

Fernwood Newsletter

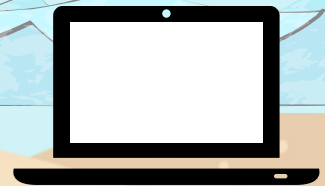
July '26

*There is nothing like a sunny Day in July to remind you
of how wonderful life can be.*



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MICHAEL OBVIAR
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mobviar@steinbachhousing.ca



UPCOMING PROGRAMS

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



Wednesday,
July 1st
Offices &
Kitchen will be
closed for
CANADA DAY.

Tuesdays Schedule



Chapel time
at 10 am. MPR



Bingo at 2 pm

Music with John Penner
on Tuesdays,
July 14th & July 28th
at 7 pm
Everyone welcome.

Grunthal Bake Shop
Thursday, July 9th
@ 10 am



Barkman Bake Sale
Thursday, July 23rd
@ 2:00 - 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,
July 3rd
@ 2pm



60's Music with
Joe Draude
Monday,
July 20th @ 2pm



Mental wellbeing with
Valerie Culleton-Nachtigall
Monday, July 13th @ 1pm Craftroom

YFCG Mitchell Youth
Sunday, July 19th
@ 3:15pm in the MPR



Singing with
Abe & Tina Dyck
Thursday, July 16th
@ 7 pm



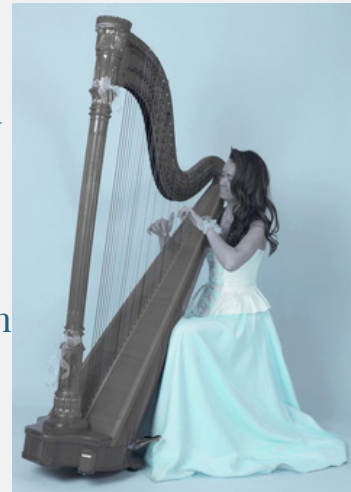
Music Family
Singers
Tuesday, July 21st
@ 7:00pm



Michael will be on
Holidays from
June 26 to July 6,



Harp music with
Christine and
Friends.
Thursday, July 9th
@ 7pm





Come and listen to Joe
and enjoy a
banana split for \$4.00
Monday, July 20th @ 2pm
Sign-up required!

Chaplain Len will be doing a
weekly bible study starting
on Thursday, July 9th at
10:30am in the MPR



Story time and refreshments with
Amy on the Patio. Friday, July 31st
@ 2pm. Everyone welcome!



204 - 612 - 2433
chefinthehousesoups.ca

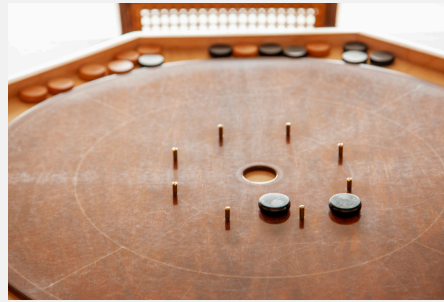
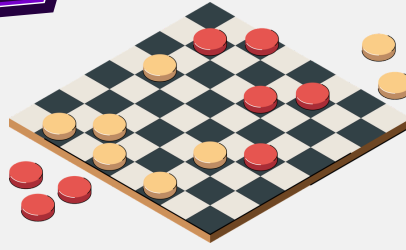


CHEF in the HOUSE

Chef in the House delivery will be on Tuesday, July 21st

**GAME
TIME**

*Farmer's
Market*



Field to Fork Farms
will be here
starting
Monday, July 6th
@ 1pm on circle
lot.
MPR for rain day.

**Games out on the Patio. Wednesday, July 8th at 2pm
Come and join the games or come to chat.
Everyone is welcome!**

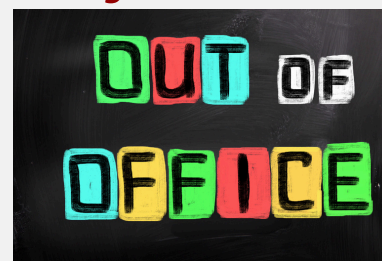


Movie - **Field of Dreams**
Wednesday, July 22nd @ 2pm
in the Basement.

MCC pick-up will be
Monday, July 6th
Please bring your
items only that
morning by 10am



**Lina will be out of the office
from July 28th to August 4th**



**Amy will be out of Office on
Friday, July 17th**

Is your **E.R.I.K.** in Your Kitchen?



What is **E.R.I.K.**?

- Emergency Response Information Kit
- Provides necessary information for emergency personnel to respond quickly to your situation.
- Ideal for older adults, those living alone, people with disabilities, those with chronic illnesses or anyone that has communication challenges. **E.R.I.K.** speaks on your behalf!

If you have **E.R.I.K.**

- When was the last time you updated your health and medical information?
- Always keep **E.R.I.K.** information current.

Time to Update.....?

Need help or need a new **E.R.I.K.** kit, see Lina at the TRC office. Call 204-380-4462

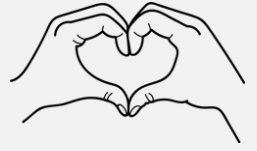
Today's Stock Market

Helium was up.
Feathers were down.
Paper was stationary.
Fluorescent tubing was dimmed in light trading.
Knives were up sharply.
Cow steered into a bull market.
Pencils lost a few points.
Hiking equipment was trailing.
Elevators rose.
Escalators continued their slow decline.
Weights were up in heavy trading.
Light switches were off.
Mining equipment hit rock bottom.
Diapers remain unchanged.
Shipping lines stayed at an even keel.
The market for raisins dried up.
Coca Cola fizzled.
Caterpillar stock inched up a bit.
Sun peaked at midday.
Balloon prices were inflated.
Batteries exploded in an attempt to recharge the market.



Month of July

- 1 - Canada Day/Dominion Day, Canadian Federation established in 1867.
- Dog days of Summer - July 3rd to August 11th
- 7 - Global Forgiveness Day
- 7 - Southeast Event Centre Farmers Market every Tuesday 4-7pm
- 3rd Sunday of July - National Ice Cream Day
- July 29th Full Buck Moon
- Flower of the month - Larkspur and Lily
- Birthstone - Ruby



MHV

- July 1 Canada Celebrations 9am - 5pm
- July 25 Country Classics Car Show 9am - 4pm



Steinbach and District Farmers Market Thursdays 3pm - 6:30pm
at Clearspring Mall parking lot.



Folklore for the Season

Ne'er trust a July sky.

If ant hills are high in July, the coming winter will be hard.

As July, so next January.

No tempest, good July,

Lest the corn look rueful.

Whatever July and August do not boil,

September can not fry.





CHAPLAIN'S CORNER



July has arrived which means we are now into the second half of 2026. How time “flies”. Before we know it, we’ll be preparing for Christmas events again. But before we plan for Christmas, we have summer to plan for.

What’s on your summer schedule? With schools closed for two months, there may be ample time to spend with grandchildren or even great grandchildren. Will we take them to the park for lunch and fun activities? Or maybe we will take them on a shopping trip to the local mall and then stop by the Dairy Queen for a Sunday or an ice-cream cone or a blizzard.

Or maybe we’ll have them at our residence for a sleep over?

What about ourselves? Will we plan a trip to visit our children in another province or even another country? Family reunions are often on the agenda for summer months. At our age, travel may be less of an attraction, but a family reunion might entice us to make one more trip. OR, what about a grandchild getting married? Then a trip will be warranted and will make summer a blessing to us.

The Psalmist seems to have a desire to travel. He says in Ps 55:6, “And I said, ‘Oh that I had wings like a dove! I would fly away and be at rest.’” Don’t we sometimes feel like David? Get me some wings and I would fly away to a place of rest and of peace. Lest we allow the summer schedule pressure us into a feeling of apathy, let us be in an attitude of victory and allow each day, whether with our family or friends, be experiences of giving praise to our God. With David, speak as he did in Ps 56: 3-4, 9; 3 “When I am afraid, I will put my trust in Thee. 4 In God, whose name I praise, in God I have put my trust; I shall not be afraid. What can mere man do to me? 9...this I know, that God is for me.”

At the end of summer, we need to have a sharing time, telling each other about our summer experiences. Let’s make plans for that. What do you think?

Leonard (Len) Sawatzky, Chaplain

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e-mail: lsawatzky@steinbachhousing.ca

ANNOUNCEMENT

Here is an opportunity to take part of the monthly Newsletter.

You can submit a writing such as a poem, quote, thought of the day, a joke. I will dedicate one page for your writing each month. Please put your name on it if you are dropping it off. Here are a few samples.

- Did you hear of the two hunters Bob & Joe, who had walked a stretch into the woods when Joe misstepped and sprained his ankle? He says to Bob, "I'm afraid you'll have to carry me back to the truck" Bob looks at Joe and his good build and answers, "Well all right, but it will have to be in two trips." Submitted by.....
- My Gift was delivered at seven - Just as I woke where I lay - The gift was marked "from heaven",- My gift was this beautiful day.- A wonderful shining good morning - Delivered from heaven with care, - It bearing only this warning, - "Fragile _ handle with prayer." Submitted by.....
- I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you. We are in Charge of our attitudes. Submitted by.....

Canada Day

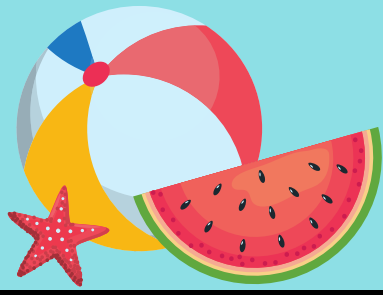
Word Search



ANNUAL
BARBECUE
BEAVER
BIRTHDAY
BRITAIN
CANADA
CARNIVAL
CEREMONY
CONCERT

CONFEDERATION
CONSTITUTION ACT
DOMINION DAY
FAIR
FIREWORKS
FIRST
HOLIDAY
JULY
MUSIC

NATIONAL DAY
NEW BRUNSWICK
NOVA SCOTIA
PARADE
PICNIC
RED AND WHITE



JULY 2026

FERNWOOD EVENTS



S	M	T	W	T	F	S
			9:15am Exercise Class  CLOSED	9:30am Coffee Time 7:00pm Sommerfeld Youth	9:15am Exercise Class 2:00pm Book Mobile	
10:00am Sunday Service Mac Dumcum	9:15am Exercise Class 10:00am MCC pick-up	10:00am Chapel 2:00pm Bingo	9:15am Exercise Class 2:00pm Patio Games	9:30am Coffee Time 10:00am Grunthal Bakery 10:30am Bible Study 7:00pm Harp music w/Christine	9:15am Exercise Class 2:00pm Coffee Potluck	
10:00am Sunday Service Seinbach Mennonite Church	9:15am Exercise Class 1:00pm Mental Health	10:00am Chapel 2:00pm Bingo 7:00pm John Penner	9:15am Exercise Class 2:00pm Birthday Party	9:30am Coffee Time 10:30am Bible Study 7:00pm Abe & Tina Dyck	9:15am Exercise Class	
10:00am Sunday Service John Wieler 3:15pm VFCG Mitchell Youth	9:15am Exercise Class 2:00pm Joe Draude 	10:00am Chapel 2:00pm Bingo 7:00pm Music Family Singers	9:15am Exercise Class 2:00pm Movie	9:30am Coffee Time 10:30am Bible Study 2:00- 4:30pm Barkman Bake Sale	9:15am Exercise Class	
10:00am Sunday Service John Hildebrand	9:15am Exercise Class	10:00am Chapel 2:00pm Bingo 7:00pm John Penner	9:15am Exercise Class	9:30am Coffee Time 10:30am Bible Study	9:15am Exercise Class 2:00pm Story & refreshment on Patio	

“As long as the earth endures, seedtime and harvest, cold and heat, summer and winter, day and night will never cease.” Genesis 8:22