



INSPIRED SENIOR LIVING

March 2024 Wintergreene Estates



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>FRIDAY MAR 8</p> <p>International Women's Day</p>	 <p>SUNDAY MAR 17</p> <p>St. Patrick's Day</p>				<p><i>Dress in Blue Day</i> 1</p> <p><i>National Nutrition Month (EB)</i></p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:00 Can Fit Pro Forever in Motion Exercise Class (F)</p> <p>10:30 Shuffleboard Practice with Rylie (P)</p> <p>10:45 Current Events & Coffee with Annette (LB)</p> <p>2:30 Wii Bowling Game* (W)</p> <p>4:30 LLL Dinner Maple (D)</p> <p>6:30 Movie Night: Heaven is For Real (P)</p>	<p>National Banana Cream Pie Day 2</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>6:30 Netflix Documentary: The Greatest Night in Pop (P)</p>
<p>Meet me at the MoMa: Andy Warhol (Printout Presentation) (LB) 3</p> <p>10:00 Sunday Morning Coffee Party (B)</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: I'll See You In My Dreams (P)</p>	<p>Weekly Activity Challenge Due 4 Date: Mad for Maple Crossword (P)</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 Canasta, Cribbage & Whist (P)</p>	<p>9:00 Tuesday Morning Coffee Party (B) 5</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 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: Garnet & Jean Ripplinger (B)</p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 6</p> <p>10:00 Shuffleboard League Begins (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>10:00 Wii Golf (W) 7</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>12:00 Men's Luncheon: Steak Sandwich & A Pint With Special Guest John Stark* (PD)</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: Dale & Company (B)</p>	<p>International Women's Day (EB) 8</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:00 Can Fit Pro Forever in Motion Exercise Class (F)</p> <p>10:30 Dried Bean Mosaic Art with Rylie (P)</p> <p>10:45 Current Events & Coffee with Annette (LB)</p> <p>12:00 Ladies Luncheon: Soup, Sandwiches, Salads & Dainties* (PD)</p> <p>2:00 Catholic Mass (P)</p> <p>3:00 International Women's Day Trivia with Rylie (P)</p> <p>6:30 Movie Night: Feminists: What Were They Thinking? (P)</p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 9</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: Prairie Gale School of Irish Dance (B)</p> <p>6:30 Wildlife Safaris: Forest Adventures (P)</p>
<p>Artful Enrichment: Celebrity Portrait (Printout Presentation) (LB) 10</p> <p>Ramadan Starts (Ends April 8th)</p> <p>10:00 Sunday Morning Coffee Party (B)</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>1:15 Sunday Fun-Day Outing with Len: Scenic Drive Through Lumsden & Coffee Stop at Jane Dough's* (V)</p> <p>2:00 Billiards (PHL)</p> <p>6:30 Movie Night: The Devil Wears Prada (P)</p>	<p>Weekly Activity Challenge Due 11 Date: Saint Paddy's Sudoku (P)</p> <p>8:00 Diabetes Canada Donation Pickup (LB)</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 St. Patrick's Day Bingo (Payouts Are Doubled Today) (P)</p> <p>6:45 Board Games Night (P)</p>	<p>9:00 Tuesday Morning Coffee Party (B) 12</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>10:00 Margie's Easter Cookie & Jam Sale (10AM-3PM) (F)</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: Kristian Wenaus (B)</p>	<p>Lucky Charms Cereal Marshmallow Jar Guess (Guess # of Marshmallows) (RA) 13</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:00 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>Lucky Charms Cereal Marshmallow Jar Guess (Guess # of Marshmallows) (RA) 14</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>2:00 DrumFIT (W)</p> <p>3:00 St. Patrick's Day Happy Hour (P)</p> <p>7:00 Crokinole (BN)</p> <p>7:00 Entertainment: Larry, Cup O' Joe's & What's Her Name (B)</p>	<p>Lucky Charms Cereal Marshmallow Jar Guess (Guess # of Marshmallows) (RA) 15</p> <p>10:00 Can Fit Pro Forever in Motion Exercise Class (F)</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:45 Current Events & Coffee with Annette (LB)</p> <p>2:00 Trivia-Ireland (P)</p> <p>2:30 Wii Bowling Game* (W)</p> <p>3:00 Interdenominational Church Service (B)</p> <p>6:45 Artful Enrichment: St. Patrick's Day Fabric Wreath With Rylie (P)</p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 16</p> <p>10:30 DrumFIT (W)</p> <p>11:00 Shopping Vendor: Kathy from AVON (11am-4pm) (F)</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>3:00 Artful Enrichment: Clover Field Watercolor Painting with Rylie (P)</p> <p>6:30 Wildlife Safaris: Exploring Extremes (P)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>St. Patrick's Day (EB) 17 Meet me at the MoMA: Charles Jervas (Printout Presentation) (LB) 10:00 Sunday Morning Coffee Party (B) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 1:15 Sunday Fun-Day Outing with Len: RSO Free Library Concert Series* (V) 2:00 Table Tennis (PHL) 6:30 Movie Night: Belfast (P)</p>	<p>Weekly Activity Challenge Due 18 Date: St. Patrick's Day Crossword (P) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Brain Games (Resident-led) (P) 10:30 Can Fit Pro Forever in Motion Exercise Class (F) 2:00 Entertainment: Jim Woytuik (B) 6:45 Canasta, Cribbage & Whist (P)</p>	<p>9:00 Tuesday Morning Coffee Party (B) 19 10:00 Fit Minds (P) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 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) 5:00 Supper Outing with Rylie: Olive Garden* (V) 7:15 Board Games Night with Rylie (P)</p>	<p><i>International Day of Happiness (EB)</i> 20 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 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><i>Cruise Week (EB)</i> 21 <i>Location: Spain</i> <i>Wear Red & Yellow Clothing Today</i> International Day for Elimination of Racial Discrimination 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 "On The Ship Deck" with Rebecca Whitrow (P) 1:30 Armchair Travel with Rick Steves to Andalucía, The Best of Southern Spain (P) 2:00 DrumFIT On The Ship Deck (W) 3:00 Happy Hour feat. Spanish Tapas (P) 4:30 Cruise Week Opening Gala Dinner (D) 7:00 Entertainment: Jerry & the Attrics (B) 7:00 Crokinole "On The Ship Deck" (BN)</p>	<p><i>Cruise Week (EB)</i> 22 <i>Location: Morocco</i> <i>Wear Red & Green Clothing Today</i> 10:00 Can Fit Pro Forever in Motion Exercise Class (F) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:45 Current Events & Coffee with Annette (LB) 1:45 Making Moroccan Jewelry with Rylie (E) 2:00 Catholic Mass (P) 3:15 Monthly Birthday Party feat. Moroccan Desserts (P) 7:00 Entertainment: Boomtown (B)</p>	<p><i>Cruise Week (EB)</i> 23 <i>Location: Italy</i> <i>Wear Green, White, & Red Clothing Today</i> 9:00 Pasta Pieces Jar Guess (9AM-8:30PM) (RA) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Armchair Travel with Rick Steves to Italy's Amalfi Coast (P) 1:00 Fit Minds in Harbour House (HAR) 2:00 National Mediterranean Open House (2-4PM) (EB) 2:00 Fit Minds in Heritage House (HER) 2:30 DrumFIT Demo with Rylie (W) 6:30 Movie Night: Eat Pray Love (P)</p>
<p><i>Cruise Week (EB)</i> 24 Palm Sunday <i>Location: Türkiye</i> <i>Wear Red & White Clothing Today</i> 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Sunday Morning Coffee Party "On The Ship Deck" (B) 2:00 Billiards (PHL) 2:00 Armchair Travel with Rick Steves to Central Türkiye (P) 6:30 Armchair Travel with Rick Steves to Istanbul (P) 7:30 Armchair Travel with Rick Steves to Western Türkiye (P)</p>	<p><i>Cruise Week (EB)</i> 25 <i>Location: Greece</i> Weekly Activity Challenge Due Date: Greek Mythology Word Search (P) <i>Wear Blue & White Clothing Today</i> 10:00 Greek Mythology Brain Games (Resident-led) (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) 11:30 Captain's Lunch (D) 2:00 Greek Mythology Bingo (P) 3:15 Armchair Travel with Rick Steves to the Greek Islands: Santorini, Mykonos, & Rhodes (P) 6:30 Cruise Week Movie Night: Mamma Mia! (P) 6:45 Board Games Night *Location Change Tonight* (BN)</p>	<p><i>Cruise Week (EB)</i> 26 <i>Location: Croatia</i> <i>Wear Red, White, & Blue Clothing Today</i> 9:00 Tuesday Morning Coffee Party (B) 10:00 Fit Minds (P) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 1:30 Bridge Game * (P) 2:00 Can Fit Pro Low Impact FIM Exercises Class (W) 2:30 Chef's Demo: Croatian Fritters (B) 3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS) 7:00 Entertainment: Life Out Loud (B)</p>	<p><i>Cruise Week (EB)</i> 27 <i>Location: France</i> <i>Wear Stripe Shirts, Black Pants & Berets Today</i> No Shuffleboard Today. Continued Next Week. (P) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 France Scavenger Hunt (10:30AM-4:00PM; turn sheets into Life Enrichment) (MAI) 11:00 Staff Ring Toss with Perrier Bottles (B) 1:30 Movie Matinee: Chocolat (P) 2:00 Can Fit Pro Low Impact FIM Exercises Class (W) 2:30 Cocktails Hors D'Oeuvres (B) 5:00 Cruise Gala Dinner (D) 6:45 Bridge Game * (P) 7:00 Crokinole (BN)</p>	<p><i>Cruise Week (EB)</i> 28 Turn In Your Passports Today! (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 DrumFIT (W) 3:00 Happy Hour (P) 7:00 Crokinole (BN)</p>	<p>Good Friday (EB) 29 No Life Enrichment Staff Today No Van Service Today Salon is Closed Today (SAL) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Easter Brain Games (P)</p>	<p><i>National Take a Walk in the Park Day (EB)</i> 30 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 DrumFIT (W) 10:30 Easter Coloring with Rylie (P) 1:00 Easter Coloring with Rylie (HAR) 1:30 Hooked on Pins & Needles (Everyone Welcome) (W) 2:00 Sing Along with Joan & Ken (B) 3:30 Easter Craft with Rylie (HER) 6:30 Movie Night: Father Stu (P)</p>
<p>Easter Sunday : Happy Easter! (EB) 31 Artful Enrichment: Animals in Art (Printout Presentation) (LB) 10:00 Sunday Morning Coffee Party (B) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 1:30 Sunday Fun-Day Outing with Len: Scenic Drive Through White City & Coffee/Ice Cream Stop at The Sweet Life WC* (V) 2:00 Table Tennis (PHL) 4:30 Easter Dinner (D) 6:30 Movie Night: Little Women (P)</p>	<p><i>Be your best self</i></p>			<p>Locations Legend</p> <p>Prairie Schooner (P) Entire Building (EB) Wascana Way - 3rd FL. (W) Bistro (B) Fireplace Lounge (F) Library (LB) Breakfast Nook (BN) Van Service (V) Private Dining Room (PD) Dining Room (D)</p> <p>Harbour House (HAR) Heritage House (HER) Pool Hall Lounge (PHL) In Suite (IS) Reception Area (RA) Education Room - 2nd Fl. (E) Private Dining Room (PD) Main Floor (MAI) Salon (SAL)</p>		<p>Calendar Legend</p> <p>Outing Special Program Sign up Required * Theme Day Cruise Week Living, Loving, Local Signature Program Highlight</p>