



October 2026 Sunshine Springs



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Resident-Led Activities Fish Care - Plant Care - Sing with Nelly Mealtime Devotions - Abby Board * Euchre Club- Windmill Way FM2	All group activities are subjected to modify in-to 1:1 visits according to Public Health Directives.	 St. Johns Pet Visits weekly  ALTERNATIVE®	 <u>Devotions</u> Tues, Thu 10:00 <u>Catholic Service</u> Mon 10:00 Harmony Hall <u>Spiritual Care Visits</u> Mon, Wed, Fri <u>Church Service</u> Sunday 10:00 & 7:00	1 10AM Physio Moves 11AM Sing With Ray 2PM Search The Word 3PM Euchre Club 4PM The Office Show	2 10AM Bible Study 2PM Bingo 3PM Relaxing Hymns	3 11AM Fun & Fitness 3PM Table Games 4PM Movie Hour
4 Lord's Supper 10AM Church Service 11AM Relaxing Hymns 3PM Table Games 7PM Church Service	5 10AM Sing Along 11AM Fun & Fitness 2PM Funny Riddles 4PM Abby Board 7PM Dominos	6 10AM Bread Making 11AM Physio Moves 2PM Bingo 3PM The Sound Of Music	7 11AM Fun & Fitness 3PM Board Games 4PM Singin' in the Rain	8 10AM Physio Moves 11AM John Moorhouse 115AM Ring Toss 2PM Euchre Club 3PM Talent Show 4PM	9 10AM Multi-Faith Service 2PM Birthday Celebration 3PM Nature Show 6PM Sing w/ Nelly	10 10AM Youth Group Visit 2PM Pumpkin Pie Treat 4PM The Golden Girls
11 Thanksgiving Sunday 10AM Church Service 11AM Relaxing Hymns 2PM Pumpkin Latte Social 3PM Neighborhood Visit	12 Thanksgiving Day 10AM Thanksgiving Service Ch.990 11AM Fun & Fitness 3PM Thanksgiving Craft	13 10AM Apple Cider Social 11AM Physio Moves 2PM Community Bingo 3PM Price is Right 7PM Balloon Badminton	14 Welcome Tea 10AM Tea Social 11AM Fun & Fitness 2PM Table Talk 4PM Babies Funny Videos 6PM Art & Craft Time	15 10AM Physio Moves 11AM Sing with Ray 2PM Billiards Men's Group 3PM Euchre Club 4PM Movie Hour	16 10AM Bible Study 2PM Bingo 3PM Movie Hour	17 11AM Fun & Fitness 3PM Board Games 4PM Relaxing Music
18 10AM Church Service 11AM Relaxing Hymns 3PM Word Puzzle 7PM Church Service	19 10AM Sing Along 11AM Fun & Fitness 2PM Spotlight Event 4PM Abby Board 7PM Table Games	20 10AM Calendar Huddle 11AM Physio Moves 2PM Bingo 3PM Movie Time	21 11AM Fun & Fitness 3PM Table Games 4PM Grumpy Old Men Movie	22 10AM Physio Moves 11AM Sing With Ray 2PM Mobility Class with Sheila 3PM Euchre Club 4PM Family Feud	23 10AM Bible Study 2PM Board Games 3PM Talent Show 6PM Sing w/ Nelly	24 11AM Fun & Fitness 2PM Puzzle Time 4PM Movie Hour
25 10AM Church Service 11AM Relaxing Hymns 2PM Travelogue to Czech Republic 4PM Family Feud 7PM Church Service	26 10AM Sing Along-TV 11AM Fun & Fitness 3PM Ring Toss	27 10AM Baking 11AM Physio Moves 2PM Bingo 3PM Talent Show 7PM Ball Toss	28 10AM Hymn Sing 11AM Fun & Fitness 2PM Table Talk 4PM Andre Rieu 6PM Sing Along	29 10AM Physio Moves 11AM Sing With Ray 145 Resident Council 4PM The Office Show	30 10AM Bible Study 2PM Bingo 3PM Relaxing Hymns	31 11AM Fun & Fitness 3PM Table Games 4PM Movie Hour

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