

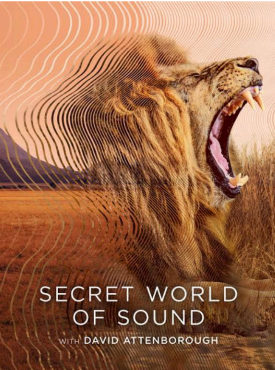


INSPIRED
SENIOR LIVING

Jan 12 – 18, 2026

Wintergreene Estates



Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Saturday 17	Sunday 18
<p>Weekly Activity Challenge Due Date: Winter Clothing Crossword (P)</p> <p>Mental Health Association Fundraising (RA)</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 Bingo (Double Payout) (P)</p> <p>2:30 TD Bank (V)</p> <p>3:00 Southland Mall (V)</p> <p>6:45 Board Games & More! (P)</p> <p>7:00 Entertainment: Friendly Folk (B)</p>	<p>Mental Health Association Fundraising (RA)</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>11:30 Shopping Vendor: Kathy from AVON (11:30 AM-3:30 PM) (F)</p> <p>1:30 Card Bingo (HER)</p> <p>1:30 Bridge Game * (P)</p> <p>2:00 BMO/CIBC Banks (V)</p> <p>2:00 Rosary (E)</p> <p>2:00 Can Fit Pro Low Impact Exercise Class (W)</p> <p>2:30 Co-op Grocery Store (V)</p> <p>3:00 Grasslands Shopping (V)</p> <p>3:00 Fit Minds in Heritage House (HER)</p> <p>3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS)</p> <p>5:00 Supper Outing with Yeva to London Belle* (V)</p> <p>7:30 Say What? Game (P)</p>	<p>Mental Health Association Fundraising (RA)</p> <p>Footcare Today</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>1:30 Can Fit Pro Low Impact Exercise Class *Time Change Today* (W)</p> <p>2:00 Co-op Grocery Store (V)</p> <p>2:00 Armchair Travel with Jeanette Miller to the Netherlands (P)</p> <p>2:30 Royal & Scotia Banks (V)</p> <p>2:30 Kitchen Tour (Meet Amy in Main Dining Room)* (D)</p> <p>3:00 Conexus Credit Union (V)</p> <p>3:15 Nail Painting (E)</p> <p>6:45 Bridge Game * (P)</p> <p>7:00 Crokinole (BN)</p>	<p>Mental Health Association Fundraising (RA)</p> <p><i>National Hat Day: Wear Your Favorite Hat Today!</i></p> <p>National Bagel Day</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>11:00 Shopping Vendor: Fifth Avenue Jewelry (11:00 AM- 4:00 PM) (F)</p> <p>1:30 Meet me at the MoMA Presentation & Chat: Robert Colquhoun (P)</p> <p>3:00 Happy Hour feat. Rebellion Brewing Co. Lentil Ale (P)</p> <p>7:00 Crokinole (BN)</p> <p>7:00 Entertainment: Jerry & the Attrics (B)</p>	<p>Mental Health Association Fundraising (RA)</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 Fall/Winter Shuffleboard League End of Season Celebration (By Invitation Only) (P)</p> <p>2:30 Southland Mall/Sobeys Liquor Store (V)</p> <p>3:00 Interdenominational Church Service (B)</p> <p>6:30 Indigo and Evening Coffee Outing at Starbucks with Yeva * (V)</p> <p>6:30 Movie Night (Classic Musical): Annie (P)</p>	<p>Mental Health Association Fundraising (RA)</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 Sacha Wolfson (P)</p> <p>1:00 Hooked on Pins & Needles (Everyone Welcome) (W)</p> <p>2:00 Entertainment: Sweet Blue (B)</p> <p>3:15 Collect Four Card Game (P)</p> <p>6:30 Netflix Documentary: Secret World of Sound with David Attenborough Ep. 3 (P)</p> 	<p>Mental Health Association Fundraising (RA)</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>10:30 Archdiocese of Regina Catholic Mass Livestream (P)</p> <p>11:00 Sunday Fun-Day Outing with Len: Lunch at Main Track Cafe Emerald Park & Cruise* (V)</p> <p>12:30 Craft with Debra (HER)</p> <p>2:00 Table Tennis (PHL)</p> <p>2:00 DrumFIT (W)</p> <p>6:30 Movie Night (Classics): Now and Then (P)</p>

Locations Legend

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

News:

Weekly Challenges: starting this week, answers to the previous week’s weekly challenge will be posted on the Prairie Schooner bulletin board.

Found Items: two gold rings have been turned in. A gold band and a signet ring. If you think it belongs to you, please see Annette to identify. As well, some Apple AirPods in their case and a holder. Please see Jolene to identify.

Fundraiser: In honour of Bell Let’s Talk Day on January 21st we will be raising money for the Regina Branch of the Canadian Mental Health Association from January 12th-21st at Reception. This year’s theme for Bell Let’s Talk Day is “taking a moment for mental health” emphasizing self-care, supporting others, and community. To sweeten this fundraiser up we will be hosting a Pie the Manager event on Friday, January 23rd to coincide with National Pie Day. The more money we raise, the more Managers you have the chance to pie with Annette, our General Manager at the top monetary spot. We will be posting a thermometer style chart in the Prairie Schooner where you can follow along with our fundraising progress.

Armchair Travel: with Jeannette Miller through the Netherlands at 2:00 p.m. on Wednesday, January 14th. If you missed her presentation the first time this is your chance to catch it again. Due to the presentation and the kitchen tour with Amy we are moving low impact exercises up to 1:30 p.m. this day.

Shuffleboard: our end of season celebration is on Friday, January 16th for all residents that participated. Invitations will go out early this week.

Outing: There are still spaces available for our Indigo and Starbucks outing with Yeva on Friday, January 16th at 6:30 p.m. Please sign up in the library if you are interested.

Calendar Legend

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