



2024 Activity Calendar Hillsdale Estates – Adult Day Program

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

Monday June 3:

9:00	Welcome Program
9:30	Coffee and Conversation
10:15	Exercises
11:00	Penny Ante
12:00	Hot Lunch
1:00	Rest, Relaxation and Socialize
1:30	Curling
2:30	Afternoon Nutrition Break

Tuesday June 4:

9:00	Welcome Program
9:30	Coffee and Conversation
10:15	Exercise
11:00	Mini Golf
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:30	Music Therapy
2:30	Afternoon Nutrition Break

Wednesday June 5:

9:00	Welcome Program
9:30	Coffee and Conversation

10:15	Exercise
11:00	Creativity Activity
12:00	Hot Lunch
1:30	Word Games
2:30	Afternoon Nutrition Break

Thursday June 6:

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

Friday June 7:

9:00	Welcome Program
9:30	Coffee and Conversation
10:15	Exercise
11:00	Spa Relaxation
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:30	Ladder Ball
2:30	Afternoon Nutrition Break

Monday June 10:

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Tuesday June 11:

9:00	Welcome Program
9:30	Coffee and Conversation

10:15	Exercise
11:00	Bocce Ball
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:30	Music Therapy
2:30	Afternoon Nutrition Break

Wednesday June 12:

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

Thursday June 13:

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

Friday June 14:

9:00	Welcome Program
9:30	Coffee and Conversation
10:15	Exercises
11:00	All About Giraffes

12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:30	Pong
2:30	Strawberry Social

Monday June 17:

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

Tuesday June 18:

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	Fathers Day Tailgate Party
2:30	Afternoon Nutrition Break

Wednesday June 19:

9:00	Welcome Program
9:30	Coffee and Conversation
10:15	Exercise
11:00	Bingo
12:00	Hot Lunch

- 1:00 Rest, Relax and Socialize
- 1:30 Active Games
- 2:30 Afternoon Nutrition Break

Thursday June 20:

- 9:00 Welcome Program
- 9:30 Coffee and Conversation
- 10:15 Exercise
- 11:00 All About Summer
- 12:00 Hot Lunch
- 1:00 Rest, Relax and Socialize
- 1:30 Ladder Ball
- 2:30 Afternoon Nutrition Break

Friday June 21:

- 9:00 Welcome Program
- 9:30 Coffee and Conversation
- 10:15 Exercise
- 11:00 Finish The Line
- 12:00 Hot Lunch
- 1:00 Rest, Relax and Socialize
- 1:30 Shuffleboard
- 2:30 Afternoon Nutrition Break

Monday June 24:

- 9:00 Welcome Program
- 9:30 Coffee and Conversation
- 10:15 Exercise
- 11:00 Word Games
- 12:00 Hot Lunch
- 1:00 Rest, Relax and Socialize
- 1:30 Summer Crafts

2:30 Afternoon Nutrition Break

Tuesday June 25:

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

Wednesday June 26:

9:00 Welcome Program
9:30 Coffee and Conversation
10:15 Exercise
11:00 Lets Paint
12:00 Hot Lunch
1:00 Rest, Relax and Socialize
1:30 Trivia on the Patio
2:30 Afternoon Nutrition Break

Thursday June 27:

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

Friday June 28:

9:00	Welcome Program
9:30	Coffee and Conversation
10:15	Exercise
11:00	Sing Along
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:30	Mini Putt
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.