November 2026

Wintergreene Estates

INSPIRED SENIOR LIVING

INSPIRED SENIOR LIVING WITH Verve

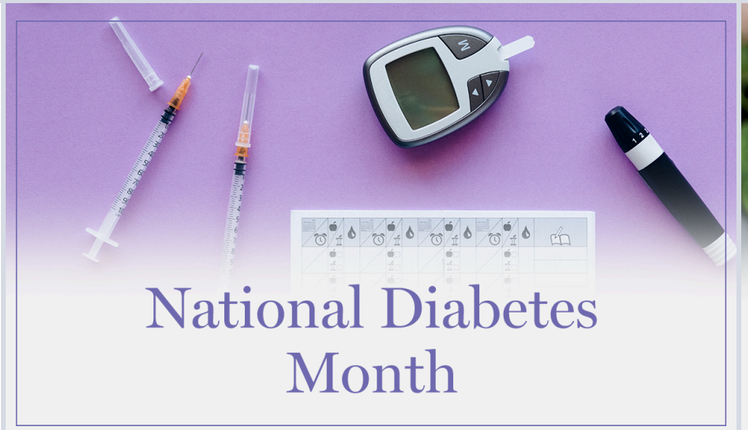
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 National Diabetes Month Movember 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Sunday Morning Coffee Party (B) 10:30 Archdiocese of Regina Catholic Mass Livestream (P) **1:15 Sunday Fun-Day Outing with Len: Regina Symphony Orchestra Free Library Concert Series * (V)** 2:00 Billiards (PHL) 2:00 DrumFIT (W) **6:30 Movie Night (Comedy): The Pink Panther 2 (P)**	**2** **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 Fit Minds in Harbour House (HAR) 6:45 Board Games & More! (P)	**3** 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 Rosary (E) 2:00 Can Fit Pro Low Impact Exercise Class (W) **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 Fit Minds in Heritage House (HER) 3:00 November Jeopardy (E) **7:00 Entertainment: Jim Harty (B)**	**4** 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 Can Fit Pro Low Impact Exercise Class (W) 3:15 Nail Painting (E) 6:45 Bridge Game * (P) 7:00 Crokinole (BN)	**5** 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)	**6** 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 Entertainment: Elaine Oster (B)** 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)**	**7** **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)**
8 **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)**	**9** **Weekly Activity Challenge Due Date: Decoding Diwali (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 Fit Minds in Harbour House (HAR) **2:00 Bingo *Double Payout* (P)** **3:00 Fireside Chat with Chef Amy: Diabetes (F)** 6:45 Board Games & More! (P)	**10** 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 Cribbage Game * (P) 2:00 Rosary (E) 2:00 Can Fit Pro Low Impact Exercise Class (W) 3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS) 3:00 Fit Minds in Heritage House (HER) **7:00 Entertainment: Billy Young (B)**	**11** Remembrance Day **No Shuffleboard League Today (P)** **No Van Service Today (V)** **Salon Closed Today** **9:30 Remembrance Day Service (Live from Ottawa) (P)** 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Can Fit Pro Exercise Class (F) 2:00 Can Fit Pro Low Impact Exercise Class (W) 6:45 Bridge Game * (P) 7:00 Crokinole (BN)	**12** National Happy Hour 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) 10:30 Coffee & Conversation with Jolene (B) 1:30 Bible Study (All Faiths Welcome) (PD) **2:00 Remembrance Day Service (B)** **3:00 Veterans Appreciation Happy Hour (P)** 7:00 Crokinole (BN) **7:00 Entertainment: Amigos (B)**	**13** World Kindness Day Massage Therapy Today 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) 1:30 What in the World Do You Mean? (Game) (E) 1:35 Rosary (P) **2:00 Catholic Mass (P)** **3:00 Farewell Social for Abhi from Reception (P)** **4:30 Supper Outing with Yeva to Chuck's Roadhouse* (V)** **6:30 Netflix Comedy Special: Steve Martin and Martin Short: An Evening You Will Forget For the Rest of Your Life (P)** 7:00 Who Am I? Guessing Game (E)	**14** 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) **10:00 Regina Apostolic Youth Group Visits (B)** 10:30 Chair Yoga with Sacha Wolfson (P) 1:00 Hooked-on Pins & Needles (Everyone Welcome) (W) 2:00 Artfull Enrichment: The Golden 70's Bingo (HAR) **6:30 Concert Movie Night: André Rieu Live in New York (P)**
15 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) **11:00 Sunday Fun-Day Outing with Len: Lunch & Shop at Southland Mall* (V)** 2:00 Billiards (PHL) 2:00 DrumFIT (W) **3:00 Entertainment: The Nightingales Wartime Tribute (B)** **4:30 Remembrance Day Celebration Dinner (4:30 - 6:15 PM) (D)** **6:30 Netflix Documentary: The Last Days (Oscar-Winning) (P)**	**16** **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 Fit Minds in Harbour House (HAR) 3:15 What Am I? Guessing Game (P) 6:45 Board Games & More! (P)	**17** 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 Rosary (E) 2:00 Can Fit Pro Low Impact Exercise Class (W) **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 Fit Minds in Heritage House (HER) **7:00 Entertainment: The Brotherhood (B)**	**18** 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 Can Fit Pro Low Impact Exercise Class (W) **2:00 Connected Threads Network Inc. Quilt Show (F)** **3:15 Nail Painting *Location Change* (P)** 6:45 Bridge Game * (P) 7:00 Crokinole (BN)	**19** 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)** 1:30 Bible Study (All Faiths Welcome) (PD) 3:00 Happy Hour feat. Fence Hopper Cocktails (P) 7:00 Crokinole (BN) **7:00 Entertainment: Poplar Creek Duo (B)**	**20** 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 Artfull Enrichment Trivia: Magnified Mystery Everyday Objects (P) **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)	**21** **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)**

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22 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)**	**23** **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 Fit Minds in Harbour House (HAR) **2:00 Entertainment: Emily Dubois & Ray Bell (B)** **3:00 Wellness Clinic: Falls Prevention & Blood Pressure Checks (P)** 6:45 Board Games & More! (P)	**24** 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 Rosary (E) 2:00 Can Fit Pro Low Impact Exercise Class (W) **2:30 Bake Honey Cookies with Chef Amy (B)** 3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS) 3:00 Fit Minds in Heritage House (HER) **7:00 Entertainment: Marilyn Phillips (B)**	**25** 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 Can Fit Pro Low Impact Exercise Class (W) 6:45 Bridge Game * (P) 7:00 Crokinole (BN)	**26** 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) 1:30 Bible Study (All Faiths Welcome) (PD) **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)**	**27** 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 Catholic Mass (P)** **3:15 Monthly Birthday Party (P)** **6:30 Bingo *Rescheduled from Monday* (P)** 7:30 Hot Chocolate, Music, & Tunes with Yeva (F)	**28** **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)**
29 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)**	**30** **Weekly Activity Challenge Due Date: Which One is Not Like the Others? (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 Fit Minds in Harbour House (HAR) 6:45 Board Games & More! (P) **7:00 Entertainment: Friendly Folk (B)**					



Be Celebrated

Locations Legend

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

Calendar Legend

Outing
Special Program
Sign up Required *
Signature Program
Highlight