

APRIL
2026

Markhaven

Home for Seniors

Monthly Newsletter

Message from our Executive Director



Dear Families,

April has arrived, bringing with it the fresh energy of spring and new opportunities to connect, celebrate, and enjoy the brighter days ahead. As the weather continues to warm, we look forward to spending more time outdoors and embracing all that this beautiful season has to offer.

In April, we are excited to continue building on that momentum. Our recreation team has planned a variety of programs to suit all interests—from creative arts and music to games, fitness, and social gatherings. We will also be celebrating spring-themed events and holidays throughout the month, bringing moments of joy and togetherness to our community.

A special time of reflection and celebration this month is Easter weekend. This sacred occasion holds deep meaning for many in our community, as it marks the death and resurrection of our Lord Jesus Christ. It is a time to reflect on themes of sacrifice, hope, renewal, and everlasting love. The message of Easter reminds us that even in the most difficult moments, there is always the promise of new life and light. We look forward to recognizing this meaningful time together through special services and opportunities for reflection and fellowship.

Long-term care continues to be a dynamic and evolving environment. While the sector still faces ongoing challenges, including staffing pressures and increasing care needs, our team remains steadfast in their commitment to excellence. Every member of our staff plays an essential role in creating a safe, respectful, and welcoming home for our residents.

I would like to once again express my sincere appreciation to our dedicated team. Your compassion, professionalism, and unwavering support make a difference each and every day. You consistently go above and beyond to ensure our residents feel comfortable, valued, and cared for.

To our families, thank you for your continued trust, involvement, and encouragement. Your presence and partnership are invaluable, and they contribute greatly to the strength of our community.

As we move further into spring, we remain focused on enhancing the quality of life for all who call Markhaven home. Through ongoing communication, collaboration, and care, we will continue to grow together as a supportive and vibrant community.

Thank you for being a part of our journey. We look forward to sharing many more special moments with you in the weeks ahead.

God Bless,
Janice Pitts
Executive Director

APRIL PROGRAMS (Neely)

April 1 | 14:30

Catholic Mass

April 2 | 18:30

Word Games - Easter

April 5 | 14:30

Easter Entertainment

April 6 | 14:30

Residents, Family & Staff

Hoppy Easter Hunt

April 7 | 18:30

Dirt Pudding Making

April 8 | 14:30

Bible Study with Captain Farr

April 10 | 14:30

Movie Matinee: Zootopia I

April 14 | 14:30

Travelogue Barcelona - Spain

April 15 | 10:30

Entertainment with Emilio

April 15 | 12:00

Diner's Club: Wendy's

April 17 | 10:30

Spiritual Gathering
with Angeline and Polly

April 18 | 11:00

The Memory Circle

April 21 | 14:30

Birthday Bash

April 23 | 14:30

Easter Arts & Crafts

April 24 | 10:00

Young at Heart Painting

April 28 | 14:30

The hoppy Easter Cart

April 28 | 18:30

Wine & Cheese

April 30 | 14:30

The Wise Walkers: The Flag
Quest

Markhaven

Team Completes CPR Training

Strengthening Skills, Ensuring Safety

We are pleased to share that our team at Markhaven has successfully completed CPR training. This important training plays a vital role in ensuring that our staff are well-prepared to respond quickly and effectively in emergency situations, helping us maintain a safe and supportive environment for all our residents.

At Markhaven, we recognize the importance of keeping our staff up to date with essential training. Ongoing education not only strengthens skills and confidence but also reflects our continued commitment to providing the highest quality of care. By investing in regular training opportunities, we ensure that our team is equipped with the knowledge and tools needed to support our residents with professionalism and compassion.

We would like to thank everyone who participated for their dedication and commitment to safety and excellence.

We are also pleased to share that our staff will soon be participating in a GPA Refresher training.



Spiritual Corner

A Gentle Beginning of April

April arrives gently after winter, bringing brighter days, softer air, and a sense of renewal. As nature begins to awaken, we are reminded that even after the coldest seasons, new life and hope can emerge.

This month invites us to slow down, appreciate the simple moments, and embrace fresh beginnings. April teaches us that change doesn't need to be loud to be meaningful—often, the most beautiful transformations happen quietly, one day at a time.

By: **Andrea Barco**
Markhaven Home for Seniors

A Prayer for April's New Light

Heavenly Father,

As we welcome the month of April, we thank You for the gift of new beginnings and the beauty of this changing season. Fill our hearts with warmth, just as the sun gently warms the earth.

Help us to see the quiet wonders around us—the blooming flowers, the fresh air, and the promise of brighter days ahead. Grant us patience as we grow, strength as we continue forward, and kindness to share with those around us.

May this season remind us that hope is always near, and that even after the longest winters, light returns. Bless our days with peace, our hearts with joy, and our lives with gentle renewal.

Amen.

Why Markhaven

Markhaven is a non-profit care home that has proudly served the community for over 60 years. Guided by our values of compassion, integrity, and excellence, we are dedicated to fostering meaning and joy in the lives of our residents while ensuring an approach rooted in accessibility, collaboration, and high standards of care.

We are deeply grateful for the continued support of our community, friends, and families, whose generosity plays an essential role in everything we do.



Our vision is to empower residents to discover meaning and joy in life within our compassionate Christian setting. Guided by values of compassion, service, integrity, and excellence, we strive for benevolence, compliance with legislation, accessibility, stewardship, and collaboration in all aspects of our care.

Our mission is that we at Markhaven are committed to the physical, emotional and spiritual well-being of our residents. We strive to have excellent service for residents of every culture in a supportive, caring Christian environment and to maintain a high level of dignity and individuality.

-What They Say-

I'll find this place to be an excellent facility. The people here are incredibly helpful and supportive, which truly makes a difference in my experience. The food and programs are satisfactory, but what stands out most to me is the wonderful community around me. It's the people who make this place feel welcoming and meaningful.

Luella Lowe
Markhaven 1 South Resident



Stories From the Heart: Our Resident's Life

The Life Story of Gail Godbout

Born in Hull, Quebec, in October, I grew up as the youngest of six children in a large and loving family, with many fond memories of summers at our cottage and time spent with extended family.

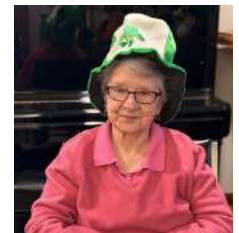
Starting school at the age of seven gave me a sense of maturity, and I enjoyed a positive education filled with friendships, including a close bond with my friend Denise Dara. After high school, I entered the workforce and became fluently bilingual, which opened many opportunities throughout my career, including roles with the General Hospital in Ottawa, the federal government, and Statistics Canada.

I also had the opportunity to live in Montreal and Vancouver at different stages of my life. Following marriage and starting a family, I became involved in my community as a Brownie leader and later worked with Manpower Immigration, where I greatly valued connecting with newcomers and hearing their stories.

My interests include knitting, reading, meeting new people, and learning about different cultures, as well as traveling across Canada and abroad, with hopes to visit Scotland in the future.

I have always been guided by my Roman Catholic faith, which has played an important role in my life, and I deeply value respect, kindness, and openness toward others.

My experience at Markhaven has been very positive, as I appreciate the supportive, caring, and welcoming environment shared by both staff and residents.



Longer, Lighter Days in Memory Care

By Brooke DeNisco

As spring continues and summer begins, it stays light longer in much of the western hemisphere.

For many people, it's a welcome change that leads to more energy and time for outdoor hobbies. For people living with dementia, the longer, brighter days can be enjoyable or present some complications.



Our internal clocks pay attention to light (more than many of us realize). Longer days can encourage us all, including people with dementia, to participate in more activities.

Most people are more energetic when it's light out. It's also conducive to evening walks and doing chores like watering plants or doing dishes. A patio sing-along feels inviting instead of chilly and dim. Extra light can nudge reticent people toward more social time and movement.

Light can also be tricky for someone who is already experiencing confusion and whose sense of time is fragile. If it's still bright at 8:30 p.m., a person with dementia may insist it can't possibly be bedtime. They may feel confused or even suspicious when staff or family start evening routines while the sky still looks like late afternoon. The mismatch between the clock and perceived time can contribute to feelings of agitation or refusal of care, not because someone is being difficult, but because it doesn't feel like the correct time for afternoon or evening routines.

Longer, lighter evenings are more stimulating. Families may visit later, for example. Sometimes this stimulation leads to overtiredness. Participants with memory loss might express this by pacing or acting irritable.

Summer light often comes with heat, and older adults, especially those with memory loss, are more vulnerable to dehydration and overheating. Dementia also affects visual processing, and bright glare from floors or windows can create misperceptions or increase fall risk.

Some tips for the lighter, longer days to come:

- Use visual cues indoors at night, such as closing curtains and dimming lights at the same time each night.
- Offer soothing early-evening activities, such as listening to soft music or reading aloud.
- Offer water and sunscreen periodically all day. Popsicles are a great way to hydrate and cool down.

COLOURS OF AUTUMN

RETURNS THIS OCTOBER 21, 2026

We are excited to announce the return of Colours of Autumn—back and refreshed with a renewed vision and energy! This cherished event continues to celebrate community, creativity, and compassion, while supporting the ongoing needs of our home.

Guests can look forward to an engaging evening featuring local vendors, a curated fashion and style showcase, and a silent auction filled with exciting items and experiences. Each element of the event has been thoughtfully designed to bring people together while highlighting the generosity and spirit of our community.

Proceeds from Colours of Autumn will help support meaningful updates and enhancements within our home—ensuring a comfortable, welcoming environment for our residents today and for years to come.

We are proud to carry this tradition forward with a fresh perspective and look forward to welcoming you.

Be sure to follow the Markhaven Foundation for updates at:
[@markhavenfoundation](#)



COLOURS OF AUTUMN

Luncheon &

FASHION SHOW
CRYSTAL FOUNTAIN

60 McDowell Gate, Markham

Fall into

& FASHION
PHILANTHROPY

*Join us for a stylish afternoon of v
silent auction, and runway inspi
support of Markhaven Home for S*



Wednesday
2026

The Markhaven Foundation:

905-294-2233 ext. 3401

April Garcia: agarcia@markhaven.ca

Additional information is available at:

www.markhavenfoundation.com

Captured Moments

March 2026



**Diner's Club:
Halibut House**



1 North Programs



Evening Game Time



2 North Ball Toss



Irish Soda Farls Making



Sweet Moments



St. Patrick Entertainment



**The Lucky
Irish Cart**



Creative Watercolor Time

Captured Moments

March 2026



**St. Patrick's Expressive
Arts & Craft**



**Game Time:
Target Practice**



**Calm & Comfort:
Snoezelen-Aromatherapy**



Colorful Button Fun



**Young at Heart
Painting (1 North)**



**Wine & Cheese
with Curtis**



Birthday Bash



**Young at Heart
Painting (Neely)**



**The Lucky
Irish Cart**

April 2026 Birthdays



Congratulations!

Claudine Batty	Springdale	April 05
Marlene Kellman	Parkway	April 06
Georgette Morin	Paramount	April 10
Doreen Riley	Toogood	April 12
Michael Mangos	Paramount	April 24
Manoranjit Vethanayagam	Toogood	April 29
Sandra Forde	Parkway	April 30

May your special day be filled with joy, laughter, and love. You are truly cherished today and always.

Employee of the Month



Agnes Mesa

March 2026

Seasons & Supper

Tourtière (Canadian Meat Pie)

Tourtière is a traditional Canadian savory meat pie, especially associated with Quebec. It typically consists of a flaky pastry crust filled with seasoned ground meat such as pork, beef, or a combination of both. The filling is flavored with spices like cloves, cinnamon, nutmeg, and onions, then baked until the crust is golden and crisp and the filling is rich and aromatic.

INGREDIENTS: (Serves - 4)

- 1 lb ground pork
- 1/2 lb ground beef
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1/2 cup water or broth
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/4 tsp ground cloves
- 1/4 tsp cinnamon
- 1/4 tsp nutmeg
- 1 large potato, boiled and mashed
- 2 pie crusts (top and bottom)

INSTRUCTIONS:

1. Preheat oven to 400°F (200°C).
2. In a large pan, cook pork, beef, onion, and garlic over medium heat until browned.
3. Add water or broth and spices. Simmer for about 10 minutes.
4. Stir in mashed potatoes and mix well. Let cool slightly.
5. Place one pie crust in a pie dish and fill with the meat mixture.
6. Cover with the second crust, seal edges, and cut small slits on top.
7. Bake for 35–40 minutes or until golden brown.
8. Let cool slightly before serving.



Tips:

- Mix meats (pork + beef) for better flavor.
- Let the filling cool before assembling to avoid a soggy crust.
- Don't overcook the filling beforehand—finish cooking in the oven.
- Brush with egg wash for a golden top.
- Let it rest a few minutes before slicing.
- Serve with a simple side like salad or ketchup/chutney.

Easter: Origins and Celebration

Easter is a central celebration in the Christian faith that commemorates the resurrection of Jesus Christ, as described in the New Testament. It represents the fulfillment of the promise of salvation and is regarded as a powerful symbol of hope, renewal, and new life.

Easter follows the season of Lent and Holy Week, a period of reflection, prayer, and spiritual preparation observed by many Christians around the world.

The origins of Easter are deeply rooted in early Christian tradition, while also reflecting influences from ancient springtime celebrations that marked themes of rebirth and renewal. Over time, religious observances such as church services, scripture readings, and hymns have remained at the heart of the celebration, focusing on gratitude, forgiveness, and the joy of Christ's resurrection. Symbols like the cross, lilies, and light are often used to express these themes of faith and spiritual renewal.

In Canada, Easter is widely observed as both a religious and cultural occasion. Many individuals and families attend church services, participate in prayer, and gather in community to reflect on the significance of the season.

Across communities, Easter is a time to embrace values of compassion, reflection, and hope, bringing people together in a shared sense of meaning and renewal during the spring season, serving as a gentle reminder that even in moments of quiet reflection, there is always hope, new life, and light, inviting us to pause, appreciate the simple blessings of life, and hold close the values of compassion, faith, and togetherness, as the message of Easter speaks to the heart—encouraging us to embrace peace, extend kindness to others, and find comfort in the promise of new beginnings.

May this Easter bring peace to your heart, warmth to your spirit, and a renewed sense of faith, love, and gratitude.

A Warm and Joyful St. Patrick's Day Celebration

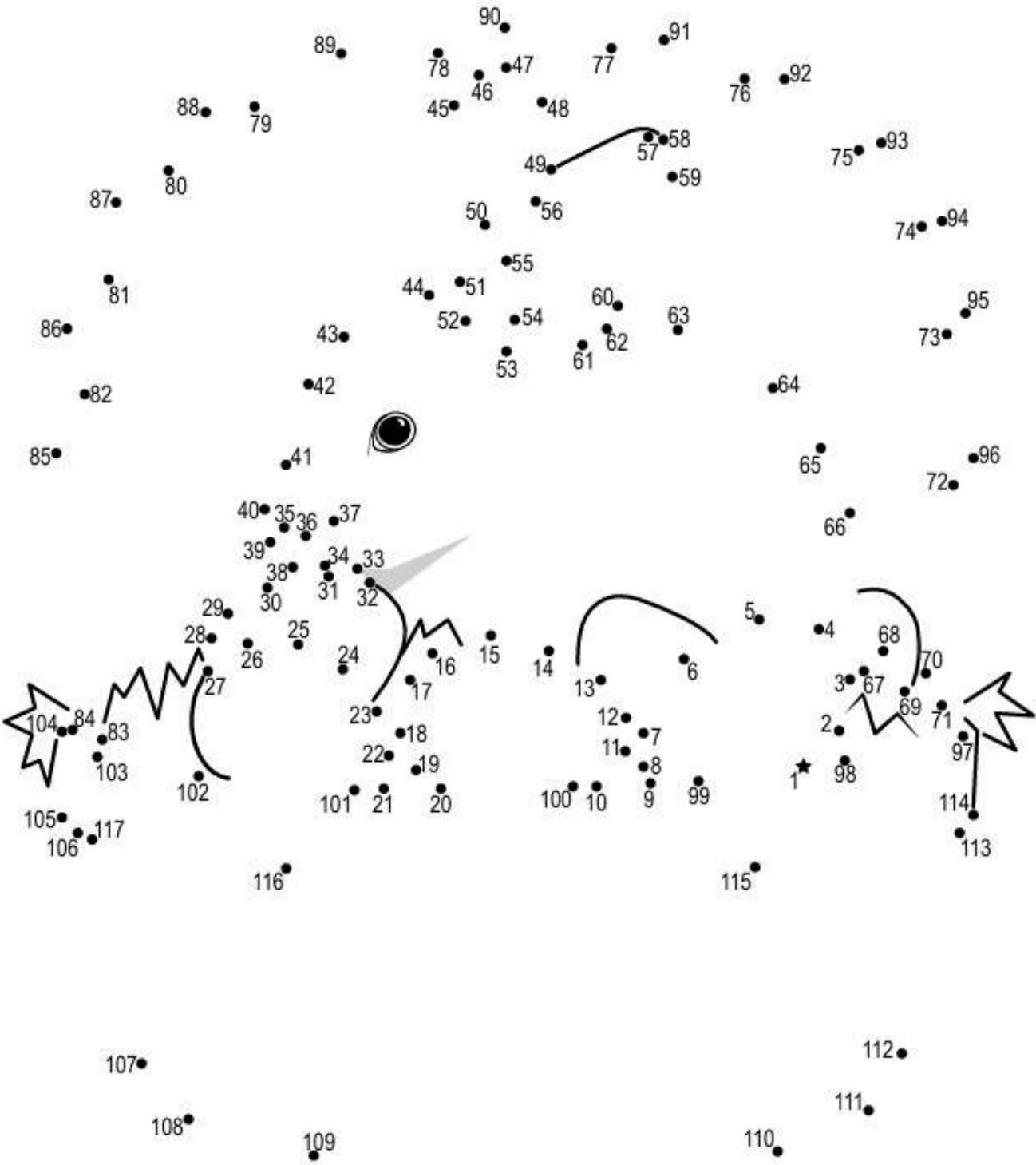


Our St. Patrick's Day celebration at Markhaven was a heartwarming occasion filled with gentle moments of joy, laughter, and togetherness. Surrounded by festive music, creative arts and crafts, and a cheerful themed cart, residents, families, and staff shared in the simple pleasure of being present with one another.

It was a day that felt full of kindness and connection, where every smile, every interaction, and every shared moment helped create a sense of comfort and belonging. Above all, it was truly special to see our residents' faces light up, as those moments of happiness are what mean the most to us.

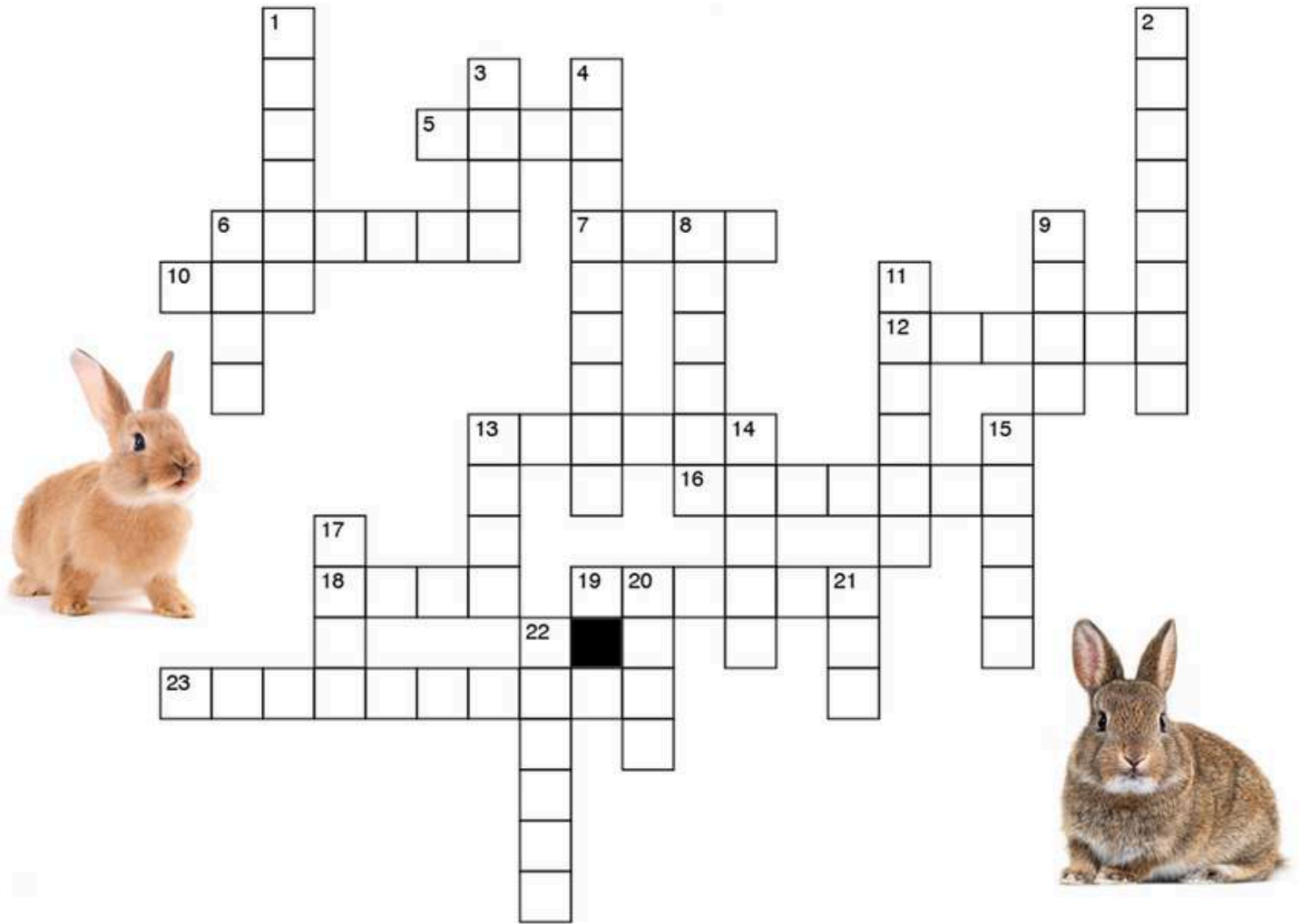
Dot-to-dot

Follow the directions on each picture to connect the dots and reveal a surprise. Connect the numbered dots 1-117.



Fluffy Bunnies

Use the clues to fill in the crossword.



ACROSS

5. "The Tortoise and the ____"
6. Soft and downy
7. Male rabbit
10. Female rabbit
12. Group of baby rabbits
13. Warren
16. Bambi's buddy
18. Another name for *antenna*; rabbit ____
19. What bunny noses do
23. Fictional rabbit; Peter ____

DOWN

1. Take small bites
2. Long hairs close to the nose
3. A kit is this type of rabbit
4. Plant-eating animal
6. Lucky part of a rabbit
8. Rabbit's favorite vegetable
9. Adorable
11. Like relaxed rabbit ears
13. Elmer Fudd's rival; ____ Bunny
14. Color of the Wonderland rabbit
15. Pasture ground coverage

DOWN

17. Rabbit fur
20. Not domesticated
21. Jump
22. Vegetable plot

Highlights of Upcoming Events

GOOD FRIDAY
Service



APRIL 3 2026 **2:00 P M**

NEELY AUDITORIUM



EASTER ENTERTAINMENT

SUNDAY
APRIL 5, 2026
2:30 P.M.

NEELY AUDITORIUM



EASTER EGG HUNT

RESIDENTS, FAMILY & STAFF

ALL AROUND THE BUILDING

APRIL 6 2:30 PM

Diner's Club



Wendy's

Wednesday
April 15

12:00 p.m.



Neely Auditorium



EYECARE EXPRESS

Eyecare Express Clinic Markhaven
April 8, 2026
9:30 am - 3:00 pm

Eyecare Express is a team of licenced Optometrist and Opticians that travel directly to you!

A full and Comprehensive Eye Exam is done on site. Anyone 65+ is covered by OHIP every 18 months.

Any glasses chosen will be made and delivered directly to you. We will directly bill most insurance companies!

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info@eyecareexpress.ca
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End Loneliness Spread Happiness

JAVA MUSIC
Loneliness and social isolation are epidemic, affecting so many older adults. Research tells us that enhancing emotional connections is key to solving the problem. While that sounds easy—just go and talk to your neighbour—it isn't.

JAVA MEMORY
Typical social programming addresses loneliness with entertainment and distraction. **Java Group Programs** bring people together with an interactive approach that ends loneliness and spreads happiness, through structured peer support and peer mentoring. Java participants uplift others and uplift themselves.

JAVA CIRCLE
Our residents currently enjoy four Java sessions each month. For the month of March, the schedule will be as follows:

- Monday, March 2 at 10:30 a.m.
- Thursday, March 12 at 2:30 p.m.
- Monday, March 16 at 10:30 a.m.
- Thursday, March 26 at 2:30 p.m.

Volunteers Welcome!
For more information, please contact: Andrea Basso, Rec. Manager.

On February 27, our Recreation Staff completed their final training on the Java Group programs.

JAVA SOCIAL
Java Social offers a unique and transformative experience that goes beyond traditional social activities, creating a safe and supportive space where participants can connect, share, and grow together. Through thoughtfully selected topics, inspiring quotes, and guided meditative reflections, residents are encouraged to engage in meaningful discussions, stimulating conversations, and personal insights. With this final session, we have successfully completed training in the full name of Java programs, further enhancing the quality and depth of engagement we provide to our residents.

Funded by the Government of Canada
New Horizons for Seniors Program

