



INSPIRED SENIOR LIVING

# November 2023 Wintergreene Estates



INSPIRED SENIOR LIVING WITH Verve

| Sunday   | Monday  | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday   |
|--|---|---|--|---|--|--|
|  <p><b>National Family Caregivers Month</b></p>  |   |   | <p>National Family Caregivers Month <b>1</b></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 &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>2</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>2:00 Remembrance Day Service (B)</b></p> <p><b>3:00 Veterans Appreciation Happy Hour (P)</b></p> <p>7:00 Crokinole (BN)</p> <p><b>7:00 Entertainment: Garnet &amp; Jean Ripplinger *NEW* (B)</b></p>  | <p>National Sandwich Day <b>3</b></p> <p>9:30 Go 4 Life Walking (OUT)</p> <p>10:00 Artfull Enrichment Presentation: Art of War (P)</p> <p>10:30 Can Fit Pro Forever in Motion Exercise Class (F)</p> <p>11:15 Current Events &amp; Coffee with Annette (LB)</p> <p>1:30 Wii Bowling League (Check Your Schedule) (W)</p> <p><b>4:30 Living Loving Local Dinner: Honey (D)</b></p> <p><b>6:30 Movie Night: Tick Tick Boom (P)</b></p> | <p>9:30 Go 4 Life Walking (OUT) <b>4</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>1:30 Rawlco Radio &amp; The MacKenzie Art Gallery Free Admission Day with Rylie (V)</b></p> <p>2:00 Fit Minds in Heritage House (HER)</p> <p><b>6:30 Netflix Documentary: Predators Ep. 5 - Wild Dogs (P)</b></p> |
| <p>9:30 Go 4 Life Walking (OUT) <b>5</b></p> <p>10:00 Sunday Morning Coffee Party (B)</p> <p><b>11:00 Sunday Fun-Day Outing with Len: Lunch at Deja Vu Café Moose Jaw* (V)</b></p> <p><b>1:30 Open Bridge Game (Resident Led) (P)</b></p> <p>2:00 Billiards (PHL)</p> <p><b>6:30 Movie Night: The Mirror Has Two Faces (P)</b></p>       | <p><b>Weekly Activity Challenge Due Date: Remembrance Day Crossword (P)</b></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>9:00 Tuesday Morning Coffee Party (B) <b>7</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: Kristian Wenaus (B)</b></p>  | <p>9:30 Go 4 Life Walking (OUT) <b>8</b></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) <b>9</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>10:30 Shopping Vendor: Marilyn Butler Clothing &amp; More (F)</b></p> <p><b>2:00 Resident Forum (W)</b></p> <p>2:00 Fit Minds (HH)</p> <p>3:00 Happy Hour (P)</p> <p>7:00 Crokinole (BN)</p> <p><b>7:00 Entertainment: Memory 'Laine (B)</b></p>    | <p><b>No Can Fit Pro Forever in Motion Exercise Class Today (F)</b></p> <p>9:30 Go 4 Life Walking (OUT)</p> <p><b>10:00 Lorraine Elliot Craft Sale (10 AM-2 PM) (F)</b></p> <p>11:15 Current Events &amp; Coffee with Annette (LB)</p> <p>1:30 Wii Bowling League (Check Your Schedule) (W)</p> <p><b>2:00 Catholic Mass (P)</b></p> <p>6:45 Artful Enrichment: Poppy Watercolor Painting with Rylie (P)</p>                         | <p>Remembrance Day <b>11</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>3:30 Meet me at the MOMA Lecture: Van Gogh's Poppies (P)</p> <p><b>6:30 Netflix Movie: The Last Days (P)</b></p>                               |
| <p>Diwali <b>12</b></p> <p>9:30 Go 4 Life Walking (OUT)</p> <p>10:00 Sunday Morning Coffee Party (B)</p> <p><b>11:15 Remembrance Day Buffet (D)</b></p> <p><b>12:45 Sunday Fun-Day Outing with Len: La Macaron for Coffee &amp; Dessert* (V)</b></p> <p>2:00 Table Tennis (PHL)</p> <p><b>6:30 Movie Night: Marie Antoinette (P)</b></p> | <p><b>Weekly Activity Challenge Due Date: Remembrance Day Word Scramble (P)</b></p> <p>World Kindness 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>2:00 Bingo (P)</p> <p>6:45 Canasta (P)</p> | <p>No Fit Minds Today (Packages Will Be Delivered) (P) <b>14</b></p> <p><b>Flu Shots &amp; Covid Boosters (Refer To Your Scheduled Times) (P)</b></p> <p>National Diabetes Month</p> <p>9:00 Tuesday Morning Coffee Party (B)</p> <p>9:30 Go 4 Life Walking (OUT)</p> <p>1:00 Music Therapy with Meghan *LAST DAY* (HAR)</p> <p><b>1:30 Cribbage Game (Location Change Today)* (BN)</b></p> <p>2:00 Can Fit Pro Low Impact FIM Exercises Class (W)</p> <p>2:00 Music Therapy with Meghan *LAST DAY* (HER)</p> <p>3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS)</p> <p><b>7:00 Entertainment: The Nightingales Wartime Tribute (B)</b></p> | <p>9:30 Go 4 Life Walking (OUT) <b>15</b></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 &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>16</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: Sharon Baldry, Christmas Wreaths &amp; Decor (11AM - 3PM) (F)</b></p> <p>2:00 DrumFIT (W)</p> <p>2:00 Fit Minds (HH)</p> <p>3:00 Happy Hour (P)</p> <p>7:00 Crokinole (BN)</p> <p><b>7:00 Entertainment: Amigos (B)</b></p> | <p>9:30 Go 4 Life Walking (OUT) <b>17</b></p> <p>10:30 Can Fit Pro Forever in Motion Exercise Class (F)</p> <p>11:15 Current Events &amp; Coffee with Annette (LB)</p> <p>1:30 Wii Bowling League (Check Your Schedule) (W)</p> <p><b>3:00 Interdenominational Church Service (B)</b></p> <p><b>6:30 Movie Night: NYAD (P)</b></p>   | <p>9:30 Go 4 Life Walking (OUT) <b>18</b></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: Voices of Fire- Ep. 1 &amp; 2 (P)</b></p>  |




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| Sunday   | Monday  | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday   |
|--|---|---|--|--|---|--|
| <p>9:30 Go 4 Life Walking (OUT) <b>19</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 Billiards (PHL)</p> <p><b>5:00 110th Grey Cup Championship Game @ Tim Hortons Field in Hamilton (P)</b></p> | <p><b>Weekly Activity Challenge Due Date: Football Stadium Word Search (P) 20</b></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>9:00 Tuesday Morning Coffee Party (B) <b>21</b></p> <p>9:30 Go 4 Life Walking (OUT)</p> <p>10:00 Fit Minds (P)</p> <p><b>12:00 Ladies Luncheon: Sandwiches, Salads &amp; Dainties* (PD)</b></p> <p>1:30 Bridge Game* (P)</p> <p>2:00 Can Fit Pro Low Impact FIM Exercises Class (W)</p> <p>3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS)</p> <p><b>7:00 Entertainment: Polka Power Gus (B)</b></p> | <p>9:30 Go 4 Life Walking (OUT) <b>22</b></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) <b>23</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>12:00 Men's Club Luncheon: Duck Special Guest Marty* (PD)</b></p> <p>2:00 DrumFIT (W)</p> <p>2:00 Fit Minds (HH)</p> <p>3:00 Happy Hour feat. Prairie Bee Meadery Traditional Bee Honey Wine (P)</p> <p>7:00 Crokinole (BN)</p> <p><b>7:00 Entertainment: Jerry &amp; the Attrics (B)</b></p> | <p>9:30 Go 4 Life Walking (OUT) <b>24</b></p> <p>10:30 Can Fit Pro Forever in Motion Exercise Class (F)</p> <p>11:15 Current Events &amp; Coffee with Annette (LB)</p> <p>1:30 Wii Bowling League (Check Your Schedule) (W)</p> <p><b>2:00 Catholic Mass (P)</b></p> <p><b>3:15 Monthly Birthday Party (P)</b></p> <p><b>4:30 Supper Outing with Rylie: Luiggi's Pasta House* (V)</b></p> <p><b>7:30 TED Talk &amp; Discussion with Rylie: 3 Practices for Wisdom &amp; Wholeness (P)</b></p> | <p>9:30 Go 4 Life Walking (OUT) <b>25</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>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>3:30 Meet me at the MoMA Lecture: Emily Carr (P)</p> <p><b>6:30 Netflix Documentary: Voices of Fire- Ep. 3 &amp; 4 (P)</b></p> |
| <p><b>National Cake Day (EB) 26</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: Dutch Growers* (V)</b></p> <p>2:00 Table Tennis (PHL)</p> <p><b>6:30 Movie Night: Look Both Ways (P)</b></p>     | <p><b>Weekly Activity Challenge Due Date: A Game of Two Halves Crossword (P) 27</b></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 Canasta (P)</p>         | <p><b>No Techy Tuesday Today (IS) 28</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>1:30 Bridge &amp; Canasta Game* (P)</p> <p>2:00 Can Fit Pro Low Impact FIM Exercises Class (W)</p> <p><b>2:30 Volunteer Appreciation Tea (By Invitation Only) (PD)</b></p> <p><b>7:00 Entertainment: Jim Woytuik (B)</b></p>                                | <p>9:30 Go 4 Life Walking (OUT) <b>29</b></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 &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>30</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>2:00 DrumFIT (W)</p> <p>2:00 Fit Minds (HH)</p> <p>3:00 Happy Hour (P)</p> <p>7:00 Crokinole (BN)</p> <p><b>7:00 Entertainment: David Lowey (B)</b></p>  |  <p><b>Remembrance Day</b></p>  |  |



**SUNDAY NOV 12**

**Diwali**

**Be Grateful**

**Locations Legend**

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

**Calendar Legend**

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