

Central Haven Community Calendar January 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>*All programs subject to change as needed</i>	<i>1</i> Stat Holiday Happy New Year!	<i>2 Happy Birthday David!</i> 10:00 Remai Modern Art Group 1:30 Giant Yahtzee 3:30 Exercises	<i>3</i> 10:30 Catholic Mass 2:30 Church 3:15 Sing Song 5:00 Enchanted Forest Drive	<i>4</i> 10:30 Year in Review Events & Trivia 1:30 Bingo	<i>5</i> 10:30 Baking 1:30 Music by Silverstrings	<i>6</i>
<i>7</i>	<i>8</i> 10:30 Bingo 1:30 Conversation Cards 3:30 Exercises	<i>9</i> 10:30 Indoor Curling 1:30 Resident/Family Council Meeting 1:30 Cards & Games 3:30 Exercises	<i>10</i> 10:30 Java Music Club 2:30 Church 3:15 Sing Song	<i>11</i> 1:30 Music by Memory Lane	<i>12</i> 10:30 Baking 1:30 Bingo	<i>13</i>
<i>14</i> 10:30 Java Music Club 1:30 Bingo Canteen Cart	<i>15</i> 10:30 Music with Wes 1:00 Art Studio & Crafts 3:30 Exercises	<i>16</i> 10:30 Bowling 1:30 Tumbleweed Pop-Up Shop 3:30 Exercises	<i>17</i> 10:30 Java Music Club 2:30 Church 3:15 Sing Song	<i>18</i> Pizza Diner’s Lunch	<i>19</i> 1:30 Cards/ Games	<i>20</i>
<i>21</i>	<i>22</i> 10:30 Bingo 1:30 Dice Games 3:30 Exercises	<i>23 Happy Birthday Katie! Happy Birthday Ann!</i> 10:30 Bean Bag Toss 1:30 Central Haven Community Meeting 3:30 Exercises	<i>24</i> 10:30 Java Music Club 2:30 Church 3:15 Sing Song	<i>25</i> 2:00 Retirement Tea for Rob Neufeld (Donor Relations Manager)	<i>26</i> 10:30 Baking 1:30 Bingo	<i>27</i>
<i>28</i> 10:30 Java Music Club 1:30 Bingo Canteen Cart	<i>29</i> 10:30 Music with Wes 1:30 Art Studio & Crafts 3:30 Exercises	<i>30</i> Hawaiian Beach Day! 10:30 You Tube Travel to Hawaii 1:30 Beach Party! 3:30 Exercises	<i>31 Happy Birthday Lillian!</i> 10:30 Java Music Club 2:30 Church 3:15 Sing Song	<i>Spontaneous activities & excursions will happen throughout the month.**</i>	<i>**All excursions are subject to change due to weather**</i>	



Central Haven News January 2024

Central Haven Special Care Home
1020 Ave I North
Saskatoon, Saskatchewan Canada S7L 2H7
306-844-4034

<https://sherbrookecommunitycentre.ca/central-haven>

Hawaiian Beach Day!
Tuesday, January 30
Wear your beach clothes today!
Let's fly away to Hawaii!
10:30 YouTube travel to Hawaii
1:30 Beach Party



Happy Birthday

David—Jan 2
Katie—Jan 23
Ann—Jan 23
Lillian—Jan 31

In Loving Memory
Marnie
Laurent
Florence
Jim
Luverna
Kathy



TUMBLEWEED

Thrift Pop Up Shop

**Tuesday, January 16
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 abundant life for the Elders living at Central Haven & Sherbrooke Community Center.

**WELCOME TO
CENTRAL HAVEN
GWEN
DIANA
JOSEPHINE**



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 **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, JANUARY 3 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



A donor writes, *"Many times I struggled with the closet doors and wished something could be done, so I am happy you have chosen this as your project."*

Thank you for your generous donations to our Closet Refresh project at Central Haven! Thanks to donors you, we'll be replacing the old closet doors throughout our home with smoothly gliding new ones.

We look forward to this project happening this spring!

Didn't make your donation yet? Visit www.sherbrookefoundation.ca/central-haven-donations

Thank you so much!

Visit sherbrookefoundation.ca

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

