

# Central Haven Community Calendar December 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>*All programs subject to change as needed</i>	<i>Spontaneous activities &amp; excursions will happen throughout the month.**</i>	<i>**All excursions are subject to change due to weather**</i>			<i>1 Happy Birthday Wendy!</i>	<i>2</i>
<i>3</i> 10:30 Yahtzee  1:30 Bingo  Canteen Cart	<i>4</i>  1:30 Art Studio—Individual projects	<i>5</i>  1:30 Tumbleweed Pop-Up Shop	<i>6 Happy Birthday Eileen!</i>	<i>7</i>	<i>8</i> 10:30 Christmas Baking  1:30 Bingo	<i>9</i>
<i>10</i>	<i>11</i> 10:30  2:00 West Portal Church Christmas Show	<i>12</i> 10:30 Bowling  1:30 Christmas Come & Go Tea	<i>13</i> 10:30 Java Music Club  1:45 Christmas Hangman  2:30 Church 3:15 Sing Song	<i>14</i>  1:30 Music for the Soul Entertainment	<i>15 Happy Birthday Larry!</i>  10:30 Christmas Baking  1:30 Bingo	<i>16</i>
<i>17</i> 10:30 Java Music Club  1:30 Bingo  Canteen Cart	<i>18</i> 10:30 Music with Wes	<i>19 Happy Birthday Don!</i> 2:00 Read Aloud Library Program with Thomas  5:00 Enchanted Forest Light Tour—sign up with	<i>20</i> <b>10:00</b> Java Music Club (Alcove)  2:30 Church 3:15 Sing Song	<i>21</i> Christmas Sweater Day  10:30 Winter Trivia  1:30 Christmas Gift Party with Santa	<i>22</i> 10:30 Music with Elizabeth  1:15 Movie & Snacks	<i>23</i>
<i>24</i>	<i>25 Happy Birthday Mac!</i>  Christmas Day Stat	<i>26</i> Boxing Day Stat	<i>27</i> 10:30 Java Music Club  1:15 Glow Saskatoon Trip  2:30 Church 3:15 Sing Song	<i>28</i>  1:30 Bingo	<i>29</i>  1:30 New Years Party — Music with Phil Miller	<i>30</i>
<i>31</i> 10:30 Java Music Club  1:30 Movie & Snacks  Canteen Cart						



# Central Haven News December 2023

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/>

Christmas Come & Go Tea  
Tuesday, December 12  
In the Dining Room at 1:30 PM  
Everyone Welcome  
Christmas baking made by the Food Service



Part of the  
*Sherbrooke*  
Family

In Loving  
Memory  
Ray  
Michael



Christmas Sweater Day  
Thursday, December 21  
Wear your Christmas gear or red or  
green and show you holiday spirit!



## TUMBLEWEED

Thrift Pop Up Shop

**Tuesday, December 5  
1:30-3:00pm in the Alcove.**

Everyone is welcome to come and shop.  
Canteen Cart available.  
Did you know... The Tumbleweed Gift &  
Thrift Shop is owned & operated by the  
Sherbrooke Foundation Inc. 100% of  
the Tumbleweed Thrift profits help to  
provide opportunities for full and abun-  
dant life for the Elders living at Central  
Haven & Sherbrooke Community Center.

Happy  
Birthday  
Dec 1-Wendy  
Dec 6-Eileen  
Dec 15-Larry  
Dec 19-Don  
Dec 25-Mac

**WELCOME TO  
CENTRAL HAVEN**

Marnie



**Principle Two** - In the philosophy of the Eden Alternative®, if PRINCIPLE ONE identifies the PROBLEM, that people are dying of Loneliness, Helplessness and Boredom, then PRINCIPLE TWO is the SOLUTION. **A caring, inclusive and vibrant community enables all of us, regardless of age or ability, to experience well-being.** Over the years we have been on our Eden journey working to abandon our institutional ways of thinking and doing things. The institution was created to care 'efficiently for the masses' and our focus was on routines, schedules and getting our 'work' finished. We must abandon this way of thinking and doing things so that each of the Elders feels like a valued member of our community as we nurture the human spirit as well as the human body. Dr. Thomas calls the Institution a Dragon and when we say and do institutional things we are 'feeding the dragon' and keeping the institution alive. Let's all be Dragon slayers! We need to focus on the things that are going to enhance well-being. 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 **GROWTH**? Growth is about development, enrichment, expanding, and self-actualization. Growth comes about through new life experiences and knowledge, and through teaching others. It is about asking elders *"is there something you have always wanted to do?"* **For reflection:** *'Is there something that you have always wanted to do?'* - If so please tell us - we want to know!



**WORSHIP TIMES IN SAAL  
ROOM**  
**CHAPEL (NON-DENOMINATIONAL SERVICE)**  
**WEDNESDAYS AT 2:30 PM**

**CATHOLIC MASS**  
**WEDNESDAY, DECEMBER 6 AT 10:30**



**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**



The **Closet Refresh Project** will replace the closet doors in our Elders' rooms. They're wearing out and your help is needed. Each closet will cost about \$700 but every donation makes a difference!

Please consider making a gift today.

Donate online at [SherbrookeFoundation.ca](http://SherbrookeFoundation.ca) and click on "Central Haven"

Or phone in your gift at 306-655-3632

Or mail it to  
Sherbrooke Foundation  
401 Acadia Drive  
Saskatoon SK S7H 2E7

Thank you! Merry Christmas!

Visit [sherbrookefoundation.ca](http://sherbrookefoundation.ca)

Rob Neufeld  
Donor Relations Manager  
Sherbrooke Foundation  
t (306) 655-3632



**WILL  
POWER™**  
Support a charity in your Will