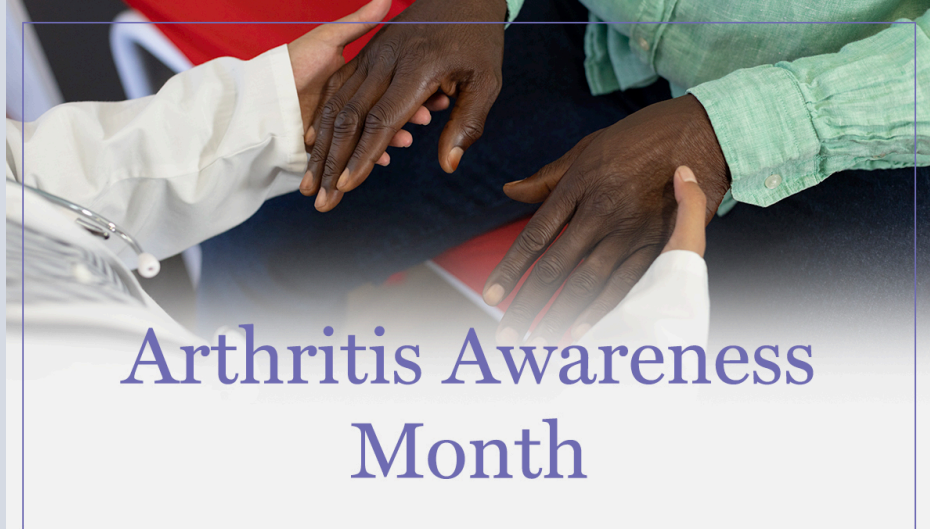




INSPIRED SENIOR LIVING

# May 2024 Wintergreene Estates



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h2 style="text-align: center;">Arthritis Awareness Month</h2>						
			<p>Mental Health Awareness Month Arthritis Awareness Month</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 Colouring &amp; Conversation with Rylie (P)</p> <p>6:45 Bridge Game * (P)</p> <p>7:00 Crokinole (BN)</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>2:00 Entertainment: The Melodies (B)</p> <p>3:00 Happy Hour (P)</p> <p>7:00 Crokinole (BN)</p> <p>7:00 Entertainment: Lumsden Community Brass Band (B)</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>10:45 Current Events &amp; Coffee with Rylie (no Annette Today) (LB)</p> <p>2:00 Entertainment: Jim Woytuik (B)</p> <p>3:15 Bingo *Re-Scheduled* (P)</p> <p>4:30 Living Loving Local Dinner: Rhubarb (D)</p> <p>6:30 Art of the 20th Century with Rick Steves (P)</p> <p>7:00 Art of the Roman Empire with Rick Steves (P)</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>11:00 Shopping Vendor: Kathy from AVON (11 AM-4 PM) (F)</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>6:30 Netflix Series: Our Living World Ep. 1 (P)</p>
<p>Cinco de Mayo</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>10:00 Shopping Vendor: Arm Candy Jewelry (10 AM-3 PM) (F)</p> <p>10:30 Meet me at the MoMA: Joan Miro (Printout Presentation) (LB)</p> <p>1:30 Sunday Fun-Day Outing with Len: Southland Mall Walk &amp; Coffee Stop * (V)</p> <p>2:00 Billiards (PHL)</p> <p>4:30 Cinco de Mayo Dinner (D)</p> <p>6:30 Movie Night: Where the Crawdads Sing (P)</p>	<p>Weekly Activity Challenge Due Date: Cinco De Mayo Word Scramble (P)</p> <p>National Nurse's Day</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>1:00 Music Therapy with Meghan (HAR)</p> <p>2:00 Bingo (P)</p> <p>2:00 Music Therapy with Meghan (HER)</p> <p>6:45 Board Games Night (P)</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>3:30 Artfull Enrichment: Thomson's Sunset with Rylie (E)</p> <p>7:00 Entertainment: Heather Ross (B)</p>	<p>8:00 Diabetes Canada Donation Pickup (please make sure items are bagged or boxed and labelled with a 'D') (LB)</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>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 Resident Forum (W)</p> <p>3:00 Happy Hour (P)</p> <p>7:00 Crokinole (BN)</p> <p>7:00 Entertainment: Dale &amp; Company (B)</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>10:45 Current Events &amp; Coffee with Annette (LB)</p> <p>2:00 Catholic Mass (P)</p> <p>2:30 Mother's Day Tea &amp; Scone Social (B)</p> <p>7:00 Entertainment: Boomtown (B)</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>6:30 Netflix Series: Our Living World Ep. 2 (P)</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>11:30 Mother's Day Brunch Buffet (D)</p> <p>1:30 Sunday Fun-Day Outing with Len: Dutch Growers* (V)</p> <p>2:00 Table Tennis (PHL)</p> <p>6:30 Movie Night: 80 for Brady (P)</p>	<p>Weekly Activity Challenge Due Date: Mother's Day Sudoku Puzzle (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>1:00 Music Therapy with Meghan (HAR)</p> <p>2:00 Bingo (P)</p> <p>2:00 Music Therapy with Meghan (HER)</p> <p>6:45 Canasta, Cribbage &amp; Whist (P)</p> <p>7:00 Entertainment: Friendly Folk (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 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 Dog Therapy Visits with Karen &amp; Maya (F)</p> <p>5:00 Supper Outing with Rylie: Montana's * (V)</p> <p>7:15 Hillsdale Baptist Youth Group Visits (Last Visit Until Fall) (B)</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 Colouring &amp; Conversation with Rylie (P)</p> <p>6:45 Bridge Game * (P)</p> <p>7:00 Crokinole (BN)</p>	<p>National Mimosa Day</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 Tammy de Laforest (P)</p> <p>2:00 DrumFIT (W)</p> <p>3:00 Happy Hour feat. Mimosas (P)</p> <p>7:00 Crokinole (BN)</p> <p>7:00 Entertainment: Jim Harty (B)</p>	<p>National Pizza Party Day</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>10:45 Current Events &amp; Coffee with Annette (LB)</p> <p>2:00 Rhubarb Trivia with Rylie feat. Rhubarb Lemonade (P)</p> <p>3:00 Interdenominational Church Service (B)</p> <p>3:30 Acrylic Painting: Saskatchewan landscapes with Rylie (E)</p> <p>6:30 Documentary: The Other Shore (P)</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>11:15 Green Thumb Club Meeting (All Are Welcome!) (E)</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>2:00 Sing Along with Joan &amp; Ken (B)</p> <p>3:15 Afternoon Walk with Rylie (Meet at the 4950 Doors) (OUT)</p> <p>6:30 Netflix Series: Our Living World Ep. 3 (P)</p>





INSPIRED SENIOR LIVING

# May 2024 Wintergreene Estates



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Sunday Morning Coffee Party (B) <b>19</b></p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:30 Meet me at the MoMA: Rafael Goldchain (Printout Presentation) (LB)</p> <p><b>1:30 Sunday Fun-Day Outing with Len: Scenic Lumsden Drive &amp; Coffee at Jane Dough's Bakery* (V)</b></p> <p>2:00 Billiards (PHL)</p> <p><b>6:30 Movie Night: October Sky (P)</b></p>	<p>Victoria Day <b>20</b></p> <p><b>Weekly Activity Challenge Due Date: Merry Month of May Word Search (P)</b></p> <p>No Van Service Today</p> <p><b>No Life Enrichment Staff Today</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><b>2:00 Preseason Week 1 Rider Game: WPG @ SSK (P)</b></p> <p>6:45 Board Games Night (P)</p>	<p>9:00 Tuesday Morning Coffee Party (B) <b>21</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><b>12:00 Ladies Luncheon: Soup, Sandwiches, Salads &amp; Dainties* (PD)</b></p> <p><b>1:00 Music Therapy with Meghan (HAR)</b></p> <p>1:30 Bridge Game * (P)</p> <p>2:00 Can Fit Pro Low Impact FIM Exercises Class (W)</p> <p><b>2:00 Music Therapy with Meghan (HER)</b></p> <p>3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS)</p> <p>3:30 Afternoon Walk with Rylie (Meet at the 4950 Doors) (OUT)</p> <p><b>6:30 Movie Night: We Are Métis (Second Viewing) (P)</b></p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) <b>22</b></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><b>2:30 Rhubarb Crisp Demo &amp; Tasting with Chef Amy (B)</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><b>7:00 Entertainment: Billarney (B)</b></p>	<p>10:00 Wii Golf (W) <b>23</b></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>12:00 Men's Luncheon: BBQ Ribs* (PD)</b></p> <p><b>1:30 New Resident Life Enrichment Orientation (P)</b></p> <p>2:00 DrumFIT (W)</p> <p>3:00 Happy Hour (P)</p> <p>7:00 Crokinole (BN)</p> <p><b>7:00 Entertainment: Jerry &amp; the Attrics (B)</b></p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) <b>24</b></p> <p>10:00 Can Fit Pro Forever in Motion Exercise Class (F)</p> <p>10:45 Current Events &amp; Coffee with Annette (LB)</p> <p><b>2:00 Catholic Mass (P)</b></p> <p>2:30 Wii Bowling Game* (W)</p> <p>3:00 Bean Bag Toss with Rylie (PSP)</p> <p><b>7:00 Children's Piano Recital (B)</b></p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) <b>25</b></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>2:00 Preseason Week 2 Rider Game: SK @ EDM (P)</b></p> <p><b>6:30 Netflix Series: Our Living World Ep. 4 (P)</b></p>
<p>10:00 Sunday Morning Coffee Party (B) <b>26</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: Moonlight Movies Cinemas: Movie TBD* (V)</b></p> <p>2:00 Table Tennis (PHL)</p> <p><b>6:30 Movie Night: Redeeming Love (P)</b></p>	<p><b>Weekly Activity Challenge Due Date: Rhubarb Crossword (P) 27</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>2:00 Bingo (P)</p> <p>6:45 Canasta, Cribbage &amp; Whist (P)</p>	<p>National Hamburger Day <b>28</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><b>12:00 New Resident Luncheon (By Invitation Only) (PD)</b></p> <p><b>1:00 Music Therapy with Meghan (HAR)</b></p> <p>1:30 Whist Game * (P)</p> <p>2:00 Can Fit Pro Low Impact FIM Exercises Class (W)</p> <p><b>2:00 Music Therapy with Meghan (HER)</b></p> <p>3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS)</p> <p><b>3:00 Dog Therapy Visits with Karen &amp; Maya (F)</b></p> <p>7:00 Entertainment: Gail Posehn (Soloist) (B)</p>	<p>National Senior Health &amp; Fitness Day <b>29</b></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><b>10:30 Can Fit Pro Forever in Motion Exercise Class feat. Smoothies (F)</b></p> <p>2:00 Can Fit Pro Low Impact FIM Exercises Class (W)</p> <p>3:15 Colouring &amp; Conversation with Rylie (P)</p> <p>6:45 Bridge Game * (P)</p> <p>7:00 Crokinole (BN)</p>	<p>10:00 Wii Golf (W) <b>30</b></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>11:00 Shopping Vendor: Fifth Ave Jewelry (11AM-4PM) (F)</b></p> <p>2:00 DrumFIT (W)</p> <p>3:00 Happy Hour (P)</p> <p>6:45 Resident-Led Board Games Night (P)</p> <p>7:00 Crokinole (BN)</p>	<p>National Smile Day <b>31</b></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>10:45 Current Events &amp; Coffee with Annette (LB)</p> <p><b>2:00 Putting &amp; Punch with Robyn (SP)</b></p> <p><b>3:15 Monthly Birthday Party (P)</b></p> <p><b>7:00 Entertainment: Amigos (B)</b></p>	



**Locations Legend**

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

**Calendar Legend**

- Outing
- Special Program
- Sign up Required \*
- Theme Day
- Signature Program
- Highlight