

From The Chaplain's Desk

Monthly Newsletter Devotional – November: "True Freedom Through Christ" Bible Verse: "So if the Son sets you free, you will be free indeed." John 8:36 (NIV)

As we step into the month of November, we reflect on a season rich with meaning.

October has passed—a month when we took time to give thanks for the many blessings

God has poured into our lives. Now, in November, our hearts turn toward remembrance.

We honor the brave men and women who gave their lives so that we might live in freedom.

Their sacrifice reminds us that true freedom always comes at a cost.

Yet, even as we remember their courage, we are reminded of a far greater sacrifice—the one made by Jesus Christ. Through His death and resurrection, we have been set free from the bondage of sin and death. The freedom we enjoy in our nations is precious, but the freedom we receive in Christ is eternal.

As we pause this month to give thanks and to remember, let's also look forward with hope. Let us live as people who have been set free—free to love, to serve, to forgive, and to shine the light of Jesus in a world that desperately needs Him.

May this November be a month of gratitude, remembrance, and renewed faith in the One who gave His life so that we could truly live.

Prayer: Lord Jesus, thank You for the freedom I have in You. Help me to remember those who have sacrificed for our earthly freedom, and to never forget the price You paid for my eternal freedom. Teach me to walk in gratitude and to live each day as a reflection of Your love. In the Holy Name of Jesus, I pray. Amen.

"Lest We Forget" (Author unknown)

They stood for freedom, brave and true, Their blood the price for me and you. Yet deeper still, on Calvary's hill, One bled to break death's power and will. We wear the poppy, bow the head —For soldiers fallen, tears we shed. But higher still our hearts arise, To Christ who conquered — sacrifice. Lest we forget the fields of pain, Lest we forget why mercy reigns. For every battle, grave, and loss — We still remember His red cross.

John Hildebrand, Chaplain. Fernwood Place and Linden Place Ph. 204-326-2547 email: chaplainshi@gmail.com

UPCOMING PROGRAMS

Worship Service

SUNDAYS at 9:00 am

November 2 - Jim Harms

November 9 - Bill Froese

November 16 - Calvin Hiebert

November 23 - Church of God

November 30 - Pansy Chapel





CHAPEL
at 10:00
Bible Study
at 10:30
WEDNESDAYS WITH
CHAPLAIN JOHN HILDEBRAND

Mysichy:
Phillip and Cathy Penner

NOVEMBER BIRTHDAY

Nov. 2 Jeffrey Guenther #302

Nov. 7 Robert Dyck #404

Nov. 8 Yolande Boisjoli #304

BIRTHDAY PARTY November 12 at 1:30 pm



COFFEE TIME

MONDAYS at 10:00 am

Come relax, chat, and enjoy a warm cup together.





CHAIR EXERCISE CLASS

TUESDAYS AND THURSDAYS at 9:30 am

Looking for gentle way to move and stretch? Come and join us--everyone is welcome!

BINGO

Tuesdays at 1pm

Join us for an afternoon of fun, laughter, and prizes!





Gospel Fellowship Youth Game Night

Thursday, November 6 AT 7:15 PM

Get ready for a fun filled evening of laughter and friendly competition!

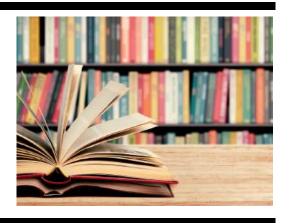
Everyone is welcome!

BOOK MOBILE

FRIDAY, NOVEMBER 7 at 1:00 pm

Come and enjoy a wide selection of books, magazines and e-books for everyone to explore!

from Jake Epp Library





Let's Go <u>BOWLING</u>

MONDAY, NOVEMBER 10 at 2:00 pm

Come for a fun afternoon of Bowling!



SING-ALONG

Thursday, November 13 at 2:00 pm

Come and enjoy a lively sing-along afternoon together

NAIL PAINTING

with Amy

Monday, November 3 & 17 at 2:00 pm

Join us for a relaxing afternoon of nail painting, laughter, and good company.

Bring your favorite nail polish if you'd like!





MOVIE TIME

Wednesday, November 19 at 1:30 pm

Join us for a relaxing afternoon of movie!

ABBY'S CORNER

Wednesday, November 6 & 20 at 10:00 am

Join Abby for coffee and conversation





LUNCH POTLUCK

Wednesday, November 26

at 12:00 noon Join us and bring dish to share--come and connect!

ENTERTAINMENT AT LINDEN:

VFCG MITCHELL

YOUTH GROUP

Wednesday, November 5 at 6:30 pm Sunday, November 23 at 2:00 pm





"IN HIS SERVICE"

GIESBRECHT FAMILY SINGERS

Tuesday, November 11 at 7:00 pm

MUSIC OF JAKE AND HELEN HARDER

THURSDAY, NOVEMBER 20 AT 2:00 PM





JOE DRAUDE 60's, 70's & 80's Music

Monday, November 24 at 2:00 pm

Steinbach Mennonite Handbelles

MONDAY, NOVEMBER 24 AT 7:45 PM



DAYLIGHT SAVING TIME

ends on Sunday, November 2, 2025 at 2 am.

Clocks will "fall back" one hour to 1 am resulting in an extra hour of sleep and earlier sunrises

HEALTH AND SAFETY TIPS FOR SENIORS

Dress for the cooler weather

The autumn months are all about layering. Don't store your lighter clothing just yet but wear them underneath your sweaters and jackets.

You might be enjoying the cooler weather and breeze now, but please make sure that you are properly attired when you go out - remember that older adults are more prone to hypothermia.

Make sure you are prepared for the upcoming months with lots of layered, loose-fitting clothing, mittens, and a hat. Get rid of any outdated or worn-out items and replace them with fresh ones.

Store enough blankets around, as they can keep you warm and cozy, especially on chilly nights.

When it comes to your footwear, it is best to use non-skid boots and shoes with lots of traction in wet and rainy conditions.

Boost up your immunity

Illnesses become more frequent and more severe during the cold season.

Washing your hands frequently and thoroughly is one of the best ways to keep yourself healthy. The Centers for Disease Control advise hand washing for 20 seconds under clean, flowing water while using soap. Wet, scrub, lather, rinse, and dry.

In the absence of soap and water, you can use hand sanitizers, alcohol, antibacterial wet wipes, etc.

Keep yourself hydrated- though you may feel less thirsty during the cold season, you still need to drink at least 8 glasses of water a day. Remind yourself to take regular sips of water, every hour or half hour.

Ward off serious cases of flu by getting the annual flu vaccine- and encourage your family members to get their vaccination too, especially if they are more advanced in age.

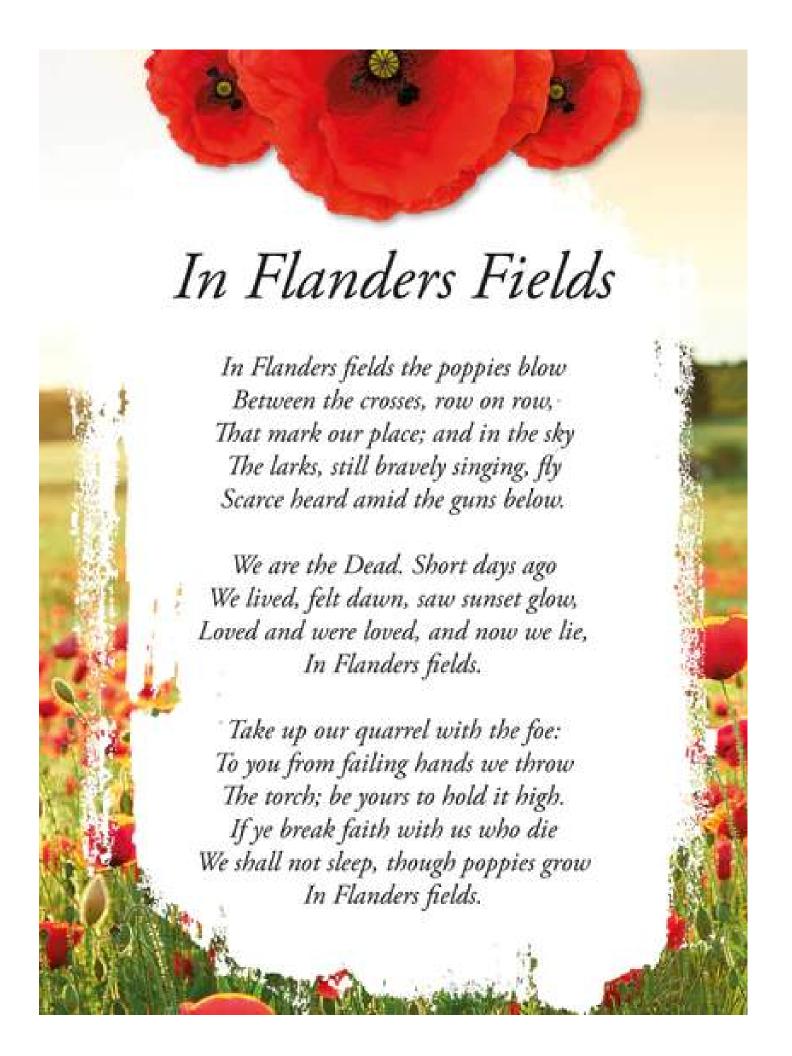
The flu vaccine is especially important because of the Covid-19 pandemic, as a flu vaccine can reduce the severity of infection.

Exercise and eat healthy

There are many ways to stay active and involved during the cold season. The trick is to incorporate them into your everyday living simply and you will feel amazing!

Take time to do mild to moderate exercises, such as yoga, walking, or stretching- to lessen your risk of falling ill during these colder months. Exercise also promotes strong muscles and healthy joints, which helps reduce the likelihood of falling.

Enjoy staying active! Our exercise room is open to all tenants, and you're invited to join our chair exercise class every Tuesday and Thursday at 9:30 am in the MPR.



REMEMBRANCE DAY WORD SEARCH

Solve the following puzzle by finding all the hidden words!

| S | P | P | S | Α | C | R | 1 | F | 1 | C | E | E | Ε | T | M |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 0 | 1 | Ε | L | 0 | S | Α | R | М | 1 | S | T | 1 | C | E |
| L | Р | 0 | Ε | М | М | C | R | 0 | S | S | Е | S | R | F | M |
| E | P | 0 | Р | W | 0 | М | Н | 0 | Α | Υ | Α | 0 | S | 0 | Ε |
| N | 1 | 1 | 1 | 1 | 0 | Ε | R | S | W | R | W | R | R | S | M |
| C | Ε | R | R | Р | L | W | М | Ε | М | 0 | R | 1 | Α | L | W |
| E | S | C | 1 | I | Н | 0 | В | Т | М | 1 | Α | P | 0 | ٧ | P |
| Т | М | В | Т | E | 0 | R | Т | 1 | М | Α | S | Υ | М | P | A |
| R | S | Α | R | R | Α | L | F | S | 0 | R | S | | В | R | E |
| Α | C | 0 | 1 | ٧ | В | D | Α | М | Ε | Α | S | Α | Т | R | 0 |
| 0 | Ε | S | Ε | R | М | W | C | M | 1 | L | 1 | T | Α | R | Y |
| S | D | R | Α | W | R | Α | Т | L | S | Α | I | S | Ε | В | L |
| Н | Υ | R | S | 5 | Υ | R | 0 | Α | W | R | Е | Α | Т | Н | E |
| Υ | S | T | Р | S | Ε | R | W | L | R | 1 | Е | Α | Т | S | S |
| C | 0 | 1 | 1 | W | S | Α | D | R | Е | М | Е | М | В | Ε | R |
| R | - | Ε | S | 0 | L | D | 1 | Ε | R | S | Υ | В | C | Α | S |

| SOLDIERS | BRAVERY | REMEMBER | WORLD WAR |
|-----------|---------|-----------|-----------|
| HEROES | PILOTS | WREATH | MILITARY |
| MEMORIAL | SAILORS | CROSSES | POPPIES |
| ARMISTICE | ARMY | SACRIFICE | SILENCE |

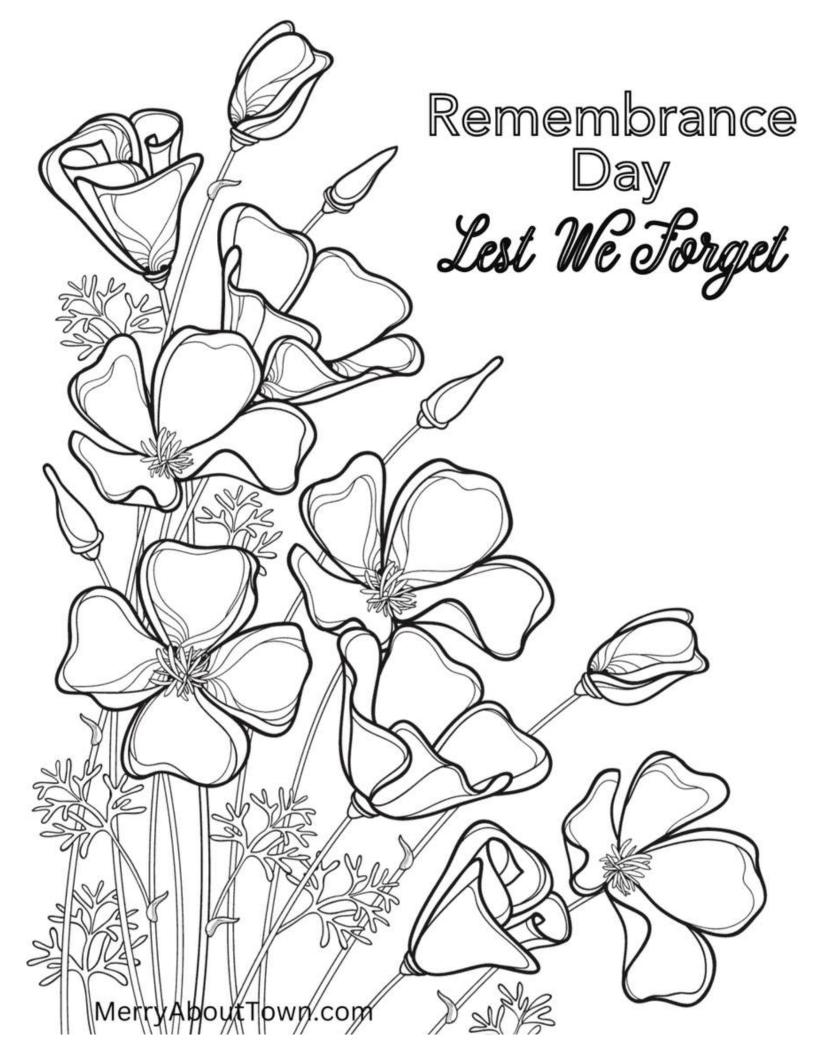


HFTPREMEMBRANCE
MDEZPOBEECAEPQF
WFNTFDCZGETLNWS
UCNTNNRELDUVUCR
YQJDEFIELDRRENE
MHCLMCVUBUERAID
XSIPQEVAQMERTKN
USDUNVYQEMEFNNA
MQITZERMOTHVSSL
ZAHUGUBNEDNBOAF
XIIEOEYVULAJRNJ
DCMNRSQBQNJMIOY
RUOBPOPPYDERGRC
IHHZRQNHUELTTAB
VPSUFTZREIDLOSM



BATTLE
CEREMONY
ELEVENTH
FIELD
FLANDERS
HONOUR
NOVEMBER

PEACE POPPY REMEMBER REMEMBRANCE SILENCE SOLDIER VETERAN



LINDEN EVENTS S W S M 1 remember we remember We we 9: 30 am 3 5 6 8 2 9 am: 10 am: 10 am: 10 am: **Chair Exercise Chapel Service** Coffee Time Chapel 12 pm: Chat with Abby (Jim Harms) 10:30 am **Group Lunch** 1 pm: 2 pm: **Bible Study** 12 pm: 1:00 pm: **Book Mobile** Nail **Group Lunch Paintings Bingo** 6:30pm: VFCG Mitchell Daylight Saving 7 pm: Time ends Youth **GFY Games Night** 9: 30 am 13 10 11 12 14 15 9 am: 10 am: 10 am: **Chair Exercise Chapel Service** Remembrance Day Chapel **Coffee Time** (Bill Froese) 10:30 am 12 pm: **Bible Study** 2 pm: **Group Lunch Bowling** 1:30 pm: 1:30 pm: Game **Birthday Party** Sing-along 7 pm: Giesbrecht **Family Singers** 22 17 9 am: 9: 30 am **18** 19 21 10 am: 10 pm: **Chair Exercise Chapel Service** 10 am: Chapel Chat with **Coffee Time** (Calvin Hiebert) 10:30 am 12 pm: Abby 2 pm: Bible Study **Group Lunch** Nail 12 pm: 1:00 pm: 1:30 pm: **Paintings Group Lunch Movie Time** 2 pm: Bingo VFCG Mitchell Youth 9: 30 am 9 am: 23 24 9: 30 am 25 26 29 27 28 10 am: 10 am: **Chapel Service Chair Exercise Chair Exercise** Coffee Time Chapel (Church of God) 10:30 am 12 pm: 2 pm: **Bible Study** 12 pm: **Group Lunch** Joe Draude 30 **Group Lunch** 12 pm: 9 am: 1:00 pm: 7:45 pm: **Potluck Lunch Chapel Service** Steinbach Bingo (Pansy Chapel) Mennonite Handbelles

NOVEMBER 2025

The Lord is close to the brokenhearted ans saved those who are crushed in spirit.