








June 2026 Lighthouse Lane



SUNDAY 	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Happy Seniors' Month Let's Get Moving!! FIFA WORLD CUP	1 11AM Fun and Fitness 2PM Balcony Bingo 4:15PM Outdoor Strolls 6PM Horseshoe	2 11AM Physio Moves 3PM Outdoor Strolls 4PM I love Lucy	3 10AM Fun & Fitness 11AM Price is Right 2:30PM Devotion/Bible Study 3PM Movie Time	4 10AM Flower Arranging 11AM Physio Moves 2PM Sing Along with Ray 3PM Balcony Moments	5 11AM Fun & Fitness 2PM Outdoor Strolls 4:15PM Flag Making 6PM Table Games	6 10AM Fun & Fitness 11AM Strolls 2PM Table Games 3PM Movie Hour
7 10AM Church Service 11AM Strolls 2PM Table Games 7PM Church Service	8 10AM Fun and Fitness 11AM Music Time 2PM Balcony Bingo 3PM Nature Show	9 11AM Physio Moves 2PM Ice Cream Social 4:15PM Outdoor Strolls 6PM Word Game	10 11AM Fun and Fitness 2PM Elderly Care Service 4:15PM Outdoor Strolls 6PM Balloon Badminton	11 FIFA WORLD CUP 10AM Flower Arranging 10:30AM Mobility with Sheila 11AM Physio Moves 12PM Swiss Chalet 2PM Sing Along with Ray 3PM World Cup Game	12 10AM Multi-Faith Service- Sunshine Springs 11AM Fun & Fitness 3PM Canada VS Bosnia 4PM Music Time	13 10AM Active Games 11AM Music Time 2PM Balcony Bingo 4PM Movie Hour
14 10AM Church Service 11AM Gaithers Gospel 2PM Table Games 4PM Netherlands VS Japan 7PM Church Service	15 11AM Fun and Fitness 2PM Lemonade & Laughs 4:15PM Outdoor Strolls 6PM Room Visits	16 11AM Physio Moves 3PM Outdoor Strolls 4PM I love Lucy	17 10AM Fun & Fitness 11AM Price is Right 1PM Portugal VS DR Congo 2:30PM Devotion/Bible Study	18 10AM Flower Arranging 11AM Physio Moves 2:00PM Sing Along with Ray 3PM Balcony Moments	19 11AM Fun & Fitness 2PM Birthday Party 4:15PM Word Game 6PM World Cup Updates	20 10AM Fun & Fitness 11AM Strolls 2PM Who Am I? 3PM Movie Hour
21 Fathers Day Summer Begins 10AM Church Service 11AM Strolls 2PM Father's Day Social 7PM Church Service	22 10AM Fun and Fitness 11PM Relaxation Hour 2PM Balcony Bingo 3PM Nature Show	23 11AM Physio Moves 1PM Portugal VS Uzbekistan 1:45PM Residents Council 4:15PM Outdoor Strolls 6PM Word Game	24 11AM Fun & Fitness 2PM Elderly Care Service 3pm Canada Vs Switzerland 4:15PM Calendar Huddle 6PM Balloon Badminton	25 10AM Courtyard Entertainment 1:30PM Flower Arranging 2PM Sing Along with Ray 3PM Green Thumb	26 11AM Fun & Fitness 3PM Word Game 4PM Movie Hour	27 10AM Active Game 11AM Music Time 2PM Balcony Bingo 4PM Movie Hour
28 10AM Church Service 11AM Gaithers Gospel 2PM Table Games 7PM Urker Mans Formatie - Dutch Choir #CH990	29 11AM Fun and Fitness 2PM Summer Smoothies 4:15PM Outdoor Strolls 6PM Horseshoe	30 11AM Physio Moves 3PM Outdoor Strolls 4PM I love Lucy	 St. Johns Pet Visits Weekly 	All group activities are subjected to be modify into 1:1 visits according to Public Health Directives	Resident-Led Activities * Folding Club * Mealtime Devotions * Abby Board * Plant Care	 Catholic Service Mon 10:00 Harmony Hall Devotions Tues/Thurs 10:00 Ch.990 Spiritual Care Visits Mon, Wed, Fri Church Service Sunday 10:00 & 7 Ch.990



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