

Colebrook ~ Village at Hebron

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



We have a Centenarian amongst us! Pearl turned 100 and we celebrated her with an Ice Cream social! Her advice for longevity is exercise and good nutrition! Congrats on the triple digits, Pearl!



Thank you to all the staff who braved being contestants in Colebrook's 2nd Masked Singer! A special thanks to Scot for stepping in last minute and congratulations to Makiah, Emily Hailee and Hailey on taking home the Golden Trophy! Hope to see some of your faces at Colebrook's Got Talent!



Enjoying the outdoors with Bonnie and some music!

September 2026



Super Food: Sunflower Seeds

Tiny yet tasty, sunflower seeds have many nutritional benefits. They are rich in vitamin E, which keeps your heart healthy and fights infection, and are a good source of selenium, which helps repair damaged cells. Sunflower seeds have magnesium and copper, which promote bone health. Magnesium can also reduce the severity of asthma and help prevent migraine headaches. Add sunflower seeds to salad, coleslaw, granola, yogurt and stir-fries.



How blessed are we! Great weather for our 2nd Cruise!

EW

Emotional Wellness

IA

Independent Activity

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September Birthdays! • 9/6 Vivian G. • 9/9 Bob F. • 9/9 Shirley B. • 9/14 Doris B. • 9/17 Margaret C. • 9/24 Joe V. • 9/27 Larry R. Happy Birthday to You All!	Thank You, Lindy, For Taking Us on a Virtual Tour of Nova Scotia! Your Pictures Were Amazing! 	8:30 PW Colebrook Walking Club! 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 Social Time 5:30 EW Pet Therapy Training	9:30 PW Senior Stability Class! 10:30 IA Out Trip 10:30 EW Parkinson's Group 10:30 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	8:30 PW Colebrook Walking Club! 10:00 PW Rhythm Drumming! 10:30 SW Coffee, Tea and Chat! 1:00 IA Rummikub! 2:00 IA Bridge 2:15 PW Zumba 3:00 PW Volleyball 3:00 IA Great Course Lecture Series 4:00 SW Social Time 6:30 MN Movie Night	10:00 PW Fall Crunch! 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! 12:30 IA Out Trip to Hebron Library! 1:00 IA Let's Learn Mahjong! 1:30 EW Guided Meditation 2:00 PW Line Dancing! 2:30 PW Men's Power Half Hour! 3:00 IA Word Within a Word! 3:30 IA Country Store	10:00 PW Pre-Recorded Exercise! 10:30 IA Great Courses: Lecture Series 10:30 IA Saturday Scattergories! 11:00 PW Noodle Ball 1:30 IA Jeopardy Live/Trivia! 1:45 MN Movie Matinee 3:00 SW DOLLAR BINGO 4:00 SW Soda Saturday Social! 6:30 MN Movie Night!
9:30 SW Transportation to Local Churches 10:00 SW Televised Catholic Mass 10:30 SW Second Cup Sunday! 10:30 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!	6 Labor Day 7 10:00 PW Pre-Recorded Exercise! 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! 2:00 SW Bible Study with Brien 2:00 EW Corn Social! 2:30 EW Sing Along with Bonnie! 3:00 IA Big Money Labor Day LRC!!!!!! 4:00 SW Social Time 6:30 MN Movie Night!	8 8:30 PW Colebrook Walking Club! 10:00 PW Cardio Boxing! 10:30 IA White Board Boggle! 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 Social Time 5:30 EW Pet Therapy Training 6:30 MN Movie Night!	9 9:30 PW Yoga! 10:30 IA Scenic Drive with Herman 10:30 PW Senior Stability Class! 11:00 SW Catholic Mass with Fr Mike 11:00 IA UNO! 12:30 EW Nail Care! by Appt! 1:30 PW Seated Cardio with Music 2:00 IA Finish That Line! 3:00 SW Pick a Prize Bingo 4:00 SW Social Time 6:30 MN Movie Night	10 8:30 PW Colebrook Walking Club! 10:00 PW Rhythm Drumming! 10:30 SW Coffee, Tea and Chat! 1:00 IA Yahtzee! 2:00 IA Bridge 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	11 9:30 IA Resident Shuttle to Ted's & CVS 10:00 PW Fall Crunch! 10:30 SW Rosary 10:30 IA White Board Wheel of Fortune! 11:00 IA Vivacious Voices! 11:30 IA Out Trip to Hebron Fair! 1:00 IA Pictionary! 1:30 EW Guided Meditation 2:00 PW Line Dancing! 2:30 PW Men's Power Half Hour! 3:00 IA Word Within a Word! 3:30 IA Country Store	12 10:00 PW Pre-Recorded Exercise! 10:30 IA Great Courses: Lecture Series 10:30 IA Saturday Scattergories! 11:00 PW Noodle Ball 1:30 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!
13 9:30 SW Transportation to Local Churches 10:00 SW Televised Catholic Mass 10:30 SW Second Cup Sunday! 10:30 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!	14 10:00 PW Fall Crunch! 10:00 IA Shopping Out Trip to Eastbrook Mall Area 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 2:00 EW Sing Along with Bonnie! 2:30 PW Parkinson's Exercise Group! 3:00 IA BINGO by Marlborough Health Care! 4:00 SW Social Time 6:30 MN Movie Night!	15 8:30 PW Colebrook Walking Club! 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 IA Chef Chat with Brian! 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!	16 9:30 PW Yoga! 10:30 PW Senior Stability Class! 11:00 IA UNO! 11:15 IA Out Trip to Elmbrook for Field Day 1:00 SW Open Studio! 2:00 IA Pictionary! 3:00 SW Pick a Prize Bingo 4:00 SW Social Time 6:30 MN Movie Night	17 8:30 PW Colebrook Walking Club! 10:00 PW Rhythm Drumming! 11:00 SW Church Service with Father Ron! 1:00 IA Rummikub! 2:00 IA Bridge 2:00 MN Colebrook's Got Talent! 3:00 PW Balloon Volleyball 3:00 IA Great Course Lecture Series 4:00 SW Social Time 6:30 MN Movie Night	18 10:00 PW Fall Crunch! 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! 12:30 IA Out Trip to Hebron Library! 1:30 IA Genealogy with Cathy 2:00 PW Line Dancing! 2:30 PW Men's Power Half Hour! 3:00 IA Word Within a Word! 3:30 IA Country Store 6:30 MN Concert with Ashly Cruz!!!!	19 10:00 PW Pre-Recorded Exercise! 10:30 IA Great Courses: Lecture Series 10:30 IA Saturday Scattergories! 11:00 PW Noodle Ball 1:30 IA Jeopardy Live/Trivia! 1:45 MN Movie Matinee 3:00 SW DOLLAR BINGO 4:00 SW Soda Saturday Social! 6:00 IA Dancing with the Stars AHM Fundraiser! 6:30 MN Movie Night!
20 9:30 SW Transportation to Local Churches 10:00 SW Televised Catholic Mass 10:30 SW Second Cup Sunday! 10:30 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!	21 10:00 PW Fall Crunch! 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 SW Resident Council 2:00 SW Bible Study with Brien 2:00 EW Sing Along with Bonnie! 2:30 PW Parkinson's Exercise Group! 3:00 IA Left Right Center! 4:00 SW Social Time 6:30 MN Movie Night!	22 8:30 PW Colebrook Walking Club! 10:00 PW Cardio Boxing! 10:30 IA White Board Boggle! 11:00 IA Armchair Travel 11:00 IA Vivacious Voices! 1:00 PW Wii Bowling! 2:00 MN Road Trip Through Song with Emily Gauthier 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!	23 9:00 IA Out Trip to Foxwoods BINGO! 9:30 PW Yoga! 10:30 PW Senior Stability Class! 11:00 IA UNO! 1:30 PW Seated Cardio with Music 2:00 IA Finish That Line! 3:00 SW Pick a Prize Bingo 4:00 SW Social Time 6:30 MN Movie Night	24 8:30 PW Colebrook Walking Club! 10:00 PW Rhythm Drumming! 10:30 SW Coffee, Tea and Chat! 1:00 IA Yahtzee! 2:00 IA Arthritis Seminar with Kate from Enliven 2:00 IA Bridge 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	25 10:00 PW Fall Crunch! 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! 12:30 IA Out Trip to Hebron Library! 1:00 IA Let's Learn Mahjong! 1:30 EW Guided Meditation 2:00 PW Line Dancing! 2:30 PW Men's Power Half Hour! 3:00 IA Word Within a Word! 3:30 IA Country Store	26 10:00 PW Pre-Recorded Exercise! 10:30 IA Great Courses: Lecture Series 10:30 IA Saturday Scattergories! 11:00 PW Noodle Ball 1:30 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!
27 9:30 SW Transportation to Local Churches 10:00 SW Televised Catholic Mass 10:30 SW Second Cup Sunday! 10:30 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!	28 10:00 PW Fall Crunch! 10:00 IA Shopping Out Trip to Dollar General 10:30 IA Wii Jeopardy 1:00 MN Matinee Showing of The Chosen 1:30 PW Cardio Drumming! 2:00 SW Bible Study with Brien 2:00 EW Sing Along with Bonnie! 2:30 PW Parkinson's Exercise Group! 3:00 SW Setback! 4:00 SW Social Time 6:30 MN Movie Night!	29 8:30 PW Colebrook Walking Club! 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 Social Time 5:30 EW Pet Therapy Training 6:30 MN Movie Night!	30 9:30 PW Yoga! 10:30 IA Out Trip 10:30 PW Senior Stability Class! 11:00 IA UNO! 1:00 IA Creative Corner 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	Love the Beach Inspired Centerpieces! Thanks to All the Creators  		Remember Dining Alfresco Is Available in the Courtyard or Back Patio! Ask a Server! 

September 2026



Meeting Christa Steiner, Hebron's own Miss Connecticut! She is a very bright and talented young woman! She will come sing for us on 10/15 at 6:30; can't wait! We wish her luck in the Miss America Pageant in September!

"This Month In History" SEPTEMBER

1868: The first volume of "Little Women" by Louisa May Alcott is published.

1902: Considered the first sci-fi movie, "A Trip to the Moon" is a sensation when it's first shown in Paris. French filmmaker Georges Melies pioneered the genre with his roughly 14-minute silent feature.

1919: The American Legion is established by Congress as a patriotic veterans organization.

1921: In Atlantic City, N.J., 16-year-old Margaret Gorman is crowned the first Miss America.

1930: Newspaper readers are introduced to the characters Blondie and Dagwood when the comic strip "Blondie" debuts.

1957: The Brooklyn Dodgers play their last game at Ebbets Field, and the New York Giants play for the last time at the Polo Grounds. Both MLB teams moved to California.

1964: "Fiddler on the Roof" opens on Broadway. The classic musical would go on to win nine Tony Awards.

1970: "Monday Night Football" premieres. The first game broadcast had the Cleveland Browns hosting the New York Jets.

1981: Sandra Day O'Connor becomes the first female U.S. Supreme Court justice.

1995: Dozens of music legends help celebrate the opening of the new Rock & Roll Hall of Fame in Cleveland.