



July 2025 Activity Calendar Hillsdale Estates – Adult Day Program

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

Tuesday July 1:

Program Closed Today

Wednesday July 2:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Guess the Job
1:30	Bean Bag Toss

Thursday July 3:

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

Friday July 4:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Bowling
1:30	Creative Activity

Monday July 7:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Finish the Lyrics
1:30	Axe Throwing

Tuesday July 8:

9:30	Coffee and Conversation
10:15	Fun and Fitness
11:00	Dice Games
1:30	Milkshakes on the Patio

Wednesday July 9:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Mini Putt
1:30	Pool Noodle Fishing

Thursday July 10:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Lighthouse Art
1:30	Games in the Garden

Friday July 11:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Sing Along
1:30	All about Ice Cream

Monday July 14:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Bastille Day
1:30	Java Music Club

Tuesday July 15:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Anything Goes
1:30	Card Games

Wednesday July 16:

9:30	Coffee and Conversation
10:15	Exercise
11:00	What's in the Box
1:30	Active Games

Thursday July 17:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Lets Paint
1:30	Horseshoes

Friday July 18:

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

1:30 Spa and Relaxation

Monday July 21:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Animal Bingo

1:30 Nature Mandala

Tuesday July 22:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Would You Rather

1:30 Fun on the Patio

Wednesday July 23:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Shake Loose a Memory

1:30 Social Studies

Thursday July 24:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Trivia Time

1:30 Balloon Badminton

Friday July 25:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Name That Song

1:30 Christmas in July

Monday July 28:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Ring Toss

1:30 Word Games

Tuesday July 29

9:30 Coffee and Conversation

10:15 Exercise

11:00 Trivia

1:30 Personal Crest Creation

Wednesday July 30

9:30 Coffee and Conversation

10:15 Exercise

11:00 Friendship Day

1:30 Watercolour Painting

Thursday July 31

9:30 Coffee and Conversation

10:15 Exercise

11:00 Bean Bag Toss

1:30 Gardening

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.

