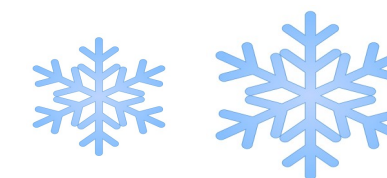
















January 2026 Lighthouse Lane



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