



August 2025 Activity Calendar Hillsdale Estates – Adult Day Program

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

Friday August 1:

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| 9:30 | Coffee and Conversation |
| 10:15 | Exercise |
| 11:00 | Horses' Birthdays |
| 1:30 | Watercolour Painting |

Monday August 4:

Program Closed for Civic Holiday

Tuesday August 5:

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|--------------|-------------------------|
| 9:30 | Coffee and Conversation |
| 10:15 | Exercise |
| 11:00 | Bingo |
| 1:30 | Shuffleboard |

Wednesday August 6:

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|--------------|-------------------------|
| 9:30 | Coffee and Conversation |
| 10:15 | Exercise |
| 11:00 | Name That Tune |
| 1:30 | Ice Cream Floats |

Thursday August 7:

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|-------------|-------------------------|
| 9:30 | Coffee and Conversation |
|-------------|-------------------------|

10:15	Exercise
11:00	Bingo
1:30	Twister Baggo

Friday August 8:

9:30	Coffee and Conversation
10:15	Fun and Fitness
11:00	Anything Goes
1:30	Ping Pong

Monday August 11:

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

Tuesday August 12:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Painting
1:30	Rock Around the Clock

Wednesday August 13:

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

Thursday August 14:

9:30	Coffee and Conversation
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10:15	Exercise
11:00	Java Music
1:30	Calm Colouring

Friday August 15:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Creative Expression
1:30	Independence Day of India

Monday August 18:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Wheel of Fortune
1:30	Fun on the Patio

Tuesday August 19:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Matching Game
1:30	Fruit Tasting

Wednesday August 20:

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

Thursday August 21:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Wise Old Sayings
1:30	Let's Bake

Friday August 22:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Sing Along
1:30	Animal Bingo

Monday August 25:

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

Tuesday August 26:

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

Wednesday August 27:

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

Thursday August 28:

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

Friday August 29

9:30	Coffee and Conversation
10:15	Exercise
11:00	Finish the Lyric Elvis Edition
1:30	Making Ice Cream

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.

