



October 2026 Lighthouse Lane



SUNDAY 	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 ALTERNATIVE® 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 * Euchre Club-Windmill(FM2)	 Catholic Service Mon 10:00 Harmony Hall Spiritual Care Visits Mon, Wed, Fri Church Service Sunday 10:00 Ch.990 Tues & Thurs 10AM Ch.900	1 10AM Morning Strolls 11AM Physio Moves 2PM Sing With Ray 3PM Nail & Hand Care	2 11AM Fun & Fitness 3PM Word Game 4PM Movie Hour	3 9:30 The Daily Chronicle 10AM Fun & Fitness 11AM Music Time 2PM Bingo 3PM Move Time
4 Lords Supper 10AM Church Service 11AM Strolls 2PM Neighborhood Taco Day 3PM Gospel Music 7PM Church Service	5 11AM Fun and Fitness 2PM Fall Art 4:15 Bingo 6PM Trivia Night	6 11AM Physio Moves 3PM Strolls 4PM I Love Lucy	7 10AM Fun & Fitness 11AM Price is Right 2:30 Devotion/Bible Study 3PM Movie Time	8 10AM Bake & Chat 11AM Octoberfest Music– John Moorhouse 2PM Sing With Ray 3PM Abby Board	9 10AM Multi-Faith Service 11AM Fun & Fitness 2PM Birthday Social 4:15 Word Game 6PM Bowling	10 10AM Youth Group Visits 11AM Strolls 2PM Balloon tennis 3PM Our Planet
11 Thanksgiving Sunday 10AM Church Service 11AM Gaithers Gospel 3PM Movie Time	12 Thanksgiving 10AM Thanksgiving Service ch 990 11PM Relaxation Hour 2PM Thanksgiving Social 3PM Nature Show	13 11AM Physio Moves 2PM Community Bingo 4:15 Strolls 6PM Word Game	14 10AM Welcome Tea 11AM Fun & Fitness 2PM Elderly Care Service 4:15 Calendar Huddle 6PM Balloon Badminton	15 10AM Painting 11AM Physio Moves 2PM Men's Group-Billiards 2PM Sing With Ray 3PM Nail & Hand Care	16 11AM Fun & Fitness 3PM Word Game 4PM Movie Hour	17 9:30 The Daily Chronicle 10AM Fun & Fitness 11AM Relaxation Hour 2PM Bingo 3PM Movie Hour
18 10AM Church Service 11AM Strolls 2PM Pumpkin Spice Latte Social 3PM Gospel Music 7PM Church Service	19 11AM Fun and Fitness 2PM Fall Art 4:15 Bingo 6PM Room Visits	20 11AM Physio Moves 3PM Strolls 4PM I Love Lucy	21 10AM Fun & Fitness 11AM Price is Right 2:30 Devotion/Bible Study 3PM Movie Time	22 10AM Painting 11AM Physio Moves 2PM Mobility With Shelia 2PM Sing With Ray 3PM Abby Board	23 11AM Fun & Fitness 2PM Birthday Social 4:15 Word Game 6PM Trivia Night	24 10AM Fun & Fitness 11AM Strolls 2PM Active Games 4PM Suzie Q Sing Along
25 10AM Church Service 11AM Gaithers Gospel 2PM Table Games 3PM Movie Time 7PM Church Service	26 10AM Fun and Fitness 11PM Relaxation Hour 2PM Bingo 3PM Nature Show	27 11AM Physio Moves 2PM Bake & Chat–Pumpkin Pie 4:15 Strolls 6PM Word Game	28 11AM Fun & Fitness 2PM Elderly Care Service 4:15 Room Visits 6PM Balloon Badminton	29 10AM Morning Strolls 11AM Physio Moves 1:45 Residents Council 3PM Nail & Hand Care	30 11AM Fun & Fitness 3PM Word Game 4PM Movie Hour	31 9:30 The Daily Chronicle 10AM Fun & Fitness 11AM Music Time 2PM Bingo 3PM Move Time



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