



August 2019 Central Haven Community Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>*All programs subject to change as needed.</p>	<p><i>Spontaneous activities & excursions will happen throughout the month.**</i></p>			<p>1 Happy Birthday Harold! 10:00 Music with Wes</p> <p>Berry Barn Excursion</p> <p>6:30 Giant Yahtzee</p>	<p>2</p> <p>BBQ Ham-burger Lunch</p> <p>2:00 Cards & Games</p> <p>3:30 Java Music Club</p>	<p>3</p>
<p>4 10:00 Catholic Mass with Father Albert</p>	<p>5 Happy Birthday Jean! Stat Holiday</p>	<p>6 9:00 Exhibition Parade Excursion</p> <p>2:00 Music with Joyce Lenz</p>	<p>7</p> <p>2:30 Chapel</p> <p>6:30 Free Flow Professional Dance Performance</p>	<p>8 10:00 Music with Wes</p> <p>1:30 Bingo</p> <p>3:30 Java Music Club</p> <p>6:30 Bean Bag Toss</p>	<p>9 10:30 Exercises</p> <p>1:30 Ice Cream Floats on the Patio</p> <p>3:30 Cards & Games</p>	<p>10</p>
<p>11 10:00 Catholic Mass with Father Albert</p>	<p>12 10:00 Creative Art Studio</p>	<p>13 Happy Birthday Betty!</p> <p>10:30 Bingo</p> <p>2:00 Music by Salt Water Hoy</p>	<p>14 KFC Picnic at the Forestry Farm</p> <p>2:30 Chapel</p>	<p>15</p> <p>2:00 Milkshake Making</p> <p>3:30 Java Music Club</p> <p>6:30 Ladder Ball</p>	<p>16 10:30 Exercises</p> <p>1:30 Happy Hour on the Patio</p> <p>3:30 Cards & Games</p>	<p>17 10:00 Humanity First Coffee, Cake & Company</p> <p>2:00 Bingo</p>
<p>18 10:00 Catholic Mass with Father Albert</p>	<p>19</p>	<p>20 10:00 Youth Kindness Camp starts</p> <p>10:30 Bingo</p> <p>2:00 Music by Just the Guy</p>	<p>21 10:30 Homemade Lemonade Making for Carnival</p> <p>1:00 Outdoor Fun/Craft</p> <p>2:30 Chapel</p>	<p>22 10:00 Music with Wes</p> <p>Noon Hot Dog Lunch on the Patio</p> <p>1:30 Summer Carnival</p>	<p>23 10:30 Exercises</p> <p>1:30 Java Music Club</p> <p>3:30 Ice Cream Farewell for Hailey</p>	<p>24</p>
<p>25 10:00 Catholic Mass with Father Albert</p> <p>3:30 Plain's Mennonite Hymn Sing</p>	<p>26 10:00 Creative Art Studio</p>	<p>27 10:30 Bingo</p>	<p>28 Happy Birthday Elaine! 10:30 Indoor Curling</p> <p>2:30 Chapel</p>	<p>29 10:30 Java Music Club</p> <p>Ice Cream on the Patio</p>	<p>30 10:30 Exercises</p> <p>1:30 Music with Elizabeth</p>	<p>31 Happy Birthday Clavin! Happy Birthday Madeleine!</p>



Central Haven

Central Haven News

August 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/>



Free Flow Dance Theatre presents...
A Summer Eve Dance Concert
Central Haven Dining Hall
Wed August 7th 6:30pm
Free of charge

Free Flow Dance Theatre is pleased to present a free concert of new contemporary dance works for the residents and family of Central Haven on Wednesday August 7th at 6:30pm in the dining hall. Featured work includes a summer inspired dance piece Persephone's Walk choreographed by artistic director Jackie Latendresse and performed by apprentice Miriam Edghill, a segment of The Bohemian's Progress performed by dancer Kyle Syverson which fuses together a variety of traditional modern dance techniques and a group performance of Non Nobis Solum, (Not for ourselves alone) This new work has been created by Jackie Latendresse thanks to an award from the Saskatchewan Foundation for the Artists.

We hope you will join us for an evening of dance!

Free Flow Dance Theatre is Saskatoon's premiere professional contemporary dance company and is a federally registered charitable organization. www.freeflowdance.com <https://www.canadahelps.org/en/charities/free-flow-dance-theatre-inc/>

Happy Birthday

- Harold—Aug 1
- Jean—Aug 5
- Betty—Aug 13
- Elaine—Aug 28
- Calvin—Aug 31
- Madeleine—Aug 31

WELCOME

Bob



Central Haven Kindness Camp

What: A 3 day Volunteer camp for youth aged 8-13 yrs at Central Haven focusing on having fun, volunteering and making connections with the elders who live at Central Haven.

Who: Resident & Staff's children, grandchildren, etc. aged 8-13yrs

Cost: No cost to attend but must bring own lunch on Tuesday and Wednesday. (Thursday hot dog lunch provided)

When: Tuesday, August 20—9:30am-3:30pm(9:30-10:00 registration, parents must do paperwork for the youth to stay)
Wednesday, August 21—10:00am-3:30pm
Thursday, August 22—10:00am-3:30pm

Questions of Sign up by emailing hailey.beckett@saskhealthauthority.ca or in person to Hailey in Recreation (306-844-4034)

Sign up Deadline: Wednesday, August 7, 2019



ALTERNATIVE®

Principle 10 of the Eden Alternative® philosophy teaches us that wise leadership is the lifeblood of any struggle against the plagues of Loneliness, Helplessness, and Boredom. Central Haven and Sherbrooke are fortunate communities to have so many wise leaders among us. Leadership is not about control or titles. True leadership is about each one of us taking responsibility for our own actions and influencing others to bring about positive change. Together we will make this the best place to live and the best place to work. Our Elders will grow and live the most full and abundant lives that they are able to. 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.
Aug 1—Berry Barn Pie Excursion
Aug 6—Exhibition Parade
Aug 14—KFC Picnic at the Forestry Farm



SHERBROOKE FOUNDATION
Funding full, abundant life at Central Haven



WORSHIP TIMES IN SAAL ROOM

CHAPEL (NON-DENOMINATIONAL SERVICE)

WEDNESDAYS AT 2:30 PM

CATHOLIC MASS

NO WEDNESDAY MASS FOR AUGUST

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



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)**

Renewing joy! is Central Haven's campaign to **renew** our home in support of our residents' well-being and **joy**. Projects include our backyard patio, ceiling track lifts and replacing our air conditioning chiller. Please give to help us move these projects forward. Donation forms are at the front entry or call Rob Neufeld at 306-655-3632. Thank you!
www.sherbrookefoundation.ca