

WOODHAVEN NEWSLETTER



Tenant Resource
Coordinator

Helen Hutt

204-346-1501

hhutt@havengroup.ca

Director of Housing

Michael Obviar

204-326-2002

mobviar@havengroup.ca

**OCTOBER
2025**



Happy National Seniors Day!

Wednesday, October 1st

Today, we pause with deep gratitude and love to celebrate National Seniors Day — a special moment to honour the incredible seniors who enrich our lives and communities across Canada. Their wisdom, kindness, and resilience are the foundations upon which our families and society stand. We celebrate their stories, their strength, and the countless ways they inspire us every day. To all of our cherished seniors: thank you for your love, your guidance, and the legacy you continue to build.

You are deeply valued, warmly appreciated, and forever loved!

Check your mailbox
today for a small gift
from Helen!





Please note that the Admin and Finance offices will be **closed on Monday, October 13th** for Thanksgiving.

Whatever is beautiful, whatever is meaningful, whatever brings you happiness, may it be yours this holiday season and throughout the coming year! From me and my family to you and yours: **Happy Thanksgiving!**



You're Invited to
Woodhaven's 2nd Annual:

FRIENDSGIVING

Potluck Supper!




On **Friday October 10th** at
5:00pm, lets share a
potluck style Thanksgiving
supper as friends and
neighbours - **"Happy
Friendsgiving!"** Please
bring some of your
favourite fall foods to share
with everyone. Let's eat,
drink, and be thankful!
**Please sign up to be
included.** Drinks will be
provided. See you there!

The Grateful Tree

*For the month of October
the "Grateful Tree" will be
back again in the lobby!
Please feel free to take a
moment and write down
some things that you are
grateful for, and hang
them on the tree!*






Woodhaven's 2nd Annual: Cook-Off!

**Wednesday, October 22nd
at 3:00pm**

Last year we did the chilli cook-off...this year it's soup! How it works: Everyone can participate in the cook-off, either as a contestant, or as a judge! If you'd like to be a contestant: sign up, make a pot of your very best soup and enter it into the cook-off to be tasted and judged! You will also get to taste your fellow contestant's soup! If you would like to be a judge: sign up, bring \$2 and your appetite! You must sign up to be included! Drinks and crackers will be provided! Best tasting soup wins a prize, and bragging rights! Who will be the first Woodhaven Soup Cook-off Champion?



Get your

SEASONAL FLU SHOT!

WHEN:

Monday, 20 October 2025
From 2:15pm to 4:00pm

WHERE:

Woodhaven Manor
Main Floor Lounge



High Dose Influenza, Regular Dose
Influenza, COVID-19, and Pneumococcal
Vaccines Available!



Please see Helen for consent forms

With physicians from:



If you are planning to book the main floor lounge for a gathering during the Christmas season, please be sure to make your reservation with Alison as soon as possible! Now that we no longer have access to the basement lounge, the upstairs rentals will fill up quickly!



Come and play
Wheel of Fortune on
**Tuesday October
28th at 2:30pm.**



The Barkmans will be here with their bake sale on
**Thursday October 9th at
2:30pm.** Be sure to come
down and take a look!



Please note that
Helen will be off for
the day on
**Monday,
October 6.** If you
need any assistance,
please call or see
Alison in the office!



Come for pie and coffee
on **Friday October 31st** at
2:30pm. Cost is **\$3.00**
per person. **Please sign**
up to be included!



Jesus Is Lord
Steinbach singing
group will be here
again on
Saturday October
18th at 2:00pm.
Don't miss it!

Let's get creative! Come for a painting
tutorial with Debi van Duin on
Wednesday October 1st at 2:30pm.
Cost is **\$5 per person**, and all supplies
will be provided! Please make sure you
sign up if you would like to attend!





From The Chaplain's Desk:

"O give thanks unto the Lord, for he is good: for his mercy endureth for ever." Psalm 107:1

What do you think about at Thanksgiving? Turkey and stuffing, mashed potatoes and gravy? A cornucopia filled with garden produce? A picture of the Mayflower, bringing pilgrims to the New World? Whatever comes to mind, one theme remains-it is a time to give thanks.

Perhaps life has been difficult and the giving of thanks isn't easy. The Psalms also include many laments such as Psalm 22:1, where David writes, "My God, my God, why hast thou forsaken me? Why art thou so far from helping me...?"

Jesus quoted this same verse as he hung on the cross, (Matthew 27:46).


In Psalm 55:6, David writes, "Oh that I had wings like a dove! For then would I fly away, and be at rest". Do we sometimes feel like that? Just running away from our problems? The fact is that problems tend to stay, waiting for us to deal with them.

Though God doesn't promise us an easy life, He does promise to be with us through the hard times. Isaiah 61:3 assures us that by His Spirit, God gives us "...beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness..."

There is something beneficial about the giving of thanks that helps to shift our focus away from our problems. University research demonstrates the benefit of giving thanks in that people are more optimistic and even have less visits to the doctor! In one study people were asked to write a letter of gratitude to someone else and these had the highest gain in happiness scores (Harvard Health article on giving thanks).

Let's continue on through life with thanksgiving, remembering to focus on the Lord and the blessings he continues to give.

Peter Berg, Chaplain



Madeline Reimer - 1
Betty Reimer - 7
Kel Loewen - 11
Sarah Sobering - 13
Evelyn Humeniuk - 14
Mary Anne Reimer - 15
John E. Friesen - 21
Ingrid Neufeld - 22
Evelyn Goertzen - 22
Elda Loeppky - 23
Anne Friesen - 28

Happy birthday

Please join us for a birthday party on **Monday, October 27th at 2:30pm** in the main MPR. \$3 per person, free for those celebrating a birthday in October! Don't forget to sign up if you would like to attend, and please be sure to bring your own mug!

FALL WORD SEARCH

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

ACORN

APPLE

BONFIRE

BRISK

CHILLY

CIDER

CRISP

EQUINOX

FESTIVAL

FOLIAGE

FOOTBALL

FROST

HARVEST

HAYSTACK

HEATER

LEAVES

ORANGE

PINE CONE

PUMPKIN

RAKE

SCHOOL

SEASON

SQUASH

SWEATER