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!



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March 2025

SW Spiritual Wellness
PW Physical Wellness
IA Intellectual Wellness
SW Social Wellness
MN Entertainment or Movie

MN Entertainment or Movie Sunday Wednesday Friday Monday Tuesday Thursday Saturday March Birthdays! Valentine Bingo and Cards From Cooking Lasagna for Soup Kitchen! Roll the Dice Coffee, Tea & Chat Super Bowl Watch Party! So Fun! **Hebron Residents Bring Smiles!** Carolynn 3/7 9:30 Team Sudoku! 10:30 A Great Courses: Lecture Series Nancy O. 3/12 11:00 PW Yoga! 3/24 • Lin 12:30 A Tech Teen Josh! Sharon 3/31 1:15 Name That Tune Jeopardy! 3/31 Cvnthia 1:45 MN Movie Matinee 3/31 Kate 3:00 SW DOLLAR BINGO 4:00 SW Soda Saturday Social! Happy Birthday to You All! 6:30 MN Movie Night! 3 Fat Tuesday/Mardi Gras! 4 OnSite Dermatology Day 9:00 PW Blood Pressure Clinic! 9:15 SW Transportation to Local Churches 9:30 Team Sudoku! 10:00 PW Pool Noodle Workout! 10:00 PW Senior Stability Class! 9:30 SW St. Peter's Episcopal Pre-Recorded Service 9:30 Team Sudoku! 10:00 Pot of Gold Workout! 10:00 EW Senior Stability Class! 10:00 Pot of Gold Workout! 10:30 A Out Trip 10:00 SW Televised Catholic Mass 10:30 SW Coffee, Tea and Chat! 10:30 A Great Courses: Lecture Series 10:00 Name Shopping Out Trip to Ocean State Job Lot 10:30 XX St. Patrick's Day Card with Gayle 10:00 Resident Shuttle to Ted's & CVS 10:30 Parkinson's Group 10:30 SW Second Cup Sunday! 1:00 A Diet and You with Maryla 11:00 PW Yoga! 10:30 Mhite Board Wheel of Fortune! 10:30 King Cake Baking! 1:00 PW Wii Bowling! 11:00 SW Catholic Mass with Fr Mike with Ashes 11:00 A Wii Bowling! 2:00 A Bridge 10:30 Wordle 1:15 Cardio Slide! 11:00 SW Rosarv 12:30 TA Tech Teen Josh! 12:45 W Guided Meditation! 1:00 MN Sunday at the Opera 2:15 PW Zumba 11:00 Armchair Travel 2:00 A Bridge 1:00 Music Appreciation 1:15 Name That Tune Jeopardy! 1:30 PW Seated Cardio with Music! 1:30 PW Cardio Drumming! 12:30 Nail Care! by Appt! 2:00 MN Concert with John Banker 3:00 PW Balloon Volleyball 2:00 PW Boot Camp! 2:00 A Creative Corner 1:45 MN Movie Matinee 2:15 Balloon Volleyball! 1:00 MN Matinee Showing of Musical Monday! 3:00 A Corn Hole 3:00 A Great Course Lecture Series 3:00 Out Trip to Hebron Library! 2:30 Scenic Drive **DOLLAR BINGO** 3:00 Word Within A Word! 1:00 A Scattergories 3:00 Great Course Lecture Series 3:00 EW Grief Support Group 3:00 A UNO! 3:00 Pick a Prize Bingo 4:00 SW Soda Saturday Social! 2:00 SW Bible Study 4:00 SW Social Time 3:30 Country Store 4:00 SW Social Time 4:00 A Res-Led Rummikub, Cards, Games! 4:00 SW Social Time 4:00 SW Social Time 5:45 EW Pet Therapy Training 4:00 SW Social Time 6:30 MN Movie Night! 6:30 MN Movie Night 6:30 MN Movie Night! 6:30 MN Movie Night 6:30 MN Movie Night! 6:30 MN Movie Night! 6:30 MN Movie Night! 11 14 15 9:15 SW Transportation to Local Churches 9:30 Team Sudoku! 10:00 PW Senior Stability Class! 8:30 SW Out Trip to Breakfast & Bingo! 10:00 PW Pot of Gold Workout! 10:00 PW Senior Stability Class! 9:30 Team Sudoku! 10:00 SW Televised Catholic Mass 10:00 Pot of Gold Workout! 10:30 Wordle! 10:00 Resident Shuttle to Ted's & CVS 10:00 PW Pool Noodle Workout! 10:30 A Great Courses: Lecture Series 10:30 SW Coffee. Tea and Chat! 10:00 A Shopping Out Trip to Walmart/Aldi 1:00 W Wii Bowling! 10:30 White Board Wheel of Fortune! 10:30 SW Second Cup Sunday! 10:30 A Out Trip 11:00 PW Yoga! 1:00 A Diet and You with Maryla 11:00 A Wii Bowling! 10:30 Wii Jeopardy 1:15 PW Cardio Slide! 11:00 SW Rosary 10:30 IA UNO! 12:30 TA Tech Teen Josh! 2:00 A Bridge 1:00 Music Appreciation 1:00 MN Sunday at the Opera 11:00 Armchair Travel 2:00 A Bridge 12:45 EW Guided Meditation! 1:00 MN Matinee Showing of Musical Monday! 2:00 Sleep Seminar with Enliven 1:15 Name That Tune Jeopardy! 1:30 PW Cardio Drumming! 2:00 PW Boot Camp! 2:15 PW Zumba 1:30 Seated Cardio with Music 2:15 A Balloon Volleyball! 1:30 IA Eric The Plant Guy 3:00 PW Corn Hole! 2:30 SW Happy Purim! 1:45 MN Movie Matinee 3:00 PW Balloon Volleyball! 2:30 Scenic Drive 3:00 NO! 2:00 SW Bible Study 3:00 Great Course Lecture Series 3:00 Out Trip to Hebron Library! 3:00 SW DOLLAR BINGO 3:00 A Great Course Lecture Series 3:00 Pick a Prize Bingo 3:00 N Word Within A Word! 3:30 MN Irish Step Dancers! 3:00 SW Off To The Races! 4:00 SW Social Time 4:00 SW Soda Saturday Social! 4:00 SW Social Time 3:30 Country Store 4:00 A Res-Led Rummikub, Cards, Games! 4:00 SW Social Time 5:45 EW Pet Therapy Training 4:00 SW Social Time 6:30 MN Movie Night! 6:30 MN Movie Night! 6:30 MN Movie Night 6:30 MN Maple by Moonlight Gala! 6:30 MN Movie Night! 6:30 MN Movie Night! 6:30 MN Movie Night 17 19 22 16 Happy St. Patrick's Day! 18 21 9:15 SW Transportation to Local Churches 9:30 Team Sudoku! 10:00 Senior Stability Class! 10:00 PW Pool Noodle Workout! 9:30 SW St. Peter's Episcopal Pre-Recorded Service 10:00 PW Senior Stability Class! 9:30 Team Sudoku! 10:00 PW Pot of Gold Workout! 10:00 Pot of Gold Workout! 10:30 Raw Balance Assessment Clinic with Enliven 10:00 SW Televised Catholic Mass 10:30 A Out Trip 10:30 A Great Courses: Lecture Series 10:30 SW Coffee. Tea and Chat! 10:00 Resident Shuttle to Ted's & CVS 10:00 A Shopping Out Trip to Dollar General 10:30 N Wordle! 10:30 SW Second Cup Sunday! 10:30 IA UNO! 11:00 PW Yoga! 1:00 A Diet and You with Maryla 10:30 White Board Wheel of Fortune! 10:30 Nii Jeopardy 1:00 PW Wii Bowling! 11:00 Wii Bowling! 12:45 W Guided Meditation! 11:00 SW Rosary 12:30 Tech Teen Josh! 11:00 Armchair Travel 1:15 PW Cardio Slide! 2:00 IA Bridge 1:00 MN Sunday at the Opera 1:30 Seated Cardio with Music! 1:00 Music Appreciation 1:00 MN Matinee Showing of Musical Monday! 1:15 Name That Tune Jeopardy! 2:00 A Bridge 2:15 PW Zumba 1:30 PW Cardio Drumming! 2:00 A Creative Corner 2:00 PW Boot Camp! 1:30 SW Resident Council 3:00 A Corn Hole 1:45 MN Movie Matinee 3:00 PW Balloon Volleyball 2:00 MN Irish Music with Kip & Mick! 2:30 EW Scenic Drive 3:00 Out Trip to Hebron Library! 2:00 SW Bible Study 3:00 Great Course Lecture Series 3:00 SW DOLLAR BINGO 3:00 N Word Within A Word! 3:00 A Great Course Lecture Series 3:00 A UNO! 3:00 Pick a Prize Bingo 3:00 SW Leprechaun Gold LRC! 4:00 SW Social Time 3:30 Country Store W Soda Saturday Social! 4:00 4:00 A Res-Led Rummikub, Cards, Games! 4:00 SW Social Time 4:00 SW St. Patty's Day Social Time 5:45 EW Pet Therapy Training 4:00 SW Social Time 4:00 SW Social Time 6:30 MN Movie Night! 6:30 MN Movie Night! 6:30 MN Movie Night 6:30 MN Movie Night! 6:30 MN Movie Night! 6:30 MN Movie Night 6:30 MN Movie Night! 29 24 25 26 9:30 Team Sudoku! 10:00 PW Senior Stability Class! 9:30 SW Out Trip to Veterans Coffee Hour 9:30 SW St. Peter's Episcopal Pre-Recorded Service 9:15 SW Transportation to Local Churches 10:00 PW Senior Stability Class! 9:30 Team Sudoku! 10:00 PW Pot of Gold Workout! 10:00 PW Pot of Gold Workout! 10:30 N Wordle! 10:00 PW Pool Noodle Workout! 10:00 SW Televised Catholic Mass 11:00 SW Service with Father Ron 10:30 A Great Courses: Lecture Series 10:00 A Shopping Out Trip to Eastbrook Mall Area 10:00 Resident Shuttle to Ted's & CVS 1:00 PW Wii Bowling! 10:30 A Out Trip 10:30 SW Second Cup Sunday! 11:00 PW Yoga! 1:00 Diet and You with Maryla 10:30 White Board Wheel of Fortune! 10:30 Wii Jeopardy 1:15 PW Cardio Slide! 10:30 NA UNO! 11:00 A Wii Bowling! 3:00 SWI Off To The Races! 11:00 SW Rosary 12:30 TA Tech Teen Josh! 2:00 A Bridge 2:00 Bridge 12:45 EW Guided Meditation! 1:00 Music Appreciation 1:15 Name That Tune Jeopardy! 2:00 MN Concert with Rick Lovallo 2:15 PW Zumba 1:30 Seated Cardio with Music 2:00 PW Boot Camp! 3:00 PW Corn Hole! 1:45 MN Movie Matinee 3:00 PW Balloon Volleyball! 9:30 Team Sudoku! 3:00 Out Trip to Hebron Library! 1:00 MN Sunday at the Opera 2:30 Scenic Drive 3:00 Great Course Lecture Series **DOLLAR BINGO** 10:00 PW Pot of Gold Workout! 3:00 Word Within A Word! 3:00 Great Course Lecture Series 3:00 SW Pick a Prize Bingo 1:30 PW Cardio Drumming! 4:00 SW Social Time 10:00 A Shopping Out Trip to Ocean State Job Lot 3:30 Country Store 4:00 SW Soda Saturday Social! 4:00 SW Social Time 2:15 PW Balloon Volleyball! 5:45 EW Pet Therapy Training 4:00 SW Social Time 10:30 Nii Jeopardy 4:00 SW Social Time 6:30 MN Movie Night! 6:30 MN Movie Night! 6:30 MN Movie Night 3:00 IA UNO! 6:30 MN Movie Night 2:00 SW Bible Study 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.

