

May 2019 Central Haven Community Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>*All programs subject to change as needed.</i>	<i>Spontaneous activities & excursions will happen throughout the month.**</i>		1 Rescheduled McDonald's Lunch 2:30 Chapel	2 Music with Wes is cancelled Pink Cadillac Lunch Excursion	3 10:30 Exercises 2:00 Saskatoon Quilter's Guild Presentation	4
5 10:00 Catholic Mass with Father Albert	6 10:30 Bedford-Bean Bag Toss	7 2:00 Music by Mark & Jackie	8 10:00 Sherbooke Book Sale & Lunch 2:30 Chapel 6:30 Chelsea & Kali the dog visit	9 10:30 Bingo Afternoon Drive & Ice Cream	10 10:30 Exercises 2:00 Mother's Day Tea—music by Jessica Black	11
12 10:00 Catholic Mass with Father Albert	13 10:30 Bedford-Bowling	14 1:30 Bingo 3:00 Resident/Family Council Meeting (all residents & family members welcome to attend)	15 10:30 Java Music Club 2:30 Chapel 3:15 Heritage Way Neighbourhood Meeting	16 10:30 Music with Wes 1:45 Music by Don Balzer	17 10:30 Exercises Bus Excursion	18
19 10:00 Catholic Mass with Father Albert	20 Victoria Day Stat	21 10:30 Indoor Curling 1:30 Bingo	22 10:30 Floral Acres Greenhouse Excursion 2:30 Chapel 3:15 Heritage Way Neighbourhood Meeting 6:30 Chelsea & Kali the dog visit	23 2:00 Friendship Lane Neighbourhood Meeting	24 10:30 Exercises 2:00 Leo's Happy Gang 3:00 Garden Club	25
26 10:00 Catholic Mass with Father Albert	27 10:30 Bedford-Bingo	28 10:45 Read Aloud with Susan 2:00 May Birthday Party Music by Buttons & Keys	29 10:00 Remai Modern Art Group 2:30 Chapel	30 10:00 Music with Wes Roll Kuchen Making	31 10:30 Exercises 1:30 Garden Club	



Central Haven

Central Haven News

May 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/>



Mother's Day Tea
May 10, 2019
2:00 pm
Music by Jessica Black
Everyone Welcome!



Floral Acres Greenhouse Excursion
May 22, 2019
10:30 am



If you would like to go to Floral Acres to purchase plants for your garden box please let Elizabeth or Monica know. Garden Box Helpers are welcome to join us as well.



Happy Birthday
Arnold—May 10
Christine—May 11
Roger—May 16
Margaret—May 23



Central Haven Heritage Lane Photo Contest!

Theme: Saskatchewan Farm Life
Submissions must be 8x10 photos

Photos chosen will be permanently hung in Heritage Lane

Submissions must be handed in by September 27, 2019 Noon

Entry Forms are available at Central Haven

Please see full details & entry form on poster posted.

More information to come.

Help us get some great farm photos to enhance our décor!



Neighbourhood Meetings in the Saal Room!
Heritage Lane & Way Neighbourhood Meeting will be Wednesday, May 22 at 3:15pm
Friendship Lane Neighbourhood Meeting will be Thursday, May 23 at 2:00pm

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.



ALTERNATIVE®

Principle 9 of the Eden Alternative® helps us to remember that life is a journey and we should enjoy as much of every day along the way as possible. It is inevitable that we will make mistakes along the way. Dr. Thomas teaches us that we need three things in large measure; humility to admit when something is not working, forgiveness for without it there can be no progress, and patience as we admit to ourselves and others that ours is a difficult quest. As we take this journey let's be kind to one another as we work together to make Central Haven the best place to live and work. 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 **JOY**? Joy is about happiness, enjoyment, pleasure, and contentment. Joy is what we all want out of life. Joy happens when we figure out and focus on what it is in life that brings us joy. **For reflection:** 'What brings you joy?' 'What are your simple pleasures? - those little day-to-day things that just make your day better.'

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



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.
May 2—Pink Cadillac Lunch
May 8—Book Sale at Sherbrooke
May 9—Drive & Ice Cream
May 17—Bus Excursion
May 22—Floral Acres Greenhouse



WORSHIP TIMES IN SAAL ROOM

CHAPEL (NON-DENOMINATIONAL SERVICE)

WEDNESDAYS AT 2:30 PM

CATHOLIC MASS

CATHOLIC MASS WEDNESDAY SERVICE NO MASS IN MAY

SUNDAY'S AT 10:00 WITH FATHER ALBERT



SHERBROOKE FOUNDATION

Funding full, abundant life at Central Haven

**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



Thank you to Betty, one of our Food Service staff for recovering some of our dining room chairs! She did a great job!



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)**

What does the Sherbrooke Foundation do? We raise funds for equipment, furnishings and building renovations at Central Haven. These projects are not typically funded by the Health Authority. It takes a team! To join us, visit www.sherbrookefoundation.ca/donate-now or call Rob Neufeld at 306-655-3632. Thank you for helping Central Haven create a home where life happens!