



September Activity Calendar Hillsdale Estates – Adult Day Program

Below is a list of the dates, times, and activities for the month of October 2025.

Wednesday October 1:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Day of Older Person
1:30	Lets Bake Apple Crisp

Thursday October 2:

9:30	Coffee and Conversation
10:15	Exercise
11:00	World Animal Day
1:30	Bean Bag Toss

Friday October 3:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Social Studies
1:30	Twister Toss

Monday October 6:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Sing Along
1:30	Spin the Wheel

Tuesday October 7:

9:30	Coffee and Conversation
10:15	Fun and Fitness
11:00	Who Sang it?
1:30	Java Music Club

Wednesday October 8:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Trivia
1:30	Let's Play Hockey (Wear Your Team Colors)



Thursday October 9:

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

Friday October 10:

CLOSED - Training Day

Monday October 13:

CLOSED - Thanksgiving

Tuesday October 14:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Dice Games
1:30	Owl Trivia

Wednesday October 15:

9:30	Coffee and Conversation
10:15	Exercise
11:00	What's the Scoop
1:30	Darts

Thursday October 16:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Fall Craft
1:30	Shuffleboard

Friday October 17:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Ghosts and Goblins Bingo
1:30	Mini Putt

Monday October 20:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Active Games
1:30	Australian Bird Week

Tuesday October 21:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Pictionary
1:30	Axe Throwing

Wednesday October 22:

9:30	Coffee and Conversation
10:15	Exercise
11:00	National Car Day
1:30	Autumn Tasting

Thursday October 23:

9:30	Coffee and Conversation
10:15	Exercise
11:00	The Price Is Right
1:30	Ping Pong Games

Friday October 24:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Name That Song

1:30 Spooky Crafts

Monday October 27:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Baking

1:30 Tee Time!!

Tuesday October 28:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Halloween Decorating

1:30 Witch Hat Ring Toss

Wednesday October 29:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Grandparents Day

1:30 Pumpkin Carving

Thursday October 30:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Scattergories

1:30 Seasonal Craft

Friday October 31:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Wrapping Mummies

1:30 HALLOWEEN FUN!!

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.

