

Colebrook Village
at Hebron

August 2026

- AR

Activity Room
- SW

Spiritual Wellness
- DR

Dining Room
- LR

Living Room
- BT

Bus Trip

SW

Social Wellness

PW

Physical Wellness

EM

Entertainment or Movie

IW

Intellectual WellnessNeighborhood Stroll

Bus Trip

Music

Snack and Chat

Creative Arts

Physical Wellness

Game Time

Movie

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						7:00 DR Morning Melodies 🎵 10:00 LR News, Weather and Chat 10:30 LR Balloon Toss 🎈 11:00 LR Words With Friends 🎮 1:45 EM Movie Matinee 🎬 3:15 SW Mocktail Hour ☕ 3:30 DR BINGO 🎮 5:30 EM Cinema Showcase 🎬
2	3	4	5	6	7	8
7:00 DR Morning Melodies 🎵 10:00 SW Spiritual Mass 10:15 DR Coffee & Chronicles ☕ 10:30 PW Chair Aerobics 🏃 11:00 LR Armchair Travel- Roman Nose State Park 11:30 LR Balloon Toss 🎈 1:15 LR Mid-Matinee 🎬 2:15 PW Balloon Toss 🎈 3:15 SW Mocktail Hour ☕ 3:30 AR BINGO 🎮 5:30 EM Cinema Showcase 🎬	7:00 LR Morning Melodies 🎵 7:30 AR Breakfast Club ☕ 9:30 LR News, Weather & Chat 10:00 EM Music Therapy w/ Bonnie 🎵 10:30 LR Monday Madness w/ Mike 🎈 11:00 LR Celebrity Spotlight: Jackie Kennedy 1:30 PW Cardio Drumming 🥁 2:15 IW Balloon Toss 🎈 3:15 SW Mocktail Hour ☕ 3:30 LR Name That City! 🎮 5:30 EM Cinema Showcase 🎬	7:00 LR Morning Melodies 🎵 7:30 AR Breakfast Club ☕ 9:30 LR News, Weather & Chat 10:00 AR Let's Get Stretching 🏃 10:30 PW Rhythm Drumming w/ Mike 🥁 11:00 SW Vivacious Voices 🎵 1:30 Walking Club 🏃 3:15 SW Mocktail Hour ☕ 3:30 SW BINGO 🎮 5:30 EM Cinema Showcase 🎬	7:00 LR Morning Melodies 🎵 7:30 AR Breakfast Club ☕ 9:30 LR News, Weather & Chat 10:15 SW Chair Yoga 🧘 11:00 AR Creative Corner 🎨 1:30 PW Seated Cardio w/ Music 🎵 2:15 PW Wild Card w/ Mike 🎮 2:45 EM Living Room Karaoke 🎵 3:15 SW Mocktail Hour ☕ 5:30 EM Cinema Showcase 🎬	7:00 LR Morning Melodies 🎵 7:30 AR Breakfast Club ☕ 9:30 LR News, Weather & Chat 10:00 AR Let's Get Stretching 🏃 10:30 PW Zumba Class 🏃 11:00 DR Culinary Creations 1:30 PW Fun Games w/ Mike 🎮 2:00 Afternoon Stroll 🏃 3:15 SW Mocktail Hour ☕ 3:30 LR Words With Friends 5:30 EM Cinema Showcase 🎬	7:00 LR Morning Melodies 🎵 7:30 AR Breakfast Club ☕ 9:30 LR News, Weather & Chat 10:00 AR Let's Get Stretching 🏃 10:30 PW Jump Start June Workout 🏃 11:00 SW Vivacious Voices 🎵 1:15 BT Ride Around Town 🚗 1:30 LR Mid-Matinee 🎬 3:15 SW Mocktail Hour ☕ 3:30 DR BINGO 🎮 5:30 EM Cinema Showcase 🎬	7:00 DR Morning Melodies 🎵 10:00 LR News, Weather and Chat 10:30 LR Balloon Toss 🎈 11:00 LR Words With Friends 🎮 1:45 EM Movie Matinee 🎬 3:15 SW Mocktail Hour ☕ 3:30 DR BINGO 🎮 5:30 EM Cinema Showcase 🎬
9	10	11	12	13	14	15
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16	17	18	19	20	21	22
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23	24	25	26	27	28	29
See above Sundays for today's events.	See above Mondays for today's events.	7:00 LR Morning Melodies 🎵 7:30 AR Breakfast Club ☕ 9:30 LR News, Weather & Chat 10:00 AR Let's Get Stretching 🏃 10:30 PW Rhythm Drumming w/ Mike 🥁 11:00 SW Vivacious Voices 🎵 1:30 Walking Club 🏃 3:15 SW Mocktail Hour ☕ 3:30 SW BINGO 🎮 5:30 EM Cinema Showcase 🎬	7:00 LR Morning Melodies 🎵 7:30 AR Breakfast Club ☕ 9:30 LR News, Weather & Chat 10:15 SW Chair Yoga 🧘 11:00 AR Creative Corner 🎨 1:30 PW Seated Cardio w/ Music 🎵 2:15 PW Wild Card w/ Mike 🎮 2:45 EM Living Room Karaoke 🎵 3:15 SW Mocktail Hour ☕ 5:30 EM Cinema Showcase 🎬	7:00 LR Morning Melodies 🎵 7:30 AR Breakfast Club ☕ 9:30 LR News, Weather & Chat 10:00 AR Let's Get Stretching 🏃 10:30 PW Zumba Class 🏃 11:00 DR Culinary Creations 1:30 PW Fun Games w/ Mike 🎮 2:00 Afternoon Stroll 🏃 3:15 SW Mocktail Hour ☕ 3:30 LR Words With Friends 5:30 EM Cinema Showcase 🎬	7:00 LR Morning Melodies 🎵 7:30 AR Breakfast Club ☕ 9:30 LR News, Weather & Chat 10:00 AR Let's Get Stretching 🏃 10:30 PW Jump Start June Workout 🏃 11:00 AR Finish the Phrase 🎮 11:00 SW Vivacious Voices 🎵 1:15 BT Ride Around Town 🚗 1:30 LR Mid-Matinee 🎬 3:15 SW Mocktail Hour ☕ 3:30 DR BINGO 🎮 5:30 EM Cinema Showcase 🎬	7:00 DR Morning Melodies 🎵 10:00 LR News, Weather and Chat 10:30 LR Balloon Toss 🎈 11:00 LR Words With Friends 🎮 1:45 EM Movie Matinee 🎬 3:15 SW Mocktail Hour ☕ 3:30 DR BINGO 🎮 5:30 EM Cinema Showcase 🎬
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