

October

2026 Rainbow Ridge



SUNDAY 	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 St. Johns Pet Visits weekly 	All group activities are subjected to modify into 1:1 visits according to Public Health Directives.	Resident-Led Activities * Plant Care * Abby Board * Sing with Nelly * Mealtime Devotions * Euchre Club- Windmill Way FM2	 Devotions Tues, Thu 10:00 Catholic Service Mon 10:00 Harmony Hall Spiritual Care Visits Mon, Wed, Fri Church Service Sunday 10:00 & 7:00 Ch.990	1 10AM Coffee at the Snack Bar 11AM Sing with Ray 2PM Soup Making 3PM Euchre Club	2 11AM Fun & Fitness 3PM 1:1 Visits 4PM Nature Show	3 10AM Fun & Fitness 2PM Card Games 3PM Nature Documentary
4 Lord's Supper 10AM Church Service 11AM Strolls 2PM Taco Making 4PM Movie Hour 7PM Church Service	5 10AM Bible Study 11AM Physio Moves 2PM Word Game 4PM Strolls 6PM Friendly Visits	6 11AM Fun & Fitness 3PM Table Games 4PM Comedy Hour	7 10AM Plant Care 11AM Physio Moves 2PM Bingo 4PM Abby Board	8 10AM Coffee at the Snack Bar 11:20 Octoberfest- John Moorhouse 2PM Thanksgiving Tree Craft 3PM Euchre Club	9 10AM Multi-Faith Service- Sunshine 11AM Fun & Fitness 2PM Trivia Time 4PM Strolls 6PM Sing w/ Nelly	10 9-12 Youth Group Visit 3PM Table Games 4PM Family Feud
11 Thanksgiving Sunday 10AM Church Service 11AM Strolls 2PM Turkey Craft 3PM Movie Hour	12 Thanksgiving Day 10AM Thanksgiving Service Ch.990 11AM Physio Moves 2PM Word Game 3PM The Lucy Show	13 11AM Fun & Fitness 2PM Community Bingo 4PM Room Visits 6PM Travelogue	14 Welcome Tea 10AM Plant Care 11AM Physio Moves 2PM Bingo 4PM Strolls 6PM Word Game	15 10AM Coffee at the Snack Bar 11AM Sing with Ray 2PM Men's Group Billiards 3PM Euchre Club	16 11AM Fun & Fitness 3PM Strolls 4PM Nature Show	17 10AM Fun & Fitness 2PM Table Games 3PM Relaxing Hymns
18 10AM Church Service 11AM Strolls 2PM Hot Chocolate Social 7PM Church Service	19 10AM Bible Study 11AM Physio Moves 2PM Word Game 4PM Strolls 6PM Friendly Visits	20 11AM Fun & Fitness 3PM Room Visits 4PM Comedy Hour	21 10AM Plant Care 11AM Physio Moves 2PM Bingo 3PM Abby Board	22 10AM Coffee at the Snack Bar 11AM Sing with Ray 2PM Mobility Class with Sheila 3PM Euchre Club	23 11AM Fun & Fitness 2PM Hot Chocolate Social 4PM Calendar Huddles 6PM Sing w/ Nelly	24 11AM Fun & Fitness 3PM Strolls 4PM Family Feud
25 10AM Church Service 11AM Strolls 2PM Who Am I? 3PM Movie Hour 7PM Church Service	26 10AM Bible Study 11AM Physio Moves 2PM Squash Soup Making 3PM Movie Hour	27 11AM Fun & Fitness 2PM Birthday Social 4PM Strolls 6PM Travelogue	28 10AM Plant Care 11AM Physio Moves 2PM Bingo 4PM Strolls 6PM Word Game	29 10AM Coffee at the Snack Bar 11AM Sing with Ray 1:45 Resident Council 3PM Movie Hour	30 11AM Fun & Fitness 3PM 1:1 Visits 4PM Nature Show	31 10AM Fun & Fitness 2PM Table Games 4PM Family Feud

Rainbow Ridge Life Enrichment Programs

Ten Principles



The Eden Alternative Domains of Well-Being®

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.

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