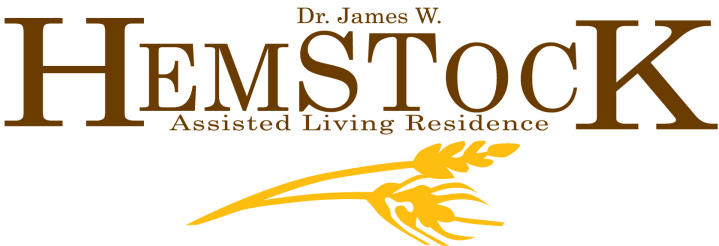




INSPIRED
SENIOR LIVING

February 2024

Dr. James Hemstock & Hearthstone Place



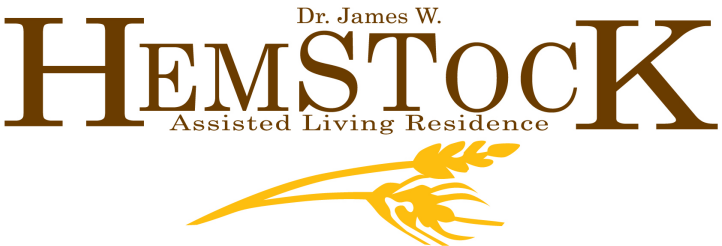
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Black History Month		 SATURDAY FEB 10 Lunar Year Dragon		Daily Chronicle (RD) 1 In Room Bingo Begins Today- See Life Enrichment for Cards (LEO) 8:00 Breakfast Club (Invitation Only) (HPC) 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 9:15 Stretch and Balance (DHRB) 10:00 Pool Games (BR) 1:00 Lloydminster Public Library (MP) 1:30 Meet me at the Moma History/Painting Session (MP) 6:30 Resident Choice Games (RC) 6:30 Bible Fellowship (All Faiths- Devotion, Music, and Sharing) (C)	National Ground Hog Day 2 Wear Red Day LLL Beef Daily Chronicle (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 Fit Minds Stay Sharp Program Everyone Welcome (MP) 1:00 Canasta (Resident Directed) Everyone Welcome (HPC) 2:00 We cordially invite you to join us as we bid farewell to Connie, our cherished friend and colleague (MP) 6:30 Resident Choice Games (RC)	Daily Chronicle (RD) 3 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 10:00 Pool Games (BR) 1:00 Table Bowling Resident Directed (HPC) 1:30 Oral Histories from Lloydminster Archives - Autobiography on Doug Weir (MP) 6:30 Resident Choice Games (RC)
National Home Made Soup Day 4 Daily Chronicle (RD) 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 10:00 Pool Games (BR) 2:00 Music Entertainment with Fort Pitt Singers (MP) 6:30 Resident Choice Games (RC) 6:30 Agape Church Service - Everyone Welcome (C)	Daily Chronicle (RD) 5 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 9:30 Seated Chair Exercise (MP) 10:00 Pool Games (BR) 10:30 Minds in Motion - Mental Aerobics (CAFE) 1:00 Canasta (CAF) 1:30 News and Views Current Events- Please bring an article to share. (MP) 6:30 Resident Choice Games (RC) 6:30 Mexican Dominoes (CAFE)	Daily Chronicle (RD) 6 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 9:15 Stretch and Balance (DHRB) 10:00 Rosary (Resident Directed) (C) 10:00 Pool Games (BR) 11:30 Tuesday Trivia (RD) 1:30 Sing Along (MP) 2:30 Coffee Social (MP) 6:30 Resident Choice Games (RC)	Send a card to a friend day 7 Daily Chronicle (RD) 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 9:15 Exercises - Keep Fit (DHRB) 10:00 Wellness Clinic (WO) 10:00 Pool Games (BR) 10:30 Darts in the Billiards room - come down and have some fun (BR) 1:30 Men's Coffee House - special wood working class in the Cafe with Kyle and Mitch (CAFE) 1:30 Bingo with Kathy \$ 1.00 to play (MP) 6:30 Resident Choice Games (RC)	Daily Chronicle (RD) 8 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 9:15 Stretch and Balance (DHRB) 10:00 Walmart Outing (DHRL) 10:00 Pool Games (BR) 1:30 Meet me at the Moma History/Painting Session (MP) 6:30 Resident Choice Games (RC) 6:30 Bible Fellowship (All Faiths- Devotion, Music, and Sharing) (C)	Brunch 9 Daily Chronicle (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 Fit Minds Stay Sharp Program Everyone Welcome (MP) 11:30 Valentines Day Brunch with Dining Service and Life Enrichment - Invite a special someone to join you today. (DR) 1:00 Canasta (Resident Directed) Everyone Welcome (HPC) 2:00 Happy Hour (MP) 6:30 Resident Choice Games (RC)	Daily Chronicle (RD) 10 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 10:00 Pool Games (BR) 1:00 Table Bowling Resident Directed (HPC) 1:30 Oral Histories from Lloydminster Archives - Video Presentation with Graham Brown (MP) 6:30 Resident Choice Games (RC)
Daily Chronicle (RD) 11 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 10:00 Pool Games (BR) 6:30 Neilburg Mennonite Singers - Everyone Welcome! (MP) 6:30 Resident Choice Games (RC)	Daily Chronicle (RD) 12 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) 2:00 Resident Council Meeting all residents are welcome to attend (MP) 6:30 Resident Choice Games (RC) 6:30 Mexican Dominoes (CAFE)	Mardi Gras 13 Daily Chronicle (RD) 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 9:15 Stretch and Balance (DHRB) 10:00 Rosary (Resident Directed) (C) 10:00 Pool Games (BR) 11:30 Celebrating Shrove Tuesday with Dining Services (DR) 11:30 Tuesday Trivia (RD) 1:30 Sing Along (MP) 2:30 Coffee Social -Mardi Gras True or False Trivia (MP) 6:30 Resident Choice Games (RC)	Valentines Day 14 Daily Chronicle (RD) 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 9:15 Exercises - Keep Fit (DHRB) 10:00 Wellness Clinic (WO) 10:00 Pool Games (BR) 10:30 Valentines Day Family Feud - Residents vs Staff - with your hosts Krista and Ingrid (MP) 1:30 Art Soul Life Painting Class with Mitch (MP) 6:30 Resident Choice Games (RC)	Daily Chronicle (RD) 15 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 9:15 Stretch and Balance (DHRB) 10:00 Pool Games (BR) 1:00 Lloydminster Public Library (MP) 1:30 Roman Catholic Mass (C) 2:00 Town Hall Meeting (HPC) 6:30 Resident Choice Games (RC) 6:30 Bible Fellowship (All Faiths- Devotion, Music, and Sharing) (C)	National Caregivers Day 16 Daily Chronicle (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 Fit Minds Stay Sharp Program Everyone Welcome (MP) 1:00 Canasta (Resident Directed) Everyone Welcome (HPC) 2:00 Happy Hour - Wine and Cheese Tasting (MP) 6:30 Resident Choice Games (RC)	Daily Chronicle (RD) 17 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 10:00 Pool Games (BR) 1:00 Table Bowling Resident Directed (HPC) 1:30 Music Entertainment with Country Swing (MP) 6:30 Resident Choice Games (RC)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daily Chronicle (RD) 18 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 (C)	Family Day Life Enrichment will be off today 19 Daily Chronicle (RD) Please Sign up for the upcoming crafts with Krista with Life Enrichment by Thursday Feb 22, 2024. 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 10:00 Pool Games (BR) 1:00 Canasta (CAF) 2:00 St. Johns Anglican church service (C) 6:30 Resident Choice Games (RC) 6:30 Mexican Dominoes (CAFE)	Daily Chronicle (RD) 20 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 9:15 Stretch and Balance (DHRB) 10:00 Rosary (Resident Directed) (C) 10:00 Pool Games (BR) 11:30 Tuesday Trivia (RD) 1:30 Sing Along (MP) 2:30 Coffee Social (MP) 6:30 Resident Choice Games (RC) 6:30 Bethel Lutheran Church with Pastor Kevin (C)	Daily Chronicle (RD) 21 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 9:15 Exercises - Keep Fit (DHRB) 10:00 Wellness Clinic (WO) 10:00 Pool Games (BR) 1:30 Bingo with Kathy \$ 1.00 to play (MP) 2:00 Men's Coffee House in the Café with Kyle and Mitch and Garry (CAFE) 6:30 Resident Choice Games (RC)	National Chili Day Daily Chronicle (RD) 22 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 9:15 Stretch and Balance (DHRB) 10:00 Pool Games (BR) 1:30 Meet me at the Moma History/Painting Session (MP) 1:30 Darts in the Billiards room - come down and have some fun (BR) 6:30 Resident Choice Games (RC) 6:30 Bible Fellowship (All Faiths-Devotion, Music, and Sharing) (C)	Daily Chronicle (RD) 23 Resident Choice Italian 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) 1:00 Canasta (Resident Directed) Everyone Welcome (HPC) 2:00 Happy Hour - Celebrating National Margarita Day - with Jen and Krista Shannon (MP) 6:30 Resident Choice Games (RC)	Daily Chronicle (RD) 24 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 10:00 Pool Games (BR) 1:00 We would like to invite you as our esteemed guests to our Grand Reopening Event. The event will take place Saturday February 24th from 1:00 – 3:00 pm. (MP) 6:30 Resident Choice Games (RC)
Daily Chronicle (RD) 25 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)	Daily Chronicle (RD) 26 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 Crafts with Krista (max of 10 People) (MP) 6:30 Resident Choice Games (RC) 6:30 Mexican Dominoes (CAFE)	Daily Chronicle (RD) 27 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 9:15 Stretch and Balance (DHRB) 10:00 Rosary (Resident Directed) (C) 10:00 Pool Games (BR) 11:30 Tuesday Trivia (RD) 1:30 Sing Along (MP) 2:30 Coffee Social (MP) 6:30 Resident Choice Games (RC)	Daily Chronicle (RD) 28 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 9:15 Exercises - Keep Fit (DHRB) 10:00 Wellness Clinic (WO) 10:00 Pool Games (BR) 10:30 Bean Bag Game (HPC) 1:30 Birthday and Anniversary Party with Country Swing (MP) 6:30 Resident Choice Games (RC)	Daily Chronicle (RD) 29 8:15 Go4Life Walking - Everyone Welcome Group or Individual Walking (DHRL) 9:15 Stretch and Balance (DHRB) 10:00 Pool Games (BR) 1:00 Lloydminster Public Library (MP) 1:30 Meet me at the Moma History/Painting Session (MP) 1:30 Coffee with Amber (CAFE) 6:30 Resident Choice Games (RC) 6:30 Bible Fellowship (All Faiths-Devotion, Music, and Sharing) (C)		

THURSDAY
FEB
22

National Margarita Day

Be your best self

Locations Legend

M.P. Room (MP)
Reception Desk (RD)
Billiards Room (BR)
DHR Lobby (DHRL)
Resident's Choice (RC)
Chapel (C)
DHR Basement (DHRB)

Hearthstone Courtyard (HPC)
Cafe (CAFE)
Hearthstone Cafe (CAF)
Wellness Office at Dr. Hemstock 1st floor (WO)
Dining Room (DR)
The Square (SQ)
Life Enrichment Office (LEO)

Calendar Legend

Outing

Special Program

Living, Loving, Local

Signature Program