

Colebrook Village at Hebron

July 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	2	3	4 Independence Day																							
			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 🎬	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 🎬	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 Jump Start June Workout 🕺 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 🎬	7:00 DR Morning Melodies 🎵 10:00 SW Spiritual Mass 10:15 DR Coffee & Chronicles ☕ 10:30 PW Chair Aerobics 🧘 11:00 LR Armchair Travel- Roman Nose State Park 11:30 LR Balloon Toss 🎈 1:15 LR Mid-Matinee 🎬 2:15 PW Balloon Toss 🎈 3:15 SW Mocktail Hour 🍹 3:30 AR BINGO 🎲 5:30 EM Cinema Showcase 🎬	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 Celebrity Spotlight: Jackie Kennedy 1:30 PW Cardio Drumming 🥁 2:15 IW Balloon Toss 🎈 3:15 SW Mocktail Hour 🍹 3:30 LR Name That City! 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