

# Central Haven Community Calendar March 2025

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
2	3 10:30 Bingo  1:30 Yahtzee  3:30 Fit & Fun Exercises	4 10:00 Remai Art Group  1:30 Giant Crossword  3:30 Susy Q sing-a-long (DVD)	5 10:30 Catholic Mass  1:30 Pretty & Pampered – Nails  2:30 Church 3:15 Music	6 10:30 Bedford Youth Visit-Bingo  1:30 Short Stories/Trivia	7 10:30 Yahtzee  1:00 Movie & Snacks	8
9 10:30 Java Music Club  1:30 Bingo	10 Canteen  10:30 Music with Wes  3:30 Fit & Fun Exercises	11 10:00 Art with Anna  1:30 Drumming  3:30 Susy Q sing-a-long (DVD)	12 10:30 Java Music Club  1:30 Tumbleweed Thrift Pop-Up Shop  2:30 Church 3:15 Music	13 10:30 Bedford Visits-Bowling  1:30 Bingo	14 10:30 Baking  1:30 Music by Phil Miller	15
16	17 <i>Happy St. Patrick's Day!</i> <i>Wear Green!</i> 10:30 St. Pat's Trivia 1:30 Happy Hour 3:30 Fit & Fun Exercises	18 10:00 Art with Anna Lunch Excursion 1:30 Resident/Family Council Meeting 3:30 Susy Q sing-a-long	19 10:30 Java Music Club  1:30 Pretty & Pampered-Nails  2:30 Church 3:15 Music	20 10:30 Bedford Visits-Art Project  1:30 Bosco Ukeladies	21 Diner's Club Pizza Lunch	22
23 10:30 Java Music Club  1:30 Bingo	24 Canteen 10:30 Music with Wes  1:30 Indoor Curling  3:30 Fit & Fun Exercises	25 10:00 Art with Anna 1:00 Pretty & Pampered Nails 2:30 Read Aloud with Thomas 3:30 Susy Q sing-a-long	26 10:30 Java Music Club  2:30 Church  3:15 Music	27 10:30 Bedford Visits-Bean Bag Toss  1:30 Ladder Golf	28 10:30 Baking  1:30 Yahtzee	29
30	31 10:30 Target Toss  1:30 Yahtzee  2:00 Community Meeting  3:30 Fit & Fun Exercises					



# Central Haven News March 2025

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

William  
Lucille  
Bill

In Loving  
Memory  
Zenon



Good Luck  
in your new  
Home!  
Roxanne

### Happy Birthday

March 12-Rose  
March 12-Anne  
March 30-Betty  
March 31-Beth



St. Patrick's Day  
March 17  
Join in some fun and  
wear green!



## TUMBLEWEED

Thrift Pop Up Shop  
Wednesday, Sept  
18  
1:30-3:00pm in the  
Alcove

Everyone is welcome to come and shop. Canteen Cart available. Did you know... The Tumbleweed Gift & Thrift Shop is owned & operated by the Sherbrooke Foundation Inc. 100% of the Tumbleweed Thrift profits help to provide opportunities for full and abundant life for the Elders living at Central Haven & Sherbrooke Community Center.

### March at Central Haven and Sherbrooke Foundation

March has so much meaning! We say it heralds spring and "comes in like a lamb and out like a lion." It's a time to recognize our Central Haven Social Workers during National Social Work Month. And it is a month to express our gratitude to monthly donors who have supported our home all year long. Together, gifts from our faithful monthly donors and payroll donors make a big collective difference. You are helping sustain our home, providing comfort and joy for Residents. Thank you so much.

Does setting up monthly donations sound like a way to give that matches your values? You can contact Joy-Ann Allin or Layne Engel with Sherbrooke Foundation at [donations@sherbrookefoundation.ca](mailto:donations@sherbrookefoundation.ca) or visit [SherbrookeFoundation.ca/Central-Haven-Donations/](http://SherbrookeFoundation.ca/Central-Haven-Donations/) and direct your monthly pledge to Central Haven.



Ask us how your legacy gift can create a bright future.



**Principle 10** of the Eden Alternative® philosophy teaches us that – **Wise leadership is the key to meaningful and lasting change. For it, there can be no substitute.** Central Haven and Sherbrooke are fortunate communities to have so many wise leaders among us. Leadership is not about positions or titles. True leadership is about each one of us taking responsibility for our own actions and influencing others to bring about positive change. Together we will make this the best place to live and the best place to work. Elders will grow and live the most full and abundant lives that they are able to. If you have any questions please talk to an Eden Associate or a Manager.

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 **AUTONOMY**? Autonomy is about having choice and self-determination, freedom from the arbitrary exercise of authority. Autonomy comes about through a person-directed approach where elders direct their own lives. As staff we realize that we work in the elder's home as opposed to the elder living in our workplace. **For reflection:** 'What choices are important for you to be making each day of your life here?' 'What helps to alleviate feelings of helplessness if and when you experience those feelings?'



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

**CATHOLIC MASS  
SUNDAY COMMUNION WITH VOLUNTEERS  
WEDNESDAY, MARCH 5 AT 10:30**

**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**