






INSPIRED SENIOR LIVING

# Jul 6 – 12, 2026 Wintergreene Estates



INSPIRED SENIOR LIVING WITH Verve

Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10	Saturday 11	Sunday 12
<p><b>Weekly Activity Challenge Due Date: July Fourth Word Scramble (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>3:15 What Am I? (Trivia) (P)</p> <p>6:45 Board Games &amp; More! (P)</p>	<p><b>World Chocolate Day</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>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 *Location Change Today** (BN)</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 Chocolate Milkshake Social (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>7:00 Entertainment: Elaine Oster (B)</p>	<p>National Raspberry Day</p> <p>Footcare Today</p> <p>9:30 Shuffleboard League (9:30 AM - 3:30 PM; check your schedules) *LAST DAY* (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 &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>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:00 Coffee Party with The Good Morning Project (B)</p> <p>10:30 Chair Yoga with Rebecca Whitrow (P)</p> <p>1:30 Scams Prevention Presentation with Regina Police Services (RPS) (P)</p> <p>3:00 Happy Hour (P)</p> <p>7:00 Crokinole (BN)</p> <p>7:00 Entertainment: Garnet &amp; Jean Ripplinger (B)</p> 	<p>Massage Therapy Today</p> <p>National Piña Colada Day</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 Annette (LB)</p> <p>1:30 Who Am I? Guessing Game (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>2:30 Coffee Party with George Tsiklis, City Councilor for Ward 2 (B)</p> <p>4:30 Living Loving Local Dinner: Saskatoon (4:30-6:15 PM) (D)</p> <p>6:30 Piña Colada Social (CP)</p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:00 Outing with Yeva to Regina Farmer's Market* (V)</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 Sing-Along with Joan &amp; Leone (B)</p> <p>3:30 Coffee &amp; Conversation with Yeva (B)</p> <p>6:30 Movie Night (Drama): After Everything (P)</p> 	<p><b>No Sunday Fun-Day Outing Today</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>1:00 Craft with Debra (HER)</p> <p>2:00 Billiards (PHL)</p> <p>2:00 DrumFIT (W)</p> <p>5:00 Rider Game: HAM @ SSK (P)</p> 

### Locations Legend

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

### News

**Signup Sheets:** All July card games and outing signup sheets are now in the library.

**The Good Morning Project:** will be here on Thursday, July 9th at 10:00 a.m. for a special coffee party in the Bistro; coffee and treats will be provided. The Good Morning Project is a community-led initiative designed to shift how our city interacts—starting with mornings. Born in Regina and powered by the people, this project encourages everyone to say “good morning”, offer a smile, and be a spark of positivity in someone’s day. It’s about neighbours, café owners, students, and strangers choosing to start their day with kindness.

**Scams Prevention Presentation:** Regina Police Services (RPS) will be here on Thursday, July 9th at 1:30 p.m. in the Prairie Schooner to talk about scams and scam prevention. Please join Constables Arnold and Claude to learn more.

**Coffee Party:** Join your City Councillor, George Tsiklis on Friday, July 10th at 2:30 p.m. in the Bistro for a coffee party. George will update you on city news in the area, answer your questions, and more!

### Calendar Legend

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