

Colebrook Village at Hebron

January 2026

- AR

Activity Room
- SW

Spiritual Wellness
- DR

Dining Room
- LR

Living Room
- BT

Bus Trip

SW

Social Wellness

PW

Physical Wellness

EM

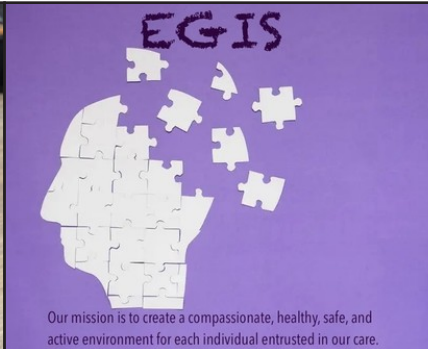
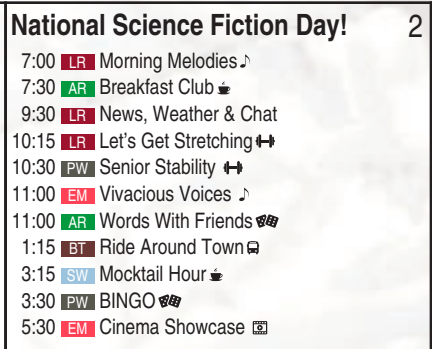
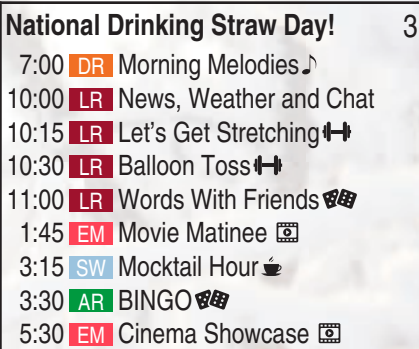
Entertainment or Movie

IW

Intellectual Wellness

EW

Emotional WellnessNeighborhood StrollBus TripMusicSnack and ChatCreative ArtsPhysical WellnessGame TimeMovie

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
Happy New Year! 7:00 LR Morning Melodies ♪ 7:30 AR Breakfast Club 🍷 9:30 LR News, Weather & Chat 10:15 LR Let's Get Stretching ↔ 10:30 PW Balloon Toss 🎈 11:00 SW Catholic Mass w/ FR Mike 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 🎬	1 National Science Fiction Day! 7:00 LR Morning Melodies ♪ 7:30 AR Breakfast Club 🍷 9:30 LR News, Weather & Chat 10:15 LR Let's Get Stretching ↔ 10:30 PW Senior Stability ↔ 11:00 EM Vivacious Voices ♪ 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 🎬	2 National Drinking Straw Day! 7:00 DR Morning Melodies ♪ 10:00 LR News, Weather and Chat 10:15 LR Let's Get Stretching ↔ 10:30 LR Balloon Toss ↔ 11:00 LR Words With Friends 🎮 1:45 EM Movie Matinee 🎬 3:15 SW Mocktail Hour 🍷 3:30 AR BINGO 🎮 5:30 EM Cinema Showcase 🎬				
4 National Missouri Day! 7:00 DR Morning Melodies ♪ 10:00 SW Spiritual Mass 10:15 DR Coffee & Chronicles 🍷 10:15 LR Let's Get Stretching ↔ 10:30 PW Chair Aerobics ↔ 11:00 LR Armchair Travel- Roman Nose State 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 🎬	5 National Bird Day! 7:00 LR Morning Melodies ♪ 7:30 AR Breakfast Club 🍷 9:30 LR News, Weather & Chat 10:15 LR Let's Get Stretching ↔ 10:30 LR Monday Madness w/ Mike ↔ 11:00 LR Celebrity Spotlight: Jimmy Carter 11:00 EM Vivacious Voices ♪ 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 🎬	6 National Shortbread Day! 7:00 LR Morning Melodies ♪ 7:30 AR Breakfast Club 🍷 9:30 LR News, Weather & Chat 10:15 LR Let's Get Stretching ↔ 10:30 PW Pool Noodle Workout w/ Mike ↔ 11:00 DR Culinary Creations 🍷 1:15 Walking Club -- Inside or Outside ↔ 2:00 EM Al Raebuck Concert-Tavern ♪ 3:15 SW Mocktail Hour 🍷 3:30 SW Cornhole 🎮 5:30 EM Cinema Showcase 🎬	7 National Bobblehead Day! 7:00 LR Morning Melodies ♪ 7:30 AR Breakfast Club 🍷 9:30 LR News, Weather & Chat 10:15 SW Chair Yoga ↔ 10:15 LR Let's Get Stretching ↔ 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 🎬	8 National Winter Skin Relief Day! 7:00 LR Morning Melodies ♪ 7:30 AR Breakfast Club 🍷 9:30 LR News, Weather & Chat 10:15 LR Let's Get Stretching ↔ 10:30 PW Zumba Class ↔ 11:00 AR BINGO 1:30 PW Fun Games w/ Mike ↔ 2:00 Afternoon Stroll ↔ 3:15 SW Mocktail Hour 🍷 3:30 EW Blissful Spa 3:30 LR Words With Friends 5:30 EM Cinema Showcase 🎬	9 National Law Enforcement Day 7:00 LR Morning Melodies ♪ 7:30 AR Breakfast Club 🍷 9:30 LR News, Weather & Chat 10:15 LR Let's Get Stretching ↔ 10:30 PW Senior Stability ↔ 11:00 EM Vivacious Voices ♪ 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 🎬	10 Save the Eagles Day! 7:00 DR Morning Melodies ♪ 10:00 LR News, Weather and Chat 10:15 LR Let's Get Stretching ↔ 10:30 LR Balloon Toss ↔ 11:00 LR Words With Friends 🎮 1:45 EM Movie Matinee 🎬 3:15 SW Mocktail Hour 🍷 3:30 AR BINGO 🎮 5:30 EM Cinema Showcase 🎬
11 National Arkansas Day! 7:00 DR Morning Melodies ♪ 10:00 SW Spiritual Mass 10:15 DR Coffee & Chronicles 🍷 10:15 LR Let's Get Stretching ↔ 10:30 PW Chair Aerobics ↔ 11:00 LR Armchair Travel- Roman Nose State Park 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 🎬	12 National Pharmacist Day! 7:00 LR Morning Melodies ♪ 7:30 AR Breakfast Club 🍷 9:30 LR News, Weather & Chat 10:15 LR Let's Get Stretching ↔ 10:30 LR Monday Madness w/ Mike ↔ 11:00 LR Celebrity Spotlight: John Pemberton 11:00 EM Vivacious Voices ♪ 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 🎬	13 National Rubber Ducky Day! 7:00 LR Morning Melodies ♪ 7:30 AR Breakfast Club 🍷 9:30 LR News, Weather & Chat 10:15 LR Let's Get Stretching ↔ 10:30 PW Pool Noodle Workout w/ Mike ↔ 11:00 DR Culinary Creations 🍷 1:30 Walking Club -- Inside or Outside ↔ 3:15 SW Mocktail Hour 🍷 3:30 SW Duck Race 🎮 5:30 EM Cinema Showcase 🎬	14 National Hot Pastrami Sandwich! 7:00 LR Morning Melodies ♪ 7:30 AR Breakfast Club 🍷 9:30 LR News, Weather & Chat 10:15 SW Chair Yoga ↔ 10:15 LR Let's Get Stretching ↔ 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 🎬	15 National Hat Day! 7:00 LR Morning Melodies ♪ 7:30 AR Breakfast Club 🍷 9:30 LR News, Weather & Chat 10:15 LR Let's Get Stretching ↔ 10:30 PW Zumba Class ↔ 11:00 AR BINGO 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 🎬	16 National Fig Newton Day! 7:00 LR Morning Melodies ♪ 7:30 AR Breakfast Club 🍷 9:30 LR News, Weather & Chat 10:15 LR Let's Get Stretching ↔ 10:30 PW Senior Stability ↔ 11:00 EM Vivacious Voices ♪ 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 🎬	17 Popeye the Sailor Man Day! 7:00 DR Morning Melodies ♪ 10:00 LR News, Weather and Chat 10:15 LR Let's Get Stretching ↔ 10:30 LR Balloon Toss ↔ 11:00 LR Words With Friends 🎮 1:45 EM Movie Matinee 🎬 3:15 SW Mocktail Hour 🍷 3:30 AR BINGO 🎮 5:30 EM Cinema Showcase 🎬
18 National Michigan Day! 7:00 DR Morning Melodies ♪ 10:00 SW Spiritual Mass 10:15 DR Coffee & Chronicles 🍷 10:15 LR Let's Get Stretching ↔ 10:30 PW Chair Aerobics ↔ 11:00 LR Armchair Travel- Roman Nose State 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 🎬	19 Martin Luther King Jr. Day! 7:00 LR Morning Melodies ♪ 7:30 AR Breakfast Club 🍷 9:30 LR News, Weather & Chat 10:15 LR Let's Get Stretching ↔ 10:30 LR Monday Madness w/ Mike ↔ 11:00 LR Celebrity Spotlight: MLK Jr. 11:00 EM Vivacious Voices ♪ 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 🎬	20 National Cheese Lovers Day! 7:00 LR Morning Melodies ♪ 7:30 AR Breakfast Club 🍷 9:30 LR News, Weather & Chat 10:15 LR Let's Get Stretching ↔ 10:30 PW Pool Noodle Workout w/ Mike ↔ 11:00 DR Culinary Creations 🍷 1:00 EM Trim Student Recital-Tavern 2:00 Walking Club -- Inside or Outside ↔ 3:15 SW Mocktail Hour 🍷 3:30 SW Cornhole 🎮 5:30 EM Cinema Showcase 🎬	21 Squirrel Appreciation Day! 7:00 LR Morning Melodies ♪ 7:30 AR Breakfast Club 🍷 9:30 LR News, Weather & Chat 10:15 SW Chair Yoga ↔ 10:15 LR Let's Get Stretching ↔ 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 🎬	22 National Polka Dot Day! 7:00 LR Morning Melodies ♪ 7:30 AR Breakfast Club 🍷 9:30 LR News, Weather & Chat 10:15 LR Let's Get Stretching ↔ 10:30 PW Zumba Class ↔ 11:00 AR BINGO 1:30 EM Ben + Ed Show - Tavern ♪ 2:00 Afternoon Stroll ↔ 3:15 SW Mocktail Hour 🍷 3:30 LR Words With Friends 5:30 EM Cinema Showcase 🎬	23 National Pie Day! 7:00 LR Morning Melodies ♪ 7:30 AR Breakfast Club 🍷 9:30 LR News, Weather & Chat 10:15 LR Let's Get Stretching ↔ 10:30 PW Senior Stability ↔ 11:00 EM Vivacious Voices ♪ 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 🎬	24 National Peanut Butter Day! 7:00 DR Morning Melodies ♪ 10:00 LR News, Weather and Chat 10:15 LR Let's Get Stretching ↔ 10:30 LR Balloon Toss ↔ 11:00 LR Words With Friends 🎮 1:45 EM Movie Matinee 🎬 3:15 SW Mocktail Hour 🍷 3:30 AR BINGO 🎮 5:30 EM Cinema Showcase 🎬
25 National Florida Day! 7:00 DR Morning Melodies ♪ 10:00 SW Spiritual Mass 10:15 DR Coffee & Chronicles 🍷 10:15 LR Let's Get Stretching ↔ 10:30 PW Chair Aerobics ↔ 11:00 LR Armchair Travel- Roman Nose State Park 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 🎬	26 National Bubble Wrap Day! 7:00 LR Morning Melodies ♪ 7:30 AR Breakfast Club 🍷 9:30 LR News, Weather & Chat 10:15 LR Let's Get Stretching ↔ 10:30 LR Monday Madness w/ Mike ↔ 11:00 LR Celebrity Spotlight: Alfred Fielding 11:00 EM Vivacious Voices ♪ 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 🎬	27 National Chocolate Cake Day! 7:00 LR Morning Melodies ♪ 7:30 AR Breakfast Club 🍷 9:30 LR News, Weather & Chat 10:15 LR Let's Get Stretching ↔ 10:30 PW Pool Noodle Workout w/ Mike ↔ 11:00 DR Culinary Creations 🍷 1:15 Walking Club -- Inside or Outside ↔ 2:00 Susan Judge Concert-Tavern 3:15 SW Mocktail Hour 🍷 3:30 SW Cornhole 🎮 5:30 EM Cinema Showcase 🎬	28 National Blueberry Pancake Day! 7:00 LR Morning Melodies ♪ 7:30 AR Breakfast Club 🍷 9:30 LR News, Weather & Chat 10:15 SW Chair Yoga ↔ 10:15 LR Let's Get Stretching ↔ 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 🍷 4:30 DR Family Dinner Night 5:30 EM Cinema Showcase 🎬	29 National Puzzle Day! 7:00 LR Morning Melodies ♪ 7:30 AR Breakfast Club 🍷 9:30 LR News, Weather & Chat 10:15 LR Let's Get Stretching ↔ 10:30 PW Zumba Class ↔ 11:00 AR BINGO 11:00 SW Father Ron in the Welles 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 🎬	30 National Fun Day at Work! 7:00 LR Morning Melodies ♪ 7:30 AR Breakfast Club 🍷 9:30 LR News, Weather & Chat 10:15 LR Let's Get Stretching ↔ 10:30 PW Senior Stability ↔ 11:00 EM Vivacious Voices ♪ 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 🎬	31 National Backwards Day! 7:00 DR Morning Melodies ♪ 10:00 LR News, Weather and Chat 10:15 LR Let's Get Stretching ↔ 10:30 LR Balloon Toss ↔ 11:00 LR Words With Friends 🎮 1:45 EM Movie Matinee 🎬 3:15 SW Mocktail Hour 🍷 3:30 AR BINGO 🎮 5:30 EM Cinema Showcase 🎬