



INSPIRED SENIOR LIVING

Sep 1 – 7, 2025 Wintergreene Estates



Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6	Sunday 7
<p>Labour Day Weekly Activity Challenge Due Date: Apple Picking Crossword (P) No Van Service 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>12:45 Fit Minds in Harbour House *Time Change Today* (HAR)</p> <p>2:00 Bingo (P)</p> <p>6:45 Board Games & More! (P)</p> 	<p>9:00 Tuesday Morning Coffee Party (B)</p> <p>9:00 Tamiflu Prep Clinic (9AM-4PM) (P)</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:00 Fit Minds *Location Change Today* (E)</p> <p>1:30 Card Bingo (HER)</p> <p>1:30 Whist Game *Location Change Today** (BN)</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>6:00 Dog Therapy Visits with Nicole & Bailer (Harbour & Heritage House) (HER)</p> <p>7:00 Entertainment: Billy Young (B)</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>2:00 Shuffleboard Practice with Yeva (P)</p> <p>2:30 Royal & Scotia Banks (V)</p> <p>3:00 Conexus Credit Union (V)</p> <p>3:15 Colouring & Conversation (P)</p> <p>6:45 Bridge Game * (P)</p> <p>7:00 Crokinole (BN)</p> <p>7:00 September Jeopardy with Prizes (E)</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>11:15 Dog Therapy Visits with Karen & Mya (WAI)</p> <p>2:00 Resident Forum (W)</p> <p>3:00 Happy Hour (P)</p> <p>7:00 Crokinole (BN)</p> <p>7:00 Entertainment: Garnet & Jean Ripplinger (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 Amy (LB)</p> <p>2:00 Grasslands Shopping (V)</p> <p>2:00 Shuffleboard Practice with Jolene (P)</p> <p>2:30 Southland Mall/Sobeys Liquor Store (V)</p> <p><i>3:00 Storytime with Amy (in honour of National Read a Book Day) (F)</i></p> <p>4:30 Living Loving Local Dinner: Pear (4:30-6:15 PM) (D)</p> <p>6:30 Movie Night (Sentimental): The Art of Racing in the Rain (P)</p> 	<p>National Read a Book Day</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>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 Rider Game & Happy Hour: Banjo Bowl SSK @ WPG (P)</p> <p>6:30 Netflix Documentary: Sunday Best (P)</p> 	<p>Grandparents Day</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>12:30 Sunday Fun-Day Outing with Len: Over the Hill Orchards for Refreshments & Desserts* (V)</p> <p>1:15 Sit & Be Fit with Debra (HER)</p> <p>2:00 Billiards (PHL)</p> <p>6:30 Movie Night (Classics): Dirty Dancing (P)</p>

Locations Legend

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



News:

Signup Sheets: all card games and outings for this month can be found in the library binder. Please sign up if you are interested.

Tamiflu Prep Clinic: please stop by the Prairie Schooner on Tuesday to see Robyn anytime between 9am-4pm. During the clinic Robyn will be collecting everyone's weights and consents for our pharmacy.

Fall Shuffleboard League: due to some last-minute changes we have postponed our Fall league start date to Wednesday, September 10th. Fear not, we have a couple of opportunities to get some practice in on Wednesday and Friday this week.

Bonus Happy Hour: Join Yeva in the Prairie Schooner for the Banjo Bowl on Saturday at 2:00 p.m. Bar tickets can be purchased at Reception and snacks will be available. Go Riders!

Dimensions Of Wellness Legend

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

Calendar Legend

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