



INSPIRED SENIOR LIVING

May 4 – 10, 2026 Wintergreene Estates



INSPIRED SENIOR LIVING WITH Verve

Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8	Saturday 9	Sunday 10
<p>Bird Day Weekly Activity Challenge Due Date: Cinco de Mayo Word Scramble (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>7:00 Entertainment: Regina Mandolin Orchestra (B)</p>	<p>Cinco de Mayo</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 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>2:45 Chips & Guacamole Social feat. Margaritas (B)</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>3:30 Artfull Enrichment Trivia: Mexico (E)</p> <p>7:00 Entertainment: SRW Trio (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 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>3:15 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>2:00 Resident Forum (W)</p> <p>3:00 Happy Hour (P)</p> <p>7:00 Crokinole (BN)</p> <p>7:00 Entertainment: Timeless Trio (B)</p>	<p>Massage Therapy Today</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 Who Am I? Guessing Game (E)</p> <p>2:30 Southland Mall/Sobeys Liquor Store (V)</p> <p>6:30 Wine & Paint Night: Pretty Peony (P)</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 Slow and Steady Gets the Laughs & Coffee (B)</p> <p>1:00 Hooked-on Pins & Needles (Everyone Welcome) (W)</p> <p>2:00 Artfull Enrichment Trivia: Flowers (E)</p> <p>6:30 Netflix Documentary: Gorilla Story (Told by David Attenborough) (P)</p>	<p>Mother's Day</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 *Location Change Today* (E)</p> <p>11:30 Mother's Day Brunch Buffet (11:30 AM - 1:15 PM) (D)</p> <p>1:00 Craft with Debra (HER)</p> <p>1:30 Sunday Fun-Day Outing with Len: Scenic Drive Through South Regina with Ice Cream Stop at Scoops on Hill Ave* (V)</p> <p>2:00 Table Tennis (PHL)</p> <p>2:00 DrumFIT (W)</p> <p>6:30 Movie Night (Drama): Remarkably Bright Creatures (P)</p>



Mother's Day

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

News

Alzheimer Walk in a Box Fundraiser: this month we will once again be supporting the Alzheimer Society with fundraising efforts. Residents and staff are invited to participate in our own mini walk around the outside of the Wintergreene building on Friday, May 29th at 1:30 p.m. A donation box will be at Reception from May 1st-30th; with every donation you can fill out a ballot to win a gift basket. There will also be additional fundraising opportunities on the May monthly calendar. Let's see if we can top last year's total of \$2100! Thank you in advance for supporting the Alzheimer Society.

Regina Food Bank: We are proud to support our community with a Regina Foodbank donation bin located in the main lobby by the entrance. This initiative is lead by Justin Jones of Primal Realty, and Wintergreene is pleased to be participating alongside other local businesses to help reach a goal of collecting 2000 pounds of food throughout the month of May. As a thank you, donations can be entered into a draw for a \$100 gift certificate to The Lakeshore Restaurant. Simply add your name and phone number to your donation (all information will be used only for the draw and securely shredded afterward).



Calendar Legend
Outing
Special Program
Sign up Required *
Theme Day
Signature Program
Highlight