






October 2025 Rainbow Ridge



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>Multifaith Service Thursday, October 23rd 10AM- Harmony Hall</div> <div>St. Johns Pet Visits weekly</div> 	All group activities are subjected to be modify into 1:1 visits according to Public Health Directives	Welcome Tea Wed October 22nd 10:00am Tenant Dining Room 	1 11AM Physio Moves 2PM Bingo 4PM Balcony Visit 6PM Word Game	2 10AM Flower Arranging 11AM Sing Along with Ray 2PM Craft Corner 3PM Comedy Hour	3 11AM Fun & Fitness 3PM Bean Bag Toss 4PM Family Feud	4 10AM Fun & Fitness 2PM Table Games 4PM Relaxing Hymns
5 10AM Church Service Ch. 990 11AM Outdoor Stroll 2PM Table Talk-Gratitude Game 7PM Church Service Ch.990	6 10AM Bible Study with Mebratu 11AM Physio Moves 2PM Shuffleboard 4PM Outdoor Strolls 6PM Bingo	7 10AM Devotion 11AM Fun & Fitness 3PM 1:1 Visits 4PM Nature Documentary	8 10AM Shuffleboard 11AM Physio Moves 2PM Bingo 3PM Suzie Q Sing Along	9 10AM Flower Arranging 11AM Zamar Music 2PM Mobility Class with Sheila 3PM Comedy Hour	10 11AM Fun & Fitness 2PM Word Game 4PM Outdoor Strolls 6PM Sing Along	11 11AM Fun & Fitness 3PM Men's Group 4PM Movie Hour
12 Thanksgiving Sunday 10AM Church Service Ch.990 11AM Strolls 2PM Guess What I Am 4PM Anne with an E	13 Thanksgiving Day 10AM Thanksgiving Service Ch.990 11AM Physio Moves 2PM Thanksgiving Gratitude Tree Craft 3PM Friendly Visits	14 11AM Fun & Fitness 2PM Super Quiz 4PM Indoor Strolls 6PM Movie Night 7PM Leafs Game	15 11AM Physio Moves 2PM Bingo 4PM Balcony Visit 6PM Word Game	16 10AM Flower Arranging 11AM Sing Along with Ray 2PM Craft Corner 3PM Euchre Club	17 11AM Fun & Fitness 3PM Bean Bag Toss 4PM Price is Right	18 10AM Fun & Fitness 2PM Word Game 3PM Nature Documentary
19 10AM Church Service Ch.990 11AM Outdoor Strolls 2PM Art & Craft 4PM Gaither Singers	20 10AM Bible Study with Mebratu 11AM Physio Moves 2PM Shuffleboard 4PM Calendar Huddle 6PM Bingo	21 10AM Devotion 11AM Fun & Fitness 3PM Table Game 4PM Comedy Hour (I Love Lucy)	22 Welcome Tea 10AM Shuffleboard 11AM Physio Moves 2PM Bingo 4PM Balcony Visit	23 Multi Faith Service 10AM Flower Arranging 11AM Sing Along with Ray 2PM Craft Corner 3PM Movie Hour	24 11AM Fun & Fitness 2PM Hot Chocolate Social 4PM Indoor Strolls 6PM Sing Along	25 11AM Fun & Fitness 3PM Men's Group 4PM Andre Rieu Concert
26 Pumpkin Day 10AM Church Service Ch.990 11AM Strolls 2PM Bake 'N Music 3PM 1:1 Visits 7PM Church Service	27 10AM Bible Study with Mebratu 11AM Physio Moves 2PM Word Game 3PM Movie Hour	28 11AM Fun & Fitness 2PM Birthday Social 4PM Jigsaw Puzzle 6:15 Leafs Game	29 11AM Physio Moves 2PM Bingo 4PM Balcony Visit 6PM Word Game	30 10AM Flower Arranging 10:30 Virtual Reality Experience 2PM Resident Council Huddle 3PM Movie Hour	31 11AM Fun & Fitness 3PM Bean Bag Toss 4PM Price is Right	 <div>Catholic Service Every Mon at 10:00 (Harmony Hall) Devotions Tues/Thurs at 10:00 Ch.990 Spiritual Care Visits Mon, Wed, Fri</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