November 2026 Rainbow Ridge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Daylight Saving Ends **10AM** Church Service **11AM** Strolls **2PM** Bake & Chat **3PM** Movie Hour **7PM** Church Service	**2** **10AM** Bible Study **11AM** Physio Moves **2PM** Community Bingo **4PM** Strolls **6PM** Friendly Visits	**3** **11AM** Fun & Fitness **3PM** Board Games **4PM** Comedy Hour **7:30** The Mattaniah Male Choir #990	**4** **10AM** Plant Care **11AM** Physio Moves **2PM** Bingo **4PM** Abby Board	**5** **10AM** Coffee at the Snack Bar **11AM** Sing with Ray **2PM** Poppy Pin Craft **2:30** Euchre Club	**6** **11AM** Fun & Fitness **2PM** Women's Club (Snack Bar) **4PM** Strolls **6PM** Sing w/ Nelly	**7** **11AM** Fun & Fitness **3PM** Strolls **4PM** Family Feud
8 Diwali **10AM** Church Service **11AM** Strolls **2PM** Craft Corner **4PM** Movie Hour **7PM** Church Service	**9** **10AM** Bible Study **11AM** Physio Moves **2PM** Word Game **3PM** Movie Hour	**10** **11AM** Fun & Fitness **2PM** Christmas Craft Making **4PM** Jigsaw Puzzle **6PM** Table Games **7:30** The Hosanna Choir Ch.990	**11 Remembrance Day** **10:30** Church Service Ch.990 **11AM** Physio Moves **2PM** Mobility Class with Sheila **4PM** Strolls **6PM** Word Game	**12 Food Committee w/Sysco** **10AM** Coffee at the Snack Bar **11AM** Sing with Ray **2PM** Food Committee **2:30** Euchre Club	**13** **10AM** Multi-Faith/ Diwali Service **11AM** Fun & Fitness **3PM** Strolls **4PM** Nature Show	**14** **10AM** Fun & Fitness **2PM** Card Games **3PM** Nature Documentary
15 **10AM** Church Service **11AM** Strolls **2PM** Christmas Craft Making **3PM** Movie Hour **7PM** Church Service	**16** **10AM** Bible Study **11AM** Physio Moves **2PM** Word Game **4PM** Strolls **6PM** Christmas Craft Making	**17 Celebration of Life** **11AM** Fun & Fitness **2PM** Celebration of Life- Horizon Hall **3PM** Room Visits **7:30** Circle of Harmony #990	**18** **10AM** Plant Care **11AM** Physio Moves **2PM** Bingo **4PM** Abby Board	**19 International Men's Day** **10AM** Coffee at the Snack Bar **11AM** Sing with Ray **2PM** Men's Group Billiards **2:30** Euchre Club	**20** **11AM** Fun & Fitness **2PM** Hot Chocolate Social **4PM** Calendar Huddles **6PM** Sing w/ Nelly	**21 Christmas Marketplace 10AM- 2PM (Heritage Hall)** 
22 Lord's Supper **10AM** Church Service **11AM** Strolls **2PM** Who Am I? **4PM** Suzie Q **7PM** Church Service	**23** **10AM** Bible Study **11AM** Physio Moves **2PM** Word Game **3PM** Movie Hour	**24** **11AM** Fun & Fitness **2PM** Birthday Social **4PM** Strolls **6PM** Table Games **7:30** Heartland Singers Ch.990	**25** **10AM** Plant Care **11AM** Physio Moves **2PM** Bingo **4PM** Strolls **6PM** Word Game	**26** **10AM** Coffee at the Snack Bar **11AM** Sing with Ray **2PM** Resident Council **2:30** Euchre Club	**27** **11AM** Fun & Fitness **3PM** Strolls **4PM** Nature Show	**28** **10AM** Fun & Fitness **2PM** Table Games **3PM** Relaxing Hymns
29 **10AM** Church Service **11AM** Strolls **2PM** Bake & Chat **3PM** Movie Hour **7PM** Church Service	**30** **10AM** Bible Study **11AM** Physio Moves **2PM** Word Game **4PM** Strolls **6PM** Friendly Visits	EDEN ALTERNATIVE® **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**	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

Rainbow Ridge
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