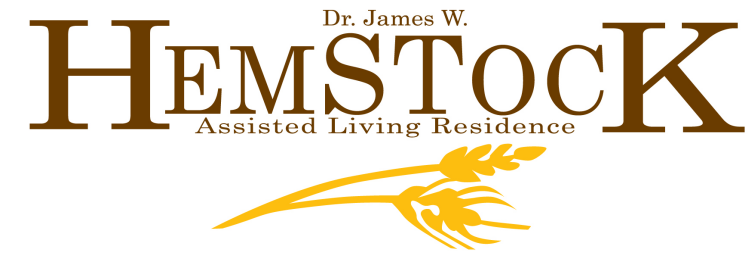




INSPIRED SENIOR LIVING

# July 2024

## Dr. James Hemstock & Hearthstone Place



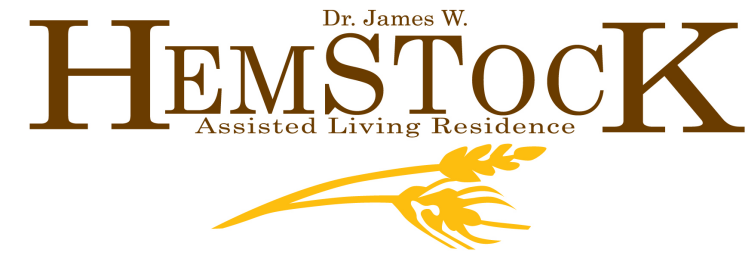
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Daily Chronicle (RD) <b>1</b> Life Enrichment is off today Canada Day - Today marks the 157th anniversary of the Canadian Confederation - Canada Day Cupcakes will be served at lunch today! (DR) In Room Bingo Begins - See Life Enrichment for Cards (LEO)</p> <p>8:15 Go4Life Walking Everyone Welcome Group or Individual Walking (DHRL)</p> <p>9:45 Seated Chair Exercise (do at your own leisure today) (RR)</p> <p>1:30 Canasta (HPC)</p> <p>1:30 Creative Discussions - New Conversation Day (write about one of the best vacations you've had) (RR)</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) <b>2</b></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/Fit Minds (RD)</p> <p>1:30 Kaiser (HPC)</p> <p>1:30 Horticulture (AOH)</p> <p>3:00 Billiard Room Games (BR)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>Daily Chronicle (RD) <b>3</b></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 Guided Mindfulness and Meditation (MP)</p> <p>1:30 Bingo \$ 1.00 to play (MP)</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) <b>4</b></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 (HPC)</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>1:00 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 Resident Choice Games (RC)</p>	<p>Daily Chronicle (RD) <b>5</b></p> <p>LLL Celebration Dinner</p> <p>8:15 Go4Life Walking Everyone Welcome Group or Individual Walking (DHRL)</p> <p>9:45 Drum Fit Program (MP)</p> <p>10:15 Horticulture (AOH)</p> <p>1:30 Canasta (Resident Directed) Everyone Welcome (HPC)</p> <p>2:00 Mix and Mingle Happy Hour (MP)</p> <p>3:00 Billiard Room Games (BR)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>Daily Chronicle (RD) <b>6</b></p> <p>8:15 Go4Life Walking Everyone Welcome Group or Individual Walking (DHRL)</p> <p>10:00 Table Bowling Resident Directed (BR)</p> <p>1:00 Movie Matinee (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) <b>7</b></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 Resident Choice Games (RC)</p> <p>6:30 Agape Church Service - Everyone Welcome (C)</p>	<p>Daily Chronicle (RD) <b>8</b></p> <p>8:15 Go4Life Walking Everyone Welcome Group or Individual Walking (DHRL)</p> <p>9:45 Seated Chair Exercise (MP)</p> <p>10:30 Minds in Motion - Mental Aerobics (CAFE)</p> <p>1:30 Celebrating Ice Cream Day (G)</p> <p>1:30 Canasta (HPC)</p> <p>2:30 Horticulture/Gardening (G)</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) <b>9</b></p> <p>Celebrating Fashion Day - Express your fashion and personality through dressing or accessories today</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/Fit Minds (RD)</p> <p>1:30 Music Entertainment with Country Swing (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) <b>10</b></p> <p>8:15 Go4Life Walking Everyone Welcome Group or Individual Walking (DHRL)</p> <p>8:45 Lloydminster Parade Day with Handi Van (for those residents who have signed up with Life Enrichment) (DHRL)</p> <p>9:15 Exercises - Keep Fit (resident directed today - at your leisure) (RR)</p> <p>9:45 Parade Viewing (time to be conf) (MP)</p> <p>10:00 Wellness Clinic (WO)</p> <p>1:30 Bingo \$ 1.00 to play (MP)</p> <p>2:30 Horticulture/Gardening (G)</p> <p>3:00 Billiard Room Games (BR)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>Daily Chronicle (RD) <b>11</b></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 Painting/Drawing/Discussion (MP)</p> <p>1:30 Roman Catholic Mass (C)</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>Daily Chronicle (RD) <b>12</b></p> <p>8:15 Go4Life Walking Everyone Welcome Group or Individual Walking (DHRL)</p> <p>9:45 Drum Fit Program (MP)</p> <p>10:15 Horticulture/Gardening (G)</p> <p>1:30 Canasta (Resident Directed) Everyone Welcome (HPC)</p> <p>2:00 Mix and Mingle Happy Hour - Celebrating Family Fued which aired back in 1976 today! (MP)</p> <p>3:00 Billiard Room Games (BR)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>Daily Chronicle (RD) <b>13</b></p> <p>8:15 Go4Life Walking Everyone Welcome Group or Individual Walking (DHRL)</p> <p>10:00 Table Bowling Resident Directed (BR)</p> <p>1:00 Movie Matinee (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) <b>14</b></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 Resident Choice Games (RC)</p> <p>6:30 Neilburg Mennonite Singers - Everyone Welcome! (MP)</p>	<p>Daily Chronicle (RD) <b>15</b></p> <p>8:15 Go4Life Walking Everyone Welcome Group or Individual Walking (DHRL)</p> <p>9:45 Seated Chair Exercise (MP)</p> <p>10:30 Horticulture/Gardening (G)</p> <p>1:30 Canasta (HPC)</p> <p>1:30 Crafts with Krista for those who have signed up (MP)</p> <p>1:30 Creative discussion Club Java Group Program (SQ)</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) <b>16</b></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/Fit Minds (RD)</p> <p>1:30 Music Entertainment with Country Swing (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) <b>17</b></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 Guided Mindfulness and Meditation (MP)</p> <p>11:30 National Hot Dog Day BBQ Hot Dogs (DR)</p> <p>1:30 Bingo \$ 1.00 to play (MP)</p> <p>2:00 Horticulture/Gardening (G)</p> <p>3:00 Billiard Room Games (BR)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>Daily Chronicle (RD) <b>18</b></p> <p>8:15 Go4Life Walking Everyone Welcome Group or Individual Walking (DHRL)</p> <p>9:15 Stretch and Balance (DHRB)</p> <p>9:45 Outing to Frenchman's Butte tour and lunch (DHRL)</p> <p>1:30 Meet me at the Moma Sketching (See Reception at 1:30 for your handouts) (RD)</p> <p>2:00 Norwegian Whist (HPC)</p> <p>2:00 Mens Coffee House in the Cafe (CAF)</p> <p>3:00 Billiard Room Games (BR)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>Daily Chronicle (RD) <b>19</b></p> <p>8:15 Go4Life Walking Everyone Welcome Group or Individual Walking (DHRL)</p> <p>9:45 Drum Fit Program (MP)</p> <p>10:15 Horticulture/Gardening (G)</p> <p>1:30 Canasta (Resident Directed) Everyone Welcome (HPC)</p> <p>2:00 Mix and Mingle Happy Hour (MP)</p> <p>3:00 Billiard Room Games (BR)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>Daily Chronicle (RD) <b>20</b></p> <p>8:15 Go4Life Walking Everyone Welcome Group or Individual Walking (DHRL)</p> <p>10:00 Table Bowling Resident Directed (BR)</p> <p>1:00 Movie Matinee (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

# July 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> 8:15 Go4Life Walking Everyone Welcome Group or Individual Walking (DHRL) 9:45 Seated Chair Exercise (MP) 10:30 Creative exercise - Minds in Motion (MP) 1:30 Canasta (HPC) 1:30 Crafts with Krista for those who have signed up (MP) 2:00 Horticulture/Gardening (G) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC) 6:30 Mexican Dominoes (CAFE)	<b>Daily Chronicle (RD) 23</b> 8:15 Go4Life Walking Everyone Welcome Group or Individual Walking (DHRL) 9:15 Stretch and Balance (DHRB) 10:00 Rosary (Resident Directed) (C) 11:15 Sandy Beach Picnic Lunch (MP) 11:30 Tuesday Trivia/Fit Minds (RD) 1:30 Kaiser (HPC) 1:30 Music Entertainment with Country Swing (MP) 2:30 Coffee Social (MP) 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) 10:30 Horse Racing (MP) 1:30 Bingo \$ 1.00 to play (MP) 2:00 Horticulture/Gardening (G) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC)	<b>Daily Chronicle (RD) 25</b> Culinaricians Day - Give big thanks to the cooks and chefs today. 8:15 Go4Life Walking Everyone Welcome Group or Individual Walking (DHRL) 9:15 Stretch and Balance (DHRB) 1:30 Meet me at the Moma History/Painting Session (MP) 2:00 Norwegian Whist (HPC) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC)	<b>Daily Chronicle (RD) 26</b> Olympic Games Begin Resident Choice Meal Served Today (DR) 8:15 Go4Life Walking Everyone Welcome Group or Individual Walking (DHRL) 9:45 Olympic Drum Fit Program (MP) 10:30 Horticulture/Gardening (G) 1:30 Canasta (Resident Directed) Everyone Welcome (HPC) 2:00 Mix and Mingle Happy Hour - Olympic Sports Trivia (MP) 2:30 Roman Catholic Communion (C) 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) 1:00 Movie Matinee (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)	<b>Daily Chronicle (RD) 29</b> 8:15 Go4Life Walking Everyone Welcome Group or Individual Walking (DHRL) 9:45 Seated Chair Exercise (MP) 10:30 Creative discussion Club Java Group Program (SQ) 1:30 Canasta (HPC) 1:30 Olympic Games - Speed Cup Challenge - Javelin Throw - Axe Throwing and Ring Toss (MP) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC) 6:30 Mexican Dominoes (CAFE)	<b>Daily Chronicle (RD) 30</b> 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/Fit Minds/Olympics (RD) 1:30 Kaiser (HPC) 1:30 Olympic Bingo from Paris (MP) 2:30 Coffee Social (MP) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC)	<b>Daily Chronicle (RD) 31</b> 8:15 Go4Life Walking Everyone Welcome Group or Individual Walking (DHRL) 9:15 Exercises - Keep Fit (DHRB) 10:00 Wellness Clinic (WO) 10:30 Guided Mindfulness and Meditation (MP) 1:30 Birthday and Anniversary Party with Country Swing (MP) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC)	<p>National Culinary Arts Month</p>		



**Locations Legend**

M.P. Room (MP)	Cafe (CAFE)
Reception Desk (RD)	Wellness Office at Dr. Hemstock 1st floor (WO)
Billiards Room (BR)	Dining Room (DR)
DHR Lobby (DHRL)	Resident Rooms (RR)
Resident's Choice (RC)	Around our home (AOH)
Hearthstone Courtyard (HPC)	The Square (SQ)
DHR Basement (DHRB)	Life Enrichment Office (LEO)
Chapel (C)	Hearthstone Cafe (CAF)
Gazebo & Area (G)	

**Calendar Legend**

- Outing
- Special Program
- Living, Loving, Local
- Signature Program