



INSPIRED SENIOR LIVING

October 2023 Wintergreene Estates



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>National Seniors Day 1</p> <p>9:30 Go 4 Life Walking (OUT)</p> <p>10:00 Sunday Morning Coffee Party (B)</p> <p>1:30 Sunday Fun-Day Outing with Len: Dutch Growers & Coffee at Tim Hortons* (V)</p> <p>2:00 Table Tennis (PHL)</p> <p>6:30 Movie Night: The Half of It (P)</p>	<p>Weekly Activity Challenge Due Date: 9 Pumpkins Puzzle (P) 2</p> <p>Active Aging Week (EB)</p> <p>9:30 Go 4 Life Walking (OUT)</p> <p>10:30 Can Fit Pro Forever in Motion Exercise Class (F)</p> <p>2:00 Bingo (P)</p> <p>3:15 Fireside Chat with Chef Amy: Energy Foods (F)</p> <p>6:45 Canasta (P)</p>	<p>Active Aging Week (EB) 3</p> <p>Oktoberfest Ends</p> <p>Global Diversity Awareness Month</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 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>3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS)</p> <p>3:45 Thanksgiving Activity with Rylie (HAR)</p> <p>7:00 Entertainment: Polka Power Gus (B)</p>	<p>Active Aging Week (EB) 4</p> <p>9:30 Go 4 Life Walking (OUT)</p> <p>9:30 Shuffleboard League (Check Your Schedule) (P)</p> <p>10:30 Can Fit Pro Forever in Motion Exercise Class (F)</p> <p>2:00 Can Fit Pro Low Impact FIM Exercises Class (W)</p> <p>3:15 Colouring & Conversation with Rylie: Collaborative Fall Colouring (P)</p> <p>6:45 Bridge Game * (P)</p> <p>7:00 Crokinole (BN)</p>	<p>Active Aging Week (EB) 5</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>10:00 Margie Pearce: Thanksgiving Jam and Knit Sale (10 AM-4 PM) (F)</p> <p>10:30 Chair Yoga with Rebecca Whitrow (P)</p> <p>2:00 Resident Forum (W)</p> <p>3:00 Happy Hour (P)</p> <p>7:00 Crokinole (BN)</p> <p>7:00 Entertainment: Elvis Tribute Artist Bruce Andrew Stewart *NEW* (B)</p>	<p>Active Aging Week (EB) 6</p> <p>World Smile Day</p> <p>9:30 Go 4 Life Walking (OUT)</p> <p>10:30 Can Fit Pro Forever in Motion Exercise Class (F)</p> <p>11:15 Current Events & Coffee with Annette (LB)</p> <p>1:30 Wii Bowling League (Check Your Schedule) (W)</p> <p>4:30 Living Loving Local Dinner: Pumpkin (D)</p> <p>6:30 Netflix Documentary: Live to 100: Secrets of the Blue Zones Ep. 1 & 2 (P)</p>	<p>Active Aging Week (EB) 7</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>5:00 Rider Game: HAM @ SSK (P)</p>
<p>Active Aging Week (EB) 8</p> <p>9:30 Go 4 Life Walking (OUT)</p> <p>10:00 Sunday Morning Coffee Party (B)</p> <p>11:30 Thanksgiving Brunch (D)</p> <p>2:00 Billiards (PHL)</p> <p>6:30 Netflix Documentary: The Game Changers (P)</p>	<p>Thanksgiving Day 9</p> <p>No Van Service Today</p> <p>No LE Staff Today</p> <p>9:30 Go 4 Life Walking (OUT)</p> <p>6:45 Board Games Night *NEW* (Resident-led) (P)</p>	<p>Weekly Activity Challenge Due Date: A Thanksgiving Feast Word Search (P) 10</p> <p>World Mental Health Day</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>2:45 Meditation & Chat with Tammy (W)</p> <p>3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS)</p> <p>7:00 Entertainment: SRW Trio (B)</p>	<p>9:30 Go 4 Life Walking (OUT) 11</p> <p>9:30 Shuffleboard League (Check Your Schedule) (P)</p> <p>10:30 Can Fit Pro Forever in Motion Exercise Class (F)</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) 12</p> <p>10:00 Wii Golf (W)</p> <p>10:00 Bible Study (Everyone Welcome!) (PD)</p> <p>10:00 Shopping Vendor: Hand-knit/Felt Hats, Slippers & Bags (10 AM-3 PM) (F)</p> <p>10:30 Chair Yoga with Rebecca Whitrow (P)</p> <p>2:00 DrumFIT (W)</p> <p>3:00 Happy Hour (P)</p> <p>6:30 Netflix Documentary: Live to 100: Secrets of the Blue Zones Ep. 3 & 4 (P)</p> <p>7:00 Crokinole (BN)</p>	<p>9:30 Go 4 Life Walking (OUT) 13</p> <p>10:00 Artful Enrichment with Rylie: Fall Birch Tree Acrylic Painting (E)</p> <p>10:30 Can Fit Pro Forever in Motion Exercise Class (F)</p> <p>11:15 Current Events & Coffee with Annette (LB)</p> <p>1:30 Wii Bowling League (Check Your Schedule) (W)</p> <p>2:00 Catholic Mass (P)</p> <p>3:00 Thanksgiving Bingo (P)</p> <p>7:30 Rider Game: SSK @ CGY (P)</p>	<p>National Dessert Day 14</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 Entertainment: Celebration Singers (B)</p> <p>6:30 Netflix Documentary: Predators Ep. 1 - Cheetah (P)</p>
<p>9:30 Go 4 Life Walking (OUT) 15</p> <p>10:00 Sunday Morning Coffee Party (B)</p> <p>1:30 Sunday Fun-Day Outing with Len: Over the Hill Orchards for Pie* (V)</p> <p>2:00 Table Tennis (PHL)</p> <p>6:30 Movie Night: Love at First Sight (P)</p>	<p>Weekly Activity Challenge Due Date: Halloween Word Scramble (P) 16</p> <p>9:30 Go 4 Life Walking (OUT)</p> <p>10:30 Can Fit Pro Forever in Motion Exercise Class (F)</p> <p>2:00 Entertainment: Call It Yesterday (B)</p> <p>6:45 Canasta (P)</p>	<p><i>Breast Cancer Awareness Month: Wear Pink Today</i> 17</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>10:00 Pumpkin Bowling (HER)</p> <p>1:00 Music Therapy with Meghan (HAR)</p> <p>1:30 Pumpkin Picking with Rylie at Lincoln Gardens* (V)</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 Techy Tuesdays (Phone Life Enrichment for assistance) (IS)</p> <p>6:30 Netflix Short: The Wonderful Story of Henry Sugar (P)</p>	<p>9:30 Go 4 Life Walking (OUT) 18</p> <p>9:30 Shuffleboard League (Check Your Schedule) (P)</p> <p>10:30 Can Fit Pro Forever in Motion Exercise Class (F)</p> <p>2:00 Can Fit Pro Low Impact FIM Exercises Class (W)</p> <p>3:15 Colouring & 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) 19</p> <p>10:00 Wii Golf (W)</p> <p>10:00 Bible Study (Everyone Welcome!) (PD)</p> <p>10:00 Pumpkin Spice Timbit & Coffee Social (HH)</p> <p>10:30 Chair Yoga with Rebecca Whitrow (P)</p> <p>11:00 Shopping Vendor: 5th Avenue Jewelry (11 AM- 4 PM) (F)</p> <p>2:00 DrumFIT (W)</p> <p>3:00 Happy Hour (P)</p> <p>6:30 Netflix Documentary: Bad Sport (Gold War: Episode 4) (P)</p> <p>7:00 Crokinole (BN)</p>	<p>9:30 Go 4 Life Walking (OUT) 20</p> <p>10:30 Can Fit Pro Forever in Motion Exercise Class (F)</p> <p>11:15 Current Events & Coffee with Annette (LB)</p> <p>1:30 Wii Bowling League (Check Your Schedule) (W)</p> <p>2:00 Pumpkin Patch Jeopardy (P)</p> <p>3:00 Interdenominational Church Service (B)</p> <p>5:00 Supper Outing with Rylie: Houston Pizza Hill Avenue* (V)</p>	<p>National Apple Day 21</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 Rider Game: TOR @ SSK (P)</p> <p>6:30 Netflix Documentary: Predators Ep. 2 - Lion (P)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 Go 4 Life Walking (OUT) 22</p> <p>10:00 Sunday Morning Coffee Party (B)</p> <p>1:30 Sunday Fun-Day Outing with Len: Casino Regina * (V)</p> <p>2:00 Billiards (PHL)</p> <p>6:30 Movie Night: Rumor has it... (P)</p>	<p>Weekly Activity Challenge 23 Due Date: Halloween Crossword (P)</p> <p>Pumpkin Candy Jar Guess (RA)</p> <p>9:30 Go 4 Life Walking (OUT)</p> <p>10:30 Can Fit Pro Forever in Motion Exercise Class (F)</p> <p>2:00 Bingo (P)</p> <p>6:45 Board Games Night (P)</p>	<p>Pumpkin Candy Jar Guess (RA) 24</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>1:30 Shopping Vendor: Northern Reflections (1:30-3 PM) (F)</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>3:45 Artful Enrichment: Yarn Pumpkins with Rylie (HER)</p> <p>7:00 Entertainment: Ken Nagel's Musical Buddies (B)</p>	<p>Pumpkin Candy Jar Guess (RA) 25</p> <p>9:30 Go 4 Life Walking (OUT)</p> <p>9:30 Shuffleboard League (Check Your Schedule) (P)</p> <p>10:30 Can Fit Pro Forever in Motion Exercise Class (F)</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>Pumpkin Candy Jar Guess (RA) 26</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>2:00 DrumFIT (W)</p> <p>3:00 Happy Hour feat. Pumpkin Ale (P)</p> <p>7:00 Crokinole (BN)</p> <p>7:00 Entertainment: Jerry & the Attrics (B)</p>	<p>Pumpkin Candy Jar Guess (RA) 27</p> <p>9:30 Go 4 Life Walking (OUT)</p> <p>10:30 Can Fit Pro Forever in Motion Exercise Class (F)</p> <p>11:15 Current Events & Coffee with Annette (LB)</p> <p>1:30 Wii Bowling League (Check Your Schedule) (W)</p> <p>2:00 Catholic Mass (P)</p> <p>3:15 Monthly Birthday Party (P)</p> <p>7:00 Entertainment: Boomtown (B)</p>	<p>Pumpkin Candy Jar Guess (RA) 28</p> <p>9:30 Go 4 Life Walking (OUT)</p> <p>10:30 DrumFIT (W)</p> <p>11:00 Shopping Vendor: Avon (11 AM-4 PM) (F)</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 Sing Along with Bill Quick & Joan Schneider (B)</p> <p>3:00 Meet Me at the MOMA: Edvard Munch - The Scream Pastel Drawing with Rylie (P)</p> <p>6:30 Netflix Documentary: Predators Ep. 3 - Puma (P)</p>

<p>Pumpkin Candy Jar Guess (RA) 29</p> <p>Grandparents Day</p> <p>9:30 Go 4 Life Walking (OUT)</p> <p>10:00 Sunday Morning Coffee Party (B)</p> <p>1:30 Sunday Fun-Day Outing with Len: Floral Conservatory* (V)</p> <p>2:00 Table Tennis (PHL)</p> <p>6:30 Movie Night: Hubie Halloween (P)</p>

<p>Pumpkin Candy Jar Guess (RA) 30</p> <p>Weekly Activity Challenge Due Date: Halloween Cryptogram (P)</p> <p>Global Diversity Awareness Month</p> <p>9:30 Go 4 Life Walking (OUT)</p> <p>10:30 Can Fit Pro Forever in Motion Exercise Class (F)</p> <p>2:00 Halloween Bingo (P)</p> <p>6:45 Canasta (P)</p>

<p>Halloween 31 <i>Wear Your Halloween Costumes or Orange & Black Attire</i></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 Whist Game *NEW** (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>7:00 Entertainment: Larry, Cup O' Joe's & What's Her Name feat. Halloween Desserts (B)</p>
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Be Grateful

- Locations Legend**
- Prairie Schooner (P)
 - Outside (OUT)
 - Wascana Way - 3rd FL. (W)
 - Bistro (B)
 - Fireplace Lounge (F)
 - Heritage House (HER)
 - Harbour House (HAR)
 - Breakfast Nook (BN)
 - Reception Area (RA)

- Van Service (V)
- Entire Building (EB)
- Pool Hall Lounge (PHL)
- In Suite (IS)
- Private Dining Room (PD)
- Library (LB)
- Dining Room (D)
- Education Room - 2nd Fl. (E)
- HouseHolds (HH)

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