

June 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
2 10:00 Catholic Mass with Father Albert	3 10:30 Bedford -Bowling	4 10:30 St. Peter School Youth Visit 6:30 Music by Randy & Ray	5 <i>Happy Birthday Mary!</i> 10:30 Daycare Visits 2:30 Chape 6:30 Chelsea	6 <i>Happy Birthday Madeline!</i> 10:00 Music with Wes Lunch Excur-sion	7 10:30 Exercises 1:45 Music by Silverstrings	8
9 10:00 Catholic Mass with Father Albert	10 <i>Happy Birthday Erna!</i> 10:30 Bedford -Bingo	11 2:00 Music by Phil Miller	12 2:30 Chapel	13 10:00 Music with Wes 2:00 Music by Can Am Country	14 Father's Day BBQ	15
16 <i>Happy Birthday Bessie!</i> 10:00 Catholic Mass with Father Albert	17 10:30 Creative Art Studio 1:00 Heritage Bake Sale	18 10:30 Bingo 2:00 Music by Mark & Jackie	19 10:30 Daycare Visits 2:30 Chapel 6:30 Chelsea & Kali the dog visit	20 <i>Happy Birthday Kay!</i> 10:30 Indoor Curling 1:30 Country Drive	21 10:30 Exercises 2:00 Jazz Festival Performance by Don Griffith	22
23 10:00 Catholic Mass with Father Albert 3:30 Plain's Mennonite Hymn Sing	24 10:30 Creative Art Studio 1:30 Music by Country Sunshine (Sylvia)	25 10:45 Read Aloud with Susan 2:00 Jazz Festival Performance by Theresa Sokyrrka	26 <i>Happy Birthday ! Fr. Keadl</i> 10:00 Remai Modern Art Group 2:30 Chapel 3:00 Heritage Way Neighbourhood Meeting	27 <i>Happy Birthday Ted! Happy Birthday Jean!</i> 10:00 Music with Wes BBQ Hotdog Lunch 3:00 Friendship Lane Neighbourhood Meeting	28 7:30 Canada Day Pancake Breakfast	29
30 10:00 Catholic Mass with Father Albert						



Central Haven

Central Haven News

June 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/>



Jazz Festival Performances at Central Haven

June 21 at 2pm—Don Griffith

June 25 at 2pm—Theresa Sokyrka

Everyone is welcome to attend!



Father's Day BBQ

June 14, 2019

Noon

BBQ Burgers, salad, chips, dessert
Cost \$10.00 per person

Please call Elizabeth or Monica to sign up.

306-844-4034

Elders who are Fathers will be given first choice to sign up.

Happy Birthday

Mary C—June 5
Madeline R—June 6
Erna—June 10
Bessie—June 16
Kay—June 20
Fr. Kedi—June 26
Ted—June 27
Jean—June 27



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, June 26 at 3:00pm

Friendship Lane Neighbourhood Meeting will be Thursday, June 27 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.



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.

June 6 - Lunch Excursion

June 20 - Drive

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

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/do-nate-now or call Rob Neufeld at 306-655-3632.

Thank you for helping Central Haven create a home where life happens!

****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



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)**