INSPIRED SENIOR LIVING

Nov 2 – 8, 2026

Wintergreene Estates

INSPIRED SENIOR LIVING WITH Verve

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7	Sunday 8
Weekly Activity Challenge Due Date: Mixed-Up Halloween Monsters (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)	National Sandwich Day 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 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) 3:00 November Jeopardy (E) **7:00 Entertainment: Jim Harty (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) 2:30 Royal & Scotia Banks (V) 3:00 Conexus Credit Union (V) 3:15 Nail Painting (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 Jolene (B) 1:30 Bible Study (All Faiths Welcome) (PD) **2:00 Resident Forum (W)** 3:00 Happy Hour (P) **6:15 Outing with Yeva to The Royal Canadian Legion for '100 Years of Remembrance: Regina's Legion Branch 001'* (V)** 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 Annette (LB) 1:15 November Jeopardy (E) 2:00 Grasslands Shopping (V) **2:00 Entertainment: Elaine Oster (B)** 2:30 Southland Mall/Sobeys Liquor Store (V) 4:30 Living Loving Local Dinner: Honey (4:30-6:15 PM) (D) 6:30 Colouring & Conversation: Collaborative Remembrance Day (B) **6:30 Netflix Documentary: SCTV The Greatest Show You've Never Heard Of (P)**	**9:30 Outing with Yeva to the Moose Jaw Shriners Fundraising Craft, Bake & Tradeshow & Lunch at Veroba's Family Restaurant* (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 Sing-Along with Joan & Leone (B)** 3:00 Coffee & Conversation with Yeva (B) **6:30 Netflix Documentary: Paralyzed by Hope: The Maria Bamford Story (P)**	***National Cappuccino Day (EB)*** Diwali 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) **10:30 Sunday Fun-Day Outing with Len: Cruise & Lunch at Bethune Chinese Kitchen* (V)** 2:00 Table Tennis (PHL) 2:00 DrumFIT (W) **6:30 Movie Night (Drama): White Bird: A Wonder Story (P)**

Locations Legend

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

News

Sign Up Sheets: All card games, luncheons, and outings sign up sheets for November are now out in the libary.

Remembrance Day: Our annual Remembrance Day program is coming up on Thursday, November 12th at 2:00 p.m. If you are a Veteran or Auxiliary Member and will not be in attendance, please let Jolene know as soon as possible. Veterans Appreciation Happy Hour will follow the program at 3:00 p.m. If you have any wartime pieces that you would like to contribute to our Remembrance Day display in front of Robyn's office, please bring them to Jolene or Yeva no later than Saturday, November 7th. We will have the display up from November 10th-13th. All regularly scheduled activities will be happening on November 11th except for shuffleboard.



Calendar Legend

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