



INSPIRED SENIOR LIVING

May 11 – 17, 2026

Wintergreene Estates



Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15	Saturday 16	Sunday 17
<p>Nurse's Week</p> <p>Weekly Activity Challenge Due Date: Mother's Day 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>10:00 Vern Fowke's Funeral Livestream (Everyone Welcome!) (E)</p> <p>10:30 Can Fit Pro Exercise Class (F)</p> <p>11:30 Nurse's Luncheon (P)</p> <p>2:00 Grasslands Shopping (V)</p> <p>2:00 Fit Minds in Harbour House (HAR)</p> <p>2:00 Entertainment: Martin Good (Shirley Good's Son) (B)</p> <p>2:30 TD Bank (V)</p> <p>3:00 Southland Mall (V)</p> <p>6:45 Board Games & More! (P)</p>	<p>Nurse's Week</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>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: The Brotherhood (B)</p>	<p>Nurse's Week</p> <p>National Apple Pie Day</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>2:30 Royal & Scotia Banks (V)</p> <p>3:00 Conexus Credit Union (V)</p> <p>3:00 Green Thumb Club Meeting (All Are Welcome!) (E)</p> <p>6:45 Bridge Game * (P)</p> <p>7:00 Crokinole (BN)</p>	<p>Nurse's 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 & Connection (All New Residents Encouraged to Attend) (B)</p> <p>10:30 Chair Yoga with Tammy (P)</p> <p>1:30 Armchair Travel to Newfoundland with Ted Fudge (P)</p> <p>3:00 East Coast 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>Nurse's Week</p> <p>National Chocolate Chip Day</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 Chef's Demo: Chocolate Chip Cookies (B)</p> <p>2:00 Grasslands Shopping (V)</p> <p>2:00 Wellness Clinic: Benefits of Walking & 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 Bingo *Rescheduled from Monday* (P)</p>	<p>Nurse's Week</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: Nicky's Cafe* (V)</p> <p>1:00 Hooked-on Pins & Needles (Everyone Welcome) (W)</p> <p>2:30 Artful Enrichment: Cacti Rock Garden Craft (E)</p> <p>6:30 Netflix Documentary: Hold Your Breath (The Ice Dive) (P)</p>	<p>Nurse's Week</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: Aurora - East Regina Shopping (Winners/Homesense & the New Safeway)* (V)</p> <p>2:00 Billiards (PHL)</p> <p>2:00 DrumFIT (W)</p> <p>6:30 Movie Night (Classics): Days of Thunder (P)</p>

Locations Legend

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

News

Draw for Lunch with General Manager Annette: Starting this week two residents can win a chance to have a complimentary lunch with General Manager Annette at Grekos Restaurant. Each ballot cost minimum \$2 with all funds raised going towards the Saskatchewan Alzheimer's Society. Ballots can be purchased at reception; good luck!

Resident Garage Sale: Do you have any items that you wish to part with? We would like to host a resident garage sale in the Fireplace Lounge on Tuesday, May 26th from 2-4pm with all proceeds going to the Alzheimer Society. Tables will be set up for you and you can choose how to price your items. If you are interested in participating, please speak with Jolene or Tammy. We have raised \$217 thus far for the Alzheimer Society, thank you for your continued support!

National Nurse's Week: celebrates the vital contributions of nurses across Canada. At Wintergreene we will honour our wonderful nurses at our annual Luncheon on Monday, May 11th. Special thanks to Jeanette Miller and Lorraine Elliot for all of your hard work organizing.

Armchair Travel: with Ted Fudge to Newfoundland on Thursday, May 14th at 1:30 p.m. in the Prairie Schooner and be sure to stick around for an East Coast themed Happy Hour!



Calendar Legend

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