

Central Haven Community Calendar March 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 10:30 Bingo 1:30 Horse Race Game 3:30 Video Sing-Along	3 10:30 Remai Art Group 1:30 Happy Hour 3:15 Cards-Rummy	4 10:30 Catholic Mass 1:30 Tumbleweed Pop-Up Store 2:30 Church 3:15 Music	5 10:30 Yoga with Blythe 2:00 City History with Jeff O'Brien	6 10:00 Bowling 1:30 Music with Silverstrings	7
8 10:45 Java Music Club 1:30 Bingo	9 10:30 Yahtzee 1:30 Ice Cream Sundaes 3:30 Video Sing-Along	10 10:30 Easter Craft 1:30 Resident/Family Council Meeting 1:00 Drive & Ice Cream	11 10:30 Java Music Club 1:15 Yahtzee 2:30 Church 3:15 Music	12 <i>Happy Birthday Rose! Happy Birthday Anne!</i> 10:30 Baking 2:00 Coffee & Donuts	13 10:30 Indoor Curling 1:30 Shake Loose a Memory Game	14
15	16 10:30 Music with Wes 1:30 Bingo 3:30 Video Sing-Along	17 10:00 Armchair Travel to Ireland! 1:30 St. Patrick's Day Party with music by Phil Miller 3:15 Cards-Skip bo	18 10:30 Java Music Club 1:15 Yahtzee 2:30 Church 3:15 Music	19 10:30 Giant Crossword 1:15 Movie	20 10:30 Baking 1:30 Bingo	21
22 10:45 Java Music Club 1:30 Bingo	23 10:30 Tic Tac Toe Trivia 1:30 Yahtzee 3:30 Video Sing-Along	24 10:00 Paint-a-Long 1:00 Planting Seeds 3:15 Cards-Uno	25 10:30 Java Music Club 1:15 Yahtzee 2:30 Church 3:15 Music	26	27	28
29	30 10:30 Music with Wes 1:30 Bingo 3:30 Video Sing-Along	31 10:30 Giant Crossword (dining room) KFC Diner's Lunch 2:00 Colouring Eggs 3:15 Cards-Rummy			<i>*All programs subject to change as needed.</i>	<i>**All excursions are subject to change due to weather**</i>



Central Haven News March 2026

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

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



St. Patrick's Day March 17

Join in some fun and wear green!
10:00 Armchair Travel to
Ireland!

1:30 St. Patrick's Day Party-music by Phil Miller and Green drinks!
Everyone welcome!



Welcome

Evelyn



Happy Birthday
March 12 –Rose
March 12-Anne

In Loving Memory
Ellen

March 5, 2026 at 2:00

Join Jeff O'Brien the city archivist in the Saal Room to learn about the history of Saskatoon.



St. Patrick's Day

KFC Diner's Lunch Club

Tuesday, March 31 at Noon

Watch for details and sign up sheets or let recreation know if you are interested in attending.

TUMBLEWEED

 Thrift Pop Up Shop

Wednesday, March 4

1:30-3:00pm in the Alcove

Everyone is welcome to come and shop. Canteen Cart available.
Proceeds go to the Foundation for special projects 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

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, MARCH 4 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 Monica Henderson at monica.henderson@saskhealthauthority.ca or by phone at 306-844-4037.