



Let's journey *together*



INSPIRED SENIOR LIVING WITH





Retirement living can be
inspired and *inspiring*.

Every day our residents prove that the
historical definition of senior living
can be reshaped and rethought.



Welcome *home*

Regina's premier retirement residence, Wintergreene Estates offers independence, privacy, and friendly companionship in a warm, comfortable, and safe environment.

We believe that life should be filled with laughter and joy. Wintergreene sets the stage for inspired senior living through best-in-class services and amenities, elevated dining options, regularly scheduled entertainment and daily activities that range from art classes to guest speakers to make the most of your time, every day.

From Independent and Assisted Living Households to Memory Care, we offer a continuum of care so you can age gracefully in a place you know and love. Our dedicated, professional team is ready to welcome you home.

Be *on your own terms*





One bedroom suite

Our Accommodations

Create a living space that is uniquely you. Our suites come in different sizes, so you can pick the one that fits your style best. Relax and read your book or enjoy your favourite beverage in the privacy of your own suite. You will have access to great amenities and programs, as well as a community of people just like you. And if you have a furry family member, they're welcome too!

Our suite features:

- Well-appointed kitchenettes
- Climate control for your suite
- Accessible showers
- 24/7 Emergency response system
- Pet-friendly

Respite Stays

We offer respite stay services in private, fully furnished suites that include a telephone, television, and a monitored emergency response system. Caregivers and family members can find relief and peace of mind knowing their loved ones are being looked after by professionals in a safe and secure environment that feels like home.

- Housekeeping service
- Window coverings
- Balconies or terraces on select suites
- Complimentary laundry rooms (Assisted Living)
- In-suite washer and dryer (Independent Living)



Private dining room

Our Amenities

Living at Wintergreene Estates Retirement Residence, you will be energized and inspired—whether you're relaxing in the comfort of your suite, listening to live music, or enjoying a game of cards with friends. Experience our chef's home cooking and invite your family and friends to join you for a meal. Your friends will feel comfortable the moment they enter our lounge/bar and share a cappuccino, glass of wine, beer, or cocktail with you.

Our residence features:

- Main dining room
- Hair salon
- Billiards room
- Guest suites
- Bistro and bar
- Spa tub
- General store
- Personal mailboxes
- Café
- Fireplace lounge
- Outdoor terrace
- Surface and underground parking
- Private dining room
- Library
- Transportation for planned excursions
- Fitness and wellness centre
- Activity room
- Piano lounge



Your Well-being

As evolving and varied as they may be, we all want our needs met in a certain way. At Wintergreene Estates Retirement Residence, we celebrate that. Though the types of support we offer are different, the level of respect and dignity we display is unwavering.

INSPIRED SENIOR LIVING WITH



Independent Living

- Ten exceptional, chef-inspired meals monthly and a continental breakfast (meal plans available)
- Access to first-class services and amenities
- Specialized and purpose-built life enrichment and fitness programs
- Transportation for planned excursions
- Personalized wellness programs
- Access to support services as required
- Resident morning wellness checks
- Bi-weekly housekeeping services
- Emergency response system (pendant optional)
- Professional on-site management
- 24-hour security monitoring service

Personalized Support

When you or your loved one needs a little extra support, we offer a tailored approach to care with à la carte options designed to supplement our full suite of Independent Living services.

Personalized support can include:

- Medication administration
- Assistance with light personal care
- Weekly personal laundry

Ask a representative for a complete list of our à la carte personalized support service options.



At Wintergreene Estates Retirement Residence, we believe that all of our residents should live purposefully, with spirit, energy, and the confidence to participate fully in community and social events. Changing needs are always met with respect by our trained and specialized individual service providers.

Assisted Living

Includes everything from Independent Living and also includes:

- Two exceptional, chef-inspired meals daily and a continental breakfast
- Weekly personal laundry service (optional)
- Weekly housekeeping and bed linen changes
- Assistance with bathing and showering (optional)
- Health counselling, referrals, and liaison with medical practitioners
- Cable and utilities included (except telephone and internet)
- Complimentary laundry rooms

Long Term / Memory Care

Includes everything from Assisted Living and also includes:

- Three exceptional, chef-inspired meals daily
- 24/7 staff supervision
- Purposefully designed secured household

“From the beginning, the staff was very professional and had a heartfelt warmth and kindness for our requirements.”

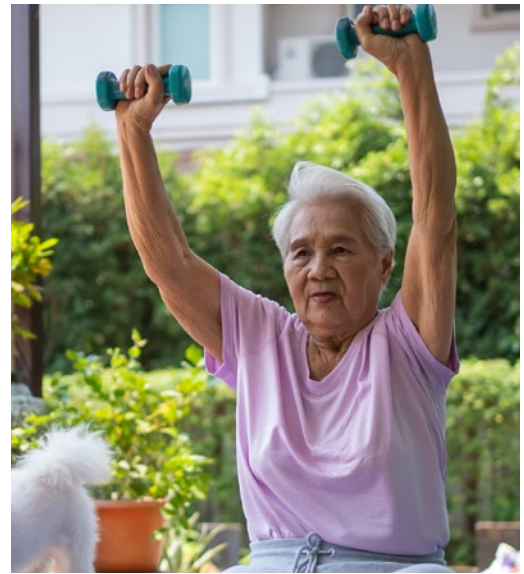
— Resident’s family member

A fresh take on dining

For most of us, the kitchen is the heart of any home where everyone is welcome, and everyone's tastes and preferences are taken into consideration. We agree that a good meal, formal or informal, is part of creating great memories. At Wintergreene Estates Retirement Residence, our culinary team takes care of everything so you can enjoy your time with friends and family. We are quite literally at your service!

- *Living, Loving, Local* food program
- Continental breakfast
- Dining room with open seating
- Monthly brunches
- Daily specials and à la carte menu options
- Dietary accommodations
- Licensed bar, dining room, and patio
- Express lunch
- Private dining room for family gatherings
- Healthy choices, including superfoods





Indulge in immersive experiences and a community atmosphere unlike any other.

Life Enrichment

At Wintergreene Estates Retirement Residence, everything we do is to ensure that you have a great day, every day! That's why we hold monthly meetings to recognize that your opinions and suggestions are valued. Our monthly calendar is a great reflection of how we act upon your ideas. Selected by the residents, our engaging activities will inspire you to participate!


- Excursions to museums, galleries, and entertainment venues
- Monthly activities calendar
- Guest speakers specializing in music, art, health, education, technology, and politics
- Regularly scheduled live entertainment
- On-site vendors offering unique clothing, jewelry, and more so you can shop in the convenience of your home
- Various on-site non-denominational religious services
- Monthly resident council meetings

Fitness classes include:

- Walk Fit
- Drum Fit
- Go4Life
- Forever in Motion
- Yoga

Other purposefully designed programs include:

- Meet Me at the MoMA
- Artfull Enrichment Program
- Java Music Club
- Java Memory Club
- Fit Minds

An elderly couple is shown in a warm, indoor setting. The woman, on the left, has short brown hair and is wearing a light-colored t-shirt and pants, smiling broadly with her hands clapping. The man, on the right, has white hair and is wearing a light purple and white striped button-down shirt, also smiling with his hands clapping. In the background, a piano is visible, and the overall atmosphere is joyful and celebratory. The text is positioned in the upper right corner of the image.

“Our philosophy for better health and well-being is living an inspired life.”

It's About You

Attention to individual needs and wellness is a priority at Wintergreene Estates Retirement Residence. We have a monitored emergency response system and are staffed 24 hours a day by a team of individuals dedicated to your comfort and well-being. In addition, your Health & Wellness Manager provides health assessments and co-ordination of other services as needed.



Safety & Security

Wintergreene Estates Retirement Residence is a place you can call home, and not because it's where you wake up every morning, but because you're surrounded by people who care about your well-being, providing you with peace of mind. We believe that you should feel safe and reassured when living in your new home. Our residence has innovative safety features.

- 24/7 emergency response pendant (optional)
- Security door system and cameras in public areas
- Regular fire safety and equipment testing
- Sprinkler system and smoke detectors
- Emergency response system in every suite



Emergency response pendant



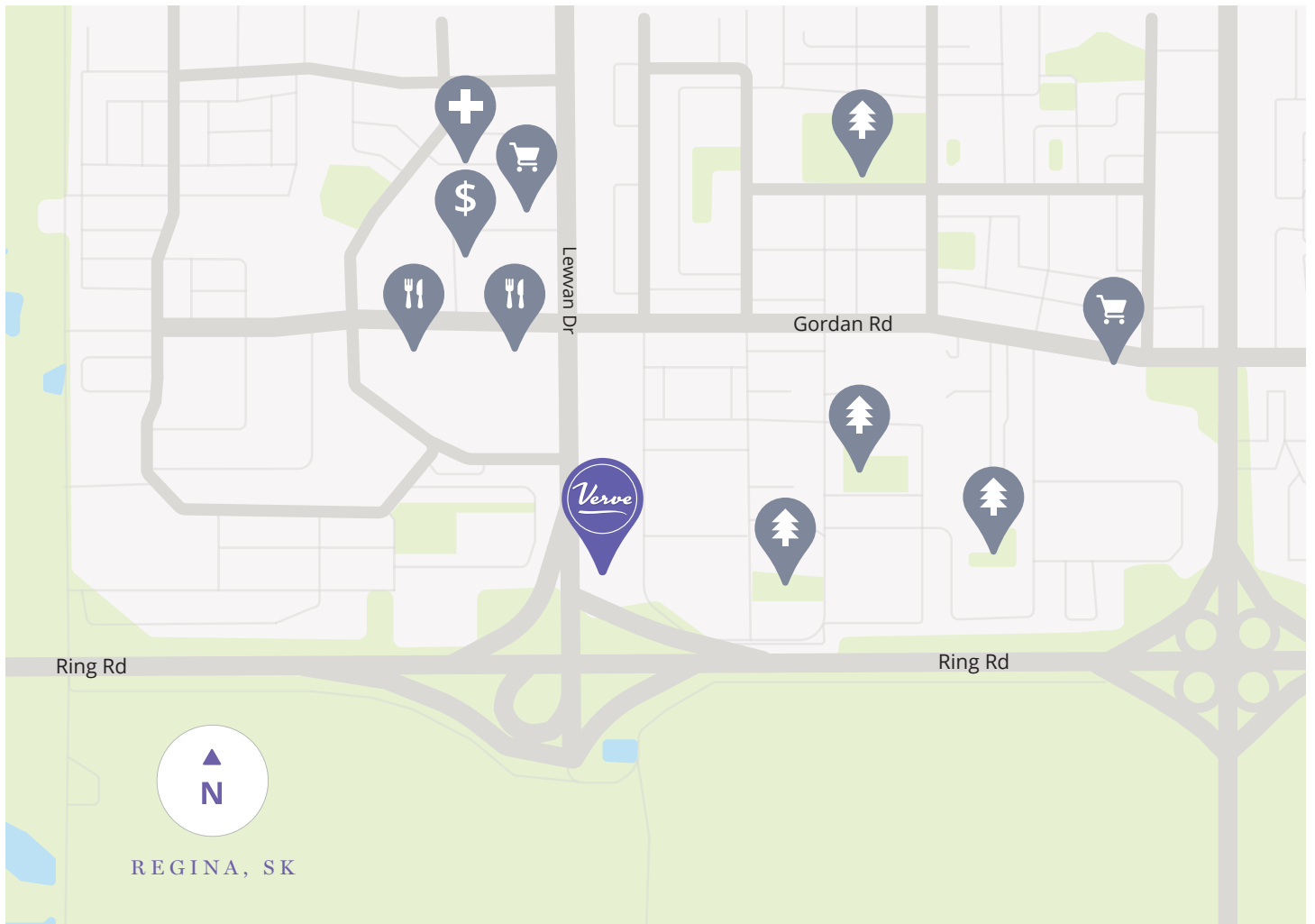
Regular safety equipment checks



Sprinkler system and smoke detectors



In-suite emergency response system



The Neighbourhood of Wintergreene Estates Retirement Residence



Park



Medical Facility



Restaurant



Grocery



Bank

Map not to scale

A view of the idyllic grounds of Wintergreene Estates Retirement Residence.



Live an inspired retirement in the heart of south Regina

Wintergreene Estates is situated in beautiful Albert Park, south Regina. That's good news for our residents as Albert Park is a quiet residential neighbourhood with ample green spaces and pleasant walking routes. If you are looking for more excitement, Harbour Landing is a short 3 minute drive and offers ample shopping and dining experiences.



Albert Park offers inspired retirement living with natural beauty and nearby excitement of Harbour Landing.





We believe retirement living can be *inspired*, and *inspiring*.

Every day our residents redefine aging by experiencing retirement with purpose. An empowered life built on the pillars of mind, body, and spirit is the cornerstone of Verve Senior Living, supported by a professional team with a passion for excellence.

Wintergreene Estates Retirement Residence
4950 Pasqua Street
Regina, SK S4S 7L2

T: (306) 585-7100
E: info@wintergreeneestatesretirement.com

WintergreeneEstatesRetirement.com