


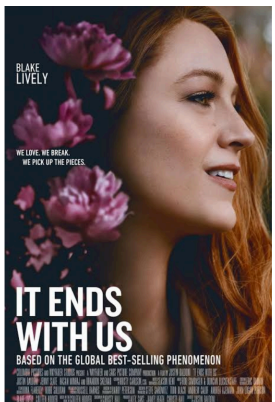




INSPIRED SENIOR LIVING

# Jun 22 – 28, 2026 Wintergreene Estates



| Monday 22   | Tuesday 23   | Wednesday 24   | Thursday 25  | Friday 26   | Saturday 27   | Sunday 28   |
|---|--|--|--|---|---|---|
| <p><b>Weekly Activity Challenge Due Date: Strawberry Word Search (P)</b></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 Entertainment: Jim Woytuik (B)</p> <p>2:30 TD Bank (V)</p> <p>3:00 Southland Mall (V)</p> <p>6:45 Board Games &amp; More! (P)</p> | <p>National Hydration Day<br/>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 (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>12:00 New Resident Luncheon (By Invitation Only) (PD)</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>2:45 Strawberry Lemonade Social (CP)</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: Dale &amp; Company (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>1:00 Dog Therapy Visits with Stephanie &amp; Moose (Households) (HH)</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 &amp; 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><i>Ribbon Skirt and/or Shirt Day</i></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>10:30 Coffee &amp; Conversation with Jolene (B)</p> <p>1:30 Bingo *Rescheduled from Monday* (P)</p> <p>3:00 Happy Hour (P)</p> <p>7:00 Crokinole (BN)</p> <p>7:00 Entertainment: Amigos (B)</p>  | <p><b>Rider Game: TOR @ SSK (Not Broadcast in the Schooner Tonight)</b></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 &amp; Coffee with Amy (LB)</p> <p>1:30 Old Time Sayings Trivia (E)</p> <p>1:35 Rosary (P)</p> <p>2:00 Grasslands Shopping (V)</p> <p>2:00 Catholic Mass (P)</p> <p>2:30 Southland Mall/Sobeys Liquor Store (V)</p> <p>3:15 Monthly Birthday Party (P)</p> <p>6:30 Wine &amp; Paint Night: Strawberry Picnic (P)</p>  | <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:00 Artfull Enrichment Craft: Buttoned Up Maple Leaf (E)</p> <p>10:30 Chair Yoga with Sacha Wolfson (P)</p> <p>1:00 Hooked-on Pins &amp; Needles (Everyone Welcome) (W)</p> <p>2:00 Regina Corvette Club Car Show (4PL)</p> <p>6:30 ABBA Super Troupers A Celebratory Film From Waterloo to MAMMA MIA! (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>12:30 Sunday Fun-Day Outing with Len: Over the Hill Orchards Rhubarb Festival * (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 (Emotional): It Ends With Us (P)</p>  |

### Locations Legend

- Prairie Schooner (P)
- Van Service (V)
- Entire Building (EB)
- Bistro (B)
- Heritage House (HER)
- Wascana Way - 3rd FL. (W)
- Fireplace Lounge (F)
- Education Room - 2nd Fl. (E)
- Harbour House (HAR)
- Courtyard Patio (CP)
- Breakfast Nook (BN)
- Private Dining Room (PD)
- In Suite (IS)
- HouseHolds (HH)
- Library (LB)
- 4950 Parking Lot (4PL)
- Pool Hall Lounge (PHL)

### News

**Tile Rummy:** We are searching for more tile rummy players for Monday evenings and beyond! Please reach out to Jolene or Yeva if interested.

**Rider Game Take Out Meals:** Some of you don't want to miss the action during the big games and would like to eat your meal in your suite. If you would like to pick up a "bagged meal" consisting of a sandwich, fresh fruit, dessert square or cookies, juice box, and potato chips we will have a signup sheet at Reception. You will need to sign up **24 hours before the game**. Bagged meal pickup is **only at 4:30 p.m. on game day** at the Host podium, with no delivery charge. If you would like your regular hot meal to be delivered to your suite, there will be an additional delivery charge. For your own safety there will be no hot meals available for pickup.

**Lunch with the GM Winners:** Congratulations to Jeannette Miller and Louise Sutherland for winning our lunch with Annette, General Manager. She will reach out with additional details.

**Regina Corvette Club Car Show:** If you are looking to admire some vintage Corvettes, you're in luck on Saturday, June 27th from 2-3 p.m. There will be approximately 8-11 vehicles out front of the main 4950 doors in the parking lot and on Pasqua St. for you for you to enjoy. Feel free to speak with the owners, ask questions, and take pictures. Special thanks to Kevin Ridgway for setting this up for Wintergreene.

### Calendar Legend

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