

 JULY 2026 Sunshine Springs 						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
  	Catholic Service Mon 10:00 Harmony Hall Spiritual Care Visits Mon, Wed, Fri Church Service Sunday 10:00 Ch.990 	Directives All group activities are subjected to modify into 1:1 visits according to Public Health	1 Happy Canada Day! Singing the National Anthem! 11AM Fun & Fitness 3PM Card Games 4PM Andre Rieu	2 10AM Word Game 11AM Physio Moves 2PM Outdoor Stroll 3PM Family Feud 7PM Dominos	3 Fresh Fruit Friday! 10AM Bible Study 2PM Bingo 4PM Country Gospels 6PM Sing w/ Nelly Rainbow Ridge	4 10AM Green Thumbs 2PM Ladies Corner 4PM Price is Right
5 10AM Church Service 11AM Music Memories 2PM Balcony Visits 3PM Community Strolls	6 11AM Fun & Fitness 3PM Table Games 4PM Price is Right	7 Strawberry Sundae Day 10AM Ice-Cream Social 11AM Physio Moves 2PM Bingo 3PM Price Is Right 6PM Travelogue	8 Coco-Cola Day 10AM Soft drink Outdoors 11AM Fun & Fitness 2PM Travelogue with Zinkweg 4PM Talent Show 6PM Word Game	9 YIPI Carnival Day! 10AM Ring Toss 11AM Physio Moves 12PM BBQ Lunch 2PM Abby Board 4PM Talent Show	10 10AM Multi-Faith Service 2PM Bingo 3PM Relaxing Hymns	11 11AM Fun & Fitness 3PM Card Games 4PM Movie Hour
12 Communion 10AM Church Service 11AM Music and Memories 3PM Outdoor Strolls	13 10AM Sing Along 11AM Fun & Fitness 2PM Calendar Huddle 4PM Family Feud 7PM Friendly Visits	14 10AM Word Game 11AM Physio Moves 2PM Bingo 4PM Price is Right 7PM Music on the Patio	15 11AM Fun & Fitness 3PM Word Game 4PM Andre Rieu	16 10AM Physio Moves 11AM Entertainment with Tristan 2PM Board Games 3PM Community Visits 4PM Family Feud	17 YIPI Program 10AM Bible Study 2:30 Smile Serenades 4PM Family Feud 6PM Sing w/ Nelly	18 10AM Fun & Fitness 2PM Balcony Visit 4PM Family Feud
19 FIFA Finals 10AM Church Service 2PM Ladies Corner 3PM World Cup Finals	20 11AM Fun & Fitness 3PM Strolls 4PM Family Feud	21 Junk Food Day 10AM Calendar Huddle 11AM Physio Moves 2PM Bingo 3PM Movie Time 6PM Junk Food Platter	22 10AM Smoothie Time 11AM Fun & Fitness 2PM Birthday Celebration 6PM Word Game	23 10AM Physio Moves 11AM Sing With Ray 2PM Board Games 3PM 1:1 Visits	24 10AM Bible Study 2PM Bingo 3PM Talent Show	25 11AM Fun & Fitness 3PM Outdoor Strolls 4PM Movie Hour
26 10AM Church Service 11AM Music and Memories 3PM Board Games	27 10AM Sing Along 11AM Fun & Fitness 2PM Socials 4PM Family Feud 7PM Friendly Visits	28 10AM Word Game 11AM Physio Moves 2PM Bingo 3PM Talent Show 7PM Music on the Patio	29 11AM Fun & Fitness 3PM Word Game 4PM Andre Rieu	30 10AM Physio Moves 11AM Sing with Ray 1:45 Resident Council Meeting 3PM Community Visits 4PM Family Feud	31 Fresh Fruit Friday! 10AM Bible Study 1030 Strawberry Social 2PM Bingo 4PM Family Feud 6PM Sing w/ Nelly Rainbow Ridge	Daily Resident-Led Activities - Fish Care - Flower Arranging - Sing with Nelly - Mealtime Devotions - Abby Board

Sunshine Springs 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