

# Central Haven Community Calendar August 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>*All programs subject to change as needed.</i></p>	<p>1 Labour Day Stat Holiday</p>	<p>2 Hairdresser at Central Haven 10:30 Pretty &amp; Pampered 10:30 Men's Group 1:30 Free Flow Dance Workshop with Philip</p>	<p>3 10:30 Java Music Club 1:30 Country Drive 2:30 Church 3:15 Sing Song 6:00 Cards &amp; Games</p>	<p>4 10:30 Bean Bag Toss 1:30 Bingo</p>	<p>5 <i>Happy Birthday Wilf!</i> 10:30 KFC Lunch at the Forestry Farm 2:00 Ladder Ball</p>	<p>6 10:30 Java Music Club 1:30 Bingo</p>
<p>7</p>	<p>8 10:30 Art Studio 1:30 Bowling</p>	<p>9 10:00 Knitting Club 10:30 Men's Group 1:30 Free Flow Dance Workshop with Philip</p>	<p>10 10:30 Java Music Club 2:30 Church 3:15 Hymn Sing 6:00 Indoor Curling</p>	<p>11 10:30 Music with Elizabeth 1:30 Cultural Day—watch for a poster</p>	<p>12 10:30 Java Music Club 1:30 Bean Bag Toss</p>	<p>13 10:30 Yoga Stretches 2:00 Movie Canteen Cart</p>
<p>14 <i>Happy Birthday Su!</i> 10:30 Java Music Club 2:00 Bingo</p>	<p>15 10:30 Music with Wes 1:30 Walk to the Park</p>	<p>16 Hairdresser at Central Haven 10:30 Pretty &amp; Pampered 10:30 Men's Group 1:30 Free Flow Dance Workshop with Philip</p>	<p>17 <i>Happy Birthday Zenon! Happy Birthday Leonard!</i> 10:30 Java Music Club Sarah's Last Day 2:30 Church 3:15 Sing Song</p>	<p>18 10:30 Balloon Ball 1:30 Bingo</p>	<p>19 10:30 Java Music Club Ice Cream Treats on the front Patio Abby's Last Day</p>	<p>20 10:30 Yoga Stretches 2:00 Movie Canteen Cart</p>
<p>21 10:30 Java Music Club 2:00 Bingo</p>	<p>22 10:30 Art Studio 1:30 Balloon Ball</p>	<p>23 10:00 Knitting Club 1:30 Free Flow Dance Workshop with Philip</p>	<p>24 <i>Happy Birthday Boris!</i> 10:30 Java Music Club 2:30 Church 3:15 Sing Song 6:00 Racecar Game</p>	<p>25 <i>Happy Birthday Pat!</i> 1:30 Bingo 3:00 Ice Cream Floats</p>	<p>26 10:30 Java Music Club 1:30 Scrabble</p>	<p>27</p>
<p>28</p>	<p>29 10:30 Music with Wes 1:30 Art Studio</p>	<p>30 Hairdresser at Central Haven 10:30 Pretty &amp; Pampered 10:30 Men's Group 1:30 Ice Cream Treats</p>	<p>31 10:30 Java Music Club 1:30 Country Drive 2:30 Church 3:15 Sing Song 6:00 Cards &amp; Games</p>		<p><i>Spontaneous activities &amp; excursions will happen throughout the month.**</i></p>	<p><i>**All excursions are subject to change due to weather**</i></p>



Central Haven

# Central Haven News

## August 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/>



### Cultural Day

Thursday, August 11  
1:30pm

Staff will be sharing some of their cultural music, dance and clothing.

German Sour Cream Cookies, Scottish Shortbread and Norwegian Lefse will be available for elders to try!

### WELCOME TO CENTRAL HAVEN

Mac  
Carrie  
Su  
John  
Rhoda  
Glenn  
Elaine  
Daniel  
Frieda  
Violet

### In Loving Memory

Issac  
Anna  
Lolo  
Madeline  
Frances  
Dave  
Pat

### Happy Birthday

Wilf—Aug 5  
Su—Aug 14  
Zenon—Aug 17  
Leonard—Aug 17  
Boris—Aug 24  
Pat—Aug 25

**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 4** of the Eden Alternative® teaches us Helplessness is the pain we feel when we don't have the opportunity to give care as well as receive care. Care is defined as helping someone or something to grow. Treatment is only care when it does this. We alleviate helplessness by balancing the giving and receiving of care. Elders need opportunities to give care (to help others or things grow) and staff need opportunities to receive care (to grow). It is the balance of giving and receiving care that gives life meaning. There is something in it for all of us. 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 **AUTONOMY**? Autonomy is about having choice and self-determination, freedom from the arbitrary exercise of authority. Autonomy comes about through a person-directed approach where elders direct their own lives. As staff we realize that we work in the elder's home as opposed to the elder living in our workplace. **For reflection:** ‘What choices are important for you to be making each day of your life here?’ ‘What helps to alleviate feelings of helplessness if and when you experience those feelings?’



### WORSHIP TIMES IN SAAL ROOM

CHAPEL (NON-DENOMINATIONAL SERVICE)

WEDNESDAYS AT 2:30 PM

CATHOLIC MASS

NO MASS FOR AUGUST



SHERBROOKE FOUNDATION

### Help Elders Enjoy the Outdoors at Central Haven

Elders are really enjoying the new patio, built in 2020. The Big Back Yard renovation will start to take shape with a new pathway, underground sprinklers and landscaping. But it won't happen without your help.

To be part of this project, please visit [www.sherbrookefoundation.ca](http://www.sherbrookefoundation.ca) and click on “Central Haven Donations”. Or call Rob Neufeld, Donor Relations Manager at 306-655-3632. 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.

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

