



May2025 Activity Calendar Hillsdale Estates – Adult Day Program

Below is a list of the dates, times, and activities for the month of May2025.

Thursday May 1:

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| 9:30 | Coffee and Conversation |
| 10:15 | Exercise |
| 11:00 | Gardening Club |
| 1:30 | Active Games |

Friday May 2:

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

Monday May 5:

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|--------------|-------------------------|
| 9:30 | Coffee and Conversation |
| 10:15 | Exercise |
| 11:00 | Cinco de Mayo |
| 1:30 | Bean Bag Toss |

Tuesday May 6:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Crossword Corner
1:30	Fishing Game

Wednesday May 7:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Visual Quiz
1:30	Patio Time

Thursday May 8:

9:30	Coffee and Conversation
10:15	Fun and Fitness
11:00	Finish the Line
1:30	Campfire Sing Along

Friday May 9:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Mother's Day Humour
1:30	Mother's Day Java Music

Monday May 12:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Active Games
1:30	Baking Banana Bread Pudding

Tuesday May 13:

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

Wednesday May 14:

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

Thursday May 15:

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

Friday May 16:

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

Monday May 19:

Program Closed for Victoria Day

Tuesday May 20:

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

Wednesday May 21:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Mini Putt
1:30	Volleyball

Thursday May 22:

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

Friday May 23:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Spa and Relaxation
1:30	Carpet Bowling

Monday May 26:

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

Tuesday May 27:

9:30	Coffee and Conversation
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10:15	Exercise
11:00	Noodle Ball
1:30	Iced Coffee on the Patio

Wednesday May 28:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Great Lake Travelogue
1:30	Shurling

Thursday May 29

9:30	Coffee and Conversation
10:15	Exercise
11:00	Let's Bake
1:30	Gardening Brainstorming

Friday May 30

9:30	Coffee and Conversation
10:15	Exercise
11:00	Patio Games
1:30	Manicure Madness

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 Coordinator (Acting) at 905-579-1777 ext. 6318.