



INSPIRED SENIOR LIVING

# Apr 20 – 26, 2026 Wintergreene Estates



INSPIRED SENIOR LIVING WITH Verve

Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24	Saturday 25	Sunday 26
<p>Volunteer Appreciation Week <i>Port of Call: Cuba</i></p> <p><b>Weekly Activity Challenge Due Date: Words Ending in Ship (P)</b> <i>Tacky Tourist Day: Prints, Visors, Socks with Sandals, Fanny Packs, Cameras &amp; Big Floppy Hats</i></p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:00 Tropical Brain Games (Resident-led) (P)</p> <p>10:30 Tropical Can Fit Pro Exercise Class (F)</p> <p>11:30 Captain's Lunch (11:30 AM - 1:15 PM) (D)</p> <p>1:30 Tena Product In-Service (P)</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>2:30 Cocktail Hour at the Tiki Bar feat. Cuba Libre (B)</p> <p>3:00 Southland Mall (V)</p> <p>3:00 Armchair Travel with Robyn Shiplack to Cuba (P)</p> <p>6:45 Board Games &amp; More (on the ship deck)! (P)</p>	<p>Volunteer Appreciation Week <i>Port of Call: Bahamas</i></p> <p><i>All White Party (White Clothing)</i></p> <p>9:00 Tuesday Morning Coffee Party (on the ship deck) (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 Rotating Bridge Game * (P)</p> <p>2:00 BMO/CIBC Banks (V)</p> <p>2:00 Rosary (E)</p> <p>2:00 Tropical Can Fit Pro Low Impact Exercise Class (W)</p> <p>2:30 Co-op Grocery Store (V)</p> <p>2:30 Chef's Demo: Bananas Foster (B)</p> <p>2:30 Shopping Vendor: The Nut Man (2:30 PM-3:30 PM) (WAI)</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>3:00 Cocktail Hour at the Tiki Bar feat. Bahama Mama (B)</p> <p>4:30 Captain's Farewell Gala Dinner (4:30 - 6:15 PM) - Dress to Impress (D)</p> <p>7:00 Entertainment: Billy Young feat. Mojitos (Mocktails) (B)</p>	<p>Volunteer Appreciation Week</p> <p><b>Earth Day</b></p> <p>Return Home to Canada <i>Wear Red &amp; White Attire</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 Oh Canada! Can Fit Pro Exercise Class (F)</p> <p>2:00 Co-op Grocery Store (V)</p> <p>2:00 Oh Canada! Can Fit Pro Low Impact Exercise Class (W)</p> <p>2:30 Royal &amp; Scotia Banks (V)</p> <p>3:00 Conexus Credit Union (V)</p> <p>3:15 Nail Painting (E)</p> <p>3:30 Canadian Trivia &amp; Cocktail Hour feat. Ceasers (P)</p> <p>6:45 Bridge Game * (P)</p> <p>7:00 Crokinole (BN)</p>	<p>Volunteer Appreciation Week</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>10:00 Coffee &amp; Connection (B)</p> <p>10:30 Chair Yoga with Rebecca Whitrow (P)</p> <p>1:30 Shopping Vendor: Northern Reflections (1:30- 3:30 PM) (F)</p> <p>2:00 Piano Entertainment by Jeanette Cross (B)</p> <p>3:00 Happy Hour (P)</p> <p>6:30 Bingo *Rescheduled from Monday* (P)</p> <p>7:00 Crokinole (BN)</p>	<p>Volunteer Appreciation Week</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>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 Volunteer Appreciation Tea (By Invitation Only) (P)</p> <p>4:30 Supper Outing with Yeva to The Cottage* (V)</p> <p>6:45 Artfull Enrichment Trivia: Sports Legends (E)</p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:30 Chair Yoga with Sacha Wolfson (P)</p> <p>11:30 Lunch Outing with Yeva: Greko's * (V)</p> <p>1:00 Hooked-on Pins &amp; Needles (Everyone Welcome) (W)</p> <p>2:00 Sing-Along with Joan, Ken &amp; Leone (B)</p> <p>3:15 Monthly Birthday Party (P)</p> <p>6:30 Concert Movie Night: André Rieu Live in Tuscany (P)</p>	<p>National Pretzel 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 Len: Concerts at the Conservatory-Conservatory Jazz Combo* (V)</p> <p>2:00 Table Tennis (PHL)</p> <p>2:00 DrumFIT (W)</p> <p>6:30 Movie Night (Romance): 27 Dresses (P)</p>

### Locations Legend

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

### News

**Regina Foodbank:** We are proud to support our community with a Foodbank donation bin located in the main lobby by the entrance. This initiative is led by Justin Jones of Primal Realty, and Wintergreene is pleased to be participating alongside other local businesses to help reach a goal of collecting 2,000 pounds of food throughout the month of May. As a thank you, donations can be entered into a draw for a \$100 gift certificate—just add your name and phone number to your donation (all information will be used only for the draw and securely shredded afterward).

**Cruise Week:** continues this week! Remember to turn your passports into the Prairie Schooner by Friday, April 24th to be included in our grand prize draw. Please ensure your name and suite number is included on the front of your passport.

**Shopping Vendors:** The Nut Man is back this week on Tuesday, April 21st from 2:30-3:30 p.m. in the Waiting Area of the Dining Room. He accepts cash, credit, and debit for payment. Northern Reflections is here on Thursday, April 24th from 1:30-3:30 p.m. with a variety of clothing and accessories to you shop from at your leisure. They accept cash, credit, and debit as forms of payment.



### Calendar Legend

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