

Central Haven Community Calendar July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><i>1</i> Canada Day Stat</p> <p>Happy Canada Day!</p>	<p><i>2</i> 10:30 Bingo</p> <p>1:30 Indoor Curling</p> <p>3:30 YouTube Exercises</p>	<p><i>3</i> 10:00 Free Flow Dance Workshop</p> <p>1:30 Uno</p> <p>2:30 Church 3:15 Music</p>	<p><i>4</i> 10:30 Indoor Curling</p> <p>1:30 Music with Elizabeth</p> <p>3:30 In Motion Exercises</p>	<p><i>5</i> 10:30 Java Music Club 10:00 Baking</p> <p>1:30 Bingo</p> <p>3:30 Pretty & Pampered Nails</p>	<p><i>6</i> 10:30 Remai Modern Art Kit</p> <p>1:30 Movie</p>
<i>7</i>	<p><i>8</i> Happy Birthday James!</p> <p>10:30 Lemonade Making</p> <p>1:30 Painting Paper Mache Bowls</p> <p>3:30 In Motion Exercises</p>	<p><i>9</i> 10:30 Bingo</p> <p>1:30 Happy Hour on the Patio (weather permitting)</p>	<p><i>10</i> 10:00 Free Flow Dance Workshop</p> <p>1:30 Tumbleweed Pop-Up Shop</p> <p>1:00 Berry Barn Trip</p> <p>2:30 Church 3:15 Music</p>	<p><i>11</i> 9:30 Breakfast Excursion</p> <p>1:30 Bowling</p> <p>3:30 In Motion Exercises</p>	<p><i>12</i> 10:30 Java Music Club</p> <p>1:30 Ice Cream Sundaes</p> <p>3:30 Pretty & Pampered Nails</p>	<i>13</i>
<p><i>14</i> 10:30 Java Music Club</p> <p>1:30 Bingo</p>	<p><i>15</i> Canteen Cart</p> <p>10:30 Music with Wes</p> <p>1:30 Giant Yahtzee</p> <p>3:30 In Motion Exercises</p>	<p><i>16</i> 10:30 Conversation Cards</p> <p>1:00 Bus Trip</p>	<p><i>17</i> Happy Birthday Sheila!</p> <p>10:30 Catholic Mass with Fr. Denis</p> <p>11:00 Picnic at the Forestry Farm</p> <p>2:30 Church 3:15 Music</p>	<p><i>18</i> 10:30 Bean Bag Toss</p> <p>1:30 Bingo</p>	<p><i>19</i> 10:00 Baking 10:30 Java Music Club</p> <p>1:30 Giant Crossword</p> <p>3:30 Pretty & Pampered Nails</p>	<i>20</i>
<i>21</i>	<p><i>22</i> 10:30 Painting Rocks</p> <p>1:30 Milkshake Making</p> <p>3:30 In Motion Exercises</p>	<p><i>23</i> Happy Birthday Tony! Happy Birthday Julia!</p> <p>10:00 Remai Modern Art Group</p> <p>1:00 Bus Trip</p>	<p><i>24</i> Happy Birthday Olive!</p> <p>10:30 Java Music Club</p> <p>1:00 Walk to the Park</p> <p>2:30 Church 3:15 Music</p>	<p><i>25</i> 10:30 Bingo</p> <p>1:30 Bowling</p> <p>3:30 Snacks on the Patio</p>	<p><i>26</i> 10:30 Word Games</p> <p>1:30 Ice Cream Treats for Armin's last day</p> <p>3:30 Cards & Games</p>	<i>27</i> Happy Birthday David!
<p><i>28</i> 10:30 Java Music Club</p> <p>1:30 Bingo</p>	<p><i>29</i> Canteen Cart</p> <p>10:30 Music with Wes</p> <p>1:30 Giant Yahtzee</p> <p>3:30 In Motion Exercises</p>	<p><i>30</i> Pike Lake Trip & Hot Dog Roast 10:00 buses leaving Central Haven</p>	<p><i>31</i> 10:30 Java Music Club</p> <p>1:00 Scenic Drive</p> <p>2:30 Church 3:15 Music</p>			



Central Haven News July 2024

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

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

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.



WELCOME TO CENTRAL HAVEN

Ellen
Shirley

Happy Birthday

July 8-James
July 17-Sheila
July 23-Tony
July 23-Julia
July 24-Olive
July 27-David

In Loving Memory Mildred



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

Pike Lake Picnic

Tuesday, July 30

Buses leave between
10:00-10:30
Returning around 3:00

We will be having a Hot
Dog Roast and relaxing
at Pike Lake for the day.

Please sign up if you are
interested.

Families welcome to
join, please sign up with
elders name & let
Elizabeth or Judy
306-844-4034) know if
you will be meeting us
there or are requiring a
ride on our bus as we
have limited seating.



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 **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?’

Backyard Water Bash
Thursday, August 1
1:30pm
Come and enjoy ice
cream and some water
fun!



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



CATHOLIC MASS
WEDNESDAY, JULY 17 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