

# Central Haven Community Calendar April 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>		1 10:30 Catholic Mass  1:00 Yahtzee  2:30 Church 3:15 Music	2 Rescheduled KFC Lunch  1:30 Easter Tea with Music by Don Balzer	3 Good Friday Stat  1:30 Good Friday Church Service	4
5 Easter Sunday Stat	6 10:45 Java Music Club  1:30 Bingo  3:15 Video Sing-Along	7 10:30 Remai Art Group  1:30 Happy Hour  3:15 Card Game of the Month -Skip	8 10:30 Java Music Club 1:00 Bus Trip-Drive & Ice Cream 1:30 Tumbleweed Pop-Up Store 2:30 Church 3:15 Music	9 10:30 Dance Alive Class with Caelia  2:00 Music by Orpheus 60	10 <b>Happy Birthday Margaret!</b> <b>Happy Birthday Kathy!</b>  10:30 Card Bingo 1:30 Yahtzee 3:00 Book Club	11 <b>Happy Birthday Tena!</b>
12	13 10:30 Music with Wes  1:30 Bingo  3:30 Puzzling	14 10:30 Bowling  1:30 Armchair Travel to the Netherlands  3:15 Cards – Skip bo	15 10:30 Java Music Club  1:00 Bus Trip-Drive & Ice Cream  2:30 Church 3:15 Music	16 10:30 Yoga with Blythe  1:30 Coffee & Donuts  3:00 Book Club	17 10:30 Baking  1:30 Finish the Line Word Game  3:00 Yahtzee	18
19 10:30 Art with Anna  1:30 Bingo	20 10:30 Java Music Club  1:45 Music by Forest Grove Community Church  3:30 Puzzling	21 10:30 Bean Bag Toss  1:00 Pretty & Pampered-Nails 2:00 Ice Cream Treats 3:15 Cards-Skip bo	22 10:30 Java Music Club  1:00 Bus Trip-Drive & Ice Cream 2:30 Church 3:15 Music	23 10:30 Exercise with Elizabeth  1:30 Indoor Curling  3:00 Book Club	24 10:30 Bingo  1:30 Music by Phil Miller  3:00 Yahtzee	25 <b>Happy Birthday James!</b>
26	27 10:30 Bingo  1:30 Horse Race Game  3:30 Video Sing-Along	28 <b>Happy Birthday Yvonne!</b>  Spring Clean Up (weather permitting)  3:15 Cards-Skip bo	29 10:30 Java Music Club  1:00 Bus Trip-Drive & Ice Cream 2:30 Church 3:15 Music	30 10:30 Music with Elizabeth  1:30 Giant Crossword  3:00 Book Club		



# Central Haven News April 2026

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

Easter Tea  
Thursday, April 2  
1:30 pm  
Dining Room  
Music by Don Balzer  
Everyone Welcome!



Good Friday Easter  
Church Service  
Friday, April 3 at  
1:30pm  
In the Saal Room  
Everyone welcome.



## Welcome

Charlie



## Happy Birthday

Apr 10-  
Margaret  
Apr 10-Kathy  
Apr 11-Tena  
Apr 25-James  
Apr 28-Yvonne

Spring Yard Clean Up  
Tuesday, April 28  
Weather permitting  
Anyone welcome to help.



# Happy Easter

## TUMBLEWEED Thrift Pop Up Shop

Thursday, April 8  
1:30-3:00pm in the Alcove

Everyone is welcome to come and shop. Can-  
teen Cart available.  
Proceeds go to the Foundation for special pro-  
jects for Central Haven.



**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

**ALTERNATIVE®** 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.

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

WEDNESDAY, APRIL 1 AT 10:30 AM  
SUNDAY COMMUNION WITH VOLUNTEERS

## 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.



**Room Reservations-** If you wish to reserve the Saal Room or Alcove for a family gathering, please contact Ellie at [Elham.tajik@saskhealthauthority.ca](mailto:Elham.tajik@saskhealthauthority.ca)