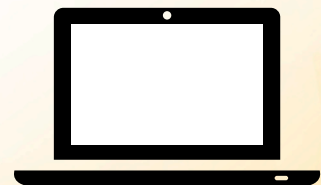


Fernwood **AUGUST '26**

There is so much beauty to be found
in the simple Joys of Summer.



LINA SPROULE
204-380-4462
lsproule@steinbachhousing.ca



MICHAEL OBVIAR
204-326-2002
steinbachhousing.com
mobviar@steinbachhousing.ca

UPCOMING PROGRAMS

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



Monday,
Aug 3rd
Kitchen and
Offices will be
closed.
CIVIC HOLIDAY



Chapel time
at 10 am. MPR

Tuesdays Schedule



Music with John Penner
on Tuesdays,
Aug 11th & Aug 25th
at 7 pm
Everyone welcome.

Bingo at 2 pm

Grunthal Bake Shop
Thursday, Aug 13th
@ 10 am



Barkman Bake Sale
Thursday, Aug 27th
@ 2:00 - 4:30 pm

Coffee time every
Thursday
@ 9:30 am



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

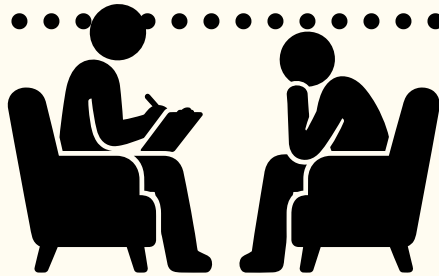
UPCOMING PROGRAMS



Book Mobile
Friday,
Aug 7th
@ 2pm



60's Music with
Joe Draude
Monday,
Aug 17th @ 2pm



Mental wellbeing with
Valerie Culleton-Nachtigall
Wednesday, Aug 19th @ 1pm
Craftroom Downstairs

YFCG Mitchell Youth
Sunday, Aug 16th
@ 3:15pm in the MPR



Singing with
Abe & Tina Dyck
Thursday, Aug 20th
@ 7 pm



Music Family
Singers
Tuesday, Aug 18th
@ 7:00pm



Lina will be out of the office from
Tuesday, July 28th till
Tuesday, Aug 4th and Aug 12 & 13



Watermelon &
Rollkuchen
Thursday, Aug 20th
@ 3pm in the
MPR.
\$3.00
Sign-up required!





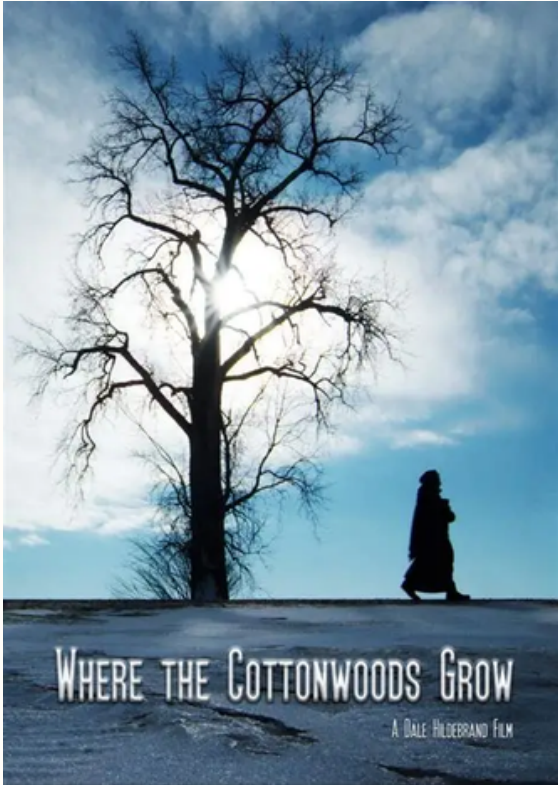
Angeline's Footcare will return in

August. Ph: 204-381-1970

email: angel.bait@yahoo.com

Services offered:

Nail trimming, Corn removal, Foot
assessment, Referral



Where the Cottonwoods Grow
follows the extraordinary 1874
migration of Mennonites from Imperial
Russia (Ukraine) to western Canada: an
epic journey of survival, resilience, and
hope, as they face unthinkable trials,
unforgiving nature, and the profound
complexities of colonization, rooting a
legacy for generations to come.

Documentary showing on Wednesday,

August 19th at 2pm in the MPR



Parade & Pioneer Days in Steinbach

August 1-August 3 9am - 5 pm



CHAPLAIN'S CORNER

David prays an amazing prayer in Psalm 86. First, he asks for God to incline His ear to him and answer him (v, 1). Then he prays “Be gracious to me...” (v. 3), and “Make glad the soul of Thy servant...” (v. 4). And then he proclaims, “For Thou, Lord, art good, and ready to forgive, and abundant in lovingkindness, to all who call upon Thee” (v. 5).

That was a victory thought for David. He was experiencing challenges in his life. Even his own son, Absalom, was threatening his life and kingdom. Yet in all the pain, David had a confidence in God that kept him from denying Him.

David concludes with an affirmation of his God. He says: “There is no one like Thee among the gods, O Lord. Nor are there any works like Thine. All nations whom Thou hast made shall come and worship before Thee, O Lord; And they shall glorify Thy name”. For Thou art great and doest wondrous deeds; Thou alone art God” (vs. 8-10). David had a confidence in his God, and nothing could nullify that trust and obedience to his God.

In fact, David pleads with his God, “Teach me Thy way, O Lord; I will walk in Thy truth. Unite my heart to fear Thy name. I will give thanks to Thee, O Lord my God, with all my heart. And will glorify Thy name forever” (vs. 11-12). Even in old age, David still longed to know the will of God for his life. And his desire was to walk and talk in that will.

Is that a picture of us? Do we, in our experiences of pain or discouragement, long for the quite presence of our Lord and his truth? A word of truth comes from David in Psalm 55:22, “Cast your burden upon the Lord, and He will sustain you; He will never allow the righteous to be shaken.” What a truth and comforting acknowledgement. Whether on a mountain top or in a deep valley, we can and should give praise to our God for His wonderful and loving care for us.



Len Sawatzky, Chaplain

Phone: 204-326-2547

e-mail: lsawatzky@steinbachhousing.ca



It's much too hot! Know your risks

Hot temperatures can be dangerous, especially if you have:

- breathing difficulties
- heart problems
- hypertension
- kidney problems
- a mental illness
- Parkinson's disease



Heat Illness

Heat illnesses include heat stroke, heat exhaustion, heat fainting, heat edema (swelling of hands, feet and ankles), heat rash and heat cramps (muscle cramps). Heat illnesses can affect you quickly and are mainly caused by over-exposure to heat or over-exertion in the heat.

Watch for symptoms of heat illness, which include:

- dizziness or fainting
- nausea or vomiting
- headache
- extreme thirst (dry mouth or sticky saliva)
- rapid breathing and heartbeat
- decreased urination with unusually dark yellow urine

If you experience any of these symptoms during hot weather, Immediately move to a cool place and drink water.

Stay hydrated

Drink plenty of water, before you feel thirsty to decrease your risk of dehydration. Thirst is not a good indicator of dehydration.

Heat stroke is a medical emergency!

Keep it cool

If you have an air conditioner, use it to keep cool.

- Wear loose-fitting , light-coloured clothing
- Shade yourself by wearing a wide-brimmed, breathable hat
- Limit your time in the sun.





Birds Word Search



M M U H H C R J Y G T G L H T C S J B N
O E O P B E C J T L G L B U N K S I X J
G I M C E V O D I H U Q I S R J G C O Q
H P J A Z H N I U G N E P A N K Y P P J
A G N A W S S O R T A B L A Y T O M A I
V A L Q B D K W Y K S V C A N A R Y E L
F M V L L J J S A W W U U Y N D L N E I
N H M X U Z S O F I O Z G R E E A G L E
N A L Y E I N F Q T Z C R Q N R S E D P
Q W B A N D Z G O L D F I N C H K J Z I
Y K I N G F I S H E R F R Z S N K M O T
A T O R N W U C E R I I A D N F K Z U C
J N I F F U P S K U B B V L A L K T G S
L D D U O T I C M T G V E U C N D O W Y
T Q K Q K C Q L P L N K N R I O O J Y Q
J I W R N U P I T U I O X B L S N X P B
P F O Q S F D C T V M L O T E N K R J I
W T L Q I U Q I U R M R V J P W L O G U
S P U B C R O W O Z U Y D V W W H Y U G
Q K A K F Y J P Q U H K D O O X D T S T

ALBATROSS
CRANE
DUCK
GOLDFINCH
HAWK
KINGFISHER
OWL
PUFFIN
STORK
VULTURE

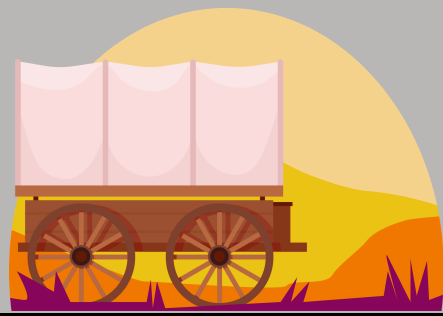
BLUE
CROW
EAGLE
GOOSE
HUMMINGBIRD
LARK
PELICAN
RAVEN
SWAN

CANARY
DOVE
FALCON
GULL
JAY
MAGPIE
PENGUIN
ROBIN
TOUCAN



AUGUST 2026

FERNWOOD EVENTS



S	M	T	W	T	F	S
2 10:00am Sunday Service Church of God in Christ	3 9:15am Exercise Class	4 10:00am Chapel 2:00pm Bingo	5 9:15am Exercise Class	6 9:30am Coffee Time 10:30am Bible Study 7:00pm Sommerfeld Youth	7 9:15am Exercise Class 2:00pm Book Mobile	8
9 10:00am Sunday Service EFC Keith & Wanda Inscho	10 9:15am Exercise Class	11 10:00am Chapel 2:00pm Bingo 7:00pm John Penner	12 9:15am Exercise Class	13 9:30am Coffee Time 10:00am Grunthal Bakery 10:30am Bible Study	14 9:15am Exercise Class	15
16 10:00am Sunday Service La Broquerie Gospel Chapel	17 9:15am Exercise Class 2:00pm Joe Draude	18 10:00am Chapel 2:00pm Bingo 7:00pm Music Family Singers	19 9:15am Exercise Class 1:00pm Mental Health 2:00pm Documentary	20 9:30am Coffee Time 10:30am Bible Study 3:00pm Rollkuchen & Watermelon 7:00pm Abe & Tina Dyck	21 9:15am Exercise Class 2:00pm Stories & refreshment on Patio	22
23 10:00am Sunday Service Bill Froese 3:15pm VFCG Mitchell Youth	24 9:15am Exercise Class	25 10:00am Chapel 2:00pm Bingo 7:00pm John Penner	26 9:15am Exercise Class 2:00pm Birthday Party	27 9:30am Coffee Time 10:30am Bible Study 2:00- 4:30pm Barkman Bake Sale	28 9:15am Exercise Class 2:00pm Coffee Potluck	29
30 10:00am Sunday Service Jerry Falk	31 9:15am Exercise Class					

Fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross... and sat down at the right hand of the throne of God. Heb. 12:2