



INSPIRED SENIOR LIVING

# September 2023

## Wintergreene Estates



INSPIRED SENIOR LIVING WITH Verve

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>World Alzheimer's Month</b></p>	 <p><b>Grandparent's Day</b></p>				<p><b>National Preparedness Month 1</b></p> <p>9:30 Go 4 Life Walking (OUT)</p> <p>10:30 Can Fit Pro Forever in Motion Exercise Class (W)</p> <p>11:15 Current Events &amp; Coffee with Annette (LB)</p> <p>2:00 Artful Enrichment: Van Gogh's Sunflowers Acrylic Painting (E)</p> <p>3:15 Sing-Along with Clint (F)</p> <p>4:30 Living Loving Local Dinner: Pear (D)</p> <p><b>6:30 Movie Night: Blue Miracle (P)</b></p>	<p><b>International Bacon Day 2</b></p> <p>9:30 Go 4 Life Walking (OUT)</p> <p>10:30 DrumFIT (W)</p> <p>1:00 Fit Minds in Harbour House (No Rylie Today) (HAR)</p> <p>1:30 Knitting Club (W)</p> <p>2:00 Fit Minds in Heritage House (No Rylie Today) (HER)</p> <p><b>6:30 Netflix Documentary: Working: What We Do All Day - Ep. 1: Service Jobs (P)</b></p>
<p>9:30 Go 4 Life Walking (OUT) <b>3</b></p> <p>10:00 Sunday Morning Coffee Party (B)</p> <p><b>1:30 Sunday Fun-Day Outing with Len: Casino Regina* (V)</b></p> <p>2:00 Table Tennis (PHL)</p> <p><b>5:00 Rider Game: Labour Day Classic WPG @ SSK (P)</b></p>	<p>Labour Day <b>4</b></p> <p><b>No Van Service Today</b></p> <p><b>Weekly Activity Challenge Due Date: Saskatchewan Roughriders Football Maze (P)</b></p> <p>9:30 Go 4 Life Walking (OUT)</p> <p>9:30 Shuffleboard Practice Game (P)</p> <p>10:30 Can Fit Pro Forever in Motion Exercise Class (W)</p> <p><b>2:00 Bingo - By donation today. All proceeds going to The Terry Fox Foundation. (P)</b></p> <p>3:15 Meet Me at the MoMA Lecture: Frida Kahlo (P)</p> <p>3:45 Meet me at the MoMA: Frida Kahlo Coloring Activity (P)</p> <p>6:45 Canasta (P)</p>	<p>9:00 Tuesday Morning Coffee Party (B) <b>5</b></p> <p>9:30 Go 4 Life Walking (OUT)</p> <p>10:00 Fit Minds (P)</p> <p>1:00 Music Therapy with Meghan (HAR)</p> <p>1:30 Canasta Game * (P)</p> <p>2:00 Can Fit Pro Low Impact FIM Exercises Class (W)</p> <p>2:00 Music Therapy with Meghan (HER)</p> <p>2:45 Wii Bowling Practice Game (W)</p> <p>3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS)</p> <p><b>3:00 TED Talk &amp; Discussion with Rylie: The Rise of Predatory Scams and How to Prevent Them (P)</b></p> <p>7:00 Entertainment: Kristian Wenaus (B)</p>	<p><i>National Read a Book Day (P)</i> <b>6</b></p> <p>9:30 Go 4 Life Walking (OUT)</p> <p>10:00 Artful Enrichment: Collaborative Art Piece with Rylie (HAR)</p> <p>10:30 Can Fit Pro Forever in Motion Exercise Class (W)</p> <p>2:00 Can Fit Pro Low Impact FIM Exercises Class (W)</p> <p><i>2:30 Storytime with Amy: Dr. Seuss' You're Only Old Once (F)</i></p> <p><b>3:00 Colleen's (Dining Services) Personal Story with The Terry Fox Foundation (P)</b></p> <p>6:45 Bridge Game * (P)</p> <p>7:00 Crokinole (BN)</p>	<p>9:30 Go 4 Life Walking (OUT) <b>7</b></p> <p>10:00 Wii Golf (W)</p> <p><b>10:00 Bible Study Begins (Everyone Welcome!) (PD)</b></p> <p>10:30 Chair Yoga with Rebecca Whitrow (P)</p> <p><b>2:00 Resident Forum (W)</b></p> <p><b>3:00 Farewell Happy Hour for Leah (P)</b></p> <p><b>6:30 Frank Kime's 101st Birthday Party (Come &amp; Go; 6:30-9:00 PM) (P)</b></p> <p>7:00 Crokinole (BN)</p>	<p><i>Stand Up to Cancer Day</i> <b>8</b></p> <p>9:30 Go 4 Life Walking (OUT)</p> <p>10:30 Can Fit Pro Forever in Motion Exercise Class (W)</p> <p>10:30 Terry Fox: I Had a Dream Documentary (P)</p> <p>11:15 Current Events &amp; Tim Hortons Coffee/Timbitts with Rylie (no Annette Today) - by donation to The Terry Fox Foundation (LB)</p> <p>1:30 Wii Bowling Practice Game (W)</p> <p>2:00 Catholic Mass (P)</p> <p>2:30 Poached Pear Social (B)</p> <p>3:15 Artful Enrichment: Harvest Moon Acrylic Painting (E)</p> <p>7:00 Entertainment: Jimmy's Old Time Radio Show (B)</p>	<p>9:30 Go 4 Life Walking (OUT) <b>9</b></p> <p>1:00 Fit Minds in Harbour House (HAR)</p> <p>1:30 Knitting Club (W)</p> <p>2:00 Fit Minds in Heritage House (HER)</p> <p><b>2:00 Sing-Along with Bill Quick &amp; Joan Schneider (B)</b></p> <p><b>2:00 Rider Game: Banjo Bowl SSK @ WPG (P)</b></p> <p><b>6:30 Netflix Documentary: Working: What We Do All Day - Ep. 2: The Middle (P)</b></p>
<p>National Grandparents Day (EB) <b>10</b></p> <p>9:30 Go 4 Life Walking (OUT)</p> <p>10:00 Sunday Morning Coffee Party (B)</p> <p><b>1:30 Sunday Fun-Day Outing with Len: Milky Way Ice Cream &amp; Drive Up Douglas Park Hill (V)</b></p> <p>2:00 Billiards (PHL)</p> <p><b>3:00 Terry Fox's Legacy Presentation with Fred Fox (D)</b></p> <p><b>6:30 Movie Night: Hachi: A Dogs Tale (P)</b></p>	<p><b>Weekly Activity Challenge Due Date: Pear Word Scramble (P)</b> <b>11</b></p> <p>9:30 Go 4 Life Walking (OUT)</p> <p>10:30 Can Fit Pro Forever in Motion Exercise Class (W)</p> <p>2:00 Bingo (P)</p> <p>3:15 Sing-Along with Clint (F)</p> <p>6:45 Canasta (P)</p>	<p>World Alzheimer's Month <b>12</b></p> <p>9:00 Tuesday Morning Coffee Party (B)</p> <p>9:30 Go 4 Life Walking (OUT)</p> <p>10:00 Fit Minds (P)</p> <p>1:00 Music Therapy with Meghan (HAR)</p> <p>1:30 Bridge Game * (P)</p> <p>2:00 Can Fit Pro Low Impact FIM Exercises Class (W)</p> <p>2:00 Music Therapy with Meghan (HER)</p> <p>3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS)</p> <p><b>7:00 Entertainment: Dale &amp; Company (B)</b></p>	<p>9:30 Go 4 Life Walking (OUT) <b>13</b></p> <p>10:30 Can Fit Pro Forever in Motion Exercise Class (W)</p> <p>2:00 Can Fit Pro Low Impact FIM Exercises Class (W)</p> <p>3:15 Mini Manicures with Life Enrichment (P)</p> <p>6:45 Bridge Game * (P)</p> <p>7:00 Crokinole (BN)</p>	<p>9:30 Go 4 Life Walking (OUT) <b>14</b></p> <p>10:00 Wii Golf (W)</p> <p>10:00 Bible Study (Everyone Welcome!) (PD)</p> <p>10:30 Chair Yoga with Rebecca Whitrow (P)</p> <p><b>11:00 Shopping Vendor: 5th Avenue Jewelry (11:00 AM-4:30 PM) (F)</b></p> <p>2:00 DrumFIT (W)</p> <p>3:00 Happy Hour feat. Pear Blue Cheese &amp; Bacon Pizza (P)</p> <p><b>7:00 Entertainment: Regina Heritage Fiddlers (B)</b></p> <p>7:00 Crokinole (BN)</p>	<p>9:30 Go 4 Life Walking (OUT) <b>15</b></p> <p><b>9:30 Wii Bowling League Begins (Check Your Schedule)* (W)</b></p> <p>10:30 Can Fit Pro Forever in Motion Exercise Class (W)</p> <p>11:15 Current Events &amp; Coffee with Rylie (no Annette Today) (LB)</p> <p>2:00 Artful Enrichment: Card Making - Leaf Frame Watercolor Painting (P)</p> <p><b>3:00 Interdenominational Church Service (B)</b></p> <p><b>7:30 Rider Game: EDM @ SSK (P)</b></p>	<p><i>Oktoberfest Begins</i> <b>16</b></p> <p>9:30 Go 4 Life Walking (OUT)</p> <p>10:30 DrumFIT (W)</p> <p>1:00 Fit Minds in Harbour House (HAR)</p> <p>1:30 Knitting Club (W)</p> <p>2:00 Fit Minds in Heritage House (HER)</p> <p>2:00 Open House (2:00-4:00 PM) (EB)</p> <p><b>6:30 Armchair Travel with Rick Steves: Germany's Black Forest and Cologne (P)</b></p>



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<p>9:30 Go 4 Life Walking (OUT) <b>17</b></p> <p>10:00 Sunday Morning Coffee Party (B)</p> <p><b>1:00 Sunday Fun-Day Outing with Len: My Big Fat Greek Wedding 3 Movie at Cineplex Southland (Time TBD; sign up by Sept. 11th)* (V)</b></p> <p>2:00 Table Tennis (PHL)</p> <p><b>6:30 Movie Night: The Bucket List (P)</b></p>	<p><b>Weekly Activity Challenge 18</b> <b>Due Date: Fall Words Cryptogram (P)</b></p> <p>9:30 Go 4 Life Walking (OUT)</p> <p>10:30 Can Fit Pro Forever in Motion Exercise Class (W)</p> <p>2:00 Bingo (P)</p> <p>3:15 Shuffleboard Practice Game (P)</p> <p>6:45 Canasta (P)</p>	<p>9:00 Tuesday Morning Coffee Party feat. Pear Cinnamon Fritters from The Everyday Kitchen (B) <b>19</b></p> <p>9:30 Go 4 Life Walking (OUT)</p> <p>10:00 Fit Minds (P)</p> <p><b>12:00 Ladies Luncheon with Jolene: Sandwiches, Salads &amp; Dainties* (PD)</b></p> <p>1:00 Music Therapy with Meghan (HAR)</p> <p>1:30 Cribbage Game* (P)</p> <p>2:00 Can Fit Pro Low Impact FIM Exercises Class (W)</p> <p>2:00 Music Therapy with Meghan (HER)</p> <p>3:00 Tchy Tuesdays (Phone Life Enrichment for assistance) (IS)</p> <p><b>7:00 Entertainment- Ken Nagel's Musical Buddies (B)</b></p>	<p>9:30 Go 4 Life Walking (OUT) <b>20</b></p> <p><b>9:30 Shuffleboard League Begins (Check Your Schedule)* (P)</b></p> <p>10:30 Can Fit Pro Forever in Motion Exercise Class (W)</p> <p>2:00 Can Fit Pro Low Impact FIM Exercises Class (W)</p> <p>3:15 Colouring &amp; Conversation with Rylie (P)</p> <p>6:45 Bridge Game* (P)</p> <p>7:00 Crokinole (BN)</p>	<p>9:30 Go 4 Life Walking (OUT) <b>21</b></p> <p>10:00 Wii Golf (W)</p> <p>10:00 Scarecrow Mason Jar Craft with Rylie (E)</p> <p>10:00 Bible Study (Everyone Welcome!) (PD)</p> <p>10:30 Chair Yoga with Rebecca Whitrow (P)</p> <p><b>12:00 Men's Club Luncheon with Glenn: Beef Wellington, Mashed Potatoes and Veggies* (PD)</b></p> <p>2:00 DrumFIT (W)</p> <p>3:00 Oktoberfest Happy Hour (P)</p> <p><b>6:30 Movie Night: Life or Something Like It (P)</b></p> <p>7:00 Crokinole (BN)</p>	<p>No LE Staff Today <b>22</b></p> <p><b>No Wii Bowling Today (W)</b></p> <p>9:30 Go 4 Life Walking (OUT)</p> <p>10:30 Can Fit Pro Forever in Motion Exercise Class with Tammy (W)</p> <p>11:15 Current Events &amp; Coffee with Annette (LB)</p> <p><b>2:00 Catholic Mass (P)</b></p> <p><b>5:00 Rider Game: OTT @ SSK (P)</b></p>	<p>9:30 Go 4 Life Walking (OUT) <b>23</b></p> <p>10:30 DrumFIT (W)</p> <p>1:00 Fit Minds in Harbour House (HAR)</p> <p>1:30 Knitting Club (W)</p> <p><b>2:00 Sing-Along with Bill Quick &amp; Joan Schneider (B)</b></p> <p>3:30 Meet Me at the MoMA Lecture: Gustav Klimt (P)</p> <p><b>6:30 Netflix Documentary: Working: What We Do All Day - Ep. 3: Dream Jobs (P)</b></p>
<p>9:30 Go 4 Life Walking (OUT) <b>24</b></p> <p>10:00 Sunday Morning Coffee Party (B)</p> <p><b>1:30 Sunday Fun-Day Outing with Len: Lumsden Valley Scenic Drive &amp; To See the Scarecrows From the Festival* (V)</b></p> <p>2:00 Billiards (PHL)</p> <p><b>6:30 Movie Night: Benji (P)</b></p>	<p><b>Weekly Activity Challenge 25</b> <b>Due Date: Pear Word Search (P)</b></p> <p>9:30 Go 4 Life Walking (OUT)</p> <p>10:30 Can Fit Pro Forever in Motion Exercise Class (W)</p> <p>2:00 Bingo (P)</p> <p>3:15 Sing-Along with Clint feat. Pear Crisp (F)</p> <p>6:45 Canasta (P)</p>	<p>9:00 Tuesday Morning Coffee Party (B) <b>26</b></p> <p>9:30 Go 4 Life Walking (OUT)</p> <p>10:00 Fit Minds (P)</p> <p>1:00 Music Therapy with Meghan (HAR)</p> <p>1:30 Bridge Game* (P)</p> <p>2:00 Can Fit Pro Low Impact FIM Exercises Class (W)</p> <p>2:00 Music Therapy with Meghan (HER)</p> <p>3:00 Tchy Tuesdays (Phone Life Enrichment for assistance) (IS)</p> <p>3:30 Artful Enrichment: Autumn &amp; Fall Art Presentation (P)</p> <p><b>7:00 Entertainment: Billy Young (B)</b></p>	<p>9:30 Go 4 Life Walking (OUT) <b>27</b></p> <p>9:30 Shuffleboard League (Check Your Schedule) (P)</p> <p>10:30 Can Fit Pro Forever in Motion Exercise Class (W)</p> <p><b>1:00 Outing with Rylie: Victoria Square Mall Fashion Show (1:00-3:00 PM, sign up by Sept. 16th)* (V)</b></p> <p>2:00 Can Fit Pro Low Impact FIM Exercises Class (W)</p> <p>3:15 Mini Manicures with Life Enrichment (P)</p> <p>6:45 Bridge Game* (P)</p> <p>7:00 Crokinole (BN)</p>	<p>National Strawberry Cream Pie Day <b>28</b></p> <p>9:30 Go 4 Life Walking (OUT)</p> <p>10:00 Wii Golf (W)</p> <p>10:00 Bible Study (Everyone Welcome!) (PD)</p> <p>10:30 Chair Yoga with Rebecca Whitrow (P)</p> <p><b>12:00 New Resident Luncheon (By Invitation Only) (PD)</b></p> <p>2:00 DrumFIT (W)</p> <p>3:00 Happy Hour feat. Okanagan Pear Cider (P)</p> <p><b>5:00 Supper Outing with Rylie: Chop Steakhouse* (V)</b></p> <p>7:00 Crokinole (BN)</p>	<p>9:30 Go 4 Life Walking (OUT) <b>29</b></p> <p>9:30 Wii Bowling League (Check Your Schedule) (W)</p> <p>10:30 Can Fit Pro Forever in Motion Exercise Class (W)</p> <p>11:15 Current Events &amp; Coffee with Annette (LB)</p> <p><b>1:30 New Resident Life Enrichment Orientation (Everyone Welcome) (P)</b></p> <p><b>3:15 Monthly Birthday Party (P)</b></p> <p>7:00 Entertainment: Amigos (B)</p> <p>8:30 Rider Game: SSK @ BC (P)</p>	<p><i>Orange Shirt Day (in honour of the children who lost their lives at Residential Schools)</i> <b>30</b></p> <p>9:30 Go 4 Life Walking (OUT)</p> <p>10:30 DrumFIT (W)</p> <p>1:00 Fit Minds in Harbour House (HAR)</p> <p>1:30 Knitting Club (W)</p> <p>2:00 Fit Minds in Heritage House (HER)</p> <p><b>3:00 TED Talk &amp; Discussion with Rylie: Canadian Shame: A History of Residential Schools (P)</b></p> <p><b>6:30 Netflix Documentary: Working: What We Do All Day - Ep. 4: The Boss (P)</b></p>



Be Social

Locations Legend

- Prairie Schooner (P)
- Wascana Way - 3rd FL. (W)
- Outside (OUT)
- Bistro (B)
- Harbour House (HAR)
- Heritage House (HER)
- Breakfast Nook (BN)
- Private Dining Room (PD)
- Van Service (V)
- Library (LB)
- Fireplace Lounge (F)
- Pool Hall Lounge (PHL)
- In Suite (IS)
- Education Room - 2nd Fl. (E)
- Dining Room (D)
- Entire Building (EB)

Calendar Legend

- Outing
- Special Program
- Sign up Required \*
- Theme Day
- Living, Loving, Local
- Signature Program
- Highlight