



# November 2018 Central Haven Community Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>*All programs subject to change as needed.</i></p>	<p><i>Spontaneous activities &amp; excursions will happen throughout the month.**</i></p>			<p><sup>1</sup> 10:00 Music with Wes</p> <p>5:00 Diner's Club—Genesis Chinese Food</p>	<p><sup>2</sup> 10:00 Free Flow Dance Workshop</p> <p>1:30 Music by Silverstrings</p>	<p><sup>3</sup><i>Happy Birthday Jean!</i></p> <p>6:30 Saturday Night Movie</p>
<p><sup>4</sup><i>Happy Birthday Joan</i></p> <p>10:00 Catholic Mass with Father Albert</p>	<p><sup>5</sup> 10:30 Bedford Visits</p>	<p><sup>6</sup></p> <p>2:00 Music by Saltwater Joy</p>	<p><sup>7</sup> 10:30 Catholic Mass with Fr. Clements</p> <p>10:30 Daycare Visits</p> <p>2:30 Chapel</p>	<p><sup>8</sup> 10:00 Out to Sherbrooke Craft Sale</p> <p>2:00 Happy Hour</p>	<p><sup>9</sup> 10:00 Exercises</p> <p>1:45 November Birthday Party with Music by Those Two Guys</p>	<p><sup>10</sup></p> <p>6:30 Saturday Night Movie</p>
<p><sup>11</sup> Remembrance Day</p> <p>10:00 Catholic Mass with Father Albert</p> <p></p> <p>1:30 Remembrance Day Service with Pastor Mark</p>	<p><sup>12</sup> Stat Holiday</p>	<p><sup>13</sup> 10:30 Exercises</p> <p>2:00 Music by After 4</p> <p>3:00 Resident/Family Council Meeting</p>	<p><sup>14</sup> 10:30 Bingo</p> <p>2:30 Chapel</p> <p>6:30 Chelsea &amp; Kali the dog</p>	<p><sup>15</sup> 10:00 Music with Wes</p> <p>1:30 Tumbleweed Thrift Pop-Up Shop</p>	<p><sup>16</sup> 10:00 Java Music Club</p> <p>10:30 Shopping &amp; Lunch at the mall</p>	<p><sup>17</sup></p> <p>6:30 Saturday Night Movie</p>
<p><sup>18</sup> 10:00 Catholic Mass with Father Albert</p>	<p><sup>19</sup> 10:30 Bedford Visits—Bingo</p>	<p><sup>20</sup></p> <p>2:00 Music by The Boyers</p>	<p><sup>21</sup> 10:00 Remain Modern Art Group with Daycare kids</p> <p>2:30 Chapel</p> <p>3:15 Heritage Neighbourhood Meeting</p>	<p><sup>22</sup></p> <p>2:20 Mount Royal Youth Visits</p>	<p><sup>23</sup> 10:00 Exercises</p> <p>2:00 Cards &amp; Games</p>	<p><sup>24</sup><i>Happy Birthday Jim!</i></p> <p>6:30 Saturday Night Movie</p>
<p><sup>25</sup> 10:00 Catholic Mass with Father Albert</p> <p>3:30 Plain's Mennonite Hymn Sing</p>	<p><sup>26</sup> 10:30 Bedford Visits—Decorate Saal Room for Christmas</p> <p>2:30 Sing Along with Suzie Q DVD</p>	<p><sup>27</sup> 10:45 Read Aloud Library Program</p> <p>1:30 Bowling</p>	<p><sup>28</sup> 10:00 Decorate for Christmas</p> <p>2:30 Chapel</p> <p>6:30 Chelsea &amp; Kali the dog</p>	<p><sup>29</sup> 10:00 Music with Wes</p> <p>9:30 Festival of Trees Excursion</p> <p>3:30 Friendship Lane Neighbourhood Meeting</p>	<p><sup>30</sup></p> <p>Decorating for Christmas and Hot Chocolate</p>	



# Central Haven News

Central Haven November 2018

Central Haven Special Care Home  
1020 Ave I North  
Saskatoon, Saskatchewan Canada S7L 2H7  
306-844-4034  
<http://www.sherbrookecommunitycentre.ca/about-sherbrooke/central-haven/>



*"They shall not grow old, as we that are left grow old,  
Age shall not weary them nor the years condemn,  
At the going down of the sun and in the morning,  
We shall remember them"*

## Central Haven Remembrance Day Service

Sunday November 11, 2018  
1:30 pm in the SAAL Room  
Everyone Welcome to attend.



November is National Fall Prevention Month!

- Falls are the leading cause of injury among older adults

Learn more at...

<http://fallpreventionmonth.ca/about>

## WELCOME

Wilma  
Arnold  
Chuck  
Fjola  
John

Best Wishes in your New Home! Gladys

*In loving memory  
Florence  
Lorraine  
Margaret B  
Margaret N*

## Happy Birthday

Jean—November 3  
Joan H—November 4  
Jim—November 24



**Principle 4** of the Eden Alternative® teaches us Helplessness is the pain we feel when we don't have the opportunity to give care as well as receive care. Care is defined as helping someone or something to grow. Treatment is only care when it does this.

We alleviate helplessness by balancing the giving and receiving of care. Elders need opportunities to give care (to help others or things grow) and staff need opportunities to receive care (to grow). It is the balance of giving and receiving care that gives life meaning. There is something in it for all of us. If you have any questions please talk to an Eden Associate or a Manager.

The Eden Philosophy teaches us that there are 7 domains that create our well-being. They are Identity, Connectedness, Security, Autonomy, Meaning, Growth, and Joy. What is the domain of **GROWTH**? Growth is about development, enrichment, expanding, and self-actualization. Growth comes about through new life experiences and knowledge, and through teaching others. It is about asking elders *"is there something you have always wanted to do?"* **For reflection:** *'Is there something that you have always wanted to do?' - If so please tell us – we want to know!*

<http://www.edenalt.org/>

## Neighbourhood Meetings in the Saal Room!

Heritage Lane & Way Neighbourhood Meeting will be Wednesday, Nov 21 at 3:15pm  
Friendship Lane Neighbourhood Meeting will be Thursday, November 29 at 3:30pm

As part of our Eden journey, Central Haven will be holding monthly neighbourhood meetings. The goal of these meetings is to get to know each other well and to build the community. Elders, families, and staff who belong to the particular neighbourhood are welcome to attend.

## Central Haven Tumbleweed Thrift Pop-Up Shop Thursday, November 15

**Time: 1:30-3:00 pm In the Alcove**  
Open to elders, family and staff.  
To donate items for the sale please bring them on the day of the pop-up shop date.

**Central Haven Concession Cart** will also be available at this time. **All of the funds raised through Tumbleweed Thrift go directly to quality of life programming and capital equipment for resident comfort & staff safety.**



## WORSHIP TIMES IN SAAL ROOM

**CHAPEL (NON-DENOMINATIONAL SERVICE)**

WEDNESDAYS AT 2:30 PM

**CATHOLIC MASS**

CATHOLIC MASS WEDNESDAY SERVICE 1ST WEDNESDAY OF THE MONTH

SUNDAY'S AT 10:00 WITH FATHER ALBERT



## \*\*Booking procedure for the Saal Room & Alcove area:

To book a room for a family gathering please call Michelle at 306-844-4030.

For short notice booking after business hours please talk to the nurses. Thank you



SHERBROOKE FOUNDATION

*Funding full, abundant life at Central Haven*

We all know that a person's life and health can change unexpectedly and suddenly. Yet, many of us **don't have a will** in place. **Do you?** The RetireHappy website has a **really helpful article** on this topic. Email Rob and he'll send you the link: [rob@sherbrookefoundation.ca](mailto:rob@sherbrookefoundation.ca) Stop procrastinating and take action to get this **essential task** done! You'll be glad you did.



## Community Excursions:

Please remember that we have limited seats on the bus and therefore must give everyone a chance to go on the excursions. Thank you for understanding.  
Nov 8—Sherbrooke Craft Sale  
Nov 16 -Shopping & Lunch  
Nov 29 Festival of Trees



## From Laundry :

**IMPORTANT** When bringing in new articles of clothing or bedding, please place in a bag & label the bag with the residents name and room number. Also, make sure to bring the bag to the laundry staff or leave with a care partner or nurse if laundry is closed. Thank you. **Please check for lost & found items by laundry area. (Please check often as the lost clothing accumulates)**