



2024 Activity Calendar Hillsdale Estates – Adult Day Program

Below is a list of the dates, times and activities for the month of July.

Monday July 1: Program is Closed for the STAT

9:00

9:30

10:15

11:00

12:00

1:00

1:30

2:30

Tuesday July 2:

9:00 Welcome Program

9:30 Coffee and Conversation

10:15 Exercise

11:00 Wendy's Day

12:00 Hot Lunch

1:00 Rest, Relax and Socialize

1:30 Shurling

2:30 Afternoon Nutrition Break

Wednesday July 3:

9:00 Welcome Program

9:30 Coffee and Conversation

10:15	Exercises
11:00	Spin the Wheel
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:30	Softee Hockey
2:30	Afternoon Nutrition Break

Thursday July 4:

9:00	Welcome Program
9:30	Coffee and Conversation
10:15	Exercises
11:00	Bowling
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:30	Dice Games
2:30	Afternoon Nutrition Break

Friday July 5:

9:00	Welcome Program
9:30	Coffee and Conversation
10:15	Exercise
11:00	SMORE Making
12:00	Hot Lunch
1:00	Rest, Relaxation and Socialize
1:30	Five Clue What is it?
2:30	Afternoon Nutrition Break

Monday July 8:

9:00	Welcome Program
9:30	Coffee and Conversation
10:15	Exercises

11:00 Name 10
12:00 Hot Lunch
1:00 Rest, Relax and Socialize
1:30 Lawn Games
2:30 Afternoon Nutrition Break

Tuesday July 9:

9:00 Welcome Program
9:30 Coffee and Conversation
10:15 Exercise
11:00 Summer Guggenheim
12:00 Hot Lunch
1:00 Rest, Relax and Socialize
1:30 Do You Hear What I Hear?
2:30 Afternoon Nutrition Break

Wednesday July 10:

9:00 Welcome Program
9:30 Coffee and Conversation
10:15 Exercise
11:00 Word Games
12:00 Hot Lunch
1:30 Teddy Bear Picnic
2:30 Afternoon Nutrition Break

Thursday July 11:

9:00 Welcome Program
9:30 Coffee and Conversation
10:15 Exercise
11:00 Let's Paint
12:00 Hot Lunch

- 1:00 Rest, Relax and Socialize
- 1:30 Horse Races
- 2:30 Afternoon Nutrition Break

Friday July 12:

- 9:00 Welcome Program
- 9:30 Coffee and Conversation
- 10:15 Exercise
- 11:00 Travel to Paris
- 12:00 Hot Lunch
- 1:00 Rest, Relax and Socialize
- 1:30 Family Feud
- 2:30 Afternoon Nutrition Break

Monday July 15:

- 9:00 Welcome Program
- 9:30 Coffee and Conversation
- 10:15 Exercise
- 11:00 Anything Goes!
- 12:00 Hot Lunch
- 1:00 Rest, Relax and Socialize
- 1:30 Jeopardy
- 2:30 Afternoon Nutrition Break

Tuesday July 16:

- 9:00 Welcome Program
- 9:30 Coffee and Conversation
- 10:15 Exercise
- 11:00 Finish the Lyric
- 12:00 Hot Lunch
- 1:00 Rest, Relax and Socialize

1:30 Active Games
2:30 Afternoon Nutrition Break

Wednesday July 17:

9:00 Welcome Program
9:30 Coffee and Conversation
10:15 Exercise
11:00 MAD LIBS
12:00 Hot Lunch
1:00 Rest, Relax and Socialize
1:30 Summer Craft
2:30 Afternoon Nutrition Break

Thursday July 18:

9:00 Welcome Program
9:30 Coffee and Conversation
10:15 Exercise
11:00 Penny Twister
12:00 Hot Lunch
1:00 Rest, Relax and Socialize
1:30 Twister Baggo
2:30 Afternoon Nutrition Break

Friday July 19:

9:00 Welcome Program
9:30 Coffee and Conversation
10:15 Exercises
11:00 Bingo!
12:00 Hot Lunch
1:00 Rest, Relax and Socialize
1:30 Axe Throwing

2:30 Afternoon Nutrition Break

Monday July 22:

9:00 Welcome Program
9:30 Coffee and Conversation
10:15 Exercise
11:00 Who the Disney Am I?
12:00 Java Music Club
1:00 Rest, Relax and Socialize
1:30 Sun Catcher Craft
2:30 Afternoon Nutrition Break

Tuesday July 23:

9:00 Welcome Program
9:30 Coffee and Conversation
10:15 Exercise
11:00 Crossword Corner
12:00 Hot Lunch
1:00 Rest, Relax and Socialize
1:30 Bean Bag Toss
2:30 Afternoon Nutrition Break

Wednesday July 24:

9:00 Welcome Program
9:30 Coffee and Conversation
10:15 Exercise
11:00 Campfire Songs
12:00 Hot Lunch
1:00 Rest, Relax and Socialize
1:30 Word Battles

2:30 Afternoon Nutrition Break

Thursday July 25:

9:00 Welcome Program
9:30 Coffee and Conversation
10:15 Exercise
11:00 Noodle Fun
12:00 Hot Lunch
1:00 Rest, Relax and Socialize
1:30 Trivia
2:30 Afternoon Nutrition Break

Friday July 26:

9:00 Welcome Program
9:30 Coffee and Conversation
10:15 Exercise
11:00 ADP Olympics
12:00 Hot Lunch
1:00 Rest, Relax and Socialize
1:30 Rock & Roll Dice Game
2:30 Afternoon Nutrition Break

Monday July 29:

9:00 Welcome Program
9:30 Coffee and Conversation
10:15 Exercise
11:00 Card Bingo
12:00 Hot Lunch
1:00 Rest, Relax and Socialize
1:30 Axe Throwing
2:30 Afternoon Nutrition Break

Tuesday July 30:

9:00	Welcome Program
9:30	Coffee and Conversation
10:15	Exercise
11:00	Java Music Club Friendship
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:30	Games in the Garden
2:30	Afternoon Nutrition Break

Wednesday July 31:

9:00	Welcome Program
9:30	Coffee and Conversation
10:15	Exercise
11:00	Olympic Games
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:30	Word Battles
2:30	Afternoon Nutrition Break



Please note: this schedule is subject to change. If you have any questions, or if you require this information in an accessible format, please contact Michelle VanGenechten, Adult Day Program Coordinator (Acting) at 905-579-1777 ext. 6318.