



INSPIRED SENIOR LIVING

Apr 6 – 12, 2026 Wintergreene Estates



INSPIRED SENIOR LIVING WITH Verve

Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10	Saturday 11	Sunday 12
<p>Easter Monday Weekly Activity Challenge Due Date: Happy Easter 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 Grasslands Shopping (V)</p> <p>2:00 Fit Minds in Harbour House (HAR)</p> <p>2:00 Easter Bingo (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 Coffee Cake Day National Beer 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>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 Shopping Vendor: 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>7:00 Entertainment: David Lowey (B)</p>	<p>No Shuffleboard Today Due to Entertainment</p> <p>8:00 Diabetes Canada Donation Pickup (please make sure items are bagged or boxed and labelled with a 'D') (LB)</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>1:30 Can Fit Pro Low Impact Exercise Class *Time Change Today* (W)</p> <p>2:00 Co-op Grocery Store (V)</p> <p>2:00 Entertainment: The Late Bloomers (B)</p> <p>2:30 Royal & Scotia Banks (V)</p> <p>3:00 Conexus Credit Union (V)</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 Tammy (P)</p> <p>2:00 Entertainment: Jim Woytuik (B)</p> <p>3:00 Happy Hour (P)</p> <p>7:00 Crokinole (BN)</p> <p>7:00 Entertainment: Marilyn Phillips (B)</p>	<p>Massage Therapy 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>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>3:00 Dining Services Town Hall (P)</p> <p>4:30 Living Loving Local Dinner: Egg (4:30-6:15 PM) (D)</p> <p>6:30 Spring Jeopardy (E)</p> <p>6:30 Movie Night (Comedy): Sister Act 2 (P)</p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:00 April Table Talks (B)</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 Blooming Boots Decor Craft (E)</p> <p>6:30 Netflix Documentary: All the Empty Rooms (2026 Oscar Winner) (P)</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: Regina Symphony Orchestra Free Library Concert Series * (V)</p> <p>1:30 Bridge Lessons with Mary Hewson (P)</p> <p>2:00 Table Tennis (PHL)</p> <p>2:00 DrumFIT (W)</p> <p>6:30 Movie Night (Drama): Mank (P)</p>



Locations Legend

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

- Library (LB)
- Breakfast Nook (BN)
- Harbour House (HAR)
- Waiting Area (WAI)
- In Suite (IS)
- Private Dining Room (PD)
- Dining Room (D)
- Pool Hall Lounge (PHL)

News

Diabetes Donation Pickup: Please have all your items bagged, boxed, fully sealed, and labeled with a 'D' in the library by 8:00 a.m. on Wednesday, April 8th. Please note, if items are not bagged and boxed properly they will not be accepted.

Wednesday: please note the following schedule changes for Wednesday, April 8th: no shuffleboard today (pre-planned on the schedule) and Low Impact Exercises is moved up to 1:30 p.m. due to entertainment.

Bridge Lessons: if you are interested in learning about bridge or brushing up on your skills please join Mary Hewson on Sunday, April 12th at 1:30 p.m. in the Prairie Schooner.



Calendar Legend

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