


HILLSDALE ACTIVITIES CALENDAR 2023

LIVING LIFE WELL



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p style="text-align: center;">1</p> <p>9:00 Morning Stretch 10:00 Colorful Scarves & music 11:00 Relaxation/Refreshments 1:30 Arts & Crafts 2:00 The Grocery Game 3:00 Social Gathering 4:00 Pictionary Game 5:00 Family Movie</p>	<p style="text-align: center;">2</p> <p>9:00 Morning Stretch 10:00 Name that tune 10:30 Floral Arrangements 11:00 Relaxation/Refreshments 1:30 Aromatherapy 2:00 Getting To Know You 3:00 Social Gathering 4:00 Toss Ball 5:00 Sing-A-Long</p>	<p style="text-align: center;">3</p> <p>9:00 Morning Stretch 10:00 Balloon Volley Exercise 10:30 Matching Items 11:00 Relaxation/Refreshments 1:30 Discussion On Water Melon 2:00 Baking Cookies 3:00 Social Gathering 4:00 Poetry Corner 5:00 Family Movie</p>	<p style="text-align: center;">4</p> <p>9:00 Morning Stretch 10:00 Colorful Scarves & music 11:00 Relaxation/Refreshments 1:30 Arts & Crafts 2:00 The Grocery Game 3:00 Social Gathering 4:00 Pictionary Game 5:00 Family Movie</p>	<p style="text-align: center;">5</p> <p>9:00 Morning Stretch 10:00 Beauty Hour 11:00 Relaxation/Refreshments 1:30 Bible Study 2:00 Sing-A-Long 3:00 Happy Hour 4:00 Color Your Stress Away 5:00 Friday Matinee</p>	<p style="text-align: center;">6</p> <p>9:00 Morning Stretch 10:00 Sit & Fit Exercise 10:30 Coffee Klatch 11:00 Relaxation/ Refreshments 1:30 Table Games 2:00 Book Club (Short Stories) 3:00 Social Gathering 4:00 Sing-A-Long 5:00 Family Movie</p>
<p style="text-align: center;">7</p> <p>9:00 Morning Stretch 10:00 Balloon Volley Exercise 10:30 Matching Items 11:00 Relaxation/Refreshments 1:30 Discussion On Water Melon 2:00 Baking Cookies 3:00 Social Gathering 4:00 Poetry Corner 5:00 Sing-A-Long</p>	<p style="text-align: center;">8 Karate W Larry</p> <p>9:00 Morning Stretch 10:00 Colorful Scarves & music 11:00 Relaxation/Refreshments 1:30 Arts & Crafts 2:00 The Grocery Game 3:00 Social Gathering 4:00 Pictionary Game 5:00 Family Movie</p>	<p style="text-align: center;">9</p> <p>9:00 Morning Stretch 10:00 Name that tune 10:30 Floral Arrangements 11:00 Relaxation/Refreshments 1:30 Aromatherapy 2:00 Getting To Know You 3:00 Social Gathering 4:00 Toss Ball 5:00 Sing-A-Long</p>	<p style="text-align: center;">10</p> <p>9:00 Morning Stretch 10:00 Balloon Volley Exercise 10:30 Matching Items 11:00 Relaxation/Refreshments 1:30 Discussion On Water Melon 2:00 Baking Cookies 3:00 Social Gathering 4:00 Poetry Corner 5:00 Family Movie</p>	<p style="text-align: center;">11</p> <p>9:00 Morning Stretch 10:00 Colorful Scarves & music 11:00 Relaxation/Refreshments 1:30 Arts & Crafts 2:00 The Grocery Game 3:00 Social Gathering 4:00 Pictionary Game 5:00 Family Movie</p>	<p style="text-align: center;">12</p> <p>9:00 Morning Stretch 10:00 Beauty Hour 11:00 Relaxation/Refreshments 1:30 Bible Study 2:00 Sing-A-Long 3:00 Happy Hour 4:00 Color Your Stress Away 5:00 Friday Matinee</p>	<p style="text-align: center;">13</p> <p>9:00 Morning Stretch 10:00 Sit & Fit Exercise 10:30 Coffee Klatch 11:00 Relaxation/ Refreshments 1:30 July 4th BBQ party 2:00 Book Club (Short Stories) 3:00 Social Gathering 4:00 Sing-A-Long 5:00 Family Movie</p>
<p style="text-align: center;">14 Happy Mothers Day</p> <p>9:00 Morning Stretch 10:00 Balloon Volley Exercise 10:30 Matching Items 11:00 Relaxation/Refreshments 1:30 Discussion On Water Melon 2:00 Baking Cookies 3:00 Social Gathering 4:00 Poetry Corner 5:00 Sing-A-Long</p>	<p style="text-align: center;">15</p> <p>9:00 Morning Stretch 10:00 Balloon Volley Exercise 10:30 Matching Items 11:00 Relaxation/Refreshments 1:30 Discussion On Water Melon 2:00 Baking Cookies 3:00 Social Gathering 4:00 Poetry Corner 5:00 Family Movie</p>	<p style="text-align: center;">16</p> <p>9:00 Morning Stretch 10:00 Name that tune 10:30 Floral Arrangements 11:00 Relaxation/Refreshments 1:30 Aromatherapy 2:00 Getting To Know You 3:00 Social Gathering 4:00 Toss Ball 5:00 Sing-A-Long</p>	<p style="text-align: center;">17</p> <p>9:00 Morning Stretch 10:00 Balloon Volley Exercise 10:30 Matching Items 11:00 Relaxation/Refreshments 1:30 Discussion On Water Melon 2:00 Baking Cookies 3:00 Social Gathering 4:00 Poetry Corner 5:00 Family Movie</p>	<p style="text-align: center;">18</p> <p>9:00 Morning Stretch 10:00 Colorful Scarves & music 11:00 Relaxation/Refreshments 1:30 Arts & Crafts 2:00 The Grocery Game 3:00 Social Gathering 4:00 Pictionary Game 5:00 Sing-A-long</p>	<p style="text-align: center;">19</p> <p>9:00 Morning Stretch 10:00 Beauty Hour 11:00 Music with Marjorie 1:30 Bible Study 2:00 Sing-A-Long 3:00 Happy Hour 4:00 Color Your Stress Away 5:00 Friday Matinee</p>	<p style="text-align: center;">20</p> <p>9:00 Morning Stretch 10:00 Sit & Fit Exercise 10:30 Coffee Klatch 11:00 Relaxation/ Refreshments 1:30 Table Games 2:00 Book Club (Short Stories) 3:00 Social Gathering 4:00 Sing-A-Long 5:00 family Movie</p>
<p style="text-align: center;">21</p> <p>9:00 Morning Stretch 10:00 Balloon Volley Exercise 10:30 Matching Items 11:00 Relaxation/Refreshments 1:30 Discussion On Water Melon 2:00 Baking Cookies 3:00 Social Gathering 4:00 Poetry Corner 5:00 Sing-A-Long</p>	<p style="text-align: center;">22</p> <p>9:00 Morning Stretch 10:00 Balloon Volley Exercise 10:30 Matching Items 11:00 Relaxation/Refreshments 1:30 Discussion On Water Melon 2:00 Baking Cookies 3:00 Social Gathering 4:00 Poetry Corner 5:00 Family Movie</p>	<p style="text-align: center;">23</p> <p>9:00 Morning Stretch 10:00 Name that tune 10:30 Floral Arrangements 11:00 Relaxation/Refreshments 1:30 Aromatherapy 2:00 Getting To Know You 3:00 Social Gathering 4:00 Toss Ball 5:00 Sing-A-Long</p>	<p style="text-align: center;">24</p> <p>9:00 Morning Stretch 10:00 Balloon Volley Exercise 10:30 Matching Items 11:00 Relaxation/Refreshments 1:30 Discussion On Water Melon 2:00 Baking Cookies 3:00 Social Gathering 4:00 Poetry Corner 5:00 Family Movie</p>	<p style="text-align: center;">25</p> <p>9:00 Morning Stretch 10:00 Colorful Scarves & music 11:00 Relaxation/Refreshments 1:30 Arts & Crafts 2:00 The Grocery Game 3:00 Social Gathering 4:00 Pictionary Game 5:00 Family Movie</p>	<p style="text-align: center;">26</p> <p>9:00 Morning Stretch 10:00 Beauty Hour 11:00 Relaxation/Refreshments 1:30 Bible Study 2:00 Sing-A-Long 3:00 Happy Hour 4:00 Color Your Stress Away 5:00 Friday Matinee</p>	<p style="text-align: center;">27</p> <p>9:00 Morning Stretch 10:00 Sit & Fit Exercise 10:30 Coffee Klatch 11:00 Relaxation/ Refreshments 1:30 Table Games 2:00 Book Club (Short Stories) 3:00 Social Gathering 4:00 Sing-A-Long 5:00 Family Movie</p>
<p style="text-align: center;">28</p> <p>9:00 Morning Stretch 10:00 Balloon Volley Exercise 10:30 Matching Items 11:00 Relaxation/Refreshments 1:30 Discussion On Water Melon 2:00 Baking Cookies 3:00 Social Gathering 4:00 Poetry Corner 5:00 Sing-A-Long</p>	<p style="text-align: center;">28</p> <p>9:00 Morning Stretch 10:00 Balloon Volley Exercise 10:30 Matching Items 11:00 Relaxation/Refreshments 1:30 Discussion On Water Melon 2:00 Baking Cookies 3:00 Social Gathering 4:00 Poetry Corner 5:00 Family Movie</p>	<p style="text-align: center;">30</p> <p>9:00 Morning Stretch 10:00 Name that tune 10:30 Floral Arrangements 11:00 Relaxation/Refreshments 1:30 Aromatherapy 2:00 Getting To Know You 3:00 Social Gathering 4:00 Toss Ball 5:00 Sing- A-Long</p>	<p style="text-align: center;">31</p> <p>9:00 Morning Stretch 10:00 Balloon Volley Exercise 10:30 Matching Items 11:00 Relaxation/Refreshments 1:30 Discussion On Water Melon 2:00 Baking Cookies 3:00 Social Gathering 4:00 Poetry Corner 5:00 Family Movie</p>	