

Central Haven Community Calendar June 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>				1
2 10:30 Java Music Club 1:30 Bingo	3 Canteen Cart 10:30 Music with Wes 1:30 Bingo	4 10:00 Remai Modern Art Group	5 10:30 Catholic Mass 10:00 Free Flow Dance Workshop 1:30 Tumbleweed Pop Up Shopt 2:30 Church 3:15 Music	6 10:30 Bingo 1:00 Country Drive	7 Happy Birthday Frieda! 10:30 Java Music Club 1:30 Music by Silverstrings	8
9	10 10:30 Bingo 1:30 Art Studio-Beautiful Brilliant Bowl Project	11 Happy Birthday June! Noon Hamburger BBQ 1:30 Giant Yahtzee 3:30 Fun & Fit	12 10:00 Free Flow Dance Workshop with Kyle 2:30 Church 3:15 Music in the Diningroom	13 11:00 KFC Picnic at the Forestry Farm	14 10:30 Java Music Club 1:30 Father's Day Party-Music by Phil Miller and Root beer floats	15 Happy Birthday Gwen!
16 10:30 Java Music Club 1:30 Bingo	17 Canteen Cart 10:30 Music with Wes 1:30 Ice Cream on the Patio 3:30 YouTube Exercises	18 10:30 Art Studio-Beautiful Brilliant Bowl Project 2:30 Read Aloud 3:00 Community Meeting	19 10:00 Free Flow Dance Workshop with Kyle 1:00 Berry Barn Trip 2:30 Church 3:15 Music in Diningroom	20 10:30 Music with Elizabeth Hot Dog Lunch 1:30 Eden Education Session for elders & family	21 10:30 Java Music Club 1:30 In Motion Exercises with Kylie	22 Happy Birthday Suzanne!
23	24 10:30 Bingo 1:00 Scenic Drive 1:00 Baking with Kylie 3:30 YouTube Exercises	25 Happy Birthday Lynda! 10:30 Java Music Club 1:30 Ice Cream Floats 3:30 Fun & Fit	26 10:00 Free Flow Dance Workshop with Kyle 1:00 Scenic Drive 2:30 Church 3:15 Music in Diningroom	27 10:30 In Motion Exercises with Kylie 1:30 Bowling	28 Canada Day Pancake Breakfast 10:30 Java Music Club 1:30 Bingo	29 Happy Birthday Roxanne!
30 10:30 Java Music Club 1:30 Bingo						



Central Haven News

June 2024

Central Haven Special Care Home

1020 Ave I North

Saskatoon, Saskatchewan Canada S7L 2H7

306-844-4034

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

WELCOME TO CENTRAL HAVEN

Grace
Glenn
Annie

Happy Birthday

June 7-Frieda
June 11-June
June 15-Gwen
June 22- Suzanne
June 25-Lynda
June 29-Roxanne

In Loving Memory

David
Leona
Frank
Clifford

Support Central Haven Ceiling track lifts!

Your donation moves mountains
...actually, it moves humans!



To make a staff or family donation
visit sherbrookefoundation.ca and select **Central Haven!**

We all need a little help sometimes. Ceiling track lifts are a smoother,
safer, more adaptive way to help elders with everyday tasks.



SHERBROOKE FOUNDATION

Please feel free to contact Joy-Ann
anytime at her office number
(306) 655-3632 or email
joy-ann@sherbrookefoundation.ca

Sherbrooke Foundation serves both
Central Haven and Sherbrooke
Community Centre!

Joy-Ann Allin
Donor Relations Manager
Sherbrooke Foundation
sherbrookefoundation.ca



Please join us to
celebrate Father's
Day on
Friday June 14
1:30pm
Music by Phil
Miller and Root
Beer Floats!
Everyone welcome



Principle 3 - The Eden Alternative® Phi-
losophy teaches us that - **We thrive when
we have easy access to the compan-
ionship we deserve. This is the anti-
dote to loneliness.** Loneliness is the
pain we feel when we want compan-
ionship and do not have it. Compan-
ionship grows out of close and contin-
uing 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. Compan-
ionship 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, Con-
nectedness, Security, Autonomy,
Meaning, Growth, and Joy. What is
the domain of **JOY**? Joy is about hap-
piness, 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, JUNE 5 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 environ-
mental service please contact Alex at 306-844-4033**