



INSPIRED SENIOR LIVING

June 2026 Wintergreene Estates



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Weekly Activity Challenge 1 Due Date: June Word Scramble (P) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Brain Games (Resident-led) (P) 10:30 Can Fit Pro Exercise Class (F) 2:00 Fit Minds in Harbour House (HAR) 2:00 Entertainment: Emily Dubois & Ray Bell (B) 6:45 Board Games & More! (P)	National Italian Day 2 9:00 Tuesday Morning Coffee Party (B) 9:30 Music Therapy with Morgan (HAR) 10:00 Fit Minds (P) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Music Therapy with Morgan (HER) 1:30 Card Bingo (HER) 1:30 Bridge Game * (P) 2:00 Rosary (E) 2:00 Can Fit Pro Low Impact Exercise Class (W) 2:00 Flower Shopping with Yeva (V) 2:30 Shopping Vendor: The Nut Man (2:30 PM-3:30 PM) (WAI) 3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS) 3:00 Fit Minds in Heritage House (HER) 4:30 Italian Dinner (4:30 PM - 6:15 PM) (D) 7:00 Entertainment: David Lowey (B)	National Egg Day 3 Red Shirt Day 8:00 Diabetes Canada Donation Pickup (please make sure items are bagged or boxed and labelled with a 'D') (LB) 9:30 Shuffleboard League (9:30 AM - 3:30 PM; check your schedules) (P) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Can Fit Pro Exercise Class (F) 2:00 Can Fit Pro Low Impact Exercise Class (W) 3:15 Nail Painting (E) 6:45 Bridge Game * (P) 7:00 Crokinole (BN)	10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Bible Study (All Faiths Welcome) (PD) 10:30 Chair Yoga with Rebecca Whitrow (P) 1:30 Planting Day! (Meet Yeva in the Main Courtyard) (CP) 2:00 Up Close & Personal with The Regina Musical Club (Woodwind Instruments) (B) 3:00 Happy Hour (P) 7:00 Crokinole (BN) 7:00 Entertainment: Regina Heritage Fiddlers (B)	National Donut Day 5 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Can Fit Pro Exercise Class (F) 10:45 Current Events & Coffee with Yeva (LB) 1:30 Bingo *Rescheduled from Monday* (P) 2:30 National Donut Day Social (B) 4:30 Living Loving Local Dinner: Rhubarb (4:30-6:15 PM) (D) 6:30 Netflix Documentary: Marty Life is Short (Martin Short) (P)	10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Chair Yoga with Sacha Wolfson (P) 10:30 Cornhole (Bean Bag Toss) (CP) 1:00 Hooked-on Pins & Needles (Everyone Welcome) (W) 2:00 Artfull Enrichment Music Bingo: Frank Sinatra (P) 3:30 Artfull Enrichment Letter List June Word Game & Coffee (B) 6:30 Concert Movie Night: André Rieu Magic of Musicals (P)
National Chocolate Ice Cream Day 7 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Sunday Morning Coffee Party (B) 10:30 Archdiocese of Regina Catholic Mass Livestream (P) 1:00 Craft with Debra (HER) 1:15 Sunday Fun-Day Outing with Len: Regina Symphony Orchestra Free Library Concert Series * (V) 2:00 Table Tennis (PHL) 2:00 DrumFIT (W) 6:30 Movie Night (Romantic Comedy): You, Always (P)	Weekly Activity Challenge 8 Due Date: Common Endings (P) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Brain Games (Resident-led) (P) 10:30 Can Fit Pro Exercise Class with Tammy (F) 2:00 Bingo (P) 2:00 Fit Minds in Harbour House (HAR) 6:45 Board Games & More! (P)	9:00 Tuesday Morning Coffee Party (B) 9:30 Summer Chair Yoga Series with Rebecca Whitrow on the Patio Begins Today! (CP) 9:30 Music Therapy with Morgan (HAR) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:15 Fit Minds (P) 10:30 Music Therapy with Morgan (HER) 1:30 Card Bingo (HER) 1:30 Whist Game * (P) 2:00 Rosary (E) 2:00 Can Fit Pro Low Impact Exercise Class (W) 3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS) 3:00 Fit Minds in Heritage House (HER) 7:00 Entertainment: Kristian Wenaus (B)	National Ice Tea Day 10 9:30 Shuffleboard League (9:30 AM - 3:30 PM; check your schedules) (P) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Can Fit Pro Exercise Class (F) 1:00 Short Student Recorder Recital & Resident Visit (B) 2:00 Can Fit Pro Low Impact Exercise Class (W) 2:45 Ice Tea Social on the Patio (CP) 6:45 Bridge Game * (P) 7:00 Crokinole (BN)	10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Bible Study (All Faiths Welcome) (PD) 10:00 Shopping Vendor: If The Shoe Fits (10 AM-2 PM) (F) 10:30 Chair Yoga with Rebecca Whitrow (P) 2:00 Resident Forum (W) 3:00 Happy Hour (P) 7:00 Crokinole (BN) 7:00 Entertainment: Boomtown (B)	10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Can Fit Pro Exercise Class (F) 10:45 Current Events & Coffee with Annette (LB) 1:35 Rosary (P) 2:00 Catholic Mass (P) 2:00 Artfull Enrichment Trivia: Literature (E) 3:00 Dining Services Town Hall (P) 4:30 Supper Outing with Yeva to Peking House* (V) 7:00 Wine & Paint Night: Daffodil Painting (P)	10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Chair Yoga with Sacha Wolfson (P) 1:00 Hooked-on Pins & Needles (Everyone Welcome) (W) 1:30 June Jeopardy Trivia (E) 2:00 Sing-Along with Joan, Ken & Leone (B) 3:00 Coffee & Connect 4 Games (B) 5:00 Rider Game: BC @ SSK (P)
10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 14 10:00 Sunday Morning Coffee Party (B) 10:30 Archdiocese of Regina Catholic Mass Livestream (P) 11:30 Sunday Fun-Day Outing with Len: Lunch at Houston Pizza Hill Ave (V) 1:00 Craft with Debra (HER) 2:00 Billiards (PHL) 2:00 DrumFIT (W) 6:30 Movie Night (Drama): In Her Shoes (P)	Weekly Activity Challenge 15 Due Date: Fish Tales Scrabble (P) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Brain Games (Resident-led) (P) 10:30 Can Fit Pro Exercise Class (F) 2:00 Bingo (P) 2:00 Fit Minds in Harbour House (HAR) 6:45 Board Games & More! (P)	National Fudge Day 16 9:00 Tuesday Morning Coffee Party (B) 9:30 Summer Chair Yoga Series with Rebecca Whitrow on the Patio (CP) 9:30 Music Therapy with Morgan (HAR) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:15 Fit Minds (P) 10:30 Music Therapy with Morgan (HER) 1:30 Card Bingo (HER) 1:30 Bridge Game * (P) 2:00 Rosary (E) 2:00 Can Fit Pro Low Impact Exercise Class (W) 2:30 Shopping Vendor: The Nut Man (2:30 PM-3:30 PM) (WAI) 3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS) 3:00 Fit Minds in Heritage House (HER) 7:00 Entertainment: Country Fever (B)	No Shuffleboard Today Due to Entertainment 17 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Can Fit Pro Exercise Class (F) 1:15 Can Fit Pro Low Impact Exercise Class *Time Change Today* (W) 2:00 Entertainment: Brent Meidinger (B) 3:15 Nail Painting (E) 6:45 Bridge Game * (P) 7:00 Crokinole (BN)	10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 18 10:00 Bible Study (All Faiths Welcome) (PD) 10:30 Chair Yoga with Rebecca Whitrow (P) 11:00 Shopping Vendor: Fifth Avenue Jewelry (11:00 AM-4:00 PM) (F) 1:30 Sweet Summer Time Jeopardy (E) 3:00 Happy Hour feat. Rossini Cocktails (P) 7:00 Crokinole (BN)	Wear Blue Day (Men's Health) 19 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Can Fit Pro Exercise Class (F) 10:45 Current Events & Coffee with Annette (LB) 1:30 Cornhole (Bean Bag Toss) (CP) 2:00 Wellness Clinic: The Importance of Hydration & Blood Pressure Checks (P) 3:00 Interdenominational Church Service (B) 7:00 Entertainment: Brother Act-An Evening of Variety Entertainment (B)	National Ice Cream Soda Day 20 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Chair Yoga with Sacha Wolfson (P) 10:30 Artfull Enrichment Expedition: East Coast of Canada (E) 1:00 Hooked-on Pins & Needles (Everyone Welcome) (W) 2:30 Ice Cream Soda Social (B) 5:00 Rider Game: SSK @ CGY (P)



INSPIRED SENIOR LIVING

June 2026 Wintergreene Estates

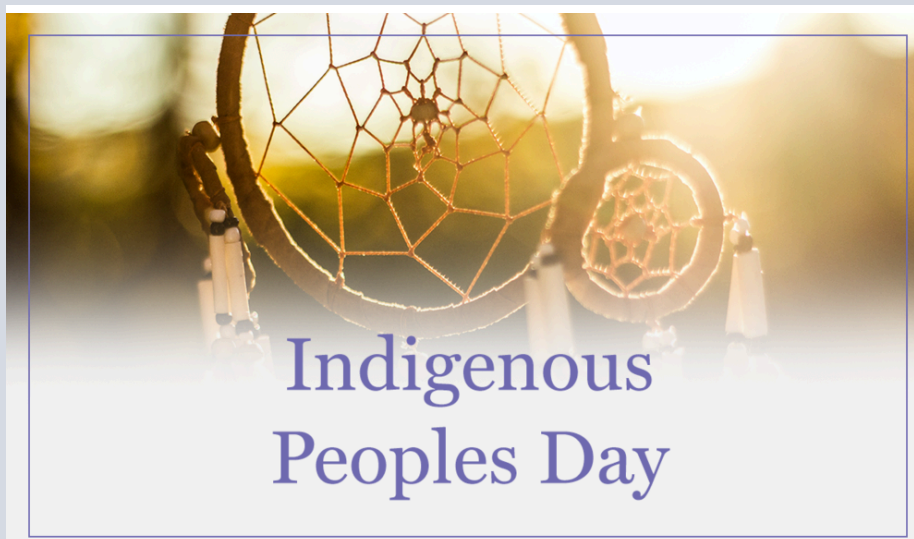


INSPIRED SENIOR LIVING WITH Verve

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Father's Day Canada's National Indigenous Peoples Day 21</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>11:45 Father's Day BBQ Buffet (11:45 -AM - 1:15 PM) (D)</p> <p>1:00 Craft with Debra (HER)</p> <p>1:30 Sunday Fun-Day Outing with Len: Dutch Growers* (V)</p> <p>2:00 Table Tennis (PHL)</p> <p>2:00 DrumFIT (W)</p> <p>6:30 YouTube Documentary: Making a Killing-Reconciliation, Genocide, and Plunder in Canada (P)</p>	<p>Weekly Activity Challenge 22 Due Date: Strawberry Word Search (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: Jim Woytuik (B)</p> <p>6:45 Board Games & More! (P)</p>	<p>National Hydration Day 23</p> <p>9:00 Tuesday Morning Coffee Party (B)</p> <p>9:30 Summer Chair Yoga Series with Rebecca Whitrow on the Patio (CP)</p> <p>9:30 Music Therapy with Morgan (HAR)</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:15 Fit Minds (P)</p> <p>10:30 Music Therapy with Morgan (HER)</p> <p>12:00 New Resident Luncheon (By Invitation Only) (PD)</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>2:45 Strawberry Lemonade Social (CP)</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: Dale & Company (B)</p>	<p>9:30 Shuffleboard League (9:30 AM - 3:30 PM; check your schedules) (P) 24</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>1:00 Dog Therapy Visits with Stephanie & Moose (Households) (HH)</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>Ribbon Skirt and/or Shirt Day 25</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>1:30 Bingo *Rescheduled from Monday* (P)</p> <p>3:00 Happy Hour (P)</p> <p>7:00 Crokinole (BN)</p> <p>7:00 Entertainment: Amigos (B)</p>	<p>Rider Game: TOR @ SSK (Not Broadcast in the Schooner Tonight) 26</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>1:30 Old Time Sayings Trivia (E)</p> <p>1:35 Rosary (P)</p> <p>2:00 Catholic Mass (P)</p> <p>3:15 Monthly Birthday Party (P)</p> <p>6:30 Wine & Paint Night: Strawberry Picnic (P)</p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 27</p> <p>10:00 Artfull Enrichment Craft: Buttoned Up Maple Leaf (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 Regina Corvette Club Car Show (4PL)</p> <p>6:30 ABBA Super Troupers A Celebratory Film From Waterloo to MAMMA MIA! (P)</p>
<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 28</p> <p>10:00 Sunday Morning Coffee Party (B)</p> <p>10:30 Archdiocese of Regina Catholic Mass Livestream (P)</p> <p>12:30 Sunday Fun-Day Outing with Len: Over the Hill Orchards Rhubarb Festival * (V)</p> <p>1:00 Craft with Debra (HER)</p> <p>2:00 Billiards (PHL)</p> <p>2:00 DrumFIT (W)</p> <p>6:30 Movie Night (Emotional): It Ends With Us (P)</p>	<p>Weekly Activity Challenge 29 Due Date: Find the Value of ? (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>6:45 Board Games & More! (P)</p>	<p>9:00 Tuesday Morning Coffee Party (B)</p> <p>9:30 Summer Chair Yoga Series with Rebecca Whitrow on the Patio (CP) 30</p> <p>9:30 Music Therapy with Morgan (HAR)</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:15 Fit Minds (P)</p> <p>10:30 Music Therapy with Morgan (HER)</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 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 Fit Minds in Heritage House (HER)</p> <p>3:00 Artfull Enrichment Fact of Fiction Game: Canada (E)</p> <p>7:00 Entertainment: Knight 'n Gail (B)</p>				



Senior's Month



Indigenous Peoples Day



Be Among Friends

- Locations Legend**
- Prairie Schooner (P)
 - Entire Building (EB)
 - Bistro (B)
 - Heritage House (HER)
 - Wascana Way - 3rd FL. (W)
 - Fireplace Lounge (F)
 - Education Room - 2nd Fl. (E)
 - Harbour House (HAR)
 - Courtyard Patio (CP)
 - Breakfast Nook (BN)

- Van Service (V)
- In Suite (IS)
- Library (LB)
- Private Dining Room (PD)
- Pool Hall Lounge (PHL)
- Waiting Area (WAI)
- Dining Room (D)
- HouseHolds (HH)
- 4950 Parking Lot (4PL)

- Calendar Legend**
- Outing
 - Special Program
 - Sign up Required *
 - Signature Program
 - Highlight