



INSPIRED SENIOR LIVING

January 2024 Wintergreene Estates



INSPIRED SENIOR LIVING WITH Verve

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	New Year's Day 1 No Van Service Today No Life Enrichment Staff Today (EB) Go 4 Life Walking (Resident run; indoors or outdoors) 2:00 Concert Movie Matinee: Andre Rieu New Year's in Vienna (P) 6:45 Board Games Night (P)	Weekly Activity Challenge Due Date: Happy New Year Word Search (P) 2 Go 4 Life Walking (Resident run; indoors or outdoors) 9:00 Tuesday Morning Coffee Party (B) 10:00 Fit Minds (P) 1:30 Bridge Game * (P) 2:00 Can Fit Pro Low Impact FIM Exercises Class (W) 3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS) 6:45 TED Talk & Discussion with Rylie: Glenn Close: My Mission to Change the Narrative of Mental Health (P)	Go 4 Life Walking (Resident run; indoors or outdoors) 3 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 Mini Manicures with Life Enrichment (P) 6:45 Bridge Game * (P) 7:00 Crokinole (BN)	National Trivia Day 4 Go 4 Life Walking (Resident run; indoors or outdoors) 10:00 Wii Golf (W) 10:00 Bible Study (Everyone Welcome!) (PD) 10:30 Chair Yoga with Rebecca Whitrow (P) 1:15 Living Loving Local Carrot Trivia with Prizes (P) 2:00 Resident Forum (W) 2:00 Fit Minds (HH) 3:00 Happy Hour (P) 7:00 Crokinole (BN) 7:00 Entertainment: Heather Ross (B)	Go 4 Life Walking (Resident run; indoors or outdoors) 5 10:30 Can Fit Pro Forever in Motion Exercise Class (F) 11:15 Current Events & Coffee with Annette (LB) 2:00 Artful Enrichment: Monochromatic Mountains Acrylic Painting (E) 4:30 Living Loving Local Dinner: Carrots (D) 6:45 Wii Games with Rylie (W)	Go 4 Life Walking (Resident run; indoors or outdoors) 6 10:30 DrumFIT (W) 1:00 Fit Minds in Harbour House (HAR) 1:30 Pins, Needles & Chat (Everyone Welcome) (W) 2:00 Fit Minds in Heritage House (HER) 3:00 Crafty Corner with Rylie (E) 6:30 Documentary Wildlife Safaris: Savannah Journeys (P)
Meet me at the MoMa: Jean-Paul Riopelle (Printout) (LB) 7 Go 4 Life Walking (Resident run; indoors or outdoors) 10:00 Sunday Morning Coffee Party (B) 1:30 Open Bridge Game (Resident Led) (P) 2:00 Table Tennis (PHL) 2:00 Sunday Fun-Day Outing with Len: Coffee & Book Date at Indigo/Starbucks* (V) 6:30 Movie Night: Elvis (P)	Weekly Activity Challenge Due Date: S-N-O-W-F-L-A-K-E (P) 8 Elvis Presley's Birthday Go 4 Life Walking (Resident run; indoors or outdoors) 10:00 Brain Games (Resident Run) *New* (P) 10:30 Can Fit Pro Forever in Motion Exercise Class (F) 2:00 Bingo (P) 6:45 Canasta, Cribbage & Whist *NEW* (P) 7:15 Entertainment: Jamie Gass (Elvis Tribute) (B)	Go 4 Life Walking (Resident run; indoors or outdoors) 9 9:00 Tuesday Morning Coffee Party (B) 10:00 Fit Minds (P) 1:30 Canasta Game * (P) 2:00 Can Fit Pro Low Impact FIM Exercises Class (W) 3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS) 7:00 Entertainment: Jim Harty (B)	Go 4 Life Walking (Resident run; indoors or outdoors) 10 9:30 Shuffleboard League *LAST DAY* (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)	Go 4 Life Walking (Resident run; indoors or outdoors) 11 10:00 Wii Golf (W) 10:00 Bible Study (Everyone Welcome!) (PD) 10:15 Current Events & Coffee with Jolene (HAR) 10:30 Chair Yoga with Rebecca Whitrow (P) 2:00 DrumFIT (W) 2:00 Fit Minds (HH) 3:00 Happy Hour (P) 7:00 Crokinole (BN)	Go 4 Life Walking (Resident run; indoors or outdoors) 12 10:30 Can Fit Pro Forever in Motion Exercise Class (F) 11:15 Current Events & Coffee with Annette (LB) 2:00 Catholic Mass (P) 2:30 Wii Bowling Game * (W) 6:45 Cribbage Games with Rylie (P)	Go 4 Life Walking (Resident run; indoors or outdoors) 13 10:30 DrumFIT (W) 1:00 Fit Minds in Harbour House (No Rylie Today) (HAR) 1:30 Pins, Needles & Chat (Everyone Welcome) (W) 2:00 Fit Minds in Heritage House (No Rylie Today) (HER) 2:30 Board Games (Everyone Welcome) (P) 6:30 Documentary: Journey of a Lifetime: Australia to the Americas (P)
Artful Enrichment: Printmaking Presentation (Printout) (LB) 14 Go 4 Life Walking (Resident run; indoors or outdoors) 10:00 Sunday Morning Coffee Party (B) 1:15 Sunday Fun-Day Outing with Len: RSO Free Library Concert Series: Brahms Duett* (V) 2:00 Billiards (PHL) 6:30 Movie Night Hollywood Classics: Mcintock! (P)	National Hat Day: Wear Your Favorite Hat Today! 15 Weekly Activity Challenge Due Date: Carrots Word Scramble (P) Martin Luther King Jr. Day Go 4 Life Walking (Resident run; indoors or outdoors) 10:00 Brain Games (P) 10:30 Can Fit Pro Forever in Motion Exercise Class (F) 2:00 Bingo (P) 3:30 BBC Face to Face Martin Luther King Jr. Interview (1961) (P) 6:45 Board Games Night (P) 7:00 Entertainment: Friendly Folk (B)	Go 4 Life Walking (Resident run; indoors or outdoors) 16 9:00 Tuesday Morning Coffee Party (B) 10:00 Fit Minds (P) 12:00 Ladies Luncheon: Sandwiches, Salads & Dainties* (PD) 1:30 Bridge Game * (P) 2:00 Can Fit Pro Low Impact FIM Exercises Class (W) 3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS) 5:00 Supper Outing with Rylie: Applebee's * (V) 6:30 Documentary Journey of a Lifetime: Europe and the Middle East (P)	Go 4 Life Walking (Resident run; indoors or outdoors) 17 10:00 Craft with Rylie: No Sew Sock Bunnies (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 Mini Manicures with Life Enrichment (P) 6:45 Bridge Game * (P) 7:00 Crokinole (BN)	Go 4 Life Walking (Resident run; indoors or outdoors) 18 10:00 Wii Golf (W) 10:00 Bible Study (Everyone Welcome!) (PD) 10:15 Current Events & Coffee with Jolene (HER) 10:30 Chair Yoga with Rebecca Whitrow (P) 12:00 Men's Club Luncheon: Greek Platter (Guest TBD)* (PD) 2:00 DrumFIT (W) 2:00 Fit Minds (HH) 3:00 Happy Hour (P) 7:00 Crokinole (BN) 7:00 Entertainment: Ken Nagel's Musical Buddies (B)	National Popcorn Day 19 Go 4 Life Walking (Resident run; indoors or outdoors) 10:30 Can Fit Pro Forever in Motion Exercise Class (F) 11:15 Current Events & Coffee with Annette (LB) 1:30 Movie Matinee with Fresh Popcorn: Riders of the Whistling Pines (P) 3:00 Interdenominational Church Service (B) 6:45 Crafty Corner with Rylie (E)	Go 4 Life Walking (Resident run; indoors or outdoors) 20 10:30 DrumFIT (W) 1:00 Fit Minds in Harbour House (HAR) 1:30 Pins, Needles & Chat (Everyone Welcome) (W) 2:00 Fit Minds in Heritage House (HER) 3:00 Library Outing with Rylie - George Bothwell Branch (V) 6:30 Movie Night: Long Story Short (P)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Meet me at the MoMa: Stan Douglas (Printout) (LB) 21</p> <p>Go 4 Life Walking (Resident run; indoors or outdoors)</p> <p>10:00 Sunday Morning Coffee Party (B)</p> <p>1:30 Sunday Fun-Day Outing with Len: Moonlight Movies Cinemas: Movie TBD* (V)</p> <p>2:00 Table Tennis (PHL)</p> <p>6:30 Netflix Documentary: WHAM! (P)</p>	<p>Weekly Activity Challenge Due Date: Carrots Word Scramble (P) 22</p> <p>Go 4 Life Walking (Resident run; indoors or outdoors)</p> <p>10:00 Brain Games (P)</p> <p>10:30 Can Fit Pro Forever in Motion Exercise Class (F)</p> <p>2:00 Entertainment: Dale & Company (B)</p> <p>6:45 Canasta, Cribbage & Whist (P)</p>	<p>Go 4 Life Walking (Resident run; indoors or outdoors) 23</p> <p>9:00 Tuesday Morning Coffee Party (B)</p> <p>10:00 Fit Minds (P)</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>3:30 Life Enrichment Men's Program Meeting (P)</p> <p>6:00 Bingo (Rescheduled from Yesterday) (P)</p> <p>7:15 Hillsdale Baptist Youth Group Visits (B)</p>	<p>Go 4 Life Walking (Resident run; indoors or outdoors) 24</p> <p>10:00 Go 4 Life Walking with Rylie (Weather Permitting) (OUT)</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>2:30 Walker Safety Talk with Tom from Motion (P)</p> <p>3:15 Colouring & Conversation with Rylie (P)</p> <p>6:30 Crokinole Tournament (BN)</p> <p>6:45 Bridge Game * (P)</p>	<p>Robbie Burns Day 25</p> <p>Go 4 Life Walking (Resident run; 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>12:00 New Resident Luncheon (By Invitation Only) (PD)</p> <p>2:00 DrumFIT (W)</p> <p>2:00 Fit Minds (HH)</p> <p>3:00 Robbie Burns Celebration Happy Hour (P)</p> <p>5:00 Supper Outing with Rylie: The Cottage* (V)</p> <p>7:00 Crokinole (BN)</p>	<p>Go 4 Life Walking (Resident run; indoors or outdoors) 26</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>2:00 Catholic Mass *Location Change Today* (W)</p> <p>7:00 Entertainment: Jerry & the Attrics (B)</p>	<p>National Chocolate Cake Day 27</p> <p>Go 4 Life Walking (Resident run; indoors or outdoors)</p> <p>10:30 DrumFIT (W)</p> <p>1:00 Fit Minds in Harbour House (HAR)</p> <p>1:30 Pins, Needles & Chat (Everyone Welcome) (W)</p> <p>2:00 Fit Minds in Heritage House (HER)</p> <p>2:30 Wii Bowling Game * (W)</p> <p>3:15 Monthly Birthday Party (P)</p> <p>6:30 Open Craft Night (Choose Your Own Adventure, Supplies Provided) (E)</p>
<p>Artful Enrichment: Norwegian Art Presentation (Printout) (LB) 28</p> <p>Go 4 Life Walking (Resident run; indoors or outdoors)</p> <p>10:00 Sunday Morning Coffee Party (B)</p> <p>2:00 Billiards (PHL)</p> <p>2:00 Sunday Fun-Day Outing with Len: Scenic Drive Through SE Regina & The Everyday Kitchen Coffee Stop* (V)</p> <p>6:30 Movie Night: Monster-in-Law (P)</p>	<p>Weekly Activity Challenge Due Date: Robert Burns Word Search (P) 29</p> <p>Go 4 Life Walking (Resident run; indoors or outdoors)</p> <p>10:00 Brain Games (P)</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 Board Games Night (P)</p>	<p>Go 4 Life Walking (Resident run; indoors or outdoors) 30</p> <p>9:00 Tuesday Morning Coffee Party (B)</p> <p>10:00 Fit Minds (P)</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>6:00 Bingo (Rescheduled from Yesterday) (P)</p> <p>7:30 TED Talk with Rylie: Maria Kalman: How to Find Humor in Life's Absurdity (P)</p>	<p>National Hot Chocolate Day 31</p> <p>Go 4 Life Walking (Resident run; indoors or outdoors)</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>2:30 Hot Chocolate & Cookie Social (B)</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>7:00 Entertainment: Billarney (B)</p>			

MONDAY
JAN 15

Martin Luther King Jr. Day

Be Grateful

Locations Legend

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

Calendar Legend

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