



## **June 2025 Activity Calendar Hillsdale Estates – Adult Day Program**

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

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### **Monday June 2:**

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|--------------|-------------------------|
| <b>9:30</b>  | Coffee and Conversation |
| <b>10:15</b> | Exercise                |
| <b>11:00</b> | Words Starting with J   |
| <b>1:30</b>  | Java Music              |

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### **Tuesday June 3:**

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|--------------|-------------------------|
| <b>9:30</b>  | Coffee and Conversation |
| <b>10:15</b> | Exercise                |
| <b>11:00</b> | What Am I?              |
| <b>1:30</b>  | You be the Judge        |

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### **Wednesday June 4:**

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|--------------|-------------------------|
| <b>9:30</b>  | Coffee and Conversation |
| <b>10:15</b> | Exercise                |
| <b>11:00</b> | Wheel of Fortune        |
| <b>1:30</b>  | Just Horsin' Around     |

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Thursday June 5:

<b>9:30</b>	Coffee and Conversation
<b>10:15</b>	Exercise
<b>11:00</b>	Dice Games
<b>1:30</b>	Bocce Ball

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Friday June 6:

<b>9:30</b>	Coffee and Conversation
<b>10:15</b>	Exercise
<b>11:00</b>	Scent Guessing
<b>1:30</b>	Shake Loose a Memory

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Monday June 9:

**Program Closed Today for Heritage Day**

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Tuesday June 10:

<b>9:30</b>	Coffee and Conversation
<b>10:15</b>	Exercise
<b>11:00</b>	Finish the Line
<b>1:30</b>	Campfire Sing- A-Long

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Wednesday June 11:

<b>9:30</b>	Coffee and Conversation
<b>10:15</b>	Exercise
<b>11:00</b>	Word Games
<b>1:30</b>	Garden Gnome Day

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Thursday June 12:

<b>9:30</b>	Coffee and Conversation
<b>10:15</b>	Exercise
<b>11:00</b>	Garden Club
<b>1:30</b>	Karaoke

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Friday June 13:

<b>9:30</b>	Coffee and Conversation
<b>10:15</b>	Exercise
<b>11:00</b>	Father's Day Brews
<b>1:30</b>	Word Games

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Monday June 16:

<b>9:30</b>	Coffee and Conversation
<b>10:15</b>	Exercise
<b>11:00</b>	Dice Games
<b>1:30</b>	Bird Seed Wreaths

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Tuesday June 17:

<b>9:30</b>	Coffee and Conversation
<b>10:15</b>	Exercise
<b>11:00</b>	Name That Tune
<b>1:30</b>	Darts

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Wednesday June 18:

<b>9:30</b>	Coffee and Conversation
<b>10:15</b>	Exercise
<b>11:00</b>	Anything Goes
<b>1:30</b>	Berry Trivia and Berry Smoothies

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Thursday June 19:

<b>9:30</b>	Coffee and Conversation
<b>10:15</b>	Exercise
<b>11:00</b>	Card Bingo
<b>1:30</b>	Strawberry Social

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Friday June 20:

<b>9:30</b>	Coffee and Conversation
<b>10:15</b>	Exercise
<b>11:00</b>	Twister Toss
<b>1:30</b>	Marble Art

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Monday June 23:

<b>9:30</b>	Coffee and Conversation
<b>10:15</b>	Exercise
<b>11:00</b>	Gardening
<b>1:30</b>	Pink Day (Wear Pink)

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Tuesday June 24:

<b>9:30</b>	Coffee and Conversation
<b>10:15</b>	Exercise
<b>11:00</b>	Short Stories
<b>1:30</b>	Baseball

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Wednesday June 25:

<b>9:30</b>	Coffee and Conversation
<b>10:15</b>	Exercise
<b>11:00</b>	Volleyball

**1:30** Summer Craft

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Thursday June 26:

**9:30** Coffee and Conversation

**10:15** Exercise

**11:00** Bean Bag Toss

**1:30** Gardening Club

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Friday June 27:

**9:30** Coffee and Conversation

**10:15** Exercise

**11:00** Bingo

**1:30** Inspiration Alley

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Monday June 30

**9:30** Coffee and Conversation

**10:15** Exercise

**11:00** Water Colouring

**1:30** Strawberry Rhubarb Oat Bars



Please note: this schedule is subject to change. If you have any questions, or if you require this information in an alternate format, please contact Michelle VanGenechten, Adult Day Program Supervisor at 905-579-1777 ext. 6318.