

Colebrook Village
at Hebron

July 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

Baking/Cooking

Movie

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	Independence Day 4	5
		7:00 LR Morning Melodies 🎵 7:30 AR Breakfast Club 🍳 9:30 LR Let's Get Stretching 🔄 10:00 LR News, Weather and Chat 10:30 PW Low Intensity Aerobics 🔄 11:00 LR Word Game 🎲 1:30 IW Crafting Corner 🛠️ 3:30 SW Cornhole 🎱 3:30 Mocktail Hour 🍹 5:30 EM Cinema Showcase 🎬	7:00 LR Morning Melodies 🎵 7:30 AR Breakfast Club 🍳 9:30 LR Let's Get Stretching 🔄 10:00 LR News, Weather and Chat 10:15 SW Chair Yoga 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 🎵 3:30 SW Mocktail Hour 🍹 5:30 EM Cinema Showcase 🎬	7:00 LR Morning Melodies 🎵 7:30 AR Breakfast Club 🍳 9:30 LR Let's Get Stretching 🔄 10:00 LR News, Weather and Chat 10:30 PW Zumba Class 🔄 1:30 PW Fun Games w/ Mike 🔄 2:00 Neighborhood Stroll 🚶 3:15 SW Mocktail Hour 🍹 3:30 LR Words With Friends 5:30 EM Cinema Showcase 🎬	7:00 LR Morning Melodies 🎵 7:30 AR Breakfast Club 🍳 9:30 LR Let's Get Stretching 🔄 10:00 LR News, Weather and Chat 10:30 PW Low Intensity Aerobics 🔄 11:00 AR Words With Friends 🎲 1:15 BT Ride Around Town 🚌 3:30 PW Mocktail Hour 🍹 5:30 EM Cinema Showcase 🎬	7:00 DR Morning Melodies 🎵 9:30 LR Let's Get Stretching 🔄 10:00 LR News, Weather and Chat 10:30 PW Chair Tai Chi 🔄 11:00 LR Armchair Travel- Roman Nose State Park 11:30 AR Balloon Toss 🎈 1:45 EM Movie Matinee 🎬 3:30 AR BINGO 🎲 3:30 SW Mocktail Hour 🍹 5:30 EM Cinema Showcase 🎬
6	7	8	9	10	11	12
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