

Colebrook Village
at Hebron

October 2025

- 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
 National Rhode Island 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- The Breakers 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 🎬 5	 National Coaches Day! 7:00 LR Morning Melodies 🎵 7:30 AR Breakfast Club 🍳 9:30 LR News, Weather and Chat 10:15 LR Let's Get Stretching ↔ 10:30 LR Monday Madness w/ Mike ↔ 11:00 LR Celebrity Spotlight: Geno Auriemma 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 🎬 6	 National Frappe Day! 7:00 LR Morning Melodies 🎵 7:30 AR Breakfast Club 🍳 9:30 LR News, Weather and 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 Cornhole 🎮 5:30 EM Cinema Showcase 🎬 7	National Pumpkin Spice Day! 7:00 LR Morning Melodies 🎵 7:30 AR Breakfast Club 🍳 9:30 LR News, Weather and Chat 10:15 SW Chair Yoga ↔ 10:15 LR Let's Get Stretching ↔ 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 🎬 1	Happy Birthday Richard! 7:00 LR Morning Melodies 🎵 7:30 AR Breakfast Club 🍳 9:30 LR News, Weather and Chat 10:15 LR Let's Get Stretching ↔ 10:30 PW Zumba Class ↔ 11:00 SW Catholic Service w/ Father Mike- Chapel 1:30 PW Noodle Ball w/ Mike ↔ 2:00 Afternoon Stroll ↔ 3:15 SW Mocktail Hour 🍹 3:30 LR Words With Friends 5:30 EM Cinema Showcase 🎬 2	National Boyfriend Day! 7:00 LR Morning Melodies 🎵 7:30 AR Breakfast Club 🍳 9:30 LR News, Weather and 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 🎬 3	National Cinnamon Bun 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 Vermont 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- Old Constitution 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 🎬 12	Columbus Day 7:00 LR Morning Melodies 🎵 7:30 AR Breakfast Club 🍳 9:30 LR News, Weather and Chat 10:15 LR Let's Get Stretching ↔ 10:30 LR Monday Madness w/ Mike ↔ 11:00 LR Celebrity Spotlight: Queen Elizabeth 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 🎬 13	National Real Sugar Day! 7:00 LR Morning Melodies 🎵 7:30 AR Breakfast Club 🍳 9:30 LR News, Weather and Chat 10:15 LR Let's Get Stretching ↔ 10:30 PW Pool Noodle Workout w/ Mike ↔ 11:00 DR Culinary Creations 🍴 2:00 EM Kip Concert (tavern) 🎵 3:15 SW Mocktail Hour 🍹 3:30 SW Cornhole 🎮 5:30 EM Cinema Showcase 🎬 14	National "I Love Lucy" Day! 7:00 LR Morning Melodies 🎵 7:30 AR Breakfast Club 🍳 9:30 LR News, Weather and Chat 10:15 SW Chair Yoga ↔ 10:15 LR Let's Get Stretching ↔ 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 Sports Day! 7:00 LR Morning Melodies 🎵 7:30 AR Breakfast Club 🍳 9:30 LR News, Weather and 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 Pasta Day! 7:00 LR Morning Melodies 🎵 7:30 AR Breakfast Club 🍳 9:30 LR News, Weather and 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	Chocolate Cupcake 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 Kentucky 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- White Hall Historic 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 🎬 19	National Chicken & Waffles Day! 7:00 LR Morning Melodies 🎵 7:30 AR Breakfast Club 🍳 9:30 LR News, Weather and Chat 10:15 LR Let's Get Stretching ↔ 10:30 LR Monday Madness w/ Mike ↔ 11:00 LR Celebrity Spotlight: Elvis 1:30 PW Cardio Drumming ↔ 2:15 IW Balloon Toss 🎈 3:15 SW Mocktail Hour 🍹 3:30 AR BINGO 🎮 5:30 EM Cinema Showcase 🎬 20	National Apple Day! 7:00 LR Morning Melodies 🎵 7:30 AR Breakfast Club 🍳 9:30 LR News, Weather and 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 ↔ 2:30 EM Halloween Cabaret Show 🎵 3:15 SW Mocktail Hour 🍹 3:30 SW Cornhole 🎮 5:30 EM Cinema Showcase 🎬 21	National Color Day! 7:00 LR Morning Melodies 🎵 7:30 AR Breakfast Club 🍳 9:30 LR News, Weather and Chat 10:15 SW Chair Yoga ↔ 10:15 LR Let's Get Stretching ↔ 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	TV Talk Show Host Day! 7:00 LR Morning Melodies 🎵 7:30 AR Breakfast Club 🍳 9:30 LR News, Weather and 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 🎬 23	National Bologna Day! 7:00 LR Morning Melodies 🎵 7:30 AR Breakfast Club 🍳 9:30 LR News, Weather and 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	Sourest 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 Tennessee 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- Knoxville, TN 11:30 LR Balloon Toss 🎈 2:00 EM Girl Scout Costume Parade 3:15 SW Mocktail Hour 🍹 3:30 AR BINGO 🎮 5:30 EM Cinema Showcase 🎬 26	National Black Cat Day! 7:00 LR Morning Melodies 🎵 7:30 AR Breakfast Club 🍳 9:30 LR News, Weather and Chat 10:15 LR Let's Get Stretching ↔ 10:30 LR Monday Madness w/ Mike ↔ 11:00 LR Celebrity Spotlight: Little Richard 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 🎬 27	National Chocolate Day! 7:00 LR Morning Melodies 🎵 7:30 AR Breakfast Club 🍳 9:30 LR News, Weather and Chat 10:15 LR Let's Get Stretching ↔ 10:30 PW Pool Noodle Workout w/ Mike ↔ 11:00 DR Culinary Creations 🍴 2:00 EM Concert w/ Rick Lovallo 🎵 3:15 SW Mocktail Hour 🍹 3:30 SW Cornhole 🎮 5:30 EM Cinema Showcase 🎬 28	Happy Birthday Julia! 7:00 LR Morning Melodies 🎵 7:30 AR Breakfast Club 🍳 9:30 LR News, Weather and Chat 10:15 SW Chair Yoga ↔ 10:15 LR Let's Get Stretching ↔ 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 🎬 29	National Candy Corn Day! 7:00 LR Morning Melodies 🎵 7:30 AR Breakfast Club 🍳 9:30 LR News, Weather and Chat 10:15 LR Let's Get Stretching ↔ 10:30 PW Zumba Class ↔ 11:00 SW St. Pete's Service -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	Happy Halloween! 7:00 LR Morning Melodies 🎵 7:30 AR Breakfast Club 🍳 9:30 LR News, Weather and 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	 EGIS Our mission is to create a compassionate, healthy, safe, and active environment for each individual entrusted in our care.