

# Central Haven Community Calendar April 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><i>1</i> Easter Monday</p> <p><i>April Fool's Day</i></p>	<p><i>2</i> 10:00 Remai Modern Art Group</p> <p>1:30 Gardening Group- Planting Seeds</p> <p>3:30 Fun &amp; Fit -Bal Toss</p>	<p><i>3</i> 10:30 Java Music Club</p> <p>2:30 Church</p> <p>3:15 Music in the Diningroom</p>	<p><i>4</i> 10:30 Catholic Mass with Fr. Denis</p> <p>1:30 Indoor Curling</p> <p>3:00 Chair Yoga with Kristen &amp; Alyanna</p>	<p><i>5 Happy Birthday Dean!</i></p> <p>1:30 Music with Silverstrings</p>	<i>6</i>
<p><i>7</i> 10:30 Java Music Club</p> <p>1:30 Bingo</p>	<p><i>8</i> Canteen Cart</p> <p>10:30 Music with Wes</p> <p>1:30 Garden Chat &amp; Check Seeds</p> <p>3:30 YouTube Exercises</p>	<p><i>9</i> 10:30 Shopping at Lawson Mall</p> <p>2:30 Button Art</p>	<p><i>10 Happy Birthday Margaret!</i></p> <p>10:30 Java Music Club</p> <p>1:00 Button Art</p> <p>2:30 Church</p> <p>3:15 Music in the Diningroom</p>	<p><i>11 Happy Birthday Tena!</i></p> <p>10:30 Trivia</p> <p>1:30 Music with Elizabeth</p> <p>3:00 Chair Yoga with Kristen &amp; Alyanna</p>	<i>12</i>	<i>13</i>
<i>14</i>	<p><i>15</i> 10:30 Bingo</p> <p>1:00 Bean Bag Toss</p> <p>3:30 YouTube Exercises</p>	<p><i>16</i> 10:30 Giant Yahtzee</p> <p>1:30 Fun &amp; Fit – Balloon Fun</p> <p>2:30 Read Aloud with Thomas</p>	<p><i>17</i> 10:30 Java Music Club</p> <p>1:00 Drive &amp; Ice Cream</p> <p>2:30 Church</p> <p>3:15 Music in the Diningroom</p>	<p><i>18</i> Bedford Youth Visits-Beads</p> <p>1:30 Bowling</p> <p>3:00 Chair Yoga with Kristen &amp; Alyanna</p>	<p><i>19</i> 10:30 Indoor Curling</p> <p>1:00 Bingo</p> <p>2:30 Community Meeting</p>	<i>20</i>
<p><i>21</i> 10:30 Java Music Club</p> <p>1:30 Bingo</p>	<p><i>22 Earth Day</i> Canteen Cart</p> <p>10:30 Music with Wes</p> <p>1:00 Garden Chat &amp; Transplant Seedlings</p> <p>3:30 YouTube</p>	<p><i>23 Happy Birthday Ruby!</i></p> <p>10:30 Games</p> <p>2:30 Mark's Vacation Slideshow</p>	<p><i>24</i> 10:30 Java Music Club</p> <p>1:00 Drumming</p> <p>2:30 Church</p> <p>3:15 Music in the Diningroom</p>	<p><i>25</i> Bedford Youth Visits-Table games</p> <p>1:30 Bingo</p> <p>3:00 Chair Yoga with Kristen &amp; Alyanna</p>	<p><i>26</i></p> <p>Touch of Ukraine Diners Lunch- sign up re- quired with Rec</p>	<i>27</i>
<p><i>28 Happy Birthday Yvonne!</i></p>	<p><i>29</i> 10:30 Word Games</p> <p>1:15 Movie</p> <p>3:30 YouTube Exercises</p>	<p><i>30</i> 10:30 Giant Crossword</p> <p>1:30 Games</p> <p>3:30 Fun &amp; Fit -Balloon Fun</p>		<p><b><i>*All programs subject to change as needed</i></b></p>	<p><b><i>Spontane- ous activities &amp; excursions will happen throughout the month.**</i></b></p>	<p><b><i>**All excursions are subject to change due to weather**</i></b></p>



# Central Haven News

April 2024

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

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



In Loving Memory  
Helen

**WELCOME TO CENTRAL HAVEN MILDRED LYNDA**



### Community Garden Box Program at Central Haven

Sign up sheets for garden boxes are up- each elder who would like a garden box will need to have a helper/family member sign up with them.

**\*\*Please note elders &/or helpers are responsible to purchase plants for their garden box as well as care for them through out the season. Please let recreation know if you will need some help with gardening and we will find a helper. If you have any questions the recreation staff at 306-844-4034**

Garden Group- We will be planting seeds on April 2 and meeting throughout April to care for them.

What is a community meeting? A gathering of residents, family and staff that all belong to an area (that we call neighbourhoods). The purpose of these meetings is to get to know each other well, talk about life at Central Haven and what we want to do here.

Our next meeting is Friday, April 19 at 2:30pm.

### Happy Birthday

April 5-Dean  
April 10-Margaret  
April 11- Tena  
April 23- Ruby  
April 28- Yvonne



**Principle One** - Principle One is called the Problem Statement or the Wake-up Call. The bulk of suffering among people who live in long term care is from Loneliness, Helplessness and Boredom. These are the plagues of the human spirit, not the body. They effect all humans, but Elders living in long term care are at higher risk. The medical model does not address these plagues and the Institutional Model we were stuck in really makes them worse. We have chosen to use the word Elder as it is used in traditional cultures. The wisdom of the Elders is revered, and Elders are honoured and cherished. 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 **IDENTITY**? Identity is about being well-known, having personhood, individuality, wholeness and having a story that is known, respected, and valued within your home. Identity comes about through the development of meaningful relationships and the mutual sharing of your story and of who you are. **For reflection:** *‘What ideas do you have to share your story with your house or neighbourhood?’*

Did you know April is Volunteer Month? Thank you to all of our volunteers for giving their time so generously!

We also want to say a big thank you to three special groups for their donations:

- Thank you to a special Elder’s family for their gift to Central Haven.
- Thank you to our monthly donors who make a small donation each month.
- Thank you to McKercher LLP for hockey game tickets for our Elders.

Watch for news coming soon about the new closet doors funded by the Central Haven Closet Refresh Appeal supporters!

Please feel free to contact me anytime at my office number is (306) 655-3632 or email [joy-ann@sherbrookefoundation.ca](mailto:joy-ann@sherbrookefoundation.ca)

Sherbrooke Foundation serves both Central Haven and Sherbrooke Community Centre!

Joy-Ann Allin  
Donor Relations Manager  
Sherbrooke Foundation  
[sherbrookefoundation.ca](http://sherbrookefoundation.ca)



## WORSHIP TIMES IN SAAL ROOM

**CHAPEL (NON-DENOMINATIONAL SERVICE)**  
WEDNESDAYS AT 2:30 PM

**CATHOLIC MASS**  
THURSDAY, APRIL 4 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**

