




# January 2019 Central Haven Community Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i><b>*All programs subject to change as needed.</b></i></p>	<p><i><b>Spontaneous activities &amp; excursions will happen throughout the month.**</b></i></p>	<p>1</p> 	<p>2</p> <p>10:30 Catholic Mass with Fr. Clements</p> <p>10:30 Daycare Visits</p> <p>2:30 Chapel</p>	<p>3</p> <p>10:30 Bingo</p>	<p>4</p> <p>10:00 Exercises</p> <p>1:30 Silverstrings New Years Celebration</p>	<p>5 <i>Happy Birthday Winnie!</i></p> <p>6:30 Saturday Night Movie</p>
<p>6</p> <p>10:00 Catholic Mass with Father Albert</p>	<p>7</p>	<p>8</p> <p>10:30 Bingo</p> <p>3:00 Resident/Family Council Meeting</p>	<p>9</p> <p>11:00 Saskatoon Library Welcoming Initiatives Presentation</p> <p>2:30 Chapel</p> <p>6:30 The Boyers Fiddle Music</p>	<p>10</p> <p>10:00 Music with Wes</p>	<p>11</p> <p>Lunch Excursion</p>	<p>12</p> <p>6:30 Saturday Night Movie</p>
<p>13</p> <p>10:00 Catholic Mass with Father Albert</p>	<p>14</p> <p>10:30 Bedford Visits</p>	<p>15</p>	<p>16</p> <p>10:30 Daycare Visits</p> <p>2:30 Chapel</p>	<p>17</p> <p>10:30 Bingo</p> <p>1:15 Tumbleweed Thrift Pop-Up Shop</p>	<p>18</p> <p>KFC Lunch</p>	<p>19</p> <p>6:30 Saturday Night Movie</p>
<p>20</p> <p>10:00 Catholic Mass with Father Albert</p>	<p>21</p> <p>10:30 Bedford Visits</p>	<p>22</p> <p>2:00 Rugged Little Thing</p>	<p>23</p> <p>10:30 Bingo</p> <p>2:30 Chapel</p> <p>6:30 Chelsea &amp; Kali the dog</p>	<p>24 <i>Happy Birthday Mona!</i></p> <p>10:00 Music with Wes</p>	<p>25 <i>Happy Birthday Alex!</i></p> <p>10:00 Exercises</p> <p>2:00 Those 2 Guys Music</p>	<p>26</p> <p>6:30 Saturday Night Movie</p>
<p>27</p> <p>10:00 Catholic Mass with Father Albert</p> <p>3:30 Plain's Mennonite Hymn Sing</p>	<p>28</p> <p>10:30 Bedford Visits</p>	<p>29</p> <p>10:45 Read Aloud Library Visit</p>	<p>30</p> <p>10:30 Daycare Visits</p> <p>2:30 Chapel</p>	<p>31</p>		



# Central Haven News

Central Haven January 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/>



## WELCOME

Terry  
Isaac

Best Wishes  
in your New  
Home!

Jean  
Chuck  
Chung



We were very grateful to have received Christmas gifts from London Drugs and Sasktel Wish Angels. As well Home Instead gave gifts and visited each elder! Thank you!

New Year's Celebration  
Friday, January 4  
1:30 pm  
Music by Silverstring Band



Thank you to everyone who helped make the Christmas season special for the elders living at Central Haven, whether it was through donations, gifts or spending time here.



Thank you to everyone for supporting Central Haven's Décor/Bake Sale, it was very successful and all the money raised will go toward entertainment and activities for the elders. A special thank you to those who donated their time organizing this sale

Kentucky Fried Chicken Lunch  
Friday, January 18  
Noon

Sign up required \$11.00 per person

In loving  
memory  
Robert  
John

### Happy Birthday

Jan 5- Winnie  
Jan 24- Mona  
Jan 25- Alex



**Principle 5** Boredom is the pain we feel when our lives lack variety and spontaneity. Our Elders can die of boredom. What have we done to prevent that in the lives of people who live at Central Haven? We have created an environment where interesting and unexpected things can and do happen. We remember that people's lives are more important than maintaining our work schedule. We have created a human habitat that is rich with life and risk and fun. Thanks for all you do to make resident's lives fuller and richer every day. Thank you for alleviating Boredom. Share with others the good things you are doing.

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 **MEANING**? Meaning is about purpose, activity that speaks to one's personal values, rituals, recognition and self-esteem. Meaning comes about by being involved in or part of something that makes you want to get out of bed each day! **For reflection:** 'Think about what it is for you that makes you want to get out of bed each day!'

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

**Central Haven  
Tumbleweed Thrift Pop-Up Shop  
Thursday, January 17  
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.**



**Neighbourhood Meetings in the Saal Room!**  
Heritage Lane & Way Neighbourhood Meeting will be Wednesday, January 23 at 3:00pm  
Friendship Lane Neighbourhood Meeting will be Thursday, January 24 at 3:00pm

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.

## 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



### 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.

January 11—Lunch  
Excursion



### \*\*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

Thank you to our donors to **Renewing joy!**, Central Haven's campaign to **renew our home** in support of well-being, abundant life and our residents' **joy**. If you'd still like to make a gift, for a 2018 charitable tax receipt, your gift must be received by December 31. Donation cards are at the front entry or visit us online at [www.sherbrookefoundation.ca](http://www.sherbrookefoundation.ca). Thank you!  
- Rob Neufeld, [rob@sherbrookefoundation.ca](mailto:rob@sherbrookefoundation.ca)



### 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)**