



2020 Activity Calendar Hillsdale Estates Adult Day Program



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

Monday, March 2:

9:00	Welcome Program
9:45	Coffee and Conversation
10:15	Morning Exercise
11:00	A to Z Occupations
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:15	Xbox Bowling
2:00	Afternoon Nutrition Break
2:15	Corn Hole
3:00	Extended Hours Programming

Tuesday, March 3:

9:00	Welcome Program
9:45	Coffee and Conversation
10:15	Morning Exercise
11:00	Unique Name Day
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:15	Ping Pong Toss
2:00	Afternoon Nutrition Break
2:15	Junk Drawer Detective
3:00	Extended Hours Programming

Wednesday, March 4:

9:00	Welcome Program
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9:45	Coffee and Conversation
10:15	Ontario Working Dogs
11:00	Exercise
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:15	Baseball
2:00	Afternoon Nutrition Break
2:15	March Bingo
3:00	Extended Hours Programming

Thursday, March 5:

9:00	Welcome Program
9:45	Coffee and Conversation
10:15	Morning Exercise
11:00	Song Puzzles
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:15	Making Banana Cream Pie
2:00	Afternoon Nutrition Break
2:15	Penny Ante
3:00	Extended Hours Programming

Friday, March 6:

9:00	Welcome Program
9:45	Coffee and Conversation
10:15	Morning Exercise
11:00	Washer Toss
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:15	Xbox Bowling
2:00	Afternoon Nutrition Break

- 2:15 Word Games
- 3:00 Extended Hours Programming

Monday, March 9:

- 9:00 Welcome Program
- 9:45 Coffee and Conversation
- 10:15 Morning Exercise
- 11:00 Tee Toss
- 12:00 Hot Lunch
- 1:00 Rest, Relax and Socialize
- 1:15 Xbox Bowling
- 2:00 Afternoon Nutrition Break
- 2:15 Shake Loose a Memory
- 3:00 Extended Hours Programming

Tuesday, March 10:

- 9:00 Welcome Program
- 9:45 Coffee and Conversation
- 10:15 Morning Exercise
- 11:00 Target Toss
- 12:00 Hot Lunch
- 1:00 Rest, Relax and Socialize
- 1:15 Roxy and Mac Visit
- 2:00 Afternoon Nutrition Break
- 2:15 Cranium Crunches
- 3:00 Extended Hours Programming

Wednesday, March 11:

- 9:00 Welcome Program
- 9:45 Coffee and Conversation
- 10:15 Morning Exercise

11:00	Social Studies Games
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:15	Music with Jane
2:00	Afternoon Nutrition Break
2:15	iPad Games
3:00	Extended Hours Programming

Thursday, March 12:

9:00	Welcome Program
9:45	Coffee and Conversation
10:15	Morning Exercise
11:00	Being Green
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:15	Ladder Ball
2:00	Afternoon Nutrition Break
2:15	Next Line
3:00	Extended Hours Programming

Friday, March 13:

9:00	Welcome Program
9:45	Coffee and Conversation
10:15	Morning Exercise
11:00	St. Patrick's Day Rhyming Time
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:15	Xbox Bowling
2:00	Afternoon Nutrition Break
2:15	Card Bingo
3:00	Extended Hours Programming

Monday, March 16:

9:00	Welcome Program
9:45	Coffee and Conversation
10:15	Morning Exercise
11:00	Leprechaun Hat Toss
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:15	Xbox Bowling
2:00	Afternoon Nutrition Break
2:15	Riddles
3:30	Extended Hours Programming

Tuesday, March 17:

9:00	Welcome Program
9:45	Coffee and Conversation
10:15	Morning Exercise
11:00	Shamrock Bean Bag Toss
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:15	St. Paddy's Party
2:00	Afternoon Nutrition Break
2:15	St. Patrick's Adult Colouring and Puzzles
3:00	Extended Hours Programming

Wednesday, March 18:

9:00	Welcome Program
9:45	Coffee and Conversation
10:15	Morning Exercise
11:00	Hook It Up
12:00	Hot Lunch

1:00	Rest, Relax and Socialize
1:15	Bocce Ball
2:00	Afternoon Nutrition Break
2:15	What's in a Name?
3:00	Extended Hours Programming

Thursday, March 19:

9:00	Welcome Program
9:45	Coffee and Conversation
10:15	Morning Exercise
11:00	Spring Jumble
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:15	Beat to the Music
2:00	Afternoon Nutrition Break
2:15	Birthday Party
3:00	Extended Hours Programming

Friday March 20:

9:00	Welcome Program
9:45	Coffee and Conversation
10:15	Morning Exercise
11:00	March Madness Basketball
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:15	Xbox Bowling
2:00	Afternoon Nutrition Break
2:15	Wheel of Fortune
3:00	Extended Hours Programming

Monday, March 23:

9:00	Welcome Program
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9:45	Coffee and Conversation
10:15	Morning Exercise
11:00	Food Pairs
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:15	Xbox Bowling
2:00	Afternoon Nutrition Break
2:15	Chip and Dip Snack
3:00	Extended Hours Programming

Tuesday, March 24:

9:00	Welcome Program
9:45	Coffee and Conversation
10:15	Morning Exercise
11:00	Spring Guggenheim
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:15	Spring Kahoot
2:00	Afternoon Nutrition Break
2:15	Bouncing Beans
3:00	Extended Hours Programming

Wednesday March 25:

9:00	Welcome Program
9:45	Coffee and Conversation
10:15	Morning Exercise
11:00	Shamrock Fun
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:15	Curling

- 2:00 Afternoon Nutrition Break
- 2:15 Flip Chart Quiz
- 3:00 Extended Hours Programming

Thursday, March 26:

- 9:00 Welcome Program
- 9:45 Coffee and Conversation
- 10:15 Morning Exercise
- 11:00 Horseshoes
- 12:00 Hot Lunch
- 1:00 Rest, Relax and Socialize
- 1:15 Art
- 2:00 Afternoon Nutrition Break
- 2:15 Noodle Fun
- 3:00 Extended Hours Programming

Friday, March 27:

- 9:00 Welcome Program
- 9:45 Coffee and Conversation
- 10:15 Morning Exercise
- 11:00 Ring Fling
- 12:00 Hot Lunch
- 1:00 Rest, Relax and Socialize
- 1:15 Xbox Bowling
- 2:00 Afternoon Nutrition Break
- 2:15 Target Toss
- 2:30 Pet Visit with Buddy
- 3:00 Extended Hours Programming

Monday, March 30:

- 9:00 Welcome Program

9:45	Coffee and Conversation
10:15	Morning Exercise
11:00	Twister Baggo
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:15	Xbox Bowling
2:00	Afternoon Nutrition Break
2:15	Lawn Darts
3:00	Extended Hours Programming

Tuesday, March 31:

9:00	Welcome Program
9:45	Coffee and Conversation
10:15	Morning Exercise
11:00	Mini Golf
12:00	Hot Lunch
1:00	Rest, Relax and Socialize
1:15	She's Funny
2:00	Afternoon Nutrition Break
2:15	iPad Games
3:00	Extended Hours Programming
2:15	Hot Cocoa Bar and Trivia
3:00	Extended Hours Programming



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 Carolyn Douglas, Adult Day Program Coordinator at 905-579-1777 ext. 6318.