



INSPIRED SENIOR LIVING

December 2023

Wintergreene Estates



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
|  <p>MONDAY DEC 25</p> <p>Christmas Day</p> |  <p>SUNDAY DEC 31</p> <p>New Years Eve</p> | | | | <p>Go 4 Life Walking (Resident led; indoors or outdoors) 1</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 Supper Outing with Rylie: Olive Garden* (V)</p> <p>7:00 TED Talk & Discussion with Rylie: How We Used Christmas Lights to Fight a War (P)</p> | <p>Month of Giving 2</p> <p>Go 4 Life Walking (Resident led; indoors or outdoors)</p> <p>10:30 DrumFIT (W)</p> <p>1:00 Music Therapy with Meghan (Rescheduled Date) (HAR)</p> <p>1:30 Knitting Club (W)</p> <p>2:00 Entertainment: Two-Step (B)</p> <p>2:00 Music Therapy with Meghan (Rescheduled Date) (HER)</p> <p>3:45 Artfull Enrichment: Life in Winter Art Presentation (P)</p> |
| <p>Go 4 Life Walking (Resident led; indoors or outdoors) 3</p> <p>10:00 Sunday Morning Coffee Party (B)</p> <p>1:30 Sunday Fun-Day Outing with Len: Floral Conservatory* (V)</p> <p>1:30 Open Bridge Game (Resident Led) (P)</p> <p>2:00 Billiards (PHL)</p> <p>6:30 Movie Night: Family Switch (P)</p> | <p>Weekly Activity Challenge Due Date: Christmas Scrambler (P) 4</p> <p>Go 4 Life Walking (Resident led; indoors or outdoors)</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>Go 4 Life Walking (Resident led; indoors or outdoors) 5</p> <p>9:00 Tuesday Morning Coffee Party (B)</p> <p>10:00 Fit Minds (P)</p> <p>11:00 Shopping Vendor: Fifth Avenue Jewelry (11AM-4PM) (F)</p> <p>1:30 Whist 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>7:00 Entertainment: Billy Young (B)</p> | <p>No AM CanFit Exercises Today (F) 6</p> <p>Go 4 Life Walking (Resident led; indoors or outdoors)</p> <p>9:30 Shuffleboard League (Check Your Schedule) (P)</p> <p>10:00 Entertainment: St. Mary School Christmas Concert (Grades 3 & 8) (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>Hanukkah 7</p> <p>Go 4 Life Walking (Resident led; indoors or outdoors)</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>1:00 Resident Forum *TIME CHANGE TODAY* (W)</p> <p>2:00 Entertainment: SaskTel Choir (B)</p> <p>2:00 Fit Minds (HH)</p> <p>3:00 Happy Hour (P)</p> <p>6:30 Movie Night: American Underdog The Kurt Warner Story (P)</p> <p>7:00 Crokinole (BN)</p> | <p>Hanukkah 8</p> <p>National Brownie Day</p> <p>Go 4 Life Walking (Resident led; indoors or outdoors)</p> <p>10:30 Can Fit Pro Forever in Motion Exercise Class (F)</p> <p>11:15 Current Events & Coffee with Jolene (no Annette today) (LB)</p> <p>1:30 Wii Bowling League (Check Your Schedule) (W)</p> <p>2:00 Catholic Mass (P)</p> <p>2:30 Brownie Social (B)</p> <p>4:30 Living Loving Local Dinner: Cranberry (D)</p> <p>6:45 Artfull Enrichment: Tapped Snowflake Painting (P)</p> | <p>Hanukkah 9</p> <p>Go 4 Life Walking (Resident led; indoors or outdoors)</p> <p>10:30 DrumFIT (W)</p> <p>1:00 Fit Minds in Harbour House (No Rylie Today) (HAR)</p> <p>1:15 Outing with Len: Martin Collegiate Musical Legally Blonde* (V)</p> <p>1:30 Knitting Club (W)</p> <p>2:00 Fit Minds in Heritage House (No Rylie Today) (HER)</p> <p>2:00 Lois Fry Memorial Wine & Cheese Event (Come & Go from 2-4PM) (P)</p> <p>6:30 Netflix Documentary: Nailed It Holiday Special - S2. Ep. 1, 2, & 3 (P)</p> |
| <p>Hanukkah 10</p> <p>Go 4 Life Walking (Resident led; indoors or outdoors)</p> <p>10:00 Sunday Morning Coffee Party (B)</p> <p>2:00 Table Tennis (PHL)</p> <p>2:30 Sing-Along with Sheila and Bill Quick (B)</p> <p>6:30 Movie Night: Deck the Halls (P)</p> | <p>Hanukkah 11</p> <p>Weekly Activity Challenge Due Date: Christmas Joy Crossword (P)</p> <p>Go 4 Life Walking (Resident led; indoors or outdoors)</p> <p>10:30 Can Fit Pro Forever in Motion Exercise Class (F)</p> <p>2:00 Entertainment: Hymn Sing Ministry Christmas Program (B)</p> <p>6:45 Canasta (P)</p> | <p>Hanukkah 12</p> <p>Gingerbread House Day</p> <p>Go 4 Life Walking (Resident led; indoors or outdoors)</p> <p>9:00 Tuesday Morning Coffee Party (B)</p> <p>10:00 Fit Minds (P)</p> <p>10:00 Shopping Vendor: Shar-It Snacks & Gifts (10AM-4PM) (F)</p> <p>1:30 Bridge Game * (P)</p> <p>1:30 Gingerbread Cookie Decorating with Jolene & Donna (HAR)</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>7:00 Entertainment: Jim Woytuik (B)</p> | <p>Hanukkah 13</p> <p>12 Days of Christmas</p> <p>'Tis the Season!: Wear Your Red & Green Attire</p> <p>Go 4 Life Walking (Resident led; indoors or outdoors)</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>6:30 Twinkle Tour with Rylie (South of Dewdney) (V)</p> <p>6:45 Bridge Game * (P)</p> <p>7:00 Crokinole (BN)</p> | <p>Hanukkah 14</p> <p>12 Days of Christmas</p> <p>Christmas Celebration Dinner Theme: Dress to Impress</p> <p>Go 4 Life Walking (Resident led; indoors or outdoors)</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>4:00 Christmas Celebration Cocktail Hour (P)</p> <p>5:15 Christmas Celebration Dinner (D)</p> <p>7:00 Entertainment: Regina Mandolin Orchestra (B)</p> | <p>Hanukkah 15</p> <p>12 Days of Christmas</p> <p>National Ugly Christmas Sweater Day: Wear Your Ugliest Christmas Sweaters</p> <p>Go 4 Life Walking (Resident led; indoors or outdoors)</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>3:00 Interdenominational Church Service (B)</p> <p>6:30 Netflix Documentary: Nailed It Holiday Special - S2. Ep. 4, 5, & 6 (P)</p> | <p>12 Days of Christmas 16</p> <p>Candy Cane Lane: Wear Red & White Attire</p> <p>Go 4 Life Walking (Resident led; indoors or outdoors)</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>3:00 Artfull Enrichment: Watercolor Christmas Cards with Rylie (P)</p> <p>6:30 Michael Bubl s Christmas in the City (P)</p> |



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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|--|---|---|
| <p><i>12 Days of Christmas</i> 17 Season of Light: Wear Christmas Decorations Go 4 Life Walking (Resident led; indoors or outdoors) 10:00 Sunday Morning Coffee Party (B) 2:00 Billiards (PHL) 6:30 Sunday Fun-Day Outing with Len: Twinkle Tour (North of Dewdney) * (V) 6:30 Movie Night: Best. Christmas. Ever! (P)</p> | <p><i>12 Days of Christmas</i> 18 Weekly Activity Challenge Due Date: Christmas Party Word Search (P) <i>Tree Toppers: Wear Christmas Headwear</i> Bake Cookies Day Go 4 Life Walking (Resident led; indoors or outdoors) 10:30 Can Fit Pro Forever in Motion Exercise Class (F) 2:00 Christmas Bingo (P) 3:15 Sing-Along with Clint feat. Baked Cookies (F) 6:45 Board Games Night (P)</p> | <p><i>12 Days of Christmas</i> 19 <i>Christmas Warmth: Flannels and Plaid</i> Go 4 Life Walking (Resident led; indoors or outdoors) 9:00 Tuesday Morning Coffee Party (B) 10:00 Fit Minds (P) 1:30 Gingerbread Cookie Decorating with Rylie (HER) 1:30 Cribbage Game * (P) 2:00 Can Fit Pro Low Impact FIM Exercises Class (W) 3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS) 3:30 Christmas Jeopardy (P) 7:00 Entertainment: Capo (B)</p> | <p><i>12 Days of Christmas</i> 20 <i>Christmas Vacation: Wear Vacation Clothing i.e. Hawaiian Shirt</i> Staff Christmas Door Contest Voting (P) No AM CanFit Pro Exercises Today (F) Go 4 Life Walking (Resident led; indoors or outdoors) 9:30 Shuffleboard League (Check Your Schedule) (P) 10:00 Entertainment: St. Mary School Christmas Concert (Grades 1 & 7) (B) 2:00 Can Fit Pro Low Impact FIM Exercises Class (W) 3:15 Mini Manicures with Life Enrichment (P) 6:45 Bridge Game * (P) 7:00 Crokinole (BN)</p> | <p><i>12 Days of Christmas</i> 21 Staff Christmas Door Contest Voting (P) <i>Elf Day: Hats, Stripes, Glitter, Pointy Ears, etc.</i> Go 4 Life Walking (Resident led; indoors or outdoors) 10:00 Wii Golf (W) 10:00 Bible Study (Everyone Welcome!) (PD) 10:30 Chair Yoga with Rebecca Whitrow (P) 2:00 DrumFIT (W) 2:00 Entertainment: Christmas Carolers (B) 2:00 Fit Minds (HH) 3:00 Happy Hour feat. Beafeater Red Coat Cocktails (P) 7:00 Crokinole (BN) 7:00 Entertainment: Gail (soloist) *NEW* (B)</p> | <p><i>12 Days of Christmas</i> 22 Staff Christmas Door Contest Voting (P) <i>Ho! Ho! Ho!: Wear a Santa Hat or Shirt</i> Go 4 Life Walking (Resident led; indoors or outdoors) 10:30 Can Fit Pro Forever in Motion Exercise Class (F) 11:15 Current Events & Coffee with Annette (LB) 1:30 Wii Bowling League LAST DAY (Check Your Schedule) (W) 7:00 Entertainment: Boomtown (B)</p> | <p><i>12 Days of Christmas</i> 23 Staff Christmas Door Contest Voting (P) <i>Rudolph Day: Wear Red Attire and Your Best Antlers</i> Go 4 Life Walking (Resident led; indoors or outdoors) 10:30 DrumFIT (W) 1:00 Fit Minds in Harbour House (HAR) 1:30 Knitting Club (W) 2:00 Fit Minds in Heritage House (HER) 2:00 Entertainment: Meghan & Brenda Bowman *NEW* (B) 3:30 Meet Me at the MoMa Lecture: Raphael (P) 6:30 The Dean Martin & Frank Sinatra Christmas Show (P)</p> |
| <p><i>12 Days of Christmas</i> 24 Christmas Eve (EB) <i>'Twas The Night Before Christmas: Wear Your Christmas Pajamas</i> National Egg Nog Day (B) Go 4 Life Walking (Resident led; indoors or outdoors) 10:00 Sunday Morning Coffee Party (B) 2:00 Table Tennis (PHL) 6:30 Concert Movie Night: Christmas with Andre Rieu (P)</p> | <p>Christmas Day (EB) 25 No Van Service Today No Life Enrichment Staff Today <i>Wear Christmas Attire Today</i> Go 4 Life Walking (Resident led; indoors or outdoors) 6:30 Christmas Movie Night: Miracle on 34th St. (P)</p> | <p>Boxing Day 26 No Life Enrichment Staff Today Salon Closed Today (SAL) Kwanzaa Go 4 Life Walking (Resident led; indoors or outdoors) 9:00 Tuesday Morning Coffee Party (B) 6:30 Armchair Travel with Rick Steves: European Christmas (P)</p> | <p>Weekly Activity Challenge Due 27 Date: Can You Name That Tune? (P) Go 4 Life Walking (Resident led; indoors or outdoors) 9:30 Shuffleboard League (Check Your Schedule) (P) 10:30 Can Fit Pro Forever in Motion Exercise Class (F) 2:00 Can Fit Pro Low Impact FIM Exercises Class (W) 3:15 Colouring & Conversation with Rylie (P) 6:45 Bridge Game * (P) 7:00 Crokinole (BN)</p> | <p>Go 4 Life Walking (Resident led; indoors or outdoors) 28 10:00 Wii Golf (W) 10:00 Bible Study (Everyone Welcome!) (PD) 10:30 Chair Yoga with Rebecca Whitrow (P) 12:00 New Resident Luncheon (By Invitation Only) (PD) 2:00 DrumFIT (W) 2:00 Fit Minds (HH) 3:00 Happy Hour (P) 7:00 Crokinole (BN) 7:00 Entertainment: Amigos (B)</p> | <p>Go 4 Life Walking (Resident led; indoors or outdoors) 29 10:30 Can Fit Pro Forever in Motion Exercise Class (F) 11:15 Current Events & Coffee with Annette (LB) 1:30 Life Enrichment Department Meeting (All Residents Welcome!) (P) 3:15 Monthly Birthday Party (P) 5:00 Supper Outing with Rylie: The Keg* (V) 7:30 Board Games with Rylie (P)</p> | <p>Go 4 Life Walking (Resident led; indoors or outdoors) 30 10:30 DrumFIT (W) 1:00 Fit Minds in Harbour House (HAR) 1:30 Knitting Club (W) 2:00 Fit Minds in Heritage House (HER) 3:30 Meet Me at the MoMa Lecture: Casper David Friedrich (P) 6:30 Movie Night: Barry (P)</p> |
| <p>New Year's Eve 31 Go 4 Life Walking (Resident led; indoors or outdoors) 10:00 Sunday Morning Coffee Party (B) 2:00 Billiards (PHL) 4:30 New Year's Eve Celebration Dinner (D) 7:00 Entertainment: New Year's Eve with SRW Trio (B)</p> | <p>Be Grateful</p> | | | | <p><u>Locations Legend</u></p> <p>Prairie Schooner (P) Wascana Way - 3rd FL. (W) Bistro (B) Fireplace Lounge (F) Van Service (V) Breakfast Nook (BN) Harbour House (HAR) Heritage House (HER)</p> <p>Library (LB) Pool Hall Lounge (PHL) Private Dining Room (PD) In Suite (IS) HouseHolds (HH) Dining Room (D) Entire Building (EB) Salon (SAL)</p> | <p><u>Calendar Legend</u></p> <p>Outing Special Program Sign up Required * Theme Day Living, Loving, Local Signature Program Highlight</p> |