



2023 Activity Calendar Hillsdale Estates – Adult Day Program

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

Friday December 1:

9:00	Welcome Program
9:30	Coffee and Conversation
10:15	Exercises
11:00	Music Quiz
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:30	Christmas Tree Decorating
2:30	Afternoon Nutrition Break

Monday December 4:

9:00	Welcome Program
9:30	Coffee and Conversation
10:15	Exercise
11:00	Holiday Word Puzzles
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:30	Christmas Song Quiz
2:30	Afternoon Nutrition Break

Tuesday December 5:

9:00	Welcome Program
9:30	Coffee and Conversation

10:15	Exercises
11:00	Antler Ring Toss
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:30	Where am I?
2:30	Afternoon Nutrition Break

Wednesday December 6:

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

Thursday December 7:

9:00	Welcome Program
9:30	Coffee and Conversation
10:15	Exercise
11:00	Wreath Painting
12:00	Hot Lunch
1:00	Rest, Relaxation and Socialize
1:30	Christmas Carol Trivia
2:30	Afternoon Nutrition Break

Friday December 8:

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

11:00	Anything Goes
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:30	Present Bean Bag Game
2:30	Afternoon Nutrition Break

Monday December 11:

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

Tuesday December 12:

9:00	Welcome Program
9:30	Coffee and Conversation
10:15	Exercise
11:00	Winter Craft
12:00	Hot Lunch
1:30	Scattergories
2:30	Afternoon Nutrition Break

Wednesday December 13:

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

1:00	Rest, Relax and Socialize
1:30	Musical Bingo
2:30	Afternoon Nutrition Break

Thursday December 14:

9:00	Welcome Program
9:30	Coffee and Conversation
10:15	Exercise
11:00	Christmas Tree Ring Toss
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:30	Festive Trivia
2:30	Afternoon Nutrition Break

Friday December 15:

9:00	Welcome Program
9:30	Coffee and Conversation
10:15	Exercise
11:00	Christmas Music Trivia
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:30	Ping Pong Toss
2:30	Afternoon Nutrition Break

Monday December 18:

9:00	Welcome Program
9:30	Coffee and Conversation
10:15	Exercise
11:00	Festive Craft
12:00	Hot Lunch
1:00	Rest, Relax and Socialize

1:30 Here We Go A Caroling
2:30 Afternoon Nutrition Break

Tuesday December 19:

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

Wednesday December 20:

9:00 Welcome Program
9:30 Coffee and Conversation
10:15 Exercise
11:00 Name That Holiday Tune
12:00 Hot Lunch
1:00 Rest, Relax and Socialize
1:30 Crossword Corner
2:30 Afternoon Nutrition Break

Thursday December 21:

9:00 Welcome Program
9:30 Coffee and Conversation
10:15 Exercises
11:00 Remembering Christmas Eve
12:00 Hot Lunch
1:00 Rest, Relax and Socialize
1:30 Gene Autry Christmas

2:30 Afternoon Nutrition Break

Friday December 22:

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

Program closed. Reopening Tuesday January 2, 2024



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.