



## 2024 Activity Calendar Hillsdale Estates – Adult Day Program

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

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### Wednesday May 1:

<b>9:00</b>	Welcome Program
<b>9:30</b>	Coffee and Conversation
<b>10:15</b>	Exercises
<b>11:00</b>	Dice Games
<b>12:00</b>	Hot Lunch
<b>1:00</b>	Rest, Relax and Socialize
<b>1:30</b>	Crossword Corner
<b>2:30</b>	Afternoon Nutrition Break

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### Thursday May 2:

<b>9:00</b>	Welcome Program
<b>9:30</b>	Coffee and Conversation
<b>10:15</b>	Exercise
<b>11:00</b>	Ring Toss
<b>12:00</b>	Hot Lunch
<b>1:00</b>	Rest, Relax and Socialize
<b>1:30</b>	Let's Paint Garden Rocks
<b>2:30</b>	Afternoon Nutrition Break

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**Friday May : 3**

- 9:00** Welcome Program
- 9:30** Coffee and Conversation
- 10:15** Exercise
- 11:00** Cinco de Mayo
- 12:00** Hot Lunch
- 1:00** Rest, Relaxation and Socialize
- 1:30** Axe Throwing
- 2:30** Afternoon Nutrition Break

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**Monday May 6:**

- 9:00** Welcome Program
- 9:30** Coffee and Conversation
- 10:15** Exercises
- 11:00** Never 2 Old 4 Games
- 12:00** Hot Lunch
- 1:00** Rest, Relax and Socialize
- 1:30** Bingo
- 2:30** Afternoon Nutrition Break

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**Tuesday May 7:**

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

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**Wednesday May 8:**

**9:00** Welcome Program  
**9:30** Coffee and Conversation  
**10:15** Exercise  
**11:00** Darts  
**12:00** Hot Lunch  
**1:30** Word Battles  
**2:30** Afternoon Nutrition Break

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**Thursday May 9:**

**9:00** Welcome Program  
**9:30** Coffee and Conversation  
**10:15** Exercise  
**11:00** Junk Drawer Detective  
**12:00** Hot Lunch  
**1:00** Rest, Relax and Socialize  
**1:30** Frisbee Toss  
**2:30** Afternoon Nutrition Break

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**Friday May 10:**

**9:00** Welcome Program  
**9:30** Coffee and Conversation  
**10:15** Exercise  
**11:00** Animal Quiz  
**12:00** Hot Lunch  
**1:00** Rest, Relax and Socialize  
**1:30** Mothers Day Spa  
**2:30** Afternoon Nutrition Break

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**Monday May 13:**

**9:00** Welcome Program  
**9:30** Coffee and Conversation  
**10:15** Exercise  
**11:00** Hangman  
**12:00** Hot Lunch  
**1:00** Rest, Relax and Socialize  
**1:30** Outdoor Rhyme Time  
**2:30** Afternoon Nutrition Break

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**Tuesday May 14:**

**9:00** Welcome Program  
**9:30** Coffee and Conversation  
**10:15** Exercise  
**11:00** Name that Tune.  
**12:00** Hot Lunch  
**1:00** Rest, Relax and Socialize  
**1:30** Music Therapy  
**2:30** Afternoon Nutrition Break

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**Wednesday May 15:**

**9:00** Welcome Program  
**9:30** Coffee and Conversation  
**10:15** Exercise  
**11:00** Let's Bake Choc Chip Cookies  
**12:00** Hot Lunch  
**1:00** Rest, Relax and Socialize  
**1:30** Spring Craft  
**2:30** Afternoon Nutrition Break

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**Thursday May 16:**

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

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**Friday May 17:**

**9:00**            Welcome Program  
**9:30**            Coffee and Conversation  
**10:15**           Exercises  
**11:00**           Fantastic Friday (Shark Day)  
**12:00**           Hot Lunch  
**1:00**            Rest, Relax and Socialize  
**1:30**            Pong  
**2:30**            Afternoon Nutrition Break

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**Monday May 20:**

**CLOSED**

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**Tuesday May 21:**

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

- 1:00 Rest, Relax and Socialize
- 1:30 Music Therapy
- 2:30 Afternoon Nutrition Break

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**Wednesday May 22:**

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

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**Thursday May 23:**

- 9:00 Welcome Program
- 9:30 Coffee and Conversation
- 10:15 Exercise
- 11:00 Dice Games
- 12:00 Hot Lunch
- 1:00 Rest, Relax and Socialize
- 1:30 Let's Golf
- 2:30 Afternoon Nutrition Break

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**Friday May 24:**

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

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

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**Monday May 27:**

- 9:00 Welcome Program
- 9:30 Coffee and Conversation
- 10:15 Exercise
- 11:00 Tee Toss
- 12:00 Hot Lunch
- 1:00 Rest, Relax and Socialize
- 1:30 Parts
- 2:30 Afternoon Nutrition Break

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**Tuesday May 28:**

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

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**Wednesday May 29:**

- 9:00 Welcome Program
- 9:30 Coffee and Conversation
- 10:15 Exercise
- 11:00 Active Games
- 12:00 Hot Lunch
- 1:00 Rest, Relax and Socialize
- 1:30 Garden Tea Party

**2:30** Afternoon Nutrition Break

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**Thursday May 30:**

**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** Horseraces  
**2:30** Afternoon Nutrition Break

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**Friday May 31:**

**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** Name that Instrument.  
**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.