

Colebrook Village at Hebron

March 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 Wellness
- Neighborhood Stroll
- Bus Trip
- Music
- Snack and Chat
- Creative Arts
- Physical Wellness
- Game Time
- Baking/Cooking
- Movie

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Our mission is to create a compassionate, healthy, safe, and active environment for each individual entrusted in our care.</p>						<p>National Minnesota Day! 1</p> <p>7:00 DR Morning Melodies ♪</p> <p>10:00 LR News, Weather and Chat</p> <p>10:30 PW Yoga: Mind, Body & Soul ⇄</p> <p>11:00 LR Armchair Travel- Minneapolis</p> <p>1:45 EM Movie Matinee 🎬</p> <p>3:00 SW Mocktail Hour ☕</p> <p>3:30 AR BINGO 🎲</p> <p>5:30 EM Cinema Showcase 🎬</p>
<p>Old Stuff Day! 2</p> <p>7:00 DR Morning Melodies ♪</p> <p>10:00 SW Spiritual Mass</p> <p>10:15 DR Coffee & Chronicles ☕</p> <p>10:30 PW Chair Aerobics ⇄</p> <p>11:00 AR Artistic Circle 🎨</p> <p>1:30 IW Cardio Drumming ⇄</p> <p>2:15 PW Balloon Toss ⇄</p> <p>3:00 SW Mocktail Hour ☕</p> <p>3:30 AR BINGO 🎲</p> <p>5:30 EM Cinema Showcase 🎬</p>	<p>National Cold Cut Day! 3</p> <p>7:00 LR Morning Melodies ♪</p> <p>7:30 AR Breakfast Club ☕</p> <p>10:00 LR News, Weather and Chat</p> <p>10:30 LR Monday Madness w/ Mike ⇄</p> <p>11:00 LR Celebrity Spotlight: Jackie Kennedy</p> <p>1:30 PW Cardio Drumming ⇄</p> <p>2:15 IW Balloon Toss 🎈</p> <p>3:00 SW Mocktail Hour ☕</p> <p>3:30 AR BINGO 🎲</p> <p>5:30 EM Cinema Showcase 🎬</p>	<p>Fat Tuesday! 4</p> <p>7:00 LR Morning Melodies ♪</p> <p>7:30 AR Breakfast Club ☕</p> <p>10:00 LR News, Weather and Chat</p> <p>10:30 PW Low Intensity Aerobics ⇄</p> <p>11:00 DR Culinary Creations 🍳</p> <p>1:15 LR Balloon Toss ⇄</p> <p>2:00 EM Mardi Gras Music (John Banker) ♪</p> <p>3:15 DR Mardi Gras Social Hour ☕</p> <p>5:30 EM Cinema Showcase 🎬</p>	<p>Ash Wednesday! 5</p> <p>7:00 LR Morning Melodies ♪</p> <p>7:30 AR Breakfast Club ☕</p> <p>10:00 LR News, Weather and Chat</p> <p>10:30 PW Cardio Slide ⇄</p> <p>11:00 SW Father Mike- Chapel</p> <p>1:30 PW Seated Cardio w/ Music ⇄</p> <p>2:15 PW Wild Card w/ Mike ⇄</p> <p>2:30 EM Living Room Karaoke ♪</p> <p>3:00 SW Mocktail Hour ☕</p> <p>3:30 AR Blissful Spa!</p> <p>5:30 EM Cinema Showcase 🎬</p>	<p>Happy Birthday Jean! 6</p> <p>7:00 LR Morning Melodies ♪</p> <p>7:30 AR Breakfast Club ☕</p> <p>10:00 LR News, Weather and Chat</p> <p>10:30 PW Zumba Class ⇄</p> <p>1:30 PW Cup Pong w/ Mike ⇄</p> <p>2:00 Neighborhood Stroll ⇄</p> <p>3:15 SW Mocktail Hour ☕</p> <p>3:30 LR Words With Friends</p> <p>5:30 EM Cinema Showcase 🎬</p>	<p>Employee Appreciation Day! 7</p> <p>7:00 LR Morning Melodies ♪</p> <p>7:30 AR Breakfast Club ☕</p> <p>10:00 LR News, Weather and Chat</p> <p>10:30 PW Low Intensity Aerobics ⇄</p> <p>11:00 AR BINGO 🎲</p> <p>1:15 BT Ride Around Town 🚌</p> <p>3:00 SW Mocktail Hour ☕</p> <p>3:30 PW BINGO 🎲</p> <p>5:30 EM Cinema Showcase 🎬</p>	<p>National Oregon Day! 8</p> <p>7:00 DR Morning Melodies ♪</p> <p>10:00 LR News, Weather and Chat</p> <p>10:30 PW Yoga: Mind, Body & Soul ⇄</p> <p>11:00 LR Armchair Travel- Portland</p> <p>1:45 EM Movie Matinee 🎬</p> <p>3:00 SW Mocktail Hour ☕</p> <p>3:30 AR BINGO 🎲</p> <p>5:30 EM Cinema Showcase 🎬</p>
<p>Daylight Saving Time! 9</p> <p>7:00 DR Morning Melodies ♪</p> <p>10:00 SW Spiritual Mass</p> <p>10:15 DR Coffee & Chronicles ☕</p> <p>10:30 PW Chair Aerobics ⇄</p> <p>11:00 AR Artistic Circle 🎨</p> <p>1:30 IW Cardio Drumming ⇄</p> <p>2:00 SW Mocktail Hour ☕</p> <p>2:15 PW Cornhole 🎱</p> <p>3:30 EM Irish Step Dancers-Summer ♪</p> <p>5:30 EM Cinema Showcase 🎬</p>	<p>International Day of Awesomeness! 10</p> <p>7:00 LR Morning Melodies ♪</p> <p>7:30 AR Breakfast Club ☕</p> <p>10:00 LR News, Weather and Chat</p> <p>10:30 LR Monday Madness w/ Mike ⇄</p> <p>11:00 LR Celebrity Spotlight: Ada Lovelace</p> <p>1:30 PW Cardio Drumming ⇄</p> <p>2:15 IW Balloon Toss 🎈</p> <p>3:00 SW Mocktail Hour ☕</p> <p>3:30 AR BINGO 🎲</p> <p>5:30 EM Cinema Showcase 🎬</p>	<p>Johnny Appleseed Day! 11</p> <p>7:00 LR Morning Melodies ♪</p> <p>7:30 AR Breakfast Club ☕</p> <p>10:00 LR News, Weather and Chat</p> <p>10:30 PW Low Intensity Aerobics ⇄</p> <p>11:00 DR Culinary Creations 🍳</p> <p>1:30 IW Crafting Corner 🎨</p> <p>3:00 SW Mocktail Hour ☕</p> <p>3:30 SW BINGO 🎲</p> <p>5:30 EM Cinema Showcase 🎬</p>	<p>National Plant A Flower Day! 12</p> <p>7:00 LR Morning Melodies ♪</p> <p>7:30 AR Breakfast Club ☕</p> <p>10:00 LR News, Weather and Chat</p> <p>10:30 PW Cardio Slide ⇄</p> <p>11:00 AR "Green Memories" Group</p> <p>1:30 PW Seated Cardio w/ Music ⇄</p> <p>2:15 PW Wild Card w/ Mike ⇄</p> <p>2:30 EM Living Room Karaoke ♪</p> <p>3:00 SW Mocktail Hour ☕</p> <p>5:30 EM Cinema Showcase 🎬</p>	<p>National K9 Veterans Day! 13</p> <p>7:00 LR Morning Melodies ♪</p> <p>7:30 AR Breakfast Club ☕</p> <p>10:00 LR News, Weather and Chat</p> <p>10:30 PW Zumba Class ⇄</p> <p>1:30 PW Vacuum Warriors w/ Mike ⇄</p> <p>2:00 Neighborhood Stroll ⇄</p> <p>3:15 SW Mocktail Hour ☕</p> <p>3:30 LR Words With Friends</p> <p>5:30 EM Cinema Showcase 🎬</p>	<p>National Potato Chip Day! 14</p> <p>7:00 LR Morning Melodies ♪</p> <p>7:30 AR Breakfast Club ☕</p> <p>10:00 LR News, Weather and Chat</p> <p>10:30 PW Low Intensity Aerobics ⇄</p> <p>11:00 AR Words With Friends 🗣️</p> <p>1:15 BT Ride Around Town 🚌</p> <p>3:00 SW Mocktail Hour ☕</p> <p>3:30 PW BINGO 🎲</p> <p>5:30 EM Cinema Showcase 🎬</p>	<p>National Kansas Day! 15</p> <p>7:00 DR Morning Melodies ♪</p> <p>10:00 LR News, Weather and Chat</p> <p>10:30 PW Yoga: Mind, Body & Soul ⇄</p> <p>11:00 LR Armchair Travel- Botanica</p> <p>1:45 EM Movie Matinee 🎬</p> <p>3:00 SW Mocktail Hour ☕</p> <p>3:30 AR BINGO 🎲</p> <p>5:30 EM Cinema Showcase 🎬</p>
<p>Happy Birthday Bob H! 16</p> <p>7:00 DR Morning Melodies ♪</p> <p>10:00 SW Spiritual Mass</p> <p>10:15 DR Coffee & Chronicles ☕</p> <p>10:30 PW Chair Aerobics ⇄</p> <p>11:00 AR Artistic Circle 🎨</p> <p>1:30 IW Cardio Drumming ⇄</p> <p>2:15 PW Balloon Toss ⇄</p> <p>3:00 SW Mocktail Hour ☕</p> <p>3:30 AR BINGO 🎲</p> <p>5:30 EM Cinema Showcase 🎬</p>	<p>St. Patrick's Day! 17</p> <p>7:00 LR Morning Melodies ♪</p> <p>7:30 AR Breakfast Club ☕</p> <p>10:00 LR News, Weather and Chat</p> <p>10:30 LR Monday Madness w/ Mike ⇄</p> <p>11:00 LR Celebrity Spotlight: Grace O'Malley</p> <p>1:30 PW Cardio Drumming ⇄</p> <p>2:15 IW Balloon Toss 🎈</p> <p>3:00 SW St. Paddy's Social Hour ☕</p> <p>3:30 AR BINGO 🎲</p> <p>5:30 EM Cinema Showcase 🎬</p>	<p>National Sloppy Joe Day! 18</p> <p>7:00 LR Morning Melodies ♪</p> <p>7:30 AR Breakfast Club ☕</p> <p>10:00 LR News, Weather and Chat</p> <p>10:30 PW Low Intensity Aerobics ⇄</p> <p>11:00 AR Word Game 🎲</p> <p>1:30 IW Crafting Corner 🎨</p> <p>3:00 SW Mocktail Hour ☕</p> <p>3:30 SW Connect 6 🎲</p> <p>5:30 EM Cinema Showcase 🎬</p>	<p>National Chocolate Caramel Day! 19</p> <p>7:00 LR Morning Melodies ♪</p> <p>7:30 AR Breakfast Club ☕</p> <p>10:00 LR News, Weather and Chat</p> <p>10:30 PW Cardio Slide ⇄</p> <p>11:00 DR Culinary Creations 🍳</p> <p>1:30 PW Seated Cardio w/ Music ⇄</p> <p>2:00 EM Kip & Mick (Tavern) ♪</p> <p>3:00 SW Mocktail Hour ☕</p> <p>5:30 EM Cinema Showcase 🎬</p>	<p>First Day of Spring! 20</p> <p>7:00 LR Morning Melodies ♪</p> <p>7:30 AR Breakfast Club ☕</p> <p>10:00 LR News, Weather and Chat</p> <p>10:30 PW Zumba Class ⇄</p> <p>1:30 PW Hole-IN-One w/ Mike ⇄</p> <p>2:00 Neighborhood Stroll ⇄</p> <p>3:15 SW Mocktail Hour ☕</p> <p>3:30 LR Words With Friends</p> <p>5:30 EM Cinema Showcase 🎬</p>	<p>National Fragrance Day! 21</p> <p>7:00 LR Morning Melodies ♪</p> <p>7:30 AR Breakfast Club ☕</p> <p>10:00 LR News, Weather and Chat</p> <p>10:30 PW Low Intensity Aerobics ⇄</p> <p>11:00 AR BINGO 🎲</p> <p>1:15 BT Ride Around Town 🚌</p> <p>3:00 SW Mocktail Hour ☕</p> <p>3:30 PW BINGO 🎲</p> <p>5:30 EM Cinema Showcase 🎬</p>	<p>National West Virginia Day! 22</p> <p>7:00 DR Morning Melodies ♪</p> <p>10:00 LR News, Weather and Chat</p> <p>10:30 PW Yoga: Mind, Body & Soul ⇄</p> <p>11:00 LR Armchair Travel- Charleston</p> <p>1:45 EM Movie Matinee 🎬</p> <p>3:00 SW Mocktail Hour ☕</p> <p>3:30 AR BINGO 🎲</p> <p>5:30 EM Cinema Showcase 🎬</p>
<p>National Puppy Day! 23</p> <p>7:00 DR Morning Melodies ♪</p> <p>10:00 SW Spiritual Mass</p> <p>10:15 DR Coffee & Chronicles ☕</p> <p>10:30 PW Chair Aerobics ⇄</p> <p>11:00 AR Artistic Circle 🎨</p>	<p>Happy Birthday Dr. Melinda! 24</p> <p>7:00 LR Morning Melodies ♪</p> <p>10:00 LR News, Weather and Chat</p> <p>10:30 LR Monday Madness w/ Mike ⇄</p> <p>11:00 LR Celebrity Spotlight: Amelia Earhart</p> <p>1:30 PW Cardio Drumming ⇄</p>	<p>International Waffle Day! 25</p> <p>7:00 LR Morning Melodies ♪</p> <p>7:30 AR Breakfast Club ☕</p> <p>10:00 LR News, Weather and Chat</p> <p>10:30 PW Low Intensity Aerobics ⇄</p> <p>11:00 IW Crafting Corner 🎨</p> <p>1:15 LR Balloon Toss 🎈</p> <p>2:00 EM Rich Lovallo Show (Tavern) ♪</p> <p>3:00 SW Mocktail Hour ☕</p> <p>3:30 AR Word Game 🎲</p> <p>5:30 EM Cinema Showcase 🎬</p>	<p>National Spinach Day! 26</p> <p>7:00 LR Morning Melodies ♪</p> <p>7:30 AR Breakfast Club ☕</p> <p>10:00 LR News, Weather and Chat</p> <p>10:30 PW Cardio Slide ⇄</p> <p>11:00 DR Culinary Creations 🍳</p> <p>1:30 PW Seated Cardio w/ Music ⇄</p> <p>2:15 PW Wild Card w/ Mike ⇄</p> <p>2:30 EM Living Room Karaoke ♪</p> <p>3:00 SW Mocktail Hour ☕</p> <p>5:30 EM Cinema Showcase 🎬</p>	<p>National Scribble Day! 27</p> <p>7:00 LR Morning Melodies ♪</p> <p>7:30 AR Breakfast Club ☕</p> <p>10:00 LR News, Weather and Chat</p> <p>10:30 PW Zumba Class ⇄</p> <p>11:00 SW Father Ron in the Welles</p> <p>1:30 PW Tabletop Bowling w/ Mike ⇄</p> <p>2:00 Neighborhood Stroll ⇄</p> <p>3:15 SW Mocktail Hour ☕</p> <p>3:30 LR Artistic Circle 🎨</p> <p>5:30 EM Cinema Showcase 🎬</p>	<p>Black Forest Cake Day! 28</p> <p>7:00 LR Morning Melodies ♪</p> <p>7:30 AR Breakfast Club ☕</p> <p>10:00 LR News, Weather and Chat</p> <p>10:30 PW Low Intensity Aerobics ⇄</p> <p>11:00 DR Culinary Creations 🍳</p> <p>1:15 BT Ride Around Town 🚌</p> <p>3:00 SW Mocktail Hour ☕</p> <p>3:30 PW BINGO 🎲</p> <p>5:30 EM Cinema Showcase 🎬</p>	<p>National Nevada Day! 29</p> <p>7:00 DR Morning Melodies ♪</p> <p>10:00 LR News, Weather and Chat</p> <p>10:30 PW Yoga: Mind, Body & Soul ⇄</p> <p>11:00 LR Armchair Travel- Hoover Dam</p> <p>1:45 EM Movie Matinee 🎬</p> <p>3:00 SW Mocktail Hour ☕</p> <p>3:30 AR BINGO 🎲</p> <p>5:30 EM Cinema Showcase 🎬</p>
<p>National Doctor Day! 30</p> <p>12:00 LR Cinema Showcase 🎬</p> <p>1:30 PW Cardio Drumming ⇄</p> <p>2:15 AR Cornhole 🎱</p> <p>3:00 SW Mocktail Hour ☕</p> <p>3:30 AR BINGO 🎲</p>	<p>National Crayon Day! 31</p> <p>11:00 LR Celebrity Spotlight: Joan of Arc</p> <p>2:15 AR "Broken Crayons Still Write" 🎨</p> <p>3:00 SW Mocktail Hour ☕</p> <p>3:30 AR BINGO 🎲</p> <p>5:30 EM Cinema Showcase 🎬</p>					