



December Windmill Way Neighbourhood



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Catholic Service Every Mon at 10:00 (Harmony Hall) Devotions Tues/Thurs at 10am CH.990 Spiritual Care Visits Mon, Wed, Fri	1 10am Fun & Fitness 11am Snap & Fold 2pm Word Game 3pm Reading Club 7pm Artful Moments	2 10am Fun & Fitness 11am Snap & Fold 2pm Bingo 3pm Movie Hour 7PM Suzie Q Singalong	3 11am Fun & Fitness 11am Snap & Fold 2:30pm Bible Study 3pm Green Thumbs	4 10:30am Smile Serendes Christmas Caroling 11am Snap & Fold 2pm Hymn Sing 3pm Neighbourhood Visit	5 10am Fun & Fitness 11am Snap & Fold 2pm Bingo 4pm Movie Hour 7PM Ladies Group	6 10AM Active Games 11:30AM Snap & Fold 3PM Green Thumbs
7 10am Church Service Ch.990 11am Snap & Fold 3pm Neighborhood Visits 4pm Movie Hour 7pm Church Service Ch.990 	8 11am Fun & Fitness 11am Snap & Fold 2pm Word Game 3pm Reading Club	9 10:30am Fun & Fitness 11am Snap & Fold 2pm Bingo 3pm Movie Hour	10 10AM Fun & Fitness 11:30AM Snap & Fold 2:30PM Bible Study 3PM Community Strolls 7pm Movie: Christmas Chronicles	11 10:30am Caroling with Tristan 11AM Flower Arranging 11am Snap & Fold 2pm Hymn Sing 3pm Neighbourhood Visit	12 1030AM Fun & Fitness 1130AM Snap & Fold 2PM Windmill Way Craft 3PM	13 11am Green Thumbs 2pm Colors of Christmas Trivia 3pm Snap & Fold
14 10am Church Service CH 990  1030am U10 AA Male Youth Hockey Team-Gingerbread Crafts 11am Snap & Fold 3pm Movie Hour 7pm Church Service CH 990	15 10am Fun & Fitness 11:30am Snap & Fold 2pm Neighborhood Visits 3pm Music Relaxation 7pm Christmas Table Talks-Projector Trivia	16 10AM Fun & Fitness 11AM Snap & Fold 2pm Virtual Reality 7pm Maple Leaf's Night 	17 11AM Fun & Fitness 11AM Snap & Fold 2:30pm Bible Study 3pm Green Thumbs	18 10am Multi Faith Service-Sunshine-4th 11am Flower Arranging 11am Fun & Fitness 11am Snap & Fold 2pm Hymn Sing 3pm Euchre Club-Rainbow-5th	19 Christmas Caroling with John Moorhouse 10am Fun & Fitness 11am Snap & Fold 2pm Bingo 4pm Movie Hour –Elf! 7PM Ladies Group	20 10am Active Games 11:30am Snap & Fold 3pm Green Thumbs
21  10am Church Service Ch.990 11am Snap & Fold 3pm Neighbourhood Visits 4pm Movie Hour 7pm Church Service Ch.990	22 11am Fun & Fitness 11am Community Stroll 2pm Windmill Way Baking 3pm Music Relaxation	23 10Am Fun & Fitness 11AM Snap & Fold 2PM Windmill Way Craft 3pm Out n About	24 Christmas Eve 10AM Fun & Fitness 11AM Green Thumbs 230PM Bible Study 3PM Community Strolls 7PM Christmas Eve Service CH 990	25 Christmas Day 10am Church Service CH 990 2pm Hymn Sing 3PM Neighbourhood Visit 3pm Snap & Fold	26 Boxing Day 10am Fun & Fitness 11am Snap & Fold 2pm Bingo 3pm Reading Club	27 10am Hot Chocolate Social 11am Snap & Fold 2pm Active Games 3pm Green Thumbs
28  10am Church Service 11am Snap & Fold 2pm Table Games– 3pm Music Relaxation 7pm Church Service Ch.990	29 10am Fun & Fitness 11am Snap & Fold 2pm Neighborhood Visits 3pm Music Relaxation 7pm Reindeer Reconnaissance	30 10AM Fun & Fitness 11AM Snap & Fold 2PM Residents Council on Rainbow Ridge 3pm Andre Rieu 7pm Busy Hands	31 New Year's Eve 11am Fun & Fitness 11am Snap & Fold 2:30pm Bible Study 3pm Green Thumbs 7pm Church Service CH990	All group activities subject to modification into 1:1 visits according to public Health directives	 EDEN ALTERNATIVE®  Resident Directed Activities	St. John's Pet Visits Weekly 

Welcome to Windmill Way Neighborhood !

Life Enrichment Glossary

Neighborhood Visits— *Room Visits, 1:1 Visits*

Snap & Fold— *Folding meal protectors and placing them in the dining room*

Green Thumbs— *Taking Care of Plants in Neighborhood*

Community Strolls— *Residents living neighborhood on strolls Within HCH, Visiting other neighborhoods*

Reading Club— *Daily Chronical, Short Stories, Individual reading*

Breakfast Club— *Tea and Coffee Morning gathering, Speaking on the news Etc*

Active Games— *Balloon Tennis, Ball Toss, Parachute Ball, Ring Toss*



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.