







July 2026 Lighthouse Lane



SUNDAY 	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 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	1 Canada Day 10AM Parachute 11AM Outdoor strolls 12PM National Anthem 2:00PM Ice cream Social 3PM Movie Time	2 10AM Patio Visits 11AM Physio Moves 2PM Green Thumb 3PM Nail & Hand Care	3 11AM Fun & Fitness 2PM Fresh Fruit 4:15PM Outdoor Strolls 6PM Table Games	4 10AM Fun & Fitness 11AM Outdoor Strolls 1PM Canada VS Morocco 2PM Sing Along 3PM Movie Hour
5 10AM Church Service 11AM Strolls 2PM Table Games 3PM Gospel Music	6 10AM Fun and Fitness 11AM Music Time 2PM Balcony Bingo 3PM Nature Show	7 11AM Physio Moves 2PM Squeeze & Smile Craft 4:15PM Outdoor Strolls 6PM Word Game	8 11AM Fun and Fitness 2PM Elderly Care Service 4:15PM Outdoor Strolls 6PM Balloon Badminton	9 YIPI Carnival Day! 10AM Patio Visits 11AM Physio Moves 2PM Ice Cream Social 3PM Nail & Hand Care	10 10AM Multi-Faith Service- Sunshine Springs 11AM Fun & Fitness 3PM Outdoor Strolls	11 10AM Active Games 11AM Music Time 2PM Balcony Bingo 4PM Movie Hour
12 Communion 10AM Church Service 11AM Gaithers Gospel 2PM Table Games	13 11AM Fun and Fitness 2PM Balcony Bingo 4:15PM Outdoor Strolls 6PM Room Visits	14 11AM Physio Moves 3PM Outdoor Strolls 4PM I love Lucy 7PM Music on the Patio	15 10AM Parachute 11AM Price is Right 2:30PM Devotion/Bible Study 3PM Movie Time	16 BBQ Lunch 10AM Physio Moves 10:45AM Entertainment with Tristan 2PM Sing Along with Ray 3PM Balcony Moments	17 YIPI Students Visit! 11AM Fun & Fitness 2PM Smile serenades 4:15PM Word Game 6PM Evening strolls	18 10AM Fun & Fitness 11AM Outdoor Strolls 2PM Hand and Nail Care 3PM Movie Hour
19 10AM Church Service 11AM Strolls 3PM World Cup Final	20 10AM Fun and Fitness 11PM Relaxation Hour 2PM Balcony Bingo 3PM Nature Show	21 11AM Physio Moves 2PM Resident Spotlight 4:15PM Outdoor Strolls 6PM Word Game	22 11AM Fun & Fitness 2PM Elderly Care Service 4:15PM Calendar Huddle 6PM Balloon Badminton	23 10AM Patio Visits 11AM Physio Moves 2PM Sing Along with Ray 3PM Nail & Hand Care	24 11AM Fun & Fitness 3PM Word Game 4PM Movie Hour	25 10AM Active Game 11AM Music Time 2PM Balcony Bingo 4PM Movie Hour
26 10AM Church Service 11AM Gaithers Gospel 2PM Table Games	27 11AM Fun and Fitness 2PM Balcony Bingo 4:15PM Outdoor Strolls 6PM Evening Strolls	28 11AM Physio Moves 3PM Outdoor Strolls 4PM I love Lucy 7PM Music on the Patio	29 10AM Parachute 11AM Price is Right 2:30PM Devotion/Bible Study 3PM Movie Time	30 10AM Patio Visits 11AM Physio Moves 1:45PM Residents Council 2PM Sing Along with Ray 3PM Balcony Moments	31 11AM Fun & Fitness 2PM Birthday/ Strawberry Social 4:15PM Outdoor Strolls 6PM Table Games	 Catholic Service Mon 10:00 Harmony Hall 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