







August 2025 Rainbow Ridge



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
St. Johns Pet Visits weekly 	All group activities are subjected to be modify into 1:1 visits according to Public Health Directives	 Catholic Service Every Mon at 10:00 (Harmony Hall) Devotions Tues/Thurs at 10:00 Ch.990 Spiritual Care Visits Tue, Wed & Thurs		4th Annual Family Fun Day Event with Elvis, Vendors, kids corner, Ice- Cream Truck & Critter visits. • 1:30PM- 3:30PM • FM courtyard. 	1 Calendar Distribution 11AM Fun & Fitness 2PM Word Games 4PM Dominoes 6PM Balcony Visit	2 Ice Cream Sandwich Day 11AM Men's Club 3PM Ice Cream Sandwich Social
3 10AM Church Service 11AM Outdoor Stroll 2PM Who Am I 3PM Gaither's Singer	4 Civic Holiday 10AM Bible Study 11AM Physio Moves 2PM Discussion Group- Civic Day 3PM Balcony Visit	5 11AM Fun & Fitness 2PM Super Quiz 6PM Puzzle Match 7PM Music on the Patio	6 10AM Devotion 11AM Physio Moves 2PM Bingo 4PM Ludo 6PM Movie Night	7 10AM Flower Arranging 11AM Sing Along with Ray 2PM Craft Corner 3PM Comedy Hour (Mr. Bean Show)	8 11AM Fun & Fitness 3PM Bean Bag Toss 4PM Family Feud	9 10AM Balloon Tennis 2PM Word Game 3PM Movie Hour
10 10AM Church Service 11AM Gaither Gospel 2PM Connect 4 3PM Our Planet	11 10AM Bible Study 11AM Physio Moves 2PM Bingo 4PM Calendar Huddle- Rainbow Ridge 6PM Board Game	12 10AM Devotion 11AM Fun & Fitness 3PM 1:1 Visits 4PM Comedy Show' I Love Lucy'	13 10AM Devotion 11AM Physio Moves 2PM Bingo 3PM Suzie Q Sing Along	14 YIPI Program 10AM Fun & Fitness 11AM Sing Along with Ray 2PM Faith Fun Fair Back Courtyard 3PM Relaxing Hymns	15 11AM Fun & Fitness 2PM Peach Social 3PM Euchre Club with Adrian 4PM Outdoor Strolls 6PM Friendly Visit	16 11AM Ball Toss 3PM Pet Visit (Coco) 4PM Movie Hour
17 Vacation Memories Day 10AM Church Service 11AM Outdoor Strolls 2PM Vacation Memories- Discussion Circle 4PM Gaither Singers 7PM Church Service	18 10AM Bible Study 11AM Physio Moves 2PM Bingo 3PM Movie Hour	19 11AM Fun & Fitness 2PM Tea Party 4PM Jigsaw Puzzle 6PM Pet Visit 7PM Music on the Patio	20 10AM Devotion 11AM Physio Moves 2PM Bingo 4PM Balcony Visit 6PM Movie Hour	21 10AM Flower Arranging 11AM Sing Along with Ray 2PM Craft Corner 3PM Movie Hour	22 11AM Fun & Fitness 3PM Balcony Visit 4PM Game Show (Canada Got Talent)	23 10AM Balloon Tennis 2PM Ladies Group (Manicure Spa) 4PM Andre Rieu Concert
24/31 10AM Church Service 11AM Gaither Gospel 2PM Card Games/ Party Streamer Poppy Craft 3PM Relaxing Hymns	25 10AM Bible Study 11AM Physio Moves 2PM Bingo 4PM Bringing Meaning- Rainbow Ridge Huddle 6PM Dominoes	26 10AM Devotion 11AM Fun & Fitness 3PM Connect 4 4PM Comedy Hour (I Love Lucy)	27 10AM Devotion 11AM Physio Moves 2PM Resident Spotlight 3PM Game Show	28 10AM Flower Arranging 11AM Sing Along with Ray 1:30PM- 3:30PM 4th Annual Family Fun Day Event	29 11AM Fun & Fitness 2PM Resident Council Meeting 4PM Outdoor Strolls 6PM Friendly Visit	30 10AM Balloon Tennis 2PM Ladies Group (Manicure Spa) 4PM Andre Rieu Concert



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