



Fernwood Newsletter



OCTOBER 2024



“Let Our Lives Be Full of Both Thanks and Giving.”



LINA SPROULE 204-380-4462

Michael Obviar
steinbachhousing.com

204-326-2002



UPCOMING PROGRAMS

Exercise every
Monday,
Wednesday and
Friday in the
basement at 9:30
am



October 5, @ 7 pm
Low German Group

Tuesdays Schedule

Chapel at 10:00 am
Bible Study
at 10:30 am
Everyone welcome.



Bingo at 2 pm

Music with John Penner
on Tuesday, October 8th &
October 22nd.
At 7 pm
Everyone welcome.

Bake Sale

**Grunthal Bake
Sale**

**Oct 2nd & Oct 28th
@ 10 am**



**Barkman Bake
Sale**

**October 24th
@ 2 - 4:30 pm**

Thursday, October 3rd Summerfeld Youth @ 7 pm

Coffee time every
Thursday
@ 9:30 am



*Music Family-Singers
Tuesday, Oct. 15th @ 7pm
Sing-along - Thursday,
Oct. 10th, Oct 17th & Oct. 24th @ 10:30*

October

Communion - Wednesday

Perogy Sale w/Marcia
October 9th,
@ 10:30 - 11:30am MPR

October 25th
@ 10:30 am
with Pastor
Perry



Agape House
presentation
on Elder
Abuse.
Wednesday,
Oct. 23rd
@ 10:00 am
MPR

Halloween Coffee Time:
Thursday, October 31 @ 9:30
Snacks and coffee will be
provided. You're encouraged
to come "dressed up".
(Perhaps a fancy outfit, costume,
a nice or unique hat.)



Pearl's Bake
Sale
Wednesday,
October 9th
@ 10:30 am
MPR

"The earth has
yielded its harvest.
God, our God, blesses
us."

Psalm 67:6



**HAPPY
THANKS
GIVING**

**Office and Kitchen
will be CLOSED
for Thanksgiving
Monday, October 14th.**



Come and Celebrate



**We will celebrate
Thanksgiving in the MPR
with Pie and Coffee.
Friday, October 11 @ 2 pm
Sign-up required. \$2**

**OCTOBER
BIRTHDAYS**

- 1 - Mary Lou Adams**
- 1 - Jeannette Delaurier**
- 1 - Deby Kehler**
- 4 - Vivian Wiggins**
- 5 - Lydia Kliewer**
- 5 - Vera Friesen**
- 15 - Olga Maleski**
- 16 - Myrtle Esau**
- 22 - Matilda Kehler**
- 26 - Jeannette Styve**
- 31 - Helen Henderson**



**Wed. Oct. 16 @ 2 pm. October birthdays no
charge everyone else \$2. Please sign up.**

Photo Directory Update

If you would like to have your photo taken or retaken for the photo directory please let Lina in the TRC office know. We would love to have everyone's photo included in our directory!

Photos will be taken October 7-11. Please call the TRC office at 204-380-4462 to arrange a time for your photo to be taken.

Updated directories will be available starting November 1. You may purchase one for an initial, one-time cost of \$10. Those who already have a directory may bring their old directory to the TRC office and have the pages replaced for free!



**Mens Breakfast
Thursday, October 17th @ 8:30
am in the MPR.
\$7 Sign up required.**

**Special Service will be held on
Tuesday,
October 8th at 10 am.
We will have Communion
during morning Chapel and no
Bible Study that morning.**



UPCOMING FLU SHOT CLINIC

We are thankful to once again host a flu shot clinic here at Fernwood.



**Friday, October 18
1 - 5 pm**

Consent forms will be handed out 2 weeks prior to the clinic. **Please make sure the forms are filled out prior to coming to the clinic. If you need assistance with filling it out, please see Lina in the TRC office ahead of time.** There may not be assistance available to help fill them out the morning of.

To help with order and efficiency, each floor will be allotted a specific time slot on that morning to come down to the clinic. Details will be posted on the bulletin boards closer to the clinic date.

Room Booking Reminder

Remember, all room bookings can be done with Lina in the TRC office. When booking a room, please remember to bring a refundable deposit to confirm your booking. (\$20 deposit for MPR and Craft Room and a \$50 deposit for guest suite)



'60 Music with
Joe Draude
Wednesday,
October 30th
@ 2 pm



Jake Epp
Book Mobile
Friday, Oct 4th
@ 2 pm

Nutrition Information for the Elderly

Nutritional needs for the elderly are much more important than any other life stage. This is due to health issues and physical limitations. Poor nutrition occurs in fifteen-fifty % of the elderly population. The following nutrients are essential for healthy living.



Calcium:



Regular doses of calcium can help to slow age related bone loss, which can lead to osteoporosis and bone fractures. Milk and dairy products are the main sources of calcium. These include milk, cheese, yoghurt, green leafy vegetables, soy products, fish and nuts.

Fibre:



A high fibre diet allows the elderly to stay regular and fuller for longer. Fibre is found in foods such as wholemeal grain bread, potatoes, wholemeal pasta, wholemeal breakfast cereals, beans, lentils, peas, vegetables and nuts and seeds.



Vitamin D:

Vitamin d helps the body absorb calcium. It does so by helping the body absorb calcium (one of bone's main building blocks) from food and supplements. People who get too little vitamin D may develop soft, thin, and brittle bones, a condition known as rickets in children and osteoporosis in adults.



PUMPKIN

CARVING/ PAINTING

FRIDAY, OCTOBER 25 @ 2PM

Cost: \$3 Sign up required.





We are looking for a licensed
 hairdresser for
 Cedarwood and Parkview.
 If you are interested or know
 of someone that
 would like to do this, please
 contact Michael
 @204-326-2002



Mani & Pedi with Irene -
For an appointment please
contact Lina @ 204-380-4462



To Fernwood

Gerard Toews # 107
Frieda Friesen # 504
Hannelore Vogt # 528



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Chef in the House

For an order form or ordering, please contact Lina @ 204-380-4462
Next drop-off is Oct. 21

Thanksgiving Observance

Count your blessings instead of your crosses;
Count your gains instead of your losses.
Count your joys instead of your woes;
Count your friends instead of your foes.
Count your smiles instead of your tears;
Count your courage instead of your fears.
Count your full years instead of your lean;
Count your kind deeds instead of your mean.
Count your health instead of your wealth;
Count on God instead of yourself.

Author Unknown

Trick or Treat

Thursday, October 31st at 7 pm by the front doors.

Invite the grand/great grandchildren in your life to come to Fernwood to show off their costumes and receive a treat. Some treats will be provided, but we encourage you to stock up if you like!

From the Chaplains Desk

October is a Month where we Celebrate "Thanksgiving"

**"Give thanks to the Lord, for he is good. His love endures forever.
Give thanks to the God of gods. His love endures forever.
Give thanks to the Lord of lords: His love endures forever.
to him who alone does great wonders, His love endures forever". Psalms
136:1- 4 (NIV)**

"Give thanks in all circumstances" 1 Thessalonians 5:18 (NIV).

"Give thanks to the Lord, for he is good ". We are truly blessed to be able to live in one of the best countries in the world. The four beautiful Seasons that we can enjoy. We look back and see that our summer is coming to an end, the Harvest is almost done and Autumn is here, we see the change in our trees, the beautiful colours are starting to show and the leaves are falling to the ground and soon it will be covered white in snow. In the beginning of summer we enjoyed seeing how everything came back to life with the beautiful flowers and the green grass, the Lush green fields and now a great harvest.

Thanksgiving is just around the corner, and so I've been thinking about gratitude a lot lately. What is it? When should we show it? What does God say about it? Paul wrote to the Thessalonians, "Give thanks in all circumstances" (1 Thessalonians 5:18). Most read that verse and think it is rather nice. Notice the Bible doesn't command us to feel thankful in all circumstances. Instead it commands us to "give thanks in all circumstances." When we begin to praise God in a difficult situation, even if we don't feel like it, many times our outlook changes and we see glimpses of His glory.

As you praise God for who He is and thank Him for what He's done and is doing, your perspective of Him grows larger and your problems grow smaller. As a result, you will experience a deeper sense of intimacy with God as the emotional gap between what you know to be true and how you feel at the moment closes.

Let's Pray: Dear Lord, I praise Your Name. I exalt Your Name forever. Even though I may not understand what is going on in my life, I trust that You are good and Your plans are good. In Jesus' Name, Amen.

John Hildebrand, Chaplain 204-326-2547 email: chaplainshi@gmail.com

***** Make a list of 10 things that you are thankful for and share it with someone.**



OCTOBER 2024

FERNWOOD EVENTS



S M T W T F S



Office Closed

1
10:00am Chapel
10:30am Bible Study
2:00pm Bingo

2
9:30am Exercises
10:00am Grunthal Bakery

3
9:30am Coffee Time
7:00pm Sommerfeld Youth

4
9:30am Exercises
2:00pm Book Mobile

5
7:00pm Low German Group

6
10:00 am Sunday Service
Steinbach CMC

7
9:30am Exercises

8
10:00am Chapel/ Communion
2:00pm Bingo
7:00pm- John Penner Music

9
9:30am Exercises
10:30am Perogy Sale
10:30am Pearl's Bake Sale

10
9:30am Coffee Time
10:30am Sing-a-long
7:00pm Mitchell Sing along

11
9:30am Exercises
2:00pm Coffee and Pie



13
10:00 am Sunday Service
Bill Kehler

Office Closed

15
10:00am Chapel
10:30am Bible Study
2:00pm Bingo
7:00pm- Music Family Singers

16
9:30am Exercises
2:00pm Birthday Party

17
8:30am Mens Breakfast
2:00pm Coffee Time

18
9:30am Exercises
1 - 5pm Flu Shot Clinic

19

20
10:00 am Sunday Service
Jake & Helen Harder

21
9:30am Exercises

22
10:00am Chapel
10:30am Bible Study
2:00pm Bingo
7:00pm- John Penner Music

23
9:30am Exercises
10:00am Elder Abuse w/Agape House

24
9:30am Coffee Time
10:30am Sing-a-long
2:30-4:30pm Barkman Bake Sale

25
9:30am Exercises
2:00pm Pumpkin Carving/ painting

26
"It is not how much we have, but how much we enjoy, that makes happiness"

27
10:00 am Sunday Service
Jerry Falk

28
9:30am Exercises
10:00am Grunthal Bakery

29
10:00am Chapel
10:30am Bible Study
2:00pm Bingo

30
9:30am Exercises
10:30am Communion
2:00pm 60's Music with Joe Draude

31
9:30am Coffee Time
Dress-up Party
7:00pm- Trick or Treat

"Gratitude is what you feel. Thanksgiving is what you do."



**"Give Thanks to the Lord, for He is good; His love endures forever."
1 Chronicles 16:34**