

# March 2019 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> 10:30 World Day of Prayer</p> <p>1:30 Music by Silverstrings</p> <p>2:30 Garden Club in Saal Rm</p>	<p><sup>2</sup></p>
<p><sup>3</sup> 10:00 Catholic Mass with Father Albert</p>	<p><sup>4</sup> 10:00 Saskatoon Zoo bringing a Royal Python</p> <p>2:30 Sing A Long with Susie Q DVD</p>	<p><sup>5</sup></p> <p>2:00 Music by Rugged Little Thing</p>	<p><sup>6</sup> 10:30 Catholic Mass with Fr. Clements</p> <p>2:30 Chapel</p>	<p><sup>7</sup> 10:00 Music with Wes</p> <p>1:30 Bingo</p>	<p><sup>8</sup> 10:30 Exercises</p> <p>1:30 Movie time</p> <p>2:30 Garden Club in Saal Rm</p>	<p><sup>9</sup></p>
<p><sup>10</sup> 10:00 Catholic Mass with Father Albert</p>	<p><sup>11</sup></p>	<p><sup>12</sup> 10:30 Baking Shamrock Cookies for Bake Sale</p> <p>1:30 Decorating Cookies</p> <p>3:00 Resident/Family Council Meeting</p>	<p><sup>13</sup> 10:30 Daycare Visits</p> <p>2:30 Chapel</p> <p>6:30 Chelsea and Kali the dog visit</p>	<p><sup>14</sup> 10:30 Bingo</p> <p>2:00 Music by Senior Tones</p>	<p><sup>15</sup> 10:30 Exercises</p> <p>1:00-3:00 St. Partrick's Day Bake Sale</p> <p>2:30 Garden Club in Saal Rm</p>	<p><sup>16</sup></p>
<p><sup>17</sup> Happy St. Patrick's Day 🍀</p> <p>10:00 Catholic Mass with Father Albert</p>	<p><sup>18</sup> Bedford Visits – Bowling</p> <p>2:30 Sing A Long with Susie Q DVD</p>	<p><sup>19</sup> Bus Excursion</p>	<p><sup>20</sup> 10:00 Remai Modern Art Group</p> <p>2:30 Chapel</p>	<p><sup>21</sup> 10:00 Music with Wes</p> <p>Diner's Club Lunch</p>	<p><sup>22</sup> 10:30 Exercises</p> <p>1:30 Music by Those 2 Guys</p> <p>2:30 Garden Club in Saal Rm</p>	<p><sup>23</sup></p>
<p><sup>24</sup> 10:00 Catholic Mass with Father Albert</p> <p>3:30 Plain's Mennonite Hymn Sing</p>	<p><sup>25</sup> Bedford Visits - Print Making Craft</p> <p>2:30 Sing A Long with Susie Q DVD</p>	<p><sup>26</sup> 10:45 Read Aloud with Susan</p>	<p><sup>27</sup> 10:30 Daycare Visits</p> <p>2:30 Chapel</p> <p>6:30 Chelsea and Kali the dog visit</p>	<p><sup>28</sup> 10:30 Bingo</p> <p>2:00 Music by Bridge City Entertainment</p>	<p><sup>29</sup> 10:30 Exercises</p> <p>2:30 Garden Club in Saal Rm</p>	<p><sup>30</sup></p>
<p><sup>31</sup> 10:00 Catholic Mass with Father Albert</p>						



Central Haven

# Central Haven News

## March 2019



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/>

Part of the  
*Sherbrooke*  
Family

It's the time of year to start thinking of spring and gardening!

Are you an avid gardener? Do you like digging in the dirt?

The garden box sign up sheet is up on the bulletin board, please sign up if interested. It is helpful if you have a helper/family member sign up with you. Please note we ask that you are responsible for getting the plants that you would like in your garden box. If we get donations of plants or seeds they will be made available to everyone. If you have any question please give us a call 306-844-4034

If you really have the garden itch, join the Garden Club! Starting in March every Friday at 2:30 pm. We will be starting by transplanting some indoor plants and planting some seeds!

If you would like to volunteer to help with this club, please talk to Monica or Elizabeth



*In loving  
memory*

Cheryl Kari  
Arlene Wally

**Best Wishes in your New Home!**



John Joyce  
Bill

**WELCOME**

Ted Roy  
Helen Maxine  
Jean Elsie  
Marie

### Neighbourhood Meetings in the Saal Room!

Heritage Lane & Way Neighbourhood Meeting will be Wednesday, March 20 at 3:00pm

Friendship Lane Neighbourhood Meeting will be Thursday, March 28 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.



ALTERNATIVE®

**Principle 7** teaches us that medical treatment should be the servant of genuine human caring never the master. As we work to reduce the inappropriate use of medications and learn better ways to connect and communicate with our Elders we know that their lives will be more full and abundant. Eden teaches us that if life was a stage production ...under the medical model the doctors and nurses and medical treatment would be the stars; now they might still be part of the production (lights, curtains, props) but the Elders are the stars in the spotlight. If you have any questions please talk to an Eden Associate or a Manager.

*“Well-being is a much larger idea than either quality of life or customer satisfaction. It is based on a holistic understanding of human needs and capacities. Well-being is elusive, highly subjective and the most valuable of all human possessions.” - Dr. William Thomas, What are old people for?*

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 **IDENTITY**? Identity is about being well-known, having personhood, individuality, wholeness and having a story that is known, respected, and valued within your home. Identity comes about through the development of meaningful relationships and the mutual sharing of your story and of who you are. **For reflection:** *‘What ideas do you have to share your story with your house or neighbourhood?’* <http://www.edenalt.org/>

### Happy Birthday

Norm—March 1  
Bill- March 7  
Jake—March 14  
Alfred—March 28



Resident/Family Council  
Do you have questions or ideas about Central Haven?

Everyone is welcome to attend the Resident/Family Council Meeting in Saal Rm on March 12 at 3:00pm

### 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.

March 19 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)



**IMPORTANT**

### From Laundry :

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)**