

Colebrook Village
at Hebron

September 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

Physical Wellness

Game Time

Baking/Cooking

Movie

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
EGIS	Labor Day1 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: Peter McGuire 11:00 EM Vivacious Voices 🎵 1:30 PW Cardio Drumming ↔ 2:15 IW Vivacious Voices Concert 🎵 3:15 SW Mocktail Hour 🍹 3:30 AR BINGO 🎲 5:30 EM Cinema Showcase 🎬	National Blueberry Popsicle Day! 2 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 🎬	U.S Bowling League Day! 3 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 ↔ 11:00 DR Culinary Creations ❤️ 1:30 PW Seated Cardio w/ Music ↔ 2:15 PW Tabletop Bowling w/ Mike ↔ 2:45 EM Living Room Karaoke 🎵 3:15 SW Mocktail Hour 🍹 5:30 EM Cinema Showcase 🎬	National Newspaper Carrier Day! 4 7:00 LR Morning Melodies 🎵 7:30 AR Breakfast Club 🍳 10:15 LR Let's Get Stretching ↔ 10:30 PW Zumba Class ↔ 11:00 Catholic Service w/ Father Mike- Chapel 11:00 EM Vivacious Voices 🎵 1:30 PW Newspaper Shuffle w/ Mike ↔ 1:30 EM One Women Show 2:00 Afternoon Stroll ↔ 3:15 SW Mocktail Hour 🍹 3:30 LR Words With Friends 5:30 EM Cinema Showcase 🎬	National Cheese Pizza Day! 5 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 AR Words With Friends 🍴 1:15 BT Ride Around Town 🚗 3:15 SW Mocktail Hour 🍹 3:30 PW BINGO 🎲 5:30 EM Cinema Showcase 🎬	Happy Birthday Ron! 6 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 🎬
National New Hampshire Day! 7 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- Presidential Primary 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 🎬	Star Trek Day! 8 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: Leonard Nimoy 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 🎬	National Ant on A Log Day! 9 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 🍴 1:15 AR Balloon Toss ↔ 2:00 EM Bruce John - Welles 🎵 3:15 SW Mocktail Hour 🍹 3:30 SW Cornhole 🎲 5:30 EM Cinema Showcase 🎬	National School Picture Day! 10 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 ↔ 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 🎬	National Hot Cross Buns Day! 11 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 EM Vivacious Voices 🎵 1:30 AR Magician Chris Lengel 2:00 Afternoon Stroll ↔ 3:15 SW Mocktail Hour 🍹 3:30 LR Words With Friends 5:30 EM Cinema Showcase 🎬	Chocolate Milkshake Day! 12 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 AR Words With Friends 🍴 1:15 BT Ride Around Town 🚗 3:15 SW Make your Own Chocolate Shake! 🍷 3:30 PW BINGO 🎲 5:30 EM Cinema Showcase 🎬	Positive Thinking Day! 13 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 🎬
National Virginia Day! 14 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- Williamsburg 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 🎬	National Linguine Day! 15 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: Burt Reynolds 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 🎬	Cinnamon Raisin Bread Day! 16 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 🍴 1:15 PW Balloon Toss ↔ 2:00 EM World of Harmonica 🎵 3:15 SW Mocktail Hour 🍹 3:30 SW Cornhole 🎲 5:30 EM Cinema Showcase 🎬	National Monte Cristo Day! 17 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 ↔ 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 🎬	Air Force Birthday! 18 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 EM Vivacious Voices 🎵 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 🎬	Talk Like A Pirate Day! 19 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 AR Words With Friends 🍴 1:15 BT Ride Around Town 🚗 3:15 SW Mocktail Hour 🍹 3:30 PW BINGO 🎲 5:30 EM Cinema Showcase 🎬	National Care for Kids Day! 20 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 🎬
National New York Day! 21 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- Empire State Building 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 🎬	Elephant Appreciation Day! 22 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: Steve Irwin 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 🎬	National Snack Stick Day! 23 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 AR Balloon Toss ↔ 2:00 EM John Bankir Concert 🎵 3:15 SW Mocktail Hour 🍹 3:30 SW Cornhole 🎲 5:30 EM Cinema Showcase 🎬	Happy Birthday Peter! 24 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 ↔ 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 🎬	National Comic Day! 25 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 Church Services w/ Father Ron-Welles 11:00 EM Vivacious Voices 🎵 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 🎬	Prom Under the Sea! 26 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 AR Words With Friends 🍴 12:30 SW EGIS PROM 3:30 PW BINGO 🎲 5:30 EM Cinema Showcase 🎬	National Day of Forgiveness! 27 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 🎬
National North Carolina Day! 28 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- NC Zoo 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 🎬	National Coffee Day! 29 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: Paul Newman 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 🎬	National Love People Day! 30 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 🎬				