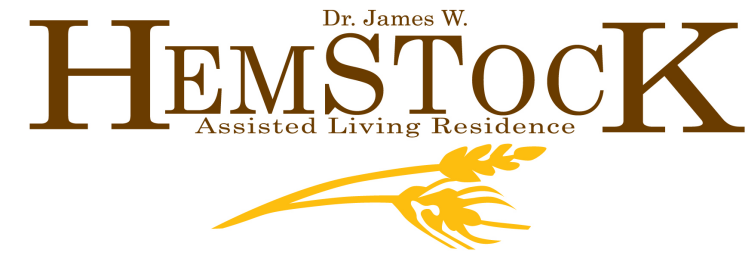




INSPIRED SENIOR LIVING

# April 2024

## Dr. James Hemstock & Hearthstone Place



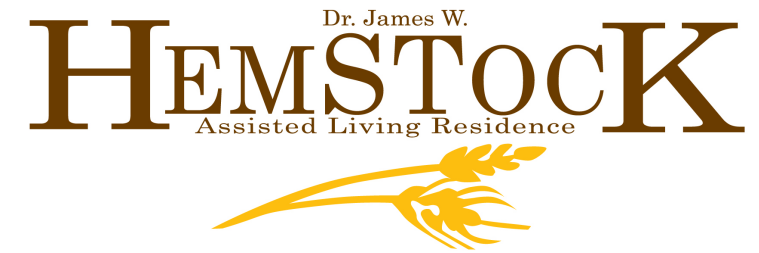
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>In Room Bingo Begins Today- See Life Enrichment for Cards (LEO)</p> <p>Daily Chronicle (RD)</p> <p>April Fools Day</p> <p>Tidbit Talks (MP)</p> <p>Parkinson's Awareness Month</p> <p>8:15 Go4Life Walking Everyone Welcome Group or Individual 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>1:30 Chris Wolfe from the Lloydminster Hearing Center doing routine maintenance for our hearing aids (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)</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 - Did you Know - Parkinson's Awareness (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)</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 with Ella and Krista (MP)</p> <p>1:30 Bingo with \$ 1.00 to play (HPC)</p> <p>3:00 Billiard Room Games (BR)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>Daily Chronicle (RD)</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 Bible Fellowship (All Faiths-Devotion, Music, and Sharing) (C)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>Daily Chronicle (RD)</p> <p>LLL Celebration Day (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>11:30 Brunch Buffet with Dining Services (DR)</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>Daily Chronicle (RD)</p> <p>8:15 Go4Life Walking Everyone Welcome Group or Individual Walking (DHRL)</p> <p>1:00 Table Bowling Resident Directed (BR)</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)</p> <p>World Health Day</p> <p>8:15 Go4Life Walking Everyone Welcome Group or Individual Walking (DHRL)</p> <p>10:15 Celebrating World Health Day - Ted Talks Mindfulness Attitudes Jon Kabat Zinn (MP)</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)</p> <p>Tidbit Talks (MP)</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 - Discussion on Siblings (MP)</p> <p>1:30 Canasta (HPC)</p> <p>1:30 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 Mexican Dominoes (CAFE)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>Daily Chronicle (RD)</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)</p> <p>National Siblings Day</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>3:00 Billiard Room Games (BR)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>Daily Chronicle (RD)</p> <p>Celebrating National Library Outreach Day</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 Norwegian Whist (HPC)</p> <p>3:00 Billiard Room Games (BR)</p> <p>6:30 Bible Fellowship (All Faiths-Devotion, Music, and Sharing) (C)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>Daily Chronicle (RD)</p> <p>National Grilled Cheese Sandwich Day</p> <p>8:15 Go4Life Walking Everyone Welcome Group or Individual Walking (DHRL)</p> <p>9:30 Join us and Mrs. P (Lola Palik and the Southridge Playschool) - Celebrating Spring with us (MP)</p> <p>1:00 Join us and Mrs. P (Lola Palik and the Southridge Playschool) - Celebrating Spring with us (MP)</p> <p>1:30 Canasta (Resident Directed) Everyone Welcome (HPC)</p> <p>3:00 Billiard Room Games (BR)</p> <p>3:00 Fit Minds Stay Sharp Program Everyone Welcome (MP)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>Daily Chronicle (RD)</p> <p>National Scrabble Day - Enjoy a game with your neighbor and friend today (AOH)</p> <p>8:15 Go4Life Walking Everyone Welcome Group or Individual Walking (DHRL)</p> <p>10:00 Table Bowling Resident Directed (BR)</p> <p>1:30 Music with Country Swing (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)</p> <p>8:15 Go4Life Walking Everyone Welcome Group or Individual Walking (DHRL)</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)</p> <p>Tidbit Talks (MP)</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 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)</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>6:30 Bethel Lutheran Church with Pastor Kevin (C)</p>	<p>Daily Chronicle (RD)</p> <p>National Banana Day</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 (CAFE)</p> <p>3:00 Billiard Room Games (BR)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>Daily Chronicle (RD)</p> <p>8:15 Go4Life Walking Everyone Welcome Group or Individual Walking (DHRL)</p> <p>9:15 Stretch and Balance (DHRB)</p> <p>2:00 Town Hall Meeting (MP)</p> <p>2:00 Norwegian Whist (HPC)</p> <p>3:00 Billiard Room Games (BR)</p> <p>6:30 Bible Fellowship (All Faiths-Devotion, Music, and Sharing) (C)</p> <p>6:30 Resident Choice Games (RC)</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 - Spring Wine Cheese Pairing - with Life Enrichment and Dining Services (MP)</p> <p>3:00 Billiard Room Games (BR)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>Daily Chronicle (RD)</p> <p>8:15 Go4Life Walking Everyone Welcome Group or Individual Walking (DHRL)</p> <p>10:00 Table Bowling Resident Directed (BR)</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

# April 2024

## Dr. James Hemstock & Hearthstone Place



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Daily Chronicle (RD) 21</b> 8:15 Go4Life Walking Everyone Welcome Group or Individual Walking (DHRL) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC) 6:30 Agape Church Service - Everyone Welcome (C)	<b>Daily Chronicle (RD) 22</b> Passover Begins Earth Day Tidbit Talks (MP) Artful Enrichment Week Everyone Welcome to Join (MP) National Jelly Bean Day 8:15 Go4Life Walking Everyone Welcome Group or Individual Walking (DHRL) 9:30 Seated Chair Exercise (MP) 10:30 Creative Journaling -Celebrating Tell a Story Day (MP) 11:30 Art Talks (RD) 1:30 Canasta (HPC) 1:30 Earth Day Puzzles Fun with Ella and Krista (MP) 2:00 St. Johns Anglican church service (C) 3:00 Billiard Room Games (BR) 6:30 Mexican Dominoes (CAFE) 6:30 Resident Choice Games (RC)	<b>Daily Chronicle (RD) 23</b> 8:15 Go4Life Walking Everyone Welcome Group or Individual Walking (DHRL) 9:30 Virtual Paint Class with Artful Enrichment (MP) 10:00 Rosary (Resident Directed) (C) 11:30 Tuesday Trivia (RD) 1:30 Kaiser (HPC) 1:30 Sing Along - Performing Arts (MP) 2:30 Chef Demo with Kyle - Artful Inspiration -Sundae Making (CAFE) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC)	<b>Daily Chronicle (RD) 24</b> 8:15 Go4Life Walking Everyone Welcome Group or Individual Walking (DHRL) 9:15 Exercises - Keep Fit (DHRB) 10:00 Wellness Clinic (WO) 11:30 Volunteer Appreciation Event - Invitation Only (CAFE) 1:30 Artful Harmonies with Country Swing (Celebrating Birthday and Anniversaries) (MP) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC)	<b>Daily Chronicle (RD) 25</b> Wear Your Red Hat Today Lloydminster Co-op is bringing in some baby chicks for us today! Time to be announced (O) 8:15 Go4Life Walking Everyone Welcome Group or Individual Walking (DHRL) 9:15 Stretch and Balance (DHRB) 10:30 Fit Minds Stay Sharp Program Everyone Welcome (MP) 1:00 Lloydminster Public Library (MP) 1:30 Coffee with Amber (CAFE) 2:00 Norwegian Whist (HPC) 3:00 Billiard Room Games (BR) 6:30 Bible Fellowship (All Faiths-Devotion, Music, and Sharing) (C) 6:30 Resident Choice Games (RC)	<b>Daily Chronicle (RD) 26</b> Resident Choice Meal Served Today (DR) 8:15 Go4Life Walking Everyone Welcome Group or Individual Walking (DHRL) 9:30 Demonstration with the Pottery Wheel with Mitch from Art Soul Life (MP) 1:30 Canasta (Resident Directed) Everyone Welcome (HPC) 2:00 Happy Hour (MP) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC)	<b>Daily Chronicle (RD) 27</b> 8:15 Go4Life Walking Everyone Welcome Group or Individual Walking (DHRL) 10:00 Table Bowling Resident Directed (BR) 1:30 Special Entertainment with Dean Mari (MP) 2:00 Open Cribbage - Resident Directed (HPC) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC)
<b>Daily Chronicle (RD) 28</b> 8:15 Go4Life Walking Everyone Welcome Group or Individual Walking (DHRL) 10:30 Dewberry Mennonite Church Service (C) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC) 6:30 Agape Church Service - Everyone Welcome (C)	<b>Daily Chronicle (RD) 29</b> Tidbit Talks (MP) 8:15 Go4Life Walking Everyone Welcome Group or Individual Walking (DHRL) 9:30 Seated Chair Exercise (MP) 10:30 News and Views Current Events- Please Bring News to Share (CAFE) 1:30 Canasta (HPC) 1:30 Minds in Motion - Mental Aerobics - Tell a Story Day (MP) 3:00 Billiard Room Games (BR) 6:30 Mexican Dominoes (CAFE) 6:30 Resident Choice Games (RC)	<b>Daily Chronicle (RD) 30</b> National Bubble Tea Day 8:15 Go4Life Walking Everyone Welcome Group or Individual Walking (DHRL) 9:15 Stretch and Balance (DHRB) 10:00 Rosary (Resident Directed) (C) 11:30 Tuesday Trivia (RD) 1:30 Sing Along (MP) 1:30 Kaiser (HPC) 2:30 Celebrating National Bubble Tea Day (MP) 3:00 Billiard Room Games (BR) 4:00 Passover Ends 6:30 Resident Choice Games (RC)	<h3>Parkinson's Awareness Month</h3>		<div style="display: flex; align-items: center;"> <div style="background-color: #e67e22; color: white; padding: 5px; margin-right: 10px;">             SUNDAY APR 21           </div> <h3>Tea Day</h3> </div>	



# Be Proud

- Locations Legend**
- M.P. Room (MP)
  - Reception Desk (RD)
  - Billiards Room (BR)
  - DHR Lobby (DHRL)
  - Resident's Choice (RC)
  - Hearthstone Courtyard (HPC)
  - Chapel (C)
  - DHR Basement (DHRB)
  - Cafe (CAFE)
  - Wellness Office at Dr. Hemstock 1st floor (WO)
  - Dining Room (DR)
  - Life Enrichment Office (LEO)
  - Around our home (AOH)
  - Outside -Green Space by Dining Room (O)

- Calendar Legend**
- Outing
  - Special Program
  - Living, Loving, Local
  - Signature Program