

Colebrook Village
at Hebron

October 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

Bus Trip

Music

Music

Snack and Chat

Snack and Chat

Creative Arts

Creative Arts

Physical Wellness

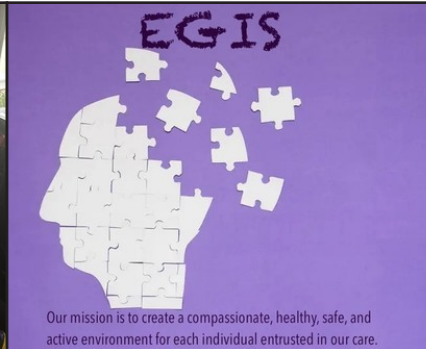
Physical Wellness

Game Time

Game Time

Movie

Movie

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				International Coffee Day! 1 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 Cornhole w/ Mike ↔ 2:00 Afternoon Stroll ↔ 3:15 SW Mocktail Hour 🍷 3:30 LR Words With Friends 5:30 EM Cinema Showcase 🎬	National Smarties Day! 2 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 Corn Maze Cardio w/ Mike ↔ 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 🎬	National Boyfriend Day! 3 7:00 DR Morning Melodies 🎵 10:00 LR News, Weather and Chat 10:30 LR Balloon Toss🎈↔ 11:00 LR Words With Friends🎲 1:45 EM Movie Matinee 🎬 3:15 SW Mocktail Hour 🍷 3:30 DR BINGO 🎲 5:30 EM Cinema Showcase 🎬
National Golf Lovers Day! 4 7:00 DR Morning Melodies 🎵 10:00 SW Spiritual Mass 10:15 DR Coffee & Chronicles 🍳 10:30 PW Chair Aerobics ↔ 11:00 LR Celebrity Spotlight: Tiger Woods 11:30 LR Balloon Toss🎈 1:15 LR Mid-Matinee 🎬 2:15 PW Cornhole↔ 3:15 SW Mocktail Hour 🍷 3:30 AR BINGO 🎲 5:30 EM Cinema Showcase 🎬	National Rhode Island Day! 5 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 Armchair Travel- Providence 1:30 PW Cardio Drumming↔ 2:15 IW Balloon Toss🎈 3:15 SW Mocktail Hour 🍷 3:30 LR Name That City! 🎲 5:30 EM Cinema Showcase 🎬	National Coaches Day! 6 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 Rhythm Drumming w/ Mike↔ 11:00 SW Vivacious Voices 🎵 1:30 SW Encouraging Words w/ Chaplain Hazes 2:00 EM John Banker Oktoberfest 🎵 3:15 SW Mocktail Hour 🍷 3:30 SW BINGO 🎲 5:30 EM Cinema Showcase 🎬	Random Acts of Poetry Day! 7 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 🎬	Happy Birthday Deborah! 8 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 Table Bowling w/ Mike↔ 2:00 Afternoon Stroll ↔ 3:15 SW Mocktail Hour 🍷 3:30 LR Words With Friends 5:30 EM Cinema Showcase 🎬	National Fire Prevention Day! 9 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 Corn Maze Cardio w/ Mike ↔ 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 🎬	Walk to a Park Day! 10 7:00 DR Morning Melodies 🎵 10:00 LR News, Weather and Chat 10:30 LR Balloon Toss🎈↔ 11:00 LR Words With Friends🎲 1:45 EM Movie Matinee 🎬 3:15 SW Mocktail Hour 🍷 3:30 DR BINGO 🎲 5:30 EM Cinema Showcase 🎬
General Pulaski Memorial Day! 11 7:00 DR Morning Melodies 🎵 10:00 SW Spiritual Mass 10:15 DR Coffee & Chronicles 🍳 10:30 PW Chair Aerobics ↔ 11:00 LR Celebrity Spotlight: General Pulaski 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 🎬	National Vermont Day! 12 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 Armchair Travel- Ben & Jerry Factory 1:30 PW Cardio Drumming↔ 2:15 IW Balloon Toss🎈 3:15 SW Mocktail Hour 🍷 3:30 LR Name That City! 🎲 5:30 EM Cinema Showcase 🎬	Train Your Brain Day! 13 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 Rhythm Drumming w/ Mike↔ 11:00 SW Vivacious Voices 🎵 1:30 Walking Club ↔ 3:15 SW Mocktail Hour 🍷 3:30 SW BINGO 🎲 5:30 EM Cinema Showcase 🎬	Stop Bullying Day! 14 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 AR Cards w/ Gayle -AL/CR🎨 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 🎬	National I Love Lucy Day! 15 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 Granny Pants w/ Mike↔ 2:00 Afternoon Stroll ↔ 3:15 SW Mocktail Hour 🍷 3:30 LR Words With Friends 5:30 EM Cinema Showcase 🎬 6:30 SW "Miss CT" Concert 🎵	National Sports Day! 16 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 Corn Maze Cardio w/ Mike ↔ 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 🎬	National Pasta Day! 17 7:00 DR Morning Melodies 🎵 10:00 LR News, Weather and Chat 10:30 LR Balloon Toss🎈↔ 11:00 LR Words With Friends🎲 1:45 EM Movie Matinee 🎬 3:15 SW Mocktail Hour 🍷 3:30 DR BINGO 🎲 5:30 EM Cinema Showcase 🎬
Chocolate Cupcake Day! 18 7:00 DR Morning Melodies 🎵 10:00 SW Spiritual Mass 10:15 DR Coffee & Chronicles 🍳 10:30 PW Chair Aerobics ↔ 11:00 LR Celebrity Spotlight: Robert Kennedy 11:30 LR Balloon Toss🎈 1:15 LR Mid-Matinee 🎬 2:15 PW Cornhole↔ 3:15 SW Mocktail Hour 🍷 3:30 AR BINGO 🎲 5:30 EM Cinema Showcase 🎬	National Kentucky Day! 19 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 Armchair Travel- Bourbon Trails 1:30 PW Cardio Drumming↔ 2:15 IW Balloon Toss🎈 3:15 SW Mocktail Hour 🍷 3:30 LR Name That City! 🎲 5:30 EM Cinema Showcase 🎬	Chicken and Waffles Day! 20 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 Rhythm Drumming w/ Mike↔ 11:00 SW Catholic Service w/ Father Mike- Chapel 11:00 SW Vivacious Voices 🎵 1:30 Walking Club ↔ 3:15 SW Mocktail Hour 🍷 3:30 SW BINGO 🎲 5:30 EM Cinema Showcase 🎬	Back to the Future Day! 21 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 🎬	National Nut Day! 22 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 Cup Pong w/ Mike↔ 2:00 Afternoon Stroll ↔ 3:15 SW Mocktail Hour 🍷 3:30 LR Words With Friends 5:30 EM Cinema Showcase 🎬	TV Talk Show Host Day! 23 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 Corn Maze Cardio w/ Mike ↔ 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 🎬	Make a Difference Day! 24 7:00 DR Morning Melodies 🎵 10:00 LR News, Weather and Chat 10:30 LR Balloon Toss🎈↔ 11:00 LR Words With Friends🎲 1:45 EM Movie Matinee 🎬 3:15 SW Mocktail Hour 🍷 3:30 DR BINGO 🎲 5:30 EM Cinema Showcase 🎬
World Pasta Day! 25 7:00 DR Morning Melodies 🎵 10:00 SW Spiritual Mass 10:15 DR Coffee & Chronicles 🍳 10:30 PW Chair Aerobics ↔ 11:00 LR Celebrity Spotlight: Robert Kennedy 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 🎬	Howl at the Moon Night! 26 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 Armchair Travel- Roman Nose State Park 1:30 PW Cardio Drumming↔ 2:15 IW Balloon Toss🎈 3:15 SW Mocktail Hour 🍷 3:30 LR Name That City! 🎲 5:30 EM Cinema Showcase 🎬	Black Cat Day! 27 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 Rhythm Drumming w/ Mike↔ 11:00 SW Vivacious Voices 🎵 1:30 Walking Club ↔ 3:15 SW Mocktail Hour 🍷 3:30 SW BINGO 🎲 5:30 EM Cinema Showcase 🎬	Happy Birthday Pauline! 28 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 🍷 4:30 DR Family Dinner Night 5:30 EM Cinema Showcase 🎬	Happy Birthday Julia! 29 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 SW Father Ron in the Welles 1:30 PW Cup Pong w/ Mike↔ 2:00 Afternoon Stroll ↔ 3:15 SW Mocktail Hour 🍷 3:30 LR Words With Friends 5:30 EM Cinema Showcase 🎬	National Candy Corn Day! 30 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 Corn Maze Cardio w/ Mike ↔ 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 🎬	Happy Halloween ! 31 7:00 DR Morning Melodies 🎵 10:00 LR News, Weather and Chat 10:30 LR Balloon Toss🎈↔ 11:00 LR Words With Friends🎲 1:30 SW Girl Scout Costume Parade 1:45 EM Movie Matinee 🎬 3:15 SW Mocktail Hour 🍷 3:30 DR BINGO 🎲 5:30 EM Cinema Showcase 🎬