

Colebrook Village
at Hebron

September 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

Neighborhood Stroll

Bus Trip

Bus Trip

Music

Music

Snack and Chat

Snack and Chat

Creative Arts

Creative Arts

Physical Wellness

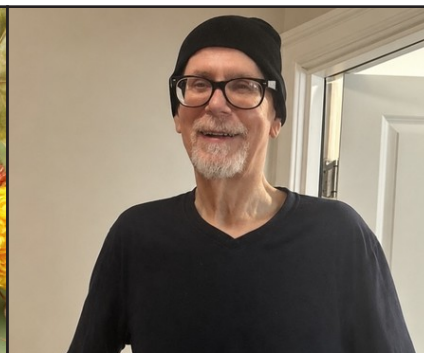
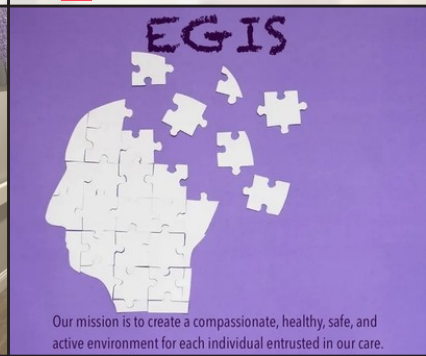
Physical Wellness

Game Time

Game Time

Movie

Movie

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		National Forgiveness Day 1 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 🎬	Blueberry Popsicle Day 2 7:00 LR Morning Melodies 🎵 7:30 AR Breakfast Club ☕ 9:30 LR News, Weather & Chat 10:30 PW Senior Stability ↔ 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 🎬	U.S Bowling League Day 3 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 Bowling w/ Mike ↔ 2:00 Afternoon Stroll ↔ 3:15 SW Mocktail Hour ☕ 3:30 LR Words With Friends 5:30 EM Cinema Showcase 🎬	National Macadamia Nut Day 4 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 Corn Maze Cardio w/ Mike ↔ 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 Cheese Pizza Day 5 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 Read a Book Day 6 7:00 DR Morning Melodies 🎵 10:00 SW Spiritual Mass 10:15 DR Coffee & Chronicles ☕ 10:30 PW Chair Aerobics ↔ 11:00 LR Celebrity Spotlight: Robert Kennedy 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 🎬	Labor Day 7 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 Let's Get Stretching ↔ 11:00 LR Armchair Travel- Gettysburg 11:30 LR Balloon Toss ↔ 1:15 LR Mid-Day Movie 🎬 3:15 SW Mocktail Hour ☕ 3:30 LR BINGO 🎲 5:30 EM Cinema Showcase 🎬	Star Trek Day 8 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 🎬	National Teddy Bear Day 9 7:00 LR Morning Melodies 🎵 7:30 AR Breakfast Club ☕ 9:30 LR News, Weather & Chat 10:15 SW Chair Yoga ↔ 11:00 SW Catholic Mass w/ Father Mike 11:00 EM I Love Lucy Show 🎬 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 TV Dinner Day 10 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 Granny Pants w/ Mike ↔ 2:00 Afternoon Stroll ↔ 3:15 SW Mocktail Hour ☕ 3:30 LR Words With Friends 5:30 EM Cinema Showcase 🎬	9:11 11 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 Corn Maze Cardio w/ Mike ↔ 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 🎬	Chocolate Milkshake Day 12 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 Grandparents Day 13 7:00 DR Morning Melodies 🎵 10:00 SW Spiritual Mass 10:15 DR Coffee & Chronicles ☕ 10:30 PW Chair Aerobics ↔ 11:00 LR Celebrity Spotlight: Frank Sinatra 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 Virginia Day 14 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 Armchair Travel- Virginia Beach 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 🎬	Double Cheeseburger Day 15 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 🎬	National Play-doh Day 16 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 Apple Dumplings 17 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 LR Bewitched Show 🎬 11:00 SW Catholic Mass w/ Father Mike 1:30 PW Bobbing for Apples w/ Mike ↔ 2:00 EM Colebrook Talent Show 🎤 3:15 SW Mocktail Hour ☕ 3:30 LR Words With Friends 5:30 EM Cinema Showcase 🎬	Air Force Birthday 18 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 Corn Maze Cardio w/ Mike ↔ 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 Dance Day 19 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 Punch Day 20 7:00 DR Morning Melodies 🎵 10:00 SW Spiritual Mass 10:15 DR Coffee & Chronicles ☕ 10:30 PW Chair Aerobics ↔ 11:00 LR Celebrity Spotlight: Elvis 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 New York Day 21 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 Armchair Travel- Time Square 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 🎬	Autumnal Equinox 22 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 ↔ 2:00 Emily Gauthier Concert 3:15 SW Mocktail Hour ☕ 3:30 SW BINGO 🎲 5:30 EM Cinema Showcase 🎬	National Snack Stick Day 23 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 🎬	Cherries Jubilee Day 24 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 Cup Pong w/ Mike ↔ 2:00 Afternoon Stroll ↔ 3:15 SW Mocktail Hour ☕ 3:30 LR Words With Friends 5:30 EM Cinema Showcase 🎬	National Comic Book Day 25 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 Corn Maze Cardio w/ Mike ↔ 11:00 AR Finish the Phrase 🗣️ 11:00 SW <i>Great Gatsby Prom</i> 1:30 LR Mid-Matinee 🎬 3:15 SW Mocktail Hour ☕ 3:30 DR BINGO 🎲 5:30 EM Cinema Showcase 🎬	National Pancake Day 26 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 🎬
International Daughters Day 27 7:00 DR Morning Melodies 🎵 10:00 SW Spiritual Mass 10:15 DR Coffee & Chronicles ☕ 10:30 PW Chair Aerobics ↔ 11:00 LR Celebrity Spotlight: BB King 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 North Carolina Day 28 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 Armchair Travel- Durham 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 🎬	National Coffee Day 29 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 🎬	National Love People Day 30 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 🎬		 Our mission is to create a compassionate, healthy, safe, and active environment for each individual entrusted in our care.	