

Rest Haven News & Notes

Issue October 2024



*In all things,
give Thanks*



Coming Soon Grand Partner Buddies

- Are you or your loved one interested in partnering with a Middle School student?
Email Sam at sday@havengroup.ca



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.**



October arrives in a swirl of fragrant blue leaf smoke, the sweetness of slightly frosted crabapples, and little hard acorns falling, much to every squirrel's delight.

We are in the midst of cool crisp days, purple mists, and Nature recklessly tossing her whole palette of dazzling tones through fields and woodlands.

We are kicking off the Fall with a "Pop-Up Petting Zoo", set to "pop in" on Monday, October 7th @ 2:30 pm. Kismet Creek will be bringing us a variety of goats, chicks and maybe even an alpaca for us to touch, smell and enjoy. It is going to be FUN!

The rest of our month has us reminiscing about Thanksgiving, talking about the color Orange and carving pumpkins and roasting seeds

On October 28th @ 10:30, we have a new special event "Laughter is the Best Medicine" which will feature a comedic stand-up routine brought to us by a family member, Tim Krause.

HAPPY BIRTHDAY

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

Marie Fryers

Helen Smidt

Jake Poetker

Mary Koop

Sadie Poetker

Helen Calleja

Eva Kehler

Nell Wichers

Henry Unrau

Eva Kroeker

David Hiebert

Our October Birthday is scheduled for Tuesday, October 8th @ 2:30 pm in the MPR room. It is invite-only, so check your inboxes and voicemails, as we ask our friends to bring only 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:

Dorothy Dyke

Justina Doerksen

David Hiebert

Justina Hiebert

Hanna Giesbrecht

Edna Broesky

Elma Brandt

Peter Friesen

We hope you enjoy your new home.

Leanne Silvers

Therapeutic Recreation Facilitator,

Daily Life Team Member

Fall is such a beautiful time of year! In seeing the green of summer change to the gold, yellow, and red of autumn, we marvel at another display of God's glory.

Does it remind you of another place? Mrs. A. S. Bridgewater wrote the words,

How beautiful heaven must be,
Sweet home of the happy and free;
Fair haven of rest for the weary,
How beautiful heaven must be.

After seeing a beautiful sunset or other marvel of creation, I sometimes ask, "Could heaven be more beautiful than this?" Though I know the answer is yes, I still wonder. The fact is everything will be more beautiful there, especially seeing the Presence of God!

As we approach Thanksgiving we again thank God for what he has done. Each breath is a gift for which we give thanks (Acts 17:25). Though certain situations make the giving of thanks more difficult, it is still important to have a thankful heart.

I Thessalonians 5:18 reminds us,

"In everything give thanks, for this is the will of God in Christ Jesus concerning you."

How do we do that? We see one part in Paul's example of "...forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus" (Philippians 3:13, 14). When we focus on the goal—the Lord Jesus leading us along—we find help in keeping life's situations in perspective and continuing on no matter what.

As part of celebrating Thanksgiving, we would also like to invite you to Communion on October 10. With not everyone being able to come to the chapel, I also serve it in the homes for those wanting it there.

We would also like to honor the memory of some residents who passed away recently. Condolences to the families of Dan Demchenko and Betty Unrau. May the Lord grant you strength in this time of loss.

Peter Berg, Chaplain



Common' Down
You can Win a
Brand New Car!!





Warm greetings from Rest Haven Care Home!

As the holiday season fast approaches, we have the privilege of once again extending warmth, comfort, and hope to those residing in Rest Haven Care Home, as well as friends/family who visit their love ones over the holidays. The residents and staff at Rest Haven invite families and friends to be a part of our new tradition of “**Light Up the Night Christmas Campaign.**” Your donation will provide funding to enhance Christmas décor, both inside and outside of the facility. Your continued support plays a pivotal role in making this possible. Help us light up Rest Haven!

Ways you can support this event is to:

- Sponsor a tree/decorations/nativity scene in memory of a loved one who has passed;
- Sponsor a tree in the name of your parent, child, grandchild, or family. (e.g. “This tree is sponsored by the ***** family.”)

Sponsor Level Ornament Recognition:

As a sponsor you will receive the following:




1. Your name, loved one’s name, or a general message of hope, placed on an ornament in the Clearview Common,
 - **Blue Ornament** - donation of \$25 - \$99;
 - **Silver Ornament** - donation of \$100 - \$199;
 - **Gold Ornament** - donation of \$200 - \$499; OR



2. Signage with your name, loved one’s name, or a general message of hope.
 - A donation of \$500 and up;
3. A charitable donation receipt will be issued for all of the above donations. Cheques can be addressed to The HavenGroup Foundation.

Donations can be dropped off at the Welcome Centre. Thank you.





A day in the life of a Social Worker

It has been another busy month for all of us at Rest Haven. With all of our home's now open we are working diligently with the team to safely bring in new residents to occupy the vacant rooms. Part of our role as social workers is maintaining Rest Haven's waiting list as well as maintaining contact with applicants and their families. We coordinate admissions and support new residents and their families through the transition process and help them adjust to their new environment.

What else do we do?

- Provide practical and or emotional support to residents.
- Help family and residents navigate through the health care system and government social programs.
- Assist in clarifying concerns related to placement
- Help residents access services and resources
- Help explore expectations about placement

We also help ensure the voices of residents and their loved ones are heard, and work to strengthen communication between residents, loved ones and staff.

If you have questions, feel free to contact us. We would love to hear from you!

FAMILY INFORMATION NIGHT

Come Join Us

OCTOBER 22, 2024
4:30PM

REST HAVEN- MULTIPURPOSE ROOM

Education on Care Home Operations
We want to answer the Where's and the Why's
To learn about and address concerns
How are we doing?

If you have any agenda items you'd like to add?
Please email Esther Reimer @ ereimer3@havengroup.ca

NO REGISTRATION NEEDED

Nutrition

This month, our Bits and Bites nutrition program, led by our dietitian, features a special breakfast for residents. The event focused on enhancing morning oatmeal with a variety of nutritious toppings, such as roasted apples, sliced banana, coconut, chia seeds, hemp seeds, ground flaxseed, raisins, chopped walnuts, chocolate chips, maple syrup, and cinnamon. Some of these ingredients help boost fibre intake and provide essential protein, particularly important for older adults to prevent muscle loss and maintain strength. Breakfast is often overlooked as an opportunity to add nutrient-dense foods that support optimal body function, including fibre for digestion, and healthy fats, vitamins, and minerals. In the coming weeks, residents on the 1st and 3rd floors will have their chance to enjoy this dietitian-led nutrition chat during breakfast. Please check the recreation calendar for September dates.



Palliative Care

Thank you to the Vita Compassionate Quilters for their generous donation of three dignity quilts. They will be used as part of our palliative care approach here at Rest Haven.





We are looking forward to introducing the SPA-LTC program at Rest Haven over the next few months. Staff have already begun to familiarize themselves with the program and have accessed education provided.

What is SPA-LTC?

This stands for Strengthening a Palliative Approach in Long-Term Care. This is a well researched program of excellence being introduced in care homes across the country. The program allows us access to educational resources, provide pamphlets for families/residents, and helps us to maximize comfort and respect a person's wishes.

What is a palliative approach to care?

A palliative approach in long-term care (LTC) empowers families and staff to provide **personalized and high-quality care** for LTC residents living with chronic and life-limiting illnesses. This approach provides individuals with a seamless transition from chronic disease management to appropriate end-of-life planning and care. We believe **palliative approach is beneficial at any stage in a chronic illness to maximize comfort and respect a person's wishes.** Working alongside health professionals and family members, individuals with a life-limiting or life-ending illness are involved throughout the illness trajectory. Care is rooted in open and honest conversations so that the personal, spiritual and emotional concerns of residents are heard and addressed." – SPA-LTC website <https://spaltec.ca>

What will you notice in the coming months?

1) A palliative approach will be added to our care conferences. A questionnaire will be provided to help you communicate to our Rest Haven team what matters most to you and what you would like to discuss at the care conference. These will be sent to you along with the invite to the care conference.

2) Pamphlets will be available for families that are specific to you or your loved one's illness. These range from dementia to chronic heart failure. Ask the nurse about these pamphlets if you are interested in receiving one before your next care conference.

We look forward to being able to provide better communication and resources around palliative approach and end-of-life care. Stay tuned for more resident-focused initiatives!

Kimberly Toews RNBN (Education & Infection Control Coordinator)

Information Hub

Dementia is a common condition in long-term care, affecting memory and thinking skills. Did you know that nearly 50 million people worldwide are living with dementia? Dementia can lead to changes in behavior and mood. Did you know that 90% of people with dementia experience behavioral and psychological symptoms at some point? How can we better support our loved ones through these changes? Understanding dementia can help families support their loved ones better. How can we create a more dementia-friendly environment in our community?

Creating a dementia-friendly environment involves making adjustments that cater to the specific needs of individuals with dementia, enhancing their safety, comfort, and quality of life. Here are 10 great ways to create a more dementia-friendly environment:

Simplified Layout and Clear Signage:

- Use clear, simple signs with both words and pictures to help residents navigate their surroundings.
- Ensure that signs are at eye level and well-lit.

Consistent and Predictable Routine:

- Maintain a regular daily schedule to provide structure and reduce confusion.
- Use visual and verbal cues to indicate transitions between activities.

Familiar and Personal Items:

- Encourage residents to decorate their living spaces with familiar and personal items.
- Use memory boxes or photo albums to help trigger positive memories.

Safe and Accessible Spaces:

- Remove tripping hazards such as loose rugs and clutter.
- Ensure that pathways are wide and clear, and that furniture is sturdy and easy to use.

Calm and Soothing Environment:

- Use soft lighting and avoid harsh, bright lights to create a calming atmosphere.
- Play gentle background music and reduce loud, sudden noises.

Orientation Aids:

- Provide clocks and calendars with large, clear numbers and letters to help residents stay oriented to time and date.
- Use contrasting colors to distinguish different areas and important objects.

Engaging Activities:

- Offer activities that are meaningful and enjoyable, such as gardening, arts and crafts, and music therapy.
- Adapt activities to suit the abilities and interests of each resident.

Supportive Social Interaction:

- Foster opportunities for social interaction through group activities and communal dining.
- Train staff and caregivers in effective communication techniques, such as speaking slowly and using simple sentences.

Accessible Outdoor Spaces:

- Create safe, enclosed outdoor areas where residents can enjoy fresh air and nature.
- Provide seating and shaded areas to encourage outdoor activities.

Comprehensive Staff Training:

- Ensure that all staff members receive training in dementia care, including understanding the symptoms, communication strategies, and behavior management.
- Promote empathy and patience among staff to create a supportive environment for residents with dementia.

We can create an environment that enhances the well-being and quality of life for individuals with dementia. For more guidance, check the Alzheimer's Society of Manitoba at www.alzheimer.mb.ca or the National Institute on Aging (www.nia.nih.gov)



Fall Immunizations Coming Soon!

We are excited to announce that vaccines will soon be available to help keep our residents safe and healthy this fall!



Vaccines Offered:

COVID-19

Influenza (Flu)



Pneumococcal (Pevnar20) *for those eligible*

Next Steps: Once consent forms are ready, we kindly ask that families complete them in person with our nursing team. If in-person isn't possible, phone consent can be arranged. Our nurses are available to discuss eligibility and provide fact sheets with more information about the vaccines.



Let's work together to protect our loved ones this season!

Stay tuned for more details!

REST HAVEN LUNCH MENU

MONDAY	TUE 3 DAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OCTOBER 2024 	(Week 2) Hearty Manitoba Vegetable Soup Meat Loaf or Chefs Alternate Mashed Potato Broccoli Salad Cinnamon Roll Cake	Roast Beef or Chefs Alternate Oven Baked Potatoes Mixed Vegetables Apple Crisp	Butternut Squash Soup Chicken Taco Bake or Chefs Alternate Noodles Cucumber Salad Fruit	Minestrone Soup Ham or Chefs Alternate Kielie with Fried Onions & Schmaunt Phat Coleslaw Frozen Yogurt	Chef Soup Egg Salad Sandwich or Chefs Alternate Cheese Chips/Pickles Orange Fluff Salad	Baked Ham or Chefs Alternate Pineapple Sauce Mashed Potatoes Corn Plum Mous
(Week 3) Summa Borscht Soup Country Style Chicken or Chefs Alternate Mac N' Cheese Savory Green and Wax beans Ice Cream Sundae	Vegetable Soup Spaghetti with Meat Balls or Chefs Alternate Caesar Salad Garlic Bread Custard Bread Pudding	Chicken Noodle Soup Baked Farmer Sausage or Chefs Alternate Fried Potatoes Vegetable au Gratin Banana Cream Pie	Corn Chowder with Bacon Fish Fry or Chefs Alternate Potato Wedge Three Bean Salad Ambrosia Salad	Green Bean Soup Farmer Sausage or Chefs Alternate Perogies Pickled Beets Schmaunt Phat Trifle	Chefs Soup Chili or Chefs Alternate Chefs Salad Toast Chefs Dessert	Baked Ham or Chefs Alternate Pineapple Sauce Scalloped Potatoes Kernel Corn Blueberry Muffin
(Week 4) Happy Thanksgiving! Turkey/ Stuffing or Chefs Alternate Cranberry Sauce Mashed Potato Cabbage Rolls Pumpkin Cheese cake	Lentil Vegetable with Parmesan Soup Shepherd's Pie or Chefs Alternate Green Salad Lava Cake	Cabbage Borscht Soup Honey Mustard Chicken or Chefs Alternate Rice Pilaf Salad Coconut Cream Pie	Broccoli Soup Battered Fish Fry or Chefs Alternate Lyonnaise Potato Coleslaw Frozen Sherbet	Roast Beef or Chefs Alternate Oven Baked Potatoes Sour Cream/Chives Mixed Veg Zucchini Brownie	Vegetable Soup Ham & Cheese Sandwich or Chefs Alternate Pickles Fruit Cobbler	Shake & Bake Chicken or Chefs Alternate Mashed Potatoes Cooked Turnips and Carrots Blueberry Mous
(Week 5) Saukraut Borscht Meat Loaf or Chefs Alternate Mashed Potatoes California Mixed Veg Date Square	Hearty Italian Soup Kielie with Fried Onions & Schmaunt Phat Ham or Chefs Alternate Peas/Carrot Muffin Bran	Split Pea Soup Battered Fish Fry or Chefs Alternate Fries Coleslaw Lemon Meringue Pie	Turkey/ Stuffing or Chefs Alternate Cranberry Sauce Mashed Potato Corn Cherry Platiz	Creamy Lentil and Roasted Carrot Soup PIZZA or Chefs Alternate Garden Salad Ice Cream	Chefs Soup Turkey Sandwich or Chefs Alternate Chips/Pickles Fruit Based Dessert	Roast Pork with Gravy or Chefs Alternate Boiled Potatoes Green Beans Fruitcocktail Mous
(Week 1) Beef and Barley Soup Chicken Fingers or Chefs Alternate Fries Garden Salad Carrot Cake	Chicken Noodle Soup S&S baked Farmer Sausage or Chefs Alternate Rice Green Beans Tapioca Pudding	Hearty Vegetable Soup Chicken Cacciatore or Chefs Alternate Noodles Salad Chocolate Cream Pie	Cream of Celery BBQ Rib or Chefs Alternate Mashed Potato Carrots Cinnamon Coffee Cake	MENU IS SUBJECT TO CHANGE Nutrition and Food Services Department: 204-326-2285/ 204-346-5013		

REST HAVEN SUPPER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SA TURDAY	SUNDAY	
 (Week 3) Lemon Fish or Chef's Alternate Potatoes Peas & Carrots Pineapple Upside Down Cake	(Week 2) Pork and Apple Cakes or Chef's Alternate Rice (Whole Grain) Apple Cinnamon Sauce Peas Ice Cream Sundae	Baked Porkchops or Chef's Alternate Mashed Potato Corn Tapioca 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 PlatZ	Farmer Sausage Noodle Soup Cold Cuts or Chef's Alternate Buns Carrot Salad CreamPie	
(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 Lyonnaise Potatoes Sauteed Mixed Veg Cupcake	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 Hot Fudge Pudding Cake	Sweet and Sour Chicken Balls or Chef's Alternate Potatoes Broccoli Fruit Jello	Vegetable Beef and Rice Soup Potato Salad Brown Bread/Garnish Cold Cuts/Pickles or Chef's Alternate Apple Pie	
(Week 4) <i>Happy Thanksgiving!</i> Savory Meat Loaf or Chef's Alternate Whipped Potatoes Gravy California Mixed Vegetable Jellied Fruit Salad	BBQ Pork Ribs or Chef's Alternate Gravy Potato Wedge Green Beans Lemon Tarts	Hamburger Steak or Chef's Alternate Mashed Potatoes Beef Gravy Roasted Zucchini Fried Onions Fruit	Garlic Sausage or Chef's Alternate Macaroni and Cheese Peas Chocolate Pudding	Baked Chicken or Chef's Alternate Mashed Potatoes Gravy Southwest Vegetables CreamPuffs	Swedish Meatballs or Chef's Alternate Seasoned Noodle Mushroom Gravy Waxed Bean/Peppers Butter Tart	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	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 Potatoes O' Brien Buttered Peas Carrot Cake	Cabbage Rolls or Chef's Alternate Mashed Potatoes Mixed Vegetables Apple Crisp	Spaghetti & Meat Sauce or Chef's Alternate Garlic Bread Lettuce Salad Tart	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 PlatZ	Beef Stew or Chef's Alternate Cheese Biscuits Mandarin Segments	Breaded Mustard Veal Cutlets or Chef's Alternate Mashed Potatoes Beef Gravy Steamed Broccoli Oatmeal Chocolate Chip Cookies With Red Lentils	Chicken with Alfredo Sauce Noodles or Chef's Alternate Peas Biscuits Fruit	MENU IS SUBJECT TO CHANGE Nutrition and Food Services Department: 204-326-2285/204-346-5013			

Rest Haven Care Home

October 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1st Floor	<p>Manicures: Wednesday's 9:30-Noon</p> <p>Daily 1:1 Visits</p>	<p>8:30 Bits and Bites LV</p> <p>10:00 Men's Coffee</p> <p>10:30 Ladies Bible Study</p> <p>2:00 Thankful Tree</p> <p>6:30 Heartland Youth</p>	<p>9:30 Getting to Know GC</p> <p>10:30 Fun Fitness WL</p> <p>2:00 Men's Bible Study</p> <p>3:00 Hymn Sing</p>	<p>9:30 News Update ST</p> <p>10:30 Chapel</p> <p>6:00 Prairie Rose Group</p> <p>Special Event: Fall Rides</p>	<p>10:00 Men's Coffee</p> <p>2:00 Bingo</p>	
<p>6 10:30 Jerry Falk</p>	<p>8:30 1:1's</p> <p>10:00 Bowling WL</p> <p>10:00 Ladies Tea</p> <p>2:30 Petting Zoo</p> <p>6:45 Kleelefeld EMC</p>	<p>9:30 Reminisce</p> <p>"Thanksgiving" ST</p> <p>10:00 Men's Coffee</p> <p>10:30 Ladies Bible Study</p> <p>6:00 Jon Penner's Music</p>	<p>9:30 Singing GC</p> <p>10:30 Fun Fitness LV</p> <p>2:00 Men's Bible Study</p> <p>3:00 Hymn Sing</p>	<p>10:30 Communion Chapel</p> <p>2:30 Pumpkin Craft</p> <p>6:45 Steinbach EMC</p>	<p>9:30 News Update GC</p> <p>10:00 Men's Coffee</p> <p>10:30 Lists by Letter LV</p> <p>2:00 Bingo</p>	<p>12 10:30 Singing WL</p> <p>6:00 God's Grace Singing German Program</p>
<p>13 10:30 Randall Hiebert</p> <p>3:00 Bethaus Youth</p>	<p>14 10:00 Ladies Tea</p> <p>10:15 Singing the Sixties</p> <p>Happy Thanksgiving</p>	<p>9:30 Reading GC</p> <p>10:00 Men's Coffee</p> <p>10:30 Ladies Bible Study</p> <p>2:30 Balloon Badminton LV</p> <p>6:00 Abe & Tina Music</p>	<p>9:30 Fun Fitness ST</p> <p>10:30 Clean up Patios</p> <p>2:00 Men's Bible Study</p> <p>3:00 Hymn Sing</p>	<p>17 10:30 Chapel</p> <p>6:45 Evangelical Fellowship</p>	<p>9:30 News Update WL</p> <p>10:00 Men's Coffee</p> <p>10:30 Color my World Orange ST</p> <p>2:00 Bingo</p>	
<p>20 10:30 Ridgewood EMC</p>	<p>21 10:00 Ladies Tea</p> <p>10:15 Singing the Sixties</p>	<p>9:30 Ladies Bible Study</p> <p>10:00 Men's Coffee</p> <p>11:00 Laughter Class WL</p> <p>2:30 Guess What's in the Bag ST</p>	<p>11:15 Ball Toss GC</p> <p>2:00 Men's Bible Study</p> <p>3:00 Hymn Sing</p> <p>5:45 Fun Fitness LV</p>	<p>10:30 Chapel</p> <p>6:30 Singalong Singers</p>	<p>9:30 News Update ST</p> <p>10:00 Men's Coffee</p> <p>10:30 Pumpkin Carving/ Roasting Seeds LV</p> <p>2:00 Bingo</p>	<p>26 9:30 Reading ST</p> <p>10:30 Fun Fitness LV</p> <p>2:00 Baking WL</p> <p>6:00 Peaceful Harbour</p>
<p>27 10:30 Steinbach EMC</p>	<p>28 10:00 Ladies Tea</p> <p>10:30 Laughter is the Best Medicine</p>	<p>9:30 Singing ST</p> <p>10:00 Men's Coffee</p> <p>10:30 Ladies Bible Study</p> <p>2:30 Bean Bag Toss GC</p>	<p>9:30 News Update ST</p> <p>10:30 Memorial Chapel</p> <p>2:30 What am I? LV</p>	<p>31 9:30 News Update ST</p> <p>10:30 Memorial Chapel</p>	<p>25 9:30 News Update ST</p> <p>10:00 Men's Coffee</p> <p>10:30 Pumpkin Carving/ Roasting Seeds LV</p> <p>2:00 Bingo</p>	<p>*Programs are subject to change without notice.</p> <p>Chapel - Red</p> <p>Sonnie the Dog</p> <p>Thursday's 2:30-3:30pm</p>

Rest Haven Care Home

October 2024

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2nd Floor		Water's Edge- WE Autumn Glory- AG Daisy Lane- DL Prairie Post- PP Ladies Bible Study- DL	9:30 Dice Game PP 10:00 Men's Coffee 11:00 Laughter Class DL 2:00 Thankful Tree 6:30 Heartland Youth	9:30 Fun Fitness PP 10:30 Getting to Know WE 2:00 Men's Bible Study 3:00 Hymn Sing	9:30 News Update DL 10:30 Chapel 6:00 Prairie Rose Group	10:00 Men's Coffee 2:00 Bingo	
10:30 Jerry Falk	7 10:00 Ladies Tea 2:30 Petting Zoo 3:45 Ladies Bible Study 6:45 Kleefeld EMC	8 10:00 Men's Coffee 6:00 Jon Penner's Music 	9 9:30 Fun Fitness WE 10:30 Reading AG 2:00 Men's Bible Study 3:00 Hymn Sing	10 9:30 News Update PP 10:30 Communion Chapel 2:30 Pumpkin Craft 6:45 Steinbach EMC	11 9:00 Reminiscence DL 10:00 Men's Coffee 10:30 Bowling PP 2:00 Bingo 2:30 Singing WE	12 9:30 Fun Fitness WE 10:30 Parachute AG 2:30 Baking DL 6:00 God's Grace Singing	
10:30 Randall Hiebert 3:00 Bethaus Youth	14 	15 9:30 Trivia PP 10:00 Men's Coffee 10:30 Ring Toss WE 2:30 Color my World Orange AG 6:00 Abe & Tina Music	16 9:30 Fun Fitness DL 10:30 Clean up Patios 2:00 Men's Bible Study 3:00 Hymn Sing	17 9:30 News Update AG 10:30 Chapel 2:30 What am I? DL 6:45 Evangelical Fellowship	18 10:00 Men's Coffee 11:00 Fun Fitness PP 2:00 Bingo 5:45 Singing WE	19 	
10:30 Ridgewood EMC	21 10:00 Ladies Tea 10:15 Singing the Sixties 2:30 Woodhaven Games 3:45 Ladies Bible Study	22 9:30 Activity Corner AG 10:00 Men's Coffee 10:30 Fun Fitness PP 2:30 Balloon Hockey WE	23 9:30 Fun Fitness DL 10:30 Guess What's In the Bag PP 2:00 Men's Bible Study 3:00 Hymn Sing	24 9:30 News Update WE 10:30 Chapel 2:30 Pumpkin Carving/ Roasting Seeds DL 6:30 Singalong Singers	25 10:00 Men's Coffee 2:00 Bingo	26 6:00 Peaceful Harbour	
10:30 Steinbach EMC	28 9:30 Singing PP 10:00 Ladies Tea 10:30 Laughter is the Best Medicine 2:30 Fun Fitness WE 3:45 Ladies Bible Study	29 9:30 Reading AG 10:00 Men's Coffee 11:00 Laughter Class PP 2:30 Baking WE	30 9:30 Fun Fitness AG 10:30 Spelling Challenge DL 2:00 Men's Bible Study 3:00 Hymn Sing 6:00 English & German Gospel Program	31 9:30 News Update PP 10:30 Memorial Chapel 2:30 List by Letter WE	Manicures: Wednesday's 2-4pm Daily 1:1 Visits Ladies Bible Study- DL	*Programs are subject to change without notice.  Sonnie the Dog- 2:30-3:30pm	

Rest Haven Care Home

October 2024

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3rd Floor		Manicures: Wednesday's 2-4pm Daily 1:1 Visits	9:30 Reading SW 10:00 Men's Coffee 10:30 Bean Bag Toss FM 2:00 Thankful Tree 6:30 Heartland Youth	9:30 Fun Fitness PS 10:30 Trivia SW 2:00 Men's Bible Study 3:00 Hymn Sing	9:30 News Update HR 10:30 Chapel 2:30 Dice Game SW 6:00 Prairie Rose Group	9:30 Fun Fitness FM 10:30 Singing PS 2:00 Bingo	 5
6 10:30 Jerry Falk	10:00 Ladies Tea 2:30 Petting Zoo 2:30 Ladies Bible Study 6:45 Kleefeld EMC	10:00 Men's Coffee 6:00 Jon Penner's Music 	9:30 Fun Fitness SW 10:30 Reading HR 2:00 Men's Bible Study 3:00 Hymn Sing	9:30 News Update PS 10:30 Communion Chapel 2:30 Pumpkin Craft 6:45 Steinbach EMC	9:30 Fun Fitness FM 10:30 Reminisce "Thanksgiving" SW 2:00 Bingo	11 3:00 Singing PS 6:00 God's Grace Singing German Program	12
13 10:30 Randall Hiebert 3:00 Bethaus Youth	14 	10:00 Men's Coffee 10:30 Laughter Class SW 6:00 Abe & Tina Music	9:30 Fun Fitness PS 10:30 Clean up Patios 2:00 Men's Bible Study 3:00 Hymn Sing	9:30 News Update FM 10:30 Chapel 2:30 Colour my World Orange SW 6:45 Evangelical Fellowship	8:30 1:1's 10:00 Bowling PS 2:00 Bingo 2:30 Reading HR	18 9:30 Fun Fitness FM 10:30 Singing SW 2:30 Spelling Challenge PS	19 9:30 Fun Fitness FM 10:30 Singing SW 2:30 Spelling Challenge PS
20 10:30 Ridgewood EMC	21 10:00 Ladies Tea 10:15 Singing the Sixties 2:30 Ladies Bible Study	9:30 Activity Corner 10:00 Men's Coffee 10:30 Guess What's in the Bag FM 2:00 Baking PS	9:30 Fun Fitness HR 10:30 Who am I? FM 2:00 Men's Bible Study 3:00 Hymn Sing	9:30 News Update SW 10:30 Chapel 2:30 Pumpkin Carving/ Roasting Seeds PS 6:30 Singalong Singers	9:30 Fun Fitness FM 10:30 Singing SW 2:00 Bingo	25 9:30 Fun Fitness FM 10:30 Singing SW 2:00 Bingo	26 6:00 Peaceful Harbour 
27 10:30 Steinbach EMC	28 10:00 Ladies Tea 10:30 Laughter is the Best Medicine 2:30 Ladies Bible Study	9:30 Parachute FM 10:00 Men's Coffee 10:30 Card Games PS 2:30 Balloon Hockey SW	9:30 Reading SW 10:30 Fun Fitness PS 2:00 Men's Bible Study 3:00 Hymn Sing 6:00 English & German Gospel Program	9:30 News Update HR 10:30 Memorial Chapel 2:00 Bits and Bites FM	*Programs are subject to change without notice.  Sonnie the Dog- 2:30-3:30pm	Prairie Sky- PS Sunset Way- SW Homestead Ridge- HR Freedom Meadows- FM Chapel- Red Ladies Bible Study- PS	31 9:30 News Update HR 10:30 Memorial Chapel 2:00 Bits and Bites FM

Thanksgiving Word Scramble



1. rcon _____
2. ukppmin _____
3. krueyt _____
4. omfaylwer _____
5. niwsebho _____
6. ciarrbesne _____
7. spmiligr _____
8. ricdukmts _____
9. dnenir _____
10. syam _____
11. solrl _____
12. eremnbov _____
13. gobebll _____
14. dessret _____
15. ngstufif _____
16. uyhtarsd _____
17. efats _____
18. rgavy _____
19. nnasidi _____
20. rbeda _____