



INSPIRED
SENIOR LIVING

Feb 23 – Mar 1, 2026

Wintergreene Estates



Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28	Sunday 1
<p>Weekly Activity Challenge Due Date: Mixed Up Friendship Movies (P)</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 Armchair Travel with Robyn Shiplack to Cuba (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>National Tortilla Chip Day</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>12:00 New Resident Luncheon (By Invitation Only) (PD)</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>2:30 Chips & Dip Social (B)</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: Dale & Company (B)</p>	<p><i>Pink Shirt Day (In Support of Anti-Bullying)</i></p> <p>9:30 Shuffleboard League (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>3:00 Pink Shirt Day Group Photo (F)</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)</p> <p>10:00 Bible Study (All Faiths Welcome) (PD)</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 Armchair Travel with Norm Knudsen to China (P)</p> <p>3:00 Happy Hour (P)</p> <p>7:00 Crokinole (BN)</p> <p>7:00 Entertainment: SRW Trio (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 Annette (LB)</p> <p>1:35 Rosary (P)</p> <p>2:00 Grasslands Shopping (V)</p> <p>2:00 Catholic Mass (P)</p> <p>2:30 Southland Mall/Sobeys Liquor Store (V)</p> <p>3:15 Monthly Birthday Party (P)</p> <p>4:30 Caribbean Themed Dinner (4:30 PM - 6:15 PM) (D)</p> <p>6:15 Outing with Yeva: MacKenzie Art Gallery* (V)</p> <p>6:30 Movie Night (Black History Month): Big George Foreman (P)</p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:00 Outing with Yeva to Regina Farmer's Market* (V)</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 Bingo *Rescheduled from Monday* (P)</p> <p>6:30 Netflix Documentary (Black History Month): Self Made: Inspired by the Life of Madam C.J. Walker Ep. 3 & 4 (P)</p>	<p>National Peanut Butter 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>10:30 Archdiocese of Regina Catholic Mass Livestream (P)</p> <p>1:00 Craft with Debra (HER)</p> <p>1:15 Sunday Fun-Day Outing with Marty: Regina Symphony Orchestra Free Library Concert Series * (V)</p> <p>2:00 Table Tennis (PHL)</p> <p>2:00 DrumFIT (W)</p> <p>6:30 Movie Night (Comedy): Sweet Home Alabama (P)</p>

Locations Legend

Prairie Schooner (P)
Van Service (V)
Entire Building (EB)
Fireplace Lounge (F)
Bistro (B)
Wascana Way - 3rd FL. (W)
Heritage House (HER)
Private Dining Room (PD)

Education Room - 2nd Fl. (E)
Breakfast Nook (BN)
Harbour House (HAR)
In Suite (IS)
Library (LB)
Dining Room (D)
Pool Hall Lounge (PHL)

News

Armchair Travels: join Robyn Shiplack, Health & Wellness Manager on Monday, February 23rd at 2:00 p.m. in the Prairie Schooner as she takes you on her family's journey through Cuba. Join resident Norm Knudsen on Thursday, February 26th at 1:30 p.m. in the Prairie Schooner for his travels through China. Be sure to stick around for Happy Hour after!

Pink Shirt Day: wear your pink shirts on Wednesday, February 25th to show solidarity against bullying and promote kindness. Please meet in the Fireplace Lounge at 3:00 p.m. for a group photo.

Fifth Ave Jewelry: has been rescheduled from last week to Thursday, February 26th from 11:00 a.m. - 4:00 p.m. in the Fireplace Lounge.

Farmer's Market Outing: there are still spaces available for our outing to the Regina Farmer's Market at the International Trade Centre on Saturday. Please sign up in the library if you are interested.



Calendar Legend

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