












December 2025 Rainbow Ridge



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 St. Johns Pet Visits weekly 	1 10AM Bible Study with Mebratu 11AM Physio Moves 2PM Shuffleboard 4PM Outdoor Strolls 6PM Bingo	2 10AM Devotion 11AM Fun & Fitness 3PM 1:1 Visits 4PM Nature Documentary	3 10AM Shuffleboard 11AM Physio Moves 2PM Bingo 3PM Suzie Q Sing Along	4 Smile Sernades Christmas Carols 10AM Flower Arranging 11AM Christmas Carols with Ray 2PM Snowman Craft 3PM Comedy Hour	5 11AM Fun & Fitness 2PM Hot Chocolate Social 4PM Indoor Strolls 6PM Sing Along	6 11AM Fun & Fitness 3PM Men's Group 4PM Movie Hour
7 Recipe Greetings 10AM Church Service 11AM Indoor Strolls 2PM Baking and Caroling  3PM 1:1 Visits 7PM Church Service	8 10AM Bible Study with Mebratu 11AM Physio Moves 2PM Word Game 3PM Movie Hour	9 11AM Fun & Fitness 2PM Resident Spotlight Program 4PM Jigsaw Puzzle 6PM Movie Night	10 11AM Physio Moves 2PM Bingo 4PM Indoor Strolls 6PM Word Game	11 10AM Flower Arranging 11AM Christmas Caroling Tristan 2PM Gingerbread House Decorating 3PM Comedy Hour	12 11AM Fun & Fitness 3PM Bean Bag Toss 4PM Price is Right	13 10AM Fun & Fitness 2PM Word Game 3PM Nature Documentary
14 U10 AA Youth Hockey Team Visits 10AM Church Service Ch.990 11AM Strolls 2PM Table Games  7PM Church Service	15 10AM Bible Study with Mebratu 11AM Physio Moves 2PM Shuffleboard 4PM Indoor Strolls 6PM Bingo	16 Virtual Reality 10AM Devotion 11AM Fun & Fitness 3PM Table Game 4PM Comedy Hour	17 10AM Shuffleboard 11AM Physio Moves 2PM Bingo 4PM Susie Q Sing Along	18 Multifaith Service 10AM Flower Arranging 11AM Christmas Carols with Ray 2PM Popsicle stick Snowflakes 3PM Euchre Club	19 Christmas Caroling with John Moorhouse 11AM Fun & Fitness 2PM Reindeer Reconnaissance 4PM Indoor Strolls 6PM Sing Along	20 11AM Fun & Fitness 3PM Men's Group 4PM Movie Hour
21 Winter Begins! 10AM Church Service 11AM Indoor Strolls 2PM What Am I? 3PM 1:1 Visits 7PM Church Service Ch.990 	22 10AM Bible Study with Mebratu 11AM Physio Moves 2PM Word Game 3PM Movie Hour	23 11AM Fun & Fitness 2PM Birthday Social 4PM Jigsaw Puzzle 6PM Christmas Chronicles Movie 	24 11AM Physio Moves 2PM Bingo 4PM Indoor Strolls 6PM Word Game 7PM Christmas Eve Service Ch.990	25 Merry Christmas 10AM Flower Arranging 11AM Christmas Carols with Ray 2PM Christmas Day Social 3PM Movie Hour	26 11AM Fun & Fitness 3PM Bean Bag Toss 4PM Andre Rieu Concert (YouTube)	27 10AM Fun & Fitness 2PM Word Game 3PM Relaxing Hymns
28 10AM Church Service Ch.990 11AM Strolls 2PM Table Game  3PM 1:1 Visits 7PM Church Service Ch.990	29 10AM Bible Study with Mebratu 11AM Physio Moves 2PM Shuffleboard 4PM Calendar Huddle 6PM Bingo	30 10AM Devotion 11AM Fun & Fitness 2PM Resident Council-Rainbow-5th 3PM Table Game 4PM Comedy Hour	31 New Years Eve 10AM Shuffleboard 11AM Physio Moves 2PM Bingo 3PM I Love Lucy 7PM New Years Eve Service Ch.990	Bible Study with our Spiritual Care Coordinator Mebratu Every Monday at 10:00am 	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