



INSPIRED SENIOR LIVING

May 25 – 31, 2026

Wintergreene Estates



INSPIRED SENIOR LIVING WITH Verve

Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29	Saturday 30	Sunday 31
<p>Weekly Activity Challenge Due Date: Word Pyramid (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 Bingo (All Proceeds to The Alzheimer's Society) (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>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 Cribbage 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: Poplar Creek Duo (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 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>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>2:00 Garden Meditation with Tammy (CP)</p> <p>2:30 Colleen's Personal Story with Alzheimer's (P)</p> <p>3:00 Happy Hour (P)</p> <p>6:30 Armchair Travel with Rick Steves to Iceland (P)</p> <p>6:30 Canadian May Jeopardy (E)</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 Can Fit Pro Exercise Class (F)</p> <p>10:45 Current Events & Coffee with Robyn (LB)</p> <p>1:30 Walk for The Alzheimer's Society (Meet at 4950 Entrance. All Residents & Staff Welcome!) (OUT)</p> <p>2:00 Grasslands Shopping (V)</p> <p>2:00 Artfull Enrichment Trivia: Birds (E)</p> <p>2:30 Southland Mall/Sobeys Liquor Store (V)</p> <p>3:15 Monthly Birthday Party (P)</p> <p>6:30 Artfull Enrichment Expedition: Captivated by Colombia (E)</p> <p>6:30 Horse Racing (E)</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 Cornhole (Bean Bag Toss) (CP)</p> <p>1:00 Hooked-on Pins & Needles (Everyone Welcome) (W)</p> <p>2:00 Artfull Enrichment Name That Tune: Cowboy Country Classics (E)</p> <p>6:30 Concert Movie Night: André Rieu Live in Dublin (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>2:00 Billiards (PHL)</p> <p>2:00 DrumFIT (W)</p> <p>6:30 Movie Night (Suspensful): Dark Waters (P)</p>

Locations Legend

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

News

Alzheimer's Walk in a Box Fundraiser: We're in our final week of fundraising for The Alzheimer Society of Saskatchewan. We have raised \$835 thus far; let's see if we can get to \$1000 by the end of the week. Thank you for all your generous donations thus far! The draws for the lunch date with Annette and the gift basket will occur at the end of the week. We invite residents and staff to celebrate our achievements at the end of the week with our own 'Walk for Alzheimer's' outside and around Wintergreene. Please meet at the 4950 main entrance at 1:30 p.m. if you wish to join. See you there!

Garden Meditation: May is Mental Health Awareness Month and the goal is to promote mental wellness, reduce stigma, and provide resources for individuals and communities. Join Tammy, Community Relations Manager for a special garden meditation on Thursday, May 28th at 2:00 p.m. on our main courtyard in honour of this month.

Special Presentation: Join Colleen from Life Enrichment as she shares her personal stories and experiences with her loved ones experiencing Alzheimer's on Thursday, May 28th at 2:30 p.m. in the Prairie Schooner.

Calendar Legend

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

