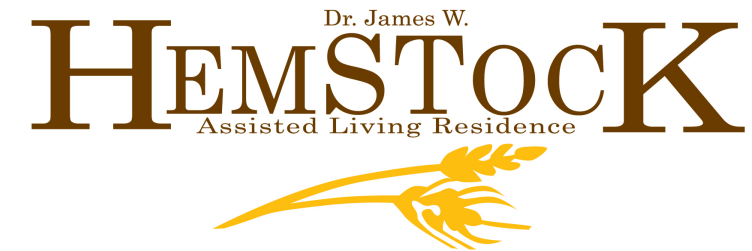




INSPIRED
SENIOR LIVING

January 2024

Dr. James Hemstock & Hearthstone Place



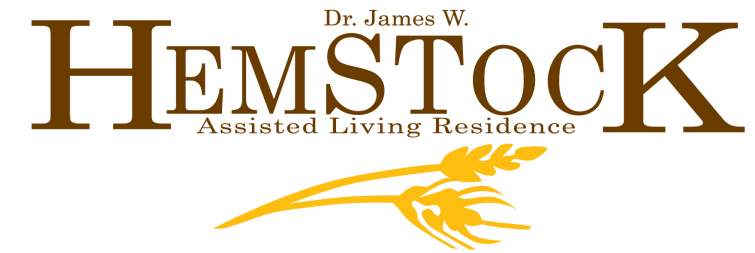
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>LLL 1</p> <p>New Years Day Life Enrichment is off today Daily Chronicle (RD)</p> <p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)</p> <p>10:00 Pool Games (BR)</p> <p>1:00 Canasta (CAF)</p> <p>6:30 Kaiser (RC)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>Celebrating National Trivia Day - with brain teasers every Tuesday 2</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 Pool Games (BR)</p> <p>10:00 Rosary (Resident Directed) (CAFE)</p> <p>11:30 Tuesday Trivia -Brain Teaser Month (RD)</p> <p>1:30 Sing Along (MP)</p> <p>2:30 Coffee Social (MP)</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>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 \$ 1.00 to play (MP)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>Daily Chronicle (RD) 4</p> <p>8:00 Breakfast Club (Invitation Only) (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 Pool Games (BR)</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 Bridge Group (HPC)</p> <p>6:30 Resident Choice Games (RC)</p> <p>6:30 Bible Fellowship (All Faiths-Devotion, Music, and Sharing) (HPC)</p>	<p>LLL 5</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>10:00 Pool Games (BR)</p> <p>10:30 Fit Minds Stay Sharp Program Everyone Welcome (MP)</p> <p>1:30 Roman Catholic Communion (C)</p> <p>2:00 Happy Hour (MP)</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>10:00 Pool Games (BR)</p> <p>1:00 Table Bowling Resident Directed (HPC)</p> <p>6:30 Resident Choice Games (RC)</p>
<p>Daily Chronicle (RD) 7</p> <p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)</p> <p>10:00 Pool Games (BR)</p> <p>2:00 Music Entertainment with Fort Pitt Singers (MP)</p> <p>6:30 Resident Choice Games (RC)</p> <p>6:30 Agape Church Service - Everyone Welcome (HPC)</p>	<p>Daily Chronicle (RD) 8</p> <p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)</p> <p>9:30 Seated Chair Exercise (MP)</p> <p>10:00 Pool Games (BR)</p> <p>10:30 Java Group Program - Mental Aerobics (CAFE)</p> <p>1:00 Canasta (CAF)</p> <p>1:00 Taking down Christmas Décor Staff and Residents (AOH)</p> <p>6:30 Kaiser (RC)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>Daily Chronicle (RD) 9</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) (CAFE)</p> <p>11:30 Tuesday Trivia -Brain Teaser Month/Table Talks (RD)</p> <p>1:30 Sing Along (MP)</p> <p>2:30 Coffee Social (MP)</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>9:15 Exercises - Keep Fit (DHRB)</p> <p>10:00 Pool Games (BR)</p> <p>10:00 Wellness Clinic (WO)</p> <p>10:30 Horse Racing (MP)</p> <p>1:00 Taking down Christmas Décor Staff and Residents (AOH)</p> <p>1:30 Bingo \$ 1.00 to play (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>9:15 Stretch and Balance (DHRB)</p> <p>10:00 Pool Games (BR)</p> <p>10:00 Walmart Outing (DHRL)</p> <p>1:30 Meet me at the Moma History/Painting Session (MP)</p> <p>2:00 Bridge Group (HPC)</p> <p>6:30 Resident Choice Games (RC)</p> <p>6:30 Bible Fellowship (All Faiths-Devotion, Music, and Sharing) (HPC)</p>	<p>Daily Chronicle (RD) 12</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 Fit Minds Stay Sharp Program Everyone Welcome (MP)</p> <p>2:00 Happy Hour (MP)</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>10:00 Pool Games (BR)</p> <p>1:00 Table Bowling Resident Directed (HPC)</p> <p>1:30 Music Entertainment with Country Swing (MP)</p> <p>6:30 Resident Choice Games (RC)</p>
<p>Please sign up for Crafts with Krista coming up next week 14</p> <p>Daily Chronicle (RD)</p> <p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)</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>Daily Chronicle (RD) 15</p> <p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)</p> <p>9:30 Seated Chair Exercise (MP)</p> <p>10:00 Pool Games (BR)</p> <p>10:30 Creative Writing/ Journaling/Club Java Group Program (SQ)</p> <p>1:00 Canasta (CAF)</p> <p>2:00 Resident Council Meeting (HPC)</p> <p>6:30 Kaiser (RC)</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>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 -Brain Teaser Month/Table Talks (RD)</p> <p>1:30 Sing Along (MP)</p> <p>2:30 Coffee Social (MP)</p> <p>6:30 Resident Choice Games (RC)</p> <p>6:30 Bethel Lutheran Church with Pastor Kevin (C)</p>	<p>Daily Chronicle (RD) 17</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 Pool Games (BR)</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>2:00 Mens Coffee House in the Cafe with Kyle and Mitch (CAFE)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>Last Day to Sign up with Crafts with Krista 18</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 Pool Games (BR)</p> <p>10:00 Walmart Outing (for resident's who have signed up) (DHRL)</p> <p>1:00 Lloydminster Public Library (MP)</p> <p>2:00 Bridge Group (HPC)</p> <p>2:00 Town Hall Meeting (HPC)</p> <p>6:30 Resident Choice Games (RC)</p> <p>6:30 Bible Fellowship (All Faiths-Devotion, Music, and Sharing) (C)</p>	<p>National Popcorn Day 19</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>10:00 Pool Games (BR)</p> <p>10:00 Flower Arrangement (Centerpiece Making) (MP)</p> <p>2:00 Happy Hour - Popcorn Tasting (MP)</p> <p>6:00 Special Entertainment with Dean Mari (MP)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>Daily Chronicle (RD) 20</p> <p>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)</p> <p>10:00 Pool Games (BR)</p> <p>10:30 Table Bowling Resident Directed (HPC)</p> <p>6:30 Resident Choice Games (RC)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21 Daily Chronicle (RD) 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 10:00 Pool Games (BR) 6:30 Resident Choice Games (RC) 6:30 Agape Church Service - Everyone Welcome (HPC)	22 Daily Chronicle (RD) 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 9:30 Seated Chair Exercise (MP) 10:00 Pool Games (BR) 10:30 Java Group Program - Mental Aerobics (CAFE) 1:00 Canasta (CAF) 1:30 Crafts with Krista (MP) 2:00 St. Johns Anglican church service (C) 6:30 Kaiser (RC) 6:30 Resident Choice Games (RC)	23 Daily Chronicle (RD) 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 9:15 Stretch and Balance (DHRB) 10:00 Pool Games (BR) 10:00 Rosary (Resident Directed) (C) 11:30 Tuesday Trivia - Brain Teaser Month/Table Talks (RD) 1:30 Sing Along (MP) 2:30 Coffee Social (MP) 6:30 Resident Choice Games (RC)	24 National Compliments Day Daily Chronicle (RD) 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 9:15 Exercises - Keep Fit (DHRB) 10:00 Pool Games (BR) 10:00 Wellness Clinic (WO) 10:00 Valentines Day Craft (max of 10 People) (MP) 10:30 Horse Racing (MP) 6:30 Resident Choice Games (RC)	25 Robbie Burns Day - special dinner with dining services Daily Chronicle (RD) 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 9:15 Stretch and Balance (DHRB) 10:00 Pool Games (BR) 2:00 Bridge Group (HPC) 2:00 Happy Hour Robbie Burns Day (Wear your Plaid) Scotch on Special (MP) 6:30 Resident Choice Games (RC) 6:30 Bible Fellowship (All Faiths- Devotion, Music, and Sharing) (C)	26 Resident Choice Meal Daily Chronicle (RD) Resident Choice Meal Served Today (DR) 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 9:30 Drum Fit Program (MP) 10:00 Pool Games (BR) 10:30 Fit Minds Stay Sharp Program Everyone Welcome (MP) 1:30 Meet me at the Moma History/Painting Session (MP) 6:30 Resident Choice Games (RC)	27 National Chocolate Cake Day Daily Chronicle (RD) 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 10:00 Pool Games (BR) 1:00 Table Bowling Resident Directed (HPC) 6:30 Resident Choice Games (RC)
28 Daily Chronicle (RD) 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 10:00 Pool Games (BR) 10:30 Dewberry Mennonite Church Service (C) 6:30 Resident Choice Games (RC)	29 Daily Chronicle (RD) 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 9:30 Seated Chair Exercise (MP) 10:00 Pool Games (BR) 10:30 Creative Journaling Java Group Program (SQ) 1:00 Canasta (CAF) 1:30 National Puzzle Day - Exercising our brains with puzzles come down and have some fun with us (MP) 6:30 Kaiser (RC) 6:30 Resident Choice Games (RC)	30 Voting Station - City Election - Time Pending (C) Daily Chronicle (RD) 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 9:15 Stretch and Balance (DHRB) 10:00 Pool Games (BR) 10:00 Rosary (Resident Directed) (C) 11:30 Tuesday Trivia/Table Talks (RD) 1:30 Byelection-City of Lloydminster Polling Station (C) 1:30 Farewell come and Go Tea for Little Shan (MP) 2:30 Coffee Social (MP) 6:30 Resident Choice Games (RC)	31 National Hot Chocolate Day Daily Chronicle (RD) 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 9:15 Exercises - Keep Fit (DHRB) 10:00 Pool Games (BR) 10:00 Wellness Clinic (WO) 10:30 Bean Bag Game (HPC) 1:30 Birthday and Anniversary Party with Country Swing (MP) 6:30 Resident Choice Games (RC)			



Be your best self

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

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