


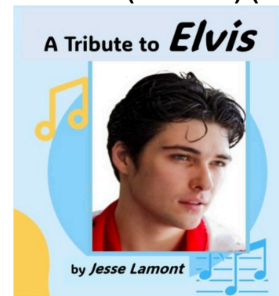


INSPIRED SENIOR LIVING

May 18 – 24, 2026 Wintergreene Estates



INSPIRED SENIOR LIVING WITH Verve

Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22	Saturday 23	Sunday 24
<p>Victoria Day No Van Service Today No Can Fit Pro Exercises Today</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:00 Movie Morning (Drama): Patch Adams (P)</p> <p>1:00 Fit Minds in Harbour House *Time Change Today* (HAR)</p> <p>2:00 Bingo (P)</p> <p>2:00 Grasslands Shopping (V)</p> <p>2:30 TD Bank (V)</p> <p>6:45 Board Games & More! (P)</p> 	<p>Weekly Activity Challenge Due Date: May Word Scramble (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>10:00 Brain Games (Resident-led) (P)</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: 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>7:00 Entertainment: Jesse Lamont (as Elvis) (B)</p> 	<p>World Bee Day</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>2:30 Honey Social feat. Knudsen's Honey & Fresh Scones (B)</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 Rebecca Whitrow (P)</p> <p>11:00 Shopping Vendor: Fifth Avenue Jewelry (11:00 AM- 4:00 PM) (F)</p> <p>2:00 Entertainment: Hymn Sing Choir (B)</p> <p>3:00 Happy Hour feat. Rhubarb Wine By Donation to The Alzheimer Society (P)</p> <p>7:00 Crokinole (BN)</p> <p>7:00 Entertainment: Jerry & the Attrics (B)</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>2:00 Mandala 3D Turtle Craft (E)</p> <p>2:30 Southland Mall/Sobeys Liquor Store (V)</p> <p>7:15 Children's Piano Recital (B)</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>10:30 Star of the Month: Sidney Poitier (E)</p> <p>1:00 Hooked-on Pins & Needles (Everyone Welcome) (W)</p> <p>2:00 Sing-Along with Joan, Ken & Leone (B)</p> <p>3:30 Rhubarb Iced Tea Social (CP)</p> <p>6:30 Armchair Travel to Chile (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>11:00 Sunday Fun-Day Outing with Len: Moose Jaw Scenic Drive and Lunch at Hopkins Dining Parlour* (V)</p> <p>1:00 Craft with Debra (HER)</p> <p>2:00 Table Tennis (PHL)</p> <p>2:00 DrumFIT (W)</p> <p>6:30 Movie Night (Romance): The Break-Up (P)</p>

Locations Legend

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

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

News

Victoria Day: A friendly reminder that there is no van service or Can Fit Pro exercises today due to the STAT holiday.

Store: After much consideration, we have made the decision to phase out all Costco (Kirkland) products we carry in the store. With gas prices continuing to rise and the time required to shop during these Costco runs it is no longer feasible. We will continue to shop in Grasslands for all store items; stay tuned for updated items and prices. Thank you for your understanding.

World Bee Day: Join us for a honey social in honour of World Bee Day on Wednesday, May 20th at 2:30 p.m. in the Bistro. Chef Amy will be baking fresh scones featuring Norm & Marilyn Knudsen's honey from their bee farm in Nipawin, SK.

I'm really not into spring cleaning.



Come to think of it, I'm not into summer, fall or winter cleaning either.

Calendar Legend

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