

Aug 10 – 16, 2026

Wintergreene Estates

Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14	Saturday 15	Sunday 16
Weekly Activity Challenge Due Date: August Word Scramble (P) National S'mores Day 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) 1:30 Bingo *Time Change Today* (P) 2:00 Grasslands Shopping (V) 2:00 Fit Minds in Harbour House (HAR) 2:30 TD Bank (V) 2:45 Chef's Demo: S'mores Brownies (B) 3:00 Southland Mall (V) 6:45 Board Games & More! (P)	Footcare Today 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 Bridge Game * (P) 2:00 BMO/CIBC Banks (V) 2:00 Rosary (E) 2:00 Can Fit Pro Low Impact Exercise Class (W) 2:30 Co-op Grocery Store (V) 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 Grasslands Shopping (V) 3:00 Fit Minds in Heritage House (HER) 7:00 Entertainment: Dale & Company (B)	No Nail Painting Today 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 Co-op Grocery Store (V) 2:00 Can Fit Pro Low Impact Exercise Class (W) 2:00 Kitchen Tour (Meet Amy in Main Dining Room)* (D) 2:00 Dog Therapy Visits with Shirley & Shelby (HH) 2:30 Royal & Scotia Banks (V) 3:00 Conexus Credit Union (V) 3:00 Spring/Summer Shuffleboard League End of Season Celebration (By Invitation Only) (P) 6:45 Bridge Game * (P) 7:00 Crokinole (BN)	National Prosecco 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 (CP) 1:00 Shuffleboard Practice with Yeva (P) 2:00 Entertainment: Boomtown (B) 3:00 Happy Hour feat. Mimosas (P) 7:00 Crokinole (BN) 7:00 S'mores Social (CP)	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 Cornhole (Bean Bag Toss) (CP) 1:35 Rosary (P) 2:00 Grasslands Shopping (V) 2:00 Catholic Mass (P) 2:30 Southland Mall/Sobeys Liquor Store (V) 2:30 Peach Ice Tea Social (CP) 4:30 Living Loving Local Dinner: Peach (4:30-6:15 PM) (D) 6:30 Wine & Charcuterie Social (P)	9:15 Outing with Yeva: Wascana Boat Tour* (V) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Chair Yoga with Sacha Wolfson (P) 11:00 Harbour House Family BBQ Social (11 AM - 1 PM) (HAR) 11:00 Heritage House BBQ Family Social (11 AM - 1 PM) (HER) 1:00 Hooked-on Pins & Needles (Everyone Welcome) (W) 2:00 Jerry & Rhoda Wasnik's 70th Wedding Anniversary (2-4 PM; Come & Go) (P) 5:00 Rider Game: SSK @ HAM (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) 1:00 Craft with Debra (HER) 1:30 Sunday Fun-Day Outing with Len: Elle's Café for Ice Cream & Scenic Cathedral Drive* (V) 2:00 Table Tennis (PHL) 2:00 DrumFIT (W) 6:30 Movie Night (Classics): Fiddler on the Roof (P)



Locations Legend	News	Calendar Legend
Prairie Schooner (P) Van Service (V) Entire Building (EB) Bistro (B) Courtyard Patio (CP) Heritage House (HER) Wascana Way - 3rd FL. (W) Fireplace Lounge (F) Harbour House (HAR)	Monday: Please note the time change for Bingo today due to the S'mores Brownie demo with Chef Amy at 2:45 p.m. in the Bistro. Wednesday: There is still one space available for our kitchen tour with Amy, sign up in the library if you are interested. Our Spring/Summer Shuffleboard League End of Season Celebration is today at 3:00 p.m. in the Prairie Schooner for all resident participants. You will receive a complimentary beverage of choice, appetizers, and prizes will be awarded as well. Jerry & Rhoda's 70th Wedding Celebration: join Jerry, Rhoda, their family and friends for a come and go celebration in honour of their 70th wedding anniversary on Saturday from 2-4 p.m. in the Prairie Schooner. Cake, refreshments, and bar service will be available. Outings This Week: Our Wascana Boat Tour on Saturday morning is full but be sure to add your name to the bottom of the list in case of a cancellation. We will be doing this tour again next month as well. We still have spaces for our Sunday outing with Len to Elle's Cafe for ice cream and a scenic Cathedral area drive. Elle, owner of Elle's Cafe has become a social media sensation in recent months and has welcomed visitors to her ice cream shop from all over the world.	Outing Special Program Sign up Required * Theme Day Signature Program Highlight