

Colebrook ~ Village at Hebron

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

With Age Comes Wisdom ...

... and cheerfulness and enthusiasm, according to some experts! Sure, aging may bring its share of aches and pains, but it also brings rewards and bonuses. This tendency toward happiness, a phenomenon that researchers sometimes call the "paradox of aging," has been attributed to older adults' greater life experience and practice with emotional regulation.



We enjoyed lots of cuddles with some amazing pet therapy bunnies, guinea pigs, a bird and a turtle! There were so many to go around ... so much fun!



December 2025



Colebrook came together to celebrate those who have served our country. Through poems, speeches, symbolism and song, we honored all Veterans. We followed our ceremony with cake, punch and fellowship.

Thank you to all our Veterans!









A few Winners from our Colebrook Costume Contest! You have such spirit, we loved it!!!! Can't wait till next year!

EW

Emotional Wellness

IA

Independent Activity

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>December Birthdays!</div> <div><div>•</div><div>John B.</div><div>12/6</div></div> <div><div>•</div><div>Gil M.</div><div>12/15</div></div> <div><div>•</div><div>Doris C.</div><div>12/20</div></div> <div><div>•</div><div>Carol M.</div><div>12/27</div></div> <div><div>•</div><div>Beth S.</div><div>12/29</div></div> <div><div>•</div><div>Kathy S.</div><div>12/29</div></div> <div><div>•</div><div>Diane D.</div><div>12/31</div></div> <div>Happy Birthday to You All!</div>	<div>1</div> <div>9:30 <div>IA</div> Team Sudoku!</div> <div>10:00 <div>PW</div> Holiday Hiit & Strength!</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>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>EW</div> Decorate the Tavern Tree</div> <div>2:30 <div>IA</div> Yahtzee/Sequence!</div> <div>4:00 <div>SW</div> Social Time</div> <div>6:30 <div>MN</div> Movie Night!</div>	<div>2</div> <div>9:00 <div>PW</div> Blood Pressure Clinic!</div> <div>10:00 <div>PW</div> Rhythm Drumming!</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> Parkinson's Exercise Group!</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> Foundry Saxophone Quartet</div>	<div>3</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>12:00 <div>IA</div> Craft/Card Sale with Julie!</div> <div>1:30 <div>EW</div> Seated Cardio with Music</div> <div>2:00 <div>IA</div> You Be The Judge!</div> <div>2:30 <div>EW</div> Scenic Drive</div> <div>3:00 <div>ISW</div> Pick a Prize Bingo</div> <div>4:00 <div>ISW</div> Social Time</div> <div>6:30 <div>MN</div> Movie Night</div>	<div>4</div> <div>10:00 <div>PW</div> Rhythm Drumming!</div> <div>10:30 <div>ISW</div> Coffee, Tea and Chat!</div> <div>1:00 <div>IA</div> Yahtzee!</div> <div>1:45 <div>IA</div> Wild Card!</div> <div>2:15 <div>PW</div> Zumba</div> <div>3:00 <div>PW</div> Beach Ball Volleyball!</div> <div>3:00 <div>IA</div> Great Course Lecture Series</div> <div>4:00 <div>ISW</div> Social Time</div> <div>6:30 <div>MN</div> Movie Night</div>	<div>5</div> <div>10:00 <div>PW</div> Holiday Hiit & Strength!</div> <div>10:00 <div>IA</div> Resident Shuttle to Ted's & CVS</div> <div>10:30 <div>SW</div> Rosary</div> <div>10:30 <div>IA</div> White Board Wheel of Fortune!</div> <div>11:00 <div>IA</div> Vivacious Voices!</div> <div>1:00 <div>IA</div> Outing to Festival of Trees!</div> <div>1:30 <div>IA</div> Crochet/Knitting Time!</div> <div>2:00 <div>PW</div> Medi Ball Workout</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>6</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> Noodle Ball</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>3:00 <div>MN</div> RHAM High School Carolers!</div> <div>4:00 <div>SW</div> Soda Saturday Social!</div> <div>6:30 <div>MN</div> Movie Night!</div>
<div>7</div> <div>9:10 <div>SW</div> Transportation to Local Churches</div> <div>10:00 <div>SW</div> Televised Catholic Mass</div> <div>10:30 <div>ISW</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>8</div> <div>9:30 <div>IA</div> Team Sudoku!</div> <div>10:00 <div>PW</div> Holiday Hiit & Strength!</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>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>3:00 <div>IA</div> Setback!</div> <div>4:00 <div>SW</div> Social Time</div> <div>6:30 <div>MN</div> Movie Night!</div>	<div>9</div> <div>10:00 <div>PW</div> Rhythm Drumming!</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> Parkinson's Exercise Group!</div> <div>2:00 <div>IA</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>10</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> Cards with Gayle!</div> <div>11:00 <div>IA</div> UNO!</div> <div>1:00 <div>IA</div> Creative Corner</div> <div>1:30 <div>PW</div> Seated Cardio with Music!</div> <div>2:00 <div>IA</div> You Be The Judge!</div> <div>2:30 <div>EW</div> Scenic Drive</div> <div>3:00 <div>ISW</div> Pick a Prize Bingo</div> <div>4:00 <div>ISW</div> Social Time</div> <div>6:30 <div>MN</div> Movie Night</div>	<div>11</div> <div>10:00 <div>PW</div> Rhythm Drumming!</div> <div>11:00 <div>SW</div> Catholic Mass with Fr. Mike</div> <div>1:00 <div>IA</div> Wild Card!</div> <div>2:00 <div>MN</div> Concert with Bill Naughton Jr.</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>ISW</div> Social Time</div> <div>6:30 <div>MN</div> Movie Night</div>	<div>12</div> <div>10:00 <div>PW</div> Holiday Hiit & Strength!</div> <div>10:00 <div>IA</div> Resident Shuttle to Ted's & CVS</div> <div>10:30 <div>SW</div> Rosary</div> <div>10:30 <div>IA</div> White Board Wheel of Fortune!</div> <div>11:00 <div>IA</div> Vivacious Voices!</div> <div>1:30 <div>IA</div> Crochet/Knitting Time!</div> <div>1:30 <div>EW</div> Guided Meditation</div> <div>2:00 <div>PW</div> Medi Ball Workout</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>13</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> Noodle Ball</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>14</div> <div></div>	<div>15</div> <div>Happy Hanukkah!</div> <div>9:30 <div>IA</div> Team Sudoku!</div> <div>10:00 <div>PW</div> Holiday Hiit & Strength!</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> 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>1:30 <div>SW</div> Resident Council</div> <div>2:00 <div>MN</div> Concert with Kip!</div> <div>4:00 <div>SW</div> Social Time</div> <div>6:30 <div>MN</div> Movie Night!</div>	<div>16</div> <div>Happy Hanukkah!</div> <div>10:00 <div>PW</div> Rhythm Drumming!</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> Parkinson's Exercise Group!</div> <div>2:00 <div>IA</div> Living Your Best Life with Middlesex Health</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>17</div> <div>Happy Hanukkah!</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> Equipment Clinic and Balance Assessment with Enliven</div> <div>1:30 <div>EW</div> Seated Cardio with Music</div> <div>2:00 <div>SW</div> Pick a Prize Bingo</div> <div>2:00 <div>EW</div> Scenic Drive</div> <div>3:00 <div>IA</div> You Be The Judge!</div> <div>4:30 <div>SW</div> Colebrook Holiday Party!</div> <div>6:30 <div>MN</div> Movie Night</div>	<div>18</div> <div>Happy Hanukkah!</div> <div>10:00 <div>PW</div> Rhythm Drumming!</div> <div>11:00 <div>SW</div> Service with Father Ron!</div> <div>1:00 <div>IA</div> Finish That Line!</div> <div>1:30 <div>MN</div> Vivacious Voices Holiday Performance!</div> <div>2:15 <div>PW</div> Zumba</div> <div>3:00 <div>PW</div> Beach Ball 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>19</div> <div>Happy Hanukkah!</div> <div>10:00 <div>PW</div> Holiday Hiit & Strength!</div> <div>10:00 <div>IA</div> Resident Shuttle to Ted's & CVS</div> <div>10:30 <div>SW</div> Rosary</div> <div>10:30 <div>IA</div> White Board Wheel of Fortune!</div> <div>11:00 <div>IA</div> Vivacious Voices!</div> <div>1:30 <div>EW</div> Guided Meditation</div> <div>1:30 <div>IA</div> Illness Seminar with Kate from Enliven</div> <div>2:00 <div>PW</div> Medi Ball Workout</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>20</div> <div>Happy Hanukkah!</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> Noodle Ball</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>21</div> <div>Happy Hanukkah!</div> <div>9:10 <div>SW</div> Transportation to Local Churches</div> <div>10:00 <div>SW</div> Televised Catholic Mass</div> <div>10:30 <div>ISW</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>2:00 <div>EW</div> Girl Scouts Come a Caroling!</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>22</div> <div>Happy Hanukkah!</div> <div>9:30 <div>IA</div> Team Sudoku!</div> <div>10:00 <div>PW</div> Holiday Hiit & Strength!</div> <div>10:00 <div>IA</div> Shopping Out Trip to Ocean State</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>3:00 <div>IA</div> Setback!</div> <div>4:00 <div>SW</div> Social Time</div> <div>6:30 <div>MN</div> Movie Night!</div>	<div>23</div> <div>Happy Hanukkah!</div> <div>10:00 <div>PW</div> Rhythm Drumming!</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> Parkinson's Exercise Group!</div> <div>2:00 <div>MN</div> Carols and Cocoa with Bruce John!</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>24</div> <div>Happy Hanukkah!</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>1:00 <div>IA</div> Creative Corner</div> <div>1:30 <div>PW</div> Seated Cardio with Music!</div> <div>2:00 <div>IA</div> You Be The Judge!</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>25</div> <div></div>	<div>26</div> <div>Happy Hanukkah!</div> <div>10:00 <div>PW</div> Holiday Hiit & Strength!</div> <div>10:00 <div>IA</div> Resident Shuttle to Ted's & CVS</div> <div>10:30 <div>SW</div> Rosary</div> <div>10:30 <div>IA</div> White Board Wheel of Fortune!</div> <div>11:00 <div>IA</div> Vivacious Voices!</div> <div>1:30 <div>IA</div> Crochet/Knitting Time!</div> <div>1:30 <div>EW</div> Guided Meditation</div> <div>2:00 <div>PW</div> Medi Ball Workout</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>27</div> <div>Happy Hanukkah!</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> Noodle Ball</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>28</div> <div>9:10 <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>29</div> <div>9:30 <div>IA</div> Team Sudoku!</div> <div>10:00 <div>PW</div> Holiday Hiit & Strength!</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>4:00 <div>SW</div> Social Time</div> <div>6:30 <div>MN</div> Movie Night!</div>	<div>30</div> <div>10:00 <div>PW</div> Rhythm Drumming!</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> Parkinson's Exercise Group!</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>31</div> <div>Happy New Year's Eve!</div> <div></div>	<div>Crafting Turkeys ... no Two Were Alike!</div> <div></div>	<div>Ashly Cruz Turned Doris Into a Devil!</div> <div></div>	<div></div>

10:00

PW

 Holiday Hiit & Strength!10:00

IA

 Shopping Out Trip to Walmart/Aldi10:30

IA

 Wii Jeopardy11:00

IA

 Vivacious Voices!12:30

EW

 Nail Care! by Appt!1:00

MN

 Matinee Showing of Musical Monday!1:30

PW

 Cardio Drumming!2:00

EW

 Decorate the Tavern Tree2:30

IA

 Yahtzee/Sequence!4:00

SW

 Social Time6:30

MN

 Movie Night!

December 2025



Colebrook is becoming known for giving out a good treat bag! Over 100 to visiting Scouts and 375 to the trick or treaters on Main St. Let's keep up the tradition next year. Thanks to all who helped stuff the bags, it was fun!



A packed house for the Chaplin Ukulele Band! What a special treat. Thank you so much for sharing your talent! We are taking some inspiration ... who knows, maybe by next year we will have our own ukulele band!