

Sep 28 – Oct 4, 2026

Wintergreene Estates

Monday 28	Tuesday 29	Wednesday 30	Thursday 1	Friday 2	Saturday 3	Sunday 4
Weekly Activity Challenge Due Date: Double Trouble (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 Bingo (P) 2:00 Grasslands Shopping (V) 2:00 Fit Minds in Harbour House (HAR) 2:30 TD Bank (V) 3:00 Southland Mall (V) 6:45 Board Games & More! (P) 7:00 Entertainment: Friendly Folk (B)	Footcare Today 9:00 Tuesday Morning Coffee Party (B) 9:30 Music Therapy with Morgan (HAR) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Fit Minds (P) 10:30 Music Therapy with Morgan (HER) 1:30 Card Bingo (HER) 1:30 Whist 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) 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: Jim Harty (B)	National Day for Truth & Reconciliation: Wear Orange Shirts (EB) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Shuffleboard League (10:00 AM - 3:00 PM; check your schedules) (P) 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 Come & Go Bannock Roast with Chef Amy (CP) 2:30 Royal & Scotia Banks (V) 3:00 Conexus Credit Union (V) 6:45 Bridge Game * (P) 7:00 Crokinole (BN)	Breast Cancer Awareness Month Global Diversity Awareness Month 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) 1:30 Bible Study (All Faiths Welcome) (PD) 2:00 Resident Forum (W) 3:00 Happy Hour (P) 7:00 Crokinole (BN) 	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 Robyn (LB) 1:15 Who Am I? Guessing Game (P) 2:00 Grasslands Shopping (V) 2:00 Entertainment: Jim Woytuik (B) 2:30 Southland Mall/Sobeys Liquor Store (V) 4:30 Living Loving Local Dinner: Squash & Pumpkin (4:30-6:15 PM) (D) 6:30 Artfull Enrichment Trivia: Famous Sitcoms (P) 7:30 Rider Game: CGY @ SSK (Bar is Open 7:30 - 8:30 PM) (P) 	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 Lunch Outing with Yeva to Greko's Restaurant & Steakhouse* (V) 1:00 Hooked-on Pins & Needles (Everyone Welcome) (W) 2:00 Fall Harvest Bingo (P) 3:15 Artfull Enrichment Expedition Presentation with Yeva: Thailand (P) 6:30 Netflix Documentary: Bogart Life Comes in Flashes (P)	National Cinnamon Bun Day 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) 1:45 Sunday Fun-Day Outing with Len: Government House High Tea* (V) 2:00 Billiards (PHL) 2:00 DrumFIT (W) 6:30 Movie Night (Comedy): The Pink Panther (P)

<u>Locations Legend</u> Prairie Schooner (P) Van Service (V) Entire Building (EB) Bistro (B) Wascana Way - 3rd FL. (W) Fireplace Lounge (F) Heritage House (HER) Harbour House (HAR) Breakfast Nook (BN) Education Room - 2nd Fl. (E) In Suite (IS) Courtyard Patio (CP) Private Dining Room (PD) Library (LB) Dining Room (D) Pool Hall Lounge (PHL)			<u>News</u> Flowers: Farewell to our beautiful flowers for the year; a big thank you to our Green Thumb Club for taking care of our garden spaces all season. Last call for prairie lily bulbs, please let Jolene or Yeva know if you would like to keep some over the winter. Signup Sheets: All October card games and outing sign up sheets are now in the library. Please note, for Sunday's Government House High Tea we are limiting it to 3 residents + Len to gauge interest for future high teas. National Day for Truth & Reconciliation: honours residential school survivors, their families, and communities, and to remember the children who never returned home. Please wear orange today to signify "Every Child Matters".	<u>Calendar Legend</u> Outing Special Program Sign up Required * Theme Day Signature Program Highlight
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