



INSPIRED SENIOR LIVING

Jul 28 – Aug 3, 2025

Wintergreene Estates



Monday 28	Tuesday 29	Wednesday 30	Thursday 31	Friday 1	Saturday 2	Sunday 3
<p>Weekly Activity Challenge Due Date: Mixed Up Summer Movies (P) No Bingo 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>10:30 Can Fit Pro Exercise Class (F)</p> <p>2:00 Grasslands Shopping (V)</p> <p>2:00 Fit Minds in Harbour House (HAR)</p> <p>2:00 Entertainment: Emily Dubois & Ray Bell (B)</p> <p>2:30 TD Bank (V)</p> <p>3:00 Southland Mall (V)</p> <p>6:45 Board Games & More! (P)</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 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 Rosary (E)</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>7:00 Entertainment: Marilyn Phillips (B)</p>	<p>Take Your Kid To Work Day</p> <p>9:30 Shuffleboard League *LAST DAY* (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>3:15 Nail Painting with Life Enrichment (E)</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>10:30 Chair Yoga with Rebecca Whitrow (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: Dale & Company (B)</p> 	<p>International Beer Day</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 Annette (LB)</p> <p>2:00 Grasslands Shopping (V)</p> <p>2:00 Entertainment: Call It Yesterday (B)</p> <p>2:30 Southland Mall/Sobeys Liquor Store (V)</p> <p>3:30 Beer & Bites Social (P)</p> <p>6:30 Little House on the Prairie S1 Ep.1 & 2 (P)</p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:30 DrumFIT (W)</p> <p>10:45 Morning Walk with Yeva (Weather Permitting) (OUT)</p> <p>1:00 Music Therapy with Meghan (HAR)</p> <p>1:30 Hooked on Pins & Needles (Everyone Welcome) (W)</p> <p>2:00 Music Therapy with Meghan (HER)</p> <p>2:00 Bingo *Rescheduled from Monday* (P)</p> <p>5:00 Rider Game: SSK @ MTL (P)</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 (B)</p> <p>1:30 Sunday Fun-Day Outing with Gord: Cozyhaus Regina Café * (V)</p> <p>2:00 Table Tennis (PHL)</p> <p>6:30 Movie Night (Comedy): Barbie (P)</p> 

Locations Legend

- Prairie Schooner (P)
- Van Service (V)
- Entire Building (EB)
- Bistro (B)
- Wascana Way - 3rd FL. (W)
- Fireplace Lounge (F)
- Harbour House (HAR)
- Education Room - 2nd Fl. (E)
- Heritage House (HER)
- Breakfast Nook (BN)
- In Suite (IS)
- Library (LB)
- Outside (OUT)
- Pool Hall Lounge (PHL)

News:

Schedule Change: on Monday, July 28th at 2:00 p.m. we welcome back Emily Dubois and Ray Bell for their rousing fiddle and guitar program. Bingo is rescheduled to Saturday, August 2nd at 2:00 p.m. We've been receiving requests for more bingo games, so we have added extra dates in August.

Take Your Kid to Work Day: we will have some extra special helpers with us on Wednesday, July 30th.

Shuffleboard: our final day of our league for the Spring/Summer season is this Wednesday, July 30th. Thank you to all of our participants! Keep your eyes on the August calendar and newsletter for our end of season celebration and Fall registration information. We hope to see you, and some new faces for our Fall season.

Away: Jolene will be away from August 1st-6th.

Dimensions Of Wellness Legend

- Social
- Physical
- Purposeful
- Intellectual
- Emotional
- Spiritual
- Sensory

Calendar Legend

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