



INSPIRED SENIOR LIVING

# May 2026 Wintergreene Estates



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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**Mental Health Awareness Month**



**National Nurses Week (11-17)**

**Salon Closed This Afternoon**

**Salon Closed This Afternoon** 1  
 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)  
 2:00 Entertainment: Flute & Violin Concert by Tara Semple & Maria Guidos-Albert (B)  
 3:15 Bingo \*Rescheduled from Monday\* (P)  
 4:30 Living Loving Local Dinner: Rhubarb (4:30-6:15 PM) (D)  
 6:30 May Jeopardy Trivia (E)

10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 2  
 10:30 Chair Yoga with Sacha Wolfson (P)  
 10:30 Coffee & Connect 4 Games (B)  
 1:00 Hooked-on Pins & Needles (Everyone Welcome) (W)  
 1:30 Generational Trivia for Younger Adults by Seniors (Made by Lorraine Elliot) (E)  
 3:00 Ruby Quiring's Funeral Livestream (Everyone Welcome!) (E)  
 7:00 Children's Piano Recital (B)

10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 3  
 10:00 Sunday Morning Coffee Party (B)  
 10:30 Archdiocese of Regina Catholic Mass Livestream (P)  
 11:30 Sunday Fun-Day Outing with Len: Royal Regina Golf Club for Lunch (Leaving Wintergreene at 11:00 AM)\* (V)  
 1:00 Craft with Debra (HER)  
 2:00 Billiards (PHL)  
 2:00 DrumFIT (W)  
 6:30 Movie Night (Feel Good): **Unsung Hero** (P)

Bird Day 4  
**Weekly Activity Challenge Due Date: Cinco de Mayo 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 Bingo (All Proceeds to The Alzheimer's Society) (P)  
 6:45 Board Games & More! (P)  
 7:00 Entertainment: Regina Mandolin Orchestra (B)

Cinco de Mayo 5  
 9:00 Tuesday Morning Coffee Party (B)  
 10:00 Fit Minds (P)  
 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)  
 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)  
 2:45 Chips & Guacamole Social feat. Margaritas (B)  
 3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS)  
 3:00 Fit Minds in Heritage House (HER)  
 3:30 Artfull Enrichment Trivia: Mexico (E)  
 7:00 Entertainment: SRW Trio (B)

9:30 Shuffleboard League (9:30 AM - 3:30 PM; check your schedules) (P) 6  
 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) 7  
 10:00 Bible Study (All Faiths Welcome) (PD)  
 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: Timeless Trio (B)

Massage Therapy Today 8  
 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 Who Am I? Guessing Game (E)  
 6:30 Wine & Paint Night: Pretty Peony (P)

10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 9  
 10:30 Chair Yoga with Sacha Wolfson (P)  
 10:30 Slow and Steady Gets the Laughs & Coffee (B)  
 1:00 Hooked-on Pins & Needles (Everyone Welcome) (W)  
 2:00 Artfull Enrichment Trivia: Flowers (E)  
 6:30 Netflix Documentary: Gorilla Story (Told by David Attenborough) (P)

Mother's Day 10  
 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 \*Location Change Today\* (E)  
 11:30 Mother's Day Brunch Buffet (11:30 AM - 1:15 PM) (D)  
 1:00 Craft with Debra (HER)  
 1:30 Sunday Fun-Day Outing with Len: Scenic Drive Through South Regina with Ice Cream Stop at Scoops on Hill Ave\* (V)  
 2:00 Table Tennis (PHL)  
 2:00 DrumFIT (W)  
 6:30 Movie Night (Drama): Remarkably Bright Creatures (P)

Nurse's Week 11  
**Weekly Activity Challenge Due Date: Mother's Day Word Search (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)  
 11:30 Nurse's Luncheon (P)  
 2:00 Fit Minds in Harbour House (HAR)  
 2:00 Entertainment: Martin Good (Shirley Good's Son) (B)  
 6:45 Board Games & More! (P)

Nurse's Week 12  
 9:00 Tuesday Morning Coffee Party (B)  
 10:00 Fit Minds (P)  
 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)  
 1:30 Card Bingo (HER)  
 1:30 Whist Game \* (P)  
 2:00 Rosary (E)  
 2:00 Can Fit Pro Low Impact Exercise Class (W)  
 2:00 Resident Garage Sale (2-4 PM) (F)  
 3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS)  
 3:00 Fit Minds in Heritage House (HER)  
 7:00 Entertainment: The Brotherhood (B)

Nurse's Week 13  
 National Apple Pie Day  
 Footcare Today  
 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)  
 6:45 Bridge Game \* (P)  
 7:00 Crokinole (BN)

Nurse's Week 14  
 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 Coffee & Connection (All New Residents Encouraged to Attend) (B)  
 10:30 Chair Yoga with Tammy (P)  
 3:00 Happy Hour (P)  
 7:00 Crokinole (BN)  
 7:00 Entertainment: Larry, Cup O' Joe's & What's Her Name (B)

Nurse's Week 15  
 National Chocolate Chip Day  
 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 Chef's Demo: Chocolate Chip Cookies (B)  
 2:00 Wellness Clinic: Benefits of Walking & Blood Pressure Checks (P)  
 3:00 Interdenominational Church Service (B)  
 6:30 Bingo \*Rescheduled from Monday\* (P)

Nurse's Week 16  
 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)  
 10:30 Chair Yoga with Sacha Wolfson (P)  
 11:30 Lunch Outing with Yeva: Nicky's Cafe\* (V)  
 1:00 Hooked-on Pins & Needles (Everyone Welcome) (W)  
 2:30 Artfull Enrichment: Cacti Rock Garden Craft (E)  
 6:30 Netflix Documentary: Hold Your Breath (The Ice Dive) (P)



INSPIRED SENIOR LIVING

# May 2026 Wintergreene Estates



INSPIRED SENIOR LIVING WITH Verve

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Nurse's Week <b>17</b></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><b>1:15 Sunday Fun-Day Outing with Len: Aurora - East Regina Shopping (Winners/Homesense &amp; the New Safeway)* (V)</b></p> <p>2:00 Billiards (PHL)</p> <p>2:00 DrumFIT (W)</p> <p><b>6:30 Movie Night (Classics): Days of Thunder (P)</b></p>	<p>Victoria Day <b>18</b></p> <p><b>No Van Service Today</b></p> <p><b>No Can Fit Pro Exercises Today</b></p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>2:00 Bingo (P)</p> <p>2:00 Fit Minds in Harbour House (HAR)</p> <p>6:45 Board Games &amp; More! (P)</p>	<p>Weekly Activity Challenge Due Date: <b>Flower Hidoku Puzzle (P) 19</b></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 Rosary (E)</p> <p>2:00 Can Fit Pro Low Impact Exercise Class (W)</p> <p><b>2:30 Shopping Vendor: The Nut Man (2:30 PM-3:30 PM) (WAI)</b></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: Jesse Lamont (as Elvis) (B)</p>	<p>World Bee Day <b>20</b></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 Can Fit Pro Low Impact Exercise Class (W)</p> <p><b>2:30 Honey Social feat. Knudsen's Honey &amp; Fresh Scones (B)</b></p> <p>3:15 Nail Painting (E)</p> <p>6:45 Bridge Game * (P)</p> <p>7:00 Crokinole (BN)</p>	<p><b>21</b></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><b>11:00 Shopping Vendor: Fifth Avenue Jewelry (11:00 AM- 4:00 PM) (F)</b></p> <p><b>2:00 Entertainment: Hymn Sing Choir (B)</b></p> <p><b>3:00 Happy Hour feat. Rhubarb Wine By Donation to The Alzheimer Society (P)</b></p> <p>7:00 Crokinole (BN)</p> <p><b>7:00 Entertainment: Jerry &amp; the Attrics (B)</b></p>	<p><b>22</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 &amp; Coffee with Annette (LB)</p> <p>1:35 Rosary (P)</p> <p><b>2:00 Catholic Mass (P)</b></p> <p>2:00 Mandala 3D Turtle Craft (E)</p> <p><b>7:15 Children's Piano Recital (B)</b></p>	<p><b>23</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 &amp; Needles (Everyone Welcome) (W)</p> <p><b>2:00 Sing-Along with Joan, Ken &amp; Leone (B)</b></p> <p>3:30 Rhubarb Iced Tea Social (CP)</p> <p>6:30 Armchair Travel to Chile (P)</p>
<p><b>24</b></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><b>11:00 Sunday Fun-Day Outing with Len: Moose Jaw Scenic Drive and Lunch at Hopkins Dining Parlour* (V)</b></p> <p>1:00 Craft with Debra (HER)</p> <p>2:00 Table Tennis (PHL)</p> <p>2:00 DrumFIT (W)</p> <p><b>6:30 Movie Night (Romance): The Break-Up (P)</b></p>	<p>Weekly Activity Challenge Due Date: <b>Word Pyramid (P) 25</b></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><b>2:00 Bingo (All Proceeds to The Alzheimer's Society) (P)</b></p> <p>6:45 Board Games &amp; More! (P)</p>	<p><b>26</b></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><b>12:00 New Resident Luncheon (By Invitation Only) (PD)</b></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>3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS)</p> <p>3:00 Fit Minds in Heritage House (HER)</p> <p><b>7:00 Entertainment: Poplar Creek Duo (B)</b></p>	<p><b>27</b></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 Can Fit Pro Low Impact Exercise Class (W)</p> <p>6:45 Bridge Game * (P)</p> <p>7:00 Crokinole (BN)</p>	<p><b>28</b></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><b>2:00 Garden Meditation with Tammy (CP)</b></p> <p>3:00 Happy Hour (P)</p> <p>7:00 Crokinole (BN)</p> <p><b>7:00 Entertainment: Elaine Oster (B)</b></p>	<p><b>29</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 &amp; Coffee with Annette (LB)</p> <p>1:30 Walk for The Alzheimer's Society (Meet at 4950 Entrance. All Residents &amp; Staff Welcome!) (OUT)</p> <p>2:00 Artful Enrichment Trivia: Birds (E)</p> <p><b>3:15 Monthly Birthday Party (P)</b></p> <p>6:30 Artful Enrichment Expedition: Captivated by Colombia (E)</p>	<p><b>30</b></p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p><b>10:00 Outing with Yeva to Regina Farmer's Market* (V)</b></p> <p>10:30 Chair Yoga with Sacha Wolfson (P)</p> <p>1:00 Hooked-on Pins &amp; Needles (Everyone Welcome) (W)</p> <p>2:00 Artful Enrichment Name That Tune: Cowboy Country Classics (E)</p> <p><b>6:30 Concert Movie Night: André Rieu Live in Dublin (P)</b></p>
<p><b>31</b></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><b>1:15 Sunday Fun-Day Outing with Len: Regina Symphony Orchestra Free Library Concert Series * (V)</b></p> <p>2:00 Billiards (PHL)</p> <p>2:00 DrumFIT (W)</p> <p><b>6:30 Movie Night (Suspensful): Dark Waters (P)</b></p>	<p><b>Be Among Friends</b></p>			<p><b>Locations Legend</b></p> <p>Prairie Schooner (P)</p> <p>Bistro (B)</p> <p>Entire Building (EB)</p> <p>Education Room - 2nd Fl. (E)</p> <p>Wascana Way - 3rd FL. (W)</p> <p>Fireplace Lounge (F)</p> <p>Heritage House (HER)</p> <p>Breakfast Nook (BN)</p> <p>Van Service (V)</p>		<p><b>Calendar Legend</b></p> <p>Outing</p> <p>Special Program</p> <p>Sign up Required *</p> <p>Signature Program</p> <p>Highlight</p>