



INSPIRED SENIOR LIVING

# April 2024 Wintergreene Estates



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	April Fool's Day <b>1</b> Parkinson's Awareness Month <b>Weekly Activity Challenge Due Date: Scrambled Eggs for Easter (P)</b> Easter Monday 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 Easter Bingo (payouts are doubled today!) (P) 6:45 Canasta, Cribbage & Whist (P)	9:00 Tuesday Morning Coffee Party (B) <b>2</b> 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 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) <b>3:00 Dog Therapy Visits with Karen &amp; Maya (F)</b> <b>7:15 Hillsdale Baptist Youth Group Visits (B)</b>	10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) <b>3</b> 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)	10:00 Wii Golf (W) <b>4</b> 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) <b>7:00 Entertainment: Amigos (B)</b>	10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) <b>5</b> 10:00 Can Fit Pro Forever in Motion Exercise Class (F) <b>10:45 Current Events &amp; Coffee with Rylie (No Annette Today) (LB)</b> 2:00 Artful Enrichment: Forget Me Nots with Rylie (E) 2:00 Wii Bowling Game* (W) <b>4:30 Living Loving Local Dinner: Egg (D)</b> <b>6:30 Open Craft Night (Choose Your Own Adventure, Supplies Provided) (E)</b>	10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) <b>6</b> 1:00 Fit Minds in Harbour House with Harbour Staff (HAR) 1:30 Hooked on Pins & Needles (Everyone Welcome) (W) 2:00 Fit Minds in Heritage House with Heritage Staff (HER) <b>2:00 Come &amp; Go Memorial Tea for Dolly Hay (2-4PM) (P)</b> <b>6:30 Netflix Documentary: American Symphony (P)</b>
World Health Day <b>7</b> Artful Enrichment Presentation: Leonardo Da Vinci (Print out 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) <b>1:30 Sunday Fun-Day Outing with Len: Southland Mall Walk &amp; Coffee Stop * (V)</b> 2:00 Billiards (PHL) <b>6:30 Movie Night: La Bamba (P)</b>	<b>Weekly Activity Challenge Due Date: Spring Crossword (P) 8</b> 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 Bingo (P) 6:45 Board Games Night (P)	9:00 Tuesday Morning Coffee Party (B) <b>9</b> 10:00 Fit Minds (P) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) <b>12:00 Ladies Luncheon feat. Fish &amp; Chips* (PD)</b> 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) <b>7:00 Entertainment: SRW Trio (B)</b>	10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) <b>10</b> 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 Mini Manicures with Life Enrichment (P) 6:45 Bridge Game * (P) 7:00 Crokinole (BN)	10:00 Wii Golf (W) <b>11</b> 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) <b>12:00 Men's Luncheon: Burgers &amp; Fries With Special Guest Gord Blommaert* (PD)</b> <b>2:00 Resident Forum (W)</b> 3:00 Happy Hour (P) 7:00 Crokinole (BN) <b>7:00 Entertainment: Musical Friends (B)</b>	10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) <b>12</b> 10:00 Can Fit Pro Forever in Motion Exercise Class (F) 10:45 Current Events & Coffee with Annette (LB) <b>2:00 Catholic Mass (P)</b> 3:00 Artful Minds Trivia with Rylie: Pop Art With Prizes (P) <b>6:30 Netflix Documentary: Surviving Paradise, A Family Tale (P)</b>	10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) <b>13</b> 10:30 DrumFIT (W) 1:00 Fit Minds in Harbour House (HAR) 1:30 Hooked on Pins & Needles (Everyone Welcome) (W) 2:00 Fit Minds in Heritage House (HER) <b>6:30 Movie Night: We Are Metis (P)</b>
Meet me at the MoMA: Famous Artists Africa (Printout Presentation) (LB) <b>14</b> 10:00 Sunday Morning Coffee Party (B) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) <b>1:30 Sunday Fun-Day Outing with Len: Floral Conservatory* (V)</b> 2:00 Table Tennis (PHL) <b>6:30 Movie Night: Patch Adams (P)</b>	<b>Weekly Activity Challenge Due Date: Egg-squisite Word Scramble (P) 15</b> 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 Bingo (P) 6:45 Canasta, Cribbage & Whist (P)	9:00 Tuesday Morning Coffee Party (B) <b>16</b> 10:00 Fit Minds (P) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 1:30 Whist Game * (P) 2:00 Can Fit Pro Low Impact FIM Exercises Class (W) 3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS) <b>3:00 Dog Therapy Visits with Karen &amp; Maya (F)</b> <b>7:00 Entertainment: Billy Young (B)</b>	10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) <b>17</b> 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)	10:00 Wii Golf (W) <b>18</b> 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) <b>11:00 Shopping Vendor: Fifth Avenue Jewelry (11:00 AM-4:00 PM) (F)</b> 2:00 DrumFIT (W) <b>2:15 Green Thumb Club Meeting (All Are Welcome!) (E)</b> 3:00 Happy Hour (P) 7:00 Crokinole (BN) <b>7:00 Entertainment: David Lowey (B)</b>	10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) <b>19</b> 10:00 Can Fit Pro Forever in Motion Exercise Class (F) 10:45 Current Events & Coffee with Annette (LB) 2:00 Artful Enrichment: Watching the Rain Watercolor Painting with Rylie (E) <b>2:00 Dining Services Town Hall (P)</b> <b>3:00 Interdenominational Church Service (B)</b> 6:30 Board Games Night with Rylie (P)	10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) <b>20</b> 10:30 DrumFIT (W) 1:00 Fit Minds in Harbour House (HAR) 1:30 Hooked on Pins & Needles (Everyone Welcome) (W) 2:00 Fit Minds in Heritage House (HER) <b>2:00 Sing Along with Joan &amp; Ken (B)</b> 3:00 Wii Bowling Game* (W) <b>6:30 Netflix Movie: I am Woman (P)</b>



INSPIRED SENIOR LIVING

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Tea Day <b>21</b></p> <p>Artfull Enrichment: Impressionism (Print out Presentation) (LB)</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><b>1:15 Sunday Fun-Day Outing with Len: RSO Free Library Concert Series (Central Library)* (V)</b></p> <p>2:00 Billiards (PHL)</p> <p><b>6:30 Movie Night: Tyson's Run (P)</b></p>	<p>Earth Day <b>22</b></p> <p>Passover</p> <p><b>Weekly Activity Challenge Due Date: Earth Day Every Day Word Search (P)</b></p> <p>Artfull Enrichment Week</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:00 Artfull Enrichment 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>Passover <b>23</b></p> <p>Artfull Enrichment Week</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 Tchy Tuesdays (Phone Life Enrichment for assistance) (IS)</p> <p>3:30 Artful Enrichment: Planet Earth Painting with Rylie (E)</p> <p>7:00 Entertainment: Marilyn Phillips (B)</p>	<p>Passover <b>24</b></p> <p>Artfull Enrichment Week</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><b>5:00 Supper Outing with Rylie: London Belle* (V)</b></p> <p>6:45 Bridge Game * (P)</p> <p>7:00 Crokinole (BN)</p>	<p>Passover <b>25</b></p> <p>Artfull Enrichment Week</p> <p>Lost &amp; Found Pickup (PHL)</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><b>1:15 Shopping Vendor: Northern Reflections (1:15 PM- 3:15 PM) (F)</b></p> <p>2:00 DrumFIT (W)</p> <p><b>3:00 Spring Wine &amp; Cheese Tasting (P)</b></p> <p>7:00 Crokinole (BN)</p> <p>7:00 Entertainment: Regina Heritage Fiddlers (B)</p>	<p>Passover <b>26</b></p> <p>Artfull Enrichment Week</p> <p>Lost &amp; Found Pickup (PHL)</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><b>10:00 TED Talk with Rylie: Let Your Garden Grow Wild (P)</b></p> <p>10:45 Current Events &amp; Coffee with Annette (LB)</p> <p><b>2:00 Catholic Mass (P)</b></p> <p><b>3:15 Monthly Birthday Party (P)</b></p> <p><b>6:30 Movie Night: Maudie (P)</b></p>	<p>Passover <b>27</b></p> <p><i>National Prime Rib Day</i></p> <p><i>Tell A Story Day</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 &amp; Needles (Everyone Welcome) (W)</p> <p>2:00 Fit Minds in Heritage House (HER)</p> <p><b>3:30 Storytime with Rylie (F)</b></p> <p><b>4:30 National Prime Rib Day Dinner (4:30-6:30PM) (D)</b></p> <p><b>6:30 Movie Night: ABBA Super Troupers A Celebratory Film From Waterloo to MAMMA MIA! (P)</b></p>
<p>Passover <b>28</b></p> <p>Meet Me at the MoMA: Rembrandt (Printout Presentation) (LB)</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><b>1:30 Sunday Fun-Day Outing with Len: Milky Way Ice Cream &amp; Scenic Drive Around Douglas Park* (V)</b></p> <p>2:00 Table Tennis (PHL)</p> <p><b>6:30 Movie Night: The Cider House Rules (P)</b></p>	<p>Passover <b>29</b></p> <p><b>Weekly Activity Challenge Due Date: Artfull Minds Wordsearch (P)</b></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><b>2:00 Entertainment: Call It Yesterday (B)</b></p> <p>6:45 Canasta, Cribbage &amp; Whist (P)</p>	<p>Passover <b>30</b></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 Cribbage Game * (P)</p> <p>2:00 Can Fit Pro Low Impact FIM Exercises Class (W)</p> <p>3:00 Tchy Tuesdays (Phone Life Enrichment for assistance) (IS)</p> <p><b>3:00 Dog Therapy Visits with Karen &amp; Maya (F)</b></p> <p><b>7:00 Entertainment: The Bandits (B)</b></p>	 <p>Parkinson's Awareness Month</p>		 <p>SUNDAY APR 21 Tea Day</p>	



MONDAY  
APR 29  
Dance Day

Be Proud

Locations Legend

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

Calendar Legend

Outing

Special Program

Sign up Required \*

Theme Day

Signature Program

Highlight