

Colebrook Village
at Hebron

August 2025

- AR

Activity Room
- SW

Spiritual Wellness
- DR

Dining Room
- LR

Living Room
- OC

Outdoor Courtyard

BT

Bus Trip

SW

Social Wellness

PW

Physical Wellness

EM

Entertainment or Movie

IW

Intellectual WellnessNeighborhood Stroll

Bus Trip

Bus Trip

Music

Music

Snack and Chat

Snack and Chat

Creative Arts

Creative Arts

Physical Wellness

Physical Wellness

Game Time

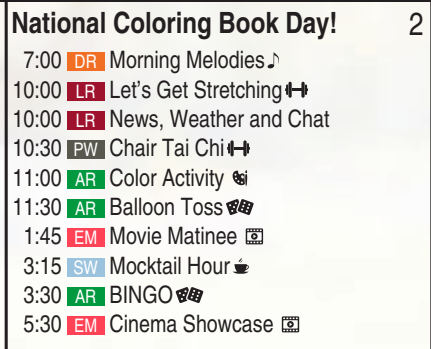
Game Time

Baking/Cooking

Baking/Cooking

Movie

Movie

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
National Georgia Day! 3	National Coast Guard Day! 4	National Traffic Light Day! 5	National Root Beer Float Day! 6	National Lighthouse Day! 7	National Water Balloon Day! 1	National Coloring Book Day! 2
7:00 DR Morning Melodies 🎵 10:00 LR Let's Get Stretching ↔ 10:00 SW Spiritual Mass 10:15 DR Coffee & Chronicles ☕ 10:30 PW Chair Aerobics ↔ 11:00 LR Armchair Travel- Savannah 11:30 LR Balloon Toss 🎈 1:30 IW Cardio Drumming ↔ 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 AR News, Weather and Chat 10:00 LR Let's Get Stretching ↔ 10:30 LR Monday Madness w/ Mike ↔ 11:00 LR Celebrity Spotlight: Alex Haley 11:00 EM Vivacious Voices 🎤 1:30 PW Cardio Drumming ↔ 2:15 IW 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 and Chat 10:00 LR Let's Get Stretching ↔ 10:30 PW Pool Noodle Workout w/ Mike ↔ 11:00 DR Culinary Creations 🍴 1:30 OC Walking Club -- Inside or Outside ↔ 3:15 SW Mocktail Hour ☕ 3:30 SW Cornhole 🎲 5:30 EM Cinema Showcase 🎬	7:00 LR Morning Melodies 🎵 7:30 AR Breakfast Club ☕ 9:30 LR News, Weather and Chat 10:00 LR Let's Get Stretching ↔ 10:15 SW Chair Yoga 11:00 DR Culinary Creations 🍴 1:30 PW Seated Cardio w/ Music ↔ 2:15 PW Wild Card w/ Mike ↔ 2:45 EM Living Room Karaoke 🎤 3:15 SW Making Root Beer Floats ☕ 5:30 EM Cinema Showcase 🎬	7:00 LR Morning Melodies 🎵 7:30 AR Breakfast Club ☕ 9:30 LR News, Weather and Chat 10:00 LR Let's Get Stretching ↔ 10:30 PW Zumba Class ↔ 11:00 EM Vivacious Voices 🎤 1:30 PW Fun Games w/ Mike ↔ 2:00 OC 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 and Chat 10:00 LR Let's Get Stretching ↔ 10:30 PW Senior Stability ↔ 11:00 AR Words With Friends 🗣️ 1:15 BT Ride Around Town 🚌 3:15 SW Mocktail Hour ☕ 3:30 PW BINGO 🎲 5:30 EM Cinema Showcase 🎬	7:00 DR Morning Melodies 🎵 10:00 LR Let's Get Stretching ↔ 10:00 LR News, Weather and Chat 10:30 PW Chair Tai Chi ↔ 11:00 LR All About Books- youtube 11:30 AR Balloon Toss 🎈 1:15 EM Tony Rarus Music- Tavern 🎵 3:15 SW Mocktail Hour ☕ 3:30 AR BINGO 🎲 5:30 EM Cinema Showcase 🎬
National Connecticut Day! 10	Son's and Daughter's Day! 11	National Middle Day! 12	National Filet Mignon Day! 13	National Creamsicle Day! 14	National Relaxation Day! 15	National Tell a Joke Day! 16
7:00 DR Morning Melodies 🎵 10:00 LR Let's Get Stretching ↔ 10:00 SW Spiritual Mass 10:15 DR Coffee & Chronicles ☕ 10:30 PW Chair Aerobics ↔ 11:00 LR Armchair Travel- Gillette Castle 11:30 LR Balloon Toss 🎈 1:30 IW Cardio Drumming ↔ 2:15 PW Cornhole ↔ 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 and Chat 10:00 LR Let's Get Stretching ↔ 10:30 LR Monday Madness w/ Mike ↔ 11:00 LR Celebrity Spotlight: Bob Dylan 11:00 EM Vivacious Voices 🎤 1:30 PW Cardio Drumming ↔ 2:15 IW 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 and Chat 10:00 LR Let's Get Stretching ↔ 10:30 PW Pool Noodle Workout w/ Mike ↔ 11:00 DR Culinary Creations 🍴 1:30 OC Walking Club -- Inside or Outside ↔ 3:15 SW Mocktail Hour ☕ 3:30 SW Cornhole 🎲 5:30 EM Cinema Showcase 🎬	7:00 LR Morning Melodies 🎵 7:30 AR Breakfast Club ☕ 9:30 LR News, Weather and Chat 10:00 LR Let's Get Stretching ↔ 10:15 SW Chair Yoga 11:00 DR Culinary Creations 🍴 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 and Chat 10:00 LR Let's Get Stretching ↔ 10:30 PW Zumba Class ↔ 11:00 EM Vivacious Voices 🎤 1:30 PW Fun Games w/ Mike ↔ 2:00 OC 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 and Chat 10:00 LR Let's Get Stretching ↔ 10:30 PW Senior Stability ↔ 11:00 AR BINGO 🎲 1:15 BT Ride Around Town 🚌 3:15 SW Mocktail Hour ☕ 3:30 PW Blissful Spa! 🛀 5:30 EM Cinema Showcase 🎬	7:00 DR Morning Melodies 🎵 10:00 LR Let's Get Stretching ↔ 10:00 LR News, Weather and Chat 10:30 PW Chair Tai Chi ↔ 11:00 DR All About Jokes!- YouTube 11:30 AR Balloon Toss 🎈 1:45 EM Movie Matinee 🎬 3:15 SW Mocktail Hour ☕ 3:30 AR BINGO 🎲 5:30 EM Cinema Showcase 🎬
National Massachusetts Day! 17	National Ice Cream Pie Day! 18	National Potato Day! 19	National Radio Day! 20	National Senior Citizens Day! 21	National Tooth Fairy Day! 22	National Ride the Wind Day! 23
7:00 DR Morning Melodies 🎵 10:00 LR Let's Get Stretching ↔ 10:00 SW Spiritual Mass 10:15 DR Coffee & Chronicles ☕ 10:30 PW Chair Aerobics ↔ 11:00 LR Armchair Travel- Fenway Park 11:30 LR Balloon Toss 🎈 1:30 IW Cardio Drumming ↔ 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 and Chat 10:00 LR Let's Get Stretching ↔ 10:30 LR Monday Madness w/ Mike ↔ 11:00 LR Celebrity Spotlight: Doris Day 11:00 EM Vivacious Voices 🎤 1:30 PW Cardio Drumming ↔ 2:15 IW 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 and Chat 10:00 LR Let's Get Stretching ↔ 10:30 PW Pool Noodle Workout w/ Mike ↔ 11:00 DR Culinary Creations 🍴 1:15 AR Balloon Toss ↔ 2:00 EM Al Raebuck 🎤 3:15 SW Mocktail Hour ☕ 3:30 SW Cornhole 🎲 5:30 EM Cinema Showcase 🎬	7:00 LR Morning Melodies 🎵 7:30 AR Breakfast Club ☕ 9:30 LR News, Weather and Chat 10:00 LR Let's Get Stretching ↔ 10:15 SW Chair Yoga 11:00 DR Culinary Creations 🍴 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 and Chat 10:00 LR Let's Get Stretching ↔ 10:30 PW Zumba Class ↔ 11:00 EM Vivacious Voices 🎤 1:30 PW Fun Games w/ Mike ↔ 2:00 OC 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 and Chat 10:00 LR Let's Get Stretching ↔ 10:30 PW Senior Stability ↔ 11:00 AR The legend of the Tooth Fairy 11:30 AR Balloon Toss 1:15 BT Ride Around Town 🚌 3:15 SW Mocktail Hour ☕ 3:30 PW BINGO 🎲 5:30 EM Cinema Showcase 🎬	7:00 DR Morning Melodies 🎵 10:00 LR Let's Get Stretching ↔ 10:00 LR News, Weather and Chat 10:30 PW Chair Tai Chi ↔ 11:00 AR Words With Friends 🗣️ 1:45 EM Movie Matinee 🎬 3:15 SW Mocktail Hour ☕ 3:30 AR BINGO 🎲 5:30 EM Cinema Showcase 🎬
National Maryland Day! 24	Kiss and Makeup Day! 25	Women's Equality Day! 26	National Just Because Day! 27	National Bow Tie Day! 28	National Lemon Juice Day! 29	National Beach Day! 30
7:00 DR Morning Melodies 🎵 10:00 LR Let's Get Stretching ↔ 10:00 SW Spiritual Mass 10:15 DR Coffee & Chronicles ☕ 10:30 PW Chair Aerobics ↔	7:00 LR Morning Melodies 🎵 7:30 AR Breakfast Club ☕ 9:30 LR News, Weather and Chat 10:00 LR Let's Get Stretching ↔ 10:30 LR Monday Madness w/ Mike ↔ 11:00 LR Celebrity Spotlight: Elizabeth Taylor 11:00 EM Vivacious Voices 🎤 1:30 PW Cardio Drumming ↔ 2:15 IW 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 and Chat 10:00 LR Let's Get Stretching ↔ 10:30 PW Pool Noodle Workout w/ Mike ↔ 11:00 DR Culinary Creations 🍴 1:30 LR I Am Every Women! ↔ 3:15 SW Mocktail Hour ☕ 3:30 SW Cornhole 🎲 5:30 EM Cinema Showcase 🎬	7:00 LR Morning Melodies 🎵 7:30 AR Breakfast Club ☕ 9:30 LR News, Weather and Chat 10:00 LR Let's Get Stretching ↔ 10:15 SW Chair Yoga 11:00 DR Culinary Creations 🍴 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 and Chat 10:00 LR Let's Get Stretching ↔ 10:30 PW Zumba Class ↔ 11:00 EM Vivacious Voices 🎤 1:15 EM Bill Naughton Jr- Tavern 🎤 2:00 OC 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 and Chat 10:00 LR Let's Get Stretching ↔ 10:30 PW Senior Stability ↔ 11:00 AR Words With Friends 🗣️ 1:15 BT Ride Around Town 🚌 3:15 SW Lemonade Your Way! ☕ 3:30 PW BINGO 🎲 5:30 EM Cinema Showcase 🎬	7:00 DR Morning Melodies 🎵 10:00 LR Let's Get Stretching ↔ 10:00 LR News, Weather and Chat 10:30 PW Chair Tai Chi ↔ 11:00 AR Beach Ball & Noodle Hockey 🎾 1:45 EM Movie Matinee 🎬 3:15 SW Mocktail Hour ☕ 3:30 AR BINGO 🎲 5:30 EM Cinema Showcase 🎬
National South Carolina Day! 31						
1:30 IW Cardio Drumming ↔ 2:15 PW Balloon Toss ↔ 3:15 SW Mocktail Hour ☕ 3:30 AR BINGO 🎲 5:30 EM Cinema Showcase 🎬						