



INSPIRED SENIOR LIVING

March 2025 Wintergreene Estates



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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TUESDAY
MAR 04

Shrove Tuesday



SATURDAY
MAR 08

International Women's Day



FRIDAY
MAR 21

Elimination of Racial Discrimination Day

- 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)
- 10:30 DrumFIT (W)
- 1:30 Hooked on Pins & Needles (Everyone Welcome) (W)
- 2:00 Artfull Enrichment Mardi Gras Trivia with Prizes (P)
- 3:30 Coffee Corner with Brittany (B)
- 3:30 Brier - Draw 2 (P)
- 6:30 Netflix Documentary: Jim & Andy The Great Beyond (P)

- 2**
- 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)
 - 10:00 Sunday Morning Coffee Party with Len (B)
 - 10:30 Brier - Draw 4 (P)
 - 1:30 **Sunday Fun-Day Outing with Len: Scenic Drive Through the Greens with Coffee Stop at the New Tim Horton's Flagship Store* (V)**
 - 2:00 Table Tennis (PHL)
 - 3:30 Brier - Draw 5 (P)
 - 6:30 **Movie Night (Comedy): La Dolce Villa (P)**

- 3**
- Weekly Activity Challenge Due Date: Mardi Gras Cryptogram (P)**
Footcare Today
- 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 FIM Exercise Class (F)
 - 10:30 Brier - Draw 7 (P)
 - 2:00 Bingo (P)
 - 2:30 **Kitchen Tour (Meet Amy in Main Dining Room)* (D)**
 - 6:45 Board Games & More! (P)

- 4**
- Mardi Gras: Wear Masks, Beads, Green, Purple & Gold attire (EB)
- 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)
 - 10:30 Brier - Draw 10 (P)
 - 1:30 Cribbage Game * (P)
 - 2:00 Can Fit Pro Low Impact FIM Exercises Class (W)
 - 2:00 Fit Minds in Harbour House (HAR)
 - 3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS)
 - 3:00 Fit Minds in Heritage House (HER)
 - 6:45 **Bingo with Colleen (P)**

- 5**
- 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)
 - 10:30 Can Fit Pro FIM Exercise Class (F)
 - 10:30 Brier - Draw 13 (P)
 - 2:00 Can Fit Pro Low Impact FIM Exercises Class (W)
 - 2:30 **Kitchen Tour (Meet Amy in Main Dining Room)* (D)**
 - 3:15 Colouring & Conversation with Life Enrichment (P)
 - 6:45 Bridge Game * (P)
 - 7:00 Crokinole (BN)

- 6**
- 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)
 - 10:00 Bible Study (All Faiths Welcome) (PD)
 - 10:30 Chair Yoga with Rebecca Whitrow (P)
 - 10:30 Brier - Draw 16 (P)
 - 11:15 **Dog Therapy Visits with Karen & Mya (WAI)**
 - 12:30 **Outing with Brittany: Northern Reflections Fashion Show at Victoria Square Mall* (V)**
 - 2:00 Resident Forum (W)
 - 3:00 Happy Hour (P)
 - 7:00 Crokinole (BN)
 - 7:00 Entertainment: Knight 'n Gail (B)

- 7**
- 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)
 - 10:00 Can Fit Pro FIM Exercise Class (F)
 - 10:45 Current Events & Coffee with Annette (LB)
 - 2:00 Wii Bowling Game (W)
 - 2:30 Brier - Page 1 vs 2 Qualifiers -TBD (Bar is Open from 2:30 - 4:00 PM) (P)
 - 4:30 Living Loving Local Dinner: Maple (4:30-6:15 PM) (D)
 - 6:30 **Movie Night (Drama): The Fableman's Pt. 1 (P)**
 - 7:00 Artfull Talks: The Evolution of Still Life Paiting with Coffee/Tea (E)

- 8**
- International Women's Day
- 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)
 - 10:30 DrumFIT (W)
 - 11:30 **Lunch Outing with Brittany: Nicky's Cafe* (V)**
 - 1:30 Hooked on Pins & Needles (Everyone Welcome) (W)
 - 2:30 Brier - Page Playoffs (3 vs 4) (P)
 - 3:00 Meet me at the MoMA Presentation: Angela Grossmann (P)
 - 3:30 International Women's Day Jeopardy with Prizes (P)
 - 6:30 **Netflix Documentary: Feminists, What Were They Thinking? (P)**

- 9**
- 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)
 - 10:00 Sunday Morning Coffee Party with Len (B)
 - 1:00 Brier - Semifinal (P)
 - 1:30 **Sunday Fun-Day Outing with Len: Regina Floral Conservatory: Blooms & Buzz Display* (V)**
 - 2:00 Billiards (PHL)
 - 7:00 Brier - Final (P)

- 10**
- Weekly Activity Challenge Due Date: March 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 FIM Exercise Class (F)
 - 2:00 Bingo (P)
 - 2:30 **Kitchen Tour (Meet Amy in Main Dining Room)* (D)**
 - 6:45 Board Games & More! (P)

- 11**
- 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)
 - 2:00 Fit Minds in Harbour House (HAR)
 - 3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS)
 - 3:00 Fit Minds in Heritage House (HER)
 - 7:00 **Entertainment: Country Fever (B)**

- 12**
- Footcare Today
- 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)
 - 10:30 Can Fit Pro FIM Exercise Class (F)
 - 2:00 Can Fit Pro Low Impact FIM Exercises Class (W)
 - 2:00 Artfull Enrichment: Collaborative Clovers with Brittany (HER)
 - 2:30 **Kitchen Tour (Meet Amy in Main Dining Room)* (D)**
 - 3:15 Nail Painting with Life Enrichment (E)
 - 6:45 Bridge Game * (P)
 - 7:00 Crokinole (BN)

- 13**
- 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)
 - 10:00 Bible Study (All Faiths Welcome) (PD)
 - 10:30 Chair Yoga with Rebecca Whitrow (P)
 - 2:00 DrumFIT (W)
 - 2:00 Shuffleboard Practice with Brittany (B)
 - 3:00 Happy Hour feat. Wine Samples (P)
 - 7:00 Crokinole (BN)
 - 7:00 **Entertainment: Dale & Company (B)**

- 14**
- National Pie Day
National Potato Chip Day
- 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)
 - 10:00 Can Fit Pro FIM Exercise Class (F)
 - 10:45 Current Events & Coffee with Annette (LB)
 - 2:00 **Catholic Mass (P)**
 - 2:30 Potato Chip Social (B)
 - 2:30 Meet me at the MoMA Painting: Angela Grossmann (E)
 - 6:30 Artfull Enrichment: Collaborative Clovers (P)

- 15**
- 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)
 - 10:30 DrumFIT (W)
 - 1:30 Hooked on Pins & Needles (Everyone Welcome) (W)
 - 2:00 Artfull Enrichment Ireland Trivia with Prizes (P)
 - 3:30 Shuffleboard Practice with Brittany (B)
 - 6:30 **Movie Night (Drama): The Fableman's Pt. 2 (P)**



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 16</p> <p>10:00 Sunday Morning Coffee Party with Len (B)</p> <p>1:15 Sunday Fun-Day Outing with Len: Regina Symphony Orchestra Free Library Concert Series * (V)</p> <p>2:00 Table Tennis (PHL)</p> <p>6:30 Movie Night (Classics): Forever Young (P)</p>	<p>Weekly Activity Challenge Due Date: St. Patrick's Day Crossword (P) 17</p> <p>St. Patrick's Day - Wear Green & Gold Today (EB)</p> <p>9:00 Lucky Charms Cereal Jar Guess (Guess # of Cereal Pieces; 9AM - 8 PM) (RA)</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 FIM Exercise Class (F)</p> <p>2:00 St. Patrick's Day Bingo (P)</p> <p>6:45 Board Games & More! (P)</p> <p>7:00 Entertainment: Larry, Cup O' Joe's & What's Her Name (B)</p>	<p>Footcare Today 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>1:30 Canasta Game * (P)</p> <p>2:00 Can Fit Pro Low Impact FIM Exercises Class (W)</p> <p>2:00 Fit Minds in Harbour House (HAR)</p> <p>3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS)</p> <p>3:00 Fit Minds in Heritage House (HER)</p> <p>7:00 Entertainment: Kristian Wenaus (B)</p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 19</p> <p>10:30 Can Fit Pro FIM Exercise Class (F)</p> <p>2:00 Can Fit Pro Low Impact FIM Exercises Class (W)</p> <p>2:00 Rick Steves' Cruising the the Mediterranean (P)</p> <p>3:15 Colouring & Conversation with Life Enrichment (P)</p> <p>6:45 Bridge Game * (P)</p> <p>7:00 Crokinole (BN)</p> <p>7:00 Artfull Talks: The Evolution of Still Life Paiting with Coffee/Tea (E)</p>	<p>Port of Call: Monaco - Dress to Impress 20</p> <p>10:00 Bible Study (All Faiths Welcome) (PD)</p> <p>10:00 Go 4 Life "Cruise Ship" 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 Avenue Jewelry (11:00 AM- 4:00 PM) (F)</p> <p>11:15 Dog Therapy Visits with Karen & Mya (WAI)</p> <p>2:00 DrumFIT (W)</p> <p>3:00 Casino-themed Happy Hour feat. Mojitos (P)</p> <p>6:45 Casino-themed Bingo with Colleen (P)</p> <p>7:00 Crokinole (BN)</p> <p>7:00 Ultimate Monaco Trivia with Prizes (E)</p>	<p>Port of Call: Morrocco - Wear Scarves 21</p> <p>Elimination of Racial Discrimination Day</p> <p>10:00 Moroccan-themed Can Fit Pro FIM Exercise Class (F)</p> <p>10:00 Go 4 Life "Cruise Ship" Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:45 Current Events, Coffee & Mint Tea with Annette (LB)</p> <p>2:00 Cocktail Hour feat. Old Fashioned with Cherries (B)</p> <p>2:00 Wellness Clinic (P)</p> <p>3:00 Interdenominational Church Service (B)</p> <p>6:30 Armchair Travel with Rick Steves to Morrocco (P)</p> <p>6:45 Artfull Enrichment: Mediterranean Coast Photo Inspo (E)</p>	<p>Port of Call: France - Wear Berets, Black & White Stripes, & Red Scarves 22</p> <p>10:00 Go 4 Life "Cruise Ship" Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:30 DrumFIT (W)</p> <p>1:30 Hooked on Pins & Needles (Everyone Welcome) (W)</p> <p>1:30 Artfull Talks Slideshow: Impressionism (E)</p> <p>2:00 Sing-along with Joan, Ken & Leone (B)</p> <p>3:00 Cocktail Hour feat. Mimosas (B)</p> <p>3:30 France Jeopardy with Prizes (P)</p> <p>4:00 Staff Ring Toss with Perrier Bottles (B)</p> <p>6:30 Movie Night: Madeline (P)</p>
<p>Port of Call: Egypt - Wear Gold & Black 23</p> <p>10:00 Sunday Morning Coffee Party "On the Ship Deck" with Len (B)</p> <p>10:00 Go 4 Life "Cruise Ship" Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>1:30 Sunday Fun-Day Outing with Len: Scenic Drive Through Cathedral/Lakeview with Coffee Stop at Mercury Cafe & Grill* (V)</p> <p>2:00 Armchair Travel with Rick Steves to Egypt (Then & Now) (P)</p> <p>2:00 Billiards (PHL)</p> <p>3:00 Cocktail Hour feat. Nile Nectar (B)</p> <p>6:30 Movie Night (Action/Adventure): The Mummy (P)</p>	<p>Port of Call: Greece - Wear White and/or Light Blue 24</p> <p>10:00 Weekly Activity Challenge Due Date: Ancient Greece Word Search (P) 24</p> <p>10:00 Greece-themed Brain Games (Resident-led) (P)</p> <p>10:00 Go 4 Life "Cruise Ship" Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:30 Mamma Mia! Can Fit Pro FIM Exercise Class (F)</p> <p>11:30 Captain's Lunch (11:30 AM - 1:15 PM) (D)</p> <p>1:30 Greek-themed Bingo *Time Change Today* (P)</p> <p>2:45 Movie Matinee: My Big Fat Greek Wedding (P)</p> <p>3:00 Cocktail Hour feat. Ouzo (B)</p> <p>6:45 Board Games & More! (P)</p>	<p>Port of Call: Slovenia - Wear Red & Blue 25</p> <p>9:00 Tuesday Morning Coffee Party feat. Slovenia (B)</p> <p>10:00 Fit Minds (P)</p> <p>10:00 Go 4 Life "Cruise Ship" Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>1:30 Bridge Game * (P)</p> <p>2:00 Fit Minds in Harbour House (HAR)</p> <p>2:00 Slovenia-themed Can Fit Pro Low Impact FIM Exercises Class (W)</p> <p>2:30 Chef's Demo: Slovenian Apple Pie (B)</p> <p>3:00 Fit Minds in Heritage House (HER)</p> <p>3:00 Cocktail Hour feat. Peach Schnapps (B)</p> <p>6:30 Armchair Travel with Rick Steves to Slovenia (P)</p>	<p>Port of Call: Italy - Wear Green, White & Red Attire 26</p> <p>10:00 Go 4 Life "Cruise Ship" Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:30 Italian-themed Can Fit Pro FIM Exercise Class (F)</p> <p>2:00 Italian-themed Can Fit Pro Low Impact FIM Exercises Class (W)</p> <p>2:00 Italy! Jeopardy (P)</p> <p>3:00 Cocktail Hour feat. Aperol Spritz (B)</p> <p>4:30 Cruise Gala Dinner (4:30 - 6:15 PM) (D)</p> <p>6:45 Bridge Game * (P)</p> <p>7:00 Crokinole (BN)</p> <p>7:00 Armchair Travel with Rick Steves to Rome feat. Pizelle Cookies (E)</p>	<p>Port of Call: Canada - Wear Red & White Attire 27</p> <p>10:00 Bible Study (All Faiths Welcome) (PD)</p> <p>10:00 Go 4 Life "Cruise Ship" 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 Shopping Vendor: Kathy from AVON (11:30 AM-3:30 PM) (MAI)</p> <p>2:00 DrumFIT (W)</p> <p>3:00 Canadian-themed Happy Hour feat. Molson Canadian Beer (P)</p> <p>6:45 Canada Bingo (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) 28</p> <p>10:00 Can Fit Pro FIM Exercise Class (F)</p> <p>10:45 Current Events & Coffee with Annette (LB)</p> <p>2:00 Shuffleboard Practice with Brittany (B)</p> <p>3:15 Monthly Birthday Party (P)</p> <p>6:30 Bluebird Door Decor Craft (E)</p> <p>6:45 Open Card Games Night (P)</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>1:30 Hooked on Pins & Needles (Everyone Welcome) (W)</p> <p>2:00 Movie Character Guess Who? (P)</p> <p>3:30 Coffee Corner with Brittany (B)</p> <p>6:30 Netflix Documentary: Joan Didion: The Center Will Not Hold (P)</p>
<p>10:00 Sunday Morning Coffee Party with Len (B) 30</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>11:30 Sunday Fun-Day Outing with Len: Lunch at Royal Regina Golf Course* (V)</p> <p>2:00 Table Tennis (PHL)</p> <p>6:30 Movie Night (Romance): The Last Letter From Your Lover (P)</p>	<p>Weekly Activity Challenge Due Date: Spring Word Search (P) 31</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 FIM Exercise Class (F)</p> <p>2:00 Bingo (P)</p> <p>6:45 Board Games & More! (P)</p>	<p>Be Limitless</p>		<p>Locations Legend</p> <p>Prairie Schooner (P) Entire Building (EB) Bistro (B) Wascana Way - 3rd FL. (W) Fireplace Lounge (F) Education Room - 2nd Fl. (E) Breakfast Nook (BN) Van Service (V) Dining Room (D)</p> <p>Pool Hall Lounge (PHL) Heritage House (HER) Harbour House (HAR) In Suite (IS) Private Dining Room (PD) Library (LB) Waiting Area (WAI) Reception Area (RA) Main Floor (MAI)</p>		<p>Calendar Legend</p> <p>Outing Sign up Required * Cruise Week Signature Program Highlight</p>