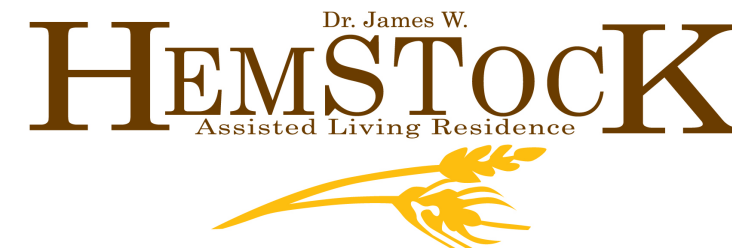




INSPIRED SENIOR LIVING

March 2024

Dr. James Hemstock & Hearthstone Place



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>FRIDAY MAR 8</p> <p>International Women's Day</p>	 <p>SUNDAY MAR 17</p> <p>St. Patrick's Day</p>				<p>LLL Maple 1</p> <p>Dress in Blue Day (AOH)</p> <p>National Employee Appreciation Day</p> <p>In Room Bingo Begins Today- See Life Enrichment for Cards (LEO)</p> <p>World Day of Prayer (C)</p> <p>Daily Chronicle (RD)</p> <p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)</p> <p>9:30 Drum Fit Program (MP)</p> <p>10:30 Fit Minds Stay Sharp Program Everyone Welcome (MP)</p> <p>1:30 Canasta (Resident Directed) Everyone Welcome (HPC)</p> <p>1:30 Chris with Connect Hearing is back this month with (Basic Cleaning and Checking of Hearing Aids) (MP)</p> <p>2:00 Happy Hour (MP)</p> <p>3:00 Billiard Room Games (BR)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>National Banana Cream Pie Day 2 (DR)</p> <p>Daily Chronicle (RD)</p> <p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)</p> <p>1:00 Table Bowling Resident Directed (HPC)</p> <p>2:00 You-Tube Video of Inca Island in The Sky - Lost Cities with Albert Lin (MP)</p> <p>2:00 Open Cribbage - Resident Directed (HPC)</p> <p>3:00 Billiard Room Games (BR)</p> <p>6:30 Resident Choice Games (RC)</p>
<p>Daily Chronicle (RD) 3</p> <p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)</p> <p>2:00 Music Entertainment with Fort Pitt Singers (MP)</p> <p>3:00 Billiard Room Games (BR)</p> <p>6:30 Resident Choice Games (RC)</p> <p>6:30 Agape Church Service - Everyone Welcome (C)</p>	<p>Daily Chronicle (RD) 4</p> <p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)</p> <p>9:30 Seated Chair Exercise (MP)</p> <p>11:00 Brunch out to Denny's Restaurant Celebrating National Nutrition Month with Wellness and Life Enrichment (for resident's who have signed up) (DHRL)</p> <p>1:30 Canasta (HPC)</p> <p>1:30 Card Games and Coffee with Life Enrichment (MP)</p> <p>3:00 Billiard Room Games (BR)</p> <p>6:30 Resident Choice Games (RC)</p> <p>6:30 Mexican Dominoes (CAFE)</p>	<p>Daily Chronicle (RD) 5</p> <p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)</p> <p>9:15 Stretch and Balance (DHRB)</p> <p>10:00 Rosary (Resident Directed) (C)</p> <p>11:30 Tuesday Trivia (RD)</p> <p>1:30 Sing Along (MP)</p> <p>1:30 Kaiser (HPC)</p> <p>2:30 Coffee Social (MP)</p> <p>3:00 Billiard Room Games (BR)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>Daily Chronicle (RD) 6</p> <p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)</p> <p>9:15 Exercises - Keep Fit (DHRB)</p> <p>10:00 Wellness Clinic (WO)</p> <p>10:30 Horse Racing (MP)</p> <p>1:30 Bingo \$ 1.00 to play - Please Welcome St. Mary Elementary School Grade 6 class. They will be joining us for bingo today. (MP)</p> <p>2:00 Please Join Shirley Scott with Walking Through Grief (Discussion are a wide variety of responses associated with the experience of loss of individual situations and circumstances) (C)</p> <p>3:00 Billiard Room Games (BR)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>Daily Chronicle (RD) 7</p> <p>8:00 Breakfast Club (Invitation Only) for new residents within the month and those who are celebrating their birthday and anniversary this month (MP)</p> <p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)</p> <p>9:15 Stretch and Balance (DHRB)</p> <p>10:00 Walmart Outing (for resident's who have signed up) (DHRL)</p> <p>1:30 Meet me at the Moma History/Painting Session (MP)</p> <p>2:00 Norwegian Whist (HPC)</p> <p>3:00 Billiard Room Games (BR)</p> <p>6:30 Resident Choice Games (RC)</p> <p>6:30 Bible Fellowship (All Faiths-Devotion, Music, and Sharing) (C)</p>	<p>International Women's Day 8</p> <p>Daily Chronicle (RD)</p> <p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)</p> <p>9:30 Drum Fit Program (MP)</p> <p>10:30 Fit Minds Stay Sharp Program Everyone Welcome (MP)</p> <p>1:30 Canasta (Resident Directed) Everyone Welcome (HPC)</p> <p>2:00 Happy Hour (MP)</p> <p>3:00 Billiard Room Games (BR)</p> <p>6:30 Resident Choice Games (RC)</p> <p>6:30 Special Entertainment with Dean Mari (MP)</p>	<p>Daily Chronicle (RD) 9</p> <p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)</p> <p>1:00 Table Bowling Resident Directed (HPC)</p> <p>1:30 Please join Country Swing for a afternoon of music entertainment (MP)</p> <p>2:00 Open Cribbage - Resident Directed (HPC)</p> <p>3:00 Billiard Room Games (BR)</p> <p>6:30 Resident Choice Games (RC)</p>
<p>Daily Chronicle (RD) 10</p> <p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)</p> <p>10:30 Dewberry Mennonite Church Service (C)</p> <p>3:00 Billiard Room Games (BR)</p> <p>6:30 Neilburg Mennonite Singers - Everyone Welcome! (MP)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>Daily Chronicle (RD) 11</p> <p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)</p> <p>9:30 Seated Chair Exercise (MP)</p> <p>10:30 Creative Journaling Java Group Program (MP)</p> <p>1:30 Canasta (HPC)</p> <p>2:00 St. Johns Anglican church service (C)</p> <p>2:00 Resident Council Meeting (MP)</p> <p>3:00 Billiard Room Games (BR)</p> <p>6:30 Mexican Dominoes (CAFE)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>Daily Chronicle (RD) 12</p> <p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)</p> <p>9:15 Stretch and Balance (DHRB)</p> <p>10:00 Rosary (Resident Directed) (C)</p> <p>11:30 Tuesday Trivia (RD)</p> <p>1:30 Sing Along (MP)</p> <p>1:30 Kaiser (HPC)</p> <p>2:30 Coffee Social (MP)</p> <p>3:00 Billiard Room Games (BR)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>Daily Chronicle (RD) 13</p> <p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)</p> <p>9:15 Exercises - Keep Fit (DHRB)</p> <p>10:00 Wellness Clinic (WO)</p> <p>10:30 Bean Bag Game (HPC)</p> <p>1:30 Bingo \$ 1.00 to play (MP)</p> <p>2:30 Coffee and Song with Kyle our Dining Service Manager (MP)</p> <p>3:00 Billiard Room Games (BR)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>Daily Chronicle (RD) 14</p> <p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)</p> <p>9:15 Stretch and Balance (DHRB)</p> <p>1:00 Lloydminster Public Library (MP)</p> <p>1:30 Meet me at the Moma History/Painting Session (MP)</p> <p>2:00 Town Hall Meeting (HPC)</p> <p>3:00 Billiard Room Games (BR)</p> <p>6:30 Resident Choice Games (RC)</p> <p>6:30 Bible Fellowship (All Faiths-Devotion, Music, and Sharing) (C)</p>	<p>Daily Chronicle (RD) 15</p> <p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)</p> <p>9:30 Drum Fit Program (MP)</p> <p>10:30 Fit Minds Stay Sharp Program Everyone Welcome (MP)</p> <p>1:30 Canasta (Resident Directed) Everyone Welcome (HPC)</p> <p>2:00 St. Patrick's Day Happy Hour - Wear Green Today (MP)</p> <p>2:30 St Patrick's Day Trivia (MP)</p> <p>3:00 Billiard Room Games (BR)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>Daily Chronicle (RD) 16</p> <p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)</p> <p>10:00 Table Bowling Resident Directed (HPC)</p> <p>2:00 Travelogue (Video) on Dublin and Mystical Side Trips with Rick Steve's (MP)</p> <p>2:00 Open Cribbage - Resident Directed (HPC)</p> <p>3:00 Billiard Room Games (BR)</p> <p>6:30 Resident Choice Games (RC)</p>



INSPIRED SENIOR LIVING

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>17</p> <p>St. Patrick's Day Daily Chronicle (RD)</p> <p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)</p> <p>10:00 Ron Brassington and Members of the Share World Global (Formally Gideon Group) Church Service (C)</p> <p>3:00 Billiard Room Games (BR)</p> <p>6:30 Resident Choice Games (RC)</p> <p>6:30 Agape Church Service - Everyone Welcome (C)</p>	<p>18</p> <p>Cruise Week Decorating Daily Chronicle (RD)</p> <p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)</p> <p>9:30 Seated Chair Exercise (MP)</p> <p>10:30 Minds in Motion - Mental Aerobics (MP)</p> <p>1:30 Canasta (HPC)</p> <p>2:00 News and Views (MP)</p> <p>3:00 Billiard Room Games (BR)</p> <p>6:30 Mexican Dominoes (CAFE)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>19</p> <p>Cruise Week Decorating Daily Chronicle (RD)</p> <p>Sign up today with Life Enrichment for our Casino Trip Next Week Tuesday March 26</p> <p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)</p> <p>9:15 Stretch and Balance (DHRB)</p> <p>10:00 Rosary (Resident Directed) (C)</p> <p>11:30 Tuesday Trivia (RD)</p> <p>1:30 Sing Along (MP)</p> <p>1:30 Kaiser (HPC)</p> <p>2:30 Coffee Social (MP)</p> <p>3:00 Billiard Room Games (BR)</p> <p>6:30 Bethel Lutheran Church with Pastor Kevin (C)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>20</p> <p>First Day of Spring Daily Chronicle (RD)</p> <p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)</p> <p>9:15 Exercises - Keep Fit (DHRB)</p> <p>10:00 Wellness Clinic (WO)</p> <p>10:30 Horse Racing (MP)</p> <p>1:30 Bingo \$ 1.00 to play (MP)</p> <p>2:00 Men's Coffee House in the Café with Kyle and Mitch and Garry (CAFE)</p> <p>3:00 Billiard Room Games (BR)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>21</p> <p>Cruise Week Begins Welcome to the Mediterranean- Today we welcome you to Spain Daily Chronicle (RD)</p> <p>Theme Day - Dress In Captains Attire</p> <p>8:15 Go4Life Walking Welcome Group or Individual Walking (DHRL)</p> <p>9:15 Stretch and Balance (DHRB)</p> <p>11:00 Welcome to Verve Lines Mediterranean Cruise Week. Thank you for boarding with us in Spain. Please join us for your Boarding Check in as you enjoy your buffet dinner (MP)</p> <p>11:30 Welcome Aboard everyone - Come and have your pictures taken at our Mediterranean Odyssey Photo Booth (DHRL)</p> <p>2:00 Cocktail Hour - Drink special Greek -Mimosa - Orange Mocktail- Served on the Barcelona Sun Deck (MP)</p> <p>2:00 Norwegian Whist (HPC)</p> <p>3:00 Scavenger Hunt - See Life Enrichment for your clues, and instructions. (AOH)</p> <p>3:00 Billiard Room Games on the Sunshine Deck (BR)</p> <p>4:30 Captains Cruise Gala (DR)</p> <p>6:30 Bible Fellowship (All Faiths-Devotion, Music, and Sharing) (C)</p> <p>6:30 Armchair Travel to Spain (MP)</p> <p>6:30 Resident Choice Games - Main Deck (RC)</p>	<p>22</p> <p>Welcome to Morocco Open House from 1-3 pm Daily Chronicle (RD)</p> <p>Theme Day -The Colors of Morocco are white beige and pastels. Wear your button up shirt or tunic dress today.</p> <p>8:15 Go4Life Walking on the Promenade Deck- Everyone Welcome Group or Individual Walking (DHRL)</p> <p>10:00 Suitcase Packing Challenge (Residents against Staff) come on out and have some fun (MP)</p> <p>10:30 Mediterranean Sea Trivia (MP)</p> <p>1:30 Canasta (Resident Directed) Everyone Welcome (HPC)</p> <p>1:30 Artful Life /floral-painted-glass class (MP)</p> <p>2:00 Cocktail Hour at the MOROCCO Lounge (MP)</p> <p>3:00 Scavenger Hunt - See Life Enrichment for your clues, and instructions. (AOH)</p> <p>3:00 Billiard Room Games on the Sunshine Deck (BR)</p> <p>6:30 Resident Choice Games (RC)</p> <p>6:30 Arm Chair Travel to Greece (MP)</p>	<p>23</p> <p>We Welcome you to Italy - Port of Messina Daily Chronicle (RD)</p> <p>Theme Day - Dress in Earthy tones such as olive greens, terracotta, and deep espresso represent the rustic beauty of the Italian countryside</p> <p>8:15 Go4Life Walking on the Promenade Deck- Everyone Welcome Group or Individual Walking (DHRL)</p> <p>10:00 Armchair Travelogue Video on Italy (MP)</p> <p>1:00 Table Bowling Resident Directed (HPC)</p> <p>1:30 Music with Country Swing on the main deck (MP)</p> <p>2:00 Open Cribbage - Resident Directed (HPC)</p> <p>2:30 Join us as we celebrate National Patatine and Dip Day in Italy (MP)</p> <p>2:30 Cocktails served on the Main Deck - Drink Special - Italian Wine (MP)</p> <p>3:00 Scavenger Hunt - See Life Enrichment for your clues, and instructions. (AOH)</p> <p>3:00 Billiard Room Games on the Sunshine Deck (BR)</p> <p>6:30 Resident Choice Games (RC)</p>
<p>24</p> <p>Welcome to Turkey Daily Chronicle (RD)</p> <p>Theme Day Wear Red Today</p> <p>Celebrating National Cocktail Day (MP)</p> <p>8:15 Go4Life Walking on the Promenade Deck- Everyone Welcome Group or Individual Walking (DHRL)</p> <p>10:00 Making Rosaries - Max of 10 for this class see you on the main deck (MP)</p> <p>10:30 Dewberry Mennonite Church Service (C)</p> <p>1:00 Cocktail Hour - Drink Special Raki White Wine, and Turkish Coffee (MP)</p> <p>1:00 Italian Costar Making Max 10 people (MP)</p> <p>2:00 Arm Chair Travel to Turkey (MP)</p> <p>3:00 Scavenger Hunt - See Life Enrichment for your clues, and instructions. (AOH)</p> <p>3:00 Billiard Room Games on the Sunshine Deck (BR)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>25</p> <p>Theme Day Wear White and Tropical Attire Daily Chronicle (RD)</p> <p>Welcome to Greece</p> <p>8:15 Go4Life Walking on the Promenade Deck- Everyone Welcome Group or Individual Walking (DHRL)</p> <p>9:30 Seated Chair Exercise on the main deck (MP)</p> <p>10:00 Ancient Greece Olympic Games (MP)</p> <p>10:30 Greek Gods Photo Booth - Come on out and have your photo taken with the Greek Gods (MP)</p> <p>11:30 Captains Lunch (DR)</p> <p>1:30 Canasta (HPC)</p> <p>1:30 Join us in making a Scrub like you would find in the Morocco Hammam's Spa (MP)</p> <p>2:30 "Aperitivo" Time (Happy Hour in Greece) Drink Special is Ouzo, and non alcohol Mocktail (MP)</p> <p>3:00 Scavenger Hunt - See Life Enrichment for your clues, and instructions. (AOH)</p> <p>3:00 Billiard Room Games on the Sunshine Deck (BR)</p> <p>6:30 Resident Choice Games (RC)</p> <p>6:30 (VTUUIVO) Mexican Dominoes (CAFE)</p> <p>6:30 Travelogue Video - Europe Greek Islands, with Rick Steven travel writer. (MP)</p>	<p>26</p> <p>Welcome to Croatia Theme Day Wear Red White and Blue (Flag Colors of Croatia) Daily Chronicle (RD)</p> <p>8:15 Go4Life Walking on the Promenade Deck- Everyone Welcome Group or Individual Walking (DHRL)</p> <p>9:15 Stretch and Balance on the Emerald Floor Deck (DHRB)</p> <p>10:00 Come shop with us in Croatia (Alberta Clothing Company with Kevin and Cheryl) (HPC)</p> <p>10:00 Rosary (Resident Directed) (C)</p> <p>10:00 Casino Outing with Kyle and Krista - having lunch out (for those residents who have signed up) (DHRL)</p> <p>11:30 Tuesday Trivia on Croatia (RD)</p> <p>1:30 Kaiser (HPC)</p> <p>2:00 Chef Demo - Croatian Apple Strudel (MP)</p> <p>2:30 Cocktail Hour Drinks on the Main Deck (MP)</p> <p>3:00 Scavenger Hunt - See Life Enrichment for your clues, and instructions. (AOH)</p> <p>3:00 Billiard Room Games on the Sunshine Deck (BR)</p> <p>6:30 Resident Choice Games (RC)</p> <p>6:30 Travel Video with Rick Steves Croatia Adriatic Delights (MP)</p>	<p>27</p> <p>Welcome to France Theme Day Wear a Marinier (a striped shirt, or blouse) Daily Chronicle (RD)</p> <p>8:15 Go4Life Walking on the Promenade Deck- Everyone Welcome Group or Individual Walking (DHRL)</p> <p>9:15 Exercises - Keep Fit (DHRB)</p> <p>9:30 Clay Pottery with Art Soul Life - for guests who signed up for this special event (MP)</p> <p>10:00 Wellness Clinic (WO)</p> <p>1:30 Music Entertainment with Country Swing on the Lido Deck (MP)</p> <p>3:00 Scavenger Hunt - See Life Enrichment for your clues, and instructions. (AOH)</p> <p>3:00 Billiard Room Games on the Sunshine Deck (BR)</p> <p>4:30 Formal Wear - Farewell Captains Home Coming Gala Dinner - cocktails served (DR)</p> <p>6:30 Resident Choice Games - On the Ocean Regatta Deck (RC)</p> <p>6:30 You Tube with Rick Staves -Europe Travel Talks on France (MP)</p>	<p>28</p> <p>Welcome Back to Canada our Friends - Thank you for joining us on our Mediterranean Cruise- See you next year! Theme Day Wear Red and White Today Daily Chronicle (RD)</p> <p>8:15 Go4Life Walking on the Promenade Deck- Everyone Welcome Group or Individual Walking (DHRL)</p> <p>9:15 Stretch and Balance (DHRB)</p> <p>10:00 Disembark Checkout and Raffle - Thank you all for joining us on our Mediterranean Curse Week (MP)</p> <p>11:30 Welcome Back to Canada lunch (DR)</p> <p>1:00 Lloydminster Public Library (CAFE)</p> <p>1:30 Meet me at the Moma History/Painting Session (MP)</p> <p>2:00 Norwegian Whist (HPC)</p> <p>3:00 Billiard Room Games on the Sunshine Deck (BR)</p> <p>6:30 Bible Fellowship (All Faiths-Devotion, Music, and Sharing) (C)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>29</p> <p>Daily Chronicle (RD)</p> <p>Resident Choice Meal Served Today (DR)</p> <p>8:15 Go4Life Walking Everyone Welcome Group or Individual Walking (DHRL)</p> <p>9:30 Drum Fit Program (MP)</p> <p>10:30 Fit Minds Stay Sharp Program Everyone Welcome (MP)</p> <p>1:30 Canasta (Resident Directed) Everyone Welcome (HPC)</p> <p>2:00 Happy Hour (MP)</p> <p>3:00 Billiard Room Games (BR)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>30</p> <p>Daily Chronicle (RD)</p> <p>8:15 Go4Life Walking Everyone Welcome Group or Individual Walking (DHRL)</p> <p>1:00 Table Bowling Resident Directed (HPC)</p> <p>2:00 Open Cribbage - Resident Directed (HPC)</p> <p>3:00 Billiard Room Games (BR)</p> <p>6:30 Resident Choice Games (RC)</p>
<p>31</p> <p>Easter Sunday Daily Chronicle (RD)</p> <p>8:15 Go4Life Walking Everyone Welcome Group or Individual Walking (DHRL)</p> <p>10:30 Mennonite Singers (MP)</p> <p>3:00 Billiard Room Games (BR)</p> <p>6:30 Resident Choice Games (RC)</p> <p>6:30 Agape Church Service - Everyone Welcome (C)</p>	<p>Locations Legend</p> <p>M.P. Room (MP)</p> <p>Reception Desk (RD)</p> <p>DHR Lobby (DHRL)</p> <p>Billiards Room (BR)</p> <p>Resident's Choice (RC)</p> <p>Hearthstone Courtyard (HPC)</p> <p>Chapel (C)</p> <p>DHR Basement (DHRB)</p> <p>Around our home (AOH)</p> <p>Dining Room (DR)</p> <p>Cafe (CAFE)</p> <p>Wellness Office at Dr. Hemstock 1st floor (WO)</p> <p>Life Enrichment Office (LEO)</p>				<p>Calendar Legend</p> <p>Outing</p> <p>Special Program</p> <p>Cruise Week</p> <p>Living, Loving, Local</p> <p>Signature Program</p>	

Be your best self