


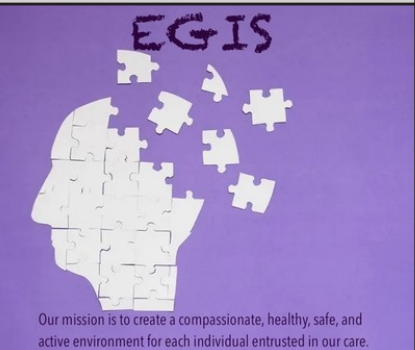


Colebrook Village at Hebron

October 2024

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		National Pumpkin Spice Day! 1 7:00 LR Morning Melodies 🎵 10:00 LR News, Weather and Chat 10:30 PW Low Intensity Aerobics 🚶 11:00 AR Word Game 🎮 1:30 IW Science Lab 🧪 3:00 SW Mocktail Hour 🍹 3:30 SW Connect 6 🎲 5:30 EM Let's Go To The "Movies" 🎬	Happy Birthday Richard! 2 7:00 LR Morning Melodies 🎵 10:00 LR News, Weather and Chat 10:30 PW Low Intensity Aerobics 🚶 11:00 DR My Mother's Recipes ❤️ 1:30 PW Seated Cardio 🚶 2:00 PW Wild Card w/ Mike 🎴 2:30 EM Sing-Along with Ashley 🎵 3:00 SW Mocktail Hour 🍹 5:30 EM Let's Go To The "Movies" 🎬	Random Acts of Poetry Day! 3 7:00 LR Morning Melodies 🎵 10:00 LR News, Weather and Chat 10:30 PW Zumba Class 🚶 11:00 AR Fall Centerpiece Project 🎨 1:00 PW Therapy Dog Visits with Jax 🐾 1:30 PW Cup Pong w/ Mike 🏓 2:00 ■ Afternoon Stroll -- Inside or Outside 🚶 3:15 SW Cocktail Hour 🍹 3:30 PW Words With Friends 5:30 EM Let's Go To The "Movies" 🎬	World Smile Day! 4 7:00 LR Morning Melodies 🎵 10:00 LR News, Weather and Chat 10:30 PW Low Intensity Aerobics 🚶 11:00 AR BINGO 🎰 1:15 BT "We're Going On A Trip" 🚌 3:00 SW Mocktail Hour 🍹 3:30 PW Tic-Tac-Toe 🎲 5:30 EM Let's Go To The "Movies" 🎬	Do Something Nice Day! 5 7:00 DR Morning Melodies 🎵 10:00 LR News, Weather and Chat 10:30 PW Yoga: Mind, Body & Soul 🧘 11:00 AR Flamingo Toss 🎲 1:45 EM Movie Matinee -- Theater! 🎬 3:00 SW Mocktail Hour 🍹 3:30 AR BINGO 🎰 5:30 EM Let's Go To The "Movies" 🎬
National Coaches Day! 6 7:00 DR Morning Melodies 🎵 10:00 SW Spiritual Mass 10:15 DR Coffee & Chronicles ☕ 10:30 PW Let's Get Groovin' 🎵 11:00 AR Artistic Circle- Painting or Coloring 🎨 1:30 IW Cardio Drumming 🥁 2:15 PW Cornhole 🎯 3:00 SW Mocktail Hour 🍹 3:30 AR BINGO 🎰 5:30 EM Let's Go To The "Movies" 🎬	Chocolate Covered Pretzel Day! 7 7:00 LR Morning Melodies 🎵 10:00 LR News, Weather and Chat 10:30 IW Balloon Toss 🎈 11:00 AR BINGO 🎰 1:30 PW Cardio Drumming 🥁 2:15 AR Creative Senses 🎨 3:00 SW Mocktail Hour 🍹 3:30 SW NERF Football 🏈 5:30 EM Let's Go To The "Movies" 🎬	Happy Birthday Deborah! 8 7:00 LR Morning Melodies 🎵 10:00 LR News, Weather and Chat 10:30 PW Low Intensity Aerobics 🚶 11:00 AR Word Game 🎮 2:00 IW Oktoberfest -Tavern 🍺 3:00 SW Mocktail Hour 🍹 3:30 SW Connect 6 🎲 5:30 EM Let's Go To The "Movies" 🎬	National Stop Bullying Day! 9 7:00 LR Morning Melodies 🎵 10:00 LR News, Weather and Chat 10:30 PW Low Intensity Aerobics 🚶 11:00 IW BINGO 1:30 PW Sing-Along in the Welles 🎵 2:00 PW Seated Cardio 🚶 2:30 AR Wild Card w/ Mike 🎴 3:00 SW Mocktail Hour 🍹 3:30 IW Memory Jogger! 5:30 EM Let's Go To The "Movies" 🎬	Happy Birthday Bill! 10 7:00 LR Morning Melodies 🎵 10:00 LR News, Weather and Chat 10:30 PW Zumba Class 🚶 11:00 DR Cake Decorating w/ Ashley! 🍰 1:00 PW Therapy Dog Visits with Jax 🐾 1:30 PW Dart Game! w/ Mike 🎯 2:00 ■ Afternoon Stroll -- Inside or Outside 🚶 3:15 SW Cocktail Hour 🍹 3:30 PW Words With Friends 5:30 EM Let's Go To The "Movies" 🎬	National Sausage Pizza Day! 11 7:00 LR Morning Melodies 🎵 10:00 LR News, Weather and Chat 10:30 PW Low Intensity Aerobics 🚶 11:00 PW Beach Ball & Noodle Hockey 🏑 1:15 BT "We're Going On A Trip" 🚌 3:00 SW Mocktail Hour 🍹 3:30 PW Tic-Tac-Toe 🎲 5:30 EM Let's Go To The "Movies" 🎬	National Farmers Day! 12 7:00 DR Morning Melodies 🎵 10:00 LR News, Weather and Chat 10:30 PW Yoga: Mind, Body & Soul 🧘 11:00 IW Name That Tune! 1:45 EM Movie Matinee -- Theater! 🎬 3:00 SW Mocktail Hour 🍹 3:30 AR BINGO 🎰 5:30 EM Let's Go To The "Movies" 🎬
National Train Your Brain Day! 13 7:00 DR Morning Melodies 🎵 10:00 SW Spiritual Mass 10:15 DR Coffee & Chronicles ☕ 10:30 PW Let's Get Groovin' 🎵 11:00 AR Artistic Circle- Painting or Coloring 🎨 1:30 IW Cardio Drumming 🥁 2:15 PW Indoor Volleyball 🏐 3:00 SW Mocktail Hour 🍹 3:30 AR BINGO 🎰 5:30 EM Let's Go To The "Movies" 🎬	Columbus Day 14 7:00 LR Morning Melodies 🎵 10:00 LR News, Weather and Chat 10:30 IW Balloon Toss 🎈 11:00 IW Blissful Spa! 1:30 PW Cardio Drumming 🥁 2:15 AR Creative Senses 🎨 3:00 SW Mocktail Hour 🍹 3:30 SW NERF Football 🏈 5:30 EM Let's Go To The "Movies" 🎬	National "I Love Lucy" Day! 15 7:00 LR Morning Melodies 🎵 10:00 LR News, Weather and Chat 10:30 PW Low Intensity Aerobics 🚶 11:00 LR "I Love Lucy" series 📺 1:30 IW Science Lab 🧪 2:00 PW Balloon Toss 🎈 3:00 SW Mocktail Hour 🍹 3:30 SW Connect 6 🎲 5:30 EM Let's Go To The "Movies" 🎬 6:30 EM Saxophone Quartet-Tavern 🎷	National Sports Day! 16 7:00 LR Morning Melodies 🎵 10:00 LR News, Weather and Chat 10:30 PW Low Intensity Aerobics 🚶 11:00 DR My Mother's Recipes ❤️ 1:30 PW Seated Cardio 🚶 2:00 PW Wild Card w/ Mike 🎴 2:30 EM Sing-Along with Ashley 🎵 3:00 SW Mocktail Hour 🍹 3:30 PW Toss Across 🎱 5:30 EM Let's Go To The "Movies" 🎬	National Pasta Day! 17 7:00 LR Morning Melodies 🎵 10:00 LR News, Weather and Chat 10:30 PW Zumba Class 🚶 11:00 SW Father Mike- Chapel 1:00 PW Therapy Dog Visits with Jax 🐾 1:30 PW Newspaper Shuffle w/ Mike 📰 2:00 ■ Afternoon Stroll -- Inside or Outside 🚶 3:15 SW Cocktail Hour 🍹 3:30 PW Finish the Phrase 5:30 EM Let's Go To The "Movies" 🎬	Chocolate Cupcake Day! 18 7:00 LR Morning Melodies 🎵 10:00 LR News, Weather and Chat 10:30 PW Low Intensity Aerobics 🚶 11:00 AR BINGO 🎰 1:15 BT "We're Going On A Trip" 🚌 3:00 SW Mocktail Hour 🍹 3:30 PW Tic-Tac-Toe 🎲 5:30 EM Let's Go To The "Movies" 🎬	National Kentucky Day! 19 7:00 DR Morning Melodies 🎵 10:00 LR News, Weather and Chat 10:30 PW Yoga: Mind, Body & Soul 🧘 11:00 AR Balloon Toss 🎈 1:45 EM Movie Matinee -- Theater! 🎬 3:00 SW Mocktail Hour 🍹 3:30 AR BINGO 🎰 5:30 EM Let's Go To The "Movies" 🎬
National Chicken & Waffles Day! 20 7:00 DR Morning Melodies 🎵 10:00 SW Spiritual Mass 10:15 DR Coffee & Chronicles ☕ 10:30 PW Let's Get Groovin' 🎵 11:00 AR Artistic Circle- Painting or Coloring 🎨 1:30 IW Cardio Drumming 🥁 2:15 PW Cornhole 🎯 3:00 SW Mocktail Hour 🍹 3:30 AR BINGO 🎰 5:30 EM Let's Go To The "Movies" 🎬	Happy Birthday Judy! 21 7:00 LR Morning Melodies 🎵 10:00 LR News, Weather and Chat 10:30 IW Balloon Toss 🎈 11:00 IW Blissful Spa! 1:30 PW Cardio Drumming 🥁 2:15 AR Creative Senses 🎨 3:00 SW Mocktail Hour 🍹 3:30 SW NERF Football 🏈 5:30 EM Let's Go To The "Movies" 🎬	Happy Birthday Bob! 22 7:00 LR Morning Melodies 🎵 10:00 LR News, Weather and Chat 10:30 PW Low Intensity Aerobics 🚶 11:00 AR Word Game 🎮 1:15 IW Science Lab 🧪 2:00 EM Kip & Phred Two Timers (tavern) 3:00 SW Mocktail Hour 🍹 3:30 SW Connect 6 🎲 5:30 EM Let's Go To The "Movies" 🎬	TV Talk Show Host Day! 23 7:00 LR Morning Melodies 🎵 10:00 LR News, Weather and Chat 10:30 PW Low Intensity Aerobics 🚶 11:00 DR My Mother's Recipes ❤️ 1:30 EM Sing-Along -Welles 🎵 2:00 PW Seated Cardio 🚶 2:30 PW Wild Card w/ Mike 🎴 3:00 SW Mocktail Hour 🍹 3:30 AR Talk Show Host Review 5:30 EM Let's Go To The "Movies" 🎬	National Bologna Sandwich Day! 24 7:00 LR Morning Melodies 🎵 10:00 LR News, Weather and Chat 10:30 PW Zumba Class 🚶 11:00 IW Trivia & Reminiscing 1:00 PW Therapy Dog Visits with Jax 🐾 1:30 PW Cup Pong w/ Mike 🏓 2:00 ■ Afternoon Stroll -- Inside or Outside 🚶 3:15 SW Cocktail Hour 🍹 3:30 PW Words With Friends 5:30 EM Let's Go To The "Movies" 🎬	National Breadstick Day! 25 7:00 LR Morning Melodies 🎵 10:00 LR News, Weather and Chat 10:30 PW Low Intensity Aerobics 🚶 11:00 PW Beach Ball & Noodle Hockey 🏑 1:15 BT "We're Going On A Trip" 🚌 3:00 SW Mocktail Hour 🍹 3:30 PW Tic-Tac-Toe 🎲 5:30 EM Let's Go To The "Movies" 🎬	National Tennessee Day! 26 7:00 DR Morning Melodies 🎵 10:00 LR News, Weather and Chat 10:30 PW Yoga: Mind, Body & Soul 🧘 11:00 AR Balloon Toss 🎈 1:45 EM Movie Matinee -- Theater! 🎬 3:00 SW Mocktail Hour 🍹 3:30 AR BINGO 🎰 5:30 EM Let's Go To The "Movies" 🎬
Navy Day! 27 7:00 DR Morning Melodies 🎵 10:00 SW Spiritual Mass 10:15 DR Coffee & Chronicles ☕ 10:30 PW Let's Get Groovin' 🎵 11:00 AR Artistic Circle- Painting or Coloring 🎨 1:30 IW Cardio Drumming 🥁 2:00 EM Girl Scout Costume Parade 🎭 3:00 SW Mocktail Hour 🍹 3:30 AR BINGO 🎰 5:30 EM Let's Go To The "Movies" 🎬	National Chocolate Day! 28 7:00 LR Morning Melodies 🎵 10:00 LR News, Weather and Chat 10:30 IW Balloon Toss 🎈 1:30 PW Cardio Drumming 🥁 2:15 AR Creative Senses 🎨 3:00 SW Mocktail Hour 🍹 3:30 SW NERF Football 🏈 5:30 EM Let's Go To The "Movies" 🎬	National Oatmeal Day! 29 7:00 LR Morning Melodies 🎵 10:00 LR News, Weather and Chat 10:30 PW Low Intensity Aerobics 🚶 11:00 AR Word Game 🎮 1:30 IW Science Lab 🧪 3:00 SW Mocktail Hour 🍹 3:30 SW Connect 6 🎲 5:30 EM Let's Go To The "Movies" 🎬	National Candy Corn Day! 30 7:00 LR Morning Melodies 🎵 10:00 LR News, Weather and Chat 10:30 PW Low Intensity Aerobics 🚶 11:00 DR My Mother's Recipes ❤️ 1:30 PW Seated Cardio 🚶 2:00 PW Wild Card w/ Mike 🎴 2:30 EM Sing-Along with Ashley 🎵 3:00 SW Mocktail Hour 🍹 5:30 EM Let's Go To The "Movies" 🎬	Happy Halloween! 31 7:00 LR Morning Melodies 🎵 10:00 LR News, Weather and Chat 10:30 PW Zumba Class 🚶 11:00 IW Father Ron in the Welles 1:00 PW Therapy Dog Visits with Jax 🐾 1:30 PW Fun Games w/ Mike 🎲 2:00 ■ Afternoon Stroll -- Inside or Outside 🚶 3:15 SW Cocktail Hour 🍹 3:30 PW Words With Friends 5:30 EM Let's Go To The "Movies" 🎬		 <p>EGIS Our mission is to create a compassionate, healthy, safe, and active environment for each individual entrusted in our care.</p>