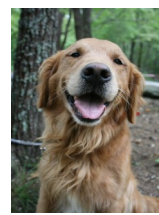




January 2026 Windmill Way Neighbourhood



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	All group activities subject to modification into 1:1 visits according to public Health directives	 Resident Directed Activities	St. John's Pet Visits Weekly   	1 Happy New Year! 11am Flower Arranging 11:30am Snap & Fold 3pm New Years Trivia 7pm Church Service Ch.990	2 10am Fun & Fitness 11am Snap & Fold 1:45pm Resident Council 2pm Bingo 4pm Movie Hour 7pm Ladies Group	3 11AM Active Games 11:30 AM Snap & Fold 3PM Green Thumbs 4pm Movie Hour
4 Lord's Supper 10am Church Service Ch.990 11am Snap & Fold 3pm Neighborhood Visits 4pm Movie Hour 7pm Church Service Ch.990 	5 11am Fun & Fitness 11:30am Snap & Fold 3pm Word Game 4pm Reading Club	6 10:30am Fun & Fitness 11am Snap & Fold 2pm Bingo 3pm Movie Hour 7pm Visits with Coco-	7 10AM Fun & Fitness 11:30AM Snap & Fold 2:30PM Elderly Care Service-YouTube 3PM Community Strolls 6:15PM Bowling	8 10am Flower Arranging 11AM Fun & Fitness 11am Snap & Fold 2pm Hymn Sing 3pm Neighbourhood Visit	9 1030AM Fun & Fitness 1130AM Snap & Fold 2PM Windmill Way Craft 3PM Reading Club	10 11am Balloon Toss 2pm Nature Show 3pm Trivia
11 10am Church Service CH 990 11am Snap & Fold 3pm Movie Hour 7pm Church Service CH 990 	12 10am Fun & Fitness 11:30am Snap & Fold 2pm Neighborhood Visits 3pm Music Relaxation 7pm Bowling	13 10AM Fun & Fitness 11AM Snap & Fold 2pm January Jeopardy Trivia 3pm Nature Documentary	14 11AM Fun & Fitness 11AM Snap & Fold 3pm Community Strolls	15 10am Flower Arranging 11am Fun & Fitness 11am Snap & Fold 2pm Hymn Sing 3pm Euchre Club-Rainbow-5th	16 10am Fun & Fitness 11am Snap & Fold 2pm Bingo 4pm Movie Hour 7PM Ladies Group	17 10am Active Games 11:30am Snap & Fold 3pm Green Thumbs
18 10am Church Service Ch.990 11am Snap & Fold 3pm Neighbourhood Visits 4pm Movie Hour 7pm Church Service Ch.990 	19 11am Fun & Fitness 11:30am Snap & Fold 3pm Word Game 3pm Music Relaxation	20 10Am Fun & Fitness 11AM Snap & Fold 2PM Windmill Way Craft/Winter Stone Art 3pm Out n About 7pm Visits with Coco-	21 10AM Fun & Fitness 11AM Green Thumbs 230PM Bible Study 3PM Community Strolls 7PM Maple Leaf's Night ! Hockey Blanket Raffle!! 	22 10:30 am Mobility Class with Sheila 11am Flower Arranging 2pm Hymn Sing 3PM Neighbourhood Visit 3pm Snap & Fold	23 10am Fun & Fitness 11am Snap & Fold 2pm Bingo 3pm Reading Club	24 11am Active Games 2pm Nature Show 3pm Trivia
25 10am Church Service-CH 990 11am Snap & Fold 2pm Table Games– 3pm Music Relaxation 7pm Church Service 	26 10am Fun & Fitness 11am Snap & Fold 2pm Neighborhood Visits 3pm Music Relaxation 7pm Bowling	27 10AM Fun & Fitness 11AM Snap & Fold 2PM Resident Spotlight 3pm Andre Rieu	28 11am Fun & Fitness 1130am Snap & Fold 3pm Green Thumbs	29 10am Fun and Fitness 11am Flower Arranging 1130 Snap and Fold 2pm Hymn Sing 1:45pm Resident Council 3PM Neighbourhood Visit	30 10am Fun & Fitness 11am Snap & Fold 2pm Bingo 3pm Reading Club 4pm Music Relaxation 7pm Ladies Group	31 Hot Chocolate Day 10am Hot Chocolate Social 11am Balloon Toss 2pm Active Games 3pm Word Game

Welcome to Windmill Way Neighbourhood !

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.