



INSPIRED SENIOR LIVING

February 2024 Wintergreene Estates



INSPIRED SENIOR LIVING WITH Verve

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h2>Black History Month</h2>	 <p>SATURDAY FEB 10</p> <h2>Lunar Year Dragon</h2>	<p>Black History Month (EB) 1</p> <p>10:00 Wii Golf (W) 10:00 Bible Study (Everyone Welcome!) (PD) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Chair Yoga with Rebecca Whitrow (P) 2:00 Resident Forum (W) 2:00 Fit Minds (HH) 3:00 Happy Hour (P) 6:45 Artful Enrichment: Influential Black Artist Presentation (P) 7:00 Crokinole (BN)</p>	<p>Groundhog Day (EB) 2 <i>Wear Red Day</i></p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Can Fit Pro Forever in Motion Exercise Class (F) 11:15 Current Events & Coffee with Annette (LB) 2:30 Wii Bowling Game * (W) 4:30 Living Loving Local Dinner: Potato (D) 6:30 Movie Night: Robin Roberts Presents Mahalia (P)</p>	<p>Fit Minds in Harbour House (HH) 3</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 DrumFIT (W) 1:00 Artful Enrichment: Collaborative Valentines Coloring with Rylie (HAR) 1:30 Hooked on Pins & Needles (Everyone Welcome) (W) 2:00 How To Avoid Scams Presentation with Shaye Ruecker (P) 2:30 Artful Enrichment: Dabbed Heart Painting with Rylie (HER) 6:30 YouTube Documentary: Gold: A Journey with Idris Elba (P)</p>		
<p>10:00 Sunday Morning Coffee Party (B) 4</p> <p>10:00 Meet me at the MoMA: Jin-me Yoon (Printout Presentation) (LB)</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>1:30 Open Bridge Game (Resident Led) (P)</p> <p>1:30 Sunday Fun-Day Outing with Len: Casino Regina* (V)</p> <p>2:00 Table Tennis (PHL)</p> <p>6:30 Movie Night: Annie (P)</p>	<p>Weekly Activity Challenge Due Date: Black History Month Word Search (P) 5</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:00 Brain Games (Resident-led) (P)</p> <p>10:30 Can Fit Pro Forever in Motion Exercise Class (F)</p> <p>2:00 Bingo (P)</p> <p>3:30 Walker Safety Talk with Tom from Motion (P)</p> <p>6:45 Canasta, Cribbage & Whist (P)</p>	<p>9:00 Tuesday Morning Coffee Party (B) 6</p> <p>10:00 Fit Minds (P)</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>1:30 Cribbage 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: David Lowey (B)</p>	<p>Sweetheart Spirit Week 7 <i>On Wednesdays We Wear Pink (Wear pink attire today)</i></p> <p>10:00 Go for Life Walking with Rylie (Weather Permitting) (OUT)</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:30 Can Fit Pro Forever in Motion Exercise Class (F)</p> <p>1:30 Documentary Matinee: Journey of a Lifetime: Africa & Asia (P)</p> <p>2:00 Can Fit Pro Low Impact FIM Exercises Class (W)</p> <p>2:30 Motion Complimentary Walker Tune-up Clinic (2:30-3:30PM) (P)</p> <p>3:15 Colouring & Valentine's Card Making with Rylie (E)</p> <p>6:45 Bridge Game * (P)</p> <p>7:00 Crokinole (BN)</p>	<p>Sweetheart Spirit Week 8 <i>Love For Your Favourite Team (Wear Your Gear To Support Your Team)</i></p> <p>10:00 Wii Golf (W)</p> <p>10:00 Bible Study (Everyone Welcome!) (PD)</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:30 Chair Yoga with Rebecca Whitrow (P)</p> <p>11:00 Shopping Vendor: Fifth Avenue Jewelry (11:00 AM- 4:00 PM) (F)</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>Sweetheart Spirit Week 9 <i>Love To Be Comfortable (Wear Pjs or Comfy Attire)</i></p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</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 (P)</p> <p>3:15 Artful Enrichment: Koi Fish Watercolor Painting with Rylie (P)</p> <p>6:30 Movie Night: Queen Bees (P)</p> <p>6:45 Wii Games with Rylie (W)</p>	<p>Sweetheart Spirit Week 10 <i>Lunar New Year Wear Red & Gold Today in Honour of the Lunar New Year</i></p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:30 DrumFIT (W)</p> <p>1:00 Fit Minds in Harbour House (HAR)</p> <p>1:30 Hooked on Pins & Needles (Everyone Welcome) (W)</p> <p>2:00 Fit Minds in Heritage House (HER)</p> <p>2:00 Sing Along with Joan & Ken (B)</p> <p>3:15 Artful Talks: Art from Asia with Rylie (P)</p> <p>6:30 YouTube Documentary: The Power of Love with Morgan Freeman (P)</p>
<p>Sweetheart Spirit Week 11 <i>Status Day: Wear Red If You Are Taken, Yellow If It's Complicated & Green If You Are Single</i></p> <p>10:00 Sunday Morning Coffee Party (B)</p> <p>10:00 Artful Talk: Artistic Kisses (Printout Presentation) (LB)</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>11:30 Lunar New Year Brunch (11:30AM-1:15PM) (D)</p> <p>1:30 Sunday Fun-Day Outing with Len: Floral Conservatory, Island Tranquility Display* (V)</p> <p>2:00 Billiards (PHL)</p> <p>5:30 Super Bowl LVIII Party: San Francisco 49ers vs. Kansas City Chiefs (P)</p>	<p>Sweetheart Spirit Week 12 <i>Weekly Activity Challenge Due Date: Lunar New Year Word Scramble (P)</i></p> <p><i>Spread the Love: Wear A Shirt With A Positive Message</i></p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:00 Brain Games (Resident-led) (P)</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>Sweetheart Spirit Week 13 <i>Galentine's Day Mardi Gras Twin It With a Gal Pal Today</i></p> <p>9:00 Tuesday Morning Coffee Party (B)</p> <p>10:00 Fit Minds (P)</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</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>7:00 Entertainment: SRW Trio (B)</p>	<p>Sweetheart Spirit Week 14 <i>Valentine's Day Wear Red, White and/or Pink Attire</i></p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:30 Can Fit Pro Forever in Motion Exercise Class (F)</p> <p>2:00 Sweetheart Social feat. Entertainment by Larry, Cup O' Joes & What's Her Name (D)</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>15</p> <p>10:00 Wii Golf (W)</p> <p>10:00 Bible Study (Everyone Welcome!) (PD)</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</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>7:00 Entertainment: Billy Young (B)</p>	<p>16</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</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>3:00 Interdenominational Church Service (B)</p> <p>6:30 Armchair Travel to Iran with Rick Steves (P)</p>	<p>17</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:30 DrumFIT (W)</p> <p>1:00 Fit Minds in Harbour House (HAR)</p> <p>1:30 Hooked on Pins & Needles (Everyone Welcome) (W)</p> <p>2:00 Fit Minds in Heritage House (HER)</p> <p>2:00 Entertainment: Celebration Singers (B)</p> <p>6:30 YouTube Documentary: The Power of Miracles The Story of God with Morgan Freeman (P)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Sunday Morning Coffee Party (B) 18</p> <p>10:00 Meet me at the MoMA: Jinny Yu (Printout Presentation) (LB)</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>2:00 Table Tennis (PHL)</p> <p>2:00 Sunday Fun-Day Outing with Len: Dairy Queen for Ice Cream Treats* (V)</p> <p>6:30 Movie Night: Fiddler on the Roof (P)</p>	<p>Family Day 19</p> <p>No Van Service Today</p> <p>No Life Enrichment Staff Today</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:00 Brain Games (Resident-led) (P)</p> <p>6:45 Canasta, Cribbage & Whist (P)</p>	<p>Weekly Activity Challenge Due Date: Potato Word Scramble (P) 20</p> <p>9:00 Tuesday Morning Coffee Party (B)</p> <p>10:00 Fit Minds (P)</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>1:30 Canasta 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>3:00 Spring Shuffleboard League Sign-Up (\$5 to sign-up) (B)</p> <p>5:00 Supper Outing with Rylie: The Cottage* (V)</p> <p>7:15 Hillsdale Baptist Youth Visits (B)</p>	<p><i>Mardi Gras: Wear Masks, Beads, Green, Purple & Gold attire (EB) 21</i></p> <p>10:00 Go for Life Walking with Rylie (Weather Permitting) (OUT)</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</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>3:00 Fall Leagues Wind-up Celebration (P)</p> <p>6:45 Bridge Game * (P)</p> <p>7:00 Crokinole (BN)</p>	<p>10:00 Wii Golf (W) 22</p> <p>10:00 Bible Study (Everyone Welcome!) (PD)</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:30 Chair Yoga with Tammy de Laforest (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><i>3:00 Happy Hour feat. Margaritas (P)</i></p> <p>7:00 Crokinole (BN)</p> <p>7:00 Entertainment: Heritage Fiddlers (B)</p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 23</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 New Resident Life Enrichment Orientation (Everyone Welcome) (P)</p> <p>2:00 Catholic Mass (P)</p> <p>3:15 Monthly Birthday Party (P)</p> <p><i>4:30 Italian Themed Dinner (D)</i></p> <p>6:30 Armchair Travel to Siena and Tuscany's Wine Country with Rick Steves (P)</p> <p>6:45 Cribbage Games with Rylie (BN)</p> <p><i>7:30 Armchair Travel to Venice and Its Lagoon with Rick Steves (P)</i></p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 24</p> <p>10:30 DrumFIT (W)</p> <p>1:30 Hooked on Pins & Needles (Everyone Welcome) (W)</p> <p>2:00 Harbour House Family Social (HAR)</p> <p>2:00 Heritage House Family Social (HER)</p> <p>2:30 Wii Bowling Game* (W)</p> <p>6:30 YouTube Documentary: The March of Freedom The Story of Us with Morgan Freeman (P)</p>
<p>10:00 Sunday Morning Coffee Party (B) 25</p> <p>10:00 Artful Talks: Love in Landscapes (Printout Presentation) (LB)</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>1:30 Sunday Fun-Day Outing with Len: Scenic Drive Through Cathedral/Lakeview with Coffee Stop at The French Press* (V)</p> <p>2:00 Billiards (PHL)</p> <p>6:30 Movie Night: Dr. Zhivago (P)</p>	<p>Weekly Activity Challenge Due Date: The Wee Snowman Word Ladder (P) 26</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:00 Brain Games (Resident-led) (P)</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) 27</p> <p>10:00 Fit Minds (P)</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</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>7:00 Entertainment: Marilyn Phillips (HAV)</p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 28</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>2:00 Armchair Travel with Bob Davies: Egypt, Israel & Gaza (P)</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>10:00 Wii Golf (W) 29</p> <p>10:00 Bible Study (Everyone Welcome!) (PD)</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</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>7:00 Artful Enrichment: Panda Paint Night (P)</p>	<p>MONDAY FEB 19 Family Day</p>	

THURSDAY
FEB 22

National Margarita Day

Be your best self

Locations Legend

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

Calendar Legend

Outing

Special Program

Sign up Required *

Theme Day

Living, Loving, Local

Signature Program

Highlight