

Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24	Saturday 25	Sunday 26
Weekly Activity Challenge Due Date: Mixed Up Ice Cream Flavours (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 Jan Campbell Celebration of Life Wine & Cheese (2-4 PM; Come & Go) (P) 2:30 TD Bank (V) 3:00 Southland Mall (V) 6:45 Board Games & More! (P)	9:00 Tuesday Morning Coffee Party (B) 9:30 Summer Chair Yoga Series with Rebecca Whitrow on the Patio (CP) 9:30 Music Therapy with Morgan (HAR) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:15 Fit Minds (P) 10:30 Music Therapy with Morgan (HER) 12:00 New Resident Luncheon (By Invitation Only) (PD) 1:30 Card Bingo (HER) 1:30 Entertainment: The Qu'Appelle Quartet (B) 1:30 Cribbage Game *Location Change Today** (BN) 2:00 BMO/CIBC Banks (V) 2:00 Rosary (E) 2:30 Co-op Grocery Store (V) 2:30 Can Fit Pro Low Impact Exercise Class *Time Change Today* (W) 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: The Brotherhood (B)	10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Can Fit Pro Exercise Class (F) 1:30 General Knowledge Trivia (E) 2:00 Co-op Grocery Store (V) 2:00 Can Fit Pro Low Impact Exercise Class (W) 2:00 Dog Therapy Visits with Shirley & Shelby (HH) 2:30 Royal & Scotia Banks (V) 2:45 Chef's Demo: Saskatoon Berry Buckle Cake (B) 3:00 Conexus Credit Union (V) 6:45 Bridge Game * (P) 7:00 Crokinole (BN) 7:00 Tap Dancing Performance by Aysha Bellegarde (B)	National Lemon Day 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Chair Yoga with Rebecca Whitrow (P) 10:30 Coffee & Conversation with Jolene (B) 11:00 Shopping Vendor: Fifth Avenue Jewelry (11:00 AM- 4:00 PM) (F) 1:30 Bingo *Rescheduled from Monday* (P) 3:00 Happy Hour feat. Lemon Drop Martinis (P) 7:00 Crokinole (BN) 7:00 Entertainment: Heather Ross (B) 7:00 Rider Game: EDM @ SSK (P) 	Wear Berets, Black & White Stripes, & Red Scarves 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) 1:35 Rosary (P) 2:00 Grasslands Shopping (V) 2:00 Catholic Mass (P) 2:00 July Jeopardy Trivia (E) 2:30 Southland Mall/Sobeys Liquor Store (V) 4:30 French Themed Dinner (4:30 PM - 6:15 PM) (D) 6:30 Armchair Travel with Rick Steves to France's Loire: Chateau Country (P) 7:30 Armchair Travel with Rick Steves to the French Riviera (P) 	No Sacha Wolfson Today 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Ladder Toss (CP) 10:30 Chair Yoga with Rebecca Whitrow (YouTube Video) (P) 1:00 Hooked-on Pins & Needles (Everyone Welcome) (W) 2:00 Entertainment: Emma Cameron (Dan Mollerud's Granddaughter) (B) 3:00 Plinko (P) 6:30 Concert Movie Night: André Rieu Happy Birthday! A Celebration of 25 Years of the Johann Strauss Orchestra (P) 	10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Sunday Morning Coffee Party (B) 10:30 Archdiocese of Regina Catholic Mass Livestream (P) 11:00 Sunday Fun-Day Outing with Len: Over the Hill Orchards Flower Festival * (V) 1:00 Craft with Debra (HER) 2:00 Billiards (PHL) 2:00 DrumFIT (W) 6:30 Movie Night (Campy Musical): Moulin Rouge! (P)

<u>Locations Legend</u> Prairie Schooner (P) Van Service (V) Bistro (B) Entire Building (EB) Fireplace Lounge (F) Heritage House (HER) Wascana Way - 3rd FL. (W) Breakfast Nook (BN) Education Room - 2nd Fl. (E) Harbour House (HAR) Courtyard Patio (CP) Private Dining Room (PD) In Suite (IS) HouseHolds (HH) Library (LB) Dining Room (D) Pool Hall Lounge (PHL)	<u>News</u> Monday: The Tamiflu prep clinic is cancelled and will be rescheduled in the near future. We apologize for any inconvenience this causes. Join Jan Campbell's family and friends for a come and go celebration of life event from 2-4 p.m. in the Prairie Schooner. Light snacks, refreshments, and bar service will be available. Bingo is moved to Thursday, July 23rd at 1:30 p.m. in lieu of this event. Tuesday: Due to entertainment at 1:30 p.m. in the Bistro/Dining Room, Cribbage is moved to the Breakfast Nook, and low impact exercises are moved to 2:30 p.m. in Wascana Way. Golden Moments Program: focuses on creating meaningful moments, bringing dreams and wishes to life, strengthening connections between residents, family, and team members, celebrating individuality and personal experiences, and enhancing quality of life through memorable experiences. Join us as we celebrate our first Golden Moment on Saturday, July 25th by welcoming Emma Cameron, Dan Mollerud's granddaughter to Wintergreene at 2:00 p.m. to perform. Emma Cameron is a Certified Music Therapist and dedicated to empowering communities through creative self-expression, while celebrating each person's unique identity, culture, and journey.		<u>Calendar Legend</u> Outing Special Program Sign up Required * Theme Day Signature Program Highlight
--	--	--	---