

Central Haven Community Calendar February 2024

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>		<i>1</i> 10:30 Conversation Cards 1:30 Bingo 3:00 Chair Yoga with Kristen & Alyanna	<i>2</i> 10:00 Baking 1:30 Music by Silverstrings	<i>3</i>
<i>4</i>	<i>5</i> 10:30 Bingo 1:00 Making Valentines Cards 3:30 YouTube Exercises	<i>6</i> 10:00 Remai Modern Art Group 3:30 Exercises -Balloon Ball	<i>7</i> 10:30 Catholic Mass (Saal Rm) 10:45 Heart for Music (1-1 visits) 2:30 Church 3:15 Hymn Sing with Cindy	<i>8</i> 10:15 Bedford Visits—Bingo 1:30 Heart for Music Program 3:00 Chair Yoga with Kristen & Alyanna	<i>9</i> 10:00 Baking 1:30 Bingo	<i>10</i>
<i>11</i> 1:30 Hymn Sing in the diningroom	<i>12</i> Canteen Cart 10:30 Music with Wes 1:30 Java Music Club 3:30 YouTube Exercises	<i>13</i> 10:30 Giant Yahtzee 1:30 Valentine’s Party—music by Cathy and JJ	<i>14</i> 10:30 Valentine Chocolate Making 2:30 Church 3:15 Sing Song with Mark	<i>15</i> 10:15 Bedfrod Visits - Bowling 3:00 Chair Yoga with Kristen & Alyanna	<i>16</i> 1:00 Movie	<i>17 Happy Birthday Bob!</i>
<i>18</i>	<i>19</i> Family Day Stat	<i>20</i> 10:30 Blues Festival Outreach Performance 1:30 Indoor Curling 3:30 Exercises -Pool Noodles	<i>21 Happy Birthday Josephine!</i> 10:30 Java Music Club 2:30 Church 3:15 Sing Song with Mark	<i>22</i> KFC Diner’s Lunch-Sign up with Recreation 2:00 Music by Orpheus 60 Choir 3:00 Chair Yoga with Kristen & Alyanna	<i>23</i> 10:00 Baking 1:30 Bingo	<i>24 Happy Birthday Donna!</i>
<i>25</i> 10:30 Java Music Club 1:30 Bingo	<i>26</i> Canteen Cart 10:30 Music with Wes 1:00 Suncatchers 3:30 YouTube Exercises	<i>27</i> 10:30 Bowling 1:30 Mark’s Central American Vacation slideshow	<i>28</i> 10:30 Java Music Club 2:30 Church 3:15 Sing Song with Mark	<i>29 Happy Birthday Hector!</i> 10:15 Bedford Visits-Art 3:00 Chair Yoga with Kristen & Alyanna		



Central Haven News February 2024

Central Haven Special Care Home

1020 Ave I North

Saskatoon, Saskatchewan Canada S7L 2H7

306-844-4034

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



Valentine's Day Party
Tuesday, Feb 13
1:30
Music and goodies

Happy Birthday

Bob-Feb 17
Josephine-Feb 21
Donna-Feb 24
Hector-Feb 29

In Loving
Memory
Shirley
Maurine
Elmer

Tips to alleviate boredom!

What is a rummage, memory or sensory box/bag?

Containers filled with everyday objects to assist people living with dementia to interact, communicate, and reminisce. These collections of items can also be a soothing form of distraction. Objects included should have meaning to the individual, often have a sentimental connection and can be a variety of textures.

Containers could be a purse, toolbox, plastic container, a bag, etc. Examples of items could be family pictures with names, newspaper clippings, souvenirs, mementos, old greeting cards, letters, artificial flowers, necklaces, fabric swatches, anything that might have meaning or remind the individual of special times in their life.

****Keep in mind that things will get lost so include copies of pictures or choose items that are replaceable.**
There are many fantastic ideas online!

Best Wishes in
your new home!

John



**WELCOME TO
CENTRAL HAVEN
ANTHONY
TERRY
SHIRLEY
JULIA**

Blues Festival
Performance
Tuesday, Feb 20
10:30 (Diningroom)



Principle 4 of the Eden Alternative © teaches us that – We thrive when we have purpose and the opportunity to give, as well as receive. This is the antidote to helplessness.

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 **JOY**? Joy is about happiness, enjoyment, pleasure, and contentment. Joy is what we all want out of life. Joy happens when we figure out and focus on what it is in life that brings us joy.
For reflection: 'What brings you joy?' 'What are your simple pleasures? – those little day-to-day things that just make your day better.'



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

**CATHOLIC MASS
WEDNESDAY, FEBRUARY 7 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



I'm just letting you know that I am retiring as of February 1 and that **Joy-Ann Allin** will be taking over as Donor Relations Manager.

Joy-Ann's warmth, love of Central Haven's mission and her previous employment make her very well-suited to representing the Foundation and keeping you updated with opportunities to be involved.

Please welcome her to the Central Haven community! She looks forward to connecting with you.

Thank you for your kind and generous support for Elders at Central Haven. I've enjoyed getting to know many of you! I hope you'll continue to find joy in supporting "full, abundant life" for each person here.

Visit sherbrookefoundation.ca

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

