








June 2026 Windmill Way Neighbourhood



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Catholic Service Every Mon at 10:00 (Harmony Hall) Devotions Tues/Thurs at 10am CH.990 Spiritual Care Visits Mon, Wed, Fri</p>	<p>1 10am Fun & Fitness 2pm Word Game 3pm Neighborhood Visits 6:45pm Horseshoe</p>	<p>2 10am Fun & Fitness 11am Outdoor Strolls 2pm Bingo 3pm Relaxing Music</p>	<p>3 11am Fun & Fitness 3pm Neighborhood Visits 4pm Movie Hour</p>	<p>4 10am Flower Arranging 11am Outdoor Strolls 2pm Hymn Sing With Eldon 3pm Euchre Club-Rainbow Ridge-5th</p>	<p>5 10am Fun & Fitness 2pm Windmill Way Craft Shop 3pm Movie Hour 6:45pm Dominoes</p>	<p>6 10am Breakfast Club 11am Outdoor Strolls 2pm Windmill Way Baking Club 3pm Blue Jays Vs Orioles</p>
<p>7 10am Church Service 11am Gaither Music 2pm Blue Jays Vs Orioles 2pm Table Games 3pm Relaxing Music</p>	<p>8 11am Fun & Fitness 3pm Music Relaxation 4pm Movie Hour</p>	<p>9 10am Fun & Fitness 11am Outdoor Strolls 2pm Bingo 3pm Reading Club 6:45pm Word game</p>	<p>10 10am Fun & Fitness 2:30pm Bible Study 3pm Neighborhood Visits 6:45pm Balloon Badminton</p>	<p>11 World Cup Begins 1030 Mobility Class-Sheila 11am Flower Arranging 2pm Hymn Sing With Eldon</p>	<p>12 10am Multi-Faith Service 2pm Super Quiz 3pm World Cup Canada Vs Bosnia and</p>	<p>13 11am Outdoor Strolls 3pm Neighborhood Visits 3pm Blue Jays Vs</p>
<p>14 10am Church Service 3pm Community Strolls 4pm Movie Hour 7pm Church Service</p>	<p>15 10am Fun & Fitness 2pm Ice Cream Social 3pm Calendar Huddle 6:45pm Room Visits</p>	<p>16 10am Fun & Fitness 11am Outside Strolls 2pm Bingo 3pm Movie</p>	<p>17 11am Fun & Fitness 3pm Community Strolls 4pm Movie Hour</p>	<p>18 10am Flower Arranging 11am Fun & Fitness 2pm Hymn Sing With Eldon 3pm Euchre Club-Rainbow-5th</p>	<p>19 10am Fun & Fitness 2pm Windmill Way Craft Shop 3pm Reading Club 6:45pm Dominoes</p>	<p>20 10am Breakfast Club 11am Strolls 2pm Windmill Way Baking Club 3pm Outdoor Strolls</p>
<p>21 Father's Day 10am Church Service 2pm Dad's and Donuts Social 3pm Movie Hour 7pm Church Service Summer Begins!!!</p>	<p>22 11am Fun & Fitness 3pm Neighborhood Visits 4pm Movie Hour</p>	<p>23 10am Fun & Fitness 11am Outside Strolls 2pm Bingo 3pm Movie Hour 6:45pm Word Game</p>	<p>24 10am Fun & Fitness 2:30pm Bible Study 3pm Calendar Huddle 3pm Canada Vs Switzerland 6:45pm Balloon Badminton</p>	<p>25 10am Entertainment With John Moorhouse Courtyard 10am Flower Arranging 11am Outdoor Strolls 2pm Hymn Sing With Eldon 3pm Neighborhood Visits</p>	<p>26 10am Fun & Fitness 2pm Birthday Party! 3pm Movie Hour 7pm Urker Mans Formatie Dutch Choir Ch.990</p>	<p>27 11am Active Games 3pm Neighborhood Visits 3pm Blue Jays Vs Rangers 4pm Movie Hour</p>
<p>28 10am Church Service 3pm Neighborhood Visits 4pm Movie Hour 7pm Urker Mans Formatie Dutch Choir Ch.990</p>	<p>29 10am Fun & Fitness 2pm Summer Smoothies 3pm Calendar Huddle 6:45pm Horseshoe</p>	<p>30 10am Fun & Fitness 11am Outdoor Strolls 2pm Bingo 3pm Relaxing Music</p>	  <p>Lets Get Moving!:</p> 	<p>St. John's Pet Visits Weekly</p> 	<p>Daily Resident Led Activities</p> <ul style="list-style-type: none"> • Green Thumbs • Snap & Fold • Meal Time Devotions • Colouring Club • Abby Board 	<p>All group activities subject to modification into 1:1 visits according to public Health directives</p>

Welcome to Windmill Way Neighborhood !

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 leaving 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.