











January 2026 Rainbow Ridge



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 ALTERNATIVE® St. Johns Pet Visits weekly 	Bible Study  with our Spiritual Care Coordinator Mebratu Every Monday at 10:00am	 Catholic Service Every Mon 10:00 (Harmony Hall) Devotions Tues/Thurs at 10:00 Ch.990 Spiritual Care Visits Mon, Wed, Fri	All group activities are subjected to be modify into 1:1 visits according to Public Health Directives.	1 Happy New Year! 10AM Flower Arranging 11AM Sing with Ray 2PM New Year's Social 7PM New Year's Service Ch.990	2 11AM Fun & Fitness 1:45 December Resident Council 4PM Indoor Strolls 6PM Sing Along	3 11AM Fun & Fitness 3PM Men's Group 4PM The Lucy Show
4 Lord's Supper 10AM Church Service Ch.990 11AM Indoor Strolls 3PM 1:1 Visits 7PM Church Service Ch.990 	5 10AM Bible Study 11AM Physio Moves 2PM Word Game 3PM Bunny Visits	6 11AM Fun & Fitness 2PM January Jeopardy Trivia 4PM Jigsaw Puzzle 6PM Movie Night	7 11AM Physio Moves 2PM Bingo 4PM Indoor Strolls 6PM Word Game	8 10AM Flower Arranging 11AM Sing with Ray 2PM Paper Plate Snowman Craft 3PM Comedy Hour	9 11AM Fun & Fitness 3PM Bean Bag Toss 4PM Andre Rieu Concert (YouTube)	10 10AM Fun & Fitness 2PM Word Game 3PM Nature Documentary
11 10AM Church Service Ch.990 11AM Strolls 2PM Table Games 7PM Church Service Ch.990 	12 10AM Bible Study 11AM Physio Moves 2PM Word Game 4PM Indoor Strolls 6PM Card Game Solitaire Kings Corner	13 10AM Devotion 11AM Fun & Fitness 3PM Table Game 4PM Comedy Hour	14 10AM Plant Care 11AM Physio Moves 2PM Bingo 4PM Price Is Right	15 10AM Flower Arranging 11AM Sing with Ray 2PM Winter Mittens Craft 3PM Family Feud	16 11AM Fun & Fitness 2PM Name that Instrument 4PM Indoor Strolls 6PM Sing Along	17 11AM Fun & Fitness 3PM Men's Group 4PM Movie Hour
18 10AM Church Service Ch.990 11AM Indoor Strolls 2PM Rocket Roulette 3PM 1:1 Visits 7PM Church Service Ch.990 	19 10AM Bible Study 11AM Physio Moves 2PM Word Game 3PM Movie Hour	20 11AM Fun & Fitness 2PM Birthday Social 4PM Jigsaw Puzzle 6PM Movie Night	21 11AM Physio Moves 2PM Bingo 4PM Indoor Strolls 6PM Word Game 7PM Maple Leaf Hockey Game and Blanket Raffle Draw!	22 10AM Flower Arranging 10:30 Mobility Class with Sheila 2PM Winter Stone Art 3PM Bunny Visits	23 11AM Fun & Fitness 3PM Bean Bag Toss 4PM Price Is Right	24 10AM Fun & Fitness 2PM Word Game 3PM Relaxing Hymns
25 10AM Church Service Ch.990 11AM Strolls 2PM Table Game 3PM 1:1 Visits 7PM Church Service Ch.990 	26 10AM Bible Study 11AM Physio Moves 2PM Word Game 4PM Indoor Strolls 6PM Card Game Solitaire Kings Corner	27 10AM Devotion 11AM Fun & Fitness 3PM Table Game 4PM America's Got Talent Show	28 10AM Plant Care 11AM Physio Moves 2PM Bingo 3PM I Love Lucy	29 10AM Flower Arranging 11AM Sing with Ray 1:45 January Resident Council 3PM Relaxing Nature	30 11AM Fun & Fitness 2PM Word Game 4PM Calendar Huddle 6PM Sing Along	31 11AM Fun & Fitness 3PM Men's Group 4PM America's Got Talent Show

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