



2023 Activity Calendar Hillsdale Estates – Adult Day Program

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

Thursday, June 1:

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

Friday, June 2:

9:00	Welcome Program
9:30	Coffee and Conversation
10:15	Morning Exercises
11:00	Armchair Travel
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:30	Spot the Difference
2:00	Afternoon Nutrition Break

Monday, June 5:

9:00	Welcome Program
9:30	Coffee and Conversation

10:15	Morning Exercises
11:00	Crossword Corner
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:30	Name That Instrument
2:00	Afternoon Nutrition Break

Tuesday, June 6:

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

Wednesday, June 7:

9:00	Welcome Program
9:30	Coffee and Conversation
10:15	Morning Exercises
11:00	Guided Painting
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:30	June EZ Random Trivia
2:00	Afternoon Nutrition Break

Thursday, June 8:

9:00	Welcome Program
9:30	Coffee and Conversation
10:15	Active Games

11:00	EZ Music – Remembering Wedding Songs
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:30	Exercises
2:00	Afternoon Nutrition Break

Friday, June 9:

9:00	Welcome Program
9:30	Coffee and Conversation
10:15	Morning Exercises
11:00	Summer Wreath Craft
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:30	Can You Picture This?
2:00	Afternoon Nutrition Break

Monday, June 12: Program is closed.

Tuesday, June 13:

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

Wednesday, June 14:

9:00	Welcome Program
9:30	Coffee and Conversation

10:15	Morning Exercises
11:00	Bingo
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:30	Father's Day Tailgate
2:00	Afternoon Nutrition Break

Thursday, June 15:

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

Friday, June 16:

9:00	Welcome Program
9:30	Coffee and Conversation
10:15	Exercises
11:00	Doughnut Decorating
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:30	Outdoor Walk
2:00	Afternoon Nutrition Break

Monday, June 19:

9:00	Welcome Program
9:30	Coffee and Conversation
10:15	Morning Exercises
11:00	Java Music Club

12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:30	Travelogue
2:00	Afternoon Nutrition Break

Tuesday, June 20:

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

Wednesday, June 21:

9:00	Welcome Program
9:30	Coffee and Conversation
10:15	Morning Exercises
11:00	Trivia
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:30	Guess the Word
2:00	Afternoon Nutrition Break

Thursday, June 22:

9:00	Welcome Program
9:30	Coffee and Conversation
10:15	Active Games
11:00	Name That Tune

12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:30	Exercises
2:00	Afternoon Nutrition Break

Friday, June 23:

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

Monday, June 26:

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

Tuesday, June 27:

9:00	Welcome Program
9:30	Coffee and Conversation
10:15	Active Games
11:00	Lingo

12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:30	Exercises
2:00	Afternoon Nutrition Break

Wednesday, June 28:

9:00	Welcome Program
9:30	Coffee and Conversation
10:15	Morning Exercises
11:00	Reminiscing on the Patio
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:30	Pong on the Patio
2:00	Afternoon Nutrition Break

Thursday, June 29:

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

Friday, June 30:

9:00	Welcome Program
9:30	Coffee and Conversation
10:15	Exercises
11:00	Jingo
12:00	Hot Lunch

1:00	Rest, Relax and Socialize
1:30	Funday Friday
2:00	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 Supervisor at 905-579-1777 ext. 6318.