



July Activity Calendar Hillsdale Estates – Adult Day Program

Below is a list of the dates, times, and activities for the month of July 2026.

Wednesday, July 1:

CLOSED FOR CANADA DAY

Thursday, July 2:

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|-------|-------------------------|
| 9:30 | Coffee and Conversation |
| 10:15 | Exercise |
| 11:00 | Cup Stacking Game |
| 1:30 | Anything Goes |
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Friday, July 3:

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|-------|-------------------------|
| 9:30 | Coffee and Conversation |
| 10:15 | Exercise |
| 11:00 | Occupation Game |
| 1:30 | Bean Bag Toss |
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Monday, July 6:

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|-------|-------------------------|
| 9:30 | Coffee and Conversation |
| 10:15 | Exercise |
| 11:00 | Music Program |
| 1:30 | Axe Throwing |

Tuesday, July 7:

9:30 Coffee and Conversation
10:15 Fun and Fitness
11:00 Summer Art
1:30 True or False

Wednesday, July 8:

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

Thursday, July 9:

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

Friday, July 10:

9:30 Coffee and Conversation
10:15 Exercise
11:00 Sing-A-Long
1:30 Twister Toss

Monday, July 13:

9:30 Coffee and Conversation
10:15 Exercise
11:00 Java Music
1:30 Summer Penny

Tuesday, July 14:

9:30 Coffee and Conversation
10:15 Exercise
11:00 What am I?
1:30 Movie Matinee

Wednesday, July 15:

9:30 Coffee and Conversation
10:15 Exercise
11:00 Crossword
1:30 Fun on the Patio

Thursday, July 16:

9:30 Coffee and Conversation
10:15 Exercise
11:00 Shake Loose a Memory
1:30 Horseshoes

Friday, July 17:

9:30 Coffee and Conversation
10:15 Exercise
11:00 Name that Sound.
1:30 Karaoke Party

Monday, July 20:

9:30 Coffee and Conversation
10:15 Exercise
11:00 Making Fruit Salad
1:30 Darts

Tuesday, July 21:

9:30 Coffee and Conversation
10:15 Exercise
11:00 Bean Bag Toss
1:30 Ice Cream Game

Wednesday, July 22:

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

Thursday, July 23:

9:30 Coffee and Conversation
10:15 Exercise
11:00 Finish the Lyric
1:30 Mini Putt

Friday, July 24:

9:30 Coffee and Conversation
10:15 Exercise
11:00 Finish the Saying
1:30 Table Hockey

Monday July 27:

9:30 Coffee and Conversation
10:15 Exercise
11:00 Trivia
1:30 Campfire Songs with Neighbours up North!

Tuesday, July 28:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Music Fun

1:30 Ladder Ball

Wednesday, July 29:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Crafting

1:30 Grocery Game

Thursday, July 30:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Axe Throwing

1:30 Afternoon Sing-a-Long

Friday, July 31:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Social Studies

1:30 Patio Time!
