

Colebrook ∞ Village at Hebron

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

Walk It Off

May is Osteoporosis Awareness and Prevention Month, American Stroke Month and Mental Health Month. Research links regular walking to reduced risk for all three of these conditions. Talk to your health care provider about what works best for you.



We made a lot of people happy with our Easter Donation to the Hebron Food Pantry!



May 2026









An evening with Ashly Cruz left everyone in a terrific mood! Such a great time and memories made!



Our April Showers bring May Flowers Door Decor came out so cute!!! Enjoy all the bright colors!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May Birthdays! <ul style="list-style-type: none"> Lou O. 5/12 Ryk N. 5/12 Judy #7 5/13 Helen K. 5/14 Bill W. 5/18 Barara E. 5/24 Laurel F. 5/27 Happy Birthday to You All!	April Fools' Shenanigans! 	Celebrating a Seder and Learning About Passover! Thank You to All Who Came And Contributed! 	Thank You to the Hebron Lions for the Lovely Senior Luncheon! Next Year We Win Jeopardy! 	Twos-day Fun With Mike! 	On-site Dental Day 10:00 PW MAYhem Workout! 10:00 IA Resident Shuttle to Ted's & CVS 10:30 SW Rosary 10:30 IA White Board Wheel of Fortune! 11:00 IA Vivacious Voices! 1:30 EW Guided Meditation 2:00 PW Cardio Boxing! 2:30 PW Men's Power Half Hour! 3:00 IA Out Trip to Hebron Library! 3:00 IA Word Within a Word! 3:30 IA Country Store 5:00 SW SPRING FLING!	10:00 IA Saturday Scattergories! 10:30 IA Great Courses: Lecture Series 11:00 PW Noodle Ball 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 Kentucky Derby Party!!!!
9:30 SW Transportation to Local Churches 10:00 SW Televised Catholic Mass 10:30 SW Second Cup Sunday! 11:00 IA Hebron Creates Art Show! 11:00 IA Wii Bowling! 1:00 MN Sunday at the Opera 1:15 PW Balloon Volleyball! 2:00 IA UNO! 3:00 PW Corn Hole! 4:00 IA Res-Led Rummikub, Cards, Games! 6:30 MN Movie Night!	10:00 PW MAYhem Workout! 10:00 IA Shopping Out Trip to Dollar General 10:30 IA Wii Jeopardy 12:30 EW Nail Care! by Appt! 1:00 MN Matinee Showing of The Chosen 1:30 PW Cardio Drumming! 2:00 SW Bible Study with Brien 2:30 PW Parkinson's Exercise Group! 3:00 IA Setback! 4:00 SW Social Time 6:30 MN Movie Night!	Happy Cinco De Mayo! 9:00 PW Blood Pressure Clinic! 10:00 PW Cardio Boxing! 10:30 IA Wordle! 11:00 IA Armchair Travel 11:00 IA Vivacious Voices! 1:00 PW Wii Bowling! 2:00 PW Twos-day Fun With Mike! 3:00 PW Corn Hole! 3:00 IA Great Course Lecture Series 4:00 SW Cinco De Mayo Social Time 5:30 EW Pet Therapy Training 6:30 MN Movie Night!	9:30 PW Yoga! 10:30 IA Out Trip 10:30 EW Parkinson's Group 10:30 PW Senior Stability Class! 11:00 IA UNO! 1:30 PW Seated Cardio with Music 2:00 IA You Be the Judge! 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 Rhythm Drumming! 10:30 SW Coffee, Tea and Chat! 1:00 IA Yahtzee! 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 MAYhem Workout! 10:00 IA Resident Shuttle to Ted's & CVS 10:30 SW Rosary 10:30 EW Veterans' Coffee with Clarence! 10:30 IA White Board Wheel of Fortune! 11:00 IA Vivacious Voices! 1:30 EW Guided Meditation 2:00 PW Cardio Boxing! 2:30 PW Men's Power Half Hour! 3:00 IA Out Trip to Hebron Library! 3:00 IA Word Within a Word! 3:30 IA Country Store	10:00 IA Saturday Scattergories! 10:30 IA Great Courses: Lecture Series 11:00 PW Noodle Ball 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!
	10:00 PW MAYhem Workout! 10:00 IA Shopping Out Trip to Walmart 10:30 IA Wii Jeopardy 1:00 MN Matinee Showing of The Chosen 1:30 PW Cardio Drumming! 1:30 IA Eric the Plant Guy 2:00 SW Bible Study with Brien 2:30 PW Parkinson's Exercise Group! 3:00 SW LRC (Left, Right, Center) 4:00 SW Social Time 6:30 MN Movie Night!	10:00 PW Cardio Boxing! 10:30 IA Wordle! 11:00 IA Armchair Travel 11:00 IA Vivacious Voices! 1:00 PW Wii Bowling! 2:00 MN Music with Al Raebuck! 3:00 PW Corn Hole! 3:00 IA Great Course Lecture Series 4:00 SW Social Time 5:30 EW Pet Therapy Training 6:30 MN Movie Night!	9:30 PW Yoga! 10:30 IA Out Trip 10:30 PW Senior Stability Class! 11:00 IA Cards with Gayle! 11:00 IA UNO! 1:00 IA Creative Corner 1:30 PW Seated Cardio with Music! 2:00 IA You Be the Judge! 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 Rhythm Drumming! 10:30 IA Wild Card with Bonnie! 11:00 SW Catholic Mass with Fr. Mike 1:00 IA Rummikub! 1:30 EW Sound Bowls with Amy! 2:30 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 MAYhem Workout! 10:00 IA Resident Shuttle to Ted's & CVS 10:30 SW Rosary 10:30 IA White Board Wheel of Fortune! 11:00 IA Vivacious Voices! 1:30 IA Genealogy with Cathy! 2:00 PW Cardio Boxing! 2:30 PW Men's Power Half Hour! 3:00 IA Out Trip to Hebron Library! 3:00 IA Word Within a Word! 3:30 IA Country Store	10:00 IA Saturday Scattergories! 10:30 IA Great Courses: Lecture Series 11:00 PW Noodle Ball 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!
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May 2026



It was a long cold winter, but we have made it through and so did our Colebrook fish! Thanks to Herman's magic, our Center Courtyard has burst to life! Take time to smell the tulips and relax by the Koi pond and watch the fish swim! May is Mental Health Month; time outdoors is time well spent and a great stress reducer!

"This Month In History" MAY

1914: Woodrow Wilson issues a presidential proclamation officially establishing the Mother's Day holiday in America.

1926: Ford Motor Co. adopts a five-day, 40-hour week for its automotive factory workers. Other companies would follow Ford's lead.

1935: Under the glow of 600 lights, Crosley Field, the original home of the Cincinnati Reds, hosts Major League Baseball's first night game.

1959: Perry Como, Ella Fitzgerald, Henry Mancini and the Kingston Trio are among the winners at the first Grammy Awards ceremony.

1963: Jim Whittaker becomes the first American to reach the summit of Mount Everest, the world's tallest mountain.

1977: With the opening words "A long time ago in a galaxy far, far away ..." the space odyssey film "Star Wars" premieres in U.S. theaters.

1986: At age 54, Bill Shoemaker crosses the finish line as the oldest jockey to win the Kentucky Derby. He was riding Ferdinand, a colt who was considered a long shot.

1998: An estimated 76 million viewers tune in to watch the finale of the hit TV sitcom "Seinfeld."

2003: Bob Hope Day is declared in 35 states as the man known as "Mr. Entertainment" celebrates his 100th birthday.

2014: TV journalist and talk show host Barbara Walters retires after more than 50 years in front of the camera.

2021: Pro golfer Phil Mickelson wins the PGA Championship at 50 years old, becoming the oldest golfer to win a major championship