



2024 Activity Calendar Hillsdale Estates – Adult Day Program

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

Friday March 1:

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

Monday March 4:

9:00	Welcome Program
9:30	Coffee and Conversation
10:15	Exercise
11:00	Axe Throwing
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:30	Never too Old 4 Games
2:30	Afternoon Nutrition Break

Tuesday March 5:

9:00	Welcome Program
9:30	Coffee and Conversation

10:15	Exercises
11:00	Penny Ante
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:30	Music Therapy with Kayla
2:30	Afternoon Nutrition Break

Wednesday March 6:

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

Thursday March 7:

9:00	Welcome Program
9:30	Coffee and Conversation
10:15	Exercise
11:00	Travel to Africa
12:00	Hot Lunch
1:00	Rest, Relaxation and Socialize
1:30	Creative Expressions
2:30	Afternoon Nutrition Break

Friday March 8:

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

Monday March 11:

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

Tuesday March 12:

9:00	Welcome Program
9:30	Coffee and Conversation
10:15	Exercise
11:00	St Patrick's Day Craft
12:00	Hot Lunch
1:30	Music Therapy with Kayla
2:30	Afternoon Nutrition Break

Wednesday March 13:

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

11:00	Crossword Corner
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:30	Leprechaun Corn Hole
2:30	Afternoon Nutrition Break

Thursday March 14:

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	St Patrick's Day Bingo
2:30	Afternoon Nutrition Break

Friday March 15:

9:00	Welcome Program
9:30	Coffee and Conversation
10:15	Exercise
11:00	St Patrick's Day Fun
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:30	Word Games
2:30	Afternoon Nutrition Break

Monday March 18:

9:00	Welcome Program
9:30	Coffee and Conversation
10:15	Exercise
11:00	Creative Crafts

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

Tuesday March 19:

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 with Kayla
2:30	Afternoon Nutrition Break

Wednesday March 20:

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

Thursday March 21:

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

1:00	Rest, Relax and Socialize
1:30	Let's Paint
2:30	Afternoon Nutrition Break

Friday March 22:

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

Monday March 25:

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	Easter Fun and Games
2:30	Afternoon Nutrition Break

Tuesday March 26:

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

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

Wednesday March 27:

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	Ladder Ball
2:30	Afternoon Nutrition Break

Thursday March 28:

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

Friday March 29:

9:00	
9:30	Program is closed for Stat
10:15	
11:00	
12:00	
1:00	



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.