

September 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i> Labor Day Stat Holiday	<i>2</i> 10:30 Remai Art Group 1:30 Indoor Curling 3:30 Video Sing Song	<i>3</i> 10:30 Catholic Mass 1:00 Bus Trip 1:30 Tumbleweed Thrift Shop 2:30 Church 3:15 Music	<i>4</i>	<i>5</i> 1:30 Music by Silverstrings	<i>6</i>
<i>7</i> 10:45 Java Music Club 1:30 Bingo	<i>8 Happy Birthday Dave!</i> Canteen 10:30 Music with Wes 1:30 Movie 3:30 Fun & Fit Exercises	<i>9</i> 10:30 Tic Tac Toe Trivia 1:30 Resident/ Family Coun- cil Meeting 2:30 Horserace Game	<i>10</i> 10:30 Java Music Club 1:00 Bus Trip 2:30 Church 3:15 Music	<i>11</i> 10:30 Baking 1:30 Giant Crossword	<i>12</i> 10:30 Bingo 1:00 Bus Trip	<i>13</i>
<i>14</i>	<i>15</i> Diner’s Lunch 2:00 Yahtzee 3:30 Fun & Fit Exercises	<i>16</i> 10:30 Remai Art Kit 1:30 Roll Kuchen Making 3:30 Video Sing Song	<i>17</i> 10:30 Java Music Club 1:00 Bus Trip 2:30 Church 3:15 Music	<i>18</i> 10:30 Bingo 1:00 Bus Trip	<i>19</i> 10:30 Music with Elizabeth 1:30 Indoor Curling	<i>20</i>
<i>21</i> 10:00 –2:00 Vintage Car Show (weather permitting) In the Central Haven parking lot.	<i>22</i> Canteen 10:30 Music with Wes 1:30 3:30 Fun & Fit Exercises	<i>23</i> 10:30 Truth & Reconciliation Education Videos 1:00 Bus Trip 2:00 Read Aloud with Thomas 3:30 Video Sing Song	<i>24</i> 10:30 Indigenous Craft 1:00 Bus Trip 2:30 Church 3:15 Music	<i>25</i> 10:30 Tic Tac Toe Trivia 1:30 Bingo	<i>26</i> 10:00 Baking- Bannock & Jam 1:30 Music by Phil Miller	<i>27</i>
<i>28 Happy Birthday Terry!</i>	<i>29</i>	<i>30</i> National Day for Truth and Reconciliation <div><div>Orange Shirt Day– by wearing an orange shirt you commit to the enduring truth that Every Child Matters, every day and everywhere.</div></div>		<i>*All programs subject to change as needed.</i>	<i>*All programs subject to change as needed.</i>	<i>**All excursions are subject to change due to weather**</i>



Central Haven News September 2025

Central Haven Special Care Home
1020 Ave I North
Saskatoon, Saskatchewan Canada S7L 2H7
306-844-4034
<https://sherbrookecommunitycentre.ca/central-haven>

The Power of a Pause for a Kinder World

Contributing to a kinder world is not about grand gestures (although it can be), but rather it is about the handling of everyday situations and making the choice to choose kindness in pivotal moments. A thoughtful pause before responding to an emotional or challenging situation can make such a difference.

Author, Victor E. Frankl, wrote about his time in concentration camps during WWII and he said *"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."*

There are a lot of things that we can't control in life, but we do have control over that "space" to pause and choose how we respond.

While the grand gestures and big moments of kindness are wonderful and so important in creating a kinder world, the seemingly small moments and interactions in our daily lives actually have the most power and take little or no extra time.

Take the moment to pause and choose kindness.

Truth and Reconciliation Learning in September

Throughout the month of September we will be watching some videos, learning about and creating some indigenous art and crafts and trying some traditional foods. September 30 is Orange Shirt Day and we encourage you to wear orange.



**WELCOME TO
CENTRAL HAVEN**
Joan
Kathy
Dolores

Happy
Birthday
Sept 8- Dave
Sept 28-Terry



TUMBLEWEE D

Thrift Pop Up Shop
Wednesday, September 3
**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.

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

CATHOLIC MASS
WEDNESDAY, SEPTEMBER 3
AT 10:30
**SUNDAY COMMUNION WITH
VOLUNTEERS**



Expressing our gratitude!



**What a beautiful way to
show you care!**

Thank you to the family members, volunteers, donors, and staff who contributed to enhancing our front garden for Elders to enjoy.



**Central Haven Thanksgiving
Donor Tea**

Save the date! On Thursday, October 2nd our Thanksgiving Tea is a special time to thank all of our Central Haven donors and volunteers.

You can direct your gift to Central Haven through Sherbrooke Foundation.
Thank you for supporting abundant living in our Central Haven community!

[SherbrookeFoundation.ca/Central-Haven-Donations](https://sherbrookefoundation.ca/Central-Haven-Donations)