November 2026 Sunshine Springs

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 **10AM** Church Service **11AM** Relaxing Hymns **3PM** Word Puzzle **7PM** Salvation Army Band Concert CH990	**2** **10AM** Sing Along **11AM** Fun & Fitness **2PM** **Community Bingo** **4PM** Abby Board **7PM** Friendly Visits	**3** **10AM** Coffee Time **11AM** Physio Moves **2PM** Tickle Your Brain **3PM** Marry Poppins Movie **730** The Mattaniah Male Choir CH 990	**4** **11AM** Fun & Fitness **3PM** Craft Corner **4PM** Babies Funny Videos	**5** **10AM** Physio Moves **11AM** Sing With Ray **2PM** Search The Word **3PM** Euchre Club **4PM** Beautiful Melodies	**6** **10AM** Bible Study **2PM** Golden Girls **3PM** Relaxing Hymns **6PM** Sing w/ Nelly	**7** **10AM** Fun & Fitness **2PM** Hot Chocolate **4PM** Born Free Movie
8 **Diwali Day** **10AM** Church Service **11AM** Devotional Music **2PM** Diwali Craft **3PM** Vintage Music **7PM** Church Service	**9** **10AM** Sing Along-Tv **11AM** Fun & Fitness **3PM** Abby Board **4PM** The Carol Burnett Show	**10** **10AM** Soup Making **11AM** Physio Moves **2PM** Bingo **3PM** Mr. Bean Show **6PM** Table Games **730** The Hosanna Choir CH990	**11** Remembrance Day **1030AM** **Remembrance Day Service Ch.990** **2PM** Mobility Class with Sheila **3PM** Pet Visits **6PM** Word Game	**12** **Food Committee with Sysco** **10AM** Physio Moves **11AM** Sing With Ray **2PM** Food Committee **3PM** Euchre Club **4PM** Animal Show	**13** **Diwali Celebration** **10AM** Multi-Faith Service/ Diwali Prayer **2PM** Diwali Social **3PM** Nature Show	**14** **11AM** Fun & Fitness **3PM** Board Games **4PM** Family Feud
15 **10AM** Church Service **11AM** Songs That Inspire **3PM** Neighborhood Visit **7PM** Church Service	**16** **10AM** Sing Along **11AM** Fun & Fitness **2PM** Armchair Travel **4PM** Talent Show **7PM** Friendly Visits	**17** **10AM** Apple Cider Social **11AM** Physio Moves **2PM** Bingo **3PM** Price is Right **730** Circle Of Harmony Ch 990	**18** **11AM** Fun & Fitness **3PM** Art & Craft Time **4PM** Babies Funny Videos	**19 International Men's Day** **10AM** Physio Moves **11AM** Sing with Ray **2PM** Billiards Men's Group **3PM** Euchre Club **4PM** Beautiful Melodies	**20** **10AM** Bible Study **2PM** Bingo **3PM** Room Visits **6PM** Sing w/ Nelly	**21** **Christmas Marketplace** **10AM- 2PM (Heritage Hall)** **230** Board Game **4PM** I Love Lucy
22 **Lord's Supper** **10AM** Church Service **11AM** Songs Of Faith **2PM** Lets Make Hats **3PM** Everlasting Classics **7PM** Church Service	**23** **10AM** Sing Along-Tv **11AM** Fun & Fit **3PM** Abby Board **4PM** Movie Hour	**24** **10AM** Calendar Huddle **11AM** Physio Moves **2PM** Birthday Celebration **3PM** Movie Time **6PM** Table Games **730** Heartland Singers	**25** **10AM** Lets Cook **11AM** Fun & Fitness **2PM** Travel to Portugal **3PM** Grumpy Old Men Movie **6PM** Word Game	**26** **10AM** Physio Moves **11AM** Sing With Ray **2PM** Resident Council **3PM** Euchre Club **4PM** Family Feud	**27** **10AM** Bible Study **2PM** Bingo **3PM** Talent Show	**28** **11AM** Fun & Fitness **3PM** Puzzle Time **4PM** Pet Show
29 **10AM** Church Service **11AM** Voices of Praise **3PM** Strolls **7PM** Church Service	**30** **Crazy Hat Day!** **10AM** Sing Along-TV **11AM** Fun & Fitness **2PM** **Crazy Hat Winners!** **4PM** Movie Hour **7PM** Friendly Visits		Holland Christian Homes **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	**St. Johns Pet Visits weekly** EDEN ALTERNATIVE®	**All group activities are subjected to modify into 1:1 visits according to Public Health Directives.**	**Resident-Led Activities** **Fish Care** • **Plant Care** • **Sing with Nelly** • **Mealtime Devotions** • **Abby Board** * **Euchre Club-** * **Sunshine Springs FM4**

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′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