



2024 Activity Calendar Hillsdale Estates – Adult Day Program

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

Monday April 1: Program is Closed for the STAT

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

Tuesday April 2:

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

Wednesday April 3:

9:00	Welcome Program
9:30	Coffee and Conversation

10:15	Exercises
11:00	Rainbow Craft
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:30	Crossword Corner
2:30	Afternoon Nutrition Break

Thursday April 4:

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

Friday April 5:

9:00	Welcome Program
9:30	Coffee and Conversation
10:15	Exercise
11:00	Indoor Lawn Games
12:00	Hot Lunch
1:00	Rest, Relaxation and Socialize
1:30	Cranium Crunches
2:30	Afternoon Nutrition Break

Monday April 8:

9:00	Welcome Program
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9:30	Coffee and Conversation
10:15	Exercises
11:00	Dice Games
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:30	Fill in the Blanks
2:30	Afternoon Nutrition Break

Tuesday April 9:

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

Wednesday April 10:

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

Thursday April 11:

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	Scottish Highlands
2:30	Afternoon Nutrition Break

Friday April 12:

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

Monday April 15:

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

Tuesday April 16:

9:00	Welcome Program
9:30	Coffee and Conversation
10:15	Exercise
11:00	Shake Loose a Memory

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

Wednesday April 17:

9:00 Welcome Program
9:30 Coffee and Conversation
10:15 Exercise
11:00 Word Games
12:00 Hot Lunch
1:00 Rest, Relax and Socialize
1:30 National Geographic Quiz
2:30 Afternoon Nutrition Break

Thursday April 18:

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

Friday April 19:

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 Scottish Baking
2:30 Afternoon Nutrition Break

Monday April 22:

9:00 Welcome Program
9:30 Coffee and Conversation
10:15 Exercise
11:00 Spring Trivia
12:00 Java Music Club
1:00 Rest, Relax and Socialize
1:30 Curling
2:30 Afternoon Nutrition Break

Tuesday April 23:

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

Wednesday April 24:

9:00 Welcome Program
9:30 Coffee and Conversation
10:15 Exercise
11:00 Never Too Old for Games
12:00 Hot Lunch

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

Thursday April 25:

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

Friday April 26:

- 9:00 Welcome Program
- 9:30 Coffee and Conversation
- 10:15 Exercise
- 11:00 Scottish Folk Tales
- 12:00 Hot Lunch
- 1:00 Rest, Relax and Socialize
- 1:30 Axe Throwing
- 2:30 Afternoon Nutrition Break

Monday April 29:

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

- 1:30** Musical Bingo
- 2:30** Afternoon Nutrition Break

Tuesday April 30:

- 9:00** Welcome Program
- 9:30** Coffee and Conversation
- 10:15** Exercise
- 11:00** Bull's Eye
- 12:00** Hot Lunch
- 1:00** Rest, Relax and Socialize
- 1:30** Music Therapy
- 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.