



October 2026 Windmill Way Neighborhood

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Devotions Tues/Thurs 10am Catholic Service Every Mon at 10:00 (Harmony Hall) Spiritual Care Visits Mon, Wed, Fri Church Service 10:00 Ch.990	Resident Led Activities - Green Thumbs - Snap & Fold - Meal Time Devotions - Coloring Club - Abby Board	ALTERNATIVE® St. John's Pet Visits Weekly	All group activities subject to modification into 1:1 visits according to public Health	1 10am Fun & Fitness 11am Green Thumbs 2pm Hymn Sing 3pm Euchre Club-Windmill Way	2 10am Fun & Fitness 2pm Super Quiz 3pm Movie Hour Ann With an "E"	3 11am Active Games 3pm Neighborhood Visits 4pm Movie Hour—Our Planet (Netflix)
4 Lords Supper 10am Lord's Supper Church Service 3pm Community Visits 4pm Relaxing Music 7pm Church Service	5 10am Fun & Fitness 2pm Word Game 3pm Neighborhood Visits 6:45pm Trivia Night	6 10am Fun & Fitness 11am Outdoor Strolls 2pm Bingo 3pm Reading Club	7 11am Fun & Fitness 3pm Community Strolls 4pm Relaxing Music	8 10am Fun With John Moorhouse 2pm Hymn Sing 3pm Euchre Club-Windmill Way	9 10am Multi-Faith Fun & Fitness 10am Hot Chocolate Social 2pm Room Visits 3pm Nail & Hand Care 6:45pm	10 10am Youth Group Visits 2pm Windmill Way Baking Club 3pm Neighborhood Visits
11 Thanksgiving Sunday 10am Church Service 2pm Thanksgiving Craft 3pm Movie Hour-Little House on the Prairie (Netflix)	12 Thanksgiving 10am Thanksgiving Church Service 11am Fun & Fitness 3pm Thanksgiving Discussion 4pm Relaxing Music	13 10am Fun & Fitness 11am Green Thumbs 2pm Community Bingo 3pm Calendar Huddle 6:45pm Balloon Tennis	14 Welcome Tea 10am Fun & Fitness 2pm Paint Club 2:30pm Bible Study 3pm Neighborhood Visits 6:45pm Word Game	15 10am Fun & Fitness 2pm Mens Billiards Club 2pm Hymn Sing 3pm Euchre Club-Windmill Way	16 10am Fun & Fitness 2pm Super Quiz 3pm Movie Hour—A Dog's Journey (Netflix)	17 11am Active Games 3pm Neighborhood Visits 4pm Movie Hour—Our Planet (Netflix)
18 10am Church Service 3pm Community Visits 4pm Relaxing Music 7pm Church Service	19 10am Fun & Fitness 2pm Learning Buckingham Palace 3pm Calendar Huddle 6:45pm Room Visits	20 10am Fun & Fitness 11am Green Thumbs 2pm Bingo 3pm Movie Hour Ann With an "E" (Netflix)	21 11am Fun & Fitness 3pm Neighborhood Visits 4pm Movie Hour—The Wild Robot (Netflix)	22 10am Fun & Fitness 11am Coffee by The Snack Bar 2pm Mobility Class 2pm Hymn Sing 3pm Euchre Club-Windmill Way	23 10am Fun & Fitness 2pm Tim Hortons Social 3pm Neighborhood Visits 6:45pm Hand & Nail Care	24 10am Breakfast Club 11am Neighborhood Visits 2pm Baking Club-Pumpkin Pie 3pm Neighborhood Visits
25 10am Church Service 11am Gaither Music 2pm Table Games 3pm Movie Hour Little House on the Prairie (Netflix) 7pm Church Service	26 11am Fun & Fitness 3pm Neighborhood Visits 4pm Movie Hour—Is it cake ? (Netflix)	27 10am Fun & Fitness 2pm Bingo 3pm Relaxing Music 6:45pm Balloon Tennis	28 10am Fun & Fitness 2pm Pumpkin Craft 2:30pm Bible Study 3pm Neighborhood Visits 6:45pm Word Game	29 Resident Council 10am Fun & Fitness 11am Green Thumbs 1:45pm Resident Council 2pm Hymn Sing 3pm Euchre Club-Windmill Way	30 10am Fun & Fitness 2pm Birthday Party 3pm Relaxing Music	31 11am Active Games 3pm Community Strolls 4pm Our Planet (Netflix)

Welcome to Windmill Way Neighbourhood !

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.