



March 2025 Activity Calendar Hillsdale Estates – Adult Day Program

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

Monday March 3:

- 9:30** Coffee and Conversation
- 10:15** Exercise
- 11:00** Calm Colouring
- 1:30** Pancake Relay

Tuesday March 4:

- 9:30** Coffee and Conversation
- 10:15** Exercise
- 11:00** Mardi Gras Celebration
- 1:30** Mardi Gras Puzzles

Wednesday March 5:

- 9:30** Coffee and Conversation
- 10:15** Exercise
- 11:00** Mini Putt
- 1:30** March Kindness

Thursday March 6:

- 9:30** Coffee and Conversation

- 10:15** Exercise
 - 11:00** Fat Tuesday Match Up
 - 1:30** Twister Toss
-

Friday March 7:

- 9:30** Coffee and Conversation
 - 10:15** Exercise
 - 11:00** Card Bingo
 - 1:30** Carpet Bowling
-

Monday March 10:

- 9:30** Coffee and Conversation
 - 10:15** Fun and Fitness
 - 11:00** Would You Rather?
 - 1:30** Karaoke Party
-

Tuesday March 11:

- 9:30** Coffee and Conversation
 - 10:15** Exercise
 - 11:00** Axe Throwing
 - 1:30** Trivia: Egyptian Facts
-

Wednesday March 12:

- 9:30** Coffee and Conversation
 - 10:15** Exercise
 - 11:00** Everything Green
 - 1:30** Curling
-

Thursday March 13:

- 9:30** Coffee and Conversation

10:15 Exercise
11:00 Dice Games
1:30 Celtic Knot Art

Friday March 14:

9:30 Coffee and Conversation
10:15 Exercise
11:00 Shamrock Sun Catchers
1:30 Sensory Spa

Monday March 17:

9:30 Coffee and Conversation
10:15 Exercise
11:00 The Irish Way
1:30 St Patrick's Day Mocktails

Tuesday March 18:

9:30 Coffee and Conversation
10:15 Exercise
11:00 Name That Tune
1:30 Guy Talk

Wednesday March 19:

9:30 Coffee and Conversation
10:15 Exercise
11:00 The Price Is Right
1:30 Horseshoes

Thursday March 20:

9:30 Coffee and Conversation

10:15 Exercise
11:00 Spring Word Games
1:30 Baking

Friday March 21:

9:30 Coffee and Conversation
10:15 Exercise
11:00 Twister Toss
1:30 Volleyball

Monday March 24:

9:30 Coffee and Conversation
10:15 Exercise
11:00 All About New Orleans
1:30 Cranium Crunches

Tuesday March 25:

9:30 Coffee and Conversation
10:15 Exercise
11:00 Jeopardy
1:30 Scrapbook Collage

Wednesday March 26:

9:30 Coffee and Conversation
10:15 Exercise
11:00 Bingo
1:30 Bean Bag Toss

Thursday March 27:

9:30 Coffee and Conversation

- 10:15** Exercise
 - 11:00** Finish the Line
 - 1:30** Paint and Sip
-

Friday March 28:

- 9:30** Coffee and Conversation
 - 10:15** Exercise
 - 11:00** Travelogue to Ireland
 - 1:30** Anything Goes
-

Monday March 30

- 9:30** Coffee and Conversation
 - 10:15** Exercise
 - 11:00** Jeopardy Day
 - 1:30** Gardening Brainstorming
-

Tuesday March 31

- 9:30** Coffee and Conversation
- 10:15** Exercise
- 11:00** Gardening Club
- 1:30** Specialty Coffee



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 Supervisor at 905-579-1777 ext. 6318.