



INSPIRED SENIOR LIVING

Apr 7 – 13, 2025 Wintergreene Estates



INSPIRED SENIOR LIVING WITH Verve

Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11	Saturday 12	Sunday 13
<p>World Health Day No Bingo Today No Can Fit Pro Exercises Today</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>2:00 Grasslands Shopping (V)</p> <p>2:00 Netflix Documentary: Daughters (P)</p> <p>2:30 TD Bank (V)</p> <p>3:00 Southland Mall (V)</p> <p>3:15 Fireside Chat with Chef Amy: Ingredients for a Healthy Life (F)</p> <p>6:45 Board Games & More! (P)</p>	<p>Weekly Activity Challenge Due Date: April 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 Tuesday Morning Coffee Party with Warren Steinley Conservative MP for Regina-Lewvan (B)</p> <p>10:30 Fit Minds *Time Change Today* (P)</p> <p>1:30 Bridge Game * (P)</p> <p>2:00 BMO/CIBC Banks (V)</p> <p>2:00 Can Fit Pro Low Impact Exercise Class (W)</p> <p>2:00 Fit Minds in Harbour House (HAR)</p> <p>2:30 Co-op Grocery Store (V)</p> <p>3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS)</p> <p>3:00 Grasslands Shopping (V)</p> <p>3:00 Fit Minds in Heritage House (HER)</p> <p>6:45 Bingo with Colleen (P)</p>	<p>9:30 Shuffleboard League Begins (9:30 AM - 3:30 PM; check your schedules) (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 Exercise Class (F)</p> <p>2:00 Co-op Grocery Store (V)</p> <p>2:00 Can Fit Pro Low Impact Exercise Class (W)</p> <p>2:30 Royal & Scotia Banks (V)</p> <p>3:00 Conexus Credit Union (V)</p> <p>6:45 Bridge Game * (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)</p> <p>10:00 Bible Study (All Faiths Welcome) (PD)</p> <p>10:30 Chair Yoga with Rebecca Whitrow (P)</p> <p>1:30 DrumFIT *Time Change Today* (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: Jerry & the Attrics (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 Exercise Class (F)</p> <p>10:45 Current Events & Coffee with Robyn (LB)</p> <p>2:00 Grasslands Shopping (V)</p> <p>2:00 Catholic Mass (P)</p> <p>2:30 Southland Mall/Sobeys Liquor Store (V)</p> <p>3:00 Wellness Clinic (P)</p> <p>7:00 Entertainment: Boomtown (B)</p>	<p>Passover</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>1:30 Hooked on Pins & Needles (Everyone Welcome) (W)</p>	<p>Passover</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:00 Sunday Morning Coffee Party with Len (B)</p> <p>11:30 Sunday Fun-Day Outing with Len: Lunch at Mei Wei* (V)</p> <p>2:00 Table Tennis (PHL)</p> <p>6:30 Movie Night (Drama): Runaway Jury (P)</p>



<p><u>Locations Legend</u></p> <p>Prairie Schooner (P) Van Service (V) Entire Building (EB) Bistro (B) Fireplace Lounge (F) Wascana Way - 3rd FL. (W) Breakfast Nook (BN)</p> <p>Harbour House (HAR) In Suite (IS) Heritage House (HER) Education Room - 2nd Fl. (E) Private Dining Room (PD) Library (LB) Pool Hall Lounge (PHL)</p>	<p><u>Life Enrichment News:</u></p> <p>Tuesday Morning Coffee Party: with Warren Steinley, Conservative MP for Regina-Lewvan at 10:00 a.m. in the Bistro. This is your opportunity to ask questions and have some discussion regarding the upcoming election. Due to Warren's visit, we will bump the start time of Fit Minds to 10:30 a.m.</p> <p>New Life Enrichment Team Member: we welcome Colleen Hipfner officially to Life Enrichment later this week! Colleen is no stranger to the department and has been volunteering with us for quite some time. Colleen will be training this month and then you will see her on a casual basis as needed.</p> <p>Thursday: due to entertainment at 2:00 p.m., DrumFIT will start at 1:30 p.m. today.</p> <p>Wellness Clinic: with Robyn on Friday at 3:00 p.m. following Catholic Mass in the Prairie Schooner. Robyn will be discussing diabetes management and conducting blood pressure checks.</p>	<p><u>Dimensions Of Wellness Legend</u></p> <p>Social Purposeful Intellectual Physical Emotional Spiritual Sensory</p>	<p><u>Calendar Legend</u></p> <p>Outing Special Program Sign up Required * Cruise Week Signature Program Highlight</p>
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