









Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Holland Christian Homes</p>	<p>All group activities are subjected to be modify into 1:1 visits according to Public Health Directives</p>	<p><b>1 Canada Day</b> 10AM Travelogue <i>'Wonders' of Canada</i> 11AM <i>Singing of the Nation Anthem</i> 3PM Strawberry Social</p>	<p><b>2</b> 10AM Devotion 11AM Physio Moves 2PM Bingo 3PM Canada Family Feud</p>	<p><b>3 Mobility &amp; Stretch</b> 10AM Devotion 10:30AM <i>Mobility class with Sheila</i> 2PM Flower Arranging 3PM Out &amp; About</p>	<p><b>4</b> 11AM Fun &amp; Fitness 2PM Word Games 4PM Dominoes 6PM Balcony Visit</p>	<p><b>5</b> 11AM Men's Club 3PM Train Simulator 4PM Movie Hour</p>
<p><b>6</b> </p> <p>10AM Church Service 11AM Outdoor Stroll 2PM Word Game 3PM Gaither's Singer 7PM Church Service</p>	<p><b>7</b> 10AM Catholic Church Service 11AM Physio Moves 2PM Bingo 3PM Travelogue with Whilma</p>	<p><b>8</b> 10AM Devotion 11AM Fun &amp; Fitness 2PM <i>Craft with Gloria</i> 6PM Puzzle Match</p>	<p><b>9</b> 10AM Devotion 11AM Physio Moves 2PM Bingo 4PM Ludo 6PM Movie Night</p>	<p><b>10</b> 10AM Devotion 11AM <i>Zamar Music</i> 2PM Flower Arranging 3PM Euchre Club With Adrian</p>	<p><b>11</b> 11AM Fun &amp; Fitness 3PM Bean Bag Toss 4PM Family Feud</p>	<p><b>12</b> 10AM Ladies Group (Manicure Spa) 2PM Bowling 3PM Movie Hour</p>
<p><b>13</b> </p> <p>10AM Church Service 11AM Gaither Gospel 2PM Connect 4 7PM Church Service</p>	<p><b>14</b> 10AM Catholic Church Service 11AM Physio Moves 2PM Bingo 4PM Discussion (Vison Board) 6PM Bird Visit</p>	<p><b>15</b> 10AM Devotion 11AM Fun &amp; Fitness 3PM 1:1 Visits 4PM Comedy Show 'I Love Lucy'</p>	<p><b>16</b> 10AM Devotion 11AM Physio Moves 2PM Bingo 3PM Suzie Q Sing Along</p>	<p><b>17</b> 10AM Devotion 11AM Sing Along 2PM Flower Arranging 3PM <i>Smile Serenades</i></p>	<p><b>18</b> 11AM Fun and Fitness 2PM <i>Fresh Fruits</i> 4PM Dominoes 6PM Friendly Visit</p>	<p><b>19</b> 11AM Balloon Tennis 3PM Pet Visit (Coco) 4PM Movie Hour</p>
<p><b>20</b> </p> <p><b>International Cake Day</b> 10AM Church Service 11AM Outdoor Strolls 2PM <i>Bake a Cake</i> 4PM Gaither Singers 7PM Church Service (CH. 990)</p>	<p><b>21</b> 10AM Catholic Church 11AM Physio Moves 2PM Snack Bar Visit 3PM Room Visit</p>	<p><b>22</b> 10AM Devotion 11AM Fun &amp; Fitness 2PM <i>Jewelry Making with Susan</i> 4PM Jigsaw Puzzle 6PM Pet Visit</p>	<p><b>23</b> 10AM Devotion 11AM Physio Moves 2PM <i>Birthday Social</i> 4PM Dominoes 6PM Movie Hour</p>	<p><b>24</b> 10AM Devotion 11AM Sing Along 2PM <i>Resident Council Meeting</i> 3PM Flower Arranging</p>	<p><b>25</b> 11AM Fun &amp; Fitness 3PM Balcony Visit 4PM Game Show (Canada Got Talent)</p>	<p><b>26</b> 10AM Balloon Tennis 2PM Ladies Group (Manicure Spa) 4PM Andre Rieu Concert</p>
<p><b>27</b> </p> <p>10AM Church Service 11AM Gaither Gospel 2PM Card Games 7PM Church Service</p>	<p><b>28</b> 10AM Catholic Church Service 11AM Physio Moves 2PM Word Games 4PM Movie Hour 6PM Dominoes</p>	<p><b>29</b> 10AM Devotion 11AM Fun &amp; Fitness 3PM Connect 4 4PM Comedy Hour (I Love Lucy)</p>	<p><b>30</b> 10AM Devotion 11AM Physio Moves 2PM Bingo 3PM Game Show (Canada Family Feud)</p>	<p><b>31</b> 10AM Devotion 11AM Sing Along with Ray 2PM Flower Arranging 3PM Out &amp; About</p>	<div>  <p>Implementing the Eden Alternative Philosophy</p> </div>	



# Rainbow Ridge Life Enrichment Programs



## Ten Principles

1. Loneliness, helplessness, and boredom are painful and destructive to our health and well-being.
2. A caring, inclusive and vibrant community enables all of us, regardless of age or ability, to experience well-being.
3. We thrive when we have easy access to the companionship we desire. This is the antidote to loneliness.
4. We thrive when we have purpose and the opportunity to give, as well as receive. This is the antidote to helplessness.
5. We thrive when we have variety, spontaneity, and unexpected happenings in our lives. This is the antidote to boredom.
6. Meaningless activity corrodes the human spirit. Meaning is unique to each of us and is essential to health and well-being.
7. We are more than our medical diagnoses. Medical treatment should support and empower us to experience a life worth living.
8. Decision-making must involve those most impacted by the decision. Empowerment activates choice, autonomy, and influence.
9. Building a collaborative and resilient culture is a never-ending process. We need to keep learning, developing and adapting.
10. Wise leadership is the key to meaningful and lasting change. For it, there can be no substitute.



## The Eden Alternative Domains of Well-Being®

**well-be-ing** (wĕl' bē' īng)  
*n. A contented state of being.*

Well-being is the path to a life worth living. It is what we all desire. It is the ultimate outcome of a human life. Well-being is the measure of success when embracing the Eden Alternative Ten Principles. What are the components of well-being? What do we need to experience contentment? A task force of culture change leaders and change agents, convened by The Eden Alternative identified seven Domains of Well-Being:

**Identity:** being well-known; having personhood; individuality; wholeness; having a history

**Connectedness:** state of being connected; alive; belonging; engaged; involved; not detached; connected to the past, present and future; connected to personal possessions; connected to place; connected to nature

**Security:** freedom from doubt, anxiety, or fear; safe, certain, assured; having privacy, dignity, and respect

**Autonomy:** liberty; self-governance; self-determination; immunity from the arbitrary exercise of authority; choice; freedom

**Meaning:** significance; heart; hope; import; value; purpose; reflection; sacred

**Growth:** development; enrichment; unfolding; expanding; evolving

**Joy:** happiness; pleasure; delight; contentment; enjoyment