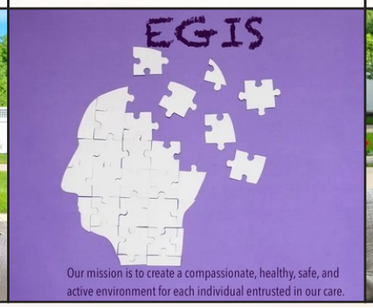
Colebrook Village at Hebron

July 2024

AR Activity Room	SW Social Wellness	Neighborhood Stroll	Physical Wellness
SW Spiritual Wellness	PW Physical Wellness	Bus Trip	Game Time
DR Dining Room	EM Entertainment or Movie	Music	Baking/Cooking
LR Living Room	IW Intellectual Wellness	Snack and Chat	Movie
BT Bus Trip	EW Emotional Wellness	Creative Arts	Pet Visits

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	National Post Stamp Day! 1 7:00 LR Morning Melodies♪ 10:00 LR News, Weather and Chat 10:15 PW Let's Get Groovin'♪ 11:00 IW Make a Card For a Friend 11:30 PW Balloon Toss 1:30 PW Cardio Drumming 2:15 AR Creative Senses 3:00 SW Cocktail Hour 3:30 PW Dart Game! 5:30 EM Let's Go To The "Movies"	**Wildland Firefighter Day!** 2 7:00 LR Morning Melodies♪ 9:30 PW Low Intensity Aerobics 10:00 LR News, Weather and Chat 10:15 PW Let's Get Groovin'♪ 10:30 EW Yoga: Mind, Body & Soul 11:00 IW Science Lab 2:00 EM Patriotic Music w/ John Banker♪ 3:00 SW Cocktail Hour 3:45 PW NERF Football 5:30 EM Let's Go To The "Movies"	**National Fried Clam Day!** 3 7:00 LR Morning Melodies♪ 10:00 LR News, Weather and Chat 10:15 PW Let's Get Groovin'♪ 10:30 PW Low Intensity Aerobics 11:00 DR My Mother's Recipes ♥ 11:30 IW Word Game 1:30 PW Seated Cardio 2:00 PW Wild Card w/ Mike 2:30 EM Sing-Along with Ashley♪ 3:00 SW Cocktail Hour 5:30 EM Let's Go To The "Movies"	**Independence Day & Happy Birthday Biruta** 4 7:00 LR Morning Melodies♪ 10:00 LR News, Weather and Chat 10:15 PW Let's Get Groovin'♪ 10:30 PW Low Intensity Aerobics 11:00 IW Trivia & Reminiscing 1:00 EW Therapy Dog Visits with Jax 1:30 PW "Over my umbrella" w/ Mike 2:25 Afternoon Stroll -- Inside or Outside 3:15 SW Cocktail Hour 3:30 PW NERF Football 5:30 EM Let's Go To The "Movies"	**National Hawaii Day!** 5 7:00 LR Morning Melodies♪ 10:00 LR News, Weather and Chat 10:15 PW Let's Get Groovin'♪ 10:30 PW Low Intensity Aerobics 11:00 PW Beach Ball & Noodle Hockey 1:15 BT Trip Around Town 3:00 SW Cocktail Hour 3:30 PW NERF Football 4:00 IW Connect 6 5:30 EM Let's Go To The "Movies"	**National Play Outside Day!** 6 7:00 DR Morning Melodies♪ 10:00 LR News, Weather and Chat 10:15 PW Let's Get Groovin'♪ 10:30 PW Cardio Drumming 1:45 EM Movie Matinee -- Theater! 3:00 SW Cocktail Hour 3:30 AR BINGO 5:30 EM Let's Go To The "Movies"
National Day of Rock 'N' Roll! 7 7:00 DR Morning Melodies♪ 10:00 SW Spiritual Mass 10:15 DR Coffee & Chronicles 10:15 PW Let's Get Groovin'♪ 11:00 AR Artistic Circle- Painting or Coloring 1:30 IW Crafting Corner 2:30 PW Broomstick Shuffleboard 3:00 SW Cocktail Hour 3:30 AR BINGO 5:30 EM Let's Go To The "Movies"	**National Freeze Pop Day!** 8 7:00 LR Morning Melodies♪ 10:00 LR News, Weather and Chat 10:15 PW Let's Get Groovin'♪ 11:00 IW Make Freeze Pops 1:30 PW Cardio Drumming 2:15 AR Creative Senses 3:00 SW Cocktail Hour 3:30 PW Balloon Toss 5:30 EM Let's Go To The "Movies"	**Cow Appreciation Day!** 9 7:00 LR Morning Melodies♪ 9:30 PW Low Intensity Aerobics 10:00 LR News, Weather and Chat 10:15 PW Let's Get Groovin'♪ 10:30 EW Yoga: Mind, Body & Soul 11:00 IW All About Cows 1:45 IW Science Lab 3:00 SW Cocktail Hour 3:45 PW NERF Football 5:30 EM Let's Go To The "Movies"	**National Pina Colada Day!** 10 7:00 LR Morning Melodies♪ 10:00 LR News, Weather and Chat 10:15 PW Let's Get Groovin'♪ 10:30 PW Low Intensity Aerobics 11:00 DR My Mother's Recipes ♥ 11:30 PW Balloon Toss 1:30 PW Seated Cardio 2:00 PW Wild Card w/ Mike 2:30 EM Sing-Along with Ashley♪ 3:00 SW Cocktail Hour 3:30 EW Blissful Spa! 5:30 EM Let's Go To The "Movies"	**All American Pet Photo Day!** 11 7:00 LR Morning Melodies♪ 10:00 LR News, Weather and Chat 10:15 PW Let's Get Groovin'♪ 10:30 PW Low Intensity Aerobics 11:00 PW Toss Across 1:00 EW Therapy Dog Visits with Jax 1:30 PW Vacuum Warriors w/ Mike 2:25 Afternoon Stroll -- Inside or Outside 3:15 SW Cocktail Hour 3:30 PW NERF Football 5:30 EM Let's Go To The "Movies"	**National French Fry Day!** 12 7:00 LR Morning Melodies♪ 10:00 LR News, Weather and Chat 10:15 PW Let's Get Groovin'♪ 10:30 PW Low Intensity Aerobics 11:00 PW Balloon Games 1:15 BT Trip Around Town 3:00 SW Cocktail Hour 3:30 PW NERF Football 4:00 IW Connect 6 5:30 EM Let's Go To The "Movies"	**Barbershop Music Appreciation Day!** 13 7:00 DR Morning Melodies♪ 10:00 LR News, Weather and Chat 10:15 PW Let's Get Groovin'♪ 10:30 PW Cardio Drumming 11:30 IW Word Search 1:45 EM Movie Matinee -- Theater! 3:00 SW Cocktail Hour 3:30 AR BINGO 5:30 EM Let's Go To The "Movies"
National Mac & Cheese Day! 14 7:00 DR Morning Melodies♪ 10:00 SW Spiritual Mass 10:15 DR Coffee & Chronicles 10:15 PW Let's Get Groovin'♪ 11:00 AR Artistic Circle- Painting or Coloring 1:30 IW Crafting Corner 2:30 PW Cornhole 3:00 SW Cocktail Hour 3:30 AR BINGO 5:30 EM Let's Go To The "Movies"	**National I Love Horses Day!** 15 7:00 LR Morning Melodies♪ 10:00 LR News, Weather and Chat 10:15 PW Let's Get Groovin'♪ 11:00 IW All About Horses 1:30 PW Cardio Drumming 2:15 AR Creative Senses 3:00 SW Cocktail Hour 3:30 PW Balloon Toss 5:30 EM Let's Go To The "Movies"	**Corn Fritters Day!** 16 7:00 LR Morning Melodies♪ 9:30 PW Low Intensity Aerobics 10:00 LR News, Weather and Chat 10:15 PW Let's Get Groovin'♪ 10:30 EW Yoga: Mind, Body & Soul 11:00 IW Name That Tune! 1:45 IW Science Lab 3:00 SW Cocktail Hour 3:45 PW NERF Football 5:30 EM Let's Go To The "Movies"	**National Peach Ice Cream Day!** 17 7:00 LR Morning Melodies♪ 10:00 LR News, Weather and Chat 10:15 PW Let's Get Groovin'♪ 10:30 PW Low Intensity Aerobics 11:00 DR My Mother's Recipes ♥ 1:30 EM Sing-Along in the Welles ♪ 2:00 EM Matt Bureau Concert♪ 3:00 SW Cocktail Hour 3:30 SW BINGO 5:30 EM Let's Go To The "Movies"	**National Tropical Fruit Day!** 18 7:00 LR Morning Melodies♪ 10:00 LR News, Weather and Chat 10:15 PW Let's Get Groovin'♪ 10:30 PW Low Intensity Aerobics 1:00 EW Therapy Dog Visits with Jax 1:30 PW Cup Pong w/ Mike 2:25 Afternoon Stroll -- Inside or Outside 3:15 SW Cocktail Hour 3:30 PW NERF Football 5:30 EM Let's Go To The "Movies"	**National Daiquiri Day!** 19 7:00 LR Morning Melodies♪ 10:00 LR News, Weather and Chat 10:15 PW Let's Get Groovin'♪ 10:30 PW Low Intensity Aerobics 11:00 PW Beach Ball & Noodle Hockey 1:15 BT Trip Around Town 3:00 SW Cocktail Hour 3:30 PW NERF Football 4:00 IW Connect 6 5:30 EM Let's Go To The "Movies"	**National Moon Day!** 20 7:00 DR Morning Melodies♪ 10:00 LR News, Weather and Chat 10:15 PW Let's Get Groovin'♪ 10:30 PW Cardio Drumming 11:30 LR Name That Tune! 1:45 EM Movie Matinee -- Theater! 2:00 AR Fun Games with Tonya 3:00 SW Cocktail Hour 3:30 AR BINGO 5:30 EM Let's Go To The "Movies"
National Be Someone Day! 21 7:00 DR Morning Melodies♪ 10:00 SW Spiritual Mass 10:15 DR Coffee & Chronicles 10:15 PW Let's Get Groovin'♪ 11:00 AR Artistic Circle- Painting or Coloring 1:30 IW Crafting Corner 2:30 PW Broomstick Shuffleboard 3:00 SW Cocktail Hour 3:30 AR BINGO 5:30 EM Let's Go To The "Movies"	**National Mango Day!** 22 7:00 LR Morning Melodies♪ 10:00 LR News, Weather and Chat 10:15 PW Let's Get Groovin'♪ 11:00 AR Mid-Day Snack (Mango) 1:30 PW Cardio Drumming 2:15 AR Creative Senses 3:00 SW Cocktail Hour 5:30 EM Let's Go To The "Movies"	**National Vanilla Ice Cream Day!** 23 7:00 LR Morning Melodies♪ 9:30 PW Low Intensity Aerobics 10:00 LR News, Weather and Chat 10:15 PW Let's Get Groovin'♪ 10:30 EW Yoga: Mind, Body & Soul 1:45 IW Science Lab (Ice Cream Experiment) 3:00 SW Cocktail Hour 3:45 PW NERF Football 5:30 EM Let's Go To The "Movies"	**National Amelia Earhart Day!** 24 7:00 LR Morning Melodies♪ 10:00 LR News, Weather and Chat 10:15 PW Let's Get Groovin'♪ 10:30 PW Low Intensity Aerobics 11:00 IW Armchair Travel! 1:30 EM Sing-Along in the Welles ♪ 2:00 PW Seated Cardio 2:30 PW Wild Card w/ Mike 3:00 SW Cocktail Hour 5:30 EM Let's Go To The "Movies"	**National Hot Fudge Sundae Day!** 25 7:00 LR Morning Melodies♪ 10:00 LR News, Weather and Chat 10:15 PW Let's Get Groovin'♪ 10:30 PW Low Intensity Aerobics 11:00 Mid-day Stroll! 1:00 EW Therapy Dog Visits with Jax 1:30 PW "Over my umbrella" w/ Mike 2:25 AR Everything, but the Kitchen Sink Sundae ♥ 3:15 SW Cocktail Hour 3:30 PW NERF Football 5:30 EM Let's Go To The "Movies"	**National Aunt & Uncle Day!** 26 7:00 LR Morning Melodies♪ 10:00 LR News, Weather and Chat 10:15 PW Let's Get Groovin'♪ 10:30 PW Low Intensity Aerobics 11:00 PW Balloon Games 1:15 BT Trip Around Town 3:00 SW Cocktail Hour 3:30 PW NERF Football 4:00 IW Connect 6 5:30 EM Let's Go To The "Movies"	**National Love Is Kind Day!** 27 7:00 DR Morning Melodies♪ 10:00 LR News, Weather and Chat 10:15 PW Let's Get Groovin'♪ 10:30 PW Cardio Drumming 11:30 PW Nerf Football 1:45 EM Movie Matinee -- Theater! 2:00 AR Fun Games with Tonya 3:00 SW Cocktail Hour 3:30 AR BINGO 5:30 EM Let's Go To The "Movies"
Buffalo Soldiers Day! 28 7:00 DR Morning Melodies♪ 10:00 SW Spiritual Mass 10:15 DR Coffee & Chronicles 10:15 PW Let's Get Groovin'♪ 11:00 AR Artistic Circle- Painting or Coloring 1:30 IW Crafting Corner 2:30 PW Cornhole 3:00 SW Cocktail Hour 3:30 AR BINGO 5:30 EM Let's Go To The "Movies"	**National Lasagna Day!** 29 7:00 LR Morning Melodies♪ 10:00 LR News, Weather and Chat 10:15 PW Let's Get Groovin'♪ 11:00 PW Connect 6 1:30 PW Cardio Drumming 2:15 AR Creative Senses 3:00 SW Cocktail Hour 3:30 PW Balloon Toss 5:30 EM Let's Go To The "Movies"	**National Whistleblower Day!** 30 7:00 LR Morning Melodies♪ 9:30 PW Low Intensity Aerobics 10:00 LR News, Weather and Chat 10:15 PW Let's Get Groovin'♪ 10:30 EW Yoga: Mind, Body & Soul 11:00 IW Science Lab 2:00 EM Vicki and Brian Concert♪ 3:00 SW Cocktail Hour 3:45 PW NERF Football 5:30 EM Let's Go To The "Movies"	**National Avocado Day!** 31 7:00 LR Morning Melodies♪ 10:00 LR News, Weather and Chat 10:15 PW Let's Get Groovin'♪ 10:30 PW Low Intensity Aerobics 11:00 DR My Mother's Recipes ♥ 1:30 EM Sing-Along in the Welles ♪ 2:00 PW Seated Cardio 2:30 PW Deer Hunt with Mike! 3:00 SW Cocktail Hour 5:30 EM Let's Go To The "Movies"			

Copyright © 2024 Uhlig LLC Illustratus