



Hillsdale Estates – Adult Day Program

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

Monday August 3

CLOSED CIVIC HOLIDAY

Tuesday, August 4:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Dice Games

1:30 Mini Putt

Wednesday, August 5

9:30 Coffee and Conversation

10:15 Exercise

11:00 Jeopardy

1:30 Bingo

Thursday, August 6:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Crossword Corner

1:30 Sing A Long

Friday, August 7:

9:30 Coffee and Conversation

10:15 Fun and Fitness

11:00 What's that Sound.

1:30 Card Bingo

Monday, August 10:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Hawaiian Lei Craft

1:30 Outdoor Fun

Tuesday, August 11:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Calm Coloring

1:30 Axe Throwing

Wednesday, August 12:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Family Feud

1:30 Sunflower Craft

Thursday, August 13:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Dog Races

1:30 Active Games

Friday, August 14:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Gardening

1:30 Active Game

Monday, August 17:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Cool Cats

1:30 Dice Games

Tuesday, August 18:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Baking

1:30 Fun on the Patio

Wednesday, August 19:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Name that Tune!

1:30 Basketball

Thursday, August 20:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Tabletop Games

1:30 Bean Bag Toss

Friday, August 21:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Music Trivia

1:30 Bocce Ball

Monday, August 24:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Bead Art

1:30 Horseshoes

Tuesday, August 25:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Knock it Off.

1:30 Finish the Line

Wednesday, August 26:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Ice Cream Game

1:30 Riddle me This

Thursday, August 27:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Trivia

1:30 Hockey

Friday, August 28:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Anything Goes!

1:30 Karaoke Party

Monday, August 31:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Shake Loose a Memory

1:30 Singing on the Patio