

Aug 17 – 23, 2026

Wintergreene Estates

Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21	Saturday 22	Sunday 23
Weekly Activity Challenge Due Date: Downtime Cryptogram (P) Tamiflu Prep Clinic (9AM - 12PM; 1-3PM) (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 Sunshine & Citrus Trivia (E) 2:30 TD Bank (V) 3:00 Southland Mall (V) 3:15 Shuffleboard Practice with Yeva (P) 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) 1:30 Card Bingo (HER) 1:30 Cribbage Game *Location Change Today** (BN) 1:30 Can Fit Pro Low Impact Exercise Class *Time Change Today* (W) 2:00 BMO/CIBC Banks (V) 2:00 Rosary (E) 2:00 Entertainment: Alastair & Karen (B) 2:30 Co-op Grocery Store (V) 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: Country Fever (B)	National Aviation Day 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Can Fit Pro Exercise Class with Debra (Her Can Fit Pro Exam) (F) 10:30 Balloon Volleyball with Yeva (HAR) 12:00 Shopping Vendor: Even-Steven's Baking (12-3 PM) (F) 1:30 Movie Matinee with Popcorn (Inspiring): Sully (P) 2:00 Co-op Grocery Store (V) 2:00 Can Fit Pro Low Impact Exercise Class (W) 2:30 Royal & Scotia Banks (V) 3:00 Conexus Credit Union (V) 3:00 Aviation Trivia (E) 6:45 Bridge Game * (P) 7:00 Crokinole (BN)	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 Yeva (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. Fuzzy Navel Cocktails (P) 7:00 Crokinole (BN) 7:00 Entertainment: Oat Soda Boys (B) 	National Senior Citizen Day 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) 11:00 Shuffleboard Practice with Yeva (P) 1:30 Fall Shuffleboard League Registration (\$5 to sign up) (B) 2:00 Grasslands Shopping (V) 2:00 Wellness Clinic: Autoinflammatory Awareness & Blood Pressure Checks (P) 2:30 Southland Mall/Sobeys Liquor Store (V) 3:00 Interdenominational Church Service (B) 6:30 Armchair Travel to The Everglades (P) 	No Sacha Wolfson Today No Chair Yoga Today 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 1:00 Hooked-on Pins & Needles (Everyone Welcome) (W) 2:00 Sing-Along with Joan & Leone (B) 6:30 Movie Night (Romance): Forever My Girl (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: The Blackbird Commons Bookstore *New to the Warehouse District* & Coffee Stop (V) 2:00 Billiards (PHL) 2:00 DrumFIT (W) 5:00 Rider Game: SSK @ BC (P)

Locations Legend	News	Calendar Legend
Prairie Schooner (P) Van Service (V) Bistro (B) Entire Building (EB) Fireplace Lounge (F) Heritage House (HER) Wascana Way - 3rd FL. (W) Harbour House (HAR) Education Room - 2nd Fl. (E) Breakfast Nook (BN) Courtyard Patio (CP) In Suite (IS) Library (LB) Pool Hall Lounge (PHL)	Tamiflu Prep Clinic: Pop into the Prairie Schooner to see Robyn on Monday, August 17th from 9:00 a.m. - 12:00 p.m. or 1:00 p.m. - 3:00 p.m. Robyn will get you weighed and consent for Tamiflu. See you there! Tuesday: please note the location change for Cribbage today and the time change for Low Impact Exercises due to entertainment at 2:00 p.m. Wednesday Morning Exercises: Debra will be teaching this morning as she is being evaluated on camera for her Can Fit Pro Exam. Please show up and support her efforts. Go Debra! New Vendor: Even-Steven's Baking will be here on Wednesday, August 19th from 12-3 p.m. in the Fireplace Lounge with a variety of baked goods. He accepts all forms of payment. Fall Shuffleboard League: stop by to see Yeva in the Bistro on Friday, August 21st at 1:30 p.m. to sign up for our Fall Shuffleboard League, the cost is \$5 to participate which goes directly to end of season prizes for participants. If you are unable to make the signup date but wish to participate, please see Yeva. 	Outing Special Program Sign up Required * Theme Day Signature Program Highlight