

Colebrook ~ Village at Hebron

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

May 2025

Happy Mother's Day!

"A mother's love for her child is like nothing else in the world." —*Agatha Christie*

Mother's Day is set aside to honor and celebrate mothers, grandmothers and mothers-to-be. Shower the special women in your life with love, hugs and maybe a card or a beautiful bouquet! From all of us, we wish all the moms who call our community home a very happy Mother's Day!



A great floral arranging class taught by Bonnie yielded amazing decorations for our Spring Fling that lasted for weeks after! Fresh flowers so lovely!



We enjoyed a fantastic meal prior to adjourning to the Tavern to listen to music and dance!



Colebrook Village
at Hebron

May 2025

- SW

Spiritual Wellness
- PW

Physical Wellness
- IA

Intellectual Wellness
- SW

Social Wellness
- MN



Entertainment or Movie

EW

Emotional Wellness

IA

Independent Activity

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>May Birthdays!</div> <div><div><div>• Ryk</div><div>5/12</div></div><div><div>• Lou</div><div>5/12</div></div><div><div>• Judy #7</div><div>5/13</div></div><div><div>• Helen</div><div>5/14</div></div><div><div>• Judy K.</div><div>5/17</div></div><div><div>• Bill</div><div>5/18</div></div><div><div>• Barbara E.</div><div>5/24</div></div><div><div>• Jeri</div><div>5/26</div></div></div> <div>Happy Birthday to You All!</div>			<div>Cooking for a Cause! Pasta Salad!</div> 	<div>1</div> <div>10:00 <div>PW</div> Senior Stability Class!</div> <div>10:30 <div>SW</div> Coffee, Tea and Chat!</div> <div>2:00 <div>IA</div> Bridge</div> <div>2:15 <div>PW</div> Zumba</div> <div>3:00 <div>PW</div> Balloon Volleyball</div> <div>3:00 <div>IA</div> Great Course Lecture Series</div> <div>3:00 <div>EW</div> Grief Support Group</div> <div>4:00 <div>SW</div> Social Time</div> <div>6:30 <div>MN</div> Jazz Concert</div>	<div>2</div> <div>9:30 <div>SW</div> St. Peter's Episcopal Pre-Recorded Service</div> <div>10:00 <div>PW</div> Arthritis Buster Workout!</div> <div>10:00 <div>IA</div> Resident Shuttle to Ted's & CVS</div> <div>10:30 <div>IA</div> White Board Wheel of Fortune!</div> <div>11:00 <div>SW</div> Rosary</div> <div>1:00 <div>IA</div> Music Appreciation</div> <div>2:00 <div>SW</div> Karaoke Friday!</div> <div>2:00 <div>IA</div> Short Story Crew!</div> <div>3:00 <div>IA</div> Out Trip to Hebron Library!</div> <div>3:00 <div>IA</div> Word Within A Word!</div> <div>3:30 <div>IA</div> Country Store</div> <div>4:00 <div>SW</div> Social Time</div>	<div>3</div> <div>9:30 <div>IA</div> Team Sudoku!</div> <div>10:30 <div>IA</div> Great Courses: Lecture Series</div> <div>11:00 <div>PW</div> Tai Chi!</div> <div>1:15 <div>IA</div> Name That Tune Jeopardy!</div> <div>1:45 <div>MN</div> Movie Matinee</div> <div>3:00 <div>SW</div> DOLLAR BINGO</div> <div>4:00 <div>SW</div> Soda Saturday Social!</div> <div>6:00 <div>MN</div> Kentucky Derby Party!</div>
<div>4</div> <div>9:15 <div>SW</div> Transportation to Local Churches</div> <div>10:00 <div>SW</div> Televised Catholic Mass</div> <div>10:30 <div>SW</div> Second Cup Sunday!</div> <div>11:00 <div>IA</div> Wii Bowling!</div> <div>1:00 <div>MN</div> Sunday at the Opera</div> <div>1:30 <div>PW</div> Cardio Drumming!</div> <div>2:15 <div>IA</div> Balloon Volleyball!</div> <div>3:00 <div>IA</div> UNO!</div> <div>4:00 <div>IA</div> Res-Led Rummikub, Cards, Games!</div> <div>6:30 <div>MN</div> Movie Night!</div>	<div>5</div> <div>9:30 <div>IA</div> Team Sudoku!</div> <div>10:00 <div>PW</div> Pot Pool Noodle Workout!</div> <div>10:00 <div>IA</div> Shopping Out Trip to Walmart/Aldi</div> <div>10:30 <div>IA</div> Wii Jeopardy</div> <div>11:00 <div>IA</div> Armchair Travel</div> <div>12:30 <div>EW</div> Nail Care! by Appt!</div> <div>1:00 <div>MN</div> Matinee Showing of Musical Monday!</div> <div>1:30 <div>PW</div> Cardio Drumming!</div> <div>2:00 <div>SW</div> Bible Study</div> <div>3:30 <div>SW</div> Cinco De Mayo Social Time!</div> <div>6:30 <div>MN</div> Movie Night!</div>	<div>6</div> <div>9:00 <div>PW</div> Blood Pressure Clinic!</div> <div>10:00 <div>PW</div> Senior Stability Class!</div> <div>10:30 <div>IA</div> Cards with Gayle!</div> <div>10:30 <div>IA</div> Wordle!</div> <div>1:00 <div>PW</div> Wii Bowling!</div> <div>1:15 <div>PW</div> Cardio Slide!</div> <div>2:00 <div>IA</div> Bridge</div> <div>2:00 <div>MN</div> Concert with Bruce John!</div> <div>3:00 <div>PW</div> Corn Hole!</div> <div>3:00 <div>IA</div> Great Course Lecture Series</div> <div>4:00 <div>SW</div> Social Time</div> <div>5:45 <div>EW</div> Pet Therapy Training</div>	<div>7</div> <div>On Site Dermatology Day</div> <div>10:00 <div>PW</div> Yoga!</div> <div>10:30 <div>IA</div> Out Trip</div> <div>10:30 <div>EW</div> Parkinson's Group</div> <div>10:30 <div>IA</div> UNO!</div> <div>12:45 <div>EW</div> Guided Meditation!</div> <div>1:30 <div>EW</div> Seated Cardio with Music</div> <div>2:30 <div>EW</div> Scenic Drive</div> <div>3:00 <div>SW</div> Pick a Prize Bingo</div> <div>4:00 <div>SW</div> Social Time</div> <div>6:30 <div>MN</div> Movie Night</div>	<div>8</div> <div>10:00 <div>PW</div> Senior Stability Class!</div> <div>11:00 <div>SW</div> Catholic Mass with Fr Mike</div> <div>2:00 <div>IA</div> Bridge</div> <div>2:15 <div>PW</div> Zumba</div> <div>3:00 <div>IA</div> Great Course Lecture Series</div> <div>4:00 <div>SW</div> Social Time</div> <div>6:30 <div>MN</div> Movie Night</div>	<div>9</div> <div>9:30 <div>SW</div> St. Peter's Episcopal Pre-Recorded Service</div> <div>10:00 <div>PW</div> Arthritis Buster Workout!</div> <div>10:00 <div>IA</div> Resident Shuttle to Ted's & CVS</div> <div>10:30 <div>IA</div> White Board Wheel of Fortune!</div> <div>11:00 <div>SW</div> Rosary</div> <div>1:00 <div>IA</div> Music Appreciation</div> <div>2:00 <div>SW</div> Karaoke Friday!</div> <div>2:00 <div>IA</div> Short Story Crew!</div> <div>3:00 <div>IA</div> Out Trip to Hebron Library!</div> <div>3:00 <div>IA</div> Word Within A Word!</div> <div>3:30 <div>IA</div> Country Store</div> <div>4:00 <div>SW</div> Social Time</div>	<div>10</div> <div>9:30 <div>IA</div> Team Sudoku!</div> <div>10:30 <div>IA</div> Great Courses: Lecture Series</div> <div>11:00 <div>PW</div> Tai Chi!</div> <div>1:15 <div>IA</div> Name That Tune Jeopardy!</div> <div>1:45 <div>MN</div> Movie Matinee</div> <div>3:00 <div>SW</div> DOLLAR BINGO</div> <div>4:00 <div>SW</div> Soda Saturday Social!</div> <div>6:30 <div>MN</div> Movie Night!</div>
<div>11</div> <div>Happy Mother's Day!</div> <div>9:15 <div>SW</div> Transportation to Local Churches</div> <div>10:00 <div>SW</div> Televised Catholic Mass</div> <div>10:30 <div>SW</div> Muffins and Mimosas for Mom's Day!</div> <div>11:00 <div>IA</div> Wii Bowling!</div> <div>1:00 <div>MN</div> Sunday at the Opera</div> <div>1:30 <div>PW</div> Cardio Drumming!</div> <div>2:15 <div>IA</div> Balloon Volleyball!</div> <div>3:00 <div>IA</div> UNO!</div> <div>4:00 <div>IA</div> Res-Led Rummikub, Cards, Games!</div> <div>6:30 <div>MN</div> Movie Night!</div>	<div>12</div> <div>9:30 <div>IA</div> Team Sudoku!</div> <div>10:00 <div>PW</div> Pot Pool Noodle Workout!</div> <div>10:00 <div>IA</div> Shopping Out Trip to Dollar General</div> <div>10:30 <div>IA</div> Wii Jeopardy</div> <div>11:00 <div>IA</div> Armchair Travel</div> <div>1:00 <div>MN</div> Matinee Showing of Musical Monday!</div> <div>1:30 <div>PW</div> Cardio Drumming!</div> <div>1:30 <div>IA</div> Eric The Plant Guy</div> <div>2:00 <div>SW</div> Bible Study</div> <div>3:00 <div>IA</div> Tour Ryk & Cathy's RV!</div> <div>4:00 <div>SW</div> Social Time</div> <div>6:30 <div>MN</div> Movie Night!</div>	<div>13</div> <div>10:00 <div>PW</div> Senior Stability Class!</div> <div>10:30 <div>IA</div> Wordle!</div> <div>1:00 <div>PW</div> Wii Bowling!</div> <div>1:15 <div>PW</div> Cardio Slide!</div> <div>2:00 <div>IA</div> Bridge</div> <div>2:00 <div>IA</div> Genealogy with Cathy!</div> <div>3:00 <div>IA</div> Corn Hole</div> <div>3:00 <div>IA</div> Great Course Lecture Series</div> <div>4:00 <div>SW</div> Social Time</div> <div>5:45 <div>EW</div> Pet Therapy Training</div> <div>6:30 <div>MN</div> Movie Night!</div>	<div>14</div> <div>10:00 <div>PW</div> Yoga!</div> <div>10:15 <div>IA</div> Out Trip Lunch at Windham Tech</div> <div>10:30 <div>IA</div> Out Trip</div> <div>10:30 <div>IA</div> UNO!</div> <div>12:45 <div>EW</div> Guided Meditation!</div> <div>1:30 <div>EW</div> Scenic Drive</div> <div>1:30 <div>PW</div> Seated Cardio with Music!</div> <div>2:00 <div>SW</div> Pick a Prize Bingo</div> <div>3:00 <div>MN</div> RHAM Middle School Jazz Performance!</div> <div>4:00 <div>SW</div> Social Time</div> <div>6:30 <div>MN</div> Movie Night</div>	<div>15</div> <div>10:00 <div>PW</div> Senior Stability Class!</div> <div>10:30 <div>SW</div> Coffee, Tea and Chat!</div> <div>11:00 <div>IA</div> Bea Smith Traveling Clothing Store</div> <div>2:00 <div>IA</div> Bridge</div> <div>2:15 <div>PW</div> Zumba</div> <div>3:00 <div>PW</div> Balloon Volleyball</div> <div>3:00 <div>IA</div> Great Course Lecture Series</div> <div>3:00 <div>SW</div> Men's Group!</div> <div>4:00 <div>SW</div> Social Time</div> <div>6:30 <div>MN</div> Movie Night</div>	<div>16</div> <div>9:30 <div>SW</div> St. Peter's Episcopal Pre-Recorded Service</div> <div>10:00 <div>PW</div> Arthritis Buster Workout!</div> <div>10:00 <div>IA</div> Resident Shuttle to Ted's & CVS</div> <div>10:30 <div>IA</div> White Board Wheel of Fortune!</div> <div>11:00 <div>SW</div> Rosary</div> <div>1:00 <div>IA</div> Taste of Colombia!</div> <div>2:00 <div>SW</div> Karaoke Friday!</div> <div>2:00 <div>IA</div> Short Story Crew!</div> <div>3:00 <div>IA</div> Out Trip to Hebron Library!</div> <div>3:00 <div>IA</div> Word Within A Word!</div> <div>3:30 <div>IA</div> Country Store</div> <div>4:00 <div>SW</div> Social Time</div>	<div>17</div> <div>9:30 <div>IA</div> Team Sudoku!</div> <div>10:30 <div>IA</div> Great Courses: Lecture Series</div> <div>11:00 <div>PW</div> Tai Chi!</div> <div>1:15 <div>IA</div> Name That Tune Jeopardy!</div> <div>1:45 <div>MN</div> Movie Matinee</div> <div>3:00 <div>SW</div> DOLLAR BINGO</div> <div>4:00 <div>SW</div> Soda Saturday Social!</div> <div>6:30 <div>MN</div> Movie Night!</div>
<div>18</div> <div>9:15 <div>SW</div> Transportation to Local Churches</div> <div>10:00 <div>SW</div> Televised Catholic Mass</div> <div>10:30 <div>SW</div> Second Cup Sunday!</div> <div>11:00 <div>IA</div> Wii Bowling!</div> <div>1:00 <div>MN</div> Sunday at the Opera</div> <div>1:30 <div>PW</div> Cardio Drumming!</div> <div>2:15 <div>IA</div> Balloon Volleyball!</div> <div>3:00 <div>IA</div> UNO!</div> <div>4:00 <div>IA</div> Res-Led Rummikub, Cards, Games!</div> <div>6:30 <div>MN</div> Movie Night!</div>	<div>19</div> <div>9:30 <div>IA</div> Team Sudoku!</div> <div>10:00 <div>PW</div> Pot Pool Noodle Workout!</div> <div>10:00 <div>IA</div> Shopping Out Trip to Eastbrook Mall Area</div> <div>10:30 <div>IA</div> Wii Jeopardy</div> <div>11:00 <div>IA</div> Armchair Travel</div> <div>1:00 <div>MN</div> Matinee Showing of Musical Monday!</div> <div>1:30 <div>PW</div> Cardio Drumming!</div> <div>1:30 <div>SW</div> Resident Council</div> <div>2:00 <div>SW</div> Bible Study</div> <div>3:00 <div>SW</div> Off To The Races!</div> <div>4:00 <div>SW</div> Social Time</div> <div>6:30 <div>MN</div> Movie Night!</div>	<div>20</div> <div>10:00 <div>PW</div> Senior Stability Class!</div> <div>10:30 <div>IA</div> Wordle!</div> <div>1:00 <div>PW</div> Wii Bowling!</div> <div>1:15 <div>PW</div> Cardio Slide!</div> <div>2:00 <div>IA</div> Bridge</div> <div>2:00 <div>IA</div> Hydration Seminar with Enliven</div> <div>3:00 <div>PW</div> Corn Hole!</div> <div>3:00 <div>IA</div> Great Course Lecture Series</div> <div>4:00 <div>SW</div> Social Time</div> <div>5:45 <div>EW</div> Pet Therapy Training</div> <div>6:30 <div>MN</div> Movie Night!</div>	<div>21</div> <div>10:00 <div>PW</div> Yoga!</div> <div>10:30 <div>IA</div> Out Trip</div> <div>10:30 <div>IA</div> UNO!</div> <div>12:45 <div>EW</div> Guided Meditation!</div> <div>1:30 <div>EW</div> Seated Cardio with Music</div> <div>2:30 <div>EW</div> Scenic Drive</div> <div>3:00 <div>SW</div> Pick a Prize Bingo</div> <div>4:00 <div>SW</div> Social Time</div> <div>6:30 <div>MN</div> Movie Night</div>	<div>22</div> <div>10:00 <div>PW</div> Senior Stability Class!</div> <div>10:30 <div>SW</div> Coffee, Tea and Chat!</div> <div>2:00 <div>IA</div> Bridge</div> <div>2:00 <div>MN</div> Jason Castonguay Concert!</div> <div>2:15 <div>PW</div> Zumba</div> <div>3:00 <div>PW</div> Balloon Volleyball!</div> <div>3:00 <div>IA</div> Great Course Lecture Series</div> <div>4:00 <div>SW</div> Social Time</div> <div>6:30 <div>MN</div> Movie Night</div>	<div>23</div> <div>9:30 <div>SW</div> St. Peter's Episcopal Pre-Recorded Service</div> <div>10:00 <div>PW</div> Arthritis Buster Workout!</div> <div>10:00 <div>IA</div> Resident Shuttle to Ted's & CVS</div> <div>10:30 <div>IA</div> White Board Wheel of Fortune!</div> <div>11:00 <div>SW</div> Rosary</div> <div>1:00 <div>IA</div> Music Appreciation</div> <div>2:00 <div>SW</div> Karaoke Friday!</div> <div>2:00 <div>IA</div> Short Story Crew!</div> <div>3:00 <div>IA</div> Out Trip to Hebron Library!</div> <div>3:00 <div>IA</div> Word Within A Word!</div> <div>3:30 <div>IA</div> Country Store</div> <div>4:00 <div>SW</div> Social Time</div>	<div>24</div> <div>9:30 <div>IA</div> Team Sudoku!</div> <div>10:30 <div>IA</div> Great Courses: Lecture Series</div> <div>11:00 <div>PW</div> Tai Chi!</div> <div>1:15 <div>IA</div> Name That Tune Jeopardy!</div> <div>1:45 <div>MN</div> Movie Matinee</div> <div>3:00 <div>SW</div> DOLLAR BINGO</div> <div>4:00 <div>SW</div> Soda Saturday Social!</div> <div>6:30 <div>MN</div> Movie Night!</div>
<div>25</div> <div>9:15 <div>SW</div> Transportation to Local Churches</div> <div>10:00 <div>SW</div> Televised Catholic Mass</div> <div>10:30 <div>SW</div> Second Cup Sunday!</div> <div>11:00 <div>IA</div> Wii Bowling!</div> <div>1:00 <div>MN</div> Sunday at the Opera</div> <div>1:30 <div>PW</div> Cardio Drumming!</div> <div>2:15 <div>IA</div> Balloon Volleyball!</div> <div>3:00 <div>IA</div> UNO!</div> <div>4:00 <div>IA</div> Res-Led Rummikub, Cards, Games!</div> <div>6:30 <div>MN</div> Movie Night!</div>	<div>26</div> <div></div>	<div>27</div> <div>10:00 <div>PW</div> Senior Stability Class!</div> <div>10:30 <div>IA</div> Wordle!</div> <div>1:00 <div>PW</div> Wii Bowling!</div> <div>1:15 <div>PW</div> Cardio Slide!</div> <div>2:00 <div>IA</div> Bridge</div> <div>2:00 <div>MN</div> Mansfield Senior Chorus!</div> <div>3:00 <div>IA</div> Corn Hole</div> <div>3:00 <div>IA</div> Great Course Lecture Series</div> <div>4:00 <div>SW</div> Social Time</div> <div>5:45 <div>EW</div> Pet Therapy Training</div> <div>6:30 <div>MN</div> Movie Night!</div>	<div>28</div> <div>10:00 <div>PW</div> Yoga!</div> <div>10:30 <div>IA</div> Out Trip</div> <div>10:30 <div>IA</div> UNO!</div> <div>12:45 <div>EW</div> Guided Meditation!</div> <div>1:30 <div>PW</div> Seated Cardio with Music!</div> <div>2:00 <div>IA</div> Creative Corner</div> <div>2:30 <div>EW</div> Scenic Drive</div> <div>3:00 <div>SW</div> Pick a Prize Bingo</div> <div>4:00 <div>SW</div> Social Time</div> <div>6:30 <div>MN</div> Movie Night</div>	<div>29</div> <div>10:00 <div>PW</div> Senior Stability Class!</div> <div>10:30 <div>SW</div> Coffee, Tea and Chat!</div> <div>11:00 <div>SW</div> Service with Father Ron</div> <div>2:00 <div>IA</div> Bridge</div> <div>2:15 <div>PW</div> Zumba</div> <div>3:00 <div>PW</div> Balloon Volleyball</div> <div>3:00 <div>IA</div> Great Course Lecture Series</div> <div>4:00 <div>SW</div> Social Time</div> <div>6:30 <div>MN</div> Movie Night</div>	<div>30</div> <div>9:30 <div>SW</div> St. Peter's Episcopal Pre-Recorded Service</div> <div>10:00 <div>PW</div> Arthritis Buster Workout!</div> <div>10:00 <div>IA</div> Resident Shuttle to Ted's & CVS</div> <div>10:30 <div>IA</div> White Board Wheel of Fortune!</div> <div>11:00 <div>SW</div> Rosary</div> <div>1:00 <div>IA</div> Music Appreciation</div> <div>2:00 <div>SW</div> Karaoke Friday!</div> <div>2:00 <div>IA</div> Short Story Crew!</div> <div>3:00 <div>IA</div> Out Trip to Hebron Library!</div> <div>3:00 <div>IA</div> Word Within A Word!</div> <div>3:30 <div>IA</div> Country Store</div> <div>4:00 <div>SW</div> Social Time</div>	<div>31</div> <div>9:30 <div>IA</div> Team Sudoku!</div> <div>10:30 <div>IA</div> Great Courses: Lecture Series</div> <div>11:00 <div>PW</div> Tai Chi!</div> <div>1:15 <div>IA</div> Name That Tune Jeopardy!</div> <div>1:45 <div>MN</div> Movie Matinee</div> <div>3:00 <div>SW</div> DOLLAR BINGO</div> <div>4:00 <div>SW</div> Soda Saturday Social!</div> <div>6:30 <div>MN</div> Movie Night!</div>

May 2025



A wonderful morning spent with the National Honor Society students from Windham Tech! Thank you to all the residents who came out to enjoy what they planned for us! (not all are pictured here) We had a fun morning painting pots, planting succulents and then playing some Bingo! While the activities were great, the time spent with the younger generation was invaluable! Let's continue to share our stories with the youth!



A Big Thank You to all those who purchased Coffee Cake on National Coffee Cake Day to support our Parkinson's Fundraiser! Together we raised \$245! Colebrook residents and staff are the Best!