



## January 2025 Activity Calendar Hillsdale Estates – Adult Day Program

Below is a list of the dates, times, and activities for the month of January 2025.

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Wednesday January 1:

**Program closed today.**

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Thursday January 2:

<b>9:30</b>	Coffee and Conversation
<b>10:15</b>	Exercise
<b>11:00</b>	New Year Traditions
<b>1:30</b>	Dream Board crafting

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Friday January 3:

<b>9:30</b>	Coffee and Conversation
<b>10:15</b>	Exercise
<b>11:00</b>	Winter Fill in the Blank
<b>1:30</b>	Bean Bag Toss

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Monday January 6:

<b>9:30</b>	Coffee and Conversation
<b>10:15</b>	Exercise
<b>11:00</b>	Card Bingo

**1:30**            Painting: Winter Scene

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Tuesday January 7:

**9:30**            Coffee and Conversation

**10:15**          Exercise

**11:00**          Jeopardy

**1:30**            Wonderful Day

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Wednesday January 8:

**9:30**            Coffee and Conversation

**10:15**          Fun and Fitness

**11:00**          Word Nerd Day

**1:30**            Balloon Toss

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Thursday January 9:

**9:30**            Coffee and Conversation

**10:15**          Exercise

**11:00**          Name That Tune

**1:30**            Dice Games

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Friday January 10:

**9:30**            Coffee and Conversation

**10:15**          Exercise

**11:00**          Calm Colouring

**1:30**            Bird Feeders

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Monday January 13:

**9:30**            Coffee and Conversation

**10:15**          Exercise

**11:00**          Brain Teasers

**1:30** Karaoke Party

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Tuesday January 14:

**9:30** Coffee and Conversation

**10:15** Exercise

**11:00** Pong Games

**1:30** Mad Libs

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Wednesday January 15:

**9:30** Coffee and Conversation

**10:15** Exercise

**11:00** Twister Bago

**1:30** Wheel of Fortune

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Thursday January 16:

**9:30** Coffee and Conversation

**10:15** Exercise

**11:00** Dragon Craft

**1:30** Mini Parfaits

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Friday January 17:

**9:30** Coffee and Conversation

**10:15** Exercise

**11:00** Mix and Match

**1:30** Sip and Paint

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Monday January 20:

**9:30** Coffee and Conversation

**10:15** Exercise

**11:00** Elvis's Blue Suede Shoes

**1:30**            Bean Bag Toss

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Tuesday January 21:

**9:30**            Coffee and Conversation

**10:15**          Exercise

**11:00**          Connect Four

**1:30**            Finish the Proverb

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Wednesday January 22:

**9:30**            Coffee and Conversation

**10:15**          Exercise

**11:00**          Penny Ante

**1:30**            Horseshoes

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Thursday January 23:

**9:30**            Coffee and Conversation

**10:15**          Exercise

**11:00**          Bingo

**1:30**            Anything Goes

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Friday January 24:

**9:30**            Coffee and Conversation

**10:15**          Exercise

**11:00**          Axe Throwing

**1:30**            No Bake Baking

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Monday January 27:

**9:30**            Coffee and Conversation

**10:15**          Exercise

**11:00**          Banana Muffin Madness

**1:30** Horse Racing

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Tuesday January 28:

**9:30** Coffee and Conversation

**10:15** Exercise

**11:00** Java Music Club

**1:30** Create the Caption

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Wednesday January 29

**9:30** Coffee and Conversation

**10:15** Exercise

**11:00** 50's Movie Star Trivia

**1:30** Tee Toss

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Thursday January 30:

**9:30** Coffee and Conversation

**10:15** Exercise

**11:00** Trivia

**1:30** Karaoke Party

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Friday January 31:

**9:30** Coffee and Conversation

**10:15** Exercise

**11:00** Charades

**1:30** Mini Putt

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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.