












September 2025 Rainbow Ridge



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 St. Johns Pet Visits weekly 	1 Labor Day 10AM Bible Study 11AM Physio Moves 2PM Labor Day Discussion 3PM Nature Documentary	2 11AM Fun & Fitness 2PM Word Game 4PM Outdoor Strolls 6PM Puzzle Match	3 10AM Devotion 11AM Physio Moves 2PM Bingo 4PM Ludo 6:30 Classic Car Show	4 10AM Flower Arranging 11AM Sing Along with Ray 2PM Craft Corner 3PM Comedy Hour	5 BBQ Lunch 11AM Fun & Fitness 3PM Bean Bag Toss 4PM Family Feud	6 10AM Fun & Fitness 2PM Table Games 4PM Movie Hour
7 Grandparents Day 10AM Church Service 11AM Outdoor Stroll 2PM Grandparents Day Social 3PM Gaither's Singer 7PM Church Service 	8 10AM Bible Study 11AM Physio Moves 2PM Bingo 4PM Outdoor Strolls 6PM Board Game	9 10AM Devotion 11AM Fun & Fitness 3PM 1:1 Visits 4PM Comedy Show 'I Love Lucy'	10 10AM Devotion 11AM Physio Moves 2PM Bingo 3PM Suzie Q Sing Along	11 10AM Flower Arranging 11AM Zamar Music 2PM Craft Corner 3PM Euchre Club with Adrian	12 11AM Fun & Fitness 2PM Word Game 4PM Outdoor Strolls 6PM Friendly Visit	13 11AM Balloon Tennis 3PM Men's Group 3PM Movie Hour
14 Communion 10AM Church Service 11AM Strolls 2PM Poppy Streamer Craft 3PM Anne With an E 7PM Church Service 	15 Resident Council Week 15-19 10AM Bible Study 11AM Physio Moves 2PM Bingo 4PM Movie Hour 7:30 Heartland Singers Ch.990	16 11AM Fun & Fitness 2PM Trivia Time 4PM Jigsaw Puzzle 6PM Puzzle Match	17 10AM Multi Faith Service w/ Mebratu 11AM Physio Moves 2PM Bingo 4PM Balcony Visit 6PM Movie Night	18 10AM Flower Arranging 11AM Entertainment With Tristan 2PM Fall Craft 3PM Relaxing Hymns	19 11AM Fun & Fitness 3PM Bean Bag Toss 4PM Price is Right	20 10AM Fun & Fitness 2PM Word Game 4PM Movie Hour
21 10AM Church Service 11AM Outdoor Strolls 2PM Trivia Time 4PM Gaither Singers 7PM Church Service 	22 Fall Begins 10AM Bible Study 11AM Physio Moves 2PM Bingo 4PM Calendar Huddle- Rainbow Ridge 6PM Board Game	23 10AM Devotion 11AM Fun & Fitness 3PM Connect 4 4PM Comedy Hour (I Love Lucy)	24 10AM Devotion 11AM Physio Moves 2PM Bingo 4PM Balcony Visit	25 Swiss Chalet Luncheon 10AM Flower Arranging 11AM Sing Along with Ray 2:30 Virtual Reality Experience	26 11AM Fun & Fitness 2PM Resident Council Huddle 4PM Outdoor Strolls 6PM Friendly Visit	27 11AM Balloon Tennis 3PM Men's Group 4PM Andre Rieu Concert
28 10AM Church Service 11AM Strolls 2PM Guess What I Am 3PM I Love Lucy 7PM Church Service 	29 10AM Elderly Care Service (YouTube) 11AM Physio Moves 2PM Bingo 3PM Movie Hour	30 11AM Fun & Fitness 2PM Mobility Class with Sheila 4PM Jigsaw Puzzle 6PM Pet Visit	 Touched by an Angel Wednesday Sept 3, 10, 17 11am Ch.990	 HAPPY GRANDPARENTS DAY	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 Mon, Wed, Fri



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