

Central Haven Community Calendar July 2022

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>	<i>**All excursions are subject to change due to weather**</i>			1 Happy Canada Day! 	2 10:30 Yoga Stretches 2:00 Indoor Curling Canteen Cart
3 10:30 Java Music Club 2:00 Bingo	4 <i>Happy Birthday Lillian!</i> 10:30 Music with Wes 1:30 Art Studio 3:30 Exercises	5 Hairdresser at Central Haven 10:30 Pretty & Pampered 10:30 Men's Group 1:30 Free Flow Dance Workshop	6 10:30 Java Music Club 2:30 Church 3:15 Sing Song 6:00 Cards & Games	7 10:30 Indoor Curling 1:30 Bingo	8 <i>Happy Birthday James!</i> 10:30 Trivia Time 1:30 Blackjack	9 10:30 Yoga Stretches 2:00 Movie Canteen Cart
10 10:30 Java Music Club 2:00 Bingo	11 10:00 Art Studio 1:30 Uno 3:30 Exercises	12 10:00 Knitting Club 10:30 Men's Group 1:30 Free Flow Dance Workshop with Philip	13 Hot Dog Lunch –sign up required 2:30 Church 3:15 Sing Song 6:00 Cards & Games	14 10:30 Music with Elizabeth 1:30 Bingo 3:30 Exercises	15 10:30 Baking 10:30 Java Music Club 1:30 Patio Party & Ice Cream Floats 3:30 Games	16 Fun and Games with Abby today!
17	18 10:30 Music with Wes 1:30 Art Studio 3:30 Exercises	19 Hairdresser at Central Haven 10:30 Pretty & Pampered 10:30 Men's Group 1:30 Free Flow Dance Workshop	20 <i>Happy Birthday Mildred!</i> 10:30 Java Music Club 2:30 Church 3:15 Hymn Sing 6:00 Cards & Games	21 1:30 Bingo 3:00 Campfire & S'mores	22 10:30 Java Music Club 2:00 Milkshakes on the Patio 3:30 Games	23 10:30 Yoga Stretches 2:00 Bean Bag Toss Canteen Cart
24 10:30 Java Music Club 2:00 Bingo	25 10:00 Art Studio 1:30 Scrabble 3:30 Exercises	26 <i>Happy Birthday Leona!</i> 1:30 Summer Celebration Water Bash!	27 10:15 Pike Lake Picnic–sign up required 2:30 Church 3:15 Sing Song	28 10:30 Music with Elizabeth 1:30 Bingo 1:30 Country Drive 3:30 Exercises	29 10:30 Baking 10:30 Java Music Club 1:30 Drinks on the Patio 3:30 Games	30 10:30 Yoga Stretches 2:00 Movie Canteen Cart
31 10:30 Java Music Club 2:00 Bingo						



Central Haven

Central Haven News

July 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/>



Summer Celebration Water Bash!

Tuesday, July 26

Backyard

Water Relays, Summer Treats and lots of FUN!

Join in or Cheer on your favourite team!



In Loving Memory
Cathy
Ceona

Happy Birthday

Lillian—July 4
James— July 8
Mildred— July 20
Leona—July 26



WELCOME TO CENTRAL HAVEN

Frances
Florence
Maurine
Rita
Laurent

Watch for sign up sheets for special meals and excursions this summer. Keep in mind we do have to make sure everyone has an opportunity to participate.



ALTERNATIVE®

Principle 3 - The Eden Alternative © Philosophy teaches us that - **We thrive when we have easy access to the companionship we deserve. This is the antidote to loneliness.**

Loneliness is the pain we feel when we want companionship and do not have it. Companionship grows out of close and continuing contact with other living beings. Pleasure can be found in both human and animal companionship. When we are open to developing loving and kind relationships with the people around us our lives are enriched. When we create opportunities for relationships with children, plants and animals everyone wins. Companionship is a powerful healing agent. 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 **SECURITY**? Security is about freedom from fear, anxiety and doubt; feeling safe; having privacy, dignity, and respect. Security comes about through the building of trust; loving support; being well-known; and by never, never forcing care. **For reflection:** ‘What is it that does or would help you to feel secure within your home here?’



WORSHIP TIMES IN SAAL ROOM

CHAPEL (NON-DENOMINATIONAL SERVICE)

WEDNESDAYS AT 2:30 PM

CATHOLIC MASS

NO MASS FOR JULY



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.