

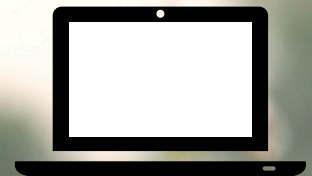


Fernwood
May
2026



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UPCOMING PROGRAMS

Exercise every
Monday,
Wednesday and
Friday in the
basement at
9:15 am



Monday,
May 18th the
Kitchen and Offices
will be
closed for
Victoria Day!

Tuesdays Schedule



Chapel time
at 10 am. MPR



Bingo at 2 pm

Music with John Penner
on Tuesdays,
May 12th & May 26th
at 7 pm
Everyone welcome.

Grunthal Bake Shop
Thursday, May 14th
@ 10 am



Barkman Bake Sale
Thursday, May 28th
@ 2 - 4:30 pm

Coffee time every
Thursday
@ 9:30 am



In the MPR



Orders for Fields Market meals
are due every 1st and every 3rd
Monday of the month.
Drop-off will be every 1st and
every 3rd Thursday of the
month at 11am in the MPR.
Order forms are available at
the TRC office.
Or call Missy at 431-371-6268

UPCOMING PROGRAMS



Book Mobile
Friday,
May 8th
@ 2pm



60s Music with
Joe Draude
Monday,
May 18th @ 2pm

Roger, from
Chef in the House
will bring meal orders
on
Tuesday, May 19th



Singing with
Abe & Tina Dyck
Thursday, May 21st
@ 7 pm



YFCG Mitchell Youth
Sunday, May 17th
@ 3:15pm



Music Family Singers
Tuesday, May 19th
@ 7:00pm



Based on the #1
New York Times best-
selling book.
Wed, May 27th
@ 2pm in the
Gamesroom.



Mental Wellness session with
Valerie Cullton on
'Loss of spouse or
partner'.
Monday, May 11 @ 1pm
in the Craftroom downstairs.





Intercom System.

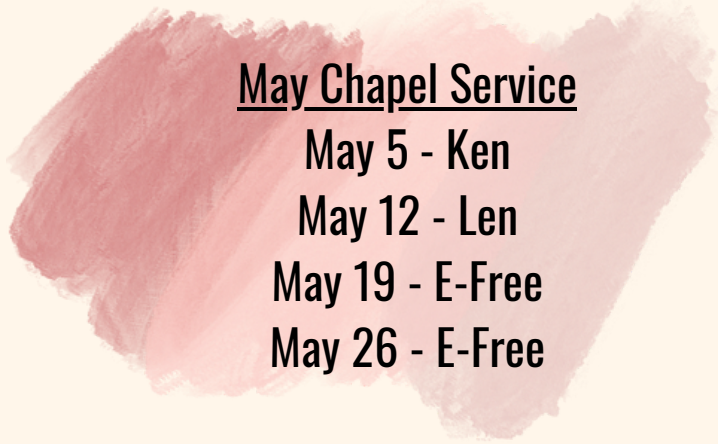
If you see the number **204-346-0410** that is the number to open the main doors.

Please make sure to ask for the individual to identify themselves **BEFORE** pressing **9** to open the door.



ATTENTION

Please be advised that in case of elevator emergency or if you find yourself stuck in an elevator, remain calm, use the **PUSH FOR HELP BUTTON**. Pressing this button will alert the emergency services that you need assistance.



May Chapel Service

May 5 - Ken

May 12 - Len

May 19 - E-Free

May 26 - E-Free



LET'S Celebrate

Come and help us celebrate Moms. We will have a Mother's Day celebration on Wednesday, May 6th at 2pm in the MPR.

Sign-up required by May 3rd





CHAPLAIN'S *corner*

How do we adequately honor our mothers on Mother's Day? The ones who raised us and looked after us; the ones who picked us up and kissed away our hurts; the ones who watched us grow up and sadly waved as we moved on; the ones who endured much but loved anyway!

Many are privileged to still have their mothers around and can easily drop by for a visit over coffee or tea. A card in the mail, a telephone call, and a word of appreciation, a smile, a hug, a gift of time, and the words I love you, are just some ways we can honor the one who did so much for us.

While the initial commandment of Honor thy Father and Thy Mother was likely directed towards the young, the need to honor our parents continues on as they age, as well as after they are gone. Many don't have their mothers with them anymore, but they can still cherish the memories. Looking through photo albums and reminiscing about the past is just one way to do that. Taking time to visit the cemetery and put flowers on the grave is another way.

Someone asked the question, "I wonder if they celebrate Mother's Day in heaven?" A good question indeed! With the many special events God directed his people to celebrate in the Bible, I wouldn't be surprised if some of those special celebrations would continue on in heaven!

Let's continue to honor the mothers in our lives today!

Peter Berg, Chaplain





Good Words to Describe Your Mom

😊 This mother's day mom, I want you to know what an amazing person you are. You kept this family unit together, when we were going through tough times. You always made me feel loved, thank you for that.

😊 My mom is the most loving person I know. She is always there for me when I need her and she always has my best interests at heart. I know that no matter what happens in life, she will always love me unconditionally.

😊 There are so many words to describe my mom – strong, loving, thoughtful, grateful, kind, forgiving. Mom, you have a heart of gold and a smile that brightens up the world. I am so thankful that you are my mother, and that we are the best of friends.

😊 Moms will do anything to protect their children. I love that when I have a bad day, I know my mom will take care of me and make everything better. My mom is one of a kind and I love her to bits.

😊 You are the most generous person I know, but you're always the most protective mom. Thank you for always having my back mom.

😊 Words to describe my mom, that's easy – she is a beautiful woman, inside and out. She loves her children fiercely, and she gets all of her joy in life from her kids. We are super grateful to have her as our mom. We love you mom.

😊 Strong, determined, helpful, nurturing – these are all words to describe mom. Mothers are so important in families, so hug your mother a little tighter today, and thank her for all she has done and still does to this day.

😊 Today is a special day for all moms out there. I was extremely lucky to have my mom in my life. She was my best friend and a smart woman. She was a gift from god. Mom, I love you and I miss you, thanks for always being around for me.

😊 My mom always helped me make logical decisions in life. She treated me with respect even when I was making the wrong decisions. She always listened to my ideas, even when I was young.



Happy Mother's Day



Practical Ways to Support Mental Health



While faith is central, caring for our mental health often includes lifestyle changes and practical disciplines. Here are some ways we can support their mental wellness:

1. Develop a Morning Routine with God

Start your day with prayer, Scripture, and silence. This centers your thoughts and calms your heart. Don't be overwhelmed by this! Start small and build up. Even one step moves you forward.

2. Practice Sabbath Rest

God commanded rest for a reason. Overwork and constant busyness lead to burnout. Set aside time to truly rest in God's presence and just BE.

3. Journal with Honesty

Write your thoughts, fears, and prayers. Let your journal be a space for emotional processing and spiritual reflection. If you need a Burn Journal, go for it!

4. Seek Community

Don't isolate. It's easy to do and tempting, but ultimately, it will not help. Find someone (or people) whom you delight in and make an effort to connect. Laughing is good for the soul. So is coffee.

5. Practice Gratitude

Keep a journal and write 3 things you're grateful for daily. I tell our kids they have to train their brains. Make it a habit to think about GOOD.

6. Be Active

Exercise and movement impact brain chemistry. Stewarding your body is part of honoring God. Getting outside and walking makes a huge impact on your overall well-being.

7. Sleep

Do not underestimate the importance of sleep! This very well should be #1 on the list. Speak with your doctor if you are not getting adequate sleep nightly.

Most importantly, talk to someone. Do not keep your suffering to yourself. Seek out a trusted friend, a pastor, or a therapist. We were never designed to carry our burdens alone.

You are loved, valued, and seen by a God who understands suffering and walks with you through it.

"Come to me, all you who are weary and burdened, and I will give you rest." (Matthew 11:28)

Mental illness and emotional struggles can cloud your mind and distort your perception. You may feel like God is distant, silent, or even absent, but feelings are not facts.

Isaiah 43:2 says: *"When you pass through the waters, I will be with you... When you walk through the fire, you will not be burned."*

God's presence is constant, even when your emotions are chaotic. He is not put off by your brokenness. In fact, He draws near to it.

"A bruised reed he will not break, and a smoldering wick he will not snuff out." (Isaiah 42:3)

Even when all you can do is whisper a weak prayer, or none at all, He is holding you.

Happy Mothers Day



APPRECIATION

BEAUTIFUL

BREAKFAST

CANDY

CHARMING

COMFORT

DEVOTED

FLOWERS

FORGIVING

GIFTS

GUIDANCE

HUGS

JEWELRY

JOY

KISSES

LAUGHTER

LOVE

MATERNAL

MOM

MOTHER

NURTURE

PERFUME

PROTECTIVE

SHARE

TELEPHONE

TENDER

THE BEST

WARM

WISE

DIRECTIONS:
Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

MAY 2026

FERNWOOD EVENTS



S M T W T F S

					9:15am Exercise Class	1 2
10:00am Sunday Service Emmanuel Free Church	9:15am Exercise Class	10:00am Chapel 2:00pm Bingo	9:15am Exercise Class 2:00pm Celebrate Mom	9:30am Coffee Time 10:30am Sing Along 7:00pm Sommerfeld Youth	9:15am Exercise Class 2:00pm Book Mobile	7:00pm Peaceful Harbour
10:00am Sunday Service Bill Kehler	9:15am Exercise Class 10:00am MCC pick up 1:00pm Mental Health	10:00am Chapel 2:00pm Bingo 7:00pm John Penner	9:15am Exercise Class 2:00pm Bowling	9:30am Coffee Time 10:00am Grunthal Bakery 7:00pm Mitchell Sing along	9:15am Exercise Class 2:00pm Coffee Potluck	
10:00am Sunday Service Jerry Falk 3:15pm VFCG Mitchell Youth	9:15am Exercise Class WE'RE CLOSED 2:00pm Joe Draude	10:00am Chapel 2:00pm Bingo 7:00pm Music Family Singers	9:15am Exercise Class 2:00pm Birthday Party	9:30am Coffee Time 10:30am Sing Along 7:00pm Abe & Tina Dyck	9:15am Exercise Class	
10:00am Sunday Service Mac Dumcum	9:15am Exercise Class	10:00am Chapel 2:00pm Bingo 7:00pm John Penner	9:15am Exercise Class 2:00pm Movie	9:30am Coffee Time LINA'S OFF 2:00- 4:30pm Barkman Bake Sale	9:15am Exercise Class	
10:00am Sunday Service CMC Ron B.						

“Charm is deceptive, and beauty is fleeting; but a woman who fears the LORD is to be praised”. Proverbs 31:30