

# Central Haven Community Calendar March 2024

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>			1  1:30 Music with Silverstrings	2
3	4 Canteen Cart 10:30 Bingo 1:00 Art Studio 3:30 YouTube Exercises	5 10:00 Remai Modern Art Group 1:30 Shake Loose a Memory Game 3:30 Fun & Fit –Beach Balls	6 10:30 Java Music Club 2:30 Church 3:15 Music	7 10:15 Bedford Visits– Games 1:30 Music with Elizabeth 3:00 Chair Yoga with Kristen & Alyanna	8 10:00 Baking 1:00 Movie	9
10 10:30 Java Music Club 1:30 Bingo	11 Canteen Cart 10:30 Music with Wes 1:00 Alphabet Name Game 3:30 YouTube Exercises	12 10:30 Giant Crossword 1:30 Resident/Family Council Meeting 1:30 Hangman 3:30 Fun & Fit -Pool Noodles	13 10:30 Java Music Club 2:30 Church 3:15 Music	14 10:15 Bedford Visits-Bingo  3:00 Chair Yoga with Kristen & Alyanna	15 10:30 Catholic Mass  1:30 St. Patrick’s Day Party-Music by Phil Miller	16
17	18 Canteen Cart 10:00 Art Studio 1:30 Bingo 3:30 YouTube Exercises	19 10:30 Spring Trivia 2:30 Read Aloud Library Program with Thomas 3:30 Fun & Fit -Basketball Toss	20 10:30 Java Music Club 1:30 Community Meeting 2:30 Church 3:15 Music	21 10:15 Bedford Visits-Bowling  3:00 Chair Yoga with Kristen & Alyanna	22	23
24 10:30 Java Music Club 1:30 Bingo	25 Canteen Cart 10:30 Music with Wes 1:00 Art Studio-Easter Eggs 3:30 YouTube Exercises	26 10:30 Indoor Curling 1:30 Giant Yahtzee 3:30 Fin & Fit-Balloon Ball	27 10:30 Java Music Club 2:30 Church 3:15 Music	28 10:15 Bedford Visits-Easter Craft  3:00 Chair Yoga with Kristen & Alyanna	29 Good Friday Stat	30
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# Central Haven News March 2024

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

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



**St. Patrick's Day Party**  
Music by Phil Miller  
Join us for music, fun and  
green floats!

**Happy  
Birthday**

March 12-Rose  
March 30-Betty

**WELCOME TO  
CENTRAL HAVEN  
AL  
HELEN**

Newspaper and Magazine Subscriptions can be very beneficial to help alleviate boredom, it provides the elder with a regular mail delivery, reading is a popular and satisfying leisure pass time, even just looking at the pictures and flipping pages can provide enjoyment, when they have finished reading the publication they can pass them on to someone else if they choose which may help to alleviate helplessness because they are contributing to the community. Here are some links or ideas for subscriptions that may be of interest.

- The StarPhoenix: <http://www.thestarphoenix.com/subscribe/index.html>
- Reminisce Magazine: <http://www.reminisce.com/>
- The Senior Paper: <http://theseniorpaper.com/>
- Reader's Digest Large Print: <http://www.amazon.com/Readers-Digest-Large-Print/dp/B002PXW12A>
- Our Canada: <http://www.readersdigest.ca/our-canada/>
- Folklore Magazine (Sask History & Folklore Society): <http://shfs.ca/publications/>



The Eden Alternative® Philosophy - How It Started (www.edenalt.com): People around the world are familiar with the story of Eden - the story of making a world for humans. In this story, the very first place where humans were supposed to live was a beautiful garden - The Garden of Eden. That is the story that inspired the founder of the Eden Alternative, Dr. William Thomas when he began to think about making a better world for our Elders. Shortly after taking a job at the local nursing home, Dr. Thomas was making his rounds one day. He went to see a woman who had a rash on her arm. In his best doctor voice, he leaned down and screamed in her ear, "Hello, I'm Dr. Thomas, what can I do for you today?" He will never forget the beautiful blue eyes that stared up at him as she reached up to draw him closer. And he will never forget the words she whispered, "Doctor, I am so lonely." Those words haunted him for weeks as he searched his medical texts and found nothing. And so he began to think about a different kind of world. He began to think about a true human habitat - a place where humans could live, not just wait to die. And so began the story of The Eden Alternative®.



On behalf of the Elders and staff members at Central Haven, thank you the many kind and generous ways you give! We are always grateful for your continuing support of our home.

Did you know that your donations are specified for Central Haven when you give through Sherbrooke Foundation?

There are many ways you can support full and abundant life at our home!

- Remembering a loved one with a memorial gift
- Setting up a monthly gift plan for a small regular donation
- Making a one-time gift at a time that you choose
- Making an estate gift to celebrate a life well lived

Please feel free to contact me anytime to talk about making a donation specified for Central Haven.

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**  
**WEDNESDAY, MARCH 15 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**