

Central Haven Community Calendar September 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>*All programs subject to change as needed.</i></p>	<p><i>Spontaneous activities & excursions will happen throughout the month.**</i></p>	<p><i>**All excursions are subject to change due to weather**</i></p>		<p><i>1</i> Happy Birthday Kathy!</p> <p>1:30 Bingo</p>	<p><i>2</i> Happy Birthday Rosamond!</p> <p>1:30 Music by Silverstrings</p>	<p><i>3</i> Happy Birthday Ron!</p> <p>10:30 Yoga Stretches</p> <p>2:00 Balloon Fun</p> <p>Canteen Cart</p>
<p><i>4</i> Happy Birthday Aline!</p> <p>10:30 Java Music Club</p> <p>2:00 Bingo</p>	<p><i>5</i> Labour Day Stat</p>	<p><i>6</i></p> <p>10:00 Knitting Club</p> <p>10:30 Men's Group</p> <p>1:30 Music with Elizabeth</p>	<p><i>7</i></p> <p>10:30 Java Music Club</p> <p>1:30 Country Drive</p> <p>2:30 Church</p> <p>3:15 Sing Song</p> <p>6:00 Uno</p>	<p><i>8</i></p> <p>10:30 Shake Loose a Memory</p> <p>2:00 Catholic Mass</p>	<p><i>9</i></p> <p>1:30 Ice Cream Sundaes</p>	<p><i>10</i></p> <p>10:30 Yoga Stretches</p> <p>2:00 Movie</p> <p>Canteen Cart</p>
<p><i>11</i></p> <p>10:30 Java Music Club</p> <p>2:00 Bingo</p>	<p><i>12</i></p> <p>10:30 Music with Wes</p> <p>1:30 Art Studio in the Saal Room</p>	<p><i>13</i></p> <p>Hairdresser at Central Haven</p> <p>10:30 Pretty & Pampered</p> <p>10:30 Men's Group</p> <p>2:00 Bean Bag Toss</p>	<p><i>14</i></p> <p>10:30 Java Music Club</p> <p>1:30 Excursion</p> <p>2:30 Church</p> <p>3:15 Hymn Sing</p> <p>6:00 Cards & Games</p>	<p><i>15</i></p> <p>10:30 Giant Yahtzee</p> <p>1:30 Bingo</p>	<p><i>16</i></p> <p>10:30 Baking</p> <p>2:00 Music with Mo</p>	<p><i>17</i></p>
<p><i>18</i></p>	<p><i>19</i></p> <p>10:30 Art Studio in the Saal Room</p> <p>1:30 Tic Tac Toe Trivia</p>	<p><i>20</i></p> <p>10:00 Knitting Club</p> <p>10:30 Men's Group</p> <p>Fall BBQ Burger Lunch</p>	<p><i>21</i></p> <p>10:30 Java Music Club</p> <p>1:30 Country Drive</p> <p>2:30 Church</p> <p>3:15 Sing Song</p> <p>6:00 Cards & Games</p>	<p><i>22</i></p> <p>10:30-2:30 Excursion to Truth & Reconciliation Day at Sherbrooke</p>	<p><i>23</i></p> <p>1:30 Blackjack</p>	<p><i>24</i></p> <p>10:30 Yoga Stretches</p> <p>2:00 Indoor Curling</p> <p>Canteen Cart</p>
<p><i>25</i></p> <p>10:30 Java Music Club</p> <p>2:00 Bingo</p>	<p><i>26</i> Happy Birthday Glenn! Happy Birthday Daniel!</p> <p>10:30 Music with Wes</p> <p>1:30 Art Studio in the Saal Room</p>	<p><i>27</i></p> <p>Hairdresser at Central Haven</p> <p>10:00 Harvest Soup Making Lunch (Saal Room)</p> <p>Sign up with Recreation required</p>	<p><i>28</i></p> <p>10:30 Java Music Club</p> <p>1:30 Excursion</p> <p>2:30 Church</p> <p>3:15 Sing Song</p> <p>6:00 Cards & Games</p>	<p><i>29</i></p> <p>10:30 Baking</p> <p>1:30 Bingo</p>	<p><i>30</i></p> <p>10:30 Farm Reminiscence</p> <p>1:30 Ice Cream Floats</p>	



Central Haven

Central Haven News

September 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/>



Fall BBQ Burger Lunch
Tuesday, September 20
Noon
Burgers and all the fixings!
No sign up required.



In Loving
Memory

Peter
Betty

Harvest Soup Making
Tuesday, September 27
In the morning in Saal Room
Sign up with Recreation.

We will be making soup and
having lunch with
those who are
interested in the
Saal Room.



Happy Birthday

Kathy-Sept 1
Rosamond –Sept 2
Ron-Sept 3
Aline-Sept 4
Glenn-Sept 26
Daniel– Sept 26

**WELCOME
TO CENTRAL
HAVEN**
Dean
Viola



ALTERNATIVE®

Principle 5 of the Eden Alternative® teaches us that – **We thrive when we have variety, spontaneity, and unexpected happenings in our lives. This is the antidote to boredom.**

Boredom is the pain we feel when our lives lack variety and spontaneity.

What have we done to prevent this in the lives of people who live at Central Haven?

We have created a community where interesting and unexpected things can and do happen. We remember that people's lives are more important than maintaining our work schedule. We have created a human habitat that is rich with life and risk and fun. Thanks for all you do to make Elder's lives fuller and richer every day. Thank you for alleviating Boredom. Share with others the good things you are doing.

Elder - We have chosen to use the term Elder as it is used in traditional cultures. The wisdom of Elders is revered, and Elders are honoured and cherished. An Elder is someone who, by virtue of life experience, is here to teach us. With this definition, even someone who is not chronologically Elderly can be an Elder. All of our residents are our Elders.

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 **MEANING**? Meaning is about purpose, activity that speaks to one's personal values, rituals, recognition and self-esteem. Meaning comes about by being involved in or part of something that makes you want to get out of bed each day! **For reflection:** *'Think about what it is for you that makes you want to get out of bed each day!'*



WORSHIP TIMES IN SAAL ROOM

CHAPEL (NON-DENOMINATIONAL SERVICE)

WEDNESDAYS AT 2:30 PM

CATHOLIC MASS

THURSDAY, SEPTEMBER 8 AT 2:00PM



SHERBROOKE FOUNDATION



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

Wanted: Musical Entertainment

Central Haven is looking for musical entertainers!

We require the entertainers to wear masks while here and are looking for groups that are affordable. If you know of anyone please let Monica, Elizabeth or Fatema know at 306-844-4034 Thank you!