Nov 16 – 22, 2026

Wintergreene Estates

INSPIRED SENIOR LIVING

INSPIRED SENIOR LIVING WITH Verve

Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21	Sunday 22
Weekly Activity Challenge Due Date: Hello November Cryptogram (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)	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 New Resident Luncheon (By Invitation Only) (PD)** 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: The Brotherhood (B)**	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 Connected Threads Network Inc. Quilt Show (F)** 2:30 Royal & Scotia Banks (V) 3:00 Conexus Credit Union (V) **3:15 Nail Painting *Location Change* (P)** 6:45 Bridge Game * (P) 7:00 Crokinole (BN)	Men's 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) **11:00 Wintergreene Christmas Vendor Market (11 AM - 4 PM) (MAI)** ***12:00 Men's Luncheon: Fish & Chips* (PD)*** 3:00 Happy Hour feat. Fence Hopper Cocktails (P) 7:00 Crokinole (BN) **7:00 Entertainment: Poplar Creek Duo (B)**	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) 2:00 Grasslands Shopping (V) 2:00 Artfull Enrichment Trivia: Magnified Mystery Everyday Objects (P) 2:30 Southland Mall/Sobeys Liquor Store (V) **3:00 Interdenominational Church Service (B)** 6:30 Mulled Wine & Paint Night: Monet's Winter Cabin (P) 7:45 Who Am I? Guessing Game (P)	**9:30 Outing with Yeva: Holiday Bazaart Makers Market* (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) 1:00 Hooked-on Pins & Needles (Everyone Welcome) (W) 2:00 November Trivia (P) **6:30 Netflix Documentary: Surviving Hurricane Otis (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: Regina Floral Conservatory (Seasons of Change Display)* (V)** 2:00 Table Tennis (PHL) 2:00 DrumFIT (W) **6:30 Movie Night (Bittersweet): Hanging Up (P)**

Locations Legend

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



Be thankful for what you have;
you'll end up having more

Oprah Winfrey

OurMindfulLife.com

News

Connected Threads Network: will be here on Wednesday, November 18th at 2:00 p.m. in the Fireplace Lounge.Sit back and relax as volunteer members walk around with a variety of quilts for you to enjoy. The Connected Threads Network's purpose is promote health and relieve poverty by providing individuals suffering from health conditions such as, mental illness, addiction, grief, or stress with extra comfort items including quilts, pillowcases, and other sewn items. In 2025, they donated 813 quilts to the community

Wintergreene Christmas Vendor Market: Gather your family and friends on Thursday, November 19th from 11:00 a.m. to 4:00 p.m. in the Fireplace Lounge to get some of your Christmas shopping completed. We will be featuring nine internal and external vendors; please refer to the posters around the builiding or your November Buzz for detailed vendor information.

Christmas Decorating: will begin later this week. If you are interested in assisting Life Enrichment, please let Jolene or Yeva know.

Calendar Legend

Outing
Special Program
Sign up Required *
Theme Day
Signature Program
Highlight