





# Colebrook Village at Hebron

## January 2025

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>New Year's Day</b> 1 7:00 <b>LR</b> Morning Melodies ♪ 10:00 <b>LR</b> News, Weather and Chat 10:30 <b>PW</b> Cardio Slide ↔ 11:00 <b>SW</b> Father Mike- Chapel 1:30 <b>PW</b> Seated Cardio ↔ 2:00 <b>PW</b> Wild Card w/ Mike ↔ 2:30 <b>EM</b> Sing-Along with Ashley ♪ 3:00 <b>SW</b> Mocktail Hour ☺ 5:30 <b>EM</b> Let's Go To The "Movies" 🎬	<b>National Science Fiction Day!</b> 2 7:00 <b>LR</b> Morning Melodies ♪ 10:00 <b>LR</b> News, Weather and Chat 10:30 <b>PW</b> Zumba Class ↔ 11:00 <b>LR</b> Back 2 the future ride (Armchair) 1:00 <b>EW</b> Therapy Dog Visits with Jax 🐾 1:30 <b>PW</b> Fun Games w/ Mike ↔ 2:00 <b>NS</b> Afternoon Stroll ↔ 3:15 <b>SW</b> Mocktail Hour ☺ 3:30 <b>LR</b> Words With Friends 5:30 <b>EM</b> Let's Go To The "Movies" 🎬	<b>Chocolate Covered Cherries Day!</b> 3 7:00 <b>LR</b> Morning Melodies ♪ 10:00 <b>LR</b> News, Weather and Chat 10:30 <b>PW</b> Low Intensity Aerobics ↔ 11:00 <b>PW</b> Balloon Toss ↔ 11:30 <b>IW</b> Blissful Spa! 1:15 <b>BT</b> "We're Going On A Trip" 🚌 3:00 <b>SW</b> Mocktail Hour ☺ 3:30 <b>PW</b> BINGO 🎲 5:30 <b>EM</b> Let's Go To The "Movies" 🎬	<b>National Missouri Day!</b> 4 7:00 <b>DR</b> Morning Melodies ♪ 10:00 <b>LR</b> News, Weather and Chat 10:30 <b>PW</b> Yoga: Mind, Body & Soul ↔ 11:00 <b>LR</b> ArmChair Travel-Missouri 1:15 <b>EM</b> Movie Matinee 🎬 2:00 <b>SW</b> Mocktail Hour ☺ 3:00 <b>EM</b> Orchestra Concert ♪ 3:30 <b>AR</b> BINGO 🎲 5:30 <b>EM</b> Let's Go To The "Movies" 🎬
<b>National Bird Day!</b> 5 7:00 <b>DR</b> Morning Melodies ♪ 10:00 <b>SW</b> Spiritual Mass 10:15 <b>DR</b> Coffee & Chronicles ☺ 10:30 <b>PW</b> Let's Get Groovin' ♪ 11:00 <b>LR</b> All About Birds! 1:30 <b>IW</b> Cardio Drumming ↔ 2:15 <b>PW</b> Balloon Toss ↔ 3:00 <b>SW</b> Mocktail Hour ☺ 3:30 <b>AR</b> BINGO 🎲 5:30 <b>EM</b> Let's Go To The "Movies" 🎬	<b>National Technology Day!</b> 6 7:00 <b>LR</b> Morning Melodies ♪ 10:00 <b>LR</b> News, Weather and Chat 10:30 <b>IW</b> Balloon Toss 🎈 1:30 <b>PW</b> Cardio Drumming ↔ 2:15 <b>LR</b> Evolution of Technology 3:00 <b>SW</b> Mocktail Hour ☺ 3:30 <b>SW</b> BINGO 🎲 5:30 <b>EM</b> Let's Go To The "Movies" 🎬	<b>National Bobblehead Day!</b> 7 7:00 <b>LR</b> Morning Melodies ♪ 10:00 <b>LR</b> News, Weather and Chat 10:30 <b>PW</b> Low Intensity Aerobics ↔ 11:00 <b>AR</b> Word Game 🎲 1:30 <b>IW</b> Crafting Corner 🧶 3:00 <b>SW</b> Mocktail Hour ☺ 3:30 <b>IW</b> Bobblehead history 5:30 <b>EM</b> Let's Go To The "Movies" 🎬	<b>National English Toffee Day!</b> 8 7:00 <b>LR</b> Morning Melodies ♪ 10:00 <b>LR</b> News, Weather and Chat 10:30 <b>PW</b> Cardio Slide ↔ 11:00 <b>DR</b> My Mother's Recipes ♥ 1:30 <b>PW</b> Seated Cardio ↔ 2:00 <b>PW</b> Wild Card w/ Mike ↔ 2:30 <b>EM</b> Sing-Along with Ashley ♪ 3:00 <b>SW</b> Mocktail Hour ☺ 5:30 <b>EM</b> Let's Go To The "Movies" 🎬	<b>National Law Enforcement Day!</b> 9 7:00 <b>LR</b> Morning Melodies ♪ 10:00 <b>LR</b> News, Weather and Chat 10:30 <b>PW</b> Zumba Class ↔ 11:00 <b>AR</b> Dart Game! 🎯 1:00 <b>EW</b> Therapy Dog Visits with Jax 🐾 1:30 <b>LR</b> Fun Games w/ Mike 🎲 2:00 <b>EM</b> Jason Castonguay Concert ♪ 3:15 <b>SW</b> Mocktail Hour ☺ 3:30 <b>LR</b> Words With Friends 5:30 <b>EM</b> Let's Go To The "Movies" 🎬	<b>Save the Eagles Day!</b> 10 7:00 <b>LR</b> Morning Melodies ♪ 10:00 <b>LR</b> News, Weather and Chat 10:30 <b>PW</b> Low Intensity Aerobics ↔ 11:00 <b>AR</b> Wildlife BINGO 🎲 1:15 <b>BT</b> "We're Going On A Trip" 🚌 3:00 <b>SW</b> Mocktail Hour ☺ 3:30 <b>LR</b> Eagle Watch 5:30 <b>EM</b> Let's Go To The "Movies" 🎬	<b>National Arkansas Day!</b> 11 7:00 <b>DR</b> Morning Melodies ♪ 10:00 <b>LR</b> News, Weather and Chat 10:30 <b>PW</b> Yoga: Mind, Body & Soul ↔ 11:00 <b>LR</b> ArmChair Travel-Hot Springs National Park 1:45 <b>EM</b> Movie Matinee 🎬 3:00 <b>SW</b> Mocktail Hour ☺ 3:30 <b>AR</b> BINGO 🎲 5:30 <b>EM</b> Let's Go To The "Movies" 🎬
<b>National Pharmacist Day!</b> 12 7:00 <b>DR</b> Morning Melodies ♪ 10:00 <b>SW</b> Spiritual Mass 10:15 <b>DR</b> Coffee & Chronicles ☺ 10:30 <b>PW</b> Let's Get Groovin' ♪ 11:00 <b>AR</b> Science Lab- (Snowman) ❄️ 1:30 <b>IW</b> Cardio Drumming ↔ 2:15 <b>PW</b> Cornhole ↔ 3:00 <b>SW</b> Mocktail Hour ☺ 3:30 <b>AR</b> BINGO 🎲 5:30 <b>EM</b> Let's Go To The "Movies" 🎬	<b>National Rubber Ducky Day!</b> 13 7:00 <b>LR</b> Morning Melodies ♪ 10:00 <b>LR</b> News, Weather and Chat 10:30 <b>IW</b> Balloon Toss 🎈 11:00 <b>LR</b> Word Game 🎲 1:30 <b>PW</b> Cardio Drumming ↔ 2:15 <b>AR</b> Duck Race 🦆 3:00 <b>SW</b> Mocktail Hour ☺ 3:30 <b>SW</b> BINGO 🎲 5:30 <b>EM</b> Let's Go To The "Movies" 🎬	<b>Hot Pastrami Sandwich Day!</b> 14 7:00 <b>LR</b> Morning Melodies ♪ 10:00 <b>LR</b> News, Weather and Chat 10:30 <b>PW</b> Low Intensity Aerobics ↔ 11:00 <b>AR</b> Word Game 🎲 1:30 <b>IW</b> Crafting Corner 🧶 3:00 <b>SW</b> Mocktail Hour ☺ 3:30 <b>SW</b> Connect 6 🎲 5:30 <b>EM</b> Let's Go To The "Movies" 🎬	<b>National Hat Day!</b> 15 7:00 <b>LR</b> Morning Melodies ♪ 10:00 <b>LR</b> News, Weather and Chat 10:30 <b>PW</b> Cardio Slide ↔ 11:00 <b>DR</b> My Mother's Recipes ♥ 1:30 <b>PW</b> Seated Cardio ↔ 2:00 <b>PW</b> Wild Card w/ Mike ↔ 2:30 <b>EM</b> Sing-Along with Ashley ♪ 3:00 <b>SW</b> Mocktail Hour ☺ 5:30 <b>EM</b> Let's Go To The "Movies" 🎬	<b>National Fig Newton Day!</b> 16 7:00 <b>LR</b> Morning Melodies ♪ 10:00 <b>LR</b> News, Weather and Chat 10:30 <b>PW</b> Zumba Class ↔ 1:00 <b>EW</b> Therapy Dog Visits with Jax 🐾 1:30 <b>PW</b> Vacuum Warriors w/ Mike 🎲 2:00 <b>NS</b> Afternoon Stroll ↔ 3:15 <b>SW</b> Mocktail Hour ☺ 3:30 <b>LR</b> Words With Friends 5:30 <b>EM</b> Let's Go To The "Movies" 🎬	<b>Popeye the Sailor Man Day!</b> 17 7:00 <b>LR</b> Morning Melodies ♪ 10:00 <b>LR</b> News, Weather and Chat 10:30 <b>PW</b> Low Intensity Aerobics ↔ 11:00 <b>IW</b> Walk Down Memory Lane 1:15 <b>BT</b> "We're Going On A Trip" 🚌 3:00 <b>SW</b> Mocktail Hour ☺ 3:30 <b>IW</b> Blissful Spa! 5:30 <b>EM</b> "Popeye" the movie 🎬	<b>National Michigan Day!</b> 18 7:00 <b>DR</b> Morning Melodies ♪ 10:00 <b>LR</b> News, Weather and Chat 10:30 <b>PW</b> Yoga: Mind, Body & Soul ↔ 11:00 <b>LR</b> ArmChair Travel-Grand Rapids 1:45 <b>EM</b> Movie Matinee 🎬 3:00 <b>SW</b> Mocktail Hour ☺ 3:30 <b>AR</b> BINGO 🎲 5:30 <b>EM</b> Let's Go To The "Movies" 🎬
<b>National Popcorn Day!</b> 19 7:00 <b>DR</b> Morning Melodies ♪ 10:00 <b>SW</b> Spiritual Mass 10:15 <b>DR</b> Coffee & Chronicles ☺ 10:30 <b>PW</b> Let's Get Groovin' ♪ 11:00 <b>AR</b> Science Lab-(Popcorn) 🍿 1:30 <b>IW</b> Cardio Drumming ↔ 2:15 <b>PW</b> Balloon Toss ↔ 3:00 <b>SW</b> Mocktail Hour ☺ 3:30 <b>AR</b> BINGO 🎲 5:30 <b>EM</b> Let's Go To The "Movies" 🎬	<b>Martin Luther King Jr. Day</b> 20 7:00 <b>LR</b> Morning Melodies ♪ 10:00 <b>LR</b> News, Weather and Chat 10:30 <b>IW</b> Balloon Toss 🎈 11:00 <b>LR</b> Words With Friends 🎲 1:30 <b>PW</b> Cardio Drumming ↔ 2:15 <b>AR</b> All about MLK! 3:00 <b>SW</b> Mocktail Hour ☺ 3:30 <b>SW</b> BINGO 🎲 5:30 <b>EM</b> Let's Go To The "Movies" 🎬	<b>National Hugging Day!</b> 21 7:00 <b>LR</b> Morning Melodies ♪ 10:00 <b>LR</b> News, Weather and Chat 10:30 <b>PW</b> Low Intensity Aerobics ↔ 11:00 <b>AR</b> Word Game 🎲 1:00 <b>EM</b> RHAM TRI-M Student Recital ♪ 3:00 <b>SW</b> Mocktail Hour ☺ 3:30 <b>SW</b> Connect 6 🎲 5:30 <b>EM</b> Let's Go To The "Movies" 🎬	<b>National Blonde Brownie Day!</b> 22 7:00 <b>LR</b> Morning Melodies ♪ 10:00 <b>LR</b> News, Weather and Chat 10:30 <b>PW</b> Cardio Slide ↔ 11:00 <b>DR</b> My Mother's Recipes ♥ 1:30 <b>PW</b> Seated Cardio ↔ 2:00 <b>PW</b> Wild Card w/ Mike ↔ 2:30 <b>EM</b> Sing-Along with Ashley ♪ 3:00 <b>SW</b> Mocktail Hour ☺ 5:30 <b>EM</b> Let's Go To The "Movies" 🎬	<b>National Pie Day!</b> 23 7:00 <b>LR</b> Morning Melodies ♪ 10:00 <b>LR</b> News, Weather and Chat 10:30 <b>PW</b> Zumba Class ↔ 1:00 <b>EM</b> The Ben and Ed Show-Tavern ♪ 1:30 <b>PW</b> Fun Games w/ Mike ↔ 2:00 <b>NS</b> Afternoon Stroll ↔ 3:15 <b>SW</b> Mocktail Hour ☺ 3:30 <b>LR</b> Words With Friends 5:30 <b>EM</b> Let's Go To The "Movies" 🎬	<b>National Compliment Day!</b> 24 7:00 <b>LR</b> Morning Melodies ♪ 10:00 <b>LR</b> News, Weather and Chat 10:30 <b>PW</b> Low Intensity Aerobics ↔ 11:00 <b>AR</b> BINGO 🎲 1:15 <b>BT</b> "We're Going On A Trip" 🚌 3:00 <b>SW</b> Mocktail Hour ☺ 3:30 <b>IW</b> Blissful Spa! 5:30 <b>EM</b> Let's Go To The "Movies" 🎬	<b>National Florida Day!</b> 25 7:00 <b>DR</b> Morning Melodies ♪ 10:00 <b>LR</b> News, Weather and Chat 10:30 <b>PW</b> Yoga: Mind, Body & Soul ↔ 11:00 <b>LR</b> ArmChair Travel- Epcot 1:45 <b>EM</b> Movie Matinee 🎬 3:00 <b>SW</b> Mocktail Hour ☺ 3:30 <b>AR</b> BINGO 🎲 5:30 <b>EM</b> Let's Go To The "Movies" 🎬
<b>National Peanut Brittle Day!</b> 26 7:00 <b>DR</b> Morning Melodies ♪ 10:00 <b>SW</b> Spiritual Mass 10:15 <b>DR</b> Coffee & Chronicles ☺ 10:30 <b>PW</b> Let's Get Groovin' ♪ 11:00 <b>AR</b> Artistic Circle- Painting or Coloring 🎨 1:30 <b>IW</b> Cardio Drumming ↔ 2:15 <b>PW</b> Cornhole ↔ 3:00 <b>SW</b> Mocktail Hour ☺ 3:30 <b>AR</b> BINGO 🎲 5:30 <b>EM</b> Let's Go To The "Movies" 🎬	<b>Holocaust Remembrance Day!</b> 27 7:00 <b>LR</b> Morning Melodies ♪ 10:00 <b>LR</b> News, Weather and Chat 10:30 <b>IW</b> Balloon Toss 🎈 11:00 <b>LR</b> Words With Friends 🎲 1:30 <b>PW</b> Cardio Drumming ↔ 2:15 <b>AR</b> All about Ann Frank! ❄️ 3:00 <b>SW</b> Mocktail Hour ☺ 3:30 <b>SW</b> BINGO 🎲 5:30 <b>EM</b> Let's Go To The "Movies" 🎬	<b>National Blueberry Pancake Day!</b> 28 7:00 <b>LR</b> Morning Melodies ♪ 10:00 <b>LR</b> News, Weather and Chat 10:30 <b>PW</b> Low Intensity Aerobics ↔ 11:00 <b>AR</b> Word Game 🎲 1:30 <b>AR</b> BINGO 🎲 3:00 <b>SW</b> Mocktail Hour ☺ 3:30 <b>SW</b> Connect 6 🎲 5:30 <b>EM</b> Let's Go To The "Movies" 🎬	<b>National Puzzle Day!</b> 29 7:00 <b>LR</b> Morning Melodies ♪ 10:00 <b>LR</b> News, Weather and Chat 10:30 <b>PW</b> Cardio Slide ↔ 11:00 <b>DR</b> My Mother's Recipes ♥ 1:30 <b>PW</b> Seated Cardio ↔ 2:00 <b>PW</b> Wild Card w/ Mike ↔ 2:30 <b>EM</b> Sing-Along with Ashley ♪ 3:00 <b>SW</b> Mocktail Hour ☺ 5:30 <b>EM</b> Let's Go To The "Movies" 🎬	<b>National Carnation Day!</b> 30 7:00 <b>LR</b> Morning Melodies ♪ 10:00 <b>LR</b> News, Weather and Chat 10:30 <b>PW</b> Zumba Class ↔ 1:00 <b>EW</b> Therapy Dog Visits with Jax 🐾 1:30 <b>PW</b> Fun Games w/ Mike ↔ 2:00 <b>AR</b> Crafting Corner-Paper Carnations 🌸 3:15 <b>SW</b> Mocktail Hour ☺ 3:30 <b>LR</b> Words With Friends 5:30 <b>EM</b> Let's Go To The "Movies" 🎬	<b>National Hot Cocoa Day!</b> 31 7:00 <b>LR</b> Morning Melodies ♪ 10:00 <b>LR</b> News, Weather and Chat 10:30 <b>PW</b> Low Intensity Aerobics ↔ 11:00 <b>IW</b> Walk Down Memory Lane 1:15 <b>BT</b> "We're Going On A Trip" 🚌 3:00 <b>SW</b> Mocktail Hour ☺ 3:30 <b>PW</b> Tic-Tac-Toe 🎲 5:30 <b>EM</b> Let's Go To The "Movies" 🎬	 <p>Our mission is to create a compassionate, healthy, safe, and active environment for each individual entrusted in our care.</p>