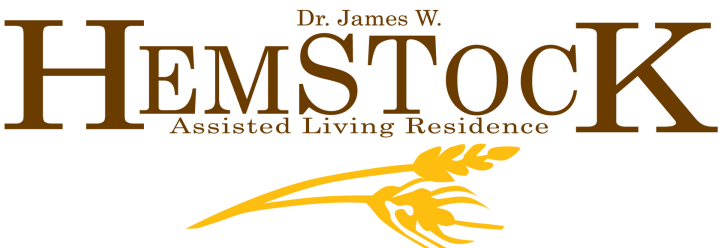




INSPIRED
SENIOR LIVING

July 2023

Dr. James Hemstock & Hearthstone Place



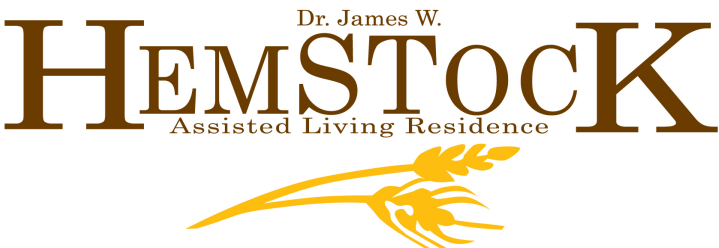
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daily Chronicles (RD) 2 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 10:00 Pool Games (BR) 6:30 Resident Choice Games (RC) 6:30 Agape Church Service - please welcome our friends to our home. (C)	Daily Chronicles (RD) 3 Life Enrichment will be off today. 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 9:30 Exercise -self led (DHRB) 10:00 Pool Games (BR) 1:30 Java Group Program - Creative Journaling - self led -open discussion (SQ) 6:30 Kaiser (RC) 6:30 Resident Choice Games (RC)	Daily Chronicles (RD) 4 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 (DR) 1:30 Walmart Outing - for those residents who have signed up (DHRL) 2:30 Coffee Social (MP) 6:30 Resident Choice Games (RC)	Daily Chronicles (RD) 5 National Graham Crackers Day 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 (C) 10:30 Horse Racing (MP) 1:30 National Graham Cracker Day - Celebrating with S'mores by the Gazebo area (G) 6:30 Resident Choice Games (RC)	Daily Chronicles (RD) 6 National Fried Chicken Day 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 9:15 Stretch and Balance (DHRB) 10:00 Pool Games (BR) 10:30 Trip to Miniature Town - North of Lloydminster for outdoor Picnic Lunch for those residents who have signed up, limited spaces available. (DHRL) 1:30 UNO with Jack F (CAFE) 1:30 Meet me at the Moma History/Painting Session (Resident Directed today only) (MP) 2:00 Bridge Group (HPC) 6:30 Resident Choice Games (RC)	Daily Chronicles (RD) 7 World Chocolate Day Celebrating Fashion Day - Express your Unique Fashion Today! 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 9:30 Drum Fit Program (MP) 10:00 Pool Games (BR) 10:30 Table Bowling (HPC) 1:00 Canasta (CAFE) 1:00 Special Entertainment with Second Chance Country Gospel Band. Please welcome Mike, MJ, from Cold Lake Alberta. (MP) 1:30 Chris Wolfe from the Lloydminster Hearing Center doing routine maintenance for our hearing aids (MP) 6:30 Resident Choice Games (RC)	Daily Chronicles (RD) 8 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 10:00 Pool Games (BR) 1:00 Crafters Corner with Krista (Making Dining Room Table Center Pieces) (MP) 6:30 Resident Choice Games (RC)
Daily Chronicles (RD) 9 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 - please welcome our friends to our home. (C) 7:30 Neilburg Mennonite Singers (MP)	Daily Chronicles (RD) 10 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 (SQ) 1:30 Special Diamond Dots Craft with Diane (CAFE) 6:30 Kaiser (RC) 6:30 Resident Choice Games (RC)	Daily Chronicles (RD) 11 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) 11:00 Outing to the Beautiful Timber Café - for those residents who have signed up. (DHRL) 11:30 Tuesday Trivia (DR) 11:30 Tuesday Trivia (DR) 11:30 Artful Minds Trivia (RD) 2:30 National Blueberry Muffin Day - Coffee Social (MP) 6:30 Resident Choice Games (RC)	Daily Chronicles (RD) 12 New Conversation Day Lloydminster Colonial Day Parade Day 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 8:30 Lloydminster Parade Day with Handi Van (for those residents who have signed up with Life Enrichment) (DHRL) 10:00 Pool Games (BR) 10:00 Wellness Clinic (C) 2:00 Serving Watermelon in the back yard! (G) 6:30 Resident Choice Games (RC)	Daily Chronicles (RD) 13 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 9:15 Stretch and Balance (DHRB) 10:00 Pool Games (BR) 10:00 Thirsty Thursday Ice Tea and Montana Golf Game (G) 1:30 UNO with Jack F (CAFE) 1:30 Meet me at the Moma History/Painting Session (MP) 2:00 Bridge Group (HPC) 6:30 Resident Choice Games (RC)	Daily Chronicles (RD) 14 French Themed Dinner 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 9:30 Drum Fit Program (MP) 10:00 Pool Games (BR) 10:30 Table Bowling (HPC) 1:00 Canasta (CAFE) 2:00 Happy Hour - Name that tune (Appetizers will be served) (MP) 6:30 Resident Choice Games (RC)	Daily Chronicles (RD) 15 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 10:00 Pool Games (BR) 1:30 Netflix Movie - Kangaroo Valley (MP) 6:30 Resident Choice Games (RC)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daily Chronicles (RD) 16 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 10:00 Pool Games (BR) 3:00 Personal Chef Day 6:30 Resident Choice Games (RC) 6:30 Agape Church Service - please welcome our friends to our home. (C)	Daily Chronicles (RD) 17 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 9:30 Seated Chair Exercise (MP) 10:00 Pool Games (BR) 1:30 Java Group Program - Creative Journaling (SQ) 6:30 Kaiser (RC) 6:30 Resident Choice Games (RC)	Daily Chronicles (RD) 18 Muharram (Islamic New Year) Begins at sundown on July 18 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 (DR) 11:30 Tuesday Trivia (DR) 1:30 Special Entertainment with our friend Lou Getz (MP) 2:30 Coffee Social (MP) 6:30 Resident Choice Games (RC) 6:30 Bethel Lutheran Church with Pastor Kevin (C)	Daily Chronicles (RD) 19 Celebrating National Hot Dog Day- with a special menu BBQ with Dining Services and Life Enrichment 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 (C) 11:30 BBQ Hot Dogs today, celebrating Hot Dog Month (for those that have signed up) (DR) 6:30 Resident Choice Games (RC) 6:30 Special Entertainment with Dean Mari (MP)	Daily Chronicles (RD) 20 National Fortune Cookie Day 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 9:15 Stretch and Balance (DHRB) 10:00 Pool Games (BR) 1:30 UNO with Jack F (CAFE) 1:30 Meet me at the Moma History/Painting Session (MP) 1:30 Administration Afternoon/Staff Meetings 2:00 Bridge Group (HPC) 6:30 Resident Choice Games (RC)	Daily Chronicles (RD) 21 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 9:30 Drum Fit Program (MP) 10:00 Pool Games (BR) 10:30 Table Bowling (HPC) 1:00 Canasta (CAFE) 2:00 Happy Hour (MP) 6:30 Resident Choice Games (RC)	Daily Chronicles (RD) 22 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 10:00 Pool Games (BR) 1:00 Crafters Corner with Krista (MP) 6:30 Resident Choice Games (RC)
Daily Chronicles (RD) 23 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 - please welcome our friends to our home. (C)	Daily Chronicles (RD) 24 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 9:30 Seated Chair Exercise (MP) 10:00 Pool Games (BR) 1:30 Java Group Program - Mental Aerobics (SQ) 6:30 Kaiser (RC) 6:30 Resident Choice Games (RC)	Daily Chronicles (RD) 25 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 (DR) 11:30 Tuesday Trivia (DR) 1:30 Special Diamond Dots Craft with Diane (CAFE) 2:30 Coffee Social (MP) 6:30 Resident Choice Games (RC)	Daily Chronicles (RD) 26 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 (C) 10:30 Bean Bag Game (HPC) 1:30 Celebrating our Birthdays and Anniversaries for this month, with Country Swing! (MP) 6:30 Resident Choice Games (RC)	Daily Chronicles (RD) 27 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 9:15 Stretch and Balance (DHRB) 10:00 Pool Games (BR) 1:30 UNO with Jack F (CAFE) 1:30 Meet me at the Moma History/Painting Session (MP) 2:00 Bridge Group (HPC) 6:30 Resident Choice Games (RC)	Resident Choice Meal Served Today (DR) 28 Daily Chronicles (RD) 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 9:30 Drum Fit Program (MP) 10:00 Pool Games (BR) 10:30 Table Bowling (HPC) 1:00 Canasta (CAFE) 2:00 Happy Hour (MP) 6:30 Resident Choice Games (RC)	Daily Chronicles (RD) 29 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 10:00 Pool Games (BR) 1:30 Netflix Movie - Dancing with the Birds (MP) 6:30 Resident Choice Games (RC)
Daily Chronicles (RD) 30 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 - please welcome our friends to our home. (C)	Daily Chronicles (RD) 31 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 9:30 Seated Chair Exercise (MP) 10:00 Pool Games (BR) 1:30 Java Group Program - Creative Journaling (SQ) 6:30 Kaiser (RC) 6:30 Resident Choice Games (RC)	Be you		Locations Legend Resident's Choice (RC) DHR Lobby (DHRL) Reception Desk (RD) Billiards Room (BR) M.P. Room (MP) Chapel (C) DHR Basement (DHRB) Cafe (CAFE) Dining Room (DR) Hearthstone Courtyard (HPC) The Square (SQ) Gazebo & Area (G)		Calendar Legend Outing Special Program Living, Loving, Local Signature Program