



Central Haven Community Calendar May 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>1</i> 10:30 Java Music Club 2:00 Bingo</p>	<p><i>2</i> 10:30 Creative Art Studio 1:30 Movie Monday 3:30 Exercises</p>	<p><i>3</i> 10:30 Music by Brian Kendel Memory Lane 1:30 Indoor Curling</p>	<p><i>4</i> 10:30 Painting Garden Box Signs 2:30 Church 3:00 Sing Song 6:00 Java Music Club</p>	<p><i>5</i> 10:00 Knitting Circle (Saal Rm) 10:30 Men's Group (Alcove) 2:00 Catholic Mass</p>	<p><i>6</i> 10:30 Exercises 2:00 Mother's Day Celebration – music by Silverstrings</p>	<p><i>7</i> <i>Happy Birthday Lillian!</i> 10:30 Yoga Stretches or Art 1:30 Painting Garden Signs Canteen Cart Available</p>
<p><i>8</i> 10:30 Java Music Club 2:00 Bingo</p>	<p><i>9</i> 10:30 Music with Wes 1:30 Creative Art Studio 3:30 Exercises</p>	<p><i>10</i> <i>Happy Birthday Shirley! Hairdresser at Central Haven</i> 10:30 Pretty & Pampered 10:30 Baking 1:30 Free Flow Dance Workshop with Philip</p>	<p><i>11</i> 10:30 Java Music Club 1:30 Country Drive 2:30 Church 3:00 Sing Song 6:00 Cards & Games</p>	<p><i>12</i> <i>Happy Birthday Pat!</i> 10:00 Knitting Circle (Saal Rm) 10:30 Men's Group (Alcove) 1:30 Bingo</p>	<p><i>13</i> 10:30 Exercises 1:30 Shake Loose a Memory Game</p>	<p><i>14</i></p>
<p><i>15</i></p>	<p><i>16</i> 10:30 Creative Art Studio 1:30 Dice Games 3:30 Exercises</p>	<p><i>17</i> 10:30 Neighbourhood Meeting 1:30 Free Flow Dance Workshop with Philip</p>	<p><i>18</i> 10:30 Java Music Club 1:30 Country Drive 2:30 Church 3:00 Hymn Sing 6:00 Cards & Games</p>	<p><i>19</i> 10:00 Knitting Circle (Saal Rm) 10:30 Men's Group (Alcove) 1:30 Bingo</p>	<p><i>20</i> <i>Happy Birthday Ceona!</i> 10:30 Baking 10:30 Music by Brian Kendel Memory Lane</p>	<p><i>21</i> 10:30 Yoga Stretches or Art 1:30 Giant Crossword Canteen Cart Available</p>
<p><i>22</i> 10:30 Java Music Club 2:00 Bingo</p>	<p><i>23</i> <i>Happy Birthday Velma!</i> <i>Victoria Day Stat Holiday</i></p>	<p><i>24</i> Hairdresser at Central Haven 10:30 Pretty & Pampered 10:30 Baking 1:30 Free Flow Dance Workshop with Philip</p>	<p><i>25</i> 10:30 Java Music Club 1:30 Greenhouse Excursion 2:30 Church 3:00 Sing Song 6:00 Bowling</p>	<p><i>26</i> 10:00 Knitting Circle (Saal Rm) 10:30 Men's Group (Alcove) 1:30 Music with Elizabeth</p>	<p><i>27</i> 10:30 Exercises 1:30 Gardening Outside</p>	<p><i>28</i> 10:30 Yoga Stretches or Art 1:30 Outside on Patio weather permitted Canteen Cart Available</p>
<p><i>29</i> 10:30 Java Music Club 2:00 Bingo</p>	<p><i>30</i> 10:30 Creative Art Studio 1:30 Cards & Games 3:30 Exercises</p>	<p><i>31</i> 10:30 Trivia Tuesday 1:30 Free Flow Dance Workshop with Philip</p>		<p><i>*All programs subject to change as needed.</i></p>	<p><i>Spontaneous activities & excursions will happen throughout the month.**</i></p>	



Central Haven

Central Haven News

May 2022

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 Celebration
May 6, 2022 at 2:00 pm
Music by Silverstrings



Part of the
Sherbrooke
Family

Happy Birthday

Lillian—May 7
Shirley—May 10
Pat—May 12
Ceona—May 20
Velma—May 23



Community Garden Box Program at Central Haven

The garden box sign up sheet is up on the bulletin board, please sign up if you are interested in having your own garden. It is helpful if you have a helper/family member sign up with you. **Please note elders &/or helpers are responsible to purchase plants for their garden box as well as care for them through the season. 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



We will be going on 2 excursions to greenhouses later in May for elders who would like to go out to purchase their plants. Helpers/family are welcome to meet us at the greenhouse. Please let the recreation staff know if you are interested.

Just a reminder: As we approach spring & summer, we ask that you ensure your family member has a hat and/or sunglasses and summer jacket as we will be enjoying the outdoors as much as possible. **Please be sure to label these items well, thank you.**



ALTERNATIVE®

Principle One – Central Haven adopted the Eden Alternative® Philosophy in 2015 to enhance the well-being of the people who live here and of the people who work here. PRINCIPLE ONE is called the PROBLEM STATEMENT or the wake-up call. **Loneliness, helplessness, and boredom are painful and destructive to our health and well-being.** These are the plagues of the human spirit, not the body. They affect all humans, but Elders living in long-term care are at higher risk. The medical model does not address these plagues and the traditional institutional model of long-term care really makes them worse. We have chosen to use the term Elder at Central Haven and Sherbrooke. The term Elder within the Eden Philosophy is not about advanced age, it is used in a way that is consistent with traditional cultures. The wisdom of the Elders is revered, and Elders are honoured and cherished. 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:** *‘How can you share your story with your others at Central Haven?’*



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 11- Country Drive

May 18-Country Drive

May 25- Greenhouse

Excursion

June 1- Greenhouse

Excursion



WORSHIP TIMES IN SAAL ROOM

CHAPEL (NON-DENOMINATIONAL SERVICE)

WEDNESDAYS AT 2:30 PM

CATHOLIC MASS

1ST THURSDAY EACH MONTH AT 2:00PM



SHERBROOKE FOUNDATION

Supporting full, abundant life at Central Haven

Central Haven counts on the Sherbrooke Foundation to fund specialized equipment and home enhancements that make life better for our Elders. Whatever the amount, all charitable gifts combine together to make wonderful things happen – right here at Central Haven!

To find out more, visit www.sherbrookefoundation.ca or call Rob Neufeld, Donor Relations Manager at 306-655-3632. Thank you!
Rob



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.

If you have any questions or concerns about laundry, food service or environmental service please contact Alex at 306-844-4033



Did you know we do a library book exchange each month? Books are located in the Saal Room on the book shelf, please return the book when you are finished, thank you.

If you would like to request a specific book or type of book please let Elizabeth know and she can request it. Thanks.