



INSPIRED SENIOR LIVING

June 2024 Wintergreene Estates



INSPIRED SENIOR LIVING WITH Verve

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Senior's Month

Father's Day

Canada's National Indigenous Peoples Day

Senior's Month **1**
 National Men's Health Month
 Alzheimer's Brain & Awareness Month
 Pride Month
 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)
 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)
 2:00 Sing-Along with Suzanne Morley (B)
 6:30 Netflix Series: Our Living World Ep. 3 (P)

10:00 Sunday Morning Coffee Party (B) **2**
 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)
 1:30 Sunday Fun-Day Outing with Len: Cherry Lane Greenhouse & Gifts* (V)
 2:00 Billiards (PHL)
 6:30 Movie Night: Mother of the Bride (P)

Weekly Activity Challenge Due Date: Donuts by the Dozen Word Search (P) 3
 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) **4**
 10:00 Fit Minds (P)
 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)
 1:00 Music Therapy with Meghan (HAR)
 1:30 Whist Game * (P)
 2:00 Can Fit Pro Low Impact FIM Exercises Class (W)
 2:00 Music Therapy with Meghan (HER)
 3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS)
 7:00 Entertainment: Billy Young (B)

10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) **5**
 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) **6**
 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)
 2:00 Resident Forum (W)
 3:00 Happy Hour (P)
 6:30 Resident-led Open Card Game Night (P)
 7:00 Crokinole (BN)

National Donut Day **7**
 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)
 10:00 Can Fit Pro Forever in Motion Exercise Class (F)
 10:45 Current Events & Coffee with Annette (LB)
 2:30 National Donut Day & Coffee Social (B)
 4:30 Living Loving Local Dinner: Strawberry (D)
 6:30 Art of the Renaissance with Rick Steves (P)
 7:30 Art of the Baroque Age with Rick Steves (P)

10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) **8**
 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)
 2:00 Entertainment: TFB (Taylor Fisher Blackstock) (B)
 3:30 Artful Enrichment: Colorful Cactus Painting with Rylie (E)
 5:00 Rider Game: SSK @ EDM (P)

10:00 Sunday Morning Coffee Party (B) **9**
 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)
 1:30 Sunday Fun-Day Outing with Len: Lincoln Gardens* (V)
 2:00 Table Tennis (PHL)
 6:30 Movie Night: Rustin (P)

National Men's Health Week **10**
Weekly Activity Challenge Due Date: Healthy Foods Word Scramble (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 Bingo (P)
 6:45 Canasta, Cribbage & Whist (P)

9:00 Tuesday Morning Coffee Party (B) **11**
 10:00 Fit Minds (P)
 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)
 1:00 Music Therapy with Meghan (HAR)
 1:30 Bridge Game * (P)
 2:00 Can Fit Pro Low Impact FIM Exercises Class (W)
 2:00 Music Therapy with Meghan (HER)
 3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS)
 3:45 Dog Therapy Visits with Karen & Mya (F)
 5:00 Supper Outing with Rylie: London Belle* (V)
 7:30 TED Talk & Discussion with Rylie: Why Are Women Still Taken Less Seriously Than Men? (P)

10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) **12**
 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)
 2:30 Strawberry Protein Shake Social (B)
 3:15 Colouring & Conversation with Rylie (P)
 6:45 Bridge Game * (P)
 7:00 Crokinole (BN)
 7:00 Entertainment: Kristian Wenaus (B)

10:00 Wii Golf (W) **13**
 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)
 10:00 Bible Study (Last One Before Summer Break) (PD)
 10:30 Chair Yoga with Rebecca Whitrow (P)
 2:00 DrumFIT (W)
 3:00 Happy Hour (P)
 7:00 Crokinole (BN)
 7:00 Entertainment: David Lowey (B)

10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) **14**
 10:00 Can Fit Pro Forever in Motion Exercise Class (F)
 10:45 Current Events & Coffee with Annette (LB)
 2:00 Catholic Mass & Anointing (P)
 2:30 Strawberry Shortcake Social (B)
 3:00 Artful Enrichment: Strawberry Bookmark with Rylie (P)
 7:00 Art of the Modern Age with Rick Steves (P)

10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) **15**
 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)
 2:00 Sing Along with Joan & Ken (B)
 6:30 Netflix Series: Our Living World Ep. 4 (P)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Father's Day 16</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 Father's Day BBQ Buffet (D)</p> <p>2:00 Billiards (PHL)</p> <p>2:00 Sunday Fun-Day Outing with Len: Legislative Building Garden Walk & Wascana Drive* (V)</p> <p>5:00 Rider Game: SSK @ HAM (P)</p>	<p>Weekly Activity Challenge Due 17 Date: Happy Father's Day 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 (Payouts Are Doubled Today) (P)</p> <p>6:45 Board Games Night (P)</p>	<p><i>Wear Blue in Support of Men's Mental Health</i> 18</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>12:00 Men's Luncheon: Lobster & Crab Po'boy Sandwiches with French Fries & Coleslaw* (PD)</p> <p>1:00 Music Therapy with Meghan (HAR)</p> <p>1:30 Cribbage Game * (P)</p> <p>2:00 Can Fit Pro Low Impact FIM Exercises Class (W)</p> <p>2:00 Music Therapy with Meghan (HER)</p> <p>3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS)</p> <p>7:00 Entertainment: Elaine Oster (B)</p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 19</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) 20</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 Ladies Luncheon: Soup, Sandwiches, Salads & Dainties* (PD)</p> <p>1:30 Armchair Travel with Annette to Prague (P)</p> <p>2:00 DrumFIT (W)</p> <p>3:00 Happy Hour (P)</p> <p>7:00 Crokinole (BN)</p> <p>7:00 Entertainment: Regina Heritage Fiddlers (B)</p>	<p>Canada's National Indigenous Peoples Day 21</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 & Coffee with Annette (LB)</p> <p>2:00 How To Avoid Scams Presentation with Shaye Ruecker (P)</p> <p>3:00 Interdenominational Church Service (B)</p> <p>7:00 Entertainment: Student Violin Recital (B)</p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 22</p> <p>10:30 DrumFIT (W)</p> <p>1:00 Fit Minds in Harbour House (No Rylie Today) (HAR)</p> <p>1:30 Hooked on Pins & Needles (Everyone Welcome) (W)</p> <p>2:00 Fit Minds in Heritage House (No Rylie Today) (HER)</p> <p>3:30 Strawberry Trivia with Prizes (P)</p> <p>6:30 Netflix Documentary: Butterfly in the Sky: The Story of Reading Rainbow (P)</p>
<p>No Sunday Fun-Day Outing Today 23</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>2:00 Table Tennis (PHL)</p> <p>5:00 Rider Game: HAM @ SSK (P)</p>	<p>Weekly Activity Challenge Due 24 Date: Medium Sudoku Puzzle 1 (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) 25</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>12:00 New Resident Luncheon (By Invitation Only) (PD)</p> <p>1:00 Music Therapy with Meghan (HAR)</p> <p>1:30 Bridge Game * (P)</p> <p>2:00 Can Fit Pro Low Impact FIM Exercises Class (W)</p> <p>2:00 Music Therapy with Meghan (HER)</p> <p>3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS)</p> <p>3:45 Dog Therapy Visits with Karen & Mya (F)</p> <p>7:00 Entertainment: Suzanne Morley (B)</p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 26</p> <p>10:00 Shuffleboard League LAST DAY (Follow April 3rd 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>2:30 Strawberry Sundae Social (B)</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) 27</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 Happy Hour (P)</p> <p>6:30 Board Games Night with Rylie (P)</p> <p>6:45 Artfull Enrichment: Watercolor Jellyfish with Rylie (E)</p> <p>7:00 Crokinole (BN)</p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 28</p> <p>10:00 Can Fit Pro Forever in Motion Exercise Class (F)</p> <p>10:45 Current Events & Coffee with Annette (LB)</p> <p>2:00 Catholic Mass (P)</p> <p>3:15 Monthly Birthday Party (P)</p> <p>7:00 Entertainment: Amigos (B)</p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 29</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>3:00 Artfull Enrichment: Canadian Flag Watercolor with Rylie (E)</p> <p>6:30 Netflix Documentary: Living with Leopards (P)</p>
<p>10:00 Sunday Morning Coffee Party (B) 30</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: Over the Hill Orchards for Refreshments & Desserts* (V)</p> <p>2:00 Billiards (PHL)</p> <p>6:30 Movie Night: Morning Glory (P)</p>			<p><u>Locations Legend</u></p> <p>Prairie Schooner (P) Entire Building (EB) Wascana Way - 3rd FL. (W) Bistro (B) Fireplace Lounge (F) Harbour House (HAR) Heritage House (HER) Breakfast Nook (BN)</p> <p>Van Service (V) Pool Hall Lounge (PHL) In Suite (IS) Private Dining Room (PD) Library (LB) Education Room - 2nd Fl. (E) Dining Room (D) Private Dining Room (PD)</p>		<p><u>Calendar Legend</u></p> <p>Outing Special Program Sign up Required * Theme Day Signature Program Highlight</p>	