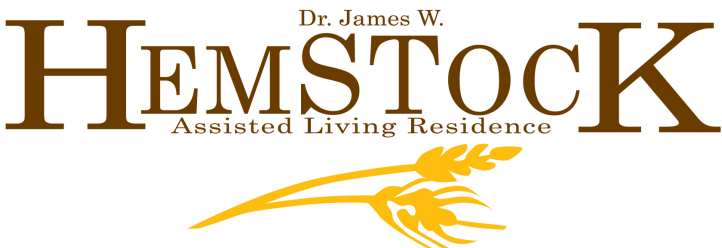




INSPIRED
SENIOR LIVING

July 2025

Dr. James Hemstock & Hearthstone Place



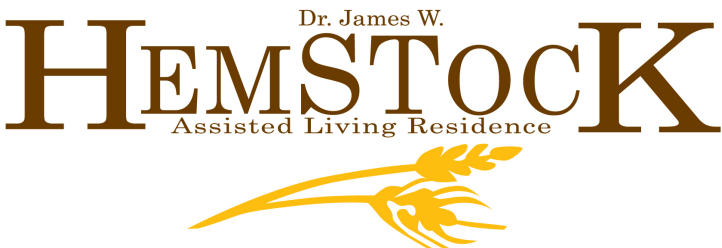
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		In Room Bingo Begins - See Life Enrichment for Cards (LEO) 1 Daily Chronicle (RD) Lab Day 9:15 am (C) Happy Canada Day! 8:15 Go4Life Walking Group - Everyone Welcome - Parkade Walking - Buddy Walking Inside/Outside (HPL) 10:00 Rosary (C) 10:15 Canada Day Bingo (MP) 11:30 Tuesday Trivia/Fit Minds (RD) 12:00 BBQ Hot Dogs - Celebrating Canada Day (DR) 1:00 Outside Games, and treats (MP) 1:30 Kaiser (CAFE) 2:00 Canada Day Craft - limited spaces available - first come first serve (MP) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC)	Daily Chronicle (RD) 2 Halfway Point of 2025 – At noon today, exactly 182 1/2 days will remain before January 1, 2026. 8:15 Go4Life Walking Group - Everyone Welcome -Parkade Walking - Buddy Walking Inside/Outside (HPL) 8:30 Horticulture/Gardening (G) 9:15 Exercises (DHRB) 10:00 Wellness Clinic Day (C) 10:30 Horse Racing (MP) 1:30 Bingo \$ 1.00 to play (MP) 2:30 Country Time Lemonade Social (MP) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC)	Daily Chronicle (RD) 3 8:00 Breakfast Club (Invitation Only) for new residents within the month and those who are celebrating their birthday and anniversary this month (HPC) 8:15 Go4Life Walking Group - Everyone Welcome -Parkade Walking - Buddy Walking Inside/Outside (HPL) 9:15 Stretch and Balance (DHRB) 10:00 Walmart Outing (for resident's who have signed up) (DHRL) 10:00 Shuffle Board (HPC) 1:00 Lloydminster Public Library (CAFE) 1:30 Meet me at the Moma History/Painting Session (MP) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC)	LLL Celebration Dinner 4 Daily Chronicle (RD) 8:15 Go4Life Walking Group - Everyone Welcome -Parkade Walking - Buddy Walking Inside/Outside (HPL) 8:30 Horticulture/Gardening (G) 9:15 Tia Chi Low impact exercise group (MP) 1:00 Resident led Iced Tea Social with fit minds (MP) 1:30 Canasta /Norwegian Whist (CAFE) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC)	Daily Chronicle (RD) 5 8:15 Go4Life Walking Group - Everyone Welcome -Parkade Walking - Buddy Walking Inside/Outside (HPL) 10:30 New Program - Seniors Shape Fitness Seated Chair Yoga Stretch on the MP room TV (MP) 1:30 Tile Rummy Board Game (Welcoming all to join our group) (CAFE) 1:30 Movie in the Square Family Room - And So It Goes with Michail Douglas and Diane Keaton (SQ) 2:30 Open Card Games (MP) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC)
Daily Chronicle (RD) 6 8:15 Go4Life Walking Group - Everyone Welcome - Parkade Walking - Buddy Walking Inside/Outside (HPL) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC)	Daily Chronicle (RD) 7 In room Bingo (LEO) 8:15 Go4Life Walking Group - Everyone Welcome - Parkade Walking - Buddy Walking Inside/Outside (HPL) 8:30 Horticulture - come out and help take care of our garden (G) 9:45 Drum Fit Program (MP) 1:00 Outdoor Games- Bocce Ball (G) 1:30 Canasta (CAFE) 1:30 Chris with Connect Hearing is back this month with (Basic Cleaning and Checking of Hearing Aids) (MP) 2:00 Celebrating National Strawberry Sundae Day (MP) 3:00 Billiard Room Games (BR) 6:00 Resident Choice Games (RC) 6:30 Mexican Dominoes (CAFE)	Daily Chronicle (RD) 8 Lab Day 9:15 am (C) 8:15 Go4Life Walking Group - Everyone Welcome -Parkade Walking - Buddy Walking Inside/Outside (HPL) 9:15 Stretch and Flex (DHRB) 10:00 Rosary (C) 10:30 Bean Bag Game (HPC) 11:30 Tuesday Trivia/Fit Minds (RD) 1:30 Kaiser (CAFE) 2:00 Town and Country Tour (for those residents who have signed up) (DHRL) 2:30 Coffee Social (MP) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC)	Daily Chronicle (RD) 9 8:15 Go4Life Walking Group - Everyone Welcome -Parkade Walking - Buddy Walking Inside/Outside (HPL) 8:30 Horticulture - come out and help take care of our garden (G) 9:00 Lloydminster Exhibition Parade - This year marks the 120th Anniversary of the parade and fair. (TBA) 10:00 Wellness Clinic Day (C) 2:00 Bingo \$ 1.00 to play (MP) 3:00 Billiard Room Games (BR) 3:00 Country Time Lemonade Social (MP) 6:30 Resident Choice Games (RC) 6:30 Music Entertainment with the Yellowhead Ramblers (MP)	Daily Chronicle (RD) 10 8:15 Go4Life Walking Group - Everyone Welcome - Parkade Walking - Buddy Walking Inside/Outside (HPL) 9:15 Stretch and Balance (DHRB) 10:00 Shuffle Board (HPC) 1:00 Meet me at the Moma History/Painting Session (MP) 2:30 RLC (Right Left and Center Game) Bring your DIMES today (MP) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC)	Daily Chronicle (RD) 11 8:15 Go4Life Walking Group - Everyone Welcome -Parkade Walking - Buddy Walking Inside/Outside (HPL) 8:30 Horticulture - come out and help take care of our garden (G) 9:15 Tia Chi Low impact exercise group (MP) 10:00 Walking group to Servus Sports Center (DHRL) 1:30 Canasta /Norwegian Whist (CAFE) 2:00 Happy Hour Social (MP) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC)	Daily Chronicle (RD) 12 8:15 Go4Life Walking Group - Everyone Welcome -Parkade Walking - Buddy Walking Inside/Outside (HPL) 10:30 New Program - Seniors Shape Fitness Seated Chair Yoga Stretch on the MP room TV (MP) 1:30 Tile Rummy Board Game (Welcoming all to join our group) (CAFE) 1:30 Movie in the Square Family Room - His Girl Friday with Garry Grant and Rosalind Russel (SQ) 2:30 Open Card Games (MP) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC)
Daily Chronicle (RD) 13 8:15 Go4Life Walking Group - Everyone Welcome - Parkade Walking - Buddy Walking Inside/Outside (HPL) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC) 6:30 Neilburg Mennonite Singers - Everyone Welcome! (MP)	Daily Chronicle (RD) 14 In room Bingo (LEO) 8:15 Go4Life Walking Group - Everyone Welcome - Parkade Walking - Buddy Walking Inside/Outside (HPL) 8:30 Horticulture - come out and help take care of our garden (G) 9:45 Drum Fit Program (MP) 1:30 Canasta (CAFE) 1:30 Celerbrating Family Feud Day – Family Feud premiered on this day in 1976. On the show, two families compete against each other to predict the most common answers to survey questions. (MP) 2:45 Discussion Group (SQ) 3:00 Billiard Room Games (BR) 6:00 Resident Choice Games (RC) 6:30 Mexican Dominoes (CAFE) 6:30 Music Entertainment with the "Just Us" Band - come on out and enjoy a great evening of entertainment (MP)	Daily Chronicle (RD) 15 Lab Day 9:15 am (C) 8:15 Go4Life Walking Group - Everyone Welcome - Parkade Walking - Buddy Walking Inside/Outside (HPL) 9:15 Stretch and Flex (DHRB) 10:00 Rosary (C) 10:30 Bean Bag Game (HPC) 11:30 Tuesday Trivia/Fit Minds (RD) 1:30 Kaiser (CAFE) 1:30 Beach Bash Party wear your summer attire (sun glasses, fancy hats, sun dresses) come on out and have some fun (MP) 2:30 Coffee Social (MP) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC) 6:30 Bethel Lutheran Church with Pastor Kevin (C)	Daily Chronicle (RD) 16 National Hot Dog Day 8:15 Go4Life Walking Group - Everyone Welcome - Parkade Walking - Buddy Walking Inside/Outside (HPL) 8:30 Horticulture - come out and help take care of our garden (G) 9:15 Exercises (DHRB) 10:00 Wellness Clinic Day (C) 10:15 New Tic Tac Toss Game Residents vs Staff come on out and have some fun (MP) 11:30 Celebrating National Hot Dog Day with Dining Services (DR) 1:30 Bingo \$ 1.00 to play (MP) 2:00 Men's Group in the Billards room with Kyle and Mitch (BR) 2:30 Country Time Lemonade Social (MP) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC)	Daily Chronicle (RD) 17 8:15 Go4Life Walking Group - Everyone Welcome -Parkade Walking - Buddy Walking Inside/Outside (HPL) 9:15 Stretch and Balance (DHRB) 10:00 Shuffle Board (HPC) 1:00 Lloydminster Public Library (CAFE) 1:30 Roman Catholic Mass (C) 2:00 Meet me at the Moma History/Painting Session (MP) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC)	Daily Chronicle (RD) 18 8:15 Go4Life Walking Group - Everyone Welcome -Parkade Walking - Buddy Walking Inside/Outside (HPL) 8:30 Horticulture - come out and help take care of our garden (G) 9:15 Tia Chi Low impact exercise group (MP) 1:30 Canasta /Norwegian Whist (CAFE) 2:00 Happy Hour Social (MP) 3:00 Billiard Room Games (BR) 6:00 Special Entertainment with Dean Mari and his wife Lynda- (HPC) 6:30 Resident Choice Games (RC)	Daily Chronicle (RD) 19 Words with Friends Day – This is a holiday celebrating the game Words with Friends, a popular social media game that is similar to Scrabble.Enjoy a game of scrabble with a friend today. Words with a Friend Day - Try a game of scabble with a friend today 8:15 Go4Life Walking Group - Everyone Welcome -Parkade Walking - Buddy Walking Inside/Outside (HPL) 10:30 New Program - Seniors Shape Fitness Seated Chair Yoga Stretch on the MP room TV (MP) 1:30 Tile Rummy Board Game (Welcoming all to join our group) (CAFE) 1:30 Music Entertainment with Country Swing (MP) 2:30 Open Card Games (MP) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daily Chronicle (RD) 20 8:15 Go4Life Walking Group - Everyone Welcome - Parkade Walking - Buddy Walking Inside/Outside (HPL) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC)	Daily Chronicle (RD) 21 In room Bingo (LEO) 8:15 Go4Life Walking Group - Everyone Welcome -Parkade Walking - Buddy Walking Inside/Outside (HPL) 8:30 Horticulture - come out and help take care of our garden (G) 9:15 Tia Chi Low impact exercise group (MP) 10:30 Climb through Time Muesuem and Lunch Paradise Valley (DHRL) 11:30 National Ice Cream Day - celebrating with Dining Services (DR) 1:30 Canasta (CAFE) 3:00 Billiard Room Games (BR) 6:00 Resident Choice Games (RC) 6:30 Mexican Dominoes (CAFE)	Daily Chronicle (RD) 22 Lab Day 9:15 am (C) I've Got a Question Day – Alex Trebek was born on this day in 1940. He hosted the game show Jeopardy! from 1984 until 2020. 8:15 Go4Life Walking Group - Everyone Welcome - Parkade Walking - Buddy Walking Inside/Outside (HPL) 9:15 Stretch and Flex (DHRB) 10:00 Rosary (C) 10:30 Ladder Golf residents vs staff (G) 11:30 Tuesday Trivia/Fit Minds (RD) 1:30 Kaiser (CAFE) 2:00 Summer Time Jeopardy celebrating I've Got a Question Day (MP) 2:30 Coffee Social (MP) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC)	Daily Chronicle (RD) 23 Gorgeous Grandma Day – A day to empower women to look good and feel good at any age 8:15 Go4Life Walking Group - Everyone Welcome -Parkade Walking - Buddy Walking Inside/Outside (HPL) 8:30 Horticulture - come out and help take care of our garden (G) 9:15 Exercises (DHRB) 10:00 Wellness Clinic Day (C) 10:30 Outdoor Games- Bocce Ball (G) 1:30 Bingo \$ 1.00 to play (MP) 2:30 Country Time Lemonade Social (MP) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC)	Daily Chronicle (RD) 24 8:15 Go4Life Walking Group - Everyone Welcome -Parkade Walking - Buddy Walking Inside/Outside (HPL) 9:15 Stretch and Balance (DHRB) 10:00 Shuffle Board (HPC) 1:30 Meet me at the Moma History/Painting Session (MP) 2:00 Martins Sandal Craft (MP) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC)	Daily Chronicle (RD) 25 Resident Choice Meal Served Today (DR) 8:15 Go4Life Walking Group - Everyone Welcome -Parkade Walking - Buddy Walking Inside/Outside (HPL) 8:30 Horticulture - come out and help take care of our garden (G) 10:00 Walking group to Servus Sports Center (DHRL) 1:30 Canasta /Norwegian Whist (CAFE) 2:00 Happy Hour Social (MP) 2:30 Happy Hour (Special Entertainment with Kyle our Dining Service Manager) (MP) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC)	Daily Chronicle (RD) 26 8:15 Go4Life Walking Group - Everyone Welcome -Parkade Walking - Buddy Walking Inside/Outside (HPL) 10:30 New Program - Seniors Shape Fitness Seated Chair Yoga Stretch on the MP room TV (MP) 1:30 Tile Rummy Board Game (Welcoming all to join our group) (CAFE) 1:30 Movie in the Square Family Room - Bonanza - The Gunmen (SQ) 2:30 Open Card Games (MP) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC)
Daily Chronicle (RD) 27 8:15 Go4Life Walking Group - Everyone Welcome - Parkade Walking - Buddy Walking Inside/Outside (HPL) 10:30 Dewberry Mennonite Church Service (C) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC)	Daily Chronicle (RD) 28 In room Bingo (LEO) 8:15 Go4Life Walking Group - Everyone Welcome -Parkade Walking - Buddy Walking Inside/Outside (HPL) 8:30 Horticulture - come out and help take care of our garden (G) 9:45 Drum Fit Program (MP) 1:30 Canasta (CAFE) 2:00 Chair Yoga for Fall Prevention (SQ) 3:00 Billiard Room Games (BR) 6:00 Resident Choice Games (RC) 6:30 Mexican Dominoes (CAFE)	Daily Chronicle (RD) 29 Lab Day 9:15 am (C) 8:15 Go4Life Walking Group - Everyone Welcome -Parkade Walking - Buddy Walking Inside/Outside (HPL) 9:15 Stretch and Flex (DHRB) 10:00 Rosary (C) 10:30 Bean Bag Game (HPC) 11:30 Tuesday Trivia/Fit Minds (RD) 1:30 Kaiser (CAFE) 1:30 Toonie Tuesday Pokono Bingo (MP) 2:30 Coffee Social (MP) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC)	Daily Chronicle (RD) 30 Interanational Friendship Day - Celebrating the bonds of friendship National Cheese Cake Day - Celebrating with our Birthday and Anniversaries (MP) 8:15 Go4Life Walking Group - Everyone Welcome -Parkade Walking - Buddy Walking Inside/Outside (HPL) 8:30 Horticulture - come out and help take care of our garden (G) 9:15 Exercises (DHRB) 10:00 Wellness Clinic Day (C) 1:30 Birthday and Anniversary Party with Country Swing (MP) 2:30 Country Time Lemonade Social (MP) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC)	Daily Chronicle (RD) 31 8:15 Go4Life Walking Group - Everyone Welcome -Parkade Walking - Buddy Walking Inside/Outside (HPL) 9:15 Stretch and Balance (DHRB) 10:00 Shuffle Board (HPC) 1:00 Lloydminster Public Library (CAFE) 1:30 Meet me at the Moma History/Painting Session (MP) 3:00 Billiard Room Games (BR) 6:30 Resident Choice Games (RC)		



Facilitators Legend	
Life Enrichment Manager	Reception Staff
Life Enrichment Assistant	Dining Team
Resident	Building Services Manager
All staff on	General Manager
Wellness Manager	Housekeeping Manager
Wellness	Office Manager
Volunteer	Building Service Manager
Dining Manager	Roman Catholic Priest

Calendar Legend
Outing
Special Program
Cruise Week
Living, Loving, Local
Signature Program