




INSPIRED SENIOR LIVING

April 2025 Wintergreene Estates



INSPIRED SENIOR LIVING WITH Verve

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Parkinson's Awareness Month</p>		<p>April Fool's Day 1 Parkinson's Awareness Month No Fit Minds Today (Packages Will Be Delivered) (P) No Techy Tuesday Today 9:00 Tuesday Morning Coffee Party (B) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 1:30 Whist Game * (P) 2:00 Can Fit Pro Low Impact Exercise Class (W) 2:00 Fit Minds in Harbour House (HAR) 3:00 Fit Minds in Heritage House (HER) 6:30 Netflix Documentary: Toxic Town Ep. 1 (P)</p>	<p>Footcare Today 2 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Can Fit Pro Exercise Class (F) 2:00 Can Fit Pro Low Impact Exercise Class (W) 2:00 Shuffleboard Practice (Resident Led) (P) 3:15 Colouring & Conversation with Life Enrichment (P) 6:45 Bridge Game * (P) 7:00 Crokinole (BN)</p>	<p>3 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) 11:00 Shopping Vendor: Marilyn Butler (11 AM-3 PM) (F) 11:15 Dog Therapy Visits with Karen & Mya (WAI) 2:00 Resident Forum (W) 3:00 Maritimes Happy Hour (P) 7:00 Crokinole (BN)</p>	<p>4 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Can Fit Pro Exercise Class (F) 10:45 Current Events & Coffee (Resident Led) (LB) 2:00 Wii Bowling Game (W) 4:30 Living Loving Local Dinner: Egg (4:30-6:15 PM) (D)</p>	<p>5 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 1:00 Mediterranean National Open House (1-4 PM) 1:30 Hooked on Pins & Needles (Everyone Welcome) *Location Change Today* (E) 2:00 DrumFIT *Time Change Today* (W) 6:30 Netflix Documentary: Toxic Town Ep. 2 (P)</p>
		<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 6 10:00 Sunday Morning Coffee Party with Len (B) 1:30 Sunday Fun-Day Outing with Len: Scenic Drive Through NW Regina with Stop at So TEAlicious Cafe * (V) 2:00 Billiards (PHL) 2:00 Netflix Documentary: Toxic Town Ep. 3 (P) 6:30 Movie Night (Comedy): Book Club The Next Chapter (P)</p>	<p>World Health Day 7 No Bingo 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 Exercise Class (F) 2:00 Netflix Documentary: Toxic Town Ep. 4 (P) 3:15 Fireside Chat with Chef Amy: Ingredients for a Healthy Life (F) 6:45 Board Games & More! (P)</p>	<p>Weekly Activity Challenge Due Date: Easter Word Scramble *Date Change* (P) 8 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 Exercise 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)</p>	<p>9 9:30 Shuffleboard League Begins (9:30 AM - 3:30 PM; check your schedules) (P) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Can Fit Pro Exercise Class (F) 2:00 Can Fit Pro Low Impact Exercise Class (W) 6:45 Bridge Game * (P) 7:00 Crokinole (BN)</p>	<p>10 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 Entertainment: The Melodies (B) 3:00 Happy Hour (P) 7:00 Crokinole (BN) 7:00 Entertainment: Jerry & the Attrics (B)</p>
<p>Passover 13 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) 11:30 Sunday Fun-Day Outing with Len: Lunch at Mei Wei* (V) 2:00 Table Tennis (PHL) 6:30 Movie Night (Drama): Runaway Jury (P)</p>	<p>Passover 14 Weekly Activity Challenge Due Date: Mardi Gras Cryptogram (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 Exercise Class (F) 2:00 Entertainment: Jim Woytuik (B) 6:45 Board Games & More! (P)</p>	<p>Passover 15 Footcare Today 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 Cribbage Game * (P) 2:00 Can Fit Pro Low Impact Exercise 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: Late Bloomers (B)</p>	<p>Passover 16 9:30 Shuffleboard League (9:30 AM - 3:30 PM; check your schedules) (P) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Can Fit Pro Exercise Class (F) 2:00 Can Fit Pro Low Impact Exercise Class (W) 3:15 Colouring & Conversation with Life Enrichment (P) 6:45 Bridge Game * (P) 7:00 Crokinole (BN)</p>	<p>Passover 17 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) 11:00 Shopping Vendor: Fifth Avenue Jewelry (11:00 AM- 4:00 PM) (F) 11:15 Dog Therapy Visits with Karen & Mya (WAI) 2:00 DrumFIT (W) 3:00 Happy Hour (P) 7:00 Crokinole (BN)</p>	<p>Passover 18 Good Friday No Van Service Today No Interdenominational Church Service Today Salon Closed Today 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 2:00 Rick Steve's European Easter (E) 6:45 Open Card Game Night (P)</p>	<p>Passover 19 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 1:30 Hooked on Pins & Needles (Everyone Welcome) (W) 6:30 Netflix Documentary: Rolling Thunder Revue (a Bob Dylan Story bt Martin Scorsese) (P)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Passover Easter Sunday 20 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) 11:30 Easter Brunch Buffet (D) 1:30 Sunday Fun-Day Outing with Len: Casino Regina * (V) 2:00 Billiards (PHL) 6:30 Movie Night (Classics): Remains of the Day (P)	Easter Monday 21 Weekly Activity Challenge Due Date: Happy Easter Crossword (P) National Tea Day 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 Exercise Class (F) 2:00 Bingo (P) 6:45 Board Games & More! (P)	Earth Day 22 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) 12:00 Men's Luncheon: Greek Platter* (PD) 1:30 Bridge Game * (P) 2:00 Can Fit Pro Low Impact Exercise 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)	Administrative Professionals Day 23 9:30 Shuffleboard League (9:30 AM - 3:30 PM; check your schedules) (P) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Can Fit Pro Exercise Class (F) 2:00 Can Fit Pro Low Impact Exercise Class (W) 6:45 Bridge Game * (P) 7:00 Crokinole (BN)	24 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) 12:00 Ladies Luncheon: High Tea Style* (PD) 2:00 DrumFIT (W) 3:00 Happy Hour (P) 7:00 Entertainment: Life Out Loud (B)	25 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Can Fit Pro Exercise Class (F) 10:45 Current Events & Coffee (LB) 2:00 Catholic Mass (P) 3:15 Monthly Birthday Party (P) 6:45 Open Card Game Night (P)	26 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 1:30 Hooked on Pins & Needles (Everyone Welcome) *Location Change Today* (E) 2:00 Sing-along with Joan, Ken & Leone (B) 6:30 Netflix Documentary: Con Mum (P)
Volunteer Appreciation Week 27 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) 1:30 Sunday Fun-Day Outing with Len: Southland Mall Walk, Shop & Coffee Stop * (V) 2:00 Table Tennis (PHL) 6:30 Movie Night (Romance): Love, Guaranteed (P)	Volunteer Appreciation Week 28 Artfull Enrichment Week Federal Election Polling Station (7:30 AM - 7:30 PM) (P) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Can Fit Pro Exercise Class (F) 2:00 Artfull Enrichment Planet Earth Trivia with Prizes (E)	Volunteer Appreciation Week 29 Artfull Enrichment Week Weekly Activity Challenge Due Date: Spelling Conservation *Date Change* (P) 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) 10:00 Brain Games (Resident-led) *Date Change* (P) 1:30 Canasta Game * (P) 2:00 Resident Art Show & Sale (2-4 PM) (MAI) 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: Marilyn Phillips (B)	Volunteer Appreciation Week 30 Artfull Enrichment Week 9:30 Shuffleboard League (9:30 AM - 3:30 PM; check your schedules) (P) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Can Fit Pro Exercise Class (F) 2:00 Can Fit Pro Low Impact Exercise Class (W) 3:15 Artfull Enrichment: Collaborative Garden (P) 6:45 Bridge Game * (P) 7:00 Crokinole (BN)	<p>SATURDAY APRIL 12 Passover (12-20)</p>		



Be Heard

Locations Legend

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

Calendar Legend

Outing
Sign up Required *
Cruise Week
Signature Program
Highlight