



INSPIRED
SENIOR LIVING

September 2024

Dr. James Hemstock & Hearthstone Place



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Daily Chronicle (RD) 1</p> <p>In Room Bingo Begins - See Life Enrichment for Cards (LEO) Basket Draw for "Stand up to Cancer Day" Get your tickets at reception (One Ticket for \$3.00 - or Two Tickets for \$ 5.00)</p> <p>8:15 Go4Life Walking - Everyone Welcome (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) 2</p> <p>Labour Day</p> <p>8:15 Go4Life Walking - Everyone Welcome (DHRL)</p> <p>9:45 Seated Chair Exercise - pick up your copy at the reception desk today (RD)</p> <p>1:30 Canasta (HPC)</p> <p>2:30 Mental Aerobics - Minds in Motion pick up your copy from reception (RD)</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) 3</p> <p>8:15 Go4Life Walking - Everyone Welcome (DHRL)</p> <p>9:45 Stretch and Balance (MP)</p> <p>10:00 Rosary (C)</p> <p>11:30 Tuesday Trivia/Fit Minds (RD)</p> <p>1:30 Kaiser (HPC)</p> <p>1:30 Sing Along (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) 4</p> <p>8:15 Go4Life Walking - Everyone Welcome (DHRL)</p> <p>9:45 Exercises - Keep Fit (MP)</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>3:00 Billiard Room Games (BR)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>Daily Chronicle (RD) 5</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 (DHRL)</p> <p>9:45 Stretch and Balance (MP)</p> <p>10:00 Walmart Outing (for residents 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 Resident Choice Games (RC)</p>	<p>Daily Chronicle (RD) 6</p> <p>LLL Celebration Dinner</p> <p>8:00 National Read a Book Day - Pour a cup of tea or coffee and open one of your favorite books to read</p> <p>8:15 Go4Life Walking - Everyone Welcome (DHRL)</p> <p>9:45 Drum Fit Program (MP)</p> <p>10:00 New Program walking group with Dr. Cooke and LCC at the Servus Sports Center (HPL)</p> <p>1:30 Canasta (Resident Directed) Everyone Welcome (HPC)</p> <p>1:30 Grandparents Day Happy Hour with Drinks and Snacks (MP)</p> <p>3:00 Billiard Room Games (BR)</p> <p>6:30 Resident Choice Games (RC)</p>
<p>Daily Chronicle (RD) 8</p> <p>Environmental Services Week - a week of recognizing the efforts of our hard-working staff</p> <p>8:15 Go4Life Walking - Everyone Welcome (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) 9</p> <p>8:15 Go4Life Walking - Everyone Welcome (DHRL)</p> <p>9:45 Seated Chair Exercise (MP)</p> <p>1:30 Canasta (HPC)</p> <p>1:30 Creative Mind Exercises (CAFE)</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) 10</p> <p>8:15 Go4Life Walking - Everyone Welcome (DHRL)</p> <p>9:45 Stretch and Balance (MP)</p> <p>10:00 Rosary (C)</p> <p>11:30 Tuesday Trivia/Fit Minds (RD)</p> <p>1:30 Kaiser (HPC)</p> <p>1:30 Sing Along (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) 11</p> <p>8:15 Go4Life Walking - Everyone Welcome (DHRL)</p> <p>9:45 Exercises - Keep Fit (MP)</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>3:00 Billiard Room Games (BR)</p> <p>6:30 Resident Choice Games (RC)</p>	<p>Daily Chronicle (RD) 12</p> <p>8:15 Go4Life Walking - Everyone Welcome (DHRL)</p> <p>9:45 Stretch and Balance (MP)</p> <p>1:00 Lloydminster Public Library (MP)</p> <p>1:30 Meet me at the Moma History/Painting Session (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) 13</p> <p>8:15 Go4Life Walking - Everyone Welcome (DHRL)</p> <p>9:45 Drum Fit Program (MP)</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) 15</p> <p>8:15 Go4Life Walking - Everyone Welcome (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) 16</p> <p>8:15 Go4Life Walking - Everyone Welcome (DHRL)</p> <p>9:45 Seated Chair Exercise (MP)</p> <p>10:30 Mental Aerobics - Minds in Motion (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 Resident Choice Games (RC)</p> <p>6:30 Mexican Dominoes (CAFE)</p>	<p>Daily Chronicle (RD) 17</p> <p>8:15 Go4Life Walking - Everyone Welcome (DHRL)</p> <p>9:45 Stretch and Balance (MP)</p> <p>10:00 Rosary (C)</p> <p>11:30 Tuesday Trivia/Fit Minds (RD)</p> <p>1:30 Sing Along (Allan Darby United Church Women's group will be joining us today). (MP)</p> <p>1:30 Kaiser (HPC)</p> <p>1:30 Sing Along (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>6:30 Bethel Lutheran Church with Pastor Kevin (C)</p>	<p>Daily Chronicle (RD) 18</p> <p>8:15 Go4Life Walking - Everyone Welcome (DHRL)</p> <p>9:45 Exercises - Keep Fit (MP)</p> <p>10:00 Wellness Clinic (WO)</p> <p>1:30 Birthday and Anniversary Party with Country Swing (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) 19</p> <p>8:15 Go4Life Walking - Everyone Welcome (DHRL)</p> <p>9:45 Stretch and Balance (MP)</p> <p>10:15 Meet me at the Moma History/Painting Session (MP)</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 Resident Choice Games (RC)</p>	<p>Daily Chronicle (RD) 20</p> <p>8:15 Go4Life Walking - Everyone Welcome (DHRL)</p> <p>9:45 Drum Fit Program (MP)</p> <p>10:00 New Program walking group with Dr. Cooke and LCC at the Servus Sports Center (HPL)</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>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
Daily Chronicle (RD) 22 8:15 Go4Life Walking - Everyone Welcome (DHRL) 10:30 Dewberry Mennonite Church Service (C) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC)	Daily Chronicle (RD) 23 8:15 Go4Life Walking - Everyone Welcome (DHRL) 9:45 Seated Chair Exercise - pick up your copy at the reception desk today (RD) 10:30 Creative Mind Exercises (RD) 1:30 Canasta (HPC) 1:30 Music with Country Swing (MP) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC) 6:30 Mexican Dominoes (CAFE)	Daily Chronicle (RD) 24 8:15 Go4Life Walking - Everyone Welcome (DHRL) 9:45 Stretch and Balance - pick up your copy at reception for today (RD) 10:00 Rosary (C) 10:00 Alberta Clothing Company (10:00 -2:00 pm) (MP) 11:30 Tuesday Trivia/Fit Minds (RD) 1:30 Kaiser (HPC) 2:30 Coffee Social (MP) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC)	Daily Chronicle (RD) 25 8:15 Go4Life Walking - Everyone Welcome (DHRL) 9:45 Exercises - Keep Fit - pick up your sheets at reception (RD) 10:00 Wellness Clinic (WO) 10:30 Guided Mindfulness and Meditation - pick up your sheets at reception (RD) 1:30 Bingo with Mary and Barb \$ 1.00 to play (MP) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC)	Daily Chronicle (RD) 26 8:15 Go4Life Walking - Everyone Welcome (DHRL) 9:45 Stretch and Balance -pick up your sheets at reception (MP) 1:00 Lloydminster Public Library (MP) 1:30 Meet me at the Moma History/Sketch Session/ (RD) 2:00 Norwegian Whist (HPC) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC)	Daily Chronicle (RD) 27 Resident Choice Meal Served Today (DR) 8:15 Go4Life Walking - Everyone Welcome (DHRL) 9:45 Drum Fit Program (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)	
Daily Chronicle (RD) 29 8:15 Go4Life Walking - Everyone Welcome (DHRL) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC) 6:30 Agape Church Service - Everyone Welcome (C)	Daily Chronicle (RD) 30 Orange Shirt Day Active Aging Week 8:15 Go4Life Walking - Everyone Welcome (DHRL) 9:45 Seated Chair Exercise (MP) 1:30 Canasta (HPC) 2:30 Mental Aerobics - Minds in Motion (MP) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC) 6:30 Mexican Dominoes (CAFE)				Locations Legend M.P. Room (MP) Reception Desk (RD) Billiards Room (BR) DHR Lobby (DHRL) Resident's Choice (RC) Hearthstone Courtyard (HPC) Chapel (C) Cafe (CAFE) Wellness Office at Dr. Hemstock 1st floor (WO) Hearthstone Lobby (HPL) Life Enrichment Office (LEO) Around our home (AOH) Dining Room (DR)	

