November 2026 Lighthouse Lane

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 **Daylight Savings Ends** **10AM** Church Service **11AM** Strolls **2PM** Monthly Gazette Chit Chat **3PM** Gospel Music **7PM** Salvation Army Band #990	**2** **10AM** Fun and Fitness **11PM** Relaxation Hour **2PM** **Community Bingo(Windmill)** **4:15** Room Visits **6PM** Balloon Tennis	**3** **11AM** Physio Moves **3PM** Strolls **4PM** I Love Lucy **7:30** The Mattaniah Male Choir #990	**4** **10AM** Fun & Fitness **11AM** Price is Right **2:30** Devotion/Bible Study **3PM** Movie Time	**5** **10AM** Snack Bar **11AM** Physio Moves **2PM** Sing With Ray **3PM** Nail & Hand Care	**6** **11AM** Fun & Fitness **2PM** **Golden Girls Social Club (Snack Bar)** **4:15** Reading Circle **6PM** Bowling	**7** **10AM** Fun & Fitness **11AM** Strolls **2PM** Word Game **3PM** Andre Rieu
8 **Diwali** **10AM** Church Service **11AM** Strolls **3PM** **Diwali Craft** **7PM** Church Service	**9** **10AM** Fun & Fitness **11PM** Relaxation Hour **2PM** Bingo **3PM** Nature Show	**10** **11AM** Physio Moves **2PM** **Birthday Party** **4:15** Learning Circle **6PM** Trivia Night **7:30** The Hosanna Choir Ch.990	**11** **Remembrance Day** **10:30** Church Service Ch.990 **11AM** Moment of Silence **2PM** Mobility Class with Sheila **4PM** Strolls **6PM** Balloon Tennis	**12** **Food Committee with Sysco** **10AM** Snack Bar **11AM** Physio Moves **2PM** **Food Committee** **2PM** Sing With Ray	**13** **10AM** **Multi-Faith/ Diwali Service** **11AM** Fun & Fitness **3PM** Word Game **4PM** Movie Hour	**14** **10AM** Active Game **11AM** Relaxing Music **2PM** **Craft Day** **3PM** Nature Show
15 **10AM** Church Service **11AM** Strolls **2PM** **Soup-er Sunday** **3PM** Gospel Music **7PM** Church Service	**16** **10AM** Fun and Fitness **11PM** Relaxation Hour **2PM** **Craft Day** **4:15** Bingo **6PM** Balloon Tennis	**17** **Celebration of Life (Horizon Hall-2pm)** **11AM** Physio Moves **3PM** Strolls **4PM** I Love Lucy **7:30** Circle of Harmony #990	**18** **10AM** Fun & Fitness **11AM** Price is Right **2:30** Devotion/Bible Study **3PM** Movie Time	**19** **International Men's Day** **10AM** Morning Strolls **11AM** Physio Moves **2PM** **Men's Group- Billiards** **3PM** Abby Board	**20** **11AM** Fun & Fitness **2PM** Coloring Time **4:15** Hand & Nail Care **6PM** Bowling	**21** **Christmas Marketplace Heritage Hall (10-2)** **2PM** Balloon Tennis **3PM** Andre Rieu
22 **Lord's Supper** **10AM** Church Service **11AM** Strolls **3PM** Table Games **7PM** Church Service	**23** **10AM** Fun & Fitness **11PM** Relaxation Hour **2PM** Bingo **3PM** Nature Show	**24** **11AM** Physio Moves **2PM** **Birthday Party** **4:15** Strolls **6PM** Trivia Night **7:30** Heartland Singers Ch.990	**25** **11AM** Fun & Fitness **2PM** Elderly Care Service **4:15** Room Visits **6PM** Balloon Tennis	**26** **10AM** Morning Strolls **11AM** Physio Moves **1:45** **Resident Council** **2PM** Sing With Ray **3PM** Nail & Hand Care	**27** **11AM** Fun & Fitness **3PM** Word Game **4PM** Movie Hour	**28** **10AM** Fun & Fitness **11AM** Relaxing Music **2PM** **Crazy Hat Making** **3PM** Andre Rieu
29 **10AM** Church Service **11AM** Gaithers Gospel **2PM** **Christmas Decorating** **3PM** Movie Time **7PM** Church Service	**30** **Crazy Hat Day!** **10AM** Fun and Fitness **11PM** Relaxation Hour **2PM** **Crazy Hat Winners!** **4:15** Reading Circle **6PM** Bingo		EDEN 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)**	Holland Christian Homes **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

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′ĭng)
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