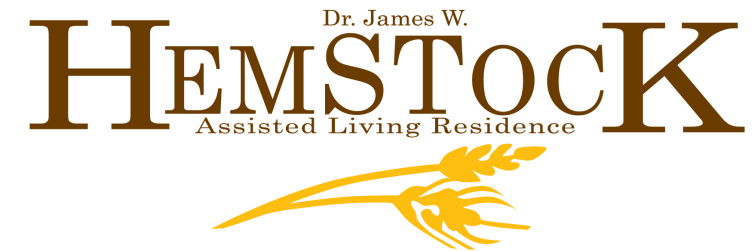






INSPIRED SENIOR LIVING

# September 2022

## Dr. James Hemstock & Hearthstone Place



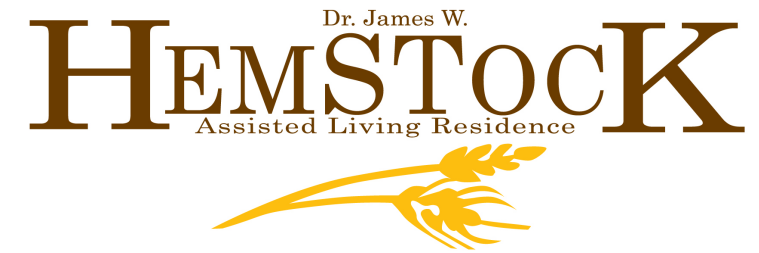
| Sunday  | Monday   | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday  |
|---|--|---|---|---|---|---|
|    |    | <p><b>Lab Day</b></p> <p>Every Tuesday in the Chapel Dyna Life Medical Lab is available from 8:00 -8:30 am. Please see the Wellness Team for any questions or assistance, pertaining to lab work.</p>   | <p><b>Allison's Hair Salon</b></p> <p>(DHR First Floor)<br/>Please call 780-872-0347 to book an appointment.<br/>Monday 9-4 pm<br/>Wednesday 9-4 pm<br/>Friday 9-4 pm<br/>Saturday 1-3 pm</p>   | <p>8:30 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) <b>1</b></p> <p>9:15 Stretch and Balance (DHRB)</p> <p>10:00 Pool Games (BR)</p> <p>1:30 Artful Enrichment / Moma Art Appreciation (MP)</p> <p>1:30 Roman Catholic Mass (C)</p> <p>2:00 Bridge Group (CAFE)</p> <p>6:30 Resident Choice Games (RC)</p>  | <p>LLL Celebration Meal <b>2</b></p> <p>8:30 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)</p> <p>9:30 Drum Fit Program (MP)</p> <p>10:00 Pool Games (BR)</p> <p>10:00 Horticulture/Gardening (AOH)</p> <p>1:00 Canasta (CAFE)</p> <p>2:00 Happy Hour (MP)</p> <p>6:30 Resident Choice Games (RC)</p>   | <p>National Bacon Day <b>3</b></p> <p>8:30 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)</p> <p>10:00 Pool Games (BR)</p> <p>10:00 Horticulture/Gardening (AOH)</p> <p>6:30 Resident Choice Games (RC)</p>  |
| <p>8:30 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) <b>4</b></p> <p>10:00 Pool Games (BR)</p> <p>10:00 Horticulture/Gardening (AOH)</p> <p>6:30 Resident Choice Games (RC)</p>  | <p>Life Enrichment off today! <b>5</b></p> <p>8:30 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)</p> <p>10:00 Pool Games (BR)</p> <p>10:00 Horticulture/Gardening (AOH)</p> <p>1:30 Norwegian Whist (CAFE)</p> <p>6:30 Resident Choice Games (RC)</p>  | <p>National Read a Book Day - (Blind Date with a Book) Please come and see Life Enrichment to find out about this fun activity. <b>6</b></p> <p>8:30 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)</p> <p>9:15 Stretch and Balance (DHRB)</p> <p>9:30 Wellness Clinic (C)</p> <p>10:00 Pool Games (BR)</p> <p>10:00 Horticulture/Gardening (AOH)</p> <p>10:00 Rosary (Resident Directed) (C)</p> <p>11:30 Tuesday Trivia /Fit Minds/LLL (DR)</p> <p>1:30 Artful Enrichment / Moma Art Appreciation (MP)</p> <p>7:00 Knitting/Crocheting Group with Phyllis Volk and Dorothy Parker. For any residents interested in this group, join us for a short information session. (SQ)</p> | <p>8:30 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) <b>7</b></p> <p>9:15 Exercises (DHRB)</p> <p>9:30 Wellness Clinic (C)</p> <p>10:00 Pool Games (BR)</p> <p>10:00 Horticulture/Gardening (AOH)</p> <p>10:30 Bean Bag Game (HPC)</p> <p>10:30 Picnic Lunch and outdoor games at Sandy Beach( sign up required for this outing) (DHRL)</p> <p>1:30 Bingo with Mary \$1.00 to play (MP)</p> <p>6:30 Resident Choice Games (RC)</p> | <p>8:30 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) <b>8</b></p> <p>9:15 Stretch and Balance (DHRB)</p> <p>10:00 Pool Games (BR)</p> <p>10:00 Horticulture/Gardening (AOH)</p> <p>1:30 Sing Along with Kevin and Barb (MP)</p> <p>2:00 Bridge Group (CAFE)</p> <p>2:30 Coffee Social (MP)</p> <p>6:30 Resident Choice Games (RC)</p>  | <p>8:30 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) <b>9</b></p> <p>9:30 Drum Fit Program (MP)</p> <p>10:00 Pool Games (BR)</p> <p>10:00 Horticulture/Gardening (AOH)</p> <p>11:30 Buffet with Dining Services Celebrating Grandparents Day (DR)</p> <p>1:00 Canasta (CAFE)</p> <p>2:00 Happy Hour (MP)</p> <p>6:30 Resident Choice Games (RC)</p>          | <p>8:30 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) <b>10</b></p> <p>10:00 Pool Games (BR)</p> <p>10:00 Horticulture/Gardening (AOH)</p> <p>1:30 Craft Time/Discussion/Coffee (Making Fall Décor) (MP)</p> <p>6:30 Resident Choice Games (RC)</p>                           |
| <p>8:30 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) <b>11</b></p> <p>10:00 Pool Games (BR)</p> <p>10:00 Horticulture/Gardening (AOH)</p> <p>2:00 Hymn Sing with Sandra Ford - everyone is welcome to join (MP)</p> <p>6:30 Resident Choice Games (RC)</p> | <p>8:30 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) <b>12</b></p> <p>9:30 "Sit and be Fit" (MP)</p> <p>10:00 Pool Games (BR)</p> <p>10:00 Horticulture/Gardening (AOH)</p> <p>10:00 Walmart Outing (for resident's who have signed up) (DHRL)</p> <p>1:30 Norwegian Whist (CAFE)</p> <p>1:30 Java Music Club (Mental Aerobics) (CAFE)</p> <p>6:30 Resident Choice Games (RC)</p> | <p>International Chocolate Day <b>13</b></p> <p>8:30 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)</p> <p>9:15 Stretch and Balance (DHRB)</p> <p>10:00 Pool Games (BR)</p> <p>10:00 Horticulture/Gardening (AOH)</p> <p>10:00 Rosary (Resident Directed) (C)</p> <p>11:30 Tuesday Trivia /Fit Minds/LLL (DR)</p> <p>1:30 Sing Along with Gail (MP)</p> <p>2:30 Coffee Social and Chocolate (MP)</p> <p>6:30 Music Entertainment with Merle Tenney and Kelly Kenyon (MP)</p>   | <p>8:30 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) <b>14</b></p> <p>9:15 Exercises (DHRB)</p> <p>9:30 Wellness Clinic (C)</p> <p>10:00 Pool Games (BR)</p> <p>10:00 Horticulture/Gardening (AOH)</p> <p>10:30 Horse Racing (\$0.25 bets) (MP)</p> <p>1:30 Bingo \$1.00 to play (MP)</p> <p>6:30 Resident Choice Games (RC)</p>   | <p>8:30 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) <b>15</b></p> <p>9:15 Stretch and Balance (DHRB)</p> <p>10:00 Pool Games (BR)</p> <p>10:00 Horticulture/Gardening (AOH)</p> <p>1:00 Life Enrichment Administration Afternoon/Staff Meetings</p> <p>1:30 Artful Enrichment / Moma Art Appreciation (MP)</p> <p>2:00 Bible Fellowship (All Faiths-Devotion, Music, and Sharing) (C)</p> <p>2:00 Coffee Social with Amber (CAFE)</p> <p>2:00 Bridge Group (HPC)</p> <p>6:30 Resident Choice Games (RC)</p> | <p>8:30 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) <b>16</b></p> <p>9:30 Drum Fit Program (MP)</p> <p>10:00 Pool Games (BR)</p> <p>10:00 Horticulture/Gardening (AOH)</p> <p>1:00 Canasta (CAFE)</p> <p>2:00 Special Guest Cst Kelsey Davidge with the Lloydminster RCMP - Presentation on Seniors Safety. (MP)</p> <p>6:30 Resident Choice Games (RC)</p> | <p>8:30 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) <b>17</b></p> <p>10:00 Pool Games (BR)</p> <p>1:00 Celebrating 20 years in our Community. We will have live music; special food and cocktails; tours; and door prizes. (AOH)</p> <p>6:30 Resident Choice Games (RC)</p> |



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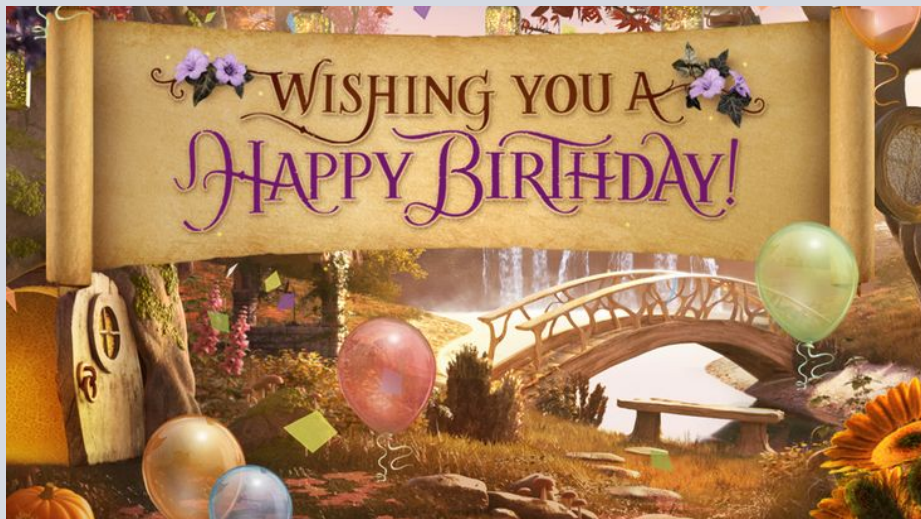
## Dr. James Hemstock & Hearthstone Place



| Sunday   | Monday   | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday  |
|--|--|---|---|--|--|---|
| <p>8:30 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) <b>18</b></p> <p>10:00 Pool Games (BR)</p> <p>10:00 Horticulture/Gardening (AOH)</p> <p>6:30 Resident Choice Games (RC)</p>  | <p>8:30 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) <b>19</b></p> <p>9:30 "Sit and be Fit" (MP)</p> <p>10:00 Pool Games (BR)</p> <p>10:00 Horticulture/Gardening (AOH)</p> <p>10:30 Java Music Club (Creative Journaling) (SQ)</p> <p>1:30 Norwegian Whist (CAFE)</p> <p>2:00 Resident Council Everyone Welcome (C)</p> <p>6:30 Resident Choice Games (RC)</p> | <p>8:30 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) <b>20</b></p> <p>9:15 Stretch and Balance (DHRB)</p> <p>10:00 Pool Games (BR)</p> <p>10:00 Horticulture/Gardening (AOH)</p> <p>10:00 Rosary (Resident Directed) (C)</p> <p>10:00 Alberta Clothing Company (MP)</p> <p>11:30 Tuesday Trivia /Fit Minds/LLL (DR)</p> <p>6:30 Resident Choice Games (RC)</p> <p>7:00 Knitting/Crocheting Group Everyone Welcome (SQ)</p> | <p>World Alzheimer's Day (Wear Purple to show your support) <b>21</b></p> <p>9:00 Please join our Go4Life Walking Alzheimer's walk/memory walk - remembering/supporting our friends and loved ones with Alzheimer's (DHRL)</p> <p>9:30 Wellness Clinic (C)</p> <p>10:00 Pool Games (BR)</p> <p>10:00 Horticulture/Gardening (AOH)</p> <p>10:00 Fit Minds Stay Sharp (MP)</p> <p>1:30 Ted Talks with Teepa Snow Dementia Care and Alzheimer's Awareness (MP)</p> <p>2:30 Coffee Social (MP)</p> <p>6:30 Resident Choice Games (RC)</p> | <p>8:30 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) <b>22</b></p> <p>9:15 Stretch and Balance (DHRB)</p> <p>10:00 Pool Games (BR)</p> <p>10:00 Horticulture/Gardening (AOH)</p> <p>10:00 Mens Coffee House in the Cafe (CAF)</p> <p>2:00 Bible Fellowship (All Faiths-Devotion, Music, and Sharing) (C)</p> <p>2:00 Town Hall Meeting Everyone Welcome (MP)</p> <p>6:30 Resident Choice Games (RC)</p> | <p>8:30 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) <b>23</b></p> <p>9:30 Drum Fit Program (MP)</p> <p>10:00 Pool Games (BR)</p> <p>10:00 Horticulture/Gardening (AOH)</p> <p>1:00 Canasta (CAFE)</p> <p>2:00 Happy Hour - Celebrating Oktoberfest (MP)</p> <p>4:30 Oktoberfest Themed Dinner (DR)</p> <p>6:30 Special Entertainment with Dean Mari and his wife Lynda ( A little Birdie told us it was Lynda's Birthday Today) (DR)</p> | <p>8:30 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) <b>24</b></p> <p>10:00 Pool Games (BR)</p> <p>10:00 Horticulture/Gardening (AOH)</p> <p>6:30 Resident Choice Games (RC)</p> |
| <p>8:30 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) <b>25</b></p> <p>10:00 Pool Games (BR)</p> <p>10:30 Mennonite Singers/Church Services (C)</p> <p>2:00 Hymn Sing with Sandra Ford - everyone is welcome to join (MP)</p> <p>6:30 Resident Choice Games (RC)</p> | <p>8:30 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) <b>26</b></p> <p>9:30 "Sit and be Fit" (MP)</p> <p>10:00 Pool Games (BR)</p> <p>10:30 Java Music Club (Mental Aerobics) (CAFE)</p> <p>1:30 Norwegian Whist (CAFE)</p> <p>6:30 Resident Choice Games (RC)</p>   | <p>8:30 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) <b>27</b></p> <p>9:15 Stretch and Balance (DHRB)</p> <p>10:00 Pool Games (BR)</p> <p>10:00 Rosary (Resident Directed) (C)</p> <p>11:30 Tuesday Trivia /Fit Minds/LLL (DR)</p> <p>1:30 Sing Along with Gail (MP)</p> <p>2:30 Coffee Social (MP)</p> <p>6:30 Resident Choice Games (RC)</p>   | <p>National Strawberry Pie Day- Dining Services will be serving pie for your dessert choice today! <b>28</b></p> <p>8:30 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)</p> <p>9:15 Exercises (DHRB)</p> <p>9:30 Wellness Clinic (C)</p> <p>10:00 Pool Games (BR)</p> <p>10:30 Horse Racing (\$0.25 bets) (MP)</p> <p>1:30 Celebrating our Birthdays and Anniversaries for this month, with Country Swing! (MP)</p> <p>6:30 Resident Choice Games (RC)</p>   | <p>8:30 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) <b>29</b></p> <p>9:00 Yard Clean Up Today (AOH)</p> <p>9:15 Stretch and Balance (DHRB)</p> <p>10:00 Pool Games (BR)</p> <p>1:30 Artful Enrichment / Moma Art Appreciation (MP)</p> <p>2:00 Bridge Group (CAFE)</p> <p>2:00 Bible Fellowship (All Faiths-Devotion, Music, and Sharing) (C)</p> <p>6:30 Resident Choice Games (RC)</p>               | <p>Resident Choice Meal Served Today (DR) <b>30</b></p> <p>Orange Shirt Day- (The National Day for Truth and Reconciliation- Show your Support and wear an Orange Shirt today) (AOH)</p> <p>8:30 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)</p> <p>9:30 Drum Fit Program (MP)</p> <p>10:00 Pool Games (BR)</p> <p>1:00 Canasta (CAFE)</p> <p>2:00 Happy Hour (MP)</p> <p>6:30 Resident Choice Games (RC)</p>                            |   |

Locations Legend

- M.P. Room (MP)
- DHR Lobby (DHRL)
- Billiards Room (BR)
- Resident's Choice (RC)
- Around our home (AOH)
- Cafe (CAFE)
- Chapel (C)
- DHR Basement (DHRB)
- Dining Room (DR)
- The Square (SQ)
- Hearthstone Courtyard (HPC)
- Hearthstone Cafe (CAF)



- September 2 Dave Simons
- September 2 Audrey McKechnie
- September 3 Anne Willard
- September 3 Betty Leach
- September 13 Vernon Loewen
- September 16 Frieda Parenteau
- September 17 Raymond Williams
- September 24 Joe Belyea
- September 27 Ilene Getz
- September 29 Irene Wiebe
- September 30 Jean Anthony

