



INSPIRED
SENIOR LIVING

Sep 8 – 14, 2025

Wintergreene Estates



INSPIRED SENIOR LIVING WITH

Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12	Saturday 13	Sunday 14
Environmental Services Week The Terry Fox Foundation Silver Fox Event Fundraising (RA) Weekly Activity Challenge Due Date: Searching for September (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 Grasslands Shopping (V) 2:00 Fit Minds in Harbour House (HAR) 2:00 Bingo (All Proceeds to The Terry Fox Foundation) (P) 2:30 TD Bank (V) 3:00 Southland Mall (V) 3:15 Shuffleboard Practice with Jolene (P) 6:45 Board Games & More! (P)	Environmental Services Week The Terry Fox Foundation Silver Fox Event Fundraising (RA) 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 (Will Begin Following Bridge Meeting)* (P) 1:30 Bridge Meeting (All Players Encouraged to Attend) (P) 2:00 BMO/CIBC Banks (V) 2:00 Can Fit Pro Low Impact Exercise Class (W) 2:00 Rosary (E) 2:30 Co-op Grocery Store (V) 2:30 Toonies for Terry Tim Hortons Coffee & Timbit Social (\$2 to The Terry Fox Foundation) (B) 3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS) 3:00 Grasslands Shopping (V) 3:00 Fit Minds in Heritage House (HER) 7:00 Entertainment: Larry, Cup O' Joe's & What's Her Name (B)	Environmental Services Week The Terry Fox Foundation Silver Fox Event Fundraising (RA) 9:30 Shuffleboard League Begins (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 Co-op Grocery Store (V) 2:00 Can Fit Pro Low Impact Exercise Class (W) 2:30 Royal & Scotia Banks (V) 3:00 Conexus Credit Union (V) 3:15 Nail Painting (by donation to The Terry Fox Foundation) (E) 6:45 Bridge Game * (P) 7:00 Crokinole (BN)	Environmental Services Week The Terry Fox Foundation Silver Fox Event Fundraising (RA) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Bible Study Begins (All Faiths Welcome!) (PD) 10:30 Chair Yoga with Rebecca Whitrow (P) 2:00 DrumFIT (W) 2:00 Piano Entertainment by Jeanette Cross (B) 3:00 Farewell Happy Hour to Elen Limos feat. Pear Gin Fizz Cocktails (by donation to The Terry Fox Foundation) (P) 7:00 Crokinole (BN) 7:00 Entertainment: Amigos (B)	Environmental Services Week The Terry Fox Foundation Silver Fox Event Fundraising (RA) Chocolate Milkshake 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) 2:00 Grasslands Shopping (V) 2:00 Catholic Mass (P) 2:30 Southland Mall/Sobeys Liquor Store (V) 2:30 Chocolate Milkshake Day Social (by donation to The Terry Fox Foundation) (B) 4:30 Living Loving Local Dinner: Pear (4:30-6:15 PM) (D) 5:00 Supper Outing with Yeva to Montanas* (V) 7:15 Artfull Enrichment Expedition: India (P)	Environmental Services Week The Terry Fox Foundation Silver Fox Event Fundraising (RA) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 DrumFIT (W) 1:00 Music Therapy with Meghan (HAR) 1:00 The Great Canadian National Open House (1-3 PM) 1:30 Hooked on Pins & Needles (Everyone Welcome) (W) 2:00 Music Therapy with Meghan (HER) 2:00 Homemade Maple Sugar Scrub Craft (E) 5:00 Rider Game: MTL @ SSK (P)	Environmental Services Week The Terry Fox Foundation Silver Fox Event Fundraising (RA) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Sunday Morning Coffee Party (B) 1:30 Craft with Debra (HER) 1:30 Sunday Fun-Day Outing with Len: Regina Floral Conservatory* (V) 2:00 Table Tennis (PHL) 6:30 Movie Night (Drama): The Lost City of Z (P)

Locations Legend

- Prairie Schooner (P)

Van Service (V)

Reception Area (RA)

Entire Building (EB)

Bistro (B)

Wascana Way - 3rd FL. (W)

Heritage House (HER)

Fireplace Lounge (F)
- Education Room - 2nd Fl. (E)

Harbour House (HAR)

Breakfast Nook (BN)

In Suite (IS)

Private Dining Room (PD)

Library (LB)

Dining Room (D)

Pool Hall Lounge (PHL)

News:

Window Washing: will begin Monday and will take approximately three days.

Bridge Meeting: we will be having a short meeting before Tuesday's game at 1:30 p.m. in the Prairie Schooner. All bridge players are encouraged to attend.

The Terry Fox Foundation: We will be participating in The Terry Fox Foundation Silver Foxes event again this year. From Monday-Saturday we will be fundraising through themed events and will have a donation box at Reception all week. Please consider donating if you are able; any amount is welcome! Reception will have pledge sheets if you wish to donate \$20+ as you will receive a tax receipt. Donations can also be made online at <https://run.terryfox.ca/team/colleens-angels-wintergreene>. Please share with your family and friends and help us reach our goal of \$500. For every donation made enter your name into our draw to win a prize package. Special thanks to Life Enrichment team member Colleen for helping organize this event; a cause near and dear to her heart.

Shuffleboard: our Fall league kicks off on Wednesday. Schedules will be delivered on Monday, September 8th and a master copy will be posted on the Prairie Schooner bulletin board.

Farewell: to our Housekeeping Supervisor, Elen who has been with Wintergreene for 16 years. Please join us for Happy Hour in her honour on Thursday.

The Great Canadian National Open House: we are looking for resident volunteers for Saturday from 1-3 p.m. If you would be interested to help greet guests or speak on your favourite activities, please see Tammy.

Calendar Legend

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