# August 2023

## Dr. James Hemstock & Hearthstone Place

Verve INSPIRED SENIOR LIVING

Dr. James W. HEMSTOCK Assisted Living Residence

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| | | **1**<br>Daily Chronicles (RD)<br>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)<br>9:15 Stretch and Balance (DHRB)<br>10:00 Pool Games (BR)<br>10:00 Rosary (Resident Directed) (C)<br>11:30 Tuesday Trivia (DR)<br>1:30 Fit Minds Stay Sharp in the Courtyard (CAFE)<br>2:30 Coffee Social (MP)<br>6:30 Resident Choice Games (RC) | **2**<br>Daily Chronicles (RD)<br>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)<br>9:15 Exercises - Keep Fit (DHRB)<br>10:00 Pool Games (BR)<br>10:00 Wellness Clinic (C)<br>10:30 Horse Racing (MP)<br>1:30 Summer Lawn Games (G)<br>6:30 Resident Choice Games (RC) | **3**<br>Daily Chronicles (RD)<br>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)<br>9:15 Stretch and Balance (DHRB)<br>10:00 Pool Games (BR)<br>1:30 UNO with Jack F (CAFE)<br>1:30 Lloydminster Public Library (MP)<br>1:30 Roman Catholic Mass (C)<br>2:00 Bridge Group (HPC)<br>6:30 Resident Choice Games (RC) | **4**<br>Daily Chronicles (RD)<br>(National Chocolate Chip Day<br>LLL Dinner<br>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)<br>9:30 Drum Fit Program (MP)<br>10:00 Pool Games (BR)<br>10:30 Table Bowling (HPC)<br>1:00 Canasta (CAFE)<br>1:30 Chris Wolfe from the Lloydminster Hearing Center doing routine maintenance for our hearing aids (C)<br>2:00 Happy Hour (MP)<br>6:30 Resident Choice Games (RC) | **5**<br>Daily Chronicles (RD)<br>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)<br>10:00 Pool Games (BR)<br>1:00 Crafters Corner with Krista (MP)<br>6:30 Resident Choice Games (RC) |
| **6**<br>Daily Chronicles (RD)<br>National Friendship Day - Connect with your friends today<br>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)<br>10:00 Pool Games (BR)<br>6:30 Resident Choice Games (RC)<br>6:30 Agape Church Service - please welcome our friends to our home. (C) | **7**<br>Daily Chronicles (RD)<br>Civic Holiday- Life Enrichment off today<br>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)<br>9:30 Seated Chair Exercise - at your leisure (RR)<br>10:00 Pool Games (BR)<br>1:30 Java Group Program - Mental Aerobics - available at front desk (RD)<br>6:30 Resident Choice Games (RC)<br>6:30 Kaiser (RC) | **8**<br>Daily Chronicles (RD)<br>International Cat Day<br>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)<br>9:15 Stretch and Balance (DHRB)<br>10:00 Pool Games (BR)<br>10:00 Rosary (Resident Directed) (C)<br>11:30 Tuesday Trivia (DR)<br>1:30 Fit Minds Stay Sharp in the Courtyard (CAFE)<br>2:30 Coffee Social (MP)<br>6:30 Resident Choice Games (RC)<br>6:30 Bethel Lutheran Church with Pastor Kevin (C) | **9**<br>Daily Chronicles (RD)<br>World Indigenous Day<br>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)<br>9:15 Exercises - Keep Fit (DHRB)<br>10:00 Pool Games (BR)<br>10:00 Wellness Clinic (C)<br>10:30 Bean Bag Game (HPC)<br>2:00 World Indigenous Day- Bannock and Coffee Social (MP)<br>6:30 Resident Choice Games (RC) | **10**<br>Daily Chronicles (RD)<br>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)<br>9:15 Stretch and Balance (DHRB)<br>10:00 Pool Games (BR)<br>10:00 Pederson Bee Farm Outing - For those residents who signed up (DHRL)<br>1:30 UNO with Jack F (CAFE)<br>1:30 Meet me at the Moma History/Painting Session- Resident led (MP)<br>2:00 Bridge Group (HPC)<br>6:30 Resident Choice Games (RC) | **11**<br>Daily Chronicles (RD)<br>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)<br>9:30 Drum Fit Program (MP)<br>10:00 Pool Games (BR)<br>10:30 Table Bowling (HPC)<br>1:00 Canasta (CAFE)<br>2:00 Happy Hour (MP)<br>6:30 Resident Choice Games (RC) | **12**<br>Daily Chronicles (RD)<br>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)<br>10:00 Pool Games (BR)<br>1:30 Netflix Movie - Magical Andes Chasing Coral (MP)<br>6:30 Resident Choice Games (RC) |
| **13**<br>Daily Chronicles (RD)<br>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)<br>10:00 Pool Games (BR)<br>6:30 Resident Choice Games (RC)<br>7:30 Neilburg Mennonite Singers (MP) | **14**<br>Daily Chronicles (RD)<br>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)<br>9:30 Seated Chair Exercise (MP)<br>10:00 Pool Games (BR)<br>1:30 Java Group Program - Creative Journaling (SQ)<br>6:30 Resident Choice Games (RC)<br>6:30 Kaiser (RC) | **15**<br>Daily Chronicles (RD)<br>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)<br>9:15 Stretch and Balance (DHRB)<br>10:00 Pool Games (BR)<br>10:00 Rosary (Resident Directed) (C)<br>11:30 Tuesday Trivia (DR)<br>1:30 Fit Minds Stay Sharp in the Courtyard (CAFE)<br>1:30 Town and Country Tour (for those residents who have signed up) (DHRL)<br>2:30 Coffee Social (MP)<br>6:30 Resident Choice Games (RC) | **16**<br>Daily Chronicles (RD)<br>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)<br>9:15 Exercises - Keep Fit (DHRB)<br>10:00 Pool Games (BR)<br>10:00 Wellness Clinic (C)<br>10:30 Horse Racing (MP)<br>1:30 News and Views Current Events- Please Bring News to Share (CAFE)<br>6:30 Resident Choice Games (RC) | **17**<br>Daily Chronicles (RD)<br>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)<br>9:15 Stretch and Balance (resident led today only) (DHRB)<br>9:30 The Western Development Museum Outing (North Battleford SK ) (DHRL)<br>10:00 Pool Games (BR)<br>1:30 UNO with Jack F (CAFE)<br>1:30 Lloydminster Public Library (C)<br>1:30 Painting Session with Mitch - Art Soul Life. (MP)<br>2:00 Bridge Group (HPC)<br>6:30 Resident Choice Games (RC) | **18**<br>Daily Chronicles (RD)<br>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)<br>9:30 Drum Fit Program (MP)<br>10:00 Pool Games (BR)<br>10:30 Table Bowling (HPC)<br>1:00 Canasta (CAFE)<br>2:00 Happy Hour (MP)<br>6:30 Resident Choice Games (RC) | **19**<br>Daily Chronicles (RD)<br>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)<br>10:00 Pool Games (BR)<br>6:30 Resident Choice Games (RC) |

# August 2023

## Dr. James Hemstock & Hearthstone Place

Verve INSPIRED SENIOR LIVING

Dr. James W. HEMSTOCK Assisted Living Residence

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| **20**<br>Daily Chronicles (RD)<br>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)<br>10:00 Pool Games (BR)<br>6:30 Resident Choice Games (RC)<br>6:30 Agape Church Service - Everyone Welcome (C) | **21**<br>Daily Chronicles (RD)<br>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)<br>9:30 Seated Chair Exercise (MP)<br>10:00 Pool Games (BR)<br>1:00 Java Group Program - Creative Journaling - Resilience of Older Persona in a changing world. Lets take time to visit, and learn about one another (SQ)<br>2:00 St Johns Anglican Church Service (C)<br>6:30 Resident Choice Games (RC)<br>6:30 Kaiser (RC) | **22**<br>Daily Chronicles (RD)<br>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)<br>9:15 Stretch and Balance (DHRB)<br>10:00 Pool Games (BR)<br>10:00 Rosary (Resident Directed) (C)<br>11:30 Tuesday Trivia (DR)<br>1:30 Fit Minds Stay Sharp in the Courtyard (CAFE)<br>1:30 Town and Country Tour (for those residents who have signed up) (DHRL)<br>2:30 Coffee Social (MP)<br>6:30 Resident Choice Games (RC) | **23**<br>Daily Chronicles (RD)<br>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)<br>9:15 Exercises - Keep Fit (DHRB)<br>10:00 Pool Games (BR)<br>10:00 Wellness Clinic (C)<br>10:00 Walmart Outing (for resident's who have signed up) (DHRL)<br>1:30 New game "Tic Tac Toe Golf" (MP)<br>6:30 Resident Choice Games (RC)<br>6:30 Special Entertainment with Dean Mari (MP) | **24**<br>Daily Chronicles (RD)<br>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)<br>9:15 Stretch and Balance (DHRB)<br>10:00 Pool Games (BR)<br>1:30 Walk to DQ for coffee or Ice Cream (DHRL)<br>1:30 Mens Coffee House in the Cafe with Kyle and Mitch (CAFE)<br>1:30 UNO with Jack F (MP)<br>2:00 Bridge Group (HPC)<br>6:30 Resident Choice Games (RC) | **25**<br>Daily Chronicles (RD)<br>Resident Choice Meal Served Today (DR)<br>National Banana Spilt<br>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)<br>9:30 Drum Fit Program (MP)<br>10:00 Pool Games (BR)<br>10:30 Table Bowling (HPC)<br>1:00 Canasta (CAFE)<br>2:00 Happy Hour (MP)<br>6:30 Resident Choice Games (RC) | **26**<br>Daily Chronicles (RD)<br>National Dog Day<br>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)<br>9:30 St Walburg Blueberry Fest Outing (DHRL)<br>10:00 Pool Games (BR)<br>6:30 Resident Choice Games (RC) |
| **27**<br>Daily Chronicles (RD)<br>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)<br>10:00 Pool Games (BR)<br>6:30 Resident Choice Games (RC) | **28**<br>Daily Chronicles (RD)<br>National Red Wine Day<br>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)<br>9:30 Seated Chair Exercise (MP)<br>10:00 Pool Games (BR)<br>10:30 Java Group Program - Mental Aerobics (CAFE)<br>2:00 St Johns Anglican Church Service (C)<br>2:00 Happy Hour (MP)<br>6:30 Resident Choice Games (RC)<br>6:30 Kaiser (RC) | **29**<br>Daily Chronicles (RD)<br>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)<br>9:15 Stretch and Balance (DHRB)<br>10:00 Pool Games (BR)<br>10:00 Rosary (Resident Directed) (C)<br>11:30 Tuesday Trivia (DR)<br>1:30 Special Entertainment with Kyle (MP)<br>2:30 Coffee Social (MP)<br>6:30 Resident Choice Games (RC) | **30**<br>Daily Chronicles (RD)<br>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)<br>9:15 Exercises - Keep Fit (DHRB)<br>10:00 Pool Games (BR)<br>10:00 Wellness Clinic (C)<br>1:30 Celebrating our Birthdays and Anniversaries for this month, with Country Swing! (MP)<br>6:30 Resident Choice Games (RC) | **31**<br>Daily Chronicles (RD)<br>Eat Outside Day<br>8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL)<br>9:15 Stretch and Balance (DHRB)<br>10:00 Pool Games (BR)<br>1:30 Meet me at the Moma History/Painting Session (MP)<br>1:30 UNO with Jack F (CAFE)<br>1:30 Lloydminster Public Library (MP)<br>2:00 Bridge Group (HPC)<br>6:30 Resident Choice Games (RC) | | |

Be Social

### Locations Legend

- DHR Lobby (DHRL)
- Resident's Choice (RC)
- M.P. Room (MP)
- Reception Desk (RD)
- Billiards Room (BR)
- Chapel (C)
- DHR Basement (DHRB)
- Cafe (CAFE)
- Hearthstone Courtyard (HPC)
- Dining Room (DR)
- The Square (SQ)
- Gazebo & Area (G)
- Resident Rooms (RR)

### Calendar Legend

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