

Colebrook ~ Village at Hebron

55 John E Horton Blvd. • Hebron, CT 06248 • (860) 801-1114

Positive Thought

"An optimist is the human personification of spring." —Susan J. Bissonette

Lucky Charms

Do you have a lucky coin or a pair of socks that you believe brings you good fortune? You may be on to something. Studies show that simply believing a lucky charm works can boost a person's confidence, helping them perform a task better.



The generosity of Colebrook residents is unmatched! Between Ryk and his haircut for a cause and the "Soup"er Bowl, we have raised about \$2,000 so far this year for the Alzheimer's Association!



Colebrook staff can cook! What an amazing array of soups! Looking forward to next year; this one was so good! Almost all the soups were sold out!

March 2025

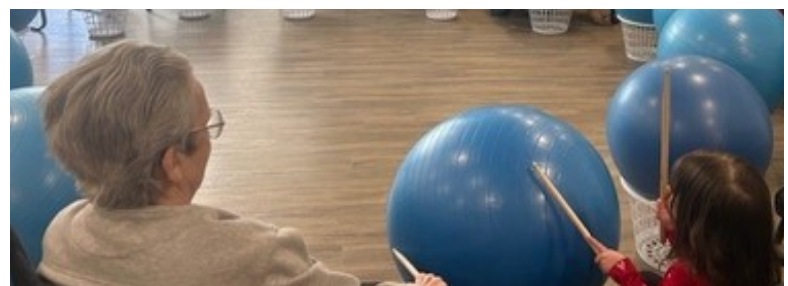


Spring Is in the Air

The first day of spring, also known as the vernal equinox, falls on March 20 this year. Longer warmer days are on their way!



What is better than a room full of preschoolers making valentines? Nothing! Except for Cardio Drumming with them! So much fun with our little friends from AHM!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March Birthdays! <ul style="list-style-type: none"> • Carolynn 3/7 • Nancy O. 3/12 • Lin 3/24 • Sharon 3/31 • Cynthia 3/31 • Kate 3/31 Happy Birthday to You All!						
9:15 SW Transportation to Local Churches 10:00 SW Televised Catholic Mass 10:30 SW Second Cup Sunday! 11:00 IA Wii Bowling! 1:00 MN Sunday at the Opera 1:30 PW Cardio Drumming! 2:15 IA Balloon Volleyball! 3:00 IA UNO! 4:00 IA Res-Led Rummikub, Cards, Games! 6:30 MN Movie Night!	9:30 IA Team Sudoku! 10:00 PW Pot of Gold Workout! 10:00 IA Shopping Out Trip to Ocean State Job Lot 10:30 IA King Cake Baking! 10:30 IA Wordle 11:00 IA Armchair Travel 12:30 EW Nail Care! by Appt! 1:00 MN Matinee Showing of Musical Monday! 1:00 IA Scattergories 2:00 SW Bible Study 4:00 SW Social Time 6:30 MN Movie Night!	9:00 PW Blood Pressure Clinic! 10:00 PW Senior Stability Class! 10:30 IA St. Patrick's Day Card with Gayle 1:00 PW Wii Bowling! 1:15 PW Cardio Slide! 2:00 IA Bridge 2:00 MN Concert with John Banker 3:00 IA Corn Hole 3:00 IA Great Course Lecture Series 4:00 SW Social Time 5:45 EW Pet Therapy Training 6:30 MN Movie Night!	10:00 PW Pool Noodle Workout! 10:30 IA Out Trip 10:30 EW Parkinson's Group 11:00 SW Catholic Mass with Fr Mike with Ashes 12:45 EW Guided Meditation! 1:30 PW Seated Cardio with Music! 2:00 IA Creative Corner 2:30 EW Scenic Drive 3:00 SW Pick a Prize Bingo 4:00 SW Social Time 6:30 MN Movie Night	10:00 PW Senior Stability Class! 10:30 SW Coffee, Tea and Chat! 1:00 IA Diet and You with Maryla 2:00 IA Bridge 2:15 PW Zumba 3:00 PW Balloon Volleyball 3:00 IA Great Course Lecture Series 3:00 EW Grief Support Group 4:00 SW Social Time 6:30 MN Movie Night	9:30 SW St. Peter's Episcopal Pre-Recorded Service 10:00 PW Pot of Gold Workout! 10:00 IA Resident Shuttle to Ted's & CVS 10:30 IA White Board Wheel of Fortune! 11:00 SW Rosary 1:00 IA Music Appreciation 2:00 PW Boot Camp! 3:00 IA Out Trip to Hebron Library! 3:00 IA Word Within A Word! 3:30 IA Country Store 4:00 SW Social Time 6:30 MN Movie Night!	9:30 IA Team Sudoku! 10:30 IA Great Courses: Lecture Series 11:00 PW Yoga! 12:30 IA Tech Teen Josh! 1:15 IA Name That Tune Jeopardy! 1:45 MN Movie Matinee 3:00 SW DOLLAR BINGO 4:00 SW Soda Saturday Social! 6:30 MN Movie Night!
9:15 SW Transportation to Local Churches 10:00 SW Televised Catholic Mass 10:30 SW Second Cup Sunday! 11:00 IA Wii Bowling! 1:00 MN Sunday at the Opera 1:30 PW Cardio Drumming! 2:15 IA Balloon Volleyball! 3:00 IA UNO! 3:30 MN Irish Step Dancers! 4:00 IA Res-Led Rummikub, Cards, Games! 6:30 MN Movie Night!	9:30 IA Team Sudoku! 10:00 PW Pot of Gold Workout! 10:00 IA Shopping Out Trip to Walmart/Aldi 10:30 IA Wii Jeopardy 11:00 IA Armchair Travel 1:00 MN Matinee Showing of Musical Monday! 1:30 IA Eric The Plant Guy 2:00 SW Bible Study 3:00 SW Off To The Races! 4:00 SW Social Time 6:30 MN Movie Night!	10:00 PW Senior Stability Class! 10:30 IA Wordle! 1:00 PW Wii Bowling! 1:15 PW Cardio Slide! 2:00 IA Bridge 2:00 IA Sleep Seminar with Enliven 3:00 PW Corn Hole! 3:00 IA Great Course Lecture Series 4:00 SW Social Time 5:45 EW Pet Therapy Training 6:30 MN Movie Night!	8:30 SW Out Trip to Breakfast & Bingo! 10:00 PW Pool Noodle Workout! 10:30 IA Out Trip 10:30 IA UNO! 12:45 EW Guided Meditation! 1:30 EW Seated Cardio with Music 2:30 EW Scenic Drive 3:00 SW Pick a Prize Bingo 4:00 SW Social Time 6:30 MN Movie Night	10:00 PW Senior Stability Class! 10:30 SW Coffee, Tea and Chat! 1:00 IA Diet and You with Maryla 2:00 IA Bridge 2:15 PW Zumba 3:00 PW Balloon Volleyball! 3:00 IA Great Course Lecture Series 4:00 SW Social Time 6:30 MN Movie Night	10:00 PW Pot of Gold Workout! 10:00 IA Resident Shuttle to Ted's & CVS 10:30 IA White Board Wheel of Fortune! 11:00 SW Rosary 1:00 IA Music Appreciation 2:00 PW Boot Camp! 2:30 SW Happy Purim! 3:00 IA Out Trip to Hebron Library! 3:00 IA Word Within A Word! 3:30 IA Country Store 6:30 MN Maple by Moonlight Gala!	9:30 IA Team Sudoku! 10:30 IA Great Courses: Lecture Series 11:00 PW Yoga! 12:30 IA Tech Teen Josh! 1:15 IA Name That Tune Jeopardy! 1:45 MN Movie Matinee 3:00 SW DOLLAR BINGO 4:00 SW Soda Saturday Social! 6:30 MN Movie Night!
9:15 SW Transportation to Local Churches 10:00 SW Televised Catholic Mass 10:30 SW Second Cup Sunday! 11:00 IA Wii Bowling! 1:00 MN Sunday at the Opera 1:30 PW Cardio Drumming! 2:00 MN Irish Music with Kip & Mick! 3:00 IA UNO! 4:00 IA Res-Led Rummikub, Cards, Games! 6:30 MN Movie Night!	9:30 IA Team Sudoku! 10:00 PW Pot of Gold Workout! 10:00 IA Shopping Out Trip to Dollar General 10:30 IA Wii Jeopardy 11:00 IA Armchair Travel 1:00 MN Matinee Showing of Musical Monday! 1:30 SW Resident Council 2:00 SW Bible Study 3:00 SW Leprechaun Gold LRC! 4:00 SW St. Patty's Day Social Time 6:30 MN Movie Night!	10:00 PW Senior Stability Class! 10:30 PW Balance Assessment Clinic with Enliven 10:30 IA Wordle! 1:00 PW Wii Bowling! 1:15 PW Cardio Slide! 2:00 IA Bridge 3:00 IA Corn Hole 3:00 IA Great Course Lecture Series 4:00 SW Social Time 5:45 EW Pet Therapy Training 6:30 MN Movie Night!	10:00 PW Pool Noodle Workout! 10:30 IA Out Trip 10:30 IA UNO! 12:45 EW Guided Meditation! 1:30 PW Seated Cardio with Music! 2:00 IA Creative Corner 2:30 EW Scenic Drive 3:00 SW Pick a Prize Bingo 4:00 SW Social Time 6:30 MN Movie Night	10:00 PW Senior Stability Class! 10:30 SW Coffee, Tea and Chat! 1:00 IA Diet and You with Maryla 2:00 IA Bridge 2:15 PW Zumba 3:00 PW Balloon Volleyball 3:00 IA Great Course Lecture Series 4:00 SW Social Time 6:30 MN Movie Night	9:30 SW St. Peter's Episcopal Pre-Recorded Service 10:00 PW Pot of Gold Workout! 10:00 IA Resident Shuttle to Ted's & CVS 10:30 IA White Board Wheel of Fortune! 11:00 SW Rosary 1:00 IA Music Appreciation 2:00 PW Boot Camp! 3:00 IA Out Trip to Hebron Library! 3:00 IA Word Within A Word! 3:30 IA Country Store 4:00 SW Social Time 6:30 MN Movie Night!	9:30 IA Team Sudoku! 10:30 IA Great Courses: Lecture Series 11:00 PW Yoga! 12:30 IA Tech Teen Josh! 1:15 IA Name That Tune Jeopardy! 1:45 MN Movie Matinee 3:00 SW DOLLAR BINGO 4:00 SW Soda Saturday Social! 6:30 MN Movie Night!
9:15 SW Transportation to Local Churches 10:00 SW Televised Catholic Mass 10:30 SW Second Cup Sunday! 11:00 IA Wii Bowling!	9:30 IA Team Sudoku! 10:00 PW Pot of Gold Workout! 10:00 IA Shopping Out Trip to Eastbrook Mall Area 10:30 IA Wii Jeopardy 3:00 SW Off To The Races!	10:00 PW Senior Stability Class! 10:30 IA Wordle! 1:00 PW Wii Bowling! 1:15 PW Cardio Slide! 2:00 IA Bridge 2:00 MN Concert with Rick Lovallo 3:00 PW Corn Hole! 3:00 IA Great Course Lecture Series 4:00 SW Social Time 5:45 EW Pet Therapy Training 6:30 MN Movie Night!	9:30 SW Out Trip to Veterans Coffee Hour 10:00 PW Pool Noodle Workout! 10:30 IA Out Trip 10:30 IA UNO! 12:45 EW Guided Meditation! 1:30 EW Seated Cardio with Music 2:30 EW Scenic Drive 3:00 SW Pick a Prize Bingo 4:00 SW Social Time 6:30 MN Movie Night	10:00 PW Senior Stability Class! 11:00 SW Service with Father Ron 1:00 IA Diet and You with Maryla 2:00 IA Bridge 2:15 PW Zumba 3:00 PW Balloon Volleyball! 3:00 IA Great Course Lecture Series 4:00 SW Social Time 6:30 MN Movie Night	9:30 SW St. Peter's Episcopal Pre-Recorded Service 10:00 PW Pot of Gold Workout! 10:00 IA Resident Shuttle to Ted's & CVS 10:30 IA White Board Wheel of Fortune! 11:00 SW Rosary 1:00 IA Music Appreciation 2:00 PW Boot Camp! 3:00 IA Out Trip to Hebron Library! 3:00 IA Word Within A Word! 3:30 IA Country Store 4:00 SW Social Time 6:30 MN Movie Night!	9:30 IA Team Sudoku! 10:30 IA Great Courses: Lecture Series 11:00 PW Yoga! 12:30 IA Tech Teen Josh! 1:15 IA Name That Tune Jeopardy! 1:45 MN Movie Matinee 3:00 SW DOLLAR BINGO 4:00 SW Soda Saturday Social! 6:30 MN Movie Night!
1:00 MN Sunday at the Opera 1:30 PW Cardio Drumming! 2:15 PW Balloon Volleyball! 3:00 IA UNO!	9:30 IA Team Sudoku! 10:00 PW Pot of Gold Workout! 10:00 IA Shopping Out Trip to Ocean State Job Lot 10:30 IA Wii Jeopardy 2:00 SW Bible Study	2:00 MN Concert with Rick Lovallo 3:00 PW Corn Hole! 3:00 IA Great Course Lecture Series 4:00 SW Social Time 5:45 EW Pet Therapy Training 6:30 MN Movie Night!	1:30 EW Seated Cardio with Music 2:30 EW Scenic Drive 3:00 SW Pick a Prize Bingo 4:00 SW Social Time 6:30 MN Movie Night	3:00 PW Balloon Volleyball! 3:00 IA Great Course Lecture Series 4:00 SW Social Time 6:30 MN Movie Night	1:00 IA Music Appreciation 2:00 PW Boot Camp! 3:00 IA Out Trip to Hebron Library! 3:00 IA Word Within A Word! 3:30 IA Country Store 4:00 SW Social Time 6:30 MN Movie Night!	1:15 IA Name That Tune Jeopardy! 1:45 MN Movie Matinee 3:00 SW DOLLAR BINGO 4:00 SW Soda Saturday Social! 6:30 MN Movie Night!

March 2025

Cupid Comes to Colebrook!



Cadence and Mia our Colebrook Cupids!

Working a little late on Valentine's Day, only to look up and see two little angels of joy appear! Mia and Cadence arrived in the activity room with oodles of roses and stuffed animals destined to bring joy to Colebrook residents and staff! These two little cupids delivered these around the building to just make people happy. The surprise and smiles were heartwarming! Thank you to Mia and Cadence for showing such kindness and bringing brightness in a world that too often seems to lack it! We can all learn from this; a small gesture can bring much joy and go a long way!

"This Month In History" MARCH

1790: The first U.S. census is taken and records a population of 3.9 million.

1899: A German pharmaceutical company patents aspirin.

1912: Oreos, the cream-filled chocolate sandwich cookies, are introduced by the National Biscuit Company.

1923: Time magazine debuts.

1933: Frances Perkins is appointed secretary of labor, becoming the first woman to serve in the Cabinet.

1941: The National Gallery of Art opens in Washington, D.C.

1951: The comic strip "Dennis the Menace" by Hank Ketcham begins syndication in 16 newspapers.

1968: Country music singers Johnny Cash and June Carter marry.

1981: TV anchorman Walter Cronkite, often called "the most trusted man in America," retires from the "CBS Evening News."

1994: Hockey great Wayne Gretzky nets his 802nd NHL goal, breaking the previous record held by legend Gordie Howe.

1997: Singer, songwriter and former Beatle Paul McCartney is knighted by Queen Elizabeth II.

2002: Halle Berry wins the Oscar for best actress for her role in "Monster's Ball." She was the first African-American to receive the award.

2006: The first tweet goes out at the launch of social media website Twitter.