



INSPIRED SENIOR LIVING

# January 2026

## Wintergreene Estates



INSPIRED SENIOR LIVING WITH Verve

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>National Popcorn Day</b></p>	 <p><b>National Chocolate Cake Day</b></p>			<p><b>New Year's Day</b> 1  <b>No Van Service Today</b>  <b>Salon Closed Today</b>            10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)            10:00 What's New in 2026? (Coffee &amp; Chat with Colleen) (B)            10:30 Chair Yoga with Rebecca Whitrow (P)            1:30 New Year's Fill-in Game with Prizes (P)            3:00 Happy Hour (P)            6:30 Winter Bingo (P)            7:00 Crokinole (BN)            7:45 New Year's Quiz with Prizes (P)</p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 2            10:00 Chair Yoga with Sacha Wolfson *NEW* (P)            10:00 Can Fit Pro Exercise Class (F)            10:45 Current Events &amp; Coffee with Annette (LB)            2:00 Artfull Enrichment Craft: Rocky Melted Snowman (E)  <b>6:30 Movie Night (Drama): Jay Kelly (P)</b></p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 3  <b>10:30 Chair Yoga with Sacha Wolfson *NEW* (P)</b>  <b>11:30 Lunch Outing with Yeva: Houseparty Cafe &amp; Lounge* (V)</b>            1:00 Hooked on Pins &amp; Needles (Everyone Welcome) (W)            2:00 January Jeopardy with Prizes (P)  <b>6:30 Documentary: We Are Metis (Presented by Gerry Welsh) (P)</b></p>
<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 4            10:00 Sunday Morning Coffee Party (B)            10:30 Archdiocese of Regina Catholic Mass Livestream (P)            12:30 Craft with Debra (HER)  <b>1:30 Sunday Fun-Day Outing with Len: Victoria Square Mall Walk, Shop &amp; Coffee Stop * (V)</b>            2:00 Table Tennis (PHL)            2:00 DrumFIT (W)  <b>6:30 Movie Night (Comedy): Music and Lyrics (P)</b></p>	<p><b>Weekly Activity Challenge Due Date: 5</b>  <b>Alaskan Animals Word Match (P)</b>            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)  <b>6:00 Dog Therapy Visits with Nicole &amp; Bailer (Haven &amp; Harbour House) (HH)</b>            6:45 Board Games &amp; More! (P)</p>	<p>National Technology Day 6            National Shortbread Day            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 Cribbage Game * (P)            2:00 Rosary (E)            2:00 Can Fit Pro Low Impact Exercise Class (W)            2:45 Shortbread Social (B)            3:00 Fit Minds in Heritage House (HER)            3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS)  <b>7:00 Entertainment: The Brotherhood (B)</b></p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 7            10:30 Can Fit Pro Exercise Class (F)            2:00 Can Fit Pro Low Impact Exercise Class (W)  <b>2:30 Kitchen Tour (Meet Amy in Main Dining Room)* (D)</b>            6:45 Bridge Game * (P)            7:00 Crokinole (BN)</p>	<p>Elvis Presley's Birthday 8            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)  <b>2:00 Resident Forum (W)</b>            3:00 Happy Hour feat. Velvet Elvis Cocktails (P)            7:00 Crokinole (BN)  <b>7:00 Entertainment: Heritage Fiddlers (B)</b></p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 9            10:00 Can Fit Pro Exercise Class (F)            10:45 Current Events &amp; Coffee with Annette (LB)            1:35 Rosary (P)            2:00 Artfull Enrichment Trivia: Italy (E)  <b>2:00 Catholic Mass (P)</b>            4:30 Living Loving Local Dinner: Beans &amp; Lentils (4:30-6:15 PM) (D)            6:30 Wine &amp; Paint Night: Snowy Sunset (P)</p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10            10:30 Chair Yoga with Sacha Wolfson (P)            1:00 Hooked on Pins &amp; Needles (Everyone Welcome) (W)            1:30 Plinko (P)            3:30 Coffee &amp; Cribbage with Yeva (B)  <b>6:30 Netflix Documentary: Secret World of Sound with David Attenborough Ep. 1 &amp; 2 (P)</b></p>
<p>National Milk Day 11            10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)            10:00 Sunday Morning Coffee Party (B)            10:30 Archdiocese of Regina Catholic Mass Livestream (P)            12:30 Craft with Debra (HER)  <b>1:15 Sunday Fun-Day Outing with Len: Regina Symphony Orchestra Free Library Concert Series * (V)</b>            2:00 Billiards (PHL)            2:00 DrumFIT (W)            2:30 Milkshake Day Social (B)  <b>6:30 Movie Night (Drama): The Book Thief (P)</b></p>	<p><b>Weekly Activity Challenge Due Date: Winter Clothing Crossword (P) 12</b>            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)  <b>2:00 Bingo (Double Payout) (P)</b>            6:45 Board Games &amp; More! (P)  <b>7:00 Entertainment: Friendly Folk (B)</b></p>	<p>9:00 Tuesday Morning Coffee Party (B) 13            10:00 Fit Minds (P)            10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)  <b>11:30 Shopping Vendor: Kathy from AVON (11:30 AM-3:30 PM) (F)</b>  <b>12:00 Ladies Luncheon: High Tea Style* (PD)</b>            1:30 Card Bingo (HER)            1:30 Bridge Game * (P)            2:00 Rosary (E)            2:00 Can Fit Pro Low Impact Exercise Class (W)            3:00 Fit Minds in Heritage House (HER)            3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS)  <b>5:00 Supper Outing with Yeva to London Belle* (V)</b>            7:30 Say What? Game (P)</p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 14            10:30 Can Fit Pro Exercise Class (F)            2:00 Can Fit Pro Low Impact Exercise Class (W)  <b>2:00 Armchair Travel with Jeanette Miller to the Netherlands (P)</b>  <b>2:30 Kitchen Tour (Meet Amy in Main Dining Room)* (D)</b>            3:15 Nail Painting (E)            6:45 Bridge Game * (P)            7:00 Crokinole (BN)</p>	<p>National Hat Day: Wear Your Favorite Hat Today! 15            National Bagel Day            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)  <b>11:00 Shopping Vendor: Fifth Avenue Jewelry (11:00 AM- 4:00 PM) (F)</b>            1:30 Meet me at the MoMA Presentation &amp; Chat: Robert Colquhoun (P)            3:00 Happy Hour feat. Rebellion Brewing Co. Lentil Ale (P)            7:00 Crokinole (BN)  <b>7:00 Entertainment: Jerry &amp; the Attrics (B)</b></p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 16            10:00 Can Fit Pro Exercise Class (F)            10:45 Current Events &amp; Coffee with Annette (LB)  <b>2:00 Fall/Winter Shuffleboard League End of Season Celebration (By Invitation Only) (P)</b>  <b>3:00 Interdenominational Church Service (B)</b>  <b>6:30 Indigo Bookstore and Evening Coffee Outing at Starbucks with Yeva * (V)</b>  <b>6:30 Movie Night (Classic Musical): Annie (P)</b></p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 17            10:30 Chair Yoga with Sacha Wolfson (P)            1:00 Hooked on Pins &amp; Needles (Everyone Welcome) (W)  <b>2:00 Entertainment: Sweet Blue (B)</b>            3:15 Collect Four Card Game (P)  <b>6:30 Netflix Documentary: Secret World of Sound with David Attenborough Ep. 3 (P)</b></p>



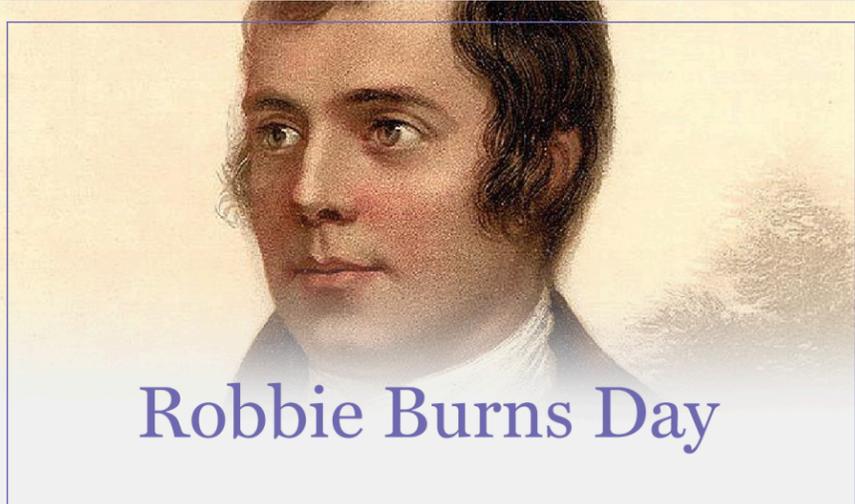
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) <b>18</b></p> <p>10:00 Sunday Morning Coffee Party (B)</p> <p>10:30 Archdiocese of Regina Catholic Mass Livestream (P)</p> <p><b>11:00 Sunday Fun-Day Outing with Len: Lunch at Main Track Cafe Emerald Park &amp; Cruise* (V)</b></p> <p>12:30 Craft with Debra (HER)</p> <p>2:00 Table Tennis (PHL)</p> <p>2:00 DrumFIT (W)</p> <p><b>6:30 Movie Night (Classics): Now and Then (P)</b></p>	<p><b>Weekly Activity Challenge Due Date: Snowman Word Match (P) 19</b></p> <p>Martin Luther King Jr. Day</p> <p>National Popcorn Day</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><b>1:30 Movie Matinee with Popcorn (Docudrama): Selma (P)</b></p> <p>2:00 Fit Minds in Harbour House (HAR)</p> <p>3:00 Popcorn Social (B)</p> <p>6:45 Board Games &amp; More! (P)</p>	<p>National Cheese Lovers Day <b>20</b></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><b>12:00 New Resident Luncheon (By Invitation Only) (PD)</b></p> <p>1:30 Card Bingo (HER)</p> <p>1:30 Whist Game * (P)</p> <p>2:00 Rosary (E)</p> <p>2:00 Can Fit Pro Low Impact Exercise Class (W)</p> <p>2:30 Wine &amp; Cheese Social (B)</p> <p>3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS)</p> <p>3:00 Fit Minds in Heritage House (HER)</p> <p><b>6:00 Dog Therapy Visits with Nicole &amp; Bailer (Haven &amp; Heritage House) (HH)</b></p> <p>7:00 Entertainment: Poplar Creek Duo (B)</p>	<p>Bell Let's Talk Day <b>21</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><b>1:30 Can Fit Pro Low Impact Exercise Class *Time Change Today* (W)</b></p> <p><b>2:00 Robbie Burns Day Celebration (D)</b></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) <b>22</b></p> <p>10:00 Bible Study (All Faiths Welcome) (PD)</p> <p>10:30 Chair Yoga with Rebecca Whitrow (P)</p> <p><b>2:00 Spring Shuffleboard League Registration (\$5 to sign up) (P)</b></p> <p>3:00 Scottish Themed Happy Hour (P)</p> <p>7:00 Crokinole (BN)</p> <p><b>7:00 Entertainment: Elaine Oster (B)</b></p>	<p><b>National Pie Day (B) 23</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 &amp; Coffee with Annette (LB)</p> <p>1:35 Rosary (P)</p> <p><b>2:00 Catholic Mass (P)</b></p> <p><b>2:30 Pie the Managers Fundraiser (B)</b></p> <p><b>6:30 Bingo *Rescheduled from Monday* (P)</b></p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) <b>24</b></p> <p><b>10:00 Outing with Yeva to Regina Farmer's Market* (V)</b></p> <p>10:30 Chair Yoga with Sacha Wolfson (P)</p> <p>1:00 Hooked on Pins &amp; Needles (Everyone Welcome) (W)</p> <p><b>2:00 Sing-Along with Joan, Ken &amp; Leone (B)</b></p> <p>3:15 Polar Bear Plunge Game (B)</p> <p><b>6:30 Netflix Documentary: Victoria Beckham Ep. 1 (P)</b></p>
<p>Robbie Burns Day <b>25</b></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>12:30 Craft with Debra (HER)</p> <p><b>1:15 Sunday Fun-Day Outing with Len: Concerts at the Floral Conservatory-Harp* (V)</b></p> <p>2:00 Billiards (PHL)</p> <p>2:00 DrumFIT (W)</p> <p><b>6:30 Movie Night (Action): Sahara (P)</b></p>	<p><b>Weekly Activity Challenge Due Date: Early Radio Shows and Stars Word Scramble (P) 26</b></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 Fit Minds in Harbour House (HAR)</p> <p><b>2:00 Entertainment: Emily Dubois &amp; Ray Bell (B)</b></p> <p>6:45 Board Games &amp; More! (P)</p>	<p>National Chocolate Cake Day <b>27</b></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 Card Bingo (HER)</p> <p>1:30 Bridge Game * (P)</p> <p>2:00 Rosary (E)</p> <p>2:00 Can Fit Pro Low Impact Exercise Class (W)</p> <p>3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS)</p> <p>3:00 Fit Minds in Heritage House (HER)</p> <p>6:30 Shuffleboard Practice Games with Yeva (P)</p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) <b>28</b></p> <p>10:30 Can Fit Pro Exercise Class (F)</p> <p>2:00 Can Fit Pro Low Impact Exercise Class (W)</p> <p><b>2:30 Kitchen Tour (Meet Amy in Main Dining Room)* (D)</b></p> <p>3:15 Nail Painting (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) <b>29</b></p> <p>10:00 Bible Study (All Faiths Welcome) (PD)</p> <p>10:30 Chair Yoga with Rebecca Whitrow (P)</p> <p>1:30 Meet me at the MoMA Presentation &amp; Chat: Clarke Reynolds (P)</p> <p>3:00 Happy Hour (P)</p> <p>7:00 Crokinole (BN)</p> <p><b>7:00 Entertainment: Tim Richards (B)</b></p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) <b>30</b></p> <p>10:00 Can Fit Pro Exercise Class (F)</p> <p>10:45 Current Events &amp; Coffee with Annette (LB)</p> <p>1:30 Coffee &amp; Connect 4 Games (B)</p> <p><b>2:00 Wellness Clinic: Life Capsules, Advanced Care Plans &amp; Blood Pressure Checks (P)</b></p> <p><b>3:15 Monthly Birthday Party (P)</b></p> <p>6:30 Wine &amp; Paint Night: Harris' Mountain Reflection (P)</p>	<p>National Hot Chocolate Day <b>31</b></p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:00 Hot Chocolate Jeopardy with Prizes (E)</p> <p>10:30 Chair Yoga with Sacha Wolfson (P)</p> <p>1:00 Hooked on Pins &amp; Needles (Everyone Welcome) (W)</p> <p><b>1:30 Bingo *Rescheduled from Monday* (P)</b></p> <p>3:00 Hot Chocolate Social (B)</p> <p><b>6:30 Netflix Documentary: Victoria Beckham Ep. 2 (P)</b></p>



## Robbie Burns Day

# Be Colourful

**Locations Legend**

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

**Calendar Legend**

Outing

Special Program

Sign up Required \*

Signature Program

Highlight