Nov 23 – 29, 2026

Wintergreene Estates

INSPIRED SENIOR LIVING

INSPIRED SENIOR LIVING WITH Verve

Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28	Sunday 29
Weekly Activity Challenge Due Date: Mixed Up Country Singers (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) **12:00 Ladies Luncheon: High Tea Style* (PD)** 2:00 Grasslands Shopping (V) 2:00 Fit Minds in Harbour House (HAR) **2:00 Entertainment: Emily Dubois & Ray Bell (B)** 2:30 TD Bank (V) 3:00 Southland Mall (V) **3:00 Wellness Clinic: Falls Prevention & Blood Pressure Checks (P)** 6:45 Board Games & More! (P)	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) **10:00 Shopping Vendor: If The Shoe Fits (10 AM-2 PM) (F)** **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) **2:30 Bake Honey Cookies with Chef Amy (B)** 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: Marilyn Phillips (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) 6:45 Bridge Game * (P) 7:00 Crokinole (BN)	National Cake Day (EB) 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)** **2:00 Entertainment: Trio Lumina (B)** **3:00 90 Day Move In Happy Hour Celebration (P)** 7:00 Crokinole (BN) **7:00 Entertainment: Cup O' Joe's & What's Her Name (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) 1:35 Rosary (P) 2:00 Grasslands Shopping (V) **2:00 Catholic Mass (P)** 2:30 Southland Mall/Sobeys Liquor Store (V) **3:15 Monthly Birthday Party (P)** **6:30 Bingo *Rescheduled from Monday* (P)** 7:30 Hot Chocolate, Music, & Tunes with Yeva (F)	**9:30 Outing with Yeva: Christkindl Market at The German Club* (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) 1:30 Artfull Enrichment Craft: Felt Gingerbread Man (E) 3:00 Coffee & Conversation with Yeva (B) **6:30 Concert Movie Night: John Denver: The Wildlife Concert (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: Brewtopia Coffehouse (Harbour Landing)* (V)** 2:00 Billiards (PHL) 2:00 DrumFIT (W) **6:30 Movie Night (Action): Ben Hur (P)**

Locations Legend

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



News

Ladies Luncheon: there are still spaces available for our high tea style luncheon on Monday, November 23rd at 12:00 p.m. in the Private Dining Room. Please sign up in the library if you are interested.
C is for Cookie: Join Chef Amy in the Bistro on Tuesday, November 24th at 2:30 p.m. to bake some delicious honey cookies in honour of our Living Loving Local theme this month.
Outing with Yeva: there are still spaces available for our outing to the German Club for their annual Christkindl Market market featuring handmade crafts, holiday gifts, imported novelties, baked goods, sizzling sausages/bratwurst, hot spiced glühwein, and traditional German food and drinks. Sign up in the library if you are interested.

Calendar Legend

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