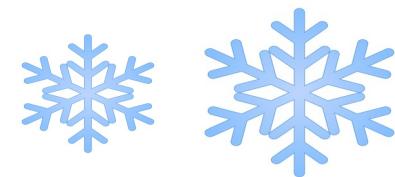
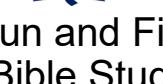
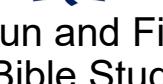


# January 2026 Lighthouse Lane



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <b>St. Johns Pet Visits weekly</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	<b>1 New Years Day</b>  10AM Flower Arranging 2:00PM <b>New Year's Social</b>  3PM Comedy Hour  7PM Church Service #990	<b>2</b>  11AM Fun & Fitness 1:45 <b>Residents Council</b> 4PM Balloon Toss 6PM Bowling	<b>3</b>  10AM Fun & Fitness 2PM Name That Tune  4PM Movie Hour
<b>4 Lord's Supper</b>  10AM Church Service Ch. 990  11AM Indoor Strolls  2PM Trivia  7PM Church Service CH 990	<b>5</b>   10AM Fun and Fitness 11AM Price Is Right  2PM Bingo  3PM Movie Hour	<b>6</b>   11AM Physio Moves 2PM <i>Mitten &amp; Scarf Decorating</i>  4PM Jigsaw Puzzle  6PM Trivia Night	<b>7</b>   11AM Fun and Fitness  <b>230PM Elderly Care Service</b>  4PM Indoor Stro	<b>8</b>   10AM Flower Arranging  11AM Physio Moves  2:30PM Sing Along  3PM Comedy Time	<b>9</b>  11AM Fun & Fitness  2PM Bean Bag Toss  4PM Price is Right	<b>10</b>  10AM Fun & Fitness  11AM Price is Right  2PM Word Game  3PM Movie Time
<b>11</b>  <b>10AM Church Service Ch.990</b>  11AM Strolls  2PM Table Games  3PM Hymn Sing  <b>7PM Church Service Ch.990</b> 	<b>12</b>  11AM Fun and Fitness  2PM Bingo  4PM Indoor Strolls  6PM Trivia Night	<b>13</b>  10AM Nature Show  11AM Physio Moves  3PM Table Games  4PM Comedy Hour	<b>14</b>   10AM Fun & Fitness  11AM Andre Rieu  <b>230PM Elderly Care Service</b>  3:00PM <i>I Love Lucy</i> 	<b>15</b>    10AM Flower Arranging  11AM Physio Moves  2:30PM Sing Along  3PM Comedy Time	<b>16</b>  11AM Fun & Fitness  2PM Bake & Chat  4PM Balloon Toss  6PM Bowling	<b>17</b>  10AM Fun & Fitness  11AM Strolls  2PM Who am I?  3PM 1:1 Visits  4PM Andre Rieu
<b>18</b>  <b>10AM Church Service Ch.990</b>  11AM Indoor Strolls  2PM Art & Craft	<b>19 National Popcorn Day</b>    10AM Fun and Fitness  11Am Price Is Right  <b>2PM Popcorn Social</b>  3PM Movie Hour	<b>20</b>    11AM Physio Moves  <b>2PM Soup Time</b>  4PM Jigsaw Puzzle  6PM Trivia Night	<b>21</b>     11AM Fun and Fitness  <b>230PM Bible Study</b>  4PM Indoor Strolls  <b>7PM Maple Leaf's Hockey Game and Blanket Raffle Draw!</b> 	<b>22</b>    10AM Flower Arranging  <b>10:30AM Mobility Class with Shelia</b>  11:00AM Physio Moves  2:30PM Sing Along  3:30PM Movie Time	<b>23</b>  11AM Fun & Fitness  3PM Bean Bag Toss  4PM Andre Rieu Concert (YouTube)	<b>24</b>  10AM Fun & Fitness  11AM Price Is Right  <b>2PM Calendar Huddle</b>  3PM Movie Time
<b>25</b>  <b>10AM Church Service Ch.990</b>  11AM Strolls Indoors  2PM Table Games  3PM Hymn Sing  <b>7PM Church Service Ch.990</b> 	<b>26</b>  11AM Fun and Fitness  2PM Bingo  4PM Indoor Strolls  6PM Bowling	<b>27</b>  10AM Nature Show  11AM Physio Moves  3PM Sing Along with Cynthia  4PM Comedy Hour	<b>28</b>  10AM Fun & Fitness  11AM Andre Rieu  <b>2:30PM Elderly Care Service</b>  3PM <i>I Love Lucy</i> 	<b>29</b>  10AM Flower Arranging  11AM Physio Moves  <b>2:00PM Residents Council—Rainbow Ridge</b>  3PM Susie Q Sing Along	<b>30</b>  11AM Fun & Fitness  <b>2PM Birthday Social</b>  4PM Indoor Strolls  6PM Trivia Night	<b>31</b>  10AM Fun & Fitness  11AM Strolls  2PM Rhyme Time  3PM 1:1 Visits  4PM Movie Hour



# Lighthouse Lane 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-being** (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