









# December 2025 Lighthouse Lane



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <b>St. Johns Pet Visits weekly</b> 	<b>1</b> 11AM Fun and Fitness 2PM Train Simulator 4PM Outdoor Strolls 6PM Creative Expression	<b>2</b> 10AM Fun & Fitness 11Am Physio Moves 3PM 1:1 Visits 4PM Nature Documentary	<b>3</b> 10AM Fun and Fitness 2PM Bingo 230PM Bible Study 3PM Suzie Q Sing Along	<b>4</b> <b>Smile Sernades Christmas Carols</b> 10AM Flower Arranging 11AM Physio Moves 2PM <b>Snowman Craft</b> 3PM Comedy Hour 4PM Andre Rieu-Netflix	<b>5</b> 11AM Fun & Fitness 2PM <b>Hot Chocolate Social</b> 4PM Indoor Strolls 6PM Ladies Group	<b>6</b> <b>St. Nicholas Day</b> 10AM Fun & Fitness 11AM Strolls 2PM Trivia 3PM 1:1 Visits 4PM Movie Hour
<b>7</b> 10AM <b>Church Service Ch. 990</b> 11AM Indoor Strolls 2PM 7PM <b>Church Service Ch.990</b>	<b>8</b> 10AM Fun and Fitness 11AM Nature Show 2PM Word Game 3PM Movie Hour	<b>9</b> 11AM Physio Moves 2PM <b>Resident Spotlight Program</b> 4PM Jigsaw Puzzle 6PM Movie-Elf	<b>10</b> 11AM Fun and Fitness 230PM Bible Study 4PM Indoor Strolls 6PM Christmas Table Talk Tidbits	<b>11</b> <b>Christmas Caroling Tristan</b> 10AM Flower Arranging 11AM <b>Christmas Caroling Tristan</b> 2PM <b>Gingerbread House Decorating</b> 3PM Comedy Hour	<b>12</b> 11AM Fun & Fitness 3PM Bean Bag Toss 4PM Price is Right	<b>13</b> 10AM Fun & Fitness 2PM Word Game 3PM Nature Documentary
<b>14</b> <b>U10 AA Youth Hockey Team Visits</b> <b>10AM Church Service Ch.990</b> 11AM Strolls 2PM Table Games 7PM <b>Church Service</b>	<b>15</b> 11AM Fun and Fitness 2PM Popsicle Snowflakes 4PM Indoor Strolls 6PM Christmas Table Talks-Projector Trivia	<b>16</b> <b>Virtual Reality</b> 10AM Fun and Fitness 11AM 3PM Table Game 4PM Comedy Hour 7PM Maple Leaf's Hockey Game 	<b>17</b> 10AM Fun and Fitness 230PM Bible Study 3PM Colors of Christmas Trivia	<b>18</b> <b>Multifaith Service</b> 10AM Flower Arranging 11AM Physio Moves 2PM Resident Spotlight (resident program) 3PM Euchre Club	<b>19</b> <b>Christmas Caroling with John Moorhouse</b> 11AM Fun & Fitness 2PM Hot Chocolate 4PM Indoor Strolls 6PM Ladies Group	<b>20</b> <b>Cookie Swap Saturday</b> 10AM Fun & Fitness 11AM Strolls 2PM <b>Bake &amp; Chat</b> 3PM 1:1 Visits
<b>21</b> <b>Winter Begins!</b> <b>10AM Church Service Ch.990</b> 11AM Indoor Strolls 2PM Art & Craft 7PM <b>Church Service Ch.990</b>	<b>22</b> 10AM Fun and Fitness 11Am Nature Show 2PM Word Game 3PM Movie Hour-Resident's Choice	<b>23</b> 11AM Physio Moves 2PM <b>Birthday Social</b> 4PM Jigsaw Puzzle 6PM Movie-Christmas Chronicles 	<b>24</b> 11AM Fun and Fitness 230PM Bible Study 4PM Indoor Strolls 6PM Word Game 7PM <b>Christmas Eve Service Ch.990</b>	<b>25</b> <b>Merry Christmas</b> 10AM Flower Arranging 11AM Physio Moves 2PM <b>Christmas Day Social</b> 3PM Movie Hour	<b>26</b> 11AM Fun & Fitness 3PM Bean Bag Toss 4PM Andre Rieu Concert (YouTube)	<b>27</b> 10AM Fun & Fitness 2PM Word Game 3PM Relaxing Hymns
<b>28</b> <b>10AM Church Service Ch.990</b> 11AM Strolls Indoors 2PM Getting Ready for New Year's! 3PM 1:1 Visits 7PM <b>Church Service</b>	<b>29</b> 11AM Fun and Fitness 2PM Men's Group 4PM <b>Calendar Huddle</b> 6PM Reindeer	<b>30</b> 10AM Physio Moves 11AM Fun & Fitness <b>2PM Resident Council (Rainbow Ridge)</b> 3PM Table Game 4PM Comedy Hour	<b>31</b> <b>New Years Eve</b> 10AM Fun and Fitness 2PM Bingo 3PM I Love Lucy 7PM <b>New Years Eve Service Ch.990</b>	<b>Bible Study with our Spiritual Care Coordinator Mebratu Wednesdays</b> 	<b>All group activities are subjected to be modify into 1:1 visits according to Public Health Directives</b>	 <b>Catholic Service</b> Every Mon at 10:00 (Harmony Hall) <b>Devotions</b> Tues/Thurs at 10:00 Ch.990 <b>Spiritual Care Visits</b> Mon, Wed, Fri



# Rainbow Ridge Life Enrichment Programs



## The Eden Alternative Domains of Well-Being®

### 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.

#### **well-be-ing** (wĕl' bĕ' 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