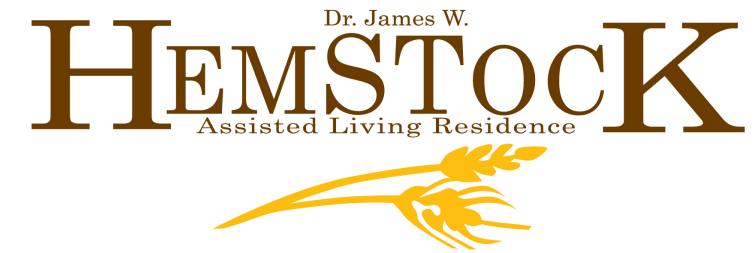





INSPIRED
SENIOR LIVING

November 2023

Dr. James Hemstock & Hearthstone Place



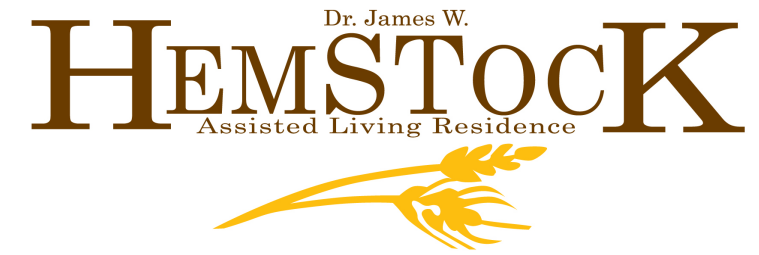
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>National Family Caregivers Month</p>						
<p>Daylight Saving Time Ends 5</p> <p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)</p> <p>10:00 Pool Games (BR)</p> <p>6:30 Resident Choice Games (RC)</p> <p>6:30 Agape Church Service - please welcome our friends to our home. (HPC)</p>	<p>Celebrating International Nacho Day (RR) 6</p> <p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)</p> <p>10:00 Pool Games (BR)</p> <p>10:00 Java Group Program - Creative Journaling (SQ)</p> <p>1:00 Canasta (HPC)</p> <p>1:30 Name that tune - Mix and Mingle (CAF)</p> <p>6:30 Kaiser (RC)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 7</p> <p>9:15 Stretch and Balance (DHRB)</p> <p>10:00 Pool Games (BR)</p> <p>10:00 Alberta Clothing Company (HPC)</p> <p>10:00 Rosary (Resident Directed) (CAFE)</p> <p>11:30 Tuesday Trivia (RD)</p> <p>1:30 Board Games with Life Enrichment (CAFE)</p> <p>2:30 Coffee Social (CAFE)</p> <p>6:30 Resident Choice Games (RC)</p> <p>6:30 Church Service with Pastor Nelson (HPC)</p>	<p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 1</p> <p>9:15 Exercises - Keep Fit (DHRB)</p> <p>10:00 Pool Games (BR)</p> <p>10:00 Wellness Clinic (WO)</p> <p>10:30 Shuffleboard (HPC)</p> <p>1:30 Special Entertainment with Lou Getz (HPC)</p> <p>2:30 Coffee Social (CAFE)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 2</p> <p>9:15 Stretch and Balance (DHRB)</p> <p>10:00 Pool Games (BR)</p> <p>1:30 UNO with Jack F (LIB)</p> <p>1:30 Meet me at the Moma History/Painting Session (CAFE)</p> <p>6:30 Resident Choice Games (RC)</p> <p>6:30 Bible Fellowship (All Faiths-Devotion, Music, and Sharing) (CAFE)</p>	<p>LLL Dinner 3</p> <p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)</p> <p>9:00 Dr Hemstock and Hearthstone Place Christmas Craft, and Bake Sale (HPC)</p> <p>10:00 Pool Games (BR)</p> <p>10:30 Table Bowling - Resident Directed today (LIB)</p> <p>1:30 Board Games Resident Choice - Resident Directed today (CAFE)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>National Sandwich Day 4</p> <p>Please remember to turn your clocks back one hour before you go to bed tonight.</p> <p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)</p> <p>10:00 Pool Games (BR)</p> <p>2:00 Remembrance Day Service with the Legion (HPC)</p> <p>6:30 Resident Choice Games (RC)</p>
<p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 5</p> <p>10:00 Pool Games (BR)</p> <p>6:30 Resident Choice Games (RC)</p> <p>6:30 Agape Church Service - please welcome our friends to our home. (HPC)</p>	<p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 6</p> <p>10:00 Pool Games (BR)</p> <p>10:00 Java Group Program - Creative Journaling (SQ)</p> <p>1:00 Canasta (HPC)</p> <p>1:30 Name that tune - Mix and Mingle (CAF)</p> <p>6:30 Kaiser (RC)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 7</p> <p>9:15 Stretch and Balance (DHRB)</p> <p>10:00 Pool Games (BR)</p> <p>10:00 Alberta Clothing Company (HPC)</p> <p>10:00 Rosary (Resident Directed) (CAFE)</p> <p>11:30 Tuesday Trivia (RD)</p> <p>1:30 Board Games with Life Enrichment (CAFE)</p> <p>2:30 Coffee Social (CAFE)</p> <p>6:30 Resident Choice Games (RC)</p> <p>6:30 Church Service with Pastor Nelson (HPC)</p>	<p>National Cappuccino Day 8</p> <p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)</p> <p>9:00 Pool Games (BR)</p> <p>10:00 Wellness Clinic (WO)</p> <p>10:00 Special Event with the Miller Girls (Remembrance Day Service) (HPC)</p> <p>1:30 Bingo with Kathy \$ 1.00 to play (HPC)</p> <p>1:30 Special Event with staff-coming to your room (RR)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 9</p> <p>9:15 Stretch and Balance (DHRB)</p> <p>10:00 Pool Games (BR)</p> <p>1:00 Lloydminster Public Library (HPC)</p> <p>1:30 Meet me at the Moma History/Painting Session (CAFE)</p> <p>1:30 UNO with Jack F (LIB)</p> <p>6:30 Resident Choice Games (RC)</p> <p>6:30 Bible Fellowship (All Faiths-Devotion, Music, and Sharing) (CAFE)</p>	<p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 10</p> <p>9:30 News and Views Current Events (CAFE)</p> <p>10:00 Pool Games (BR)</p> <p>10:30 Table Bowling (HPC)</p> <p>2:00 National Happy Hour Day - Drink Specials (CAFE)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>November 11th is Remembrance Day in Canada, also known as Armistice Day and "poppy day" around the world. It's our annual reminder of significant sacrifices made in the past that have led to current freedoms. It's observed on this date to commemorate the end of World War I, which officially took place on the eleventh hour of the eleventh day of the eleventh month of 1918.</p> <p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)</p> <p>10:00 Pool Games (BR)</p> <p>6:30 Resident Choice Games (RC)</p>
<p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 12</p> <p>10:00 Pool Games (BR)</p> <p>6:30 Neilburg Mennonite Singers - Everyone Welcome! (MP)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>Life Enrichment is off today 13</p> <p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)</p> <p>10:00 Pool Games (BR)</p> <p>1:00 Canasta (CAF)</p> <p>1:30 Resident Peer Support Group with Max the Therapy Dog (SQ)</p> <p>6:30 Kaiser (RC)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>World Diabetes Day - Kyle our Dining Services Manager will be here to talk with you about diabetes and food choices 14</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 Pool Games (BR)</p> <p>10:00 Rosary (Resident Directed) (C)</p> <p>11:30 Tuesday Trivia (RD)</p> <p>1:30 Sing Along (HPC)</p> <p>2:30 Coffee Social - discussion with Kyle bout diabetes and food choices (CAFE)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 15</p> <p>9:15 Exercises - Keep Fit (DHRB)</p> <p>10:00 Pool Games (BR)</p> <p>10:00 Wellness Clinic (WO)</p> <p>10:00 Bean Bag Game (HPC)</p> <p>1:30 Special Presentation on the draft horse and their history (HPC)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 16</p> <p>9:15 Stretch and Balance (DHRB)</p> <p>10:00 Pool Games (BR)</p> <p>1:30 Meet me at the Moma History/Painting Session (CAFE)</p> <p>1:30 UNO with Jack F (LIB)</p> <p>6:30 Resident Choice Games (RC)</p> <p>6:30 Bible Fellowship (All Faiths-Devotion, Music, and Sharing) (HPC)</p>	<p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 17</p> <p>9:30 Drum Fit Program (MP)</p> <p>10:00 Pool Games (BR)</p> <p>10:30 Table Bowling (HPC)</p> <p>2:00 International Men's Day - Celebrating National Apple Cider Day with Mitch, Kyle and Garry (CAFE)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 18</p> <p>10:00 Pool Games (BR)</p> <p>1:00 Crafters Corner with Krista (CAFE)</p> <p>6:30 Resident Choice Games (RC)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 19</p> <p>10:00 Pool Games (BR)</p> <p>6:30 Resident Choice Games (RC)</p> <p>6:30 Agape Church Service - Everyone Welcome (C)</p>	<p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 20</p> <p>9:30 Seated Chair Exercise (MP)</p> <p>10:00 Pool Games (BR)</p> <p>10:00 Walmart Outing (for resident's who have signed up) (DHRL)</p> <p>1:00 Canasta (CAF)</p> <p>1:30 Java Group Program - Creative Journaling (SQ)</p> <p>2:00 Resident Council Meeting (HPC)</p> <p>6:30 Kaiser (RC)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>Celebrating National Gratitude Month with Dean Mari and his wife Linda tonight! 21</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 Pool Games (BR)</p> <p>10:00 Rosary (Resident Directed) (C)</p> <p>11:30 Tuesday Trivia (RD)</p> <p>1:30 Sing Along (HPC)</p> <p>2:30 Coffee Social (CAFE)</p> <p>6:30 Resident Choice Games (RC)</p> <p>6:30 Special Entertainment with Dean Mari and his wife Lynda Celebrating National Gratitude Month- Grateful to have them here with us to perform (DR)</p>	<p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 22</p> <p>9:15 Exercises - Keep Fit (DHRB)</p> <p>10:00 Pool Games (BR)</p> <p>10:00 Wellness Clinic (WO)</p> <p>10:30 Bean Bag Game (HPC)</p> <p>1:30 Bingo with Kathy \$ 1.00 to play (CAFE)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 23</p> <p>9:15 Stretch and Balance (DHRB)</p> <p>10:00 Pool Games (BR)</p> <p>1:00 Lloydminster Public Library (HPC)</p> <p>1:00 Administration afternoon/staff meetings (CAFE)</p> <p>2:00 Bridge Group (CAFE)</p> <p>2:30 Town Hall Meeting everyone welcome (HPC)</p> <p>6:30 Resident Choice Games (RC)</p> <p>6:30 Bible Fellowship (All Faiths- Devotion, Music, and Sharing) (HPC)</p>	<p>Resident Choice Meal Served Today (DR) 24</p> <p>8:15 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>10:30 Table Bowling (HPC)</p> <p>1:30 Resident Peer Support Group with Max the Therapy Dog (SQ)</p> <p>2:00 Happy Hour (CAFE)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 25</p> <p>9:30 Special Entertainment Please Help us Welcome "Joyful Melody Trio" - In Memory of of Friend Dorothy Parker (HPC)</p> <p>10:00 Pool Games (BR)</p> <p>1:00 Crafters Corner with Krista (CAFE)</p> <p>6:30 Resident Choice Games (RC)</p>
<p>National Cake Day 26</p> <p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)</p> <p>10:00 Pool Games (BR)</p> <p>10:30 Mennonite Church (Worship/Gospel Singing) (HPC)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 27</p> <p>9:30 Seated Chair Exercise (MP)</p> <p>10:00 Pool Games (BR)</p> <p>1:00 Canasta (CAF)</p> <p>1:30 Java Group Program - Mental Aerobics (CAFE)</p> <p>2:00 St. Johns Anglican church service (HPC)</p> <p>6:30 Kaiser (RC)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>Deadline to sign up for Seniors Twinkle Tour with Musgrave Agencies 28</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 Pool Games (BR)</p> <p>10:00 Rosary (Resident Directed) (C)</p> <p>11:30 Tuesday Trivia (RD)</p> <p>1:30 Sing Along (HPC)</p> <p>2:30 Coffee Social (CAFE)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 29</p> <p>9:15 Exercises - Keep Fit (DHRB)</p> <p>10:00 Pool Games (BR)</p> <p>10:00 Wellness Clinic (WO)</p> <p>1:30 Birthday and Anniversary Party with Country (MP)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 30</p> <p>9:15 Stretch and Balance (DHRB)</p> <p>10:00 Pool Games (BR)</p> <p>1:30 Meet me at the Moma History/Painting Session (MP)</p> <p>1:30 UNO with Jack F (CAFE)</p> <p>6:30 Resident Choice Games (RC)</p> <p>6:30 Bible Fellowship (All Faiths- Devotion, Music, and Sharing) (HPC)</p>		



Be Grateful

<p>Locations Legend</p> <p>Hearthstone Courtyard (HPC)</p> <p>Resident's Choice (RC)</p> <p>DHR Lobby (DHRL)</p> <p>Billiards Room (BR)</p> <p>Cafe (CAFE)</p> <p>DHR Basement (DHRB)</p> <p>M.P. Room (MP)</p>	<p>Wellness Office at Dr. Hemstock 1st floor (WO)</p> <p>DHR Library (LIB)</p> <p>The Square (SQ)</p> <p>Hearthstone Cafe (CAF)</p> <p>Reception Desk (RD)</p> <p>Chapel (C)</p> <p>Resident Rooms (RR)</p> <p>Dining Room (DR)</p>	<p>Calendar Legend</p> <p>Outing</p> <p>Special Program</p> <p>Living, Loving, Local</p> <p>Signature Program</p>
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