

Steinbach Housing

# Fernwood News

NOVEMBER 2022

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**Katherine Bergen**  
204-380-4462

**MICHAEL OBVIAR**  
204-326-2002



[steinbachhousing.com](http://steinbachhousing.com)

# NOVEMBER BIRTHDAYS

- |                         |                        |
|-------------------------|------------------------|
| 2 - Peter Harms         | 24 - Agatha Kauenhofen |
| 6 - David Hiebert       | 20 - Eva Kehler        |
| 7 - Flora Schalla       | 26 - Katherine Martens |
| 9 - Evelyn Enns         | 26 - Olga Goossen      |
| 9 - Edgar Cooper        | 28 - Mona Bekiaris     |
| 10 - Martha Fehr        |                        |
| 19 - Esther Falk        |                        |
| 22 - Diedrich Schroeder |                        |

## Birthday Celebration

Wednesday, November, 30th at  
2pm in the MPR.

Sign up is required.

Please sign up by

Tuesday, November 29th at  
4pm by the main floor elevators.



**\$2 cupcake and  
coffee**

There is no charge if your  
birthday is in November,  
but please sign up to make  
sure we reserve a cupcake  
for you!

## New Tenant

- ◆ Jeannette Bourcier 408



# Worship



## Bible Study

**Every Friday at 10:30am in the craft room**

Bible study is in full swing every Friday. Gather together in fellowship with others in the building.

## Sunday Service

**Every Sunday at 10am in the MPR**

All are welcome and encouraged to attend the Sunday Church service in the MPR. The Sunday service is hosted by a new group each week. Check the bulletin boards for more details

## Chapel

**Every Tuesday at 10 am in the MPR**

Come join the praise and worship in Chapel with your fellow neighbours. All are welcome and encouraged to come hear the word of God through Scot the Chaplin.

# Food & Beverage



## Breakfast Potluck

**Wednesday, November 23rd at 9:30 am in the MPR**

Bring some food to share or pay a \$2 fee and join the breakfast potluck

## Coffee Time

**Every Thursday at 9:30 am**

Enjoy the company of others while enjoying a hot cup of coffee or tea every Thursday morning in the MPR .

## Breakfast \$4.00

Continental style breakfast/Brunch Nov.9th

- |             |         |
|-------------|---------|
| Oatmeal     | Fruit   |
| Toast       | Yogurt  |
| Muffins     | Granola |
| Boiled Eggs | Coffee  |

\*Please keep an eye out for the sign up sheet.

# Crafting



## Coffee & Craft Corner

**Every Monday in November at 10am in the MPR**

Come and enjoy a hot cup of coffee and the company of others! You can bring your own colouring, craft or project that you're working on! Colouring pages and markers/pencil crayons will be provided.

## Canvas Paint

**Friday, November 18th at 2pm in the MPR**

Come and paint with a step by step how to on canvas. All supplies will be provided as well as instructions for a holiday painting. Check the bulletin board for sign up. The cost is \$5.00 per person

## Jewelry Making

**Monday, November 23rd in the MPR**

Get creative with jewelry making. Make a custom piece for yourself or a gift for someone else. Whoever you make it for come out and have fun. Keep your eye out for the sign up sheet on the main bulletin board.

# Wellness



## Book Mobile

**Friday, November 4th at 2pm in the MPR**

**Book Mobile** is back! Jackie from Jake Epp Library will be setting up in the MPR at 2pm so come browse their selection and check a book or two out!

## Nails & Reflexology

**Tuesday, November 8th at 1:30pm in the salon**

Becky will be here to provide nail care and reflexology for those who have made an appointment Call the TRC office to book an appointment at 204-380-4462. First come first served appointments.

## Massage

**Monday, November 14th in the salon**

Bailey is a registered massage therapist who is here once a month to offer one hour and half hour massages. Cost-\$99.00 for the hour and \$50.00 for the half hour of relaxation. Appointments can be made in the TRC office. First come first served.

# Fitness



## Exercise

**Monday, Wednesday, Friday**

Join us three times a week with our seated, low impact exercises. All are welcome and encouraged to join the group to get moving and stay active.

## Zumba

**Thursday, November 10th at 2pm in the MPR**

Come out and try Zumba chair fitness. Dance to the music in the comfort of your chair in this combination workout/dance class.

# Games

## Bingo

**Every Tuesday at 2pm in the MPR**

Join us in the MPR for a full hour of Bingo games and prizes. All are welcome and encouraged to join in the fun!

## Crokinole

**Monday, November 7th, 21st at 2pm in the Library**

Try your hand at Crokinole. Play in pairs or one on one. Come join in the laughter and fun with a bit of friendly competition.

# Presentations



## Hearing Life Presentation

**Wednesday, November 16th at 2pm in the MPR**

Learn to love your ears again during this hearing life presentation. Hearing aids, hearing care, and hearing accessories will all be discussed so bring any questions you have for the professionals.

## MCC Engagement

**Thursday, November 17th at 2pm in the MPR**

Come learn about what the MCC is doing in your community and around the globe with this MCC engagement session

# Shopping



## Cheryl's Shopping Bag

**Wednesday, November 2nd at 11 am in the MPR**

Come do some shopping in the comfort of the MPR. Cheryl will be setting up a variety of products from giftable items to snacks, decorations, household items, and so much more. You will not want to miss out.

## Barkman Bake sale

**Thursday, November 24th at 2pm in the MPR**

The Barkman's are back with a delicious selection of baked and canned goods. Come early to make your purchases, as these goodies always sell quick!



# Music



## Sing-a-long

**Thursday, November 3rd, 10th, 24th at 10:30am in the MPR**

The Sing-Song group meets Thursday mornings after coffee time to enjoy group singing. Join in the musical fun and sing along to your favourites!

## John Penner

November 8th & 22nd  
in the MPR at 7pm

## George Barkman

Friday, November 18th at  
7pm in the MPR

## Earl & Lisa Wiens Duet

Friday, November 25th at 2pm  
in the MPR



# Volunteers Needed:

Safety checkers- Floor one, phase two

Sound system set up for evening programs and presentations

Musicians- Looking for instrumentals for the sing-a-long and Chapel on Tuesdays

## SAFETY PROCEDURES

Lets work together to keep our building safe. Here are measures you can take:

- Make sure entrance doors are closed behind you
- Never open a door to a stranger without identification
- if you see someone who appears suspicious report it to the office

## Be Scent Free

Personal hygiene and looking presentable is important however we encourage everyone to be aware of wearing scents/perfume during meal times or group activities.

Welcome! 

Ben Berg as our new evening and weekend maintenance on-call person! He can be reached at 204-346-3171 or 204-381-3236

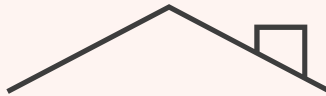
## Take Note:



## Time Change

**NOVEMBER 6th**

Remember to set your clocks an hour back before you go to bed on Saturday, November 5th!



**Supportive Housing is an option for people who are unable to live independently in their home but are not ready to move into a Personal Care Home, it is an excellent choice for people who require 24-hour support and care. This program provides assistance for people with physical limitations and ongoing health conditions. Tenants receive support and non-medical assistance with activities involved in daily living such as hygiene, dressing, medication reminders, and recreational activities.**

**Amenities included are: Three (3) meals per day plus snacks, daily housekeeping, weekly laundry, daily garbage collection, assistance with daily living needs through the home care program, complementary Wi-Fi in common areas, courtyard, scheduled leisure programming, hair salon and foot care services (additional fees apply), utilities includes, 24 hour secured building, smoke free environment.**

To book a tour, contact Michael Obviar at 204-326-2002.

# FROM THE CHAPLAINS DESK



*"Conduct yourselves honourably among the pagans, so that in cases where they speak against you as 'those who do what is evil' they will, by observing your good works, glorify God on the Day of Visitation."*

1 Peter 2:12.

In the earliest days of the faith, the Church faced constant opposition, pressure, and persecution from the pagan cultures around it, be they Roman or Greek. Roman emperors like Decius persecuted the Church with violence and martyrdom. Others, like Valerian, simply legislated against them, making civic life incredibly difficult. Christians were seen as a strange Jewish cult, one which was dangerous to the lifestyle of the empire, a lifestyle which included worship of many gods, rampant sexual immorality, and a might-makes-right attitude towards others. Christians, by speaking of love and chastity, of worshipping only one God, of caring for the poor and forgiving enemies, were seen as a threat to the social order. They were strange, to be persecuted and cleared away. And yet...

The Church grew in its first three hundred years at a rate of about 40% per decade. That's a huge percentage of the population becoming Christian every year, until in 313 AD the emperor Constantine himself became a Christian and granted religious freedom to the empire. Why?

Because Christians lived what Peter said in the passage above. The moral beauty of the Christian life and their outreaching, all-encompassing love for one another and those around them (particularly the most vulnerable in society) had a deep effect on Roman culture. They were people transformed by the Gospel of Christ who likewise went out and transformed their world, starting hospitals, adopting abandoned babies, feeding the hungry, and living lives of impeccable purity. That Gospel way of life changed the world in the first three centuries. It can do so again in our day and any

*-Scot Moir*