



INSPIRED SENIOR LIVING

July 2024 Wintergreene Estates



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>No Van Service Today (V) 1 National Culinary Arts Month Weekly Activity Challenge Due Date: Canada Day Math Puzzle (P) <i>Canada Day: Wear Red & White Attire Today</i></p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:00 <i>Canada Day Brain Games (Resident-led) (P)</i></p> <p>10:30 Can Fit Pro Forever in Motion Exercise Class (F)</p> <p>2:00 Canada Day Bingo (Payouts Are Doubled Today) (P)</p> <p>6:45 Board Games Night (P)</p>	<p>9:00 Tuesday Morning Coffee Party feat. Saskatoon Berry Fritters from the Everyday Kitchen (B) 2</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>1:00 Music Therapy with Meghan (HAR)</p> <p>1:30 Canasta 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: Marilyn Phillips (B)</p>	<p>8:00 Diabetes Canada Donation 3 Pickup (please make sure items are bagged or boxed and with a 'D') (LB)</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:30 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><i>Wear Red, White, and/or Blue Attire Today</i> 4</p> <p>10:00 Wii Golf (W)</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>11:30 North American Buffet (11:30 AM-1:15 PM) (D)</p> <p>2:00 Resident Forum (W)</p> <p>3:00 Happy Hour (P)</p> <p>6:00 Rider Game: TOR @ SSK (P)</p> <p>7:00 Crokinole (BN)</p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 5</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 Entertainment: Jim Woytuik (B)</p> <p>4:30 Living Loving Local Dinner: Saskatoon Berry (4:30 PM - 6:15 PM) (D)</p> <p>6:30 Netflix Documentary: The Accidental Twins (P)</p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 6</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>6:30 Netflix Documentary: Tell Them You Love Me (P)</p>
<p>10:00 Sunday Morning Coffee Party (B) 7</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 Gord: Victoria Square Mall Walk, Shop, & Coffee Stop* (V)</p> <p>2:00 Table Tennis (PHL)</p> <p>6:30 Movie Night: Breathe (P)</p>	<p>Weekly Activity Challenge 8 Due Date: Fourth of July Word Scramble (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>National Fashion Day: Dress to Impress (EB) 9</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>1:00 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: Jim Harty (B)</p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10</p> <p>10:30 Can Fit Pro Forever in Motion Exercise Class (F)</p> <p>10:30 Artfull Enrichment: Collaborative Art Piece with Autism Resource Center Camp Connect Volunteers (HAR)</p> <p>2:00 Can Fit Pro Low Impact FIM Exercises Class (W)</p> <p>2:00 CRA & Benefits Outreach Information Session with Tim Eremondi (P)</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) 11</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 Ave. Jewellery (11 AM - 4 PM) (F)</p> <p>2:00 DrumFIT (W)</p> <p>2:00 SingFit *New Program* (HAR)</p> <p>3:00 Happy Hour feat. Saskatoon Mojitos (P)</p> <p>7:00 Crokinole (BN)</p> <p>7:00 Entertainment: International Latin Ballroom Dancing (B)</p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 12</p> <p>10:00 Can Fit Pro Forever in Motion Exercise Class (F)</p> <p>10:45 Current Events & Coffee with Rylie (no Annette Today) (LB)</p> <p>2:00 Artfull Enrichment: Collaged Tulip (E)</p> <p>3:00 Interdenominational Church Service (B)</p> <p>6:30 Netflix Documentary: Yogi Berra It Ain't Over (P)</p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 13</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: Country Music Trivia (P)</p> <p>5:00 Rider Game: SSK @ BC (P)</p>
<p>No Sunday Fun-Day Outing Today 14</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>10:30 Meet Me at the MoMA Presentation (Printout - Resident Led): Robert Bateman (LB)</p> <p>2:00 Billiards (PHL)</p> <p>6:30 Movie Night: Scoop (P)</p>	<p>Weekly Activity Challenge 15 Due Date: Summer Math (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 Board Games Night (P)</p>	<p>Personal Chef Day 16</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 Ladies Luncheon feat. BBQ Ribs, Mashed Potatoes, & Coleslaw* (PD)</p> <p>1:00 Music Therapy with Meghan (HAR)</p> <p>1:30 Whist 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: Heather Ross (Outside: Weather Permitting) (CP)</p>	<p>National Hot Dog Day 17</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>11:30 Come & Go Weenie Roast (11:30 AM - 1:15 PM) (CP)</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>7:00 Entertainment: Life Out Loud (B)</p>	<p>10:00 Wii Golf (W) 18</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: Enchilladas* (PD)</p> <p>2:00 DrumFIT (W)</p> <p>2:00 SingFit *New Program* (HER)</p> <p>3:00 Happy Hour (P)</p> <p>7:00 Crokinole (BN)</p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 19</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>2:30 Saskatoon Berry Smoothie Social (CP)</p> <p>4:30 French Themed Dinner (4:30 PM - 6:15 PM) (D)</p> <p>7:00 Entertainment: Boomtown (B)</p> <p>7:30 Rider Game: WPG @ SSK (P)</p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 20</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: Narrow Gate (B)</p> <p>6:30 Netflix Documentary: Remembering Gene Wilder (P)</p>



INSPIRED SENIOR LIVING

July 2024 Wintergreene Estates



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Sunday Morning Coffee Party (B) 21</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: Dessert for Ice Cream & Scenic Drive Through Cathedral & Lakeview * (V)</p> <p>2:00 Table Tennis (PHL)</p> <p>6:30 Movie Night: Brian Banks (P)</p>	<p>Weekly Activity Challenge Due 22 Date: Cooking Terms Word Search (P)</p> <p>10:00 Brain Games (Resident-led) (P)</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 Bingo (P)</p> <p>6:45 Canasta, Cribbage & Whist (P)</p>	<p>9:00 Tuesday Morning Coffee Party (B) 23</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>1:00 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>2:30 East Coast Saskatoon Buckle Cake Demo with Chef Amy (B)</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>5:00 Supper Outing with Rylie: Smitty's (Golden Mile Mall) * (V)</p> <p>7:30 Board Games Night with Rylie (P)</p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 24</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 Shuffleboard League End of Season Celebration (By Invitation Only) (P)</p> <p>6:45 Bridge Game * (P)</p> <p>7:00 Crokinole (BN)</p>	<p>10:00 Wii Golf (W) 25</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>10:30 Artfull Enrichment: Wayne's Ice Cream Painting with Rylie (E)</p> <p>12:00 New Resident Luncheon (By Invitation Only) (PD)</p> <p>2:00 DrumFIT (W)</p> <p>2:30 Olympics Jeopardy with Prizes (P)</p> <p>3:00 Happy Hour (P)</p> <p>5:30 Rider Game: SSK @ MTL (P)</p> <p>7:00 Crokinole (BN)</p>	<p>Senior Summer Olympics 26</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 Catholic Mass (P)</p> <p>3:15 Monthly Birthday Party (P)</p> <p>6:30 Netflix Documentary: The Redeem Team (P)</p>	<p>Senior Summer Olympics 27</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</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>6:30 YouTube Documentary: Bolt The Fastest Man Alive (P)</p>
<p>Senior Summer Olympics 28</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>10:30 Meet Me at the MoMA Presentation (Printout - Resident Led): Brian Donnelly (LB)</p> <p>1:30 Sunday Fun-Day Outing with Len: Casino Regina* (V)</p> <p>2:00 Billiards (PHL)</p> <p>2:00 Sing-along with Joan, Ken & Leone (B)</p> <p>6:30 Movie Night: Mad Money (P)</p>	<p>Senior Summer Olympics 29</p> <p>Weekly Activity Challenge Due 29 Date: Summer Olympics Word Search (P)</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:00 Olympics-Themed Brain Games (Resident-led) (P)</p> <p>10:30 Can Fit Pro Forever in Motion Exercise Class (F)</p> <p>2:00 Entertainment: Call It Yesterday (B)</p> <p>6:45 Board Games Night (P)</p>	<p>Senior Summer Olympics 30</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>1:00 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>3:00 Connect 4 Games (B)</p> <p>6:30 Netflix Documentary: Megan Leavey (P)</p>	<p>Senior Summer Olympics 31</p> <p>Olympic Rings (Fruit Loops) Jar Guess (RA)</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:30 Outdoor Games with Autism Resource Center Camp Connect Volunteers (CP)</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>National Culinary Arts Month</p>		



Locations Legend

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

Calendar Legend

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