

# Colebrook ~ Village at Hebron

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

## Pack a Picnic

When the weather is nice, why eat inside? Pack up some sandwiches or other finger foods and enjoy an outdoor picnic!



All Aboard the Slip Away River Cruise! We packed our picnic lunch and enjoyed it while cruising the CT River! It was a humid day, but the breeze off the river was great! We rounded out the day with a stop for ice cream on the way home! An awesome trip!



A beautiful view of the Hartford Skyline! We saw an eagle too! We will do it again next year!



Singer Ashly Cruz was so fantastic! She had us singing, twirling our feather boas, shaking maracas and then on our feet dancing to that old time rock and roll! Can't wait to have her here again!

## August 2025



We really had a great kick off to the summer! A beautiful night at the Hebron Lions Fireworks, followed by crafting our door decor to make way for Bingo with UNCLE Sam himself!









EW

Emotional Wellness

IA

Independent Activity

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>August Birthdays!</div> <div><div><div>•</div><div>Dot D.</div><div>8/1</div></div><div><div>•</div><div>Pauline L.</div><div>8/3</div></div><div><div>•</div><div>Judy S.</div><div>8/7</div></div><div><div>•</div><div>George J.</div><div>8/9</div></div><div><div>•</div><div>Gerry F.</div><div>8/11</div></div><div><div>•</div><div>Rosemary M.</div><div>8/16</div></div><div><div>•</div><div>Michael D.</div><div>8/20</div></div><div><div>•</div><div>Lucy S.</div><div>8/23</div></div></div> <div>Happy Birthday to You All!</div>	<div>Our Bingo Winning Streak Continues!</div> <div></div>	<div>Another Cruise Pic! Such a Fun Day!!</div> <div></div>	<div>We Enjoyed National Pina Colada Day!</div> <div></div>	<div>And National Blueberry Muffin Day Too! Thanks Bakers, They Were Great!</div> <div></div>	<div>1</div> <div>10:00 <div>IA</div> Resident Shuttle to Ted's &amp; CVS</div> <div>10:00 <div>PW</div> Senior Stability Class!</div> <div>10:30 <div>SW</div> Rosary</div> <div>11:00 <div>IA</div> Vivacious Voices!</div> <div>1:15 <div>IA</div> Music Appreciation</div> <div>2:00 <div>SW</div> Karaoke Friday!</div> <div>2:00 <div>PW</div> Parkinson's Exercise Group</div> <div>2:00 <div>IA</div> Short Story Crew!</div> <div>2:30 <div>PW</div> Men's Power Half Hour!</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>2</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> Exercise Time</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>3</div> <div>8:50 <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>4</div> <div>9:30 <div>IA</div> Team Sudoku!</div> <div>10:00 <div>PW</div> Senior Stability Class!</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> Vivacious Voices!</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>IA</div> Scattergories!</div> <div>3:00 <div>IA</div> Cup Game!</div> <div>4:00 <div>SW</div> Social Time</div> <div>6:30 <div>MN</div> Movie Night!</div>	<div>5</div> <div>9:00 <div>PW</div> Blood Pressure Clinic!</div> <div>10:00 <div>PW</div> Pool Noodle Workout!</div> <div>10:30 <div>IA</div> Wordle!</div> <div>11:00 <div>IA</div> Armchair Travel</div> <div>1:00 <div>PW</div> Wii Bowling!</div> <div>1:15 <div>PW</div> Medi Ball Workout!</div> <div>2:00 <div>IA</div> Bridge</div> <div>2:00 <div>IA</div> Pain Seminar with Kate from Enliven</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</div> <div>9:30 <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>PW</div> Senior Stability Class!</div> <div>11:00 <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>EW</div> National Root Beer Float Day!</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>7</div> <div>10:00 <div>PW</div> Pool Noodle Workout!</div> <div>10:30 <div>SW</div> Coffee, Tea and Chat!</div> <div>1:30 <div>IA</div> White Board Wheel of Fortune!</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>8</div> <div>10:00 <div>IA</div> Resident Shuttle to Ted's &amp; CVS</div> <div>10:00 <div>PW</div> Senior Stability Class!</div> <div>10:30 <div>SW</div> Rosary</div> <div>11:00 <div>IA</div> Vivacious Voices!</div> <div>1:15 <div>IA</div> Music Appreciation</div> <div>2:00 <div>SW</div> Karaoke Friday!</div> <div>2:00 <div>PW</div> Parkinson's Exercise Group</div> <div>2:00 <div>IA</div> Short Story Crew!</div> <div>2:30 <div>PW</div> Men's Power Half Hour!</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>9</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> Exercise Time</div> <div>1:15 <div>MN</div> Concert with Tony Rarus!</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>10</div> <div>8:50 <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>11</div> <div>9:30 <div>IA</div> Team Sudoku!</div> <div>10:00 <div>PW</div> Senior Stability Class!</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> Vivacious Voices!</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>1:30 <div>IA</div> Eric the Plant Guy</div> <div>4:00 <div>SW</div> Social Time</div> <div>6:30 <div>MN</div> Movie Night!</div>	<div>12</div> <div>10:00 <div>PW</div> Pool Noodle Workout!</div> <div>10:30 <div>IA</div> Wordle!</div> <div>11:00 <div>IA</div> Armchair Travel</div> <div>1:00 <div>PW</div> Wii Bowling!</div> <div>1:15 <div>PW</div> Medi Ball Workout!</div> <div>2:00 <div>IA</div> Bridge</div> <div>2:00 <div>IA</div> Genealogy with Cathy!</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>13</div> <div>9:30 <div>PW</div> Yoga!</div> <div>10:30 <div>IA</div> Out Trip</div> <div>10:30 <div>PW</div> Senior Stability Class!</div> <div>11:00 <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>14</div> <div>10:00 <div>PW</div> Pool Noodle Workout!</div> <div>10:30 <div>SW</div> Coffee, Tea and Chat!</div> <div>1:30 <div>IA</div> White Board Wheel of Fortune!</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> Men's Group!</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>IA</div> Resident Shuttle to Ted's &amp; CVS</div> <div>10:00 <div>PW</div> Senior Stability Class!</div> <div>10:30 <div>SW</div> Rosary</div> <div>11:00 <div>IA</div> Vivacious Voices!</div> <div>1:15 <div>IA</div> Music Appreciation</div> <div>2:00 <div>SW</div> Karaoke Friday!</div> <div>2:00 <div>PW</div> Parkinson's Exercise Group</div> <div>2:00 <div>IA</div> Short Story Crew!</div> <div>2:30 <div>PW</div> Men's Power Half Hour!</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>16</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> Exercise Time</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>
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<div>24</div> <div>8:50 <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>25</div> <div>9:30 <div>IA</div> Team Sudoku!</div> <div>10:00 <div>PW</div> Senior Stability Class!</div> <div>10:00 <div>IA</div> Shopping Out Trip to Ocean State Job Lot</div> <div>10:30 <div>IA</div> Wii Jeopardy</div> <div>11:00 <div>IA</div> Vivacious Voices!</div> <div>1:00 <div>MN</div> Matinee Showing of Musical Monday!</div> <div>1:30 <div>PW</div> Cardio Drumming!</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>26</div> <div>10:00 <div>PW</div> Pool Noodle Workout!</div> <div>10:30 <div>IA</div> Wordle!</div> <div>11:00 <div>IA</div> Armchair Travel</div> <div>1:00 <div>PW</div> Wii Bowling!</div> <div>1:15 <div>PW</div> Medi Ball Workout!</div> <div>2:00 <div>IA</div> Bridge</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>27</div> <div>9:30 <div>PW</div> Yoga!</div> <div>10:30 <div>IA</div> Scenic Drive</div> <div>10:30 <div>PW</div> Senior Stability Class!</div> <div>11:00 <div>IA</div> UNO!</div> <div>12:30 <div>IA</div> Out Trip to Ivoryton for "My Fair Lady"</div> <div>12:45 <div>EW</div> Guided Meditation!</div> <div>1:30 <div>EW</div> Seated Cardio with Music</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>28</div> <div>10:00 <div>PW</div> Pool Noodle Workout!</div> <div>10:30 <div>SW</div> Coffee, Tea and Chat!</div> <div>1:15 <div>MN</div> Concert with Bill Naughton Jr.</div> <div>1:30 <div>IA</div> White Board Wheel of Fortune!</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>29</div> <div>10:00 <div>IA</div> Resident Shuttle to Ted's &amp; CVS</div> <div>10:00 <div>PW</div> Senior Stability Class!</div> <div>10:30 <div>SW</div> Rosary</div> <div>11:00 <div>IA</div> Vivacious Voices!</div> <div>1:30 <div>IA</div> United Kingdom Taste and Travel</div> <div>2:00 <div>PW</div> Parkinson's Exercise Group</div> <div>2:30 <div>PW</div> Men's Power Half Hour!</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>30</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> Exercise Time</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>
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# August 2025



We know we are so incredibly blessed to have Ryk and Cathy as neighbors here at Colebrook, but what we didn't know is that they have an equally amazing daughter, Dr. Jennifer Nelson! So grateful that she took the time out of her busy schedule to come and share with us her 11-year field study project, subject, Ladyslippers: orchids of the woods! We learned so much about the species and how much environmental changes can have an impact! This time, it wasn't a man-made issue, but rather a pesky beaver followed by unrelenting deer! Thank you so much for the wonderful program; we could listen to you all day!

## "This Month In History"

### AUGUST

**1492:** The Niña, Pinta and Santa Maria leave Spanish port for their accidental destination of the Americas.

**1790:** The first U.S. census begins. The population count has been repeated every ten years since then.

**1914:** Cleveland, Ohio, installs the world's first electric traffic signal. The manually operated light directed traffic at Euclid Avenue and East 105th Street.

**1926:** New York athlete Gertrude Ederle swims the English Channel, becoming the first woman to do so.

**1949:** The Basketball Association of America and the National Basketball League merge to form the National Basketball Association (NBA).

**1957:** "American Bandstand," a TV show of teens dancing to rock and roll, premieres with host Dick Clark.

**1969:** Woodstock opens in a New York field, bringing more than 400,000 people to see its three days of concerts featuring Joan Baez, Santana, The Grateful Dead, Creedence Clearwater Revival, Janis Joplin, Jimi Hendrix and more.

**1978:** The first transatlantic balloon flight is completed successfully when the Double Eagle II lands near Paris, France, after traversing more than 3,200 miles from Presque Isle, Maine.

**2009:** Usain Bolt breaks his own 100-meter dash record at the World Championships in Berlin by completing the race in 9.58 seconds.