






INSPIRED SENIOR LIVING

Jun 8 – 14, 2026 Wintergreene Estates



INSPIRED SENIOR LIVING WITH Verve

Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12	Saturday 13	Sunday 14
<p>Weekly Activity Challenge Due Date: Common Endings (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 with Tammy (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>Footcare Today</p> <p>9:00 Tuesday Morning Coffee Party (B)</p> <p>9:30 Summer Chair Yoga Series with Rebecca Whitrow on the Patio Begins Today! (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 Whist 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: Kristian Wenaus (B)</p>	<p>National Ice Tea 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>2:45 Ice Tea Social on the Patio (CP)</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 Shopping Vendor: If The Shoe Fits (10 AM-2 PM) (F)</p> <p>10:30 Chair Yoga with Rebecca Whitrow (P)</p> <p>1:30 Artfull Enrichment Expedition: Wandering the US West Coast (E)</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: Boomtown (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 Artfull Enrichment Trivia: Literature (E)</p> <p>2:30 Southland Mall/Sobeys Liquor Store (V)</p> <p>3:00 Dining Services Town Hall (P)</p> <p>4:30 Living Loving Local Dinner: Strawberry (4:30-6:15 PM) (D)</p> <p>4:30 Supper Outing with Yeva to Peking House* (V)</p> <p>7:00 Wine & Paint Night: Daffodil Painting (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>1:00 Hooked-on Pins & Needles (Everyone Welcome) (W)</p> <p>1:30 June Jeopardy Trivia (E)</p> <p>2:00 Sing-Along with Joan, Ken & Leone (B)</p> <p>3:00 Coffee & Connect 4 Games (B)</p> <p>5:00 Rider Game: BC @ SSK (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>11:30 Sunday Fun-Day Outing with Len: Lunch at Houston Pizza Hill Ave (V)</p> <p>1:00 Craft with Debra (HER)</p> <p>2:00 Billiards (PHL)</p> <p>2:00 DrumFIT (W)</p> <p>6:30 Movie Night (Drama): In Her Shoes (P)</p> 

Locations Legend

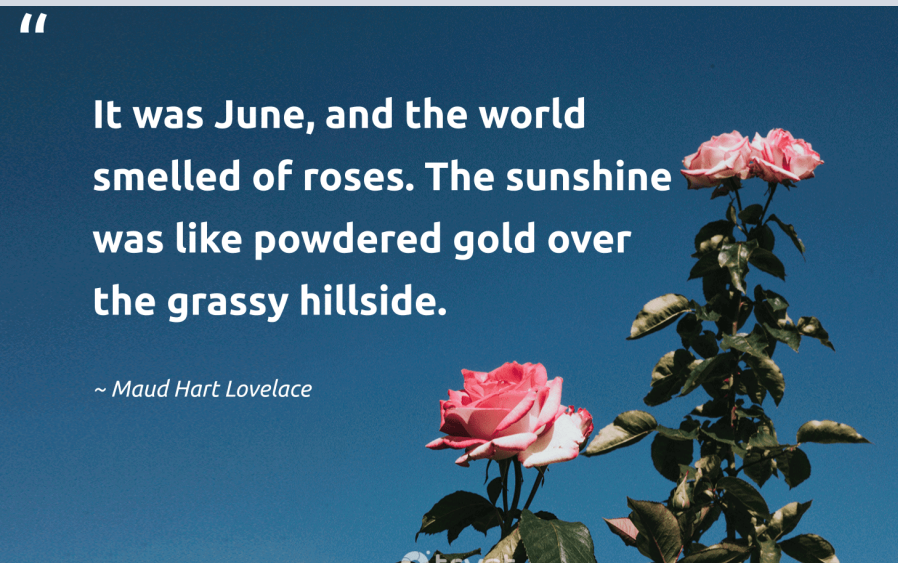
Prairie Schooner (P)
 Van Service (V)
 Entire Building (EB)
 Bistro (B)
 Wascana Way - 3rd FL. (W)
 Fireplace Lounge (F)
 Heritage House (HER)
 Education Room - 2nd Fl. (E)

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

News

Rider Pool: This is your final few days to purchase squares for our Rider Pool and we have a limited number of squares available at \$5 each. The regular season kicks off on Saturday!

Summer Chair Yoga Patio Series: Rebecca Whitrow will be offering a summer chair yoga series on the Courtyard Patio on Tuesday mornings at 9:30 a.m. starting this week until August 25th. We will move indoors to the Prairie Schooner if the weather is not cooperating that day. To allow for interested residents to attend both yoga and Fit Minds, if they wish, Fit Minds will move to **10:15 a.m.** during the summer series and will revert to 10:00 a.m. September 1st.



Calendar Legend

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