

Central Haven Community Calendar January 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>*All programs subject to change as needed.</i>	<i>**All excursions are subject to change due to weather**</i>			<i>1</i> New Year's Day Stat Happy New Year!	<i>2</i> No activities due to outbreak	<i>3</i>
<i>4Happy Birthday Shirley!</i>	<i>5</i> No activities due to outbreak	<i>6Happy Birthday Liz!</i> No activities due to outbreak	<i>7</i> No activities due to outbreak	<i>8Happy Birthday Lorraine!</i> 10:30 Word Games 1:30 Yahtzee	<i>9</i> 10:30 Bingo 1:30 Giant Crossword	<i>10</i>
<i>11</i> 10:45 Java Music Club 1:30 Bingo	<i>12</i> Canteen 10:30 Music with Wes 1:30 Tim Horton's Coffee & Timbits 3:30 Video Sing-Along	<i>13</i> 10:30 Skip-bo 1:30 Resident/Family Council Meeting 2:30 Colouring & Wine	<i>14</i> 10:30 Java Music Club 2:30 Church 3:15 Music	<i>15</i> 10:30 Yoga 1:30 S'mores and visit	<i>16</i> 10:30 Bingo 2:00 Music by Shangri-La Serenade (Lisa & Carl)	<i>17Happy Birthday Shirley</i>
<i>18</i>	<i>19</i> 10:30 Card Bingo 1:30 Horse Race Game 3:30 Video Sing-Along	<i>20</i> 10:30 Paint-a-Long 1:30 Happy Hour	<i>21</i> 10:30 Java Music Club 2:30 Church 3:15 Music	<i>22</i> 10:30 Music with Elizabeth 1:15 Movie & Popcorn	<i>23Happy Birthday Ann!</i> 10:30 Bingo 1:30 Hot Chocolate & Treats	<i>24</i>
<i>25</i> 10:45 Java Music Club 1:30 Bingo	<i>26</i> Canteen 10:30 Music with Wes 1:30 Indoor Curling 3:30 Video Sing-Along	<i>27</i> 10:30 Tic Tac Toe Trivia 1:30 Ice Cream Sundae Bar 3:30 Balloon Badminton	<i>28</i> 10:30 Java Music Club 2:30 Church 3:15 Music	<i>29</i> 10:30 Card Bingo 1:30 Music by Those 2 Guys	<i>30</i> 10:30 Giant Crossword 1:30 Yahtzee	<i>31Happy Birthday Lillian!</i>



Central Haven News January 2026

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



In Loving
Memory
Rosaleen

Best Wishes on
Your Move
Kal

Happy
Birthday
Jan 4-Shirley
Jan 6-Liz
Jan 8-Lorraine
Jan 17-Shirley
Jan 23-Ann
Jan 31-Lillian

 Welcome
Audrey
Hazel
Carol



Principle One – Central Haven adopted the Eden Alternative® Philosophy in 2015 to enhance the well-being of the people who live here and of the people who work here. PRINCIPLE ONE is called the PROBLEM STATEMENT or the wake-up call. **Loneliness, helplessness, and boredom are painful and destructive to our health and well-being.**

These are the plagues of the human spirit, not the body. They affect all humans, but Elders living in long-term care are at higher risk. The medical model does not address these plagues and the traditional institutional model of long-term care really makes them worse. We have chosen to use the term Elder at Central Haven and Sherbrooke. The term Elder within the Eden Philosophy is not about advanced age, it is used in a way that is consistent with traditional cultures. The wisdom of the Elders is revered, and Elders are honoured and cherished. 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 **JOY**? Joy is about happiness, 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
SUNDAY COMMUNION WITH VOLUNTEERS

Room Reservations- If you wish to reserve the Saal Room or Alcove for a family gathering, please contact Monica Henderson at monica.henderson@saskhealthauthority.ca or by phone at 306-844-4037.

Wear an Orange Shirt:
You are invited to wear orange shirts on the last Friday of every month as part of the SHA & Central Haven’s commitment to



Truth & Reconciliation.