INSPIRED SENIOR LIVING

September 2025

Wintergreene Estates

INSPIRED SENIOR LIVING WITH Verve

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Labour Day **Weekly Activity Challenge Due Date: Apple Picking Crossword (P)** **No Van Service Today** 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Brain Games (Resident-led) (P) **12:45 Fit Minds in Harbour House *Time Change Today* (HAR)** 2:00 Bingo (P) 6:45 Board Games & More! (P)	**2** 9:00 Tuesday Morning Coffee Party (B) **9:00 Tamiflu Prep Clinic (9AM - 4PM) (P)** 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) **10:00 Fit Minds *Location Change Today* (E)** 1:30 Card Bingo (HER) **1:30 Whist Game *Location Change Today** (BN)** 2:00 Can Fit Pro Low Impact Exercise Class (W) 2:00 Rosary (E) 3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS) 3:00 Fit Minds in Heritage House (HER) **6:00 Dog Therapy Visits with Nicole & Bailer (Harbour & Heritage House) (HER)** **7:00 Entertainment: Billy Young (B)**	**3** 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 with Yeva (P) **3:15 Colouring & Conversation (P)** 6:45 Bridge Game * (P) 7:00 Crokinole (BN) 7:00 September Jeopardy with Prizes (E)	**4** 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Chair Yoga with Rebecca Whitrow (P) **11:15 Dog Therapy Visits with Karen & Mya (WAI)** **2:00 Resident Forum (W)** 3:00 Happy Hour (P) 7:00 Crokinole (BN) **7:00 Entertainment: Garnet & Jean Ripplinger (B)**	**5** 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 with Amy (LB) 2:00 Shuffleboard Practice with Jolene (P) 3:00 Storytime with Amy (in honour of National Read a Book Day) (F) 4:30 Living Loving Local Dinner: Pear (4:30-6:15 PM) (D) **6:30 Movie Night (Sentimental): The Art of Racing in the Rain (P)**	**6** National Read a Book Day 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 DrumFIT (W) 1:00 Music Therapy with Meghan (HAR) 1:30 Hooked on Pins & Needles (Everyone Welcome) (W) 2:00 Music Therapy with Meghan (HER) **2:00 Rider Game & Happy Hour: Banjo Bowl SSK @ WPG (P)** **6:30 Netflix Documentary: Sunday Best (P)**
7 Grandparents Day 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Sunday Morning Coffee Party (B) **12:30 Sunday Fun-Day Outing with Len: Over the Hill Orchards for Refreshments & Desserts* (V)** 1:15 Sit & Be Fit with Debra (HER) 2:00 Billiards (PHL) **6:30 Movie Night (Classics): Dirty Dancing (P)**	**8** Environmental Services Week The Terry Fox Foundation Silver Fox Event Fundraising (RA) **Weekly Activity Challenge Due Date: Searching for September (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 Fit Minds in Harbour House (HAR) **2:00 Bingo (All Proceeds to The Terry Fox Foundation) (P)** 6:45 Board Games & More! (P)	**9** Environmental Services Week The Terry Fox Foundation Silver Fox Event Fundraising (RA) 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 Card Bingo (HER) 1:30 Bridge Game (Will Begin Following Bridge Meeting)* (P) **1:30 Bridge Meeting (All Players Encouraged to Attend) (P)** 2:00 Can Fit Pro Low Impact Exercise Class (W) 2:00 Rosary (E) **2:30 Toonies for Terry Tim Hortons Coffee & Timbit Social ($2 to The Terry Fox Foundation) (B)** 3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS) 3:00 Fit Minds in Heritage House (HER) **7:00 Entertainment: Larry, Cup O' Joe's & What's Her Name (B)**	**10** Environmental Services Week The Terry Fox Foundation Silver Fox Event Fundraising (RA) **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) **3:15 Nail Painting with Mylene (by donation to The Terry Fox Foundation) (E)** 6:45 Bridge Game * (P) 7:00 Crokinole (BN)	**11** Environmental Services Week The Terry Fox Foundation Silver Fox Event Fundraising (RA) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) **10:00 Bible Study Begins (All Faiths Welcome!) (PD)** 10:30 Chair Yoga with Rebecca Whitrow (P) 2:00 DrumFIT (W) **2:00 Piano Entertainment by Jeanette Cross (B)** **3:00 Happy Hour feat. Pear Gin Gizz Cocktails (by donation to The Terry Fox Foundation) (P)** 7:00 Crokinole (BN) **7:00 Entertainment: Amigos (B)**	**12** Environmental Services Week The Terry Fox Foundation Silver Fox Event Fundraising (RA) Chocolate Milkshake Day 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 with Annette (LB) **2:00 Catholic Mass (P)** **2:30 Chocolate Milkshake Day Social (by donation to The Terry Fox Foundation) (B)** **5:00 Supper Outing with Yeva to Montanas* (V)** 7:15 Artfull Enrichment Expedition: India (P)	**13** Environmental Services Week The Terry Fox Foundation Silver Fox Event Fundraising (RA) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 DrumFIT (W) 1:00 Music Therapy with Meghan (HAR) **1:00 The Great Canadian National Open House (1-3 PM)** 1:30 Hooked on Pins & Needles (Everyone Welcome) (W) 2:00 Music Therapy with Meghan (HER) **2:00 Homemade Maple Sugar Scrub Craft (E)** **5:00 Rider Game: MTL @ SSK (P)**
14 Environmental Services Week The Terry Fox Foundation Silver Fox Event Fundraising (RA) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Sunday Morning Coffee Party (B) 1:30 Craft with Debra (HER) **1:30 Sunday Fun-Day Outing with Len: Regina Floral Conservatory* (V)** 2:00 Table Tennis (PHL) **6:30 Movie Night (Drama): The Lost City of Z (P)**	**15** **Weekly Activity Challenge Due Date: Young and Old Alike Quote (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 Fit Minds in Harbour House (HAR) **2:00 Entertainment: Emily Dubois & Ray Bell (B)** 6:45 Board Games & More! (P)	**16** 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 Shopping Vendor: If The Shoe Fits (10 AM-2 PM) (F)** 1:30 Card Bingo (HER) 1:30 Cribbage Game * (P) 2:00 Can Fit Pro Low Impact Exercise Class (W) 2:00 Rosary (E) 3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS) 3:00 Fit Minds in Heritage House (HER) **7:00 Entertainment: Kristian Wenaus (B)**	**17** International Country Music Day: Wear Western Wear 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 Country-themed Can Fit Pro Exercise Class (F) **11:30 Country Gold Weenie Roast (Come & Go; 11:30 AM - 1:15 PM) (CP)** 2:00 Country-themed Can Fit Pro Low Impact Exercise Class (W) **3:15 Country-themed Colouring & Conversation (P)** 6:45 Bridge Game * (P) 7:00 Crokinole (BN)	**18** 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) **2:00 Armchair Travel with Annette to Portugal (HH Residents Only) (HER)** 3:00 Happy Hour (P) 7:00 Crokinole (BN) **7:00 Entertainment: Jerry & the Attrics (B)**	**19** 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 with Annette (LB) 1:30 Artfull Enrichment: Bird Feathers (E) **2:00 Wellness Clinic: The Importance of Blood Pressure Monitoring & Blood Pressure Checks (P)** **3:00 Interdenominational Church Service (B)** **6:30 Netflix Documentary: Katrina: Come Hell and High Water Ep. 1 (P)**	**20** **9:30 Outing with Yeva to The Lumsden Scarecrow Festival Street Market* (V)** 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 1:00 Music Therapy with Meghan (HAR) 1:30 Hooked on Pins & Needles (Everyone Welcome) (W) 2:00 Music Therapy with Meghan (HER) **2:00 Bingo *Rescheduled from Monday* (P)** **6:30 Netflix Documentary: Katrina: Come Hell and High Water Ep. 2 (P)**

Verve INSPIRED SENIOR LIVING

September 2025

Wintergreene Estates

WINTERGREENE ESTATES — INSPIRED SENIOR LIVING WITH Verve

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21 World Alzheimer's Day 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Sunday Morning Coffee Party (B) 1:30 Balloon Volleyball with Debra (HER) **1:30 Sunday Fun-Day Outing with Len: Victoria Square Mall Walk, Shop & Coffee Stop * (V)** 2:00 Billiards (PHL) **6:30 Movie Night (Comedy): The Thursday Murder Club (P)**	**22** **Weekly Activity Challenge Due Date: Mixed Up Classic Television (P)** Rosh Hashanah Autumnal Equinox: Wear Fall Colors Today: Red, Orange and Yellow (EB) 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 Fit Minds in Harbour House (HAR) **2:00 Joyce Wellings' 100th Birthday Celebration (2-4 PM; Come & Go) (P)** 6:45 Board Games & More! (P)	**23** Rosh Hashanah 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 New Resident Luncheon (By Invitation Only) (PD)** 1:30 Card Bingo (HER) 1:30 Bridge Game * (P) 2:00 Can Fit Pro Low Impact Exercise Class (W) 2:00 Rosary (E) 3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS) 3:00 Fit Minds in Heritage House (HER) **6:00 Dog Therapy Visits with Nicole & Bailer (Harbour & Heritage House) (HER)** **7:00 Entertainment: Country Fever (B)**	**24** Rosh Hashanah 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 Nail Painting with Mylene (E) 6:45 Bridge Game * (P) 7:00 Crokinole (BN)	**25** **9:30 New Resident Coffee Party (All Residents Welcome!) (B)** 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) **11:30 Shopping Vendor: Kathy from AVON (11:30 AM-3:30 PM) (F)** 2:00 DrumFIT (W) 3:00 Oktoberfest Happy Hour (P) 7:00 Crokinole (BN) **7:00 Entertainment: Knight 'n Gail (B)**	**26** 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 with Annette (LB) **2:00 Catholic Mass (P)** 2:00 Artfull Enrichment Trivia: Oktoberfest (E) **3:15 Monthly Birthday Party (P)** 4:30 Oktoberfest Dinner (4:30-6:15 PM) (D) **7:00 Entertainment: The Flutters (B)**	**27** 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 DrumFIT (W) **11:00 Harbour House BBQ Family Social (11 AM - 1 PM) (HAR)** **11:00 Heritage House BBQ Family Social (11 AM - 1 PM) (HER)** 1:00 Music Therapy with Meghan (HAR) 1:30 Hooked on Pins & Needles (Everyone Welcome) (W) 2:00 Music Therapy with Meghan (HER) **2:00 Sing-Along with Joan, Ken & Leone (B)** 3:00 Artfull Enrichment: Oktoberfest Pretzel (E) **5:00 Rider Game: SSK @ EDM (P)**
28 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Sunday Morning Coffee Party (B) **11:30 Sunday Fun-Day Outing with Len: Lunch at Ricky's All Day Grill* (V)** 1:30 Craft with Debra (HER) 2:00 Table Tennis (PHL) **6:30 Movie Night (Mystery): Now You See Me (P)**	**29** **Weekly Activity Challenge Due Date: Common Endings (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 Bingo (P) 2:00 Fit Minds in Harbour House (HAR) 6:45 Board Games & More! (P)	**30** National Day for Truth & Reconciliation: Wear Orange (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) 1:30 Card Bingo (HER) 1:30 Whist Game * (P) 2:00 Can Fit Pro Low Impact Exercise Class (W) 2:00 Rosary (E) 3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS) 3:00 Fit Minds in Heritage House (HER) **6:00 Netflix Documentary: Katrina: Come Hell and High Water Ep. 3 (P)**			

Be Bold

Locations Legend

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

Calendar Legend

Outing
Special Program
Sign up Required *
Signature Program
Highlight