



September Activity Calendar Hillsdale Estates – Adult Day Program

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

Monday September 1:

Program Closed for Labour Day

Tuesday September 2:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Java Music

1:30 Tabletop Games

Wednesday September 3:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Family Feud

1:30 Creativity Day

Thursday September 4:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Shake Loose a Memory

1:30 Patio Fun

Friday September 5:

9:30	Coffee and Conversation
10:15	Fun and Fitness
11:00	Bean Bag Toss
1:30	Sing-along

Monday September 8:

9:30	Coffee and Conversation
10:15	Exercise
11:00	National Assisted Living Week
1:30	Twister Baggo

Tuesday September 9:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Top Ten Tuesday
1:30	Travelogue

Wednesday September 10:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Guess the Job
1:30	Bingo!

Thursday September 11:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Creative Colouring
1:30	Cup Stacking Competition

Friday September 12:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Chocolate Milkshake Day
1:30	Java Music

Monday September 15:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Hook it UP!
1:30	Oktoberfest!

Tuesday September 16:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Horseshoes
1:30	Fun in the Sun

Wednesday September 17:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Crosswords
1:30	Bocce Ball

Thursday September 18:

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

1:30 Karaoke

Friday September 19:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Wise Old Sayings

1:30 Talk like a Pirate Day

Monday September 22:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Name that Tune

1:30 All about Elephants

Tuesday September 23:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Shuffleboard

1:30 Apple Craft

Wednesday September 24:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Comic Book Day

1:30 You be the Judge

Thursday September 25:

9:30 Coffee and Conversation

10:15 Exercise

11:00 World Maritime Day

1:30 Axe Throwing

Friday September 26:

9:30 Coffee and Conversation

10:15 Exercise

11:00 What's the Sound

1:30 Mini Putt

Monday September 29:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Java Music

1:30 Making Corn Bread

Tuesday September 30:

Program Closed for National Day for Truth and Reconciliation

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.

