





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September Birthdays! <ul style="list-style-type: none"> • Ingelore M. 9/3 • Charlotte P. 9/3 • Shirley B. 9/9 • Bob Fra. 9/9 • Paul D. 9/14 • Margaret C. 9/17 • Bob F. 9/24 • Helga K. 9/28 Happy Birthday to You All!	Loving Chris' Little Balls of Fur! 	Puppy Visit, So Cute! 	Beach Scenes, Fun to Make and Enjoy! 	A Table Full of Wood Fired Pizzas! Yum, What a Great Treat for Us All! 	1 8:30 PW Walk a Trail with Herman! (Weather Permitting) 9:30 SW St. Peter's Online Service 10:00 PW Balance Class 10:30 IA Resident Shuttle to Ted's & CVS 10:30 IA Resident-Led Rummikub 11:00 SW Rosary 1:00 IA Music Appreciation 2:30 PW Senior Safety Class 3:00 IA Wordle/Word Within A Word! 3:30 IA Country Store 4:00 SW Social Time	2 9:30 IA Team Sudoku! 10:30 PW Cardio Drumming! 10:30 IA Great Courses: Lecture Series 11:00 IA Resident-Led Cards 1:15 MN Movie Matinee 2:00 IA Classical Music & Coloring! 3:00 SW DOLLAR BINGO 4:00 SW Soda Saturday Social! 6:30 MN Movie Night!
3 8:30 SW Transportation To Local Churches 10:00 SW Televised Catholic Mass 10:30 IA Resident-Led Rummikub 10:30 SW Second Cup Sunday! 1:00 MN Sunday at the Opera 1:15 IA Balloon Volleyball! 2:00 SW Left Right Center! 2:45 IA Wordle/Word Within A Word! 6:30 MN Movie Night!	4 Labor Day 10:00 PW Balloon Volleyball! 10:30 IA Rummikub 11:00 IA Armchair Travel 1:00 IA Labor Day Social Prep! 1:30 MN Musical Matinee! 2:00 SW Labor Day High Stakes Bingo! 3:30 SW Labor Day Social! 5:00 EW Boxed Dinner Picnic 6:30 MN Musical Monday!	5 10:00 PW Senior Stability Class! 10:30 IA Wordle! 11:00 PW Yoga with Tina 1:00 SW Knitting/Crochet Group 1:15 PW Sit and Fit! 2:00 MN Concert with Bruce John! 3:15 SW Pictionary! 4:00 SW Social Time 5:45 EW Pet Therapy Training 6:30 MN Movie Night!	6 10:00 PW Balance Class 10:30 EW Out Trip 10:30 EW Parkinson's Group 10:30 IA UNO! 12:45 EW Guided Meditation! 1:30 PW Dancercise! 2:00 IA Bridge 2:00 IA Creative Corner 3:00 SW Pick A Prize Bingo 4:00 SW Social Time 6:30 MN Movie Night	7 9:30 IA Team Sudoku! 10:00 PW Sit and Fit! 10:30 SW Coffee, Tea and Chat! 1:00 IA Bird's Eye View! 2:00 IA Bridge 2:00 EW Jax, the Therapy Dog! 2:15 PW Walking Club! 3:00 IA Great Course Lecture Series 3:15 PW Balloon Volleyball! 4:00 SW Social Time 6:30 MN Movie Night	8 8:30 PW Walk a Trail with Herman! (Weather Permitting) 9:30 SW St. Peter's Online Service 10:00 PW Balance Class 10:30 IA Resident Shuttle to Ted's & CVS 10:30 IA Resident-Led Rummikub 11:00 SW Rosary 12:30 IA Out Trip to the Hebron Harvest Fair! 1:00 IA Music Appreciation 2:30 PW Senior Safety Class 3:00 IA Wordle/Word Within A Word! 3:30 IA Country Store 4:00 SW Social Time	9 9:30 IA Team Sudoku! 10:30 PW Cardio Drumming! 10:30 IA Great Courses: Lecture Series 11:00 IA Resident-Led Cards 1:15 MN Movie Matinee 2:00 IA Classical Music & Coloring! 3:00 SW DOLLAR BINGO 4:00 SW Soda Saturday Social! 6:30 MN Movie Night!
10 8:30 SW Transportation To Local Churches 10:00 SW Televised Catholic Mass 10:30 IA Resident-Led Rummikub 10:30 SW Second Cup Sunday! 1:00 MN Sunday at the Opera 1:15 IA Balloon Volleyball! 2:00 SW Left Right Center! 2:45 IA Wordle/Word Within A Word! 6:30 MN Movie Night!	11 10:00 PW Balance Class 10:00 IA Shopping Out Trip to Dollar General 10:30 IA Rummikub 11:00 IA Armchair Travel 1:30 IA Eric The Plant Guy 2:30 PW Cardio Drumming! 3:00 SW Off To The Races! 4:00 SW Social Time 6:30 MN Movie Night!	12 10:00 PW Senior Stability Class! 10:30 IA Wordle! 11:00 PW Yoga with Tina 1:00 SW Knitting/Crochet Group 1:15 PW Sit and Fit! 3:15 SW Pictionary! 4:00 SW Social Time 5:45 EW Pet Therapy Training 6:30 MN Movie Night!	13 10:00 PW Balance Class 10:30 EW Out Trip 10:30 IA UNO! 12:45 EW Guided Meditation! 1:30 EW Sing-A-Long 2:00 IA Bridge 2:15 PW Dancercise! 2:30 EW Scenic Drive 3:00 SW Pick A Prize Bingo 4:00 SW Social Time 6:30 MN Movie Night	14 9:30 IA Team Sudoku! 10:00 PW Sit and Fit! 11:00 SW Catholic Mass with Fr Mike 1:00 IA Bird's Eye View! 2:00 IA Bridge 2:00 EW Jax, the Therapy Dog! 2:15 PW Walking Club! 3:00 IA Great Course Lecture Series 3:15 PW Parachute! 4:00 SW Social Time 6:30 MN Movie Night	15 Rosh Hashanah 8:30 PW Walk a Trail with Herman! (Weather Permitting) 9:30 SW St. Peter's Online Service 10:00 PW Balance Class 10:30 IA Resident Shuttle to Ted's & CVS 10:30 IA Resident-Led Rummikub 11:00 SW Rosary 1:00 IA Music Appreciation 2:30 PW Senior Safety Class 3:00 IA Wordle/Word Within A Word! 3:30 IA Country Store 4:00 SW Social Time	16 9:30 IA Team Sudoku! 10:30 PW Cardio Drumming! 10:30 IA Great Courses: Lecture Series 11:00 IA Resident-Led Cards 1:15 MN Movie Matinee 2:00 IA Classical Music & Coloring! 3:00 SW DOLLAR BINGO 4:00 SW Soda Saturday Social! 6:30 MN Movie Night!
17 8:30 SW Transportation To Local Churches 10:00 SW Televised Catholic Mass 10:30 IA Resident-Led Rummikub 10:30 SW Second Cup Sunday! 1:00 MN Sunday at the Opera 1:15 IA Balloon Volleyball! 2:00 SW Left Right Center! 2:45 IA Wordle/Word Within A Word! 6:30 MN Movie Night!	18 10:00 PW Balance Class 10:00 IA Shopping Out Trip to Walmart/Aldi 10:30 IA Rummikub 11:00 IA Armchair Travel 1:30 SW Resident Council 2:30 PW Cardio Drumming! 3:00 IA Set Back! 4:00 SW Social Time 6:30 MN Movie Night!	19 10:00 PW Senior Stability Class! 10:30 IA Wordle! 11:00 PW Yoga with Tina 1:00 SW Knitting/Crochet Group 1:15 PW Sit and Fit! 3:15 SW Pictionary! 4:00 SW Social Time 5:45 EW Pet Therapy Training 6:30 MN Movie Night!	20 10:00 PW Balance Class 10:30 EW Out Trip 10:30 IA UNO! 12:45 EW Guided Meditation! 1:30 PW Dancercise! 2:00 IA Bridge 2:00 IA Creative Corner 2:30 EW Scenic Drive 3:00 SW Pick A Prize Bingo 4:00 SW Social Time 5:00 IA Alz Managing Money Seminar	21 9:30 IA Team Sudoku! 10:00 PW Sit and Fit! 10:30 SW Coffee, Tea and Chat! 1:00 IA Bird's Eye View! 2:00 IA Bridge 2:00 EW Jax, the Therapy Dog! 2:15 PW Walking Club! 3:00 IA Great Course Lecture Series 3:15 PW Balloon Volleyball! 4:00 SW Social Time 6:30 MN Movie Night	22 8:30 PW Walk a Trail with Herman! (Weather Permitting) 9:30 SW St. Peter's Online Service 10:00 PW Balance Class 10:30 IA Resident Shuttle to Ted's & CVS 10:30 IA Resident-Led Rummikub 11:00 SW Rosary 1:00 IA Music Appreciation 2:30 PW Senior Safety Class 3:00 IA Wordle/Word Within A Word! 3:30 IA Country Store 4:00 SW Social Time	23 9:30 IA Team Sudoku! 10:30 PW Cardio Drumming! 10:30 IA Great Courses: Lecture Series 11:00 IA Resident-Led Cards 2:00 MN Concert with Tony Rarus! 3:15 SW DOLLAR BINGO 4:00 SW Soda Saturday Social! 6:30 MN Movie Night!
24 Yom Kippur 8:30 SW Transportation To Local Churches 10:00 SW Televised Catholic Mass 10:30 IA Resident-Led Rummikub 10:30 SW Second Cup Sunday! 1:00 MN Sunday at the Opera 1:15 IA Balloon Volleyball! 2:00 SW Left Right Center! 2:45 IA Wordle/Word Within A Word! 6:30 MN Movie Night!	25 10:00 PW Balance Class 10:00 IA Shopping Out Trip to Eastbrook Mall Area 10:30 IA Rummikub 11:00 IA Armchair Travel 1:00 EW Nail Care! by Appt! 2:30 PW Cardio Drumming! 3:00 SW Off To The Races! 4:00 SW Social Time 6:30 MN Movie Night!	26 10:00 PW Senior Stability Class! 10:30 IA Wordle! 11:00 PW Yoga with Tina 1:00 SW Knitting/Crochet Group 1:15 PW Sit and Fit! 3:15 SW Pictionary! 4:00 SW Social Time 5:45 EW Pet Therapy Training 6:30 MN Movie Night!	27 10:00 PW Balance Class 10:30 EW Out Trip 10:30 IA UNO! 12:45 EW Guided Meditation! 1:30 EW Sing-A-Long 2:00 IA Bridge 2:15 PW Dancercise! 2:30 EW Scenic Drive 3:00 SW Pick A Prize Bingo 4:00 SW Social Time 6:30 MN Movie Night	28 9:30 IA Team Sudoku! 10:00 PW Sit and Fit! 10:30 SW Coffee, Tea and Chat! 11:00 SW Service with Father Ron 1:00 IA Bird's Eye View! 2:00 IA Bridge 2:00 EW Jax, the Therapy Dog! 2:15 PW Walking Club! 3:00 IA Great Course Lecture Series 3:15 PW Parachute! 4:00 SW Social Time 6:30 MN Movie Night	29 Bea Smith Clothing Sale 11-3 8:30 PW Walk a Trail with Herman! (Weather Permitting) 9:30 SW St. Peter's Online Service 10:00 PW Balance Class 10:30 IA Resident Shuttle to Ted's & CVS 10:30 IA Resident-Led Rummikub 11:00 SW Rosary 1:00 IA Music Appreciation 2:30 PW Senior Safety Class 3:00 IA Wordle/Word Within A Word! 3:30 IA Country Store 4:00 SW Social Time	30 9:30 IA Team Sudoku! 10:30 PW Cardio Drumming! 10:30 IA Great Courses: Lecture Series 11:00 IA Resident-Led Cards 1:15 MN Movie Matinee 2:00 IA Classical Music & Coloring! 3:00 SW DOLLAR BINGO 4:00 SW Soda Saturday Social! 6:30 MN Movie Night!

Reducing Stress



Mediation, Important for Self-Care

Stress....we all have it! Some days we are unaware of the burdens we carry, but other days our burdens feel so heavy! It is important for self-care to reduce our stress levels! One way to do this is through meditation! On National Relaxation Day, we explored various ways to relax, and meditation was one of them. We gathered in the Theater for a 30min guided meditation. The positive effects were felt by all who attended. While we were all exposed to the same meditation, our bodies reacted in our own ways, no two alike, but the consensus was that we all felt less stressed at the end! We will be adding guided meditation to our calendar so that weekly we can gather and take 30min to de-stress and unwind our minds! If you are interested look for it on the daily; let's make self-care a priority this fall!

"This Month In History"

SEPTEMBER

1916: The British Army uses the offensive tank in battle for the first time amidst World War I. Ushering in a new era of mechanical warfare, the tanks were unrefined and unreliable during their first battles.

1931: The weekly broadcast "15 Minutes With Bing Crosby" debuts, launching the iconic career of the multimedia superstar.

1947: The U.S. Air Force becomes an official branch of the Armed Forces. The Air Force is the second-youngest branch, just ahead of the Space Force, which was established in 2019.

1956: Play-Doh is marketed and sold as a child's toy for the first time! Originally, it was used to remove soot marks from wallpaper.

1960: The first televised debate between two presidential candidates occurs, with John F. Kennedy and Richard Nixon discussing domestic concerns.

1979: ESPN airs their first broadcast, "SportsCenter." The sports news show remains the network's flagship program, with segments playing multiple times a day.

1986: The House of Representatives votes "aye" on the rose resolution. By the end of the year, President Ronald Reagan would declare the rose the national flower of America.

2020: Norman Lear is the oldest person to ever win an Emmy. First setting the record in 2019, the TV writer and producer surpassed himself the next year, when he won an Emmy for outstanding variety special at age 98.

Colebrook Village at Hebron

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September 2023

Take a Breath

"Nature does not hurry, yet everything is accomplished." —Lao Tzu



We explored many ways to unwind on National Relaxation Day. We enjoyed mini massages, made stress balls, lavender soap and sachets and experienced guided meditation. We learned that we could aid in relaxation by using all our different senses! A wonderful afternoon for sure!



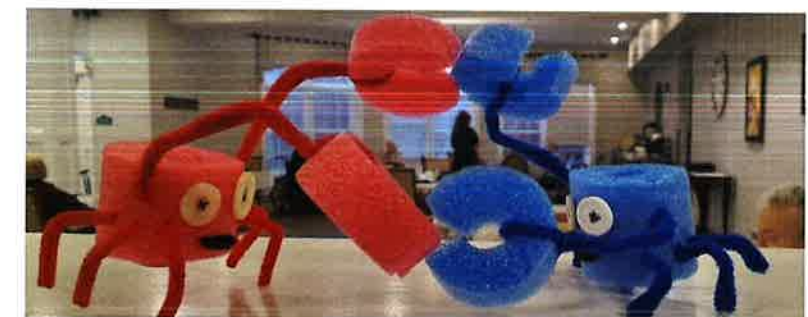
What better way to relax than to take in a game! We enjoyed a sunny Sunday at the Ballpark! Go Yard Goats!

It's Good To Ask Questions

We can sometimes feel embarrassed when we don't know an answer or are confused about something. But don't be afraid to ask questions! It's the only way we can learn. Asking questions is a foundation of clear communication, preventing us from making incorrect assumptions and helping us solve conflict. Inquisitive people also tend to have higher emotional intelligence. So ask away!



Coffee, Tea and Chat is a great place to reminisce and get to really know one another. We can learn from each other's life experiences. We take the time to listen and to ask questions; sometimes our topics are silly, others more serious, but always we leave feeling like it was an hour well spent! If you haven't come to one yet, please do!



The Colebrook Crazy Crabs...what will they do next?!