

Rest Haven News & Notes

Issue September 2024



September Highlights!!

Fall Rides:



***NEW Program
Ladies' Tea**



September 19th



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



For Donations, to
HavenGroup please scan the
code provided.

September is here — marking the transition from summer to fall and ushering in an energy that makes us want to savor every moment of crisp mornings and cozy evenings.

In many ways, September also feels like the busiest time of the year: The kids go back to school, work piles up after the summer's dog days, and Thanksgiving is suddenly upon us.

It's a month of new beginnings, heartwarming traditions, and the enchantment of golden leaves and bales of hay.

Fall is also a time of friendship and fellowship, a time when we can gather together and enjoy a hot cup of coffee or tea with some old or new friends.

Beginning in the first week of September, we will be starting a new program, our Ladies' Tea, every Monday morning at 10 o'clock. Our Men's Coffee is also resuming at 10 o'clock Tuesdays and Fridays.

This month has us once again playing The Price is Right on September 19th, so "Come on Down" as we play everyone's favorite game to win some amazing prizes, maybe even a new car....

Our home is buzzing with excitement as we venture out in the Handi-van on our "Beef, Bean and Honey Tours" September 25th, 26th and October 3rd. We will be touring the countryside checking out the harvest and enjoying the beautiful seasonal changes.

HAPPY BIRTHDAY

Please join us in celebrating with our September birthday's:

Esther Dueck	Malinda Koop
David Adrian	Jean Major
Tina Heckert	Grace Huculak
Minnie Reimer	Evelyn Keuhn
Ken Eide	Susanna Neufeld

Invite-only party. Our monthly birthday party is still held on the 2nd Tuesday of every month from 2:30 -3:30 and our friends are welcome to bring one family member each to enjoy some cake, coffee and fellowship.

We'd like to take this opportunity to welcome our new friends into our home:

Nadia Dyck
Maria Fender
Bill Lehman
Nettie Peters

We hope you enjoy your new home.

...when I awoke this morning, and autumn had filled the air, the green leaves had turned to crimson, and God was everywhere. – Russell T. Brown.

Leanne Silvers
Therapeutic Recreation Facilitator,
Daily Life Team Member

Decisions—something we make every day. Do I do this—or do that? Sometimes we make decisions quickly while other times we think long and hard over what to do. Sometimes we regret it later on, wishing we had decided differently.

We could ask, “Why doesn’t God compel us to always make the right choice?” Wouldn’t life be better if everyone automatically did the right thing? Think of it—no regrets! We would always get along with everyone. Wasn’t it risky for God to give us the freedom of choice?

God could have compelled Adam and Eve to do the right thing. He could have left out the Tree of Knowledge, but he didn’t. He let them decide for themselves and we know how that story ended.

In many ways our government compels us to make good decisions. Seat belts and speed limits help us be safer on the road. Knowing someone is keeping law and order gives us a certain sense of security. However, do we pay taxes and obey out of love for our authorities? No, we obey because we have to.

If God compelled everyone to make the right choices we would live in a safer world but we would also be living more like robots, just doing what we were programmed to do. God wanted someone to love him so he created us in his own image (Genesis 1:27). As part of that, we have the freedom of choice. There was a risk involved in God giving us that freedom but it was a risk worth taking because through that we can love God the way he designed us to.

May our decisions today reflect our love for God.

This month we would also like to honor the memory of some Rest Haven residents who have passed away recently. Condolences to the families of Helen Penner and of Ed Peters. May the Lord grant you strength in this time of loss.

Peter Berg, Chaplain

Rest Haven



**PEROGY &
FARMER SAUSAGE
DRIVE-THRU FUNDRAISER**

September 13, 2024 | 4:30-6:00 PM

PICK UP AT 185 WOODHAVEN AVENUE

*Join us for a meal in support of Rest Haven Care Home
through the HavenGroup Foundation!*

*The meal will include four cottage cheese perogies, two pieces of farmer
sausage, schmaunt phat (white cream sauce), coleslaw and cheesecake.*

Register Today!

 204-346-2206 EXT.7385 **OR** kmorrow@havengroup.ca

Registration closes at 12:00 PM on September 10, 2024

*Donations can be dropped off when you pick up your meal.
Please make cheques payable to HavenGroup Foundation.*

Receipts will be processed with the value of the meal and dessert deducted (valued at \$17).

HavenGroup
LIFE SERVICES FOR SENIORS

We are excited to continue with admissions as we work towards filling all our homes! We are starting to feel like we are ‘settling in’ to the routines of daily life and finding our way through the change as summer winds down.

Our hope is that everyone was able to enjoy our Manitoba summer and spend time with family and friends around campfires, backyard barbecues or any other way that brings you joy. We would love to hear some of your summertime stories! With Fall fast approaching our thoughts are turning towards December and the festivities of the Christmas season. Stay tuned for potential community opportunities to help light-up our spaces around Rest Haven!

Esther Reimer
Director of Resident Care





Tailgate Party 2024





REST HAVEN LUNCH MENU

MONDAY	TUE 3 DAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
MENU IS SUBJECT TO CHANGE Nutrition and Food Services Department: 204-326-2285/ 204-346-5013							
2 Labour Day (Week 1) Summa Borscht Soup Country Style Chicken or Chef's Alternate Mac N' Cheese Savory Green and Wax beans PM Snack: Home's Snack	3 Vegetable Soup Spaghetti with Meat Balls or Chef's Alternate Caesar Salad Garlic Bread PM Snack: Custard Bread Pudding	4 Chicken Noodle Soup Baked Farmer Sausage or Chef's Alternate Fried Potatoes Vegetable au Gratin PM Snack: Banana Cream Pie	5 Corn Chowder with Bacon Fish Fry or Chef's Alternate Potato Wedge Three Bean Salad PM Snack: Am brosia Salad	6 Green Bean Soup Farmer Sausage or Chef's Alternate Pierogies Pickled Beets Schmaunt Phat PM Snack: Trifle	7 Chef's Soup Chili or Chef's Alternate Chef's Salad Toast PM Snack: Chef's Snack	8 Turkey/Stuffing or Chef's Alternate Mashed Potatoes Gravy Glazed Carrots PM Snack: Cherry Plat	
9 (Week 1) Beet Borscht Baked Ham or Chef's Alternate Pineapple Sauce Scalloped Potatoes Kernel Corn PM Snack: Blueberry Muffin	10 Lentil Vegetable with Parmesan Soup Shepherd's Pie or Chef's Alternate Green Salad PM Snack: Lava Cake	11 Cabbage Borscht Soup Honey Mustard Chicken or Chef's Alternate Rice Pilaf Salad PM Snack: Coconut Cream Pie	12 Broccoli Soup Battered Fish Fry or Chef's Alternate Lyonnaise Potato Coleslaw PM Snack: Chef's Snack	13 Sauerkraut Borscht Meat Loaf or Chef's Alternate Mashed Potatoes California Mixed Veg PM snack: Date Square	14 Vegetable Soup Ham & Cheese Sandwich or Chef's Alternate Pickles PM Snack: Fruit Cobbler	15 Shake & Bake Chicken or Chef's Alternate Mashed Potatoes Cooked Turnips and Carrots Blueberry Mous PM Snack: Home's Snack	
16 (Week 5) Roast Beef or Chef's Alternate Oven Baked Potatoes Sour Cream/Chives Mixed Veg PM snack: Zucchini Brownie	17 Hearty Italian Soup Kielke with Fried Onions & Schmaunt Phat Ham or Chef's Alternate Peas/Carrot PM Snack: Muffin Bran	18 Split Pea Soup Battered Fish Fry or Chef's Alternate Fries Coleslaw PM Snack: Lemon Meringue Pie	19 Turkey/ Stuffing or Chef's Alternate Cranberry Sauce Mashed Potato Corn PM Snack: Cheesecake	20 Creamy Lentil and Roasted Carrot Soup Hamburger in a Bun or Chef's Alternate Broccoli Salad PM Snack: Chef's Snack	21 Chef's Soup Turkey Sandwich or Chef's Alternate Chips/Pickles PM snack: Fruit Based Snack	22 Roast Pork with Gravy or Chef's Alternate Boiled Potatoes Green Beans Fruitcocktail Mous PM Snack: Home's Snack	
23 (Week 1) Beef and Barley Soup Chicken Fingers or Chef's Alternate Fries Garden Salad PM Snack: Fruit Based Dessert	24 Chicken Noodle Soup S&S baked Farmer Sausage or Chef's Alternate Rice Green Beans PM Snack: Tapioca Pudding	25 Hearty Vegetable Soup Chicken Caccadore or Chef's Alternate Noodles Salad PM Snack: Chocolate Cream Pie	26 Cream of Celery BBQ Rib or Chef's Alternate Mashed Potato Carrots PM Snack: Cinnamon on Coffee Cake	27 Chef's Soup Lasagna or Chef's Alternate Caesar Salad Garlic Bread PM Snack: Chocolate Cake	28 Garden Vegetable Soup Chicken Pot Pie or Chef's Alternate Cucumber and Tomato Slices PM Snack: Fruit Plat	29 Roast Beef or Chef's Alternate Mashed Potatoes Coleslaw PM Snack: Rice Pudding	
30 National Day for Truth and Reconciliation (Week 2) Three Sisters Soup Battered Fish Fry or Chef's Alternate Wild Rice Blend Mixed Vegetable PM Snack: Blueberry Crumble							




Canada







2024

REST HAVEN SUPPER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MENU IS SUBJECT TO CHANGE Nutrition and Food Services Department: 204-326-2285/204-346-5013						(Week 2) Farmer Sausage Noodle Soup Cold Cuts or Chef's Alternate Buns Carrot Salad Cream Pie
(Week 3) Lemon Fish or Chef's Alternate Potatoes Peas & Carrots Pineapple Upside Down Cake	(Week 3) Mushroom Baked Pork Chops or Chef's Alternate Mushroom Gravy Lyonnaise Potatoes Sautéed Mixed Veg Cupcake	(Week 3) Sweet & Sour Beef or Chef's Alternate S&S Sauce Steamed Rice Broccoli Fruit	(Week 3) Homemade Chicken Pot Pie or Chef's Alternate Mandarin Lettuce Salad Peanut Butter Brownie	(Week 3) Lemon Butter Chicken or Chef's Alternate Mashed Potatoes Carrots Hot Fudge Pudding Cake	(Week 3) Sweet and Sour Chicken Balls or Chef's Alternate Ranch Style Potatoes Broccoli Fruit Jello	(Week 3) Vegetable Beef and Rice Soup Potato Salad Brown Bread/Garnish Cold Cuts/Pickles or Chef's Alternate Apple Pie
(Week 4) Savory Meat Loaf or Chef's Alternate Whipped Potatoes Gravy California Mixed Vegetable Jellied Fruit Salad	(Week 4) BBQ Pork Ribs or Chef's Alternate Gravy Potato Wedge Green Beans Lemon Tarts	(Week 4) Hamburger Steak or Chef's Alternate Mashed Potatoes Beef Gravy Roasted Zucchini Fried Onions Fruit	(Week 4) Garlic Sausage or Chef's Alternate Macaroni and Cheese Peas Chocolate Pudding	(Week 4) Farmer Sausage or Chef's Alternate Perogies Schmaunt Phat Coleslaw Canned Peaches	(Week 4) Swedish Meatballs or Chef's Alternate Seasoned Noodle Mushroom Gravy Waxed Bean/Peppers Butter Tart	(Week 4) Butternut Squash Soup Brown Bread Cold Cuts or Chef's Alternate Cottage Cheese Pea Salad Rhubarb Strawberry Pie
(Week 5) Breaded Pork Cutlets or Chef's Alternate Potato Wedge Gravy/Coleslaw Nanaimo Bar	(Week 5) Omelet or Chef's Alternate Garlic Toast Tomato Slices on Lettuce Fruit Based Dessert	(Week 5) Honey Garlic Chicken or Chef's Alternate Rice Roasted Broccoli Fruit Based Dessert	(Week 5) Pork Sausages or Chef's Alternate Potatoes O'Brien Buttered Peas Carrot Cake	(Week 5) Cabbage Rolls or Chef's Alternate Mashed Potatoes Mixed Vegetables Apple Crisp	(Week 5) Spaghetti & Meat Sauce or Chef's Alternate Garlic Bread Lettuce Salad Tart	(Week 5) Chicken Noodle Soup Cottage Cheese Fresh Bread Potato Salad Cold Cuts/Pickles or Chef's Alternate Coconut Cream Pie
(Week 1) Garlic Sausage or Chef's Alternate Hashbrown Casserole Mixed Vegetables Peach Platiz	(Week 1) Beef Stew or Chef's Alternate Cheese Biscuits Mandarin Segments	(Week 1) Breaded Mustard Veal Cutlets or Chef's Alternate Mashed Potatoes Beef Gravy Steamed Broccoli Oatmeal Chocolate Chip Cookies With Red Lentils	(Week 1) Chicken with Alfredo Sauce Noodles or Chef's Alternate Peas Biscuits Fruit	(Week 1) Fish Fillet or Chef's Alternate Lemon Slice Lyonnaise Potatoes Cauliflower/Carrots Butterscotch Pudding	(Week 1) Breaded Pork Cutlets or Chef's Alternate Noodles and Sauce Mixed Vegetables Chef's Dessert	(Week 1) Summa Borscht Cold Cuts or Chef's Alternate Bread/Pickles Macaroni Salad Cottage Cheese Blueberry Cheesecake
(Week 2) Roasted Chicken or Chef's Alternate Chicken Gravy French Fries Oriental Mixed Veg. Iced White Cookies						

Rest Haven Care Home

September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:30 Aaron Barkman 	2 HAPPY LABOR DAY	3 9:30 Singing WL 10:00 Men's Coffee 10:30 Ladies Bible Study 2:30 Balloon Badminton LV	4 9:30 Reading ST 10:30 Fun Fitness WL 2:00 Men's Bible Study 3:00 Hymn Sing	5 9:30 News Update ST 10:30 Chapel 2:30 Baking WL 6:00 Prairie Rose Group	6 9:30 Fun Fitness WL 10:00 Men's Coffee 10:30 Reminisce "Back to School" LV 2:00 Bingo	7 10:30 Getting to Know WL
8 10:30 Prairie Rose EMC 3:00 Bethesda Youth	9 8:30 1:1's 10:00 Bowling LV 10:00 Ladies Tea 10:30 Resident Council 2:30 Guess the Logo	10 9:30 Bean Bag Toss GC 10:00 Men's Coffee 10:30 Ladies Bible Study 6:00 Jon Penner's Music	11 9:30 Reading ST 10:30 Fun Fitness LV 2:00 Men's Bible Study 3:00 Hymn Sing	12 10:30 Chapel 2:30 Bookmark Craft 6:45 Steinbach EMC	13 9:30 News Update WL 10:00 Men's Coffee 10:30 An Apple a Day ST 2:00 Bingo	14 6:00 God's Grace Singing
15 10:30 Kleefeld EMC 	16 10:00 Ladies Tea 10:15 Singing the Sixties	17 10:00 Men's Coffee 10:30 Ladies Bible Study 6:00 Abe & Tina Music	18 2:00 Men's Bible Study 3:00 Hymn Sing	19 10:30 Chapel 2:30 Price is Right! 6:45 Evangelical Fellowship	20 9:30 News Update GC 10:00 Men's Coffee 10:30 Fun Fitness LV 2:00 Bingo	21 10:30 Singing WL
22 10:30 Stony Brook Fellowship 	23 10:00 Ladies Tea 	24 9:30 Ladies Bible Study 10:00 Men's Coffee 10:30 Peter & Arlene Music	25 2:00 Men's Bible Study 3:00 Hymn Sing 6:00 English & German Gospel Program Special Event: Fall Rides	26 10:30 Memorial Chapel 6:30 Singalong Singers	27 10:00 Men's Coffee 2:00 Bingo	28 
29 10:30 Blumenort Community 	30 	Lakeview- LV Still Water's- ST Ladies Bible Study- ST Golden Creek- GC Woodlands- WL	Chapel- Red Daily 1:1 Visits Manicures: Wednesday's 9:30-Noon	*Programs are subject to change without notice. Sonnie the Dog- Thursday's 2:30-3:30pm	<h1>1st Floor</h1>	



Rest Haven Care Home

September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  10:30 Aaron Barkman	2 HAPPY LABOR DAY	10:00 Men's Coffee 3:00 Hymn Sing	2:00 Men's Bible Study 3:00 Hymn Sing	10:30 Chapel 6:00 Prairie Rose Group	10:00 Men's Coffee 2:00 Bingo	2:30 Getting to Know DL
8 10:30 Prairie Rose EMC 3:00 Bethaus Youth	9 10:00 Ladies Tea 10:30 Resident Council 2:30 Ladies Bible Study	10:00 Men's Coffee 6:00 Jon Penner's Music	9:30 Fun Fitness PP 10:30 Reminisce "Back to School" DL 2:00 Men's Bible Study 3:00 Hymn Sing	9:30 News Update AG 10:30 Chapel 2:30 Bookmark Craft 6:45 Steinbach EMC	8:30 1:1's 10:00 Men's Coffee 10:00 Bowling PP 2:00 Bingo	9:30 Fun Fitness PP 10:30 Singing WE 2:30 Baking DL 6:00 God's Grace Singing
15 10:30 Kleeefeld EMC	16 10:00 Ladies Tea 10:15 Singing the Sixties 2:30 Ladies Bible Study	9:30 Fun Fitness PP 10:00 Men's Coffee 10:30 Parachute WE 2:00 Bits & Bites DL 6:00 Abe & Tina Music	9:30 Singing PP 10:30 Word Games DL 2:00 Men's Bible Study 3:00 Hymn Sing	9:30 News Update WE 10:30 Chapel 2:30 Price is Right! 6:45 Evangelical Fellowship	10:00 Men's Coffee 11:00 Guess Logo 2:00 Bingo 2:30 Fun Fitness AG 5:45 Activity Corner	3:00 Singing PP
22 10:30 Stony Brook Fellowship	23 9:30 Bean Bag Toss PP 10:00 Ladies Tea 10:30 Reading DL 2:00 Woodhaven Games 2:30 Ladies Bible Study	9:30 Fun Fitness WE 10:00 Men's Coffee 10:30 Peter & Arlene Music 2:30 Let's Talk Yellow DL	9:30 Activity Corner AG 10:30 Balloon Hockey PP 2:00 Men's Bible Study 3:00 Hymn Sing 6:00 English & German Gospel Program	9:30 News Update AG 10:30 Memorial Chapel 2:30 Let's Talk Autumn DL 6:30 Singalong Singers	10:00 Men's Coffee 2:00 Bingo	
29 10:30 Blumenort Community	30 	Water's Edge- WE Autumn Glory- AG Daisy Lane- DL Prairie Post- PP	Chapel- Red Ladies Bible Study DL Sonnie the Dog 2:30-3:30pm	*Programs are subject to change without notice. Daily 1:1 Visits	Manicures: Wednesday's 9:30-Noon	2nd Floor

Rest Haven Care Home

September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  10:30 Aaron Barkman	2  10:30 Aaron Barkman	3  9:30 Reading SW 10:00 Men's Coffee 10:30 Activity Corner PS 2:30 Word Games FM	4 9:30 Fun Fitness FM 10:30 Fun Fitness PS 2:00 Men's Bible Study 3:00 Hymn Sing	5 9:30 News Update PS 10:30 Chapel 2:00 Baking SW 6:00 Prairie Rose Group	6 9:30 Singing HR 10:00 Men's Coffee 10:30 Reminisce "Back to School" FM 2:00 Bingo	7  BACK to SCHOOL
8 10:30 Prairie Rose EMC 3:00 Bethaus Youth	9 10:00 Ladies Tea 10:30 Resident Council 3:45 Ladies Bible Study	10 10:00 Men's Coffee 6:00 Jon Penner's Music 	11 9:30 Fun Fitness FM 10:30 Fun Fitness PS 2:00 Men's Bible Study 3:00 Hymn Sing	12 9:30 News Update SW 10:30 Chapel 2:30 Bookmark Craft 6:45 Steinbach EMC	13 9:30 What am I? FM 10:00 Men's Coffee 10:30 Bean Bag Toss PS 2:00 Bingo 2:30 Fun Fitness SW	14 6:00 God's Grace Singing (German)
15 10:30 Kleefeld EMC 	16 10:00 Ladies Tea 10:15 Singing the Sixties 3:45 Ladies Bible Study	17 10:00 Men's Coffee 6:00 Abe & Tina Music 	18 9:30 Fun Fitness FM 10:30 Fun Fitness PS 2:00 Men's Bible Study 3:00 Hymn Sing	19 9:30 News Update FM 10:30 Chapel 2:30 Price is Right! 6:45 Evangelical Fellowship	20 8:30 1:1's 10:00 Men's Coffee 10:00 Bowling SW 2:00 Bingo	21 9:30 Fun Fitness FM 10:30 Singing PS 2:30 Balloon Badminton SW
22 10:30 Stony Brook Fellowship 	23 10:00 Ladies Tea 2:00 Woodhaven Games 3:45 Ladies Bible Study	24 9:30 Reading SW 10:00 Men's Coffee 10:30 Peter & Arlene Music 2:00 Bits & Bites PS 	25 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	26 9:30 News Update PS 10:30 Memorial Chapel 6:30 Singalong Singers Special Event: Fall Rides	27 9:30 Ball/ Ring Toss FM 10:00 Men's Coffee 10:30 Let's Talk Autumn FM 2:00 Bingo	28 
29 10:30 Blumenort Community	30 	Prairie Sky- PS Sunset Way- SW Homestead Ridge- HR Freedom Meadows- FM Ladies Bible Study- PS	Chapel- Red Sonnie the Dog- Tuesday's 2:30-3:30pm	*Programs are subject to change without notice. Check whiteboards for daily current events.	Manicures: Wednesday's 9:30-Noon Daily 1:1 Visits	3rd Floor

FALL WORD SEARCH

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

ACORN
FOOTBALL
NOVEMBER
SEPTEMBER

APPLES
HALLOWEEN
OCTOBER
SUNFLOWER

AUTUMN
HARVEST
PUMPKIN
SWEATER

CANDY
HAYRIDE
RAKE
THANKSGIVING

CIDER
LEAVES
SCARECROW
TURKEY