



INSPIRED
SENIOR LIVING

Apr 13 – 19, 2026

Wintergreene Estates



Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17	Saturday 18	Sunday 19
<p>Weekly Activity Challenge Due Date: Basket Latin Squares Puzzle (P)</p> <p>Cruise Week Passport Pickup (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 Grasslands Shopping (V)</p> <p>2:00 Fit Minds in Harbour House (HAR)</p> <p>2:00 Memoir Presentation with Jeanne Martinson & Norm Knudsen (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>Cruise Week Passport Pickup (P)</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 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>2:45 Outing with Yeva: Happy Hour at Original Joe's* (V)</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>Cruise Week Passport Pickup (P)</p> <p>Footcare 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 Co-op Grocery Store (V)</p> <p>2:00 Can Fit Pro Low Impact Exercise Class (W)</p> <p>2:00 Dog Therapy Visits with Shirley & Shelby (Haven & Harbour) (HH)</p> <p>2:30 Royal & Scotia Banks (V)</p> <p>3:00 Conexus Credit Union (V)</p> <p>6:45 Bridge Game * (P)</p> <p>7:00 Crokinole (BN)</p>	<p>Cruise Week Passport Pickup (P)</p> <p>Cruise Week (EB)</p> <p>Port of Call: Mexico</p> <p>Cruise Crew Day: Staff Wear Navy/White & Stripes. Residents Wear Leis</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 Artfull Enrichment Expedition: Mexico (E)</p> <p>10:30 Chair Yoga (on the ship deck) with Rebecca Whitrow (P)</p> <p>11:00 Shopping Vendor: Fifth Avenue Jewelry (11:00 AM- 4:00 PM) (F)</p> <p>2:00 Deck Game Afternoon: Piñata (B)</p> <p>3:00 Happy Hour feat. Corona Beer (P)</p> <p>4:30 Cruise Week Opening Gala Dinner (4:30 - 6:15 PM) (D)</p> <p>7:00 Crokinole (BN)</p> <p>7:00 Entertainment: Country Fever feat. Fruit Punch (B)</p>	<p>Cruise Week (EB)</p> <p>Port of Call: Aruba</p> <p>Seashell Jar Guess (RA)</p> <p>Beach Day: Wear Sunglasses, Beach Cover Ups, & Hats</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:00 Tropical Can Fit Pro Exercise Class (F)</p> <p>10:45 Current Events & Tropical Smoothies with Annette (LB)</p> <p>1:30 Artfull Enrichment: Beachy Starfish (E)</p> <p>2:00 Grasslands Shopping (V)</p> <p>2:00 Cocktail Hour at the Tiki Bar feat. Piña Coladas (B)</p> <p>2:00 Wellness Clinic: Tissue & Organ Donation and Blood Pressure Checks (P)</p> <p>2:30 Southland Mall/Sobeys Liquor Store (V)</p> <p>3:00 Interdenominational Church Service (B)</p> <p>6:30 Caribbean Cruise Bingo (P)</p> <p>7:30 Aruba Island Tour & Travel Guide (P)</p>	<p>Cruise Week (EB)</p> <p>Port of Call: Jamaica</p> <p>Caribbean Day: Wear Bright Colours, Floral Prints, & Tropical Accessories</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:30 Beyond the Backyard: Jamaica Armchair Travel (E)</p> <p>10:30 Chair Yoga (on the ship deck) with Sacha Wolfson (P)</p> <p>1:00 Hooked-on Pins & Needles (Everyone Welcome) (W)</p> <p>1:00 Caribbean National Open House (1-3 PM)</p> <p>1:00 Cocktail Hour at the Tiki Bar feat. Rum Punch (B)</p> <p>6:30 YouTube Documentary: Bob Marley: Roots of the Man (P)</p>	<p>Cruise Week (EB)</p> <p>Volunteer Appreciation Week</p> <p>Port of Call: Belize</p> <p>Sunhat & Shades 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 (on the ship deck) (B)</p> <p>10:30 Archdiocese of Regina Catholic Mass Livestream (P)</p> <p>1:00 Craft with Debra: Tropical Necklaces (HER)</p> <p>1:30 Sunday Fun-Day Outing with Len: Regina Floral Conservatory (Patio Laterns Display)* (V)</p> <p>2:00 Billiards (PHL)</p> <p>2:00 Tropical DrumFIT (W)</p> <p>3:00 Cocktail Hour at the Tiki Bar feat. Belizean Cocktails (B)</p> <p>6:30 Belize Travel Documentary (P)</p>

Locations Legend

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

News

Memoir Presentation: The residents of Wintergreene have many diverse and amazing stories to tell. If you are you interested in writing these stories down so they don't become lost or forgotten, then this presentation is for you. Norm Knudsen has arranged for publisher Jeanne Martinson of Wood Dragon Books to come in and speak on recording and publishing your life stories and answer any questions you have. You are welcome to bring a friend or descendant to attend. We look forward to seeing you on Monday, April 13th at 2:00 p.m. in the Prairie Schooner.

Cruise Week: begins on Thursday, April 16th. Follow along with your weekly schedules, daily schedules, Cruise Week daily posters, and passports for themed activities, events, and more! Passports can be picked up from the Prairie Schooner bar beginning Monday, April 13th. We look forward to setting sail with you!



Calendar Legend

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