Colebrook Village at Hebron

November 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
♪ Music
Snack and Chat
Creative Arts
Physical Wellness
Game Time
Movie

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 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	**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 Armchair Travel- Roman Nose State Park 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	**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 Rhythm Drumming w/ Mike 11:00 SW Vivacious Voices ♪ 1:30 SW Encouraging Words w/ Chaplain Hazes 1:30 Walking Club 3:15 SW Mocktail Hour 3:30 SW BINGO 5:30 EM Cinema Showcase	**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 5:30 EM Cinema Showcase	**5** 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 Fun Games w/ Mike 2:00 Afternoon Stroll 3:15 SW Mocktail Hour 3:30 LR Words With Friends 5:30 EM Cinema Showcase	**6** 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	**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
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