



INSPIRED SENIOR LIVING

March 2026

Wintergreene Estates



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>National Peanut Butter Day 1</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p>	<p>Weekly Activity Challenge 2</p> <p>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 Fit Minds in Harbour House (HAR)</p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 3</p> <p>3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS)</p>	<p>Footcare Today 4</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 5</p>	<p>Dress in Blue Day 6</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</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) 7</p>
<p>International Women's Day 8</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p>	<p>Weekly Activity Challenge Due Date: 9</p> <p>My Fair Lady Crossword (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 Bingo (P)</p> <p>2:00 Fit Minds in Harbour House (HAR)</p> <p>3:00 Fireside Chat with Chef Amy & Jolene: Workin' Moms (International Women's Day) (F)</p> <p>6:45 Board Games & More! (P)</p>	<p>9:00 Tuesday Morning Coffee Party (B) 10</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>7:00 Entertainment: The Brotherhood (B)</p>	<p>9:30 Shuffleboard League (9:30 AM - 3:30 PM; check your schedules) (P) 11</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 Can Fit Pro Low Impact Exercise Class (W)</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) 12</p> <p>10:00 Bible Study (All Faiths Welcome) (PD)</p> <p>10:00 Coffee & Connection (B)</p> <p>10:30 Chair Yoga with Rebecca Whitrow (P)</p> <p>1:45 STARS: Shock Trauma Air Rescue Service Presentation (P)</p> <p>3:00 Happy Hour (P)</p> <p>7:00 Crokinole (BN)</p> <p>7:00 Entertainment: Larry, Cup O' Joe's & What's Her Name (B)</p>	<p>Massage Therapy Today 13</p> <p>Wear Your Rider Gear And/or Green Attire Today</p> <p>No Current Events & Coffee Today</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>11:00 Grey Cup Parade (MAI)</p> <p>1:35 Rosary (P)</p> <p>2:00 Catholic Mass (P)</p> <p>2:30 Grey Cup Social with Josh Donnelly (B)</p> <p>6:30 Artfull Enrichment Trivia: The Royal Family (E)</p>	<p>National Potato Chip Day 14</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:00 Artfull Enrichment: Paper Shamrock Decoration (E)</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: Two-Stepp (B)</p> <p>3:30 Potato Chip Social (B)</p> <p>6:30 Netflix Documentary: Famous Last Words: Eric Dane (P)</p>
<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 15</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>1:30 Sunday Fun-Day Outing with Len: Regina Floral Conservatory (A Spring Awakening Display)* (V)</p> <p>2:00 Table Tennis (PHL)</p> <p>2:00 DrumFIT (W)</p> <p>2:00 Deb Singh Tax Document Pickup (2-4 PM) (E)</p> <p>6:30 Movie Night (Classics): The Secret Garden (P)</p>	<p>Weekly Activity Challenge Due 16</p> <p>Date: And the Oscar Goes To... (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 Fit Minds in Harbour House (HAR)</p> <p>2:00 Entertainment: Emily Dubois & Ray Bell (B)</p> <p>6:45 Board Games & More! (P)</p>	<p>St. Patrick's Day: Wear Green (EB) 17</p> <p>St. Patrick's Day Scavenger Hunt (MAI)</p> <p>Lucky Charms Cereal Jar Guess (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>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 Shamrock Shake 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>7:00 Entertainment: The Concert Bandits (B)</p>	<p>Footcare Today 18</p> <p>Massage Therapy Today</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 Can Fit Pro Low Impact Exercise Class (W)</p> <p>6:45 Bridge Game * (P)</p> <p>7:00 Crokinole (BN)</p>	<p>Ramadan Ends 19</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>2:00 Resident Forum (W)</p> <p>3:00 St. Patrick's Day Happy Hour (P)</p> <p>7:00 Crokinole (BN)</p> <p>7:00 Entertainment: Jerry & the Attrics (B)</p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 20</p> <p>10:00 Can Fit Pro Exercise Class (F)</p> <p>10:45 Current Events & Coffee with Annette (LB)</p> <p>2:00 Wellness Clinic: Colorectal Cancer Symptoms & Blood Pressure Checks (P)</p> <p>2:45 Outing with Yeva: Happy Hour at Earls* (V)</p> <p>3:00 Interdenominational Church Service (B)</p> <p>6:30 Bingo *Rescheduled from Monday* (P)</p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 21</p> <p>10:00 Deb Singh Tax Document Pickup (10 AM - 12 PM) (E)</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 Sing-Along with Joan, Ken & Leone (B)</p> <p>3:30 Who Am I? Guessing Game (E)</p> <p>6:30 Movie Night (Based on a True Story): The Swedish Connection (P)</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) 22</p> <p>10:00 Sunday Morning Coffee Party (B)</p> <p>10:30 Archdiocese of Regina Catholic Mass Livestream *Location Change Today* (E)</p> <p>11:30 Sunday Fun-Day Outing with Len: Lunch at Rose Garden (V)</p> <p>11:45 Spring Forward Buffet (11:45 AM - 1:15 PM) (D)</p> <p>1:00 Craft with Debra (HER)</p> <p>2:00 Billiards (PHL)</p> <p>2:00 DrumFIT (W)</p> <p>2:30 1-1 Visit (W)</p> <p>6:30 Movie Night (Romance): Leap Year (P)</p>	<p>National Puppy Day 23</p> <p>Weekly Activity Challenge Due Date: Dog Games (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 Fit Minds in Harbour House (HAR)</p> <p>2:00 Bingo (Double Payout) (P)</p> <p>6:45 Board Games & More! (P)</p> <p>7:00 Entertainment: Friendly Folk (B)</p>	<p>National Cocktail Day: Wear Hawaiian Shirts (EB) 24</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 Rosary (E)</p> <p>2:00 Can Fit Pro Low Impact Exercise Class (W)</p> <p>2:30 Bahama Mama 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>6:30 Wine & Paint Night: Mountains in the Milky Way (P)</p>	<p>Massage Therapy Today 25</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 Can Fit Pro Low Impact Exercise Class (W)</p> <p>2:30 Maple Butter Tart Demo with Chef Amy (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) 26</p> <p>10:00 Bible Study (All Faiths Welcome) (PD)</p> <p>10:30 Chair Yoga with Rebecca Whitrow (P)</p> <p>2:00 Coffee & Connection (B)</p> <p>3:00 Happy Hour feat. The Maple Leaf Cocktails (P)</p> <p>7:00 Crokinole (BN)</p> <p>7:00 Entertainment: Garnet & Jean Ripplinger (B)</p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 27</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 Catholic Mass (P)</p> <p>2:00 Guess That TV Tune (E)</p> <p>3:15 Monthly Birthday Party (P)</p> <p>6:30 Movie Night (Drama): Forever Young (P)</p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 28</p> <p>10:00 Artful Enrichment: Spring Tulip Bouquet (E)</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 Outing with Yeva: MacKenzie Art Gallery* (V)</p> <p>6:30 Movie Night (Comedy): Sweet Home Alabama (P)</p>
<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 29</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 Veroba's Cafe & Moose Jaw Cruise* (V)</p> <p>1:00 Craft with Debra (HER)</p> <p>2:00 Table Tennis (PHL)</p> <p>2:00 DrumFIT (W)</p> <p>6:30 Movie Night (Sentimental): Ordinary Angels (P)</p>	<p>Weekly Activity Challenge Due 30 Date: Mixed Up Landmarks of the World (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 Fit Minds in Harbour House (HAR)</p> <p>2:00 Armchair Travel with Jesse Spelay from Dining Services (P)</p> <p>6:45 Board Games & More! (P)</p>	<p>9:00 Tuesday Morning Coffee Party (B) 31</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 Cribbage 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>7:00 Entertainment: Knight 'n Gail (B)</p>				



Be Welcomed

Locations Legend

Prairie Schooner (P)
 Entire Building (EB)
 Bistro (B)
 Wascana Way - 3rd FL. (W)
 Heritage House (HER)
 Fireplace Lounge (F)
 Education Room - 2nd Fl. (E)
 Breakfast Nook (BN)
 Van Service (V)

Locations Legend

Pool Hall Lounge (PHL)
 Harbour House (HAR)
 In Suite (IS)
 Private Dining Room (PD)
 Library (LB)
 Dining Room (D)
 Main Floor (MAI)
 Reception Area (RA)

Calendar Legend

Outing
 Special Program
 Sign up Required *
 Signature Program
 Highlight