

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
David Adrian
Tina Heckert
Minnie Reimer
Ken Eide

Malinda Koop
Jean Major
Grace Huculak
Evelyn Keuhn
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

HavenGroup Foundation (2006) Inc.
A HAVEN GROUP PARTNER

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!

📞 204-326-2206 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**







REST HAVEN LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Helllo September						
MENU IS SUBJECT TO CHANGE						
Nutrition and Food Services Department: 204-326-2285/ 204-346-5013						
Labor Day (Week 3) Summa Borscht Country Style Chicken or Chef's Alternate Mac 'N' Cheese Savory Green and Wax beans PM Snack: Home's Snack	2 Vegetable Soup Spaghetti with Meat Balls or Chef's Alternate Caesar Salad Garlic Bread PM Snack: Custard Bread Pudding	3 Chicken Noodle Soup Baked Farmer Sausage or Chef's Alternate Fried Potatoes Vegetable au Gratin PM Snack: Banana Cream Pie	4 Corn Chowder with Bacon Fish Fry or Chef's Alternate Potato Wedge Three Bean Salad PM Snack: Am brostia Salad	5 Green Bean Soup Farmer Sausage or Chef's Alternate Pengilles Pickled Beets Schmaunt Phat PM Snack: Time	6 Chili or Chef's Alternate Chef's Salad Toast PM Snack: Chef's Snack	7 Turkey/Stuffing or Chef's Alternate Mashed Potatoes Gravy Glazed Carrots PM Snack: Cherry Platz Home's Snack
(Week 4) Beet Borscht Baked Ham or Chef's Alternate Pineapple Sauce Scalloped Potatoes Kernel Corn PM Snack: Blueberry Muffin	9 Lentil Vegetable with Parmesan Soup Shepherd's Pie or Chef's Alternate Green Salad PM Snack: Lava Cake	10 Cabbage Borscht Soup Honey Mustard Chicken or Chef's Alternate Rice Pilaf Salad PM Snack: Coconut Cream Pie	11 Broccoli Soup Battered Fish Fry or Chef's Alternate Lyonnaise Potato Coleslaw PM Snack: Chef's Snack	12 Sauerkraut Borscht Meat Loaf or Chef's Alternate Mas had Potatoes California Mixed Veg PM snack: Date Square	13 Vegetable Soup Ham & Cheese Sandwich or Chef's Alternate Pickles PM Snack: Fruit Cobbler	14 Shake & Bake Chicken or Chef's Alternate Mashed Potatoes Coked Turnips and Carrots Blueberry Mous PM Snack: Home's Snack
(Week 5) Roast Beef or Chef's Alternate Oven Baked Potatoes Sour Cream/Chives Mixed Veg PM Snack: Zucchini Brownie	16 Hearty Italian Soup Kiekie with Fried Onions & Schmaunt Phat Ham or Chef's Alternate Peas/Carrot PM Snack: Muffin Bran	17 Split Pea Soup Battered Fish Fry or Chef's Alternate Fries Coleslaw PM Snack: Lemon Maringue Pie	18 Turkey/ Stuffing or Chef's Alternate Cranberry Sauce Mashed Potato Corn PM Snack: Cheesecake	19 Creamy Lentil and Roasted Carrot Soup Hamburger in a Bun or Chef's Alternate Broccoli Salad PM Snack: Chef's Snack	20 Chef's Soup Turkey Sandwich or Chef's Alternate Chips Pickles PM snack: Fruit Based Snack	21 Roast Pork with Gravy or Chef's Alternate Boiled Potatoes Green Beans Fruitcocktail Mous PM Snack: Home's Snack
(Week 1) Beef and Barley Soup Chicken Fingers or Chef's Alternate Fries Garden Salad PM Snack: Fruit Based Dessert	23 Chicken Noodle Soup S&S baked Farmer Sausage or Chef's Alternate Rice Green Beans PM Snack: Tapioca Pudding	24 Hearty Vegetable Soup Chicken Cacciatore or Chef's Alternate Noodles Salad PM Snack: Chocolate Cream Pie	25 Cream of Celery BBQ Rib or Chef's Alternate Mashed Potato Carrots PM Snack: Cinnamon on Coffee Cake	26 Chef's Soup Lasagna or Chef's Alternate Caesar Salad Garlic Bread PM Snack: Chocolate Cake	27 Garden Vegetable Soup Chicken Pot Pie or Chef's Alternate Cucumber and Tomato Slices PM Snack: Fruit Platz	28 Roast Beef or Chef's Alternate Mashed Potatoes Coleslaw PM Snack: Rice Pudding
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	30					2024 

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!

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						
1						
(Week 2) Lemon Fish or Chef's Alternate Potatoes Peas & Carrots Pineapple Upside Down Cake	2 Mushroom Baked Pork Chops or Chef's Alternate Mushroom Gravy Lyonaise Potatoes Sauerkraut Mixed Veg Cupcake	3 Sweet & Sour Diced Beef or Chef's Alternate S&S Sauce Steamed Rice Broccoli Fruit	4 Homemade Chicken Pot Pie or Chef's Alternate Mandarin Lettuce Salad Peanut Butter Brownie Fruit	5 Lemon Butter Chicken or Chef's Alternate Mashed Potatoes Carrots Hot Fudge Pudding Cake	6 Sweet and Sour Chicken Balls or Chef's Alternate Ranch Style Potatoes Broccoli Fruit Jello	7 Vegetable Beef and Rice Soup Potato Salad Brown Bread/Garnish Cold Cuts/Pickles or Chef's Alternate Apple Pie
8 (Week 2) Farmer Sausage Noodle Soup Cold Cuts or Chef's Alternate Buns Carrot Salad Cream Pie						
9 (Week 3) Savory Meat Loaf or Chef's Alternate Whipped Potatoes Gravy California Mixed Vegetable Jellied Fruit Salad	10 BBQ Pork Ribs or Chef's Alternate Gravy Potato Wedge Green Beans Lemon Tarts	11 Hamburger Steak or Chef's Alternate Mashed Potatoes Beef Gravy Roasted Zucchini Fried Onions Fruit	12 Garlic Sausage or Chef's Alternate Macaroni and Cheese Peas Chocolate Pudding	13 Farmer Sausage or Chef's Alternate Perogies Schmauntz Phat Coleslaw Canned Peaches	14 Swedish Meatballs or Chef's Alternate Seasoned Noodle Mustard Gravy Waxied Bean/Peppers Butter Tart	15 Butternut Squash & Soup Brown Bread Cold Cuts or Chef's Alternate Cottage Cheese Pea Salad Rhubarb Strawberry Pie
16 (Week 4) Breaded Pork Cutlets or Chef's Alternate Potato Wedge Gravy/Coleslaw Nanaimo Bar	17 Omelet or Chef's Alternate Garlic Toast Tomato Slices on Lettuce Fruit Based Dessert	18 Honey Garlic Chicken or Chef's Alternate Rice Roasted Broccoli Fruit Based Dessert	19 Pork Sausages or Chef's Alternate Potatoes O'Brien Buttered Peas Carrot Cake	20 Cabbage Rolls or Chef's Alternate Mashed Potatoes Mixed Vegetables Apple Crisp	21 Spaghetti & Meat Sauce or Chef's Alternate Garlic Bread Lettuce Salad Tart	22 Chicken Noodle Soup Cottage Cheese Fresh Bread Potato Salad Cold Cuts/Pickles or Chef's Alternate Coconut Cream Pie
23 (Week 5) Garlic Sausage or Chef's Alternate Hashbrown Casserole Mixed Vegetables Peach Platiz	24 Beef Stew or Chef's Alternate Cheese Biscuits Mandarin Segments	25 Breaded Mustard Veal Cutlets or Chef's Alternate Mashed Potatoes Beef Gravy Steamed Broccoli Oatmeal Chocolate Chip Cookies With Red Lentils	26 Chicken with Alfredo Sauce Noodles or Chef's Alternate Peas Bis cuit Fruit	27 Fish Fillet or Chef's Alternate Lemon Slice Lyonaise Potatoes Cauliflower/Carrots Butterscotch Pudding	28 Breaded Pork Cutlets or Chef's Alternate Noodles and Sauces Mixed Vegetables Chef's Dessert	29 Summer Borscht Cold Cuts or Chef's Alternate Bread/Pickles Macaroni Salad Cottage Cheese Blueberry Cheesecake
30 (Week 2) Roasted Chicken or Chef's Alternate Chick'n Gravy French Fries Oriental Mixed Veg. Iced White Cookies						

2024



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 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 Bethaus 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 2:00 Bingo 	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 	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. Sonnies the Dog- Thursday's 2:30-3:30pm 	1st Floor 	

Rest Haven Care Home

September 2024

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 Reading SW 10:00 Men's Coffee 10:30 Activity Corner PS 2:30 Word Games FM	4 9:30 News Fitness FM 10:30 Fun Fitness PS 2:00 Men's Bible Study 3:00 Hymn Sing	5 9:30 Singing HR 10:00 Men's Coffee 10:30 Reminisce "Back to School" FM 2:00 Bingo	6 7	
8 Prairie Rose EMC	9 10:00 Ladies Tea 10:30 Resident Council	10 10:00 Men's Coffee 6:00 Jon Penner's Music	11 9:30 News Fitness FM 10:30 Fun Fitness PS 2:00 Men's Bible Study 3:00 Hymn Sing	12 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	13 14 6:00 God's Grace Singing (German)	
15 3:00 Bethaus Youth	16 10:00 Ladies Tea 10:15 Singing the Sixties	17 10:00 Men's Coffee 6:00 Abe & Tina Music	18 9:30 News 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
15 Kleefeld EMC	16 3:45 Ladies Bible Study	17 10:00 Men's Coffee 6:00 Abe & Tina Music	18 9:30 News 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 Stony Brook Fellowship	23 3:45 Ladies Bible Study	24 10:00 Ladies Tea 2:00 Woodhaven Games	25 9:30 Reading SW 10:00 Men's Coffee 10:30 Peter & Arlene Music	26 9:30 News Update PS 10:30 Memorial Chapel 6:30 Singalong Singers	27 9:30 Ball/ Ring Toss FM 10:00 Men's Coffee 10:30 Let's Talk Autumn FM	28 9:30 Ball/ Ring Toss FM 10:00 Men's Coffee 10:30 Let's Talk Autumn FM
29 10:30 Blumenort Community	30 Prairie Sky- PS Sunset Way- SW Homestead Ridge- HR Freedom Meadows- FM Ladies Bible Study- PS		24 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	25 9:30 News Update PS 10:30 Memorial Chapel 6:30 Singalong Singers	26 9:30 Ball/ Ring Toss FM 10:00 Men's Coffee 10:30 Let's Talk Autumn FM	28 9:30 Ball/ Ring Toss FM 10:00 Men's Coffee 10:30 Let's Talk Autumn FM
			24 Chapel- Red	25 Special Event: Fall Rides	26 9:30 Ball/ Ring Toss FM 10:00 Men's Coffee 10:30 Let's Talk Autumn FM	28 9:30 Ball/ Ring Toss FM 10:00 Men's Coffee 10:30 Let's Talk Autumn FM
						29 Manicures: Wednesday's 9:30-Noon Daily 1:1 Visits
						30 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
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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

APPLES

AUTUMN

CANDY

CIDER

FOOTBALL

HALLOWEEN

HARVEST

HAYRIDE

LEAVES

NOVEMBER

OCTOBER

PUMPKIN

RAKE

SCARECROW

SEPTEMBER

SUNFLOWER

SWEATER

THANKSGIVING

TURKEY