



September Activity Calendar Hillsdale Estates – Adult Day Program

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

Tuesday, September 1:

9:30 - Coffee and Conversation

10:15 - Exercise

11:00 - Scattergories

1:30 - Java Music Club

Wednesday, September 2:

9:30 - Coffee and Conversation

10:15 - Exercise

11:00 - The Occupation Game

Thursday, September 3:

9:30 - Coffee and Conversation

10:15 - Exercise

11:00 - Apple Art

1:30 Mini Putt

Friday, September 4:

9:30 - Coffee and Conversation

10:15 - Exercise

11:00 - Anything Goes

1:30 - Active Games

Monday, September 7:

Closed – Labour Day

Tuesday, September 8:

9:30 - Coffee and Conversation

10:15 - Exercise

11:00 - Adult Colouring

1:30 Top Ten Tuesday

Wednesday, September 9:

9:30 - Coffee and Conversation

10:15 - Exercise

11:00 - Grocery Game

1:30 - Group Crossword

Thursday, September 10:

9:30 - Coffee and
Conversation

10:15 - Exercise

11:00 - Sing-along

1:30 - Word Games

Friday, September 11:

9:30 - Coffee and Conversation

10:15 - Exercise

11:00 - Let's Make Apple Crisp

1:30 - Pong Toss

Monday, September 14:

9:30 - Coffee and
Conversation

10:15 - Exercise

11:00 - True or False

1:30 - Fall Craft

Tuesday, September 15:

9:30 - Coffee and Conversation

10:15 - Exercise

11:00 - Leaf Art

1:30 - Table Top Games

Wednesday, September 16:

9:30 - Coffee and Conversation

10:15 - Exercise

11:00 - Armchair Travel

1:30 - Spin the Wheel

Thursday, September 17:

9:30 - Coffee and
Conversation

10:15 - Exercise

11:00 - Dice Games

1:30 - Axe Throwing

Friday, September 18:

9:30 - Coffee and Conversation

10:15 - Exercise

11:00 - Fall March up

1:30 - Active Games

Monday September 21:

9:30 - Coffee and
Conversation

10:15 - Exercise

11:00 - Let's Paint

1:30 - Fishing Game

Tuesday, September 22:

9:30 - Coffee and Conversation

10:15 - Exercise

11:00 - First Day of Fall Fun

1:30 - Bean Bag Toss

Wednesday, September 23:

9:30 - Coffee and Conversation

10:15 - Exercise

11:00 - Finish the Lyric

1:30 - Ladder Ball

Thursday, September 24:

9:30 - Coffee and
Conversation

10:15 - Exercise

11:00 - Calm Colouring

1:30 - Bocce Ball

Friday, September 25:

9:30 - Coffee and Conversation

10:15 - Exercise

11:00 - Dog Races

1:30 - Karaoke Party!

Monday, September 28:

9:30 - Coffee and
Conversation

10:15 - Exercise

11:00

1:30

Tuesday, September 29:

9:30 - Coffee and Conversation

10:15 - Exercise

11:00 - Trivia Time

1:30 - Twister Baggo

Wednesday, September 30:

Closed – National Day for Truth and Reconciliation