

the Inspired times

FOCUSING ON THE INSPIRING RETIREMENT JOURNEY AT YOUR VERVE RESIDENCE

INSPIRED SENIOR LIVING WITH



October 2026



Be Celebrated

Each month we highlight ways we help Verve residents in any of our locations experience the fullness of life in retirement. This month, we're exploring the theme of kindness.

As the leaves change, new possibilities begin.

As the days grow shorter and the weather turns cooler, there's something comforting about a warm meal, familiar faces, and plans to look forward to. At Hemstock and Hearthstone, autumn brings opportunities to gather, enjoy seasonal activities, and share everyday moments with neighbours. If you're beginning to explore senior living, this season can be a lovely time to discover what your next chapter might hold.

UPCOMING DATES

11/11/2026: World Kindness day Brunch
(RSVP only)

Date to be determined: December
Christmas charcuterie Social (RSVP only)

To learn more call - 780-808-2161

DR. JAMES W.
HEMSTOCK
ASSISTED LIVING RESIDENCE
HEARTHSTONE
PLACE



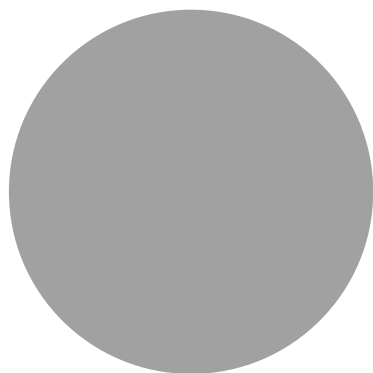
What would you do with a little more freedom?

If less of your day were spent planning meals, cooking, or keeping up with household tasks, what would you make more time for? Perhaps a favourite hobby, an afternoon outing, or a good conversation over lunch. A move can be about more than changing where you live—it can open up new ways to enjoy your days. As you consider the future, ask yourself: what would make everyday life feel fuller, easier, and more like the life you want?



Hemstock Summer

Summer at Hemstock and Hearthstone was filled with good food, fresh air, and great company! From fundraising BBQs and friendly lawn games to toasted marshmallows, day trips, and corn roasts, we enjoyed plenty of opportunities to gather and make memories together. These moments offer a glimpse of life in our community a place to enjoy familiar favourites, try something new, and get to know your neighbours. As we welcome autumn, we look forward to more seasonal celebrations and opportunities to connect.



Autumn Availability

This autumn brings an exciting opportunity for those considering a move to our community, with a studio suite available at Hearthstone Independent Living and a 1 bed Hemstock Assisted suite. If you're exploring your options for the months ahead, we'd love to welcome you for a visit and talk about a timeframe that feels right for you. Please call 780-808-2161 to learn more

10 Ways to Embrace Aging with Positivity

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Growing older brings changes, but it also offers opportunities for friendship, discovery, and enjoyment. These small habits can help you approach each new chapter with optimism.

1. Challenge stereotypes. Your age doesn't define your interests, abilities, or possibilities. Keep moving.
2. Enjoy activities that suit you, whether that's walking, dancing, swimming, or gentle stretching.
3. Enjoy animal companionship. Spending time with a pet can bring comfort and joy.
4. Stay curious. Explore a hobby, learn something new, or revisit a favourite pastime. Choose uplifting company.
5. Spend time with people who make you feel valued and encouraged.
6. Nurture relationships. Make time for phone calls, visits, and conversations with those you care about.
7. Notice everyday joys. A kind gesture, a good meal, or a shared laugh can brighten your day. Find meaning.
8. Connect with faith, nature, creativity, or whatever brings you peace.
9. Share your gifts. Your time, kindness, experience, and talents can make a difference to others.
10. Take a peaceful pause. Try quiet reflection, mindful breathing, or meditation.

A positive outlook doesn't mean feeling happy

all the time or ignoring difficulties. It means making room for hope, accepting support, and remembering that meaningful experiences can happen at every age.

As we wrap up this edition, we hope you've found something to make you smile, spark your curiosity, or look forward to the season ahead. Whether you're exploring your options or simply staying connected, you're always welcome at Hemstock and Hearthstone. Stop by for a visit, join us for an upcoming event, or give us a call—we'd love to hear how you're doing. Until next time, may your days be filled with good company, little joys, and moments worth celebrating.