



October Activity Calendar

Hillsdale Estates – Adult Day Program

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

Thursday, October 1:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Tabletop Games
1:30	Bean Bag Toss

Friday October 2:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Thanksgiving Game
1:30	Active Games

Monday, October 5:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Trivia
1:30	Bowling

Tuesday, October 6

9:30	Coffee and Conversation
10:15	Exercise

11:00 Visual Guessing Game

1:30 Group Sing-along

Wednesday, October 7:

9:30 Coffee and Conversation

10:15 Fun and Fitness

11:00 Word Games

1:30 Ladder Ball

Thursday, October 8:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Calm Colouring

1:30 Twister Baggo

Friday, October 9:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Anything Goes

1:30 Axe Throwing

Monday, October 12:

CLOSED THANKSGIVING

Tuesday, October 13:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Bean Bag Toss

1:30 Name That Tune

Wednesday, October 14:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Java Music Club
1:30	Social Studies

Thursday, October 15:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Which Comes First?
1:30	Horse Races

Friday, October 16:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Tickle Your Funny Bone
1:30	Finish the Lyric

Monday, October 19:

9:30	Coffee and Conversation
10:15	Exercise
11:00	Pumpkin Art
1:30	Shurling

Tuesday, October 20:

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

1:30 Smells of Autumn

Wednesday, October 21:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Name That Sound

1:30 Armchair Travel

Thursday, October 22:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Sing- A- Long

1:30 Darts

Friday, October 23:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Short Stories

1:30 Web Toss

Monday, October 26:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Halloween Rhyme Time

1:30 Card Bingo

Tuesday, October 27:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Music Program

1:30 Axe Throwing

Wednesday, October 28:

9:30 Coffee and Conversation

10:15 Exercise

11:00 The Price is Right

1:30 Broom and Pumpkin Races

Thursday, October 29:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Halloween Jeopardy

1:30 Sensory Spa

Friday, October 30:

9:30 Coffee and Conversation

10:15 Exercise

11:00 Dice Game

1:30 Halloween Fun