



INSPIRED SENIOR LIVING

Mar 2 – 8, 2026 Wintergreene Estates



INSPIRED SENIOR LIVING WITH Verve

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7	Sunday 8
<p>Weekly Activity Challenge Due Date: Famous March Birthdays (P)</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>2:00 Grasslands Shopping (V)</p> <p>2:00 Fit Minds in Harbour House (HAR)</p> <p>2:30 TD Bank (V)</p> <p>3:00 Southland Mall (V)</p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>2:00 BMO/CIBC Banks (V)</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>Footcare Today</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>2:00 Co-op Grocery Store (V)</p> <p>2:30 Royal & Scotia Banks (V)</p> <p>3:00 Conexus Credit Union (V)</p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p>	<p>Dress in Blue Day</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>2:00 Grasslands Shopping (V)</p> <p>2:30 Southland Mall/Sobeys Liquor Store (V)</p> <p>4:30 Living Loving Local Dinner: Maple (4:30-6:15 PM) (D)</p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> 	<p>International Women's Day</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> 

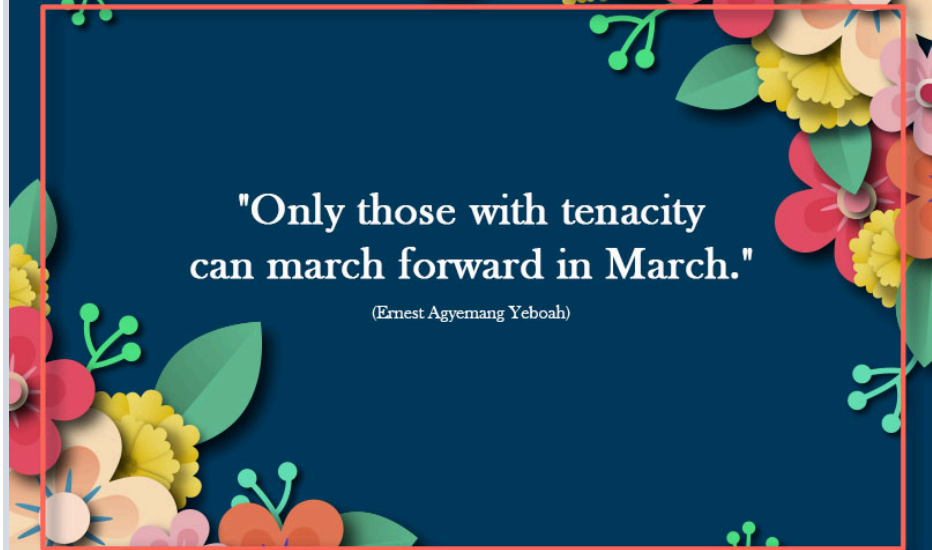
Locations Legend
<p>Prairie Schooner (P)</p> <p>Van Service (V)</p> <p>Entire Building (EB)</p> <p>Wascana Way - 3rd FL. (W)</p> <p>Bistro (B)</p> <p>Fireplace Lounge (F)</p> <p>Heritage House (HER)</p> <p>Breakfast Nook (BN)</p>
<p>Harbour House (HAR)</p> <p>Education Room - 2nd Fl. (E)</p> <p>In Suite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

News

Outbreak: due to the ongoing GI outbreak, all activities and outings are suspended until further notice. We will deliver weekly challenges, brain games, puzzles, Fit Minds packages, etc. to your suites.

Van Service: continues as scheduled this week but we are limiting van runs to two residents per run. Masking is encouraged and our van drivers will be wearing masks and sanitizing the van with each run.

Store Product Change: effective immediately we will no longer be carrying Kirkland brand toilet paper in the store due to ongoing plumbing issues with this brand. We have switched to Purex at \$1.00 per roll.



Calendar Legend
<p>Outing</p> <p>Special Program</p> <p>Sign up Required *</p> <p>Theme Day</p> <p>Signature Program</p> <p>Highlight</p>