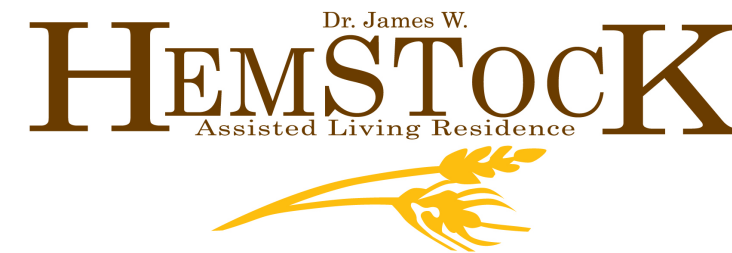




INSPIRED SENIOR LIVING

December 2021

Dr. James Hemstock & Hearthstone Place



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Merry Christmas from our Family to Yours

<p>We are starting our Twelve Days of Christmas this week, if anyone has any questions please come and see us. 5</p> <p>8:30 Go4Life Walking Club Everyone Welcome (DHRL)</p> <p>9:30 Self-led Walk (BUIL)</p> <p>10:00 Pool Games (BR)</p> <p>12:00 Our Twelve Days of Christmas Begins this week. Refer to your weekly calendars to see where we are sharing our Christmas Spirit with. If you have any questions please come and see Life Enrichment. (AOH)</p> <p>3:00 Self-led Walk (BUIL)</p> <p>6:30 Resident Choice Games (RC)</p>

<p>12 Day's of Giving Day One- Big Brothers Big Sisters 6</p> <p>8:00 Daily Chronicle (RD)</p> <p>8:30 Go4Life Walking Club Everyone Welcome (DHRL)</p> <p>9:15 Stretch and Balance (DHRB)</p> <p>10:00 Pool Games (BR)</p> <p>10:30 Java Music Club (Creative Journaling/Mental Aerobics) (SQ)</p> <p>1:30 Bingo \$ 1.00 to play (MP)</p> <p>3:00 Self-led Walk (BUIL)</p> <p>7:00 Bible Study Fellowship. (C)</p> <p>7:00 Resident Choice Games (RC)</p>

<p>Day two of Giving: Lloydminster Region Health Foundation 7</p> <p>8:00 Daily Chronicle (RD)</p> <p>8:30 Go4Life Walking Club Everyone Welcome (DHRL)</p> <p>9:45 "Sit and be Fit" virtual yoga (MP)</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 (MP)</p> <p>2:30 Candy Cane Hot Chocolate Special (Checking in on the Health Foundation on YouTube to see how the fundraising is going) (MP)</p> <p>3:00 Self-led Walk (BUIL)</p> <p>6:30 Resident Choice Games (RC)</p> <p>7:00 Knitting Group Everyone Welcome (SQ)</p>

<p>Day 3 of Giving - Men's Shelter 8</p> <p>8:00 Daily Chronicle (RD)</p> <p>8:30 Go4Life Walking Club Everyone Welcome (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>10:30 Bean Bag Game (HPC)</p> <p>11:30 National Brownie Day</p> <p>1:30 Bingo \$ 1.00 to play (MP)</p> <p>1:30 Country Swing Christmas Sing along (MP)</p> <p>3:00 Self-led Walk (BUIL)</p> <p>6:30 Resident Choice Games (RC)</p>

<p>Art Soul Life is sponsoring a special event for us today. During our art program @ 1:30 today we will be making Christmas ornament's. Please join us for some holiday fun! 9</p> <p>Day 4 of Giving- SPCA</p> <p>8:00 Daily Chronicle (RD)</p> <p>8:30 Go4Life Walking Club Everyone Welcome (DHRL)</p> <p>9:15 Exercises (DHRB)</p> <p>10:00 Pool Games (BR)</p> <p>10:30 Horse Racing (\$0.25 bets) (MP)</p> <p>1:30 Artful Enrichment / Moma Art Appreciation (MP)</p> <p>3:00 Self-led Walk (BUIL)</p> <p>6:30 Resident Choice Games (RC)</p>

<p>8:00 Daily Chronicle (RD) 10</p> <p>8:30 Go4Life Walking Club Everyone Welcome (DHRL)</p> <p>9:15 Stretch and Balance (DHRB)</p> <p>10:00 Pool Games (BR)</p> <p>1:00 Canasta (C)</p> <p>2:00 Happy Hour (Drink Special Glue Wine with Irmgard) come on down and try this special German Family Tradition) (MP)</p> <p>3:00 Self-led Walk (BUIL)</p> <p>4:30 Christmas Gala Supper with Dining Services (DR)</p> <p>6:30 Resident Choice Games (RC)</p>

<p>8:30 Go4Life Walking Club Everyone Welcome (DHRL) 11</p> <p>10:00 Pool Games (BR)</p> <p>1:30 Saturday at the Movies Matinee (A Castle for Christmas-To escape a scandal, a bestselling author journeys to Scotland, where she falls in love with a castle) (MP)</p> <p>3:00 Self-led Walk (BUIL)</p> <p>6:30 Resident Choice Games (RC)</p>

<p>Please Join us this week for our Christmas Social being held in the Dining Room on Friday December 17th 2021. Entertainment provided by staff! 12</p> <p>8:30 Go4Life Walking Club Everyone Welcome (DHRL)</p> <p>9:30 Self-led Walk (BUIL)</p> <p>10:00 Pool Games (BR)</p> <p>11:30 Christmas Brunch Buffett (DR)</p> <p>3:00 Self-led Walk (BUIL)</p> <p>6:30 Resident Choice Games (RC)</p>

<p>Day 5 of Giving-Lloydminster Friendship Centre 13</p> <p>8:00 Daily Chronicle (RD)</p> <p>8:30 Go4Life Walking Club Everyone Welcome (DHRL)</p> <p>9:15 Stretch and Balance (DHRB)</p> <p>10:00 Pool Games (BR)</p> <p>10:30 Christmas Games (CAF)</p> <p>1:30 Java Music Club (Creative Journaling/Mental Aerobics) (SQ)</p> <p>3:00 Self-led Walk (BUIL)</p> <p>7:00 Bible Study Fellowship. (C)</p> <p>7:00 Resident Choice Games (RC)</p>

<p>Day 6 of Giving- Youth Council 14</p> <p>8:00 Daily Chronicle (RD)</p> <p>8:30 Go4Life Walking Club Everyone Welcome (DHRL)</p> <p>10:00 Pool Games (BR)</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>1:30 Craft Corner with Life Enrichment (in Hearthstone Cafe) (CAFE)</p> <p>3:00 Self-led Walk (BUIL)</p> <p>6:30 Resident Choice Games (RC)</p> <p>7:00 Knitting Group Everyone Welcome (SQ)</p>

<p>Day 7 of Giving- Residents in Recovery 15</p> <p>National wear your Pearls Day! Join us in some fun today and show off your pearls,</p> <p>8:00 Daily Chronicle (RD)</p> <p>8:30 Go4Life Walking Club Everyone Welcome (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>10:30 Bean Bag Game (MP)</p> <p>1:30 Bingo \$ 1.00 to play (MP)</p> <p>3:00 Self-led Walk (BUIL)</p> <p>6:30 Resident Choice Games (RC)</p>

<p>Day 8 of Giving- Interval Home 16</p> <p>Celebrating National Ugly Christmas Sweater Day is all about proudly sporting your favorite ugly Christmas sweater or shirt for the day! There will be prizes awarded for for the best "worst dressed" staff and resident.</p> <p>8:00 Daily Chronicle (RD)</p> <p>8:30 Go4Life Walking Club Everyone Welcome (DHRL)</p> <p>9:15 Exercises (DHRB)</p> <p>10:00 Pool Games (BR)</p> <p>10:30 Christmas Family Fued Residents vs/Staff (MP)</p> <p>1:00 Life Enrichment Administration Afternoon/Staff Meetings</p> <p>1:30 Artful Enrichment / Moma Art Appreciation (MP)</p> <p>3:00 Self-led Walk (BUIL)</p> <p>6:30 Resident Choice Games (RC)</p>

<p>Christmas Raffle Winner to be announced during our Resident Christmas Social this afternoon! 17</p> <p>8:00 Daily Chronicle (RD)</p> <p>8:30 Go4Life Walking Club Everyone Welcome (DHRL)</p> <p>9:15 Stretch and Balance (DHRB)</p> <p>10:00 Pool Games (BR)</p> <p>1:00 Canasta (C)</p> <p>1:30 Resident Christmas Social (Its time to enjoy some Holiday Cheer. Please dress in Festive Attire and Celebrate with us) (DR)</p> <p>2:00 Happy Hour (Drink Special Rum and Eggnog) (MP)</p> <p>3:00 Self-led Walk (BUIL)</p> <p>6:30 Resident Choice Games (RC)</p>

<p>8:30 Go4Life Walking Club Everyone Welcome (DHRL) 18</p> <p>10:00 Pool Games (BR)</p> <p>1:30 Saturday at the Movies Matinee (The Holiday Calendar- A photographer discovers that the antique Advent calendar she inherited seems to predict her future) (MP)</p> <p>3:00 Self-led Walk (BUIL)</p> <p>6:30 Resident Choice Games (RC)</p>

Coco-Cola Holiday Truck is making its first ever appearance, and will be driving through our parking lot today at 3:25 pm. Be sure to come out and see the Holiday's Truck 1st appearance in the Border City!

8:30 Go4Life Walking Club Everyone Welcome (DHRL)

10:00 Pool Games (BR)

1:30 Saturday at the Movies Matinee (Jingle Jangle: A Christmas Journey 2020 - Decades after his trusted apprentice betrayed him, a once joyful toymaker finds new hope when his kind and curious Grand Daughter comes into his life) (MP)

3:00 Self-led Walk (BUIL)

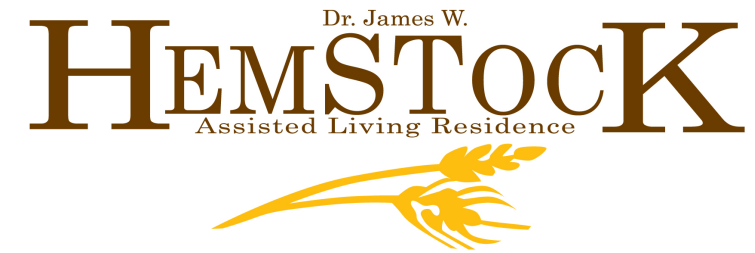
6:30 Resident Choice Games (RC)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8:30 Go4Life Walking Club Everyone Welcome (DHRL) 19</p> <p>9:30 Self-led Walk (BUIL)</p> <p>10:00 Pool Games (BR)</p> <p>3:00 Self-led Walk (BUIL)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>Day 9 of Giving- The Olive Tree 20</p> <p>8:00 Daily Chronicle (RD)</p> <p>8:30 Go4Life Walking Club Everyone Welcome (DHRL)</p> <p>9:15 Stretch and Balance (DHRB)</p> <p>10:00 Pool Games (BR)</p> <p>10:30 Java Music Club (Creative Journaling/Mental Aerobics) (SQ)</p> <p>1:30 Bingo \$ 1.00 to play (MP)</p> <p>3:00 Self-led Walk (BUIL)</p> <p>7:00 Bible Study Fellowship. (C)</p> <p>7:00 Resident Choice Games (RC)</p>	<p>Day 10 of Giving- RCMP 21</p> <p>8:00 Daily Chronicle (RD)</p> <p>8:30 Go4Life Walking Club Everyone Welcome (DHRL)</p> <p>9:30 "Sit and be Fit" virtual yoga (MP)</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>1:00 Christmas Carolling in the Hallways (AOH)</p> <p>1:30 Sing Along (MP)</p> <p>2:30 Coffee House Special - Baileys and Coffee (MP)</p> <p>3:00 Self-led Walk (BUIL)</p> <p>6:30 Resident Choice Games (RC)</p> <p>7:00 Knitting Group Everyone Welcome (SQ)</p>	<p>Day 11 of Giving- Ambulance Service 22</p> <p>8:00 Daily Chronicle (RD)</p> <p>8:30 Go4Life Walking Club Everyone Welcome (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>10:30 Horse Racing (\$0.25 bets) (MP)</p> <p>1:30 Bingo \$ 1.00 to play (MP)</p> <p>1:30 Country Swing Christmas Sing along (MP)</p> <p>3:00 Self-led Walk (BUIL)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>Day 12 days of Giving- Your choice of random acts of kindness 23</p> <p>8:00 Daily Chronicle (RD)</p> <p>8:30 Go4Life Walking Club Everyone Welcome (DHRL)</p> <p>9:15 Exercises (DHRB)</p> <p>10:00 Pool Games (BR)</p> <p>1:30 Artful Enrichment / Moma Art Appreciation (MP)</p> <p>3:00 Self-led Walk (BUIL)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>8:00 Daily Chronicle (RD) 24</p> <p>8:30 Go4Life Walking Club Everyone Welcome (DHRL)</p> <p>9:15 Stretch and Balance (DHRB)</p> <p>9:45 Christmas Game (Come down and join us for some festivity) (MP)</p> <p>10:00 Pool Games (BR)</p> <p>1:00 Canasta (C)</p> <p>1:00 Warm Apple Cider Social with Life Enrichment (MP)</p> <p>3:00 Self-led Walk (BUIL)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>8:30 Go4Life Walking Club Everyone Welcome (DHRL) 25</p> <p>10:00 Pool Games (BR)</p> <p>1:30 Saturday at the Movies Matinee (Operation Christmas Drop- hat happens in Operation Christmas Drop? The Air Force made a special Christmas delivery to people living on some of the most remote islands in the world, airdropping more than 3,200 pounds of cargo as part of its 69th annual Operation Christmas Drop) (MP)</p> <p>3:00 Self-led Walk (BUIL)</p> <p>6:30 Resident Choice Games (RC)</p>
<p>8:30 Go4Life Walking Club Everyone Welcome (DHRL) 26</p> <p>9:30 Self-led Walk (BUIL)</p> <p>10:00 Pool Games (BR)</p> <p>3:00 Self-led Walk (BUIL)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>8:00 Daily Chronicle (RD) 27</p> <p>8:30 Go4Life Walking Club Everyone Welcome (DHRL)</p> <p>9:15 Stretch and Balance (DHRB)</p> <p>10:00 Pool Games (BR)</p> <p>1:30 Java Music Club (Creative Journaling) Christmas Memories (CAFE)</p> <p>3:00 Self-led Walk (BUIL)</p> <p>7:00 Bible Study Fellowship. (C)</p> <p>7:00 Resident Choice Games (RC)</p>	<p>8:00 Daily Chronicle (RD) 28</p> <p>8:30 Go4Life Walking Club Everyone Welcome (DHRL)</p> <p>9:30 National Card Playing Day (come on down and enjoy some fun) (MP)</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 (MP)</p> <p>2:30 Coffee Special (MP)</p> <p>3:00 Self-led Walk (BUIL)</p> <p>6:30 Resident Choice Games (RC)</p> <p>7:00 Knitting Group Everyone Welcome (SQ)</p>	<p>8:00 Daily Chronicle (RD) 29</p> <p>8:30 Go4Life Walking Club Everyone Welcome (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>10:30 Bean Bag Game (MP)</p> <p>1:30 Bingo \$ 1.00 to play (MP)</p> <p>1:30 Bingo with Mary \$ 1.00 to play (MP)</p> <p>3:00 Self-led Walk (BUIL)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>National Bacon Day (Dining Services Celebrating Bacon Day) 30</p> <p>8:00 Daily Chronicle (RD)</p> <p>8:30 Go4Life Walking Club Everyone Welcome (DHRL)</p> <p>9:15 Exercises (DHRB)</p> <p>10:00 Pool Games (BR)</p> <p>10:30 New Years Jeopardy Game (MP)</p> <p>1:30 Artful Enrichment / Moma Art Appreciation (MP)</p> <p>3:00 Self-led Walk (BUIL)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>Chinese Supper Special - Resident Choice Supper Bringing in the New Year! (DR) 31</p> <p>8:00 Daily Chronicle (RD)</p> <p>8:30 Go4Life Walking Club Everyone Welcome (DHRL)</p> <p>9:15 Stretch and Balance (DHRB)</p> <p>10:00 Pool Games (BR)</p> <p>1:00 Canasta (C)</p> <p>1:30 Celebrating New Years and our Birthdays and Anniversaries for this month, with Country Swing! (MP)</p> <p>2:00 Happy Hour (MP)</p> <p>3:00 Self-led Walk (BUIL)</p> <p>6:30 Resident Choice Games (RC)</p> <p>11:58 HAPPY NEW YEAR TO ALL OF OUR FRIENDS AND FAMILY (BUIL)</p>	



Happy Birthday Happy Anniversary Wishes

Noreen German December 7th 2021; Mary Moser December 8th;
Betty Norman December 12th; Marlyss Crockett December 15;
Shirley Patmore December 17th;
Don and Doris Spence December 17th;
Nellie Kostiuk December 23rd; John Patmore December 25th;
Kathie Jack December 26th; Dale Kempton December 30th;
Donna and Dale Kempton December 30th.

Please remember that
our programming
can change at any time.
Refer to all the common
areas
for any updates/changes.
Thank You!

Locations Legend

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