






INSPIRED SENIOR LIVING

# Jun 29 – Jul 5, 2026

## Wintergreene Estates



INSPIRED SENIOR LIVING WITH Verve

Monday 29	Tuesday 30	Wednesday 1	Thursday 2	Friday 3	Saturday 4	Sunday 5
<p><b>Weekly Activity Challenge Due Date: Find the Value of ? (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 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 &amp; More! (P)</p>	<p><b>Salon Closed Today</b></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><b>9:30 Music Therapy with Morgan (HAR)</b></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><b>10:30 Music Therapy with Morgan (HER)</b></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><b>2:30 Shopping Vendor: The Nut Man (2:30 PM-3:30 PM) (WAI)</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>3:00 Artfull Enrichment Fact of Fiction Game: Canada (E)</p> <p><b>7:00 Entertainment: Knight 'n Gail (B)</b></p>	<p>Canada Day: Wear Red &amp; White Attire Today</p> <p><b>Salon Closed Today</b></p> <p>National Culinary Arts Month</p> <p><b>No Nail Painting Today Due to STAT</b></p> <p><b>No Van Service Today (V)</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 Can Fit Pro Low Impact Exercise Class (W)</p> <p>3:00 Canada Trivia (E)</p> <p><b>4:30 Canada Day BBQ Dinner (4:30 PM - 6:15 PM) (D)</b></p> <p>6:45 Bridge Game * (P)</p> <p>7:00 Crokinole (BN)</p> <p><b>7:00 Entertainment: Larry, Cup O' Joe's &amp; What's Her Name (B)</b></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><b>2:00 Resident Forum (W)</b></p> <p>3:00 Happy Hour (P)</p> <p><b>4:30 Supper Outing with Yeva to The Keg* (V)</b></p> <p>7:00 Crokinole (BN)</p> <p>7:00 Artfull Enrichment Trivia: Magnified Mystery Fruit (P)</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><b>10:45 Current Events &amp; Coffee with Yeva (LB)</b></p> <p>2:00 Grasslands Shopping (V)</p> <p><b>2:00 Entertainment: Bettingham (B)</b></p> <p>2:30 Southland Mall/Sobeys Liquor Store (V)</p> <p>3:15 Coffee &amp; Connect 4 Games (B)</p> <p><b>5:30 Rider Game: SSK @ OTT (bar open from 5:30-6:30 PM) (P)</b></p> 	<p>4th of July Scavenger Hunt (MAI)</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 Cornhole (Bean Bag Toss) (CP)</p> <p>1:00 Hooked-on Pins &amp; Needles (Everyone Welcome) (W)</p> <p>2:00 Artfull Enrichment Craft: Coffee Filter Flower (E)</p> <p><b>6:30 Movie Night (Heartfelt): Voicemails for Isabelle (P)</b></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><b>1:30 Sunday Fun-Day Outing with Amit: Milky Way for Ice Cream* (V)</b></p> <p>2:00 Table Tennis (PHL)</p> <p>2:00 DrumFIT (W)</p> <p><b>6:30 Movie Night (Comedy): Jerry &amp; Marge Go Large (P)</b></p> 

### Locations Legend

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

Courtyard Patio (CP)  
 Breakfast Nook (BN)  
 Waiting Area (WAI)  
 In Suite (IS)  
 Dining Room (D)  
 Library (LB)  
 Main Floor (MAI)  
 Pool Hall Lounge (PHL)



### News

**Canada Day:** Wear your red and white attire and join us for some themed events today. Instead of a buffet we are having a BBQ dinner which is the complimentary meal for the apartment residents this month. Happy Canada Day!



### Calendar Legend

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