



May Activity Calendar Hillsdale Estates – Adult Day Program

Below is a list of the dates, times, and activities for the month of May 2026.

Friday, May 1:

9:30	Coffee and Conversation
10:15	Exercise
11:00	May Gazette
1:30	Baking

Monday, May 4:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Flower Power Month
1:30	Mini Putt

Tuesday, May 5:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Bingo
1:30	Bean Bag Toss

Wednesday, May 6:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Trivia Time
1:30	Twister Baggo

Thursday, May 7:

9:30 Coffee and Conversation
10:15 Fun and Fitness
11:00 Darts
1:30 Brain Teasers

Friday, May 8:

9:30 Coffee and Conversation
10:15 Exercise
11:00 Mother's Day Craft
1:30 Mother's Day Tea

Monday, May 11:

9:30 Coffee and Conversation
10:15 Exercise
11:00 Active Games
1:30 Sing A Long

Tuesday, May 12:

9:30 Coffee and Conversation
10:15 Exercise
11:00 What am I?
1:30 Coloring

Wednesday, May 13:

9:30 Coffee and Conversation
10:15 Exercise
11:00 Spin the Wheel
1:30 Family Feud

Thursday, May 14:

9:30 Coffee and Conversation
10:15 Exercise
11:00 Crossword Corner
1:30 Horse Racing

Friday, May 15:

9:30 Coffee and Conversation
10:15 Exercise
11:00 Name Ten
1:30 Karaoke Party

Monday, May 18:

Closed - Victoria Day

Tuesday, May 19:

9:30 Coffee and Conversation
10:15 Exercise
11:00 Anything Goes
1:30 Patio Fun

Wednesday, May 20:

9:30 Coffee and Conversation
10:15 Exercise
11:00 Finish the Lyrics
1:30 Bocce Ball

Thursday, May 21:

9:30 Coffee and Conversation
10:15 Exercise
11:00 Toy Car Reminiscing
1:30 Ring Toss

Friday, May 22:

9:30 Coffee and Conversation
10:15 Exercise
11:00 Basketball
1:30 Music Program

Monday, May 25:

9:30 Coffee and Conversation
10:15 Exercise
11:00 Craft Corner
1:30 Bean Bag Toss

Tuesday, May 26:

9:30 Coffee and Conversation
10:15 Exercise
11:00 Ring Toss
1:30 Gardening

Wednesday, May 27:

9:30 Coffee and Conversation
10:15 Exercise
11:00 Trivia Time
1:30 Bingo

Thursday, May 28:

9:30 Coffee and Conversation
10:15 Exercise
11:00 Who am I?
1:30 Mini Putt

Friday, May 29:

9:30 Coffee and Conversation
10:15 Exercise
11:00 Round the Clock
1:30 Armchair Travel
