

Sep 14 – 20, 2026

Wintergreene Estates

Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19	Sunday 20
Weekly Activity Challenge Due Date: Perfect Pairs (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) 3:15 What Am I? Guessing Game (P) 6:45 Board Games & More! (P)	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) 12:00 Shopping Vendor: Even-Steven's Baking (12-3 PM) (F) 1:30 Card Bingo (HER) 1:30 Cribbage 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: Billy Young (B)	National Guacamole Day 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) 2:30 Royal & Scotia Banks (V) 3:00 Conexus Credit Union (V) 6:45 Bridge Game * (P) 7:00 Crokinole (BN)	9:15 Through the Eyes Photography Project (9:15 - 11:15 AM & 1:15 - 4 PM; Please Sign Up in the Library) (LB) 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: Fifth Avenue Jewelry (11:00 AM- 4:00 PM) (F) 1:30 Bible Study (All Faiths Welcome) (PD) 3:00 Happy Hour feat. The Lion's Club Rider Pool (P) 7:00 Crokinole (BN) 7:00 Entertainment: Amigos (B)	National Raspberry 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) 1:00 Games with Qualicare & Debra (HAR) 2:00 Grasslands Shopping (V) 2:00 Raspberry Jam Jam Social (B) 2:00 Wellness Clinic: Cronic Pain Video & Blood Pressure Checks (P) 2:30 Southland Mall/Sobeys Liquor Store (V) 3:00 Interdenominational Church Service (B) 4:30 Supper Outing with Yeva to The Flats* (V) 7:00 Who Am I? Guessing Game (P)	Oktoberfest Begins 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Chair Yoga with Sacha Wolfson (P) 10:30 Artfull Enrichment Trivia: Picture This (Kitchen Utensils) (E) 1:00 Hooked-on Pins & Needles (Everyone Welcome) (W) 1:30 Artfull Enrichment Craft: Fruit Stamped Tote Bag (E) 2:00 Sing-Along with Joan & Leone (B) 6:30 Movie Night (Drama): Don't Say Good Luck (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) 1:30 Sunday Fun-Day Outing with Len: Dutch Growers (Fall Displays) & Coffee Stop* (V) 2:00 Billiards (PHL) 2:00 DrumFIT (W) 6:30 Movie Night (Classic Campy Musical): Bye Bye Birdie (P)



<u>Locations Legend</u> Prairie Schooner (P) Van Service (V) Bistro (B) Entire Building (EB) Fireplace Lounge (F) Wascana Way - 3rd FL. (W) Harbour House (HAR) Heritage House (HER) Education Room - 2nd Fl. (E) Breakfast Nook (BN) Library (LB) In Suite (IS) Private Dining Room (PD) Pool Hall Lounge (PHL)	” Happily we bask in the warm September sun, which illuminates all creatures. Henry David Thoreau	<u>News</u> Through the Eyes Photography Project: Join professional photographer Scott Petersmeyer on Thursday, September 17th anytime between 9:15-11:15 a.m. and 1:15 - 4:00 p.m. in the library for complimentary individual portrait sessions which will take 10-15 minutes. You will be required to sign a waiver ahead of your session but your photos will not be shared or used for any advertising. All final edited photos will be sent to Jolene which can then be printed and/or emailed to you and your families. This is a personal passion project for Scott as he wants to give back to seniors living in care homes and retirement residences. He has already had success with this project in College Park, William Booth Special Care Home, and more! If you are interested in participating please sign up ahead of time in the library if you are able so we can better gauge interest. You are also welcome to show up the day of. Please see Jolene for more information or to answer any questions you may have.	<u>Calendar Legend</u> Outing Special Program Sign up Required * Theme Day Signature Program Highlight
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