

# Rest Haven News & Notes



Issue April 2024



**To all our Amazing Volunteers, Thank You!**



## April Highlights



April 18th

Metis Finger Weaving

April 20th



Should you wish to be added or removed from the newsletter contact list  
please contact [tchabot@havengroup.ca](mailto:tchabot@havengroup.ca)

# Spring Vaccine Boosters: Protecting Our Loved Ones

Dear Families,

This spring, Rest Haven is offering vaccine booster shots for COVID-19 and a 2-dose Shingles vaccine to ensure the ongoing health and safety of our residents. In April, we will be reaching out to families to obtain consent for these vaccines. We encourage you to consider the benefits of spring vaccinations for your loved ones. Together, we're prioritizing their health and well-being.



## **Why consider vaccinations?**

Additional COVID-19 vaccines enhance immunity, providing extra protection against COVID-19 variants circulating in our community, especially for our elderly residents who may be more vulnerable. Residents are eligible for another COVID-19 vaccine provided it has been 3 months since their last dose.

COVID-19 booster shots are provided free of charge. However, the shingles vaccine is a 2-dose vaccine and comes at an additional cost.

For any questions or concerns, please reach out. Thank you for entrusting us with your family's care.

## **What is Shingles?**

Shingles is a serious disease that commonly results in a very painful, blistering rash. It usually occurs in one part of the body and can last for several weeks along with fever or headache. The pain can be severe and disabling, interfering with daily activities, affecting social interactions and emotional health. If you develop shingles, it may lead to serious complications, such as long-lasting nerve pain (postherpetic neuralgia or PHN), which can last for months or years and may be severe even after the shingles blisters heal. Shingles can also lead to scarring. PHN is the most common complication you can develop if you have shingles. PHN can be serious, disabling, and can interfere with your daily activities.

## **Will I get Shingles?**

Shingles is caused by the same virus that causes chickenpox, called herpes zoster virus. Anyone who has had chickenpox can develop shingles (that is 90% of Canadians!) because the virus is stored in our nerve cells after a chickenpox infection. Years later, when the herpes zoster virus becomes active again, it is called shingles. 1 in 3 Canadians develop shingles, and 1 in 2 of people after 85 years of age. The chance of getting shingles increases with age and conditions that cause a weak immune system. Shingles blisters are very contagious, but only to those who have never had chickenpox virus (10% of Canadians) or chickenpox vaccine. You cannot catch shingles from someone with shingles, but you can easily catch chickenpox if you are not protected.

## **How can I prevent Shingles and Post Herpetic Neuralgia?**

Shingrix, a 2-dose vaccine, is very effective at preventing shingles (90%) and postherpetic neuralgia for four years. Shingrix is available for all Canadians, however it is self-pay at this time. This spring, we will be offering the 2-dose vaccine at Rest Haven. For more information, see [www.shingrix.ca](http://www.shingrix.ca) or [www.gov.mb.ca/health/publichealth/diseases/shingles.html](http://www.gov.mb.ca/health/publichealth/diseases/shingles.html)

## **HavenGroup Foundation**

On behalf of the HavenGroup Foundation, we would like to express our gratitude for the generous donations we received at our 2024 Dessert Evening Fundraiser event.

You have provided support towards honoring our seniors, as we continue to provide exemplary facilities, services and care for our residents and tenants who reside within HavenGroup.

Abe Bergen,



HavenGroup Foundation  
Board Chair

Tannis Nickel,



Chief Executive Officer



## 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**



**For Donations, to  
HavenGroup please scan the  
code provided.**



Aww.. at last, April is here! It is a reminder that something better is always around the corner...

Soon enough, the warmer days will be here. Already, some of the geese have started to return... and the crows, too. Why don't we celebrate when they arrive...? We're all waiting for that red, red robin to come bop-bop-boppin' along...

From vegetable stamping on April 4th to "Coming on Down" for our first ever The Price is Right game show on April 18th, this month has us trying some new things that will perhaps become some old favorites.

## **Resident Council**

You can find the February meeting minutes posted on the wall by the volunteer office.

Next meeting is on Monday, April 8th at 10:30am in the Multi-Purpose Room.

The Agenda will include:

- Follow-up on dental hygienist request
- Guest speaker, Tannis Nickel, CEO, will speak to concerns raised at last meeting

Resident Council is open to all who call Rest Haven their home and/or their designated representative.

Come and let your voice be heard!

# HAPPY BIRTHDAY

Please join us in celebrating with our April Birthday Friends:

**Marcien Flamand**

**Lorne Penner**

**Jacob Voth**

**Eva Funk**

**Betty Anne Funk**

**Dan Loewen**

**Ben Klassen**



Until next time...,

**Leanne Silvers**

Therapeutic Recreation Facilitator,

Daily Life Team Member



How do you describe a pleasant aroma?

I think of coming home to the smell of baking or cooking as I enter the door. It's an aroma that makes me anticipate what I'll find on the stove...turkey and stuffing? cinnamon buns? There must be a direct link from our sense of smell to our taste buds as it doesn't take long to suddenly be hungry for supper!

In Genesis 8:21 we read that the Lord also appreciates a pleasant aroma. When Noah offered a sacrifice after the flood, we read how "the Lord smelled the pleasing aroma" and said he wouldn't again destroy every living thing as He had just done.

When God directed Moses to build the tabernacle, he included instructions for making a golden altar for the priest to burn sweet incense on each morning and evening, thus ensuring a pleasant aroma there (Exodus 30:7).

In his vision of heaven, John saw the elders around the throne of God holding bowls full of incense, representing the prayers of God's people (Revelation 5:8). How special to know that our prayers add to the sweet aroma of heaven.

How about our actions? Paul described both the sacrifice of Christ and the gift of the Philippian church as fragrant offerings (Ephesians 5:2, Philippians 4:18). We could say that as certain aromas arouse pleasure in us, the service we do for the Lord also brings pleasure to him.

We also find many pleasant aromas at Haven Group—and not just from the kitchen! We appreciate Haven Group for its environment of purpose, comfort, and hope, as well as it being a place where people trust and respect each other. We appreciate each one for their role, residents, family, and staff, as well as the many volunteers who generously give of their time to add to the pleasant aroma at Haven Group!

Peter Berg, Chaplain



Those who bring sunshine to the lives  
of others cannot keep it from  
themselves.

JAMES MATTHEW BARRIE



What is a volunteer? It is love personified, a way of reaching beyond our own walls and simply saying to another person: I see you, I hear you, I am here for you. Perhaps it's an hour a week where you simply have coffee with one person, or you lead a weekly program; it all makes a difference.

As it says in Romans 12:5-6 NIV "so in Christ we, though many, form one body, and each member belongs to all the others. We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your[a] faith; that we are made up of many parts that serve different functions."

We value, celebrate and thank each and every one of our dedicated volunteers. Time is our greatest commodity and we value how you choose to spend your time with our seniors.

This month, we celebrate YOU! Not a volunteer yet? No worries, our Volunteer Coordinator, Sam Day, would love to help you find a way to connect within our home. There are plenty of opportunities available to make a difference in someone's life. Give her a call today. We'd love to see you here...





## REST HAVEN LUNCH MENU

REST HAVEN LUNCH MENU						
MONDAY	TUE SDAY	WEDNE SDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
(Week 1)	1	Chicken Noodle Soup S&S Baked Farmer Sausage or Chefs Alternate Steamed Rice Green Beans Tapioca Pudding	2	Hearty Vegetable Soup Chicken Cacciatore or Chefs Alternate Noodles Salad	3	Cream of Celery BBQ Rib or Chefs Alternate Mashed Potatoes Carrots
	8	Hearty Manitob Vegetable Soup Meat Loaf or Chefs Alternate Mashed Potato Broccoli Salad Cinnamon Roll Cake	9	Roast Beef for Chefs Alternate Oven Baked Potatoes Mixed Vegetables Apple Crisp	10	Squash Soup Chicken Taco Bake or Chefs Alternate Noodles
	15	Beet Borscht Pirogies Farmer Sausage or Chefs Alternate Mixed Vegetables Cream Gravy Canned Peaches	16	Chicken Noodle Soup Baked Farmer Sausage or Chefs Alternate Fried Potatoes Vegetable au Gratin Banana Cream Pie	17	Corn Chowder with Bacon Battered Fish Fry or Chefs Alternate Potato Wedge
	22	Vegetable Soup Spaghetti with Meat Balls or Chefs Alternate Caesar Salad Garlic Bread Custard Bread Pudding	23	Borscht Shepherd's Pie or Chefs Alternate Green Salad Lava Cake	24	Cabbage Borscht Soup Honey Mustard Chefs Alternate Rice Pilaf Salad
	29	Beet Borscht Baked Ham or Chefs Alternate Pineapple Sauce Scalloped Potatoes Kemel Corn Blueberry Muffin	30	Parmesan Soup Shepherd's Pie or Chefs Alternate Green Salad Lava Cake	31	Lentil Vegetable with Parmesan Shepherd's Pie or Chefs Alternate Green Salad Lava Cake
	7	Roast Beef for Chefs Alternate Mashed Potatoes Coleslaw Rice Pudding	6	Garden Vegetable Soup Chicken Pot Pie or Chefs Alternate Cucumber and Tomato Slices Fruit Plat	14	Baked Ham or Chefs Alternate Pineapple Sauce Scalloped Potatoes Corn Plum i Mous
	21	Chef's Soup Lasagna or Chef's Alternate Caesar Salad Garlic Bread Chocolate Cake	11	Butternut Squash Soup Chicken Taco Bake or Chefs Alternate Noodles	12	Minestrone Soup Ham or Chefs Alternate Kielke with Fried Onions & Schmaunt Phat Coleslaw
(Week 2)	1	Beef and Barley Soup Chicken Fingers or Chefs Alternate Fries Garden Salad Fruit Based Dessert	2	Hearty Vegetable Soup Chicken Cacciatore or Chefs Alternate Noodles Salad	3	Cream of Celery BBQ Rib or Chefs Alternate Mashed Potatoes Carrots
	8	Hearty Manitob Vegetable Soup Meat Loaf or Chefs Alternate Mashed Potato Broccoli Salad Cinnamon Roll Cake	9	Roast Beef for Chefs Alternate Oven Baked Potatoes Mixed Vegetables Apple Crisp	10	Squash Soup Chicken Taco Bake or Chefs Alternate Noodles
	15	Summa Borscht Country Style Chicken Chefs Alternate Mac N' Cheese Savory Green and Wax Beans Ice Cream Sundae	16	Chicken Noodle Soup Baked Farmer Sausage or Chefs Alternate Fried Potatoes Vegetable au Gratin Banana Cream Pie	17	Corn Chowder with Bacon Battered Fish Fry or Chefs Alternate Potato Wedge
	22	Lentil Vegetable with Parmesan Shepherd's Pie or Chefs Alternate Green Salad Lava Cake	23	Borscht Soup Honey Mustard Chefs Alternate Rice Pilaf Salad	24	Cabbage Borscht Soup Honey Mustard Chefs Alternate Rice Pilaf Salad
	29	Beet Borscht Baked Ham or Chefs Alternate Pineapple Sauce Scalloped Potatoes Kemel Corn Blueberry Muffin	30	Parmesan Soup Shepherd's Pie or Chefs Alternate Green Salad Lava Cake	31	Lentil Vegetable with Parmesan Shepherd's Pie or Chefs Alternate Green Salad Lava Cake
	7	Roast Beef for Chefs Alternate Mashed Potatoes Coleslaw Rice Pudding	6	Garden Vegetable Soup Chicken Pot Pie or Chefs Alternate Cucumber and Tomato Slices Fruit Plat	14	Baked Ham or Chefs Alternate Pineapple Sauce Scalloped Potatoes Corn Plum i Mous
	21	Chef's Soup Lasagna or Chef's Alternate Caesar Salad Garlic Bread Chocolate Cake	11	Butternut Squash Soup Chicken Taco Bake or Chefs Alternate Noodles	12	Minestrone Soup Ham or Chefs Alternate Kielke with Fried Onions & Schmaunt Phat Coleslaw
(Week 3)	1	Beet Borscht Pirogies Farmer Sausage or Chefs Alternate Mixed Vegetables Cream Gravy Canned Peaches	2	Hearty Vegetable Soup Chicken Cacciatore or Chefs Alternate Noodles Salad	3	Cream of Celery BBQ Rib or Chefs Alternate Mashed Potatoes Carrots
	8	Hearty Manitob Vegetable Soup Meat Loaf or Chefs Alternate Mashed Potato Broccoli Salad Cinnamon Roll Cake	9	Roast Beef for Chefs Alternate Oven Baked Potatoes Mixed Vegetables Apple Crisp	10	Squash Soup Chicken Taco Bake or Chefs Alternate Noodles
	15	Summa Borscht Country Style Chicken Chefs Alternate Mac N' Cheese Savory Green and Wax Beans Ice Cream Sundae	16	Chicken Noodle Soup Baked Farmer Sausage or Chefs Alternate Fried Potatoes Vegetable au Gratin Banana Cream Pie	17	Corn Chowder with Bacon Battered Fish Fry or Chefs Alternate Potato Wedge
	22	Lentil Vegetable with Parmesan Shepherd's Pie or Chefs Alternate Green Salad Lava Cake	23	Borscht Soup Honey Mustard Chefs Alternate Rice Pilaf Salad	24	Cabbage Borscht Soup Honey Mustard Chefs Alternate Rice Pilaf Salad
	29	Beet Borscht Baked Ham or Chefs Alternate Pineapple Sauce Scalloped Potatoes Kemel Corn Blueberry Muffin	30	Parmesan Soup Shepherd's Pie or Chefs Alternate Green Salad Lava Cake	31	Lentil Vegetable with Parmesan Shepherd's Pie or Chefs Alternate Green Salad Lava Cake
	7	Roast Beef for Chefs Alternate Mashed Potatoes Coleslaw Rice Pudding	6	Garden Vegetable Soup Chicken Pot Pie or Chefs Alternate Cucumber and Tomato Slices Fruit Plat	14	Baked Ham or Chefs Alternate Pineapple Sauce Scalloped Potatoes Corn Plum i Mous
	21	Chef's Soup Lasagna or Chef's Alternate Caesar Salad Garlic Bread Chocolate Cake	11	Butternut Squash Soup Chicken Taco Bake or Chefs Alternate Noodles	12	Minestrone Soup Ham or Chefs Alternate Kielke with Fried Onions & Schmaunt Phat Coleslaw
(Week 4)	1	Beet Borscht Baked Ham or Chefs Alternate Pineapple Sauce Scalloped Potatoes Kemel Corn Blueberry Muffin	2	Hearty Vegetable with Parmesan Shepherd's Pie or Chefs Alternate Green Salad Lava Cake	3	Cream of Celery BBQ Rib or Chefs Alternate Mashed Potatoes Carrots
	8	Hearty Manitob Vegetable Soup Meat Loaf or Chefs Alternate Pineapple Sauce Scalloped Potatoes Kemel Corn Blueberry Muffin	9	Roast Beef for Chefs Alternate Oven Baked Potatoes Mixed Vegetables Apple Crisp	10	Squash Soup Chicken Taco Bake or Chefs Alternate Noodles
	15	Summa Borscht Country Style Chicken Chefs Alternate Mac N' Cheese Savory Green and Wax Beans Ice Cream Sundae	16	Chicken Noodle Soup Baked Farmer Sausage or Chefs Alternate Fried Potatoes Vegetable au Gratin Banana Cream Pie	17	Corn Chowder with Bacon Battered Fish Fry or Chefs Alternate Potato Wedge
	22	Lentil Vegetable with Parmesan Shepherd's Pie or Chefs Alternate Green Salad Lava Cake	23	Borscht Soup Honey Mustard Chefs Alternate Rice Pilaf Salad	24	Cabbage Borscht Soup Honey Mustard Chefs Alternate Rice Pilaf Salad
	29	Beet Borscht Baked Ham or Chefs Alternate Pineapple Sauce Scalloped Potatoes Kemel Corn Blueberry Muffin	30	Parmesan Soup Shepherd's Pie or Chefs Alternate Green Salad Lava Cake	31	Lentil Vegetable with Parmesan Shepherd's Pie or Chefs Alternate Green Salad Lava Cake
	7	Roast Beef for Chefs Alternate Mashed Potatoes Coleslaw Rice Pudding	6	Garden Vegetable Soup Chicken Pot Pie or Chefs Alternate Cucumber and Tomato Slices Fruit Plat	14	Baked Ham or Chefs Alternate Pineapple Sauce Scalloped Potatoes Corn Plum i Mous
	21	Chef's Soup Lasagna or Chef's Alternate Caesar Salad Garlic Bread Chocolate Cake	11	Butternut Squash Soup Chicken Taco Bake or Chefs Alternate Noodles	12	Minestrone Soup Ham or Chefs Alternate Kielke with Fried Onions & Schmaunt Phat Coleslaw
(Week 5)	1	Beet Borscht Baked Ham or Chefs Alternate Pineapple Sauce Scalloped Potatoes Kemel Corn Blueberry Muffin	2	Hearty Vegetable with Parmesan Shepherd's Pie or Chefs Alternate Green Salad Lava Cake	3	Cream of Celery BBQ Rib or Chefs Alternate Mashed Potatoes Carrots
	8	Hearty Manitob Vegetable Soup Meat Loaf or Chefs Alternate Pineapple Sauce Scalloped Potatoes Kemel Corn Blueberry Muffin	9	Roast Beef for Chefs Alternate Oven Baked Potatoes Mixed Vegetables Apple Crisp	10	Squash Soup Chicken Taco Bake or Chefs Alternate Noodles
	15	Summa Borscht Country Style Chicken Chefs Alternate Mac N' Cheese Savory Green and Wax Beans Ice Cream Sundae	16	Chicken Noodle Soup Baked Farmer Sausage or Chefs Alternate Fried Potatoes Vegetable au Gratin Banana Cream Pie	17	Corn Chowder with Bacon Battered Fish Fry or Chefs Alternate Potato Wedge
	22	Lentil Vegetable with Parmesan Shepherd's Pie or Chefs Alternate Green Salad Lava Cake	23	Borscht Soup Honey Mustard Chefs Alternate Rice Pilaf Salad	24	Cabbage Borscht Soup Honey Mustard Chefs Alternate Rice Pilaf Salad
	29	Beet Borscht Baked Ham or Chefs Alternate Pineapple Sauce Scalloped Potatoes Kemel Corn Blueberry Muffin	30	Parmesan Soup Shepherd's Pie or Chefs Alternate Green Salad Lava Cake	31	Lentil Vegetable with Parmesan Shepherd's Pie or Chefs Alternate Green Salad Lava Cake
	7	Roast Beef for Chefs Alternate Mashed Potatoes Coleslaw Rice Pudding	6	Garden Vegetable Soup Chicken Pot Pie or Chefs Alternate Cucumber and Tomato Slices Fruit Plat	14	Baked Ham or Chefs Alternate Pineapple Sauce Scalloped Potatoes Corn Plum i Mous
	21	Chef's Soup Lasagna or Chef's Alternate Caesar Salad Garlic Bread Chocolate Cake	11	Butternut Squash Soup Chicken Taco Bake or Chefs Alternate Noodles	12	Minestrone Soup Ham or Chefs Alternate Kielke with Fried Onions & Schmaunt Phat Coleslaw

### **MENU SUBJECT TO CHANGE**

Nutrition and Food Services

Department:

204-326-2285/204-346-5013

**APRIL**  
**2024**



## REST HAVEN SUPPER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1  <i>(Week 1)</i> Garlic Sausage or Chef's Alternate Hashbrown Casserole Mixed Fancy Vegetables Peach Plat	2 Beef Stew or Chef's Alternate Cheese Biscuits Mandarin Segments	3 Breaded Mustard Veal Cutlets or Chef's Alternate Mashed Potatoes Beef Gravy Steamed Broccoli Oatmeal Chocolate Chip With Red Lentils	4 Chicken with Alfredo Noodles or Chef's Alternate Peas Biscuits Fruit	5 Fish Fillet or Chef's Alternate Lemon Slice Lyonnaise Potatoes Cauliflower/Carrots Butterscotch Pudding	6 Breaded Pork Cutlets or Chef's Alternate Noodles and Sauces Mixed Vegetables Chef's Dessert	7 Summa Borscht Old Cuts Bread/Pickles Macaroni Salad Cottage Cheese Blueberry Cheese cake
8  <i>(Week 2)</i> Roasted Chicken or Chef's Alternate Chicken Gravy French Fries Oriental Mixed Veg. Iced White Cookies	9 Pork and Apple Cakes or Chef's Alternate Rice (Whole Grain) Apple Cinnamon Sauce Peas Ice cream Sundae	10 Baked Porkchops or Chef's Alternate Gravy Mashed Potato Corn Tapioca Pudding	11 Fish Sticks or Chef's Alternate Fried Potatoes Gravy Tartar Sauce Herbed Green Beans/Peppers Trifle	12 Chicken Teriyaki or Chef's Alternate Steamed Rice Stir Fry Vegetables Mandarin Oranges	13 Veal Parmigiana or Chef's Alternate Pasta Marinara Sauce Peas Fruit Platz	14 Farmer Sausage Noodle Soup Cold Cuts or Chef's Alternate Buns Three Bean Salad Cream Pie
15  <i>(Week 3)</i> Lemon Fish or Chef's Alternate Potatoes Peas & Carrots Pineapple Upside Down Cake	16 Sweet & Sour Diced Beef or Chef's Alternate S&S Sauce Steamed Rice Broccoli Fruit	17 Homemade Chicken Pot Pie or Chef's Alternate Mandarin Lettuce Salad Peanut Butter Brownie	18 Lemon Butter Chicken or Chef's Alternate Mashed Potatoes Carrots Hot Fudge Pudding Cake	19 Sweet and Sour Chicken Balls or Chef's Alternate Rice Spring Roll Bmoccoli Fruit Jello	20 Vegetable Beef and Rice Soup Potato Salad Brown Bread/Garnish Cold Cuts/Pickles or Chef's Alternate Apple Pie	21 20
22  <i>(Week 4)</i> Garlic Sausage or Chef's Alternate Macaroni and Cheese Peas Chocolate Pudding	23 BBQ Pork Ribs or Chef's Alternate Gravy Brown Rice Green Beans Lemon Tarts	24 Hamburger Steak or Chef's Alternate Mashed Potatoes Beef Gravy Roasted Zucchini Fried Onions Fruit	25 Savory Meat Loaf or Chef's Alternate Whipped Potatoes Gray California Mixed Vegetable Jellied Fruit Salad	26 Baked Chicken or Chef's Alternate Mashed Potatoes Gravy Southwest Vegetables Cream Puffs	27 Swedish Meatballs or Chef's Alternate Seasoned Noodle Mushroom Gravy Waxed Bean/Peppers Butter Tart	28 Lentil Soup Brown Bread Cold Cuts or Chef's Alternate Cottage Cheese Pea Salad Rhubarb Strawberry Pie
29  <i>(Week 5)</i> Mushroom/Omelet or Chef's Alternate Garlic Toast Tomato Slices on Lettuce Fruit Based Desser	30 Breaded Pork Cutlets or Chef's Alternate Mashed Potato Coleslaw Nanaimo Bar					<p style="text-align: center;"><b>APRIL</b> 2024</p> 

**MENU SUBJECT TO CHANGE**  
**Nutrition and Food Services Department:**  
**204-326-2285/204-346-5013**

# Rest Haven Care Home

April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1st Floor</b>						
6:45 Kleefeld EMC	1 9:30 1:1 Visits <b>10:00 Men's Coffee</b> 10:30 Ladies Bible Study 2:30 Bingo <b>LV</b>	2 9:30 Reading <b>LV</b> 10:30 Fun Fitness <b>SW</b> <b>2:00 Men's Bible Study</b> 3:00 Hymn Sing	3 10:30 Communion Chapel 6:00 Prairie Rose Group	4 10:00 Music with Dennis	5	
7 10:30 Jerry Falk <b>Resident Council</b>	8 9:30 Ball Toss <b>SW</b> <b>10:00 Men's Coffee</b> 10:30 Ladies Bible Study 2:30 Bingo <b>LV</b>	9 10:30 Fun Fitness <b>LV</b> <b>2:00 Men's Bible Study</b> 3:00 Hymn Sing	10 10:30 Chapel 2:30 Stampin' it Up! 6:45 Steinbach EMC	11 9:30 Men's Coffee 10:30 Umbrella <b>SW</b>	12 1:1 Programs 6:00 <b>God's Grace</b> Singing German Program	13
14 10:30 Randall Hiebert <b>Singing the Sixties</b>	15 9:30 Activity Corner <b>SW</b> <b>10:00 Men's Coffee</b> 10:30 Ladies Bible Study 2:30 Bingo <b>LV</b> 6:00 Abe & Tina Music	16 9:30 Reading <b>SW</b> 10:30 Fun Fitness <b>LV</b> <b>2:00 Men's Bible Study</b> 3:00 Hymn Sing	17 9:30 News Update <b>SW</b> 10:30 Chapel 2:00 Price is Right! 6:45 Evangelical Fellowship	18 9:30 Men's Coffee 10:30 Butterflies <b>SW</b>	19 9:00-12:00 <b>Melis Finger Weaving</b> (Sign up)	20
21 10:30 Emmanuel Free <b>3:00 Bethaus Youth</b>	22 9:30 Ladies Bible Study <b>10:00 Men's Coffee</b> 10:30 Laughter Exercise <b>SW</b> 2:30 Bingo <b>LV</b>	23 2:00 Men's Bible Study 3:00 Hymn Sing 6:00 English & German Gospel Program	24 10:30 Memorial Chapel 2:30 News Update <b>LV</b> 6:30 Sing Along Singers <b>LV</b>	25 9:30 Men's Coffee 10:30 Fun Fitness <b>LV</b>	26 9:30 <b>Peaceful Harbour</b>	27
28 10:30 Steinbach EMC	29 9:30 Plant a Vegetable <b>SW</b> <b>10:00 Men's Coffee</b> 10:30 Ladies Bible Study 2:30 Bingo <b>LV</b>	30 *Programs are subject to change without notice. Check whiteboards for daily current events.	Lakeview <b>LV</b> Still Water's <b>SW</b> Events in <b>Red-Chapel</b> Ladies Bible Study <b>SW</b>	Monday's 3:00-4:00pm Sonnie the Dog		28

# Rest Haven Care Home

## April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:45 Kleefeld EMC	9:30 Fun Fitness WE 10:00 Men's Coffee 10:30 Laughter Exercise PP 2:30 Word Games WE	9:30 Ladies Bible Study 10:30 Bingo PP 2:00 Men's Bible Study 3:00 Hymn Sing	9:30 News Update AG 10:30 Communion Chapel 6:00 Prairie Rose Group	4 10:00 Music with Dennis 2:30 Bean Bag Toss WE 5:45 Singing DL	5 
<b>2nd Floor</b>						
7	9:30 Reading PP 10:30 Jerry Falk Resident Council 2:30 Fun Fitness WE	9:30 1:1's 10:00 Men's Coffee 2:30 Trivia/ Facts WE	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 Stampin' it Up! 6:45 Steinbach EMC	11 9:30 Men's Coffee 	12 6:00 God's Grace Singing German Program
14	10:15 Randall Hiebert Singing the Sixties 2:00 Baking DL 3:00 Bethaus Youth	9:30 Fun Fitness WE 10:00 Men's Coffee 10:30 Laughter Exercise AG 6:00 Abe & Tina 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 2:00 Price is Right! 6:45 Evangelical Fellowship	17 9:30 Men's Coffee 	18 9:30 Men's Coffee 9:00-12:00 Metis Finger Weaving (Sign up)
21	6:45 Eastman Male Choir Emmanuel Free	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 AG 10:30 Memorial Chapel 2:15 Games- Woodhaven 6:30 Sing Along Singers	24 9:30 English & German Gospel Program	25 9:30 Men's Coffee 10:00 Bowling WE 2:30 Fun Fitness PP
28	10:30 Steinbach EMC	9:30 Fun Fitness WE 10:00 Men's Coffee 10:30 Laughter Exercise PP 2:30 Guess What's in the Bag! WE		Events in Red- Chapel Daisy Lane DL Prairie Post PP Ladies Bible Study DL	30 *Programs are subject to change without notice. Check whiteboards for daily current events.	Water's Edge WE Autumn Glory AG Monday's 3:00-4:00pm Sonnie the Dog

# Rest Haven Care Home

## April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>3rd Floor</b>	6:45 Kleefeld EMC 	10:00 Men's Coffee 3:00 Balloon Hockey FM 5:45 Reading PS 	9:30 Fun Fitness FM 10:30 Fun Fitness PS 2:00 Men's Bible Study 3:00 Hymn Sing	9:30 News Update SW 10:30 Communion Chapel 6:00 Prairie Rose Group	10:00 Music with Dennis 2:30 Bingo PS 	5 1:1 Programs
7	10:30 Jerry Falk Resident Council 	8 9:30 Parachute PS 10:00 Men's Coffee 10:30 Laughter Exercise SW 2:30 Word Games FM	9 9:30 Fun Fitness FM 10:30 Fun Fitness PS 2:00 Men's Bible Study 3:00 Hymn Sing	10 9:30 News Update FM 10:30 Chapel 2:30 Stampin' it Up! 6:45 Steinbach EMC	11 9:30 Men's Coffee 9:30 1:1 HR 2:30 Bingo SW 	12 6:00 God's Grace Singing German Program
14	10:15 Singing the Sixties 10:30 Ladies Bible Study 3:00 Bethaus Youth	15 9:30 Reminisce SW 10:00 Men's Coffee 10:30 1:1's 6:00 Abe & Tina Music	16 9:30 Fun Fitness FM 10:30 Fun Fitness PS 2:00 Men's Bible Study 3:00 Hymn Sing	17 9:30 News Update PS 10:30 Chapel 2:00 Price is Right! 6:45 Evangelical Fellowship	18 9:30 Men's Coffee 10:00 Bowling PS 2:30 Bingo FM 	19 9:00-12:00 Matis Finger Weaving (Sign up)
21	10:30 Ladies Bible Study Emmanuel Free 	22 10:00 Men's Coffee 2:30 Guess What's in the Bag! SW 5:45 1:1 HR Eastman Male Choir	23 9:30 Fun Fitness FM 10:30 Fun Fitness PS 2:00 Men's Bible Study 3:00 Hymn Sing 6:00 English & German Gospel Program	24 9:30 News Update SW 10:30 Memorial Chapel 2:15 Games- Woodhaven 6:30 Sing Along Singers 	25 9:30 Men's Coffee 9:30 Bean Bag Toss FM 2:30 Bingo PS 	26 6:00 Peaceful Harbour 
28	10:30 Steinbach EMC	29 10:00 Men's Coffee Ladies Bible Study	30 *Programs are subject to change without notice. Check whiteboards for daily current events.	Prairie Sky PS Sunset Way SW	Prairie Sky PS Sunset Way SW	Thursday's 1:00-2:00pm Sonnie the Dog

# April Showers

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

April Fool's Day	Warmer Weather	Jellybeans	Beginning
Chocolate	Earth Day	Baseball	Planting
Flowers	Puddles	Showers	Basket
Chicks	Easter	Spring	Taurus
Aries	Bloom	Bunny	Green
Jokes	Grow	Plow	Sun