



INSPIRED SENIOR LIVING

Jun 15 – 21, 2026 Wintergreene Estates



Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	Saturday 20	Sunday 21
<p>Weekly Activity Challenge Due Date: Fish Tales Scrabble (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 Joyce Wellings Funeral Livestream (Everyone Welcome!) (P)</p> <p>10:30 Can Fit Pro Exercise Class (F)</p> <p>2:00 Bingo (P)</p> <p>2:00 Grasslands Shopping (V)</p> <p>2:00 Fit Minds in Harbour House (HAR)</p> <p>2:30 TD Bank (V)</p> <p>3:00 Southland Mall (V)</p> <p>6:45 Board Games & More! (P)</p>	<p>National Fudge Day</p> <p>9:00 Tuesday Morning Coffee Party (B)</p> <p>9:30 Summer Chair Yoga Series with Rebecca Whitrow on the Patio (CP)</p> <p>9:30 Music Therapy with Morgan (HAR)</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:15 Fit Minds (P)</p> <p>10:30 Music Therapy with Morgan (HER)</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: Country Fever (B)</p>	<p>No Shuffleboard Today Due to Entertainment</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>1:15 Can Fit Pro Low Impact Exercise Class *Time Change Today* (W)</p> <p>2:00 Co-op Grocery Store (V)</p> <p>2:00 Entertainment: Brent Meidinger (B)</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>10:30 Chair Yoga with Rebecca Whitrow (P)</p> <p>11:00 Shopping Vendor: Fifth Avenue Jewelry (11:00 AM-4:00 PM) (F)</p> <p>1:30 Sweet Summer Time Jeopardy (E)</p> <p>3:00 Happy Hour feat. Rossini Cocktails (P)</p> <p>7:00 Crokinole (BN)</p> 	<p>Wear Blue Day (Men's Health)</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 Cornhole (Bean Bag Toss) (CP)</p> <p>2:00 Grasslands Shopping (V)</p> <p>2:00 Wellness Clinic: The Importance of Hydration & Blood Pressure Checks (P)</p> <p>2:30 Southland Mall/Sobeys Liquor Store (V)</p> <p>3:00 Interdenominational Church Service (B)</p> <p>7:00 Entertainment: Brother Act-An Evening of Variety Entertainment (B)</p>	<p>National Ice Cream Soda Day</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 Artfull Enrichment Expedition: East Coast of Canada (E)</p> <p>1:00 Hooked-on Pins & Needles (Everyone Welcome) (W)</p> <p>2:00 Entertainment: Regina Songwriters-Circle (B)</p> <p>3:30 Ice Cream Soda Social (B)</p> <p>5:00 Rider Game: SSK @ CGY (P)</p>  	<p>Father's Day</p> <p>Canada's National Indigenous Peoples 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 (P)</p> <p>11:45 Father's Day BBQ Buffet (11:45 -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 Around the Bypass & Coffee Stop* (V)</p> <p>2:00 Table Tennis (PHL)</p> <p>2:00 DrumFIT (W)</p> <p>6:30 YouTube Documentary: Making a Killing-Reconciliation, Genocide, and Plunder in Canada (P)</p>

Locations Legend

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

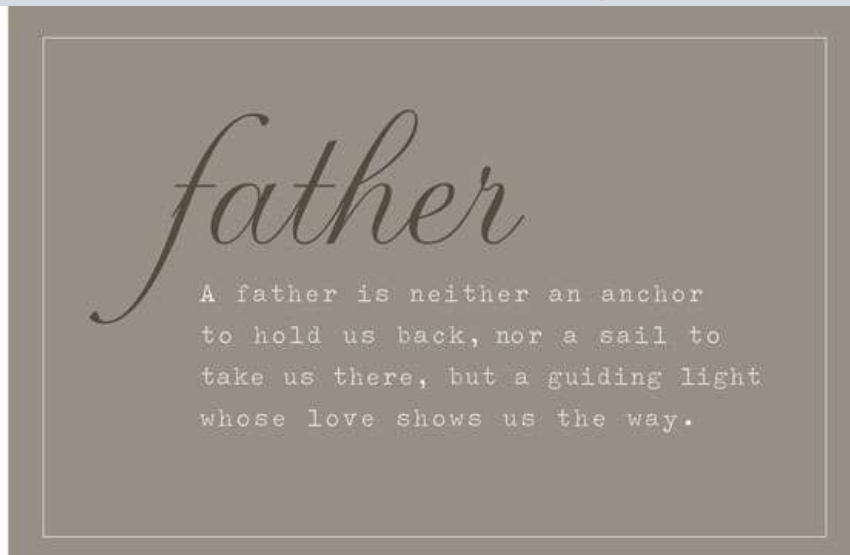
Harbour House (HAR)
 Courtyard Patio (CP)
 Breakfast Nook (BN)
 Waiting Area (WAI)
 In Suite (IS)
 Library (LB)
 Dining Room (D)
 Pool Hall Lounge (PHL)

News

Alzheimer's Donation Grand Prize Winner: Congratulations to Edna Brown for winning our grand prize draw from our Alzheimer Society Walk in a Box Fundraiser.

Wednesday: Please note the schedule changes for today as we welcome back Brent Meidinger from Stratford, ON at 2:00 p.m. Brent is a professional musician and actor has shared the stage with some of Canada's premiere musical acts. More recently, Brent has made it his mission to bring high-quality seniors entertainment to audiences across the country, with over 2000 performances at more than 400 seniors residences and day programs across Canada since 2020.

Father's Day: a friendly reminder that the Father's Day Buffet is complimentary for apartment residents. Please note, the outing change for today. Happy Father's Day!



Calendar Legend

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