

Woodhaven Newsletter



Tenant Resource Coordinator:

Helen Hutt
204-346-1501
hhutt@havengroup.ca

Director of Housing:

Michael Obviar
204-326-2002
mobviar@havengroup.ca

JULY 2025

Tips to Beat the Heat!

KEEP HYDRATED

Drink lots of water!



SOAK

Take a cool shower or bath to help you cool down



REST

Make sure you get enough sleep and rest if you are feeling tired



EAT FRESH

Try eating cold foods such as salads and fruits



LIMIT

Non-essential strenuous activity during the hottest parts of the day



AVOID

Alcohol and caffeine as they can make dehydration worse



BE COOL

Stay indoors and make use of fans and air-conditioners



CHECK ON OTHERS

Including children, elderly, people with medical conditions and pets!



DRESS DOWN

Wear lightweight clothing and use sun screen



SEEK SHADE

When outside



Welcome HOME

A very warm welcome to our
newest tenants:

Donalda Lepp in suite 305

Mary Brandt in suite 211

We are so glad that you are here!



Wishing you a very happy Canada Day! May we continue to learn from our past, embrace our present, and build a brighter future for all. Here's to another year of celebrating the incredible people, places, and spirit of Canada!

Please note that the Admin and Finance offices will be closed on Tuesday, July 1st in celebration of Canada Day.

HAPPY CANADA DAY





IMPORTANT

ATTENTION
PLEASE

In preparation for the Assiniboine College LPN program, all of the tables and chairs need to be removed from the basement multipurpose room before the beginning of August. As such, the **basement multipurpose room will no longer be available to rent as of July 1st**. We apologize for any inconvenience.

REMINDER



Closed

The Admin office will be closed Monday June 30th, to Friday July 4th. We will reopen on Monday July 7th at 9:00am.



Float Friday!

Friday July 25th at 2:30pm. Come and enjoy a refreshing ice cream float by the gazebo.



Kel's Travels:

Monday, July 21st at 2:30pm

Come and hear all about Kel's recent 21 day trip to Europe. See his photos and hear all about his time in Belgium, Amsterdam, Germany & France!



Please remember to bring your own coffee/tea to Coffee & Connect on **Tuesday July 1st and Thursday July 3rd**, as Helen is away.



Due to the rising cost of food prices, the monthly **birthday party charge will increase from \$2.00 to \$3.00 per person as of July 1st 2025**. It will still remain free for those celebrating a birthday. We apologize for any inconvenience, and appreciate your understanding.



IMPORTANT!



Come and enjoy some back yard games at the gazebo! **July 16th and 29th at 2:30pm**



Mini Golfing at La Broquerie Golf



Come and play a round of mini golf on Friday July 18th. Stick around afterwards and enjoy a coffee and a snack at Putter's Grill. Cost to golf is \$8 per person (tax included). We will meet at the golf course at 2:15pm. Please sign up if you are coming! Please plan to drive yourself, or ride with a friend!

Putter's 7
GRILL & MINI GOLF



Sign up to enjoy a delicious **Banana Split**

SIGN UP



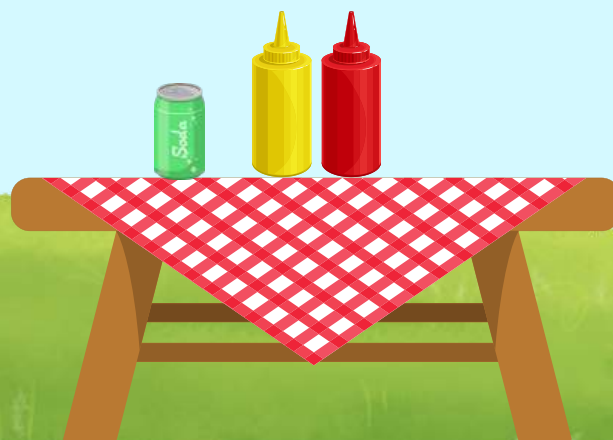
On **Wednesday July 30th at 2:30pm**, we will be having “build your own” banana splits in the **main MPR**. Start with bananas and vanilla ice cream, then build your own creation with whipped cream, nuts, cherries, and all sorts of delicious toppings to choose from! **\$4.00** per person. **You must sign up if you would like to be included please!**



Hot Dog BBQ

SIGN UP!

Come out to the gazebo on **Thursday July 10th at 2:30pm!** For **\$5 per person**, you will get a hotdog, bag of chips and a can of pop. **Don't forget to sign up so that I can make sure I have enough for you!** Hope to see you there!





HAPPY BIRTHDAY

Donalda Lepp - 6th
Deborah Harris - 7th
Clarence Dyck - 9th
Fran Harms - 11th
Gladys Boitson - 15th
Nettie Plett - 16th
Mary Loewen - 19th
Jake Friesen - 24th
Marie Friesen - 28th
June Moyle - 29th
Mary Koop - 31st

Please join us for a Birthday party, with cake and coffee on **Monday, July 28th at 2:30pm! \$3.00 per person**, free for those celebrating a birthday in July. Please sign up if you're coming, and be sure to bring your own mug!

From the Chaplain's Desk:

In Matthew 14 we read about Jesus inviting Peter to step out onto the water. Though the walk went well at first, Peter's gaze was soon distracted by the storm around him. As the waves rolled in, Peter's faith went down and he plunged into the water. As he sank into the sea, though, he called out to the only one who could save him, and soon he felt the strong grip of the Lord's hand pulling him back up.

"Why did you doubt?" Jesus asked Peter.

Why indeed? Would we have acted any differently had we had been in Peter's place? If it was us drenched by the rain and blown by the wind, would our faith have stood the test of that storm? It's one thing to read about something that has happened to someone else, but an entirely different thing to have been the one experiencing it firsthand.

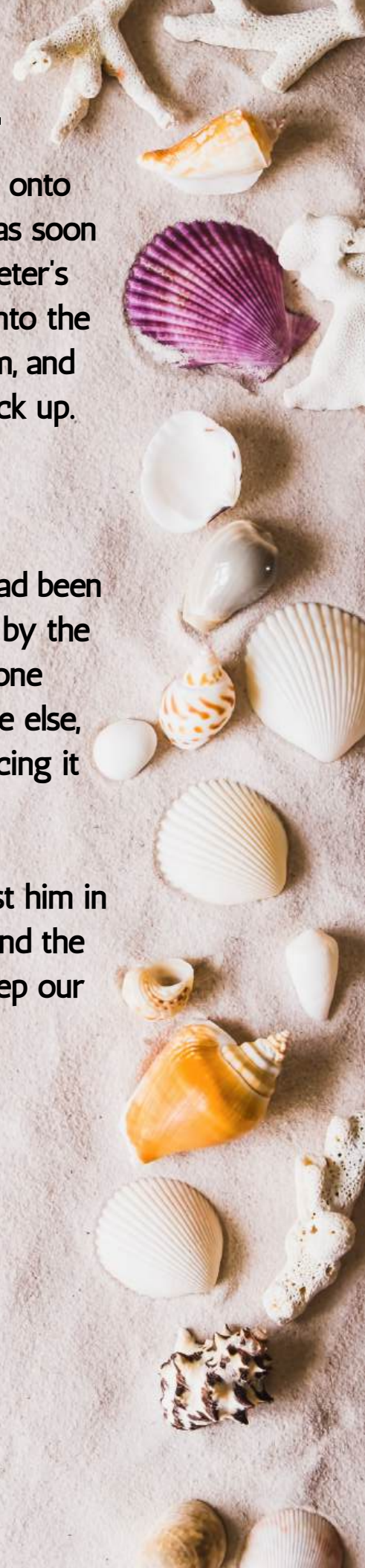
The tests of life will come but the Lord encourages us to trust him in those hard times. So, when the winds of life are blowing us and the waves are rising, let's not get distracted by the waves but keep our eyes on the Lord.

Russell Carter penned the words of the song,

Standing on the promises that cannot fail,
When the howling storms of doubt and fear assail,
By the living Word of God, I shall prevail,
Standing on the promises of God.

May the Lord bless you and keep you.

Peter Berg, Chaplain





CANADA DAY

WORD SCRAMBLE

EOGSO

EMPLA

ORKSFEIRW

IEOCRPNV

NICIPC

WEIHT

ATEMRNALIP

TBCEELAER

TARPY

DRE

LECSASOR

ANDCAA

BVAERE

OWTAAT

JUYL

YCOKEH

FAGL

EPARAD

