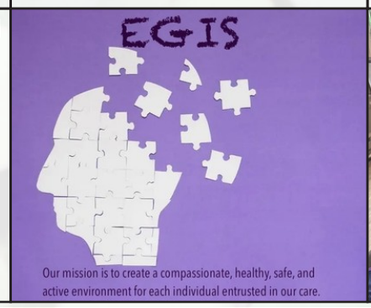
Colebrook Village at Hebron

March 2026

AR Activity Room	SW Social Wellness	Bus Trip	Game Time
SW Spiritual Wellness	PW Physical Wellness	Music	Baking/Cooking
DR Dining Room	EM Entertainment or Movie	Snack and Chat	Movie
LR Living Room	IW Intellectual Wellness	Creative Arts	
BT Bus Trip	Neighborhood Stroll	Physical Wellness	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Minnesota Day! 1 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- Split Rock Lighthouse 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	**Dr. Seuss Day!** 2 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: Dr. Seuss 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	**I Want to You Be Happy Day!** 3 7:00 LR Morning Melodies♪ 7:30 AR Breakfast Club 9:30 LR News, Weather & Chat 10:30 PW Rhythm Drumming w/ Mike 11:00 SW Vivacious Voices ♪ 1:30 Walking Club 2:00 EM Kip Concert (Tavern)♪ 3:15 SW Mocktail Hour 3:30 SW BINGO 5:30 EM Cinema Showcase	**National Sons Day!** 4 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 ***4:30 DR Family Dinner Night*** 5:30 EM Cinema Showcase	**National Cheese Doodle Day!** 5 7:00 LR Morning Melodies♪ 7:30 AR Breakfast Club 9:30 LR News, Weather & Chat 10:30 PW Zumba Class 11:00 DR Culinary Creations 1:30 PW Cheesy Cap w/ Mike 2:00 Afternoon Stroll 3:15 SW Mocktail Hour 3:30 LR Words With Friends 5:30 EM Cinema Showcase	**National Oreo Day!** 6 7:00 LR Morning Melodies♪ 7:30 AR Breakfast Club 9:30 LR News, Weather & Chat 10:30 PW Senior Stability 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	**National Flapjack Day!** 7 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
Happy Birthday Elaine! 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 Cornhole 3:15 SW Mocktail Hour 3:30 AR BINGO 5:30 EM Cinema Showcase	**National Barbie Day!** 9 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: Barbie 1:30 PW Cardio Drumming 2:15 IW Balloon Toss 3:15 SW Mocktail Hour 3:30 LR Name That Tune! 5:30 EM Cinema Showcase	**National Napping Day!** 10 7:00 LR Morning Melodies♪ 7:30 AR Breakfast Club 9:30 LR News, Weather & Chat 10:30 PW Rhythm Drumming w/ Mike 11:00 SW Vivacious Voices ♪ 1:30 Walking Club 3:15 SW Mocktail Hour 3:30 SW Self-care Social 5:30 EM Cinema Showcase	**National Johnny Appleseed Day!** 11 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 3:30 DR BINGO 5:30 EM Cinema Showcase	**National Popcorn Lovers Day!** 12 7:00 LR Morning Melodies♪ 7:30 AR Breakfast Club 9:30 LR News, Weather & Chat 10:30 PW Zumba Class 11:00 SW Catholic Service w/ Father Mike- Chapel 1:30 PW Popcorn Ball w/ Mike 2:00 Afternoon Stroll 3:15 SW Mocktail Hour 3:30 LR Words With Friends 5:30 EM Cinema Showcase	**National Good Samaritan Day!** 13 7:00 LR Morning Melodies♪ 7:30 AR Breakfast Club 9:30 LR News, Weather & Chat 10:30 PW Senior Stability 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	**Learn About Butterflies Day!** 14 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
National Kansas Day! 15 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- Oz Museum 11:30 LR Balloon Toss 1:15 LR Mid-Matinee 2:15 PW Balloon Toss 3:15 SW Mocktail Hour 3:30 EM Irish Dancers- Trumball♪ 5:30 EM Cinema Showcase	**Happy Birthday Bob!** 16 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: Sammy Davis Jr. 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	**St. Patrick's Day!** 17 7:00 LR Morning Melodies♪ 7:30 AR Breakfast Club 9:30 LR News, Weather & Chat 10:30 PW Rhythm Drumming w/ Mike 11:00 SW Vivacious Voices ♪ 1:30 Walking Club 3:15 SW Mocktail Hour 3:30 EM St. Patty's Show - Tavern♪ 5:30 EM Cinema Showcase	**National Sloppy Joe Day!** 18 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	**National Chocolate Caramel Day!** 19 7:00 LR Morning Melodies♪ 7:30 AR Breakfast Club 9:30 LR News, Weather & Chat 10:30 PW Zumba Class 11:00 DR Culinary Creations 1:30 PW Musical Chairs w/ Mike 2:00 Afternoon Stroll 3:15 SW Mocktail Hour 3:30 LR Words With Friends 5:30 EM Cinema Showcase	**First Day of Spring!** 20 7:00 LR Morning Melodies♪ 7:30 AR Breakfast Club 9:30 LR News, Weather & Chat 10:30 PW Senior Stability 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	**National Memory Day!** 21 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
National West Virginia Day! 22 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- Blackwater Falls 11:30 LR Balloon Toss 1:15 LR Mid-Matinee 2:00 EM Tony Rarus Concert- Tavern 3:15 SW Mocktail Hour 3:30 AR BINGO 5:30 EM Cinema Showcase	**National Puppy Day!** 23 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: Marilyn Monroe 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	**Happy Birthday Dr. Lin!** 24 7:00 LR Morning Melodies♪ 7:30 AR Breakfast Club 9:30 LR News, Weather & Chat 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	**National Medal of Honor Day!** 25 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	**National Spinach Day!** 26 7:00 LR Morning Melodies♪ 7:30 AR Breakfast Club 9:30 LR News, Weather & Chat 10:30 PW Zumba Class 11:00 SW Church Service w/ Fr. Ron- Welles 1:30 PW Horse Race w/ Mike 2:00 DR Culinary Creations ❤ 3:15 SW Mocktail Hour 3:30 LR Words With Friends 5:30 EM Cinema Showcase	**National Scribble Day!** 27 7:00 LR Morning Melodies♪ 7:30 AR Breakfast Club 9:15 LR News, Weather & Chat 10:00 EM RHAM Middle School Concert- Tavern♪ 10:30 PW Senior Stability 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	**National Black Forest Cake Day!** 28 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
Palm Sunday! 29 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- Hoover Dam 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	**National Doctors Day!** 30 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: Rene Favaloro 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	**Happy Birthday Cynthia!** 31 7:00 LR Morning Melodies♪ 7:30 AR Breakfast Club 9:30 LR News, Weather & Chat 10:30 PW Rhythm Drumming w/ Mike 11:00 SW Vivacious Voices ♪ 1:30 Walking Club 2:00 EM Rick Lovallo Concert- Tavern♪ 3:15 SW Mocktail Hour 3:30 SW BINGO 5:30 EM Cinema Showcase				

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