

Central Haven Community May 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>*All programs subject to change as needed.</i></p>	<p><i>Spontaneous activities & excursions will happen throughout the month.**</i></p>	<p><i>**All excursions are subject to change due to weather**</i></p>		<p>1 10:30 Bedford Youth Visit-Garden Box Clean up</p> <p>1:30 Crosswords</p>	<p>2</p> <p>1:30 Music by Silverstrings</p>	<p>3</p>
<p>4 10:45 Java Music Club</p> <p>1:30 Bingo</p>	<p>5 Canteen</p> <p>10:30 Music with Wes</p> <p>1:30 Garden Box Sign Painting</p>	<p>6 10:00 Remai Modern Art Group</p> <p>10:45 Free Flow Dance Workshop</p> <p>1:30 Happy Hour</p> <p>3:15 Garden Box Clean-up</p>	<p>7 10:30 Catholic Mass</p> <p>1:00 Country Drive</p> <p>1:30 Tumbleweed Thrift Pop-Up</p> <p>2:30 Church 3:15 Music</p>	<p>8 10:30 Java Music Club</p> <p>1:30 Garden Box Sign Painting</p> <p>3:15 Cards & Games</p>	<p>9 10:30 Baking</p> <p>1:30 Mother's Day Tea with entertainment by Saskatoon International Folkdance Club</p>	<p>10 <i>Happy Birthday Shirley!</i></p>
<p>11</p>	<p>12 10:30 Coffee & Conversation</p> <p>1:30 Card Bingo</p> <p>3:30 Fun & Fit Exercises</p>	<p>13 10:45 Free Flow Dance Workshop</p> <p>Noon Welcome to Spring Hot Dog BBQ</p> <p>1:00 Art with Anna</p> <p>3:30 Video Sing Song</p>	<p>14 10:30 Java Music Clubs</p> <p>1:00 Berry Barn Trip</p> <p>1:30 Community Meeting</p> <p>2:30 Church 3:15 Music</p>	<p>15 10:30 Bedford Youth Visit-Bowling</p> <p>1:30 Music with Elizabeth</p>	<p>16 10:30 Trivia Time</p> <p>1:30 Bingo</p> <p>3:15 Cards & Games</p>	<p>17 <i>Happy Birthday Zinnia!</i></p>
<p>18</p>	<p>19 <i>Stat Holiday</i></p>	<p>20 10:45 Free Flow Dance Workshop</p> <p>1:30 Resident/Family Council Meeting</p> <p>1:30 Floral Acres Greenhouse Trip</p>	<p>21 <i>Happy Birthday Leo!</i></p> <p>10:30 Java Music Clubs</p> <p>1:00 Country Drive</p> <p>2:30 Church 3:15 Music</p>	<p>22 10:30 Bingo</p> <p>1:30 Jeff O'Brien History of Saskatoon</p>	<p>23 <i>Happy Birthday Velma!</i></p> <p>Hamburger Diner's Lunch</p> <p>1:30 Music with Phil Miller</p>	<p>24</p>
<p>25</p>	<p>26 10:30 Coffee & Conversation</p> <p>1:30 Yahtzee</p> <p>3:30 Fun & Fit Exercises</p>	<p>27 10:45 Free Flow Dance Workshop</p> <p>1:00 Art with Anna</p> <p>2:30 Read Aloud with Thomas</p> <p>3:30 Video Sing Song</p>	<p>28 10:30 Java Music Clubs</p> <p>1:00 Berry Barn Trip</p> <p>2:30 Church 3:15 Music</p>	<p>29 10:30 Bedford Youth Visit-Card Bingo</p> <p>1:30 Movie & Popcorn</p>	<p>30 10:30 Music with Elizabeth</p> <p>1:30 Bingo</p>	<p>31</p>



Central Haven News May 2025

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

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



**Mother's Day
Tea**
Friday, May 9
1:30 pm
Entertainment
by the
Saskatoon
International
Folkdance
Club
Everyone
Welcome!

May 20- Floral Acres
Greenhouse Bus Trip
If you have a garden box
and would like to go to
the greenhouse to pur-
chase plants please let
Elizabeth or Judy know.

**In Loving
Memory**
Lucille
Beth

**Happy
Birthday**
May 10-Shirley
May 17-Zinnia
May 21-Leo
May 23-Velma

**WELCOME TO
CENTRAL HAVEN**
Stanley
Zinnia
Verna
Hilda



**Good Luck
in your new
Home!**
Dean
Daisy

TUMBLEWEED
Thrift Pop Up Shop
Wednesday, May 7
**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 & Sher-
brooke Community Center.

**On behalf of our Residents and staff, thanks to everyone
who volunteers in our home! You are making a difference.**



JOIN US IN THANKING OUR VOLUNTEERS!

Supporting full, abundant life at Sherbrooke and Central Haven

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 rec-
reation know if you will need some help
with gardening and we will find a helper.
If you have any questions please call the
recreation staff at 306-844-4034**



Principle Two - In the philosophy of the Eden Alternative®, if PRINCIPLE ONE identifies the PROBLEM, that people are dying of Loneliness, Helplessness and Boredom, then PRINCIPLE TWO is the SOLUTION. **A caring, inclusive and vibrant community enables all of us, regardless of age or ability, to experience well-being.** Over the years we have been on our Eden journey working to abandon our institutional ways of thinking and doing things. The institution was created to care 'efficiently for the masses' and our focus was on routines, schedules and getting our 'work' finished. We must abandon this way of thinking and doing things so that each of the Elders feels like a valued member of our community as we nurture the human spirit as well as the human body. Dr. Thomas calls the Institution a Dragon and when we say and do institutional things we are 'feeding the dragon' and keeping the institution alive. Let's all be Dragon slayers! We need to focus on the things that are going to enhance well-being. 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 **CONNECTEDNESS**? Connectedness is about belonging, being engaged and involved, having close meaningful relationships. Connectedness comes about through loving companionship which is the antidote to loneliness. **For reflection:** 'What can you do to get more involved within your neighbourhood?'



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

CATHOLIC MASS
SUNDAY COMMUNION WITH VOLUNTEERS
WEDNESDAY, MAY 7 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 con-
cerns about laundry, food service
or environmental service please
contact Alex at 306-844-4033**