




Colebrook Village at Hebron

November 2023

- AR Activity Room
- SW Spiritual Wellness
- DR Dining Room
- LR Living Room
- BT Bus Trip
- Social Wellness
- PW Physical Wellness
- EM Entertainment or Movie
- IW Intellectual Wellness
- EW Emotional Wellness
- Neighborhood Stroll
- Bus Trip
- Snack and Chat

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>7:00 ■ DR Morning Melodies</p> <p>10:30 ■ PW Exercise with Mike</p> <p>11:00 ■ IW Armchair Travel - Swiss Alps</p> <p>1:30 ■ PW Seated cardio</p> <p>2:00 ■ AR Leaf Suncatchers</p> <p>3:00 ■ SW Happy Hour ☕</p> <p>3:30 ■ IW How many words can you make?</p> <p>6:30 ■ EM Classic Movie Night</p>	<p>7:00 ■ DR Morning Melodies</p> <p>10:30 ■ PW Exercise with Mike</p> <p>11:00 ■ AR Let's Get Crafty- Leaf Gnomes</p> <p>1:30 ■ EW Therapy Dog Visits</p> <p>2:00 ■ PW Walking Club</p> <p>3:00 ■ SW Happy Hour ☕</p> <p>3:30 ■ Hand Massages and Manicures</p> <p>6:30 ■ EM Adventure Movie Night</p>	<p>7:00 ■ DR Morning Melodies</p> <p>10:00 ■ PW Morning Stretch</p> <p>10:30 ■ PW Exercise with Mike</p> <p>11:00 ■ AR Celebrity Spotlight- Ernest Borgnine</p> <p>1:15 ■ BT Scenic Bus Ride with Herman ☕</p> <p>3:15 ■ SW Happy Hour ☕</p> <p>3:30 ■ PW Balloon Volleyball</p> <p>6:30 ■ EM Mystery Movie Night</p>	<p>7:00 ■ DR Morning Melodies</p> <p>11:00 ■ PW Cardio Drumming with Chris</p> <p>11:30 ■ AR Horse Races with Chris</p> <p>1:00 ■ DR Healthy Snack Prep</p> <p>1:00 ■ LR Movie House Theater</p> <p>3:15 ■ SW Happy Hour ☕</p> <p>3:30 ■ AR BINGO</p> <p>6:30 ■ EM Musical Movie Night</p>
<p>7:00 ■ DR Morning Melodies</p> <p>10:00 ■ SW Church Service</p> <p>11:00 ■ AR Let's Draw</p> <p>1:30 ■ AR Name That Tune</p> <p>2:30 ■ PW Balloon Volleyball</p> <p>3:00 ■ SW Happy Hour ☕</p> <p>3:30 ■ AR BINGO</p> <p>6:30 ■ EM Western Movie Night</p>	<p>7:00 ■ DR Morning Melodies</p> <p>10:30 ■ IW Daily News & Weather</p> <p>11:00 ■ IW All About Birds Dodo Bird</p> <p>2:15 ■ AR BINGO</p> <p>3:30 ■ SW Happy Hour ☕</p> <p>4:00 ■ AR I Love Lucy</p> <p>6:30 ■ EM Romance Movie Night</p>	<p>7:00 ■ DR Morning Melodies</p> <p>10:30 ■ PW Exercise Class with Mike</p> <p>11:00 ■ EW Chair Yoga</p> <p>1:30 ■ IW Puzzles</p> <p>2:30 ■ IW Trivia</p> <p>3:00 ■ SW Happy Hour ☕</p> <p>3:30 ■ LR Bowling Game</p> <p>6:30 ■ EM Comedy Movie Night</p>	<p>7:00 ■ DR Morning Melodies</p> <p>10:30 ■ PW Exercise with Mike</p> <p>11:00 ■ IW Armchair Travel - Crete</p> <p>1:15 ■ SW Sing A Long</p> <p>2:00 ■ PW Seated cardio</p> <p>3:00 ■ SW Happy Hour ☕</p> <p>3:30 ■ IW Would you rather Thanksgiving Edition</p> <p>6:30 ■ EM Classic Movie Night</p>	<p>7:00 ■ DR Morning Melodies</p> <p>10:30 ■ PW Exercise with Mike</p> <p>11:00 ■ AR Let's Get Crafty- Baking Pumpkin Pie</p> <p>1:30 ■ EW Therapy Dog Visits</p> <p>2:00 ■ PW Walking Club</p> <p>3:00 ■ SW Happy Hour ☕</p> <p>3:30 ■ Hand Massages and Manicures</p> <p>6:30 ■ EM Adventure Movie Night</p>	<p>Veterans Day (Observed)</p> <p>7:00 ■ DR Morning Melodies</p> <p>10:00 ■ PW Morning Stretch</p> <p>10:30 ■ PW Exercise with Mike</p> <p>11:00 ■ AR Celebrity Spotlight- Barbara Eden</p> <p>1:15 ■ BT Scenic Bus Ride with Herman ☕</p> <p>3:15 ■ SW Happy Hour ☕</p> <p>3:30 ■ PW Turkey Target</p> <p>6:30 ■ EM Mystery Movie Night</p>	<p>7:00 ■ DR Morning Melodies</p> <p>11:00 ■ PW Cardio Drumming with Chris</p> <p>11:30 ■ AR Horse Races with Chris</p> <p>1:00 ■ DR Healthy Snack Prep</p> <p>1:00 ■ LR Movie House Theater</p> <p>3:15 ■ SW Happy Hour ☕</p> <p>3:30 ■ AR BINGO</p> <p>6:30 ■ EM Musical Movie Night</p>
<p>7:00 ■ DR Morning Melodies</p> <p>10:00 ■ SW Church Service</p> <p>11:00 ■ AR Let's Draw</p> <p>1:30 ■ AR Name That Tune</p> <p>2:30 ■ PW Balloon Volleyball</p> <p>3:00 ■ SW Happy Hour ☕</p> <p>3:30 ■ AR BINGO</p> <p>6:30 ■ EM Western Movie Night</p>	<p>7:00 ■ DR Morning Melodies</p> <p>10:30 ■ IW Daily News & Weather</p> <p>11:00 ■ IW All About Birds Laughing Owl</p> <p>2:15 ■ AR BINGO</p> <p>3:30 ■ SW Happy Hour ☕</p> <p>4:00 ■ AR I Love Lucy</p> <p>6:30 ■ EM Romance Movie Night</p>	<p>7:00 ■ DR Morning Melodies</p> <p>10:30 ■ PW Exercise Class with Mike</p> <p>11:00 ■ EW Chair Yoga</p> <p>1:30 ■ IW Painting- Remembrance Poppies</p> <p>2:30 ■ IW Gratitude Game</p> <p>3:00 ■ SW Happy Hour ☕</p> <p>3:30 ■ LR Floor Jenga</p> <p>6:30 ■ EM Comedy Movie Night</p>	<p>7:00 ■ DR Morning Melodies</p> <p>10:30 ■ PW Exercise with Mike</p> <p>11:00 ■ IW Armchair Travel - Curacao</p> <p>1:30 ■ PW Seated cardio</p> <p>2:00 ■ AR Flower Pinecones</p> <p>3:00 ■ SW Happy Hour ☕</p> <p>3:30 ■ SW Ping Pong Pandemonium</p> <p>6:30 ■ EM Classic Movie Night</p>	<p>7:00 ■ DR Morning Melodies</p> <p>10:30 ■ PW Exercise with Mike</p> <p>11:00 ■ AR Let's Get Crafty- Leaf Prints</p> <p>1:30 ■ EW Therapy Dog Visits</p> <p>2:00 ■ PW Walking Club</p> <p>3:00 ■ SW Happy Hour ☕</p> <p>3:30 ■ Hand Massages and Manicures</p> <p>6:30 ■ EM Adventure Movie Night</p>	<p>7:00 ■ DR Morning Melodies</p> <p>10:00 ■ PW Morning Stretch</p> <p>10:30 ■ PW Exercise with Mike</p> <p>11:00 ■ AR Celebrity Spotlight- Ronald Reagan</p> <p>1:15 ■ BT Scenic Bus Ride with Herman ☕</p> <p>3:15 ■ SW Happy Hour ☕</p> <p>3:30 ■ PW Rocket Launchers</p> <p>6:30 ■ EM Mystery Movie Night</p>	<p>7:00 ■ DR Morning Melodies</p> <p>11:00 ■ PW Cardio Drumming with Chris</p> <p>11:30 ■ AR Horse Races with Chris</p> <p>1:00 ■ DR Healthy Snack Prep</p> <p>1:00 ■ LR Movie House Theater</p> <p>3:15 ■ SW Happy Hour ☕</p> <p>3:30 ■ AR BINGO</p> <p>6:30 ■ EM Musical Movie Night</p>
<p>7:00 ■ DR Morning Melodies</p> <p>10:00 ■ SW Church Service</p> <p>11:00 ■ AR Let's Draw</p> <p>1:30 ■ AR Name That Tune</p> <p>2:30 ■ PW Balloon Volleyball</p> <p>3:00 ■ SW Happy Hour ☕</p> <p>3:30 ■ AR BINGO</p> <p>6:30 ■ EM Western Movie Night</p>	<p>7:00 ■ DR Morning Melodies</p> <p>10:30 ■ IW Daily News & Weather</p> <p>11:00 ■ IW All About Birds Great Ark</p> <p>2:15 ■ AR BINGO</p> <p>3:30 ■ SW Happy Hour ☕</p> <p>4:00 ■ AR I Love Lucy</p> <p>6:30 ■ EM Romance Movie Night</p>	<p>7:00 ■ DR Morning Melodies</p> <p>10:30 ■ PW Exercise Class with Mike</p> <p>11:00 ■ EW Chair Yoga</p> <p>1:30 ■ AR Pipe Cleaner Indian Corn</p> <p>2:30 ■ IW Word Search</p> <p>3:00 ■ SW Happy Hour ☕</p> <p>3:30 ■ LR Connect Four</p> <p>6:30 ■ EM Comedy Movie Night</p>	<p>7:00 ■ DR Morning Melodies</p> <p>10:30 ■ PW Exercise with Mike</p> <p>11:00 ■ IW Armchair Travel - Tulum</p> <p>1:15 ■ SW Sing A Long</p> <p>2:00 ■ PW Seated cardio</p> <p>3:00 ■ SW Happy Hour ☕</p> <p>3:30 ■ IW Wheel of Fortune</p> <p>6:30 ■ EM Classic Movie Night</p>	<p>Thanksgiving</p> <p>7:00 ■ DR Morning Melodies</p> <p>10:30 ■ PW Exercise with Mike</p> <p>11:00 ■ AR Let's Get Crafty- Making Corn Bread</p> <p>1:30 ■ EW Therapy Dog Visits</p> <p>2:00 ■ PW Walking Club</p> <p>3:00 ■ SW Happy Hour ☕</p> <p>3:30 ■ Hand Massages and Manicures</p> <p>6:30 ■ EM Adventure Movie Night</p>	<p>7:00 ■ DR Morning Melodies</p> <p>10:00 ■ PW Morning Stretch</p> <p>10:30 ■ PW Exercise with Mike</p> <p>11:00 ■ AR Celebrity Spotlight- Paul Newman</p> <p>1:15 ■ BT Scenic Bus Ride with Herman ☕</p> <p>3:15 ■ SW Happy Hour ☕</p> <p>3:30 ■ PW Paper Airplanes</p> <p>6:30 ■ EM Mystery Movie Night</p>	<p>7:00 ■ DR Morning Melodies</p> <p>11:00 ■ PW Cardio Drumming with Chris</p> <p>11:30 ■ AR Horse Races with Chris</p> <p>1:00 ■ DR Healthy Snack Prep</p> <p>1:00 ■ LR Movie House Theater</p> <p>3:15 ■ SW Happy Hour ☕</p> <p>3:30 ■ AR BINGO</p> <p>6:30 ■ EM Musical Movie Night</p>
<p>7:00 ■ DR Morning Melodies</p> <p>10:00 ■ SW Church Service</p> <p>11:00 ■ AR Let's Draw</p> <p>1:30 ■ AR Name That Tune</p> <p>2:30 ■ PW Balloon Volleyball</p> <p>3:00 ■ SW Happy Hour ☕</p> <p>3:30 ■ AR BINGO</p> <p>6:30 ■ EM Western Movie Night</p>	<p>7:00 ■ DR Morning Melodies</p> <p>10:30 ■ IW Daily News & Weather</p> <p>11:00 ■ IW All About Birds Spix Macaw</p> <p>2:15 ■ AR BINGO</p> <p>3:30 ■ SW Happy Hour ☕</p> <p>4:00 ■ AR I Love Lucy</p> <p>6:30 ■ EM Romance Movie Night</p>	<p>7:00 ■ DR Morning Melodies</p> <p>10:30 ■ PW Exercise Class with Mike</p> <p>11:00 ■ EW Chair Yoga</p> <p>1:30 ■ AR Painting- Chalk Art</p> <p>2:30 ■ IW Fall Crossword Puzzle</p> <p>3:00 ■ SW Happy Hour ☕</p> <p>3:30 ■ LR I Spy Sensory Box</p> <p>6:30 ■ EM Comedy Movie Night</p>	<p>7:00 ■ DR Morning Melodies</p> <p>10:30 ■ PW Exercise with Mike</p> <p>11:00 ■ IW Armchair Travel - Argentine Patagonia</p> <p>1:30 ■ PW Seated cardio</p> <p>2:00 ■ IW Clothespin Turkey Pin</p> <p>3:00 ■ SW Happy Hour ☕</p> <p>3:30 ■ PW Bowling Game</p> <p>6:30 ■ EM Classic Movie Night</p>	<p>7:00 ■ DR Morning Melodies</p> <p>10:30 ■ PW Exercise with Mike</p> <p>11:00 ■ AR Let's Get Crafty- Bookmarks</p> <p>1:30 ■ EW Therapy Dog Visits</p> <p>2:00 ■ PW Walking Club</p> <p>3:00 ■ SW Happy Hour ☕</p> <p>3:30 ■ Hand Massages and Manicures</p> <p>6:30 ■ EM Adventure Movie Night</p>	