



INSPIRED SENIOR LIVING

# July 2026 Wintergreene Estates



INSPIRED SENIOR LIVING WITH Verve

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) **5**

10:00 Sunday Morning Coffee Party (B)

10:30 Archdiocese of Regina Catholic Mass Livestream (P)

1:00 Craft with Debra (HER)

**1:30 Sunday Fun-Day Outing with Amit: Milky Way for Ice Cream\* (V)**

2:00 Table Tennis (PHL)

2:00 DrumFIT (W)

**6:30 Movie Night (Comedy): Jerry & Marge Go Large (P)**

**Weekly Activity Challenge Due Date: July Fourth Word Scramble (P) 6**

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 Bingo (P)

2:00 Fit Minds in Harbour House (HAR)

3:15 What Am I? (Trivia) (P)

6:45 Board Games & More! (P)

**World Chocolate Day 7**

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)**

1:30 Card Bingo (HER)

**1:30 Whist Game \*Location Change Today\*\* (BN)**

2:00 Rosary (E)

2:00 Can Fit Pro Low Impact Exercise Class (W)

2:45 Chocolate Milkshake Social (B)

3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS)

3:00 Fit Minds in Heritage House (HER)

**7:00 Entertainment: Elaine Oster (B)**

**National Raspberry Day 8**

Footcare Today

**9:30 Shuffleboard League (9:30 AM - 3:30 PM; check your schedules) \*LAST DAY\* (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 Can Fit Pro Low Impact Exercise Class (W)

6:45 Bridge Game \* (P)

7:00 Crokinole (BN)

**National Hot Dog Day 15**

10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)

10:30 Can Fit Pro Exercise Class (F)

**11:30 Come & Go Hot Dog Roast with Chef Amy & Yeva (11:30 AM - 1:15 PM) (CP)**

2:00 Can Fit Pro Low Impact Exercise Class (W)

3:15 Nail Painting (E)

6:45 Bridge Game \* (P)

7:00 Crokinole (BN)

**National Cherry Day 16**

National Daiquiri 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: Personal Touch Fashions (11 AM - 3 PM) (F)**

3:00 Happy Hour feat. Saskatoon Daiquiris (P)

7:00 Crokinole (BN)

**7:00 Entertainment: Jim Harty (B)**

**National Piña Colada Day 10**

Massage Therapy Today

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)

1:30 Who Am I? Guessing Game (E)

1:35 Rosary (P)

**2:00 Catholic Mass (P)**

**2:30 Coffee Party with George Tsiklis, City Councilor for Ward 2 (B)**

4:30 Living Loving Local Dinner: Saskatoon (4:30-6:15 PM) (D)

6:30 Piña Colada Social (CP)

10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) **11**

**10:00 Outing with Yeva to Regina Farmer's Market\* (V)**

10:30 Chair Yoga with Sacha Wolfson (P)

1:00 Hooked-on Pins & Needles (Everyone Welcome) (W)

**2:00 Sing-Along with Joan & Leone (B)**

3:30 Coffee & Conversation with Yeva (B)

**6:30 Movie Night (Drama): After Everything (P)**

**No Sunday Fun-Day Outing Today 12**

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)

1:00 Craft with Debra (HER)

2:00 Billiards (PHL)

2:00 DrumFIT (W)

**5:00 Rider Game: HAM @ SSK (P)**

**Weekly Activity Challenge Due Date: Sum Matrix (P) 13**

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 Bingo (P)

2:00 Fit Minds in Harbour House (HAR)

6:45 Board Games & More! (P)

**9:00 Tuesday Morning Coffee Party (B) 14**

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)**

1:30 Card Bingo (HER)

1:30 Bridge Game \* (P)

2:00 Rosary (E)

2:00 Can Fit Pro Low Impact Exercise Class (W)

**2:30 Shopping Vendor: The Nut Man (2:30 PM-3:30 PM) (WAI)**

3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS)

3:00 Fit Minds in Heritage House (HER)

**7:00 Entertainment: Billy Young (B)**

**National Cherry Day 16**

National Daiquiri 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: Personal Touch Fashions (11 AM - 3 PM) (F)**

3:00 Happy Hour feat. Saskatoon Daiquiris (P)

7:00 Crokinole (BN)

**7:00 Entertainment: Jim Harty (B)**

**National Cherry Day 16**

National Daiquiri 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: Personal Touch Fashions (11 AM - 3 PM) (F)**

3:00 Happy Hour feat. Saskatoon Daiquiris (P)

7:00 Crokinole (BN)

**7:00 Entertainment: Jim Harty (B)**

10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) **17**

10:00 Can Fit Pro Exercise Class (F)

10:45 Current Events & Coffee with Annette (LB)

1:30 The Write Word Game: Games of Summer (E)

**2:00 Wellness Clinic (P)**

**3:00 Interdenominational Church Service (B)**

**4:30 Outing with Yeva: The Classic Friday Happy Hour at Bushwacker Brewpub\* (V)**

**6:30 Armchair Travel to Ontario, Canada (P)**

7:00 S'mores Social (CP)

10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) **18**

10:00 Liberty Bell Windchime Craft (E)

10:30 Chair Yoga with Sacha Wolfson (P)

1:00 Hooked-on Pins & Needles (Everyone Welcome) (W)

**1:00 Outing with Yeva: Saskatoon Berry Festival at St. Mary's Anglican Church\* (V)**

**6:30 Netflix Documentary: Chris and Martina: The Final Set (P)**



INSPIRED SENIOR LIVING

# July 2026 Wintergreene Estates



INSPIRED SENIOR LIVING WITH Verve

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>No DrumFIT Today 19</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: Scenic Drive Through South East Regina &amp; The Everyday Kitchen Coffee Stop* (V)</b></p> <p>2:00 Table Tennis (PHL)</p> <p><b>6:30 Movie Night (Witty): Enola Holmes 3 (P)</b></p>	<p><b>Weekly Activity Challenge Due Date: Mixed Up Ice Cream Flavours (P) 20</b></p> <p><b>9:30 Tamiflu Prep Clinic (9:30 AM - 1:30 PM) (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 Fit Minds in Harbour House (HAR)</p> <p>6:45 Board Games &amp; More! (P)</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><b>12:00 New Resident Luncheon (By Invitation Only) (PD)</b></p> <p>1:30 Card Bingo (HER)</p> <p><b>1:30 Entertainment: The Qu'Appelle Quartet (B)</b></p> <p>1:30 Cribbage Game * (P)</p> <p>2:00 Rosary (E)</p> <p><b>2:30 Can Fit Pro Low Impact Exercise Class "Time Change Today" (W)</b></p> <p>3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS)</p> <p>3:00 Fit Minds in Heritage House (HER)</p> <p><b>7:00 Entertainment: The Brotherhood (B)</b></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>10:30 General Knowledge Trivia (E)</p> <p>2:00 Can Fit Pro Low Impact Exercise Class (W)</p> <p><b>2:00 Dog Therapy Visits with Shirley &amp; Shelby (HH)</b></p> <p><b>2:45 Chef's Demo: Saskatoon Berry Buckle Cake (B)</b></p> <p>6:45 Bridge Game * (P)</p> <p>7:00 Crokinole (BN)</p>	<p>National Lemon Day <b>23</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>11:00 Shopping Vendor: Fifth Avenue Jewelry (11:00 AM- 4:00 PM) (F)</b></p> <p>3:00 Happy Hour feat. Lemon Drop Martinis (P)</p> <p>7:00 Crokinole (BN)</p> <p><b>7:00 Entertainment: Heather Ross (B)</b></p> <p><b>7:00 Rider Game: EDM @ SSK (P)</b></p>	<p>Wear Berets, Black &amp; White Stripes, &amp; Red Scarves <b>24</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 Annette (LB)</p> <p>1:35 Rosary (P)</p> <p><b>2:00 Catholic Mass (P)</b></p> <p>2:00 July Jeopardy Trivia (E)</p> <p>4:30 French Themed Dinner (4:30 PM - 6:15 PM) (D)</p> <p><b>6:30 Armchair Travel to Norway: The Richest Country That Refuses to Show Off (P)</b></p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:00 Ladder Toss (CP)</p> <p>10:30 Chair Yoga with Sacha Wolfson (P)</p> <p>1:00 Hooked-on Pins &amp; Needles (Everyone Welcome) (W)</p> <p><b>2:00 Entertainment: Emma Cameron (Dan Mollerud's Granddaughter) (B)</b></p> <p>3:00 Plinko (P)</p> <p><b>6:30 Concert Movie Night: André Rieu Happy Birthday! A Celebration of 25 Years of the Johann Strauss Orchestra (P)</b></p>
<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) <b>26</b></p> <p>10:00 Sunday Morning Coffee Party (B)</p> <p>10:30 Archdiocese of Regina Catholic Mass Livestream (P)</p> <p><b>11:00 Sunday Fun-Day Outing with Len: Over the Hill Orchards Flower Festival * (V)</b></p> <p>1:00 Craft with Debra (HER)</p> <p>2:00 Billiards (PHL)</p> <p>2:00 DrumFIT (W)</p> <p><b>6:30 Movie Night (Campy Musical): Moulin Rouge! (P)</b></p>	<p><b>Weekly Activity Challenge Due Date: James Bond Word Match (P) 27</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 Fit Minds in Harbour House (HAR)</p> <p>6:45 Board Games &amp; More! (P)</p>	<p>Footcare Today <b>28</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 Rosary (E)</p> <p>2:00 Can Fit Pro Low Impact Exercise Class (W)</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 Fit Minds in Heritage House (HER)</p> <p><b>7:00 Entertainment: Poplar Creek Duo (B)</b></p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) <b>29</b></p> <p>10:30 Can Fit Pro Exercise Class (F)</p> <p>2:00 Can Fit Pro Low Impact Exercise Class (W)</p> <p>3:15 Nail Painting (E)</p> <p>6:45 Bridge Game * (P)</p> <p>7:00 Crokinole (BN)</p>	<p>National Cheesecake Day <b>30</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>1:30 Canada or the U.S.? Game (P)</p> <p>3:00 Happy Hour (P)</p> <p>7:00 Crokinole (BN)</p> <p><b>7:00 Entertainment: Tim Richards (B)</b></p>	<p>National Avocado Day <b>31</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 Annette (LB)</p> <p>1:30 World Geography Trivia (E)</p> <p>2:00 Chips &amp; Guacamole Social (B)</p> <p><b>3:15 Monthly Birthday Party (P)</b></p> <p>6:30 Wine &amp; Paint Night: Watercolour Avocado (P)</p>	



## Culinary Arts Month

# Be Supported

**Locations Legend**

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

**Calendar Legend**

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