashed Potato Gravy/Coleslaw Nanaimo Bar	Mushroom/Omelet or Chef's Alternate Garlic Toast Tomato Slices on Lettuce Fruit Based Dessert	Honey Garlic Chicken or Chef's Alternate Rice Roasted Broccoli Fruit Based Dessert	Pork Sausages or Chef's Alternate Spanish Rice (Brown rice) Buttered Peas Carrot Cake	Cabbage Rolls or Chef's Alternate Mashed Potatoes Carrots Apple Crisp	Chicken Noodle Soup Cottage Cheese Rye Bread Potato Salad Cold Cuts/Pickles or Chef's Alternate Coconut Cream Pie	31 30 30

Rest Haven Care Home

March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1st Floor	Monday's 3:00-4:00pm Sonic the Dog	Events in Red- Chapel Ladies Bible Study SW	Lakeview LV Still Water's SW			
3 10:30 Aaron Barkman	9:30 Reading LV 10:30 Singing SW 2:30 Balloon Badminton LV 6:45 Kleefeld EMC	9:30 1:1 Visits 10:00 Men's Coffee 10:30 Ladies Bible Study 2:30 Bingo SW	5 10:30 Fun Fitness LV 2:00 Men's Bible Study 3:00 Hymn Sing	6 10:30 Chapel	7 8 8 2:00 Mennonite Folklorama 6:00 God's Grace Singing German	9 2:00 Ukrainian Folklorama
10 10:30 Prairie Rose EMC		11 9:30 Bean Bag Toss LV 10:00 Men's Coffee 10:30 Ladies Bible Study 2:30 Bingo Bonanza 6:00 Jon Penner's Music	12 2:00 Men's Bible Study 3:00 Hymn Sing 5:45 Fun Fitness SW	13 10:30 Chapel 6:45 Steinbach EMC	14 15 15 1:1 Programs 2:00 Ukrainian Folklorama	16
17 10:30 Ridgewood EMC	10:15 Singing the Sixties	18 9:30 Easter Eggs 10:00 Men's Coffee 10:30 Ladies Bible Study 2:30 Bingo LV 6:00 Abe & Tina Music	19 10:30 Fun Fitness LV 2:00 Men's Bible Study 3:00 Hymn Sing 6:45 Evangelical Fellowship	20 9:30 News Update LV 10:30 Chapel 2:30 Darts SW	21 2:30 Island Breeze Folklorama	22 23
24 10:30 Randall Hiebert		25 9:30 Ladies Bible Study 10:00 Men's Coffee 10:30 Laughter Exercise LV 2:30 Bingo SW	26 10:30 Fun Fitness SW 2:00 Men's Bible Study 3:00 Hymn Sing 6:00 English & German Gospel Program	27 10:30 Memorial Chapel 2:00 Jeff & Barbara Singing 6:00 Prairie Rose Group	28 Good Friday	29 30
31 10:30 Stony Brook Fellowship						*Programs are subject to change without notice. Check whiteboards for daily current events.

Rest Haven Care Home

March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2nd Floor	Monday's 3:00-4:00pm 	Water's Edge WE Ladies Bible Study DL *Events in Red-Chapel	Daisy Lane DL Prairie Post PP Autumn Glory AG			
3	4	5	6	7	8	9
10:30 Aaron Barkman 	6:45 Kleefeld EMC 	10:00 Men's Coffee 	9:30 Ladies Bible Study 10:30 Bingo WE 2:00 Men's Bible Study 3:00 Hymn Sing	9:30 News Update PP 10:30 Chapel 2:30 Fun Fitness WE 		10:00 Bowling WE 1:1 Programs 2:30 Movie Matinee DL
10	11	12	13	14	15	16
10:30 Prairie Rose EMC 	9:30 Bean Bag Toss PP 	10:00 Men's Coffee 10:30 Roll A Dice PP 2:30 Bingo Bonanza 6:00 Jon Penner's Music	9:30 Ladies Bible Study 10:30 Bingo PP 2:00 Men's Bible Study 3:00 Hymn Sing	9:30 News Update WE 10:30 Chapel 2:30 Fun Fitness PP 6:45 Steinbach EMC 		2:00 Ukrainian Folklorama
17	18	19	20	21	22	23
10:30 Ridgewood EMC 	10:15 Singing the Sixties 2:30 Balloon Hockey PP	9:30 Fun Fitness WE 10:00 Men's Coffee 10:30 Laughter Exercise PP	9:30 Ladies Bible Study 10:30 Bingo WE 2:00 Men's Bible Study 3:00 Hymn Sing	9:30 News Update AG 10:30 Chapel 2:30 Easter Eggs 6:45 Evangelical Fellowship 		Island Breeze Folklorama
24	25	26	27	28	29	30
10:30 Randall Hiebert 		10:00 Men's Coffee 	9:30 Ladies Bible Study 10:30 Bingo PP Men's Bible Study 3:00 Hymn Sing	10:30 Memorial Chapel 2:00 Jeff & Barbara Singing 6:00 English & German Gospel Program		Good Friday
31						*Programs are subject to change without notice. Check whiteboards for daily current events.

Rest Haven Care Home

March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	*Events in Red-Chapel Homestead Ridge HR Sunset Way SW Freedom Meadows FM Prairie Sky PS Ladies Bible Study PS					
3rd Floor						
3	10:30 Aaron Barkman 	4 6:45 Kleefeld EMC 	5 9:30 Ladies Bible Study 10:00 Men's Coffee 	6 9:30 Fun Fitness FM 10:30 Fun Fitness PS 2:00 Men's Bible Study 3:00 Hymn Sing	7 Thursday's 1:00-2:00pm Sonnie the Dog 	1 9:30 HR 1:1's 2:30 Bingo PS
10	10:30 Prairie Rose EMC 	11 9:30 Ladies Bible Study 10:00 Men's Coffee 10:30 Darts PS 2:30 Bingo Bonanza 6:00 Jon Penner's Music	12 9:30 Fun Fitness FM 10:30 Fun Fitness PS 2:00 Men's Bible Study 3:00 Hymn Sing	13 9:30 News Update SW 10:30 Chapel 2:30 Balloon Badminton PS 	14 9:30 News Update SW 10:30 Chapel 2:00 Baking 6:45 Steinbach EMC 	2 9:30 HR 1:1's 2:30 Bingo PS
17	10:30 Ridgewood EMC Singing Sixties 	18 10:15 Singing the Sixties 	19 9:30 Reading FM 10:00 Men's Coffee 10:30 Bean Bag Toss PS 6:00 Abe & Tina Music	20 9:30 Fun Fitness FM 10:30 Fun Fitness PS 2:00 Men's Bible Study 3:00 Hymn Sing	21 9:30 News Update SW 10:30 Chapel 2:30 Easter Eggs 6:45 Evangelical Fellowship	3 9:30 Ladies Bible Study 10:30 Fun Fitness PS 2:30 Island Breeze Folklorama
24	10:30 Randall Hiebert 	25 10:00 Men's Coffee 	26 9:30 Fun Fitness FM 10:30 Fun Fitness PS 2:00 Men's Bible Study 3:00 Hymn Sing	27 9:30 News Update SW 10:30 Memorial Chapel 2:30 Jeff & Barbara Singing 6:00 English & German Gospel Program	28	29
31	10:30 Stony Brook Fellowship					

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

St. Patrick's Day

Word Search Puzzle

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

POT	CLOVER	CELEBRATE	HORSESHOE
PIPE	MARCH	GOOD LUCK	GOLD
LEPRECHAUN	HAT	COINS	RAINBOW
PATRICK	MAGIC	GREEN	IRELAND

