

Colebrook Village at Hebron

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

An Extra Layer of Protection

Planning some fun in the sun? Along with sunscreen, wear red or blue clothing. Scientists have found that these shades offer better protection from ultraviolet rays than lighter colors like yellow or white.



Make sure to use your sunscreen while you enjoy our beautiful outdoor spaces! Herman has really made our courtyard better than ever, enjoy it!



We all learned about how herbs can benefit us thanks to Maryla's well attended Herb Talk! Feel free to pick some of the herbs we have growing in our Courtyard Garden and enjoy! Wash them first!

July 2026



Independence Day by the Numbers

150 million. Hot dogs eaten on the Fourth of July.





56. Signers of the Declaration of Independence.

2.5 million. Approximate population of the U.S. in July 1776.

342 million. Approximate population of the U.S. today.



Looking for something to do and a way to connect? Come join a Coffee, Tea and Chat on Thursday mornings at 10:30. The topics are always changing, but the conversations are very entertaining. We learn about our neighbors, and it helps make us a closer community! Give it a try!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July Birthdays! <ul style="list-style-type: none"> Mary M. 7/2 Theresa L. 7/6 Barbara S. 7/10 Sondra M. 7/13 Carolyn R. 7/14 Beverly K. 7/15 Happy Birthday to You All!	Thank You RHAM Jazz Band & Director Nick Kokus for a Fantastic Performance! 		1 9:30 PW Yoga! 10:30 IA Out Trip 10:30 EW Parkinson's Group 11:00 IA UNO! 1:30 PW Seated Cardio with Music 2:00 IA Pictionary! 2:30 EW Scenic Drive 3:00 SW Pick a Prize Bingo 4:00 SW Social Time 6:30 MN Movie Night	2 10:00 PW Rhythm Drumming! 10:30 SW Coffee, Tea and Chat! 1:00 IA Yahtzee! 2:00 PW Zumba 2:30 MN Patriotic Concert with John Banker 3:00 PW Balloon Volleyball! 3:00 IA Great Course Lecture Series 4:00 SW Social Time 6:30 MN Movie Night	3 10:00 PW Pool Noodle 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! 12:30 IA Out Trip to Hebron Library! 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	
5 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 10:00 PW Pool Noodle 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 SW LRC (Left, Right, Center) 4:00 SW Social Time 6:30 MN Movie Night!	7 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	8 9:30 PW Yoga! 10:30 PW Senior Stability Class! 11:00 IA Slipaway Riverboat Cruise Out Trip 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	9 8:30 PW Colebrook Walking Club! 10:00 PW Rhythm Drumming! 10:30 SW Coffee, Tea and Chat! 1:00 IA Rummikub! 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 10:00 PW Pool Noodle 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! 12:30 IA Out Trip to Hebron Library! 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	11 10:00 IA Saturday Scattergories! 10:30 IA Great Courses: Lecture Series 11:00 PW Noodle Ball 1:30 MN Concert with Keir White 1:45 MN Movie Matinee 3:00 SW DOLLAR BINGO 4:00 SW Soda Saturday Social! 6:30 MN Movie Night!
12 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!	13 10:00 PW Pool Noodle 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 IA Setback! 4:00 SW Social Time 6:30 MN Movie Night!	14 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 MN Concert with Kipp! 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!	15 9:30 PW Yoga! 10:30 IA Out Trip 10:30 PW Senior Stability Class! 11:00 IA UNO! 1:30 PW Seated Cardio with Music 2:00 IA Trivia! 2:30 EW Scenic Drive 3:00 SW Pick a Prize Bingo 4:00 SW Social Time 6:30 MN Movie Night	16 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 Low Vision with Kate from Enliven 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	17 10:00 PW Pool Noodle 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! 12:30 IA Out Trip to Hebron Library! 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	18 10:00 IA Saturday Scattergories! 10:30 IA Great Courses: Lecture Series 11:00 PW Noodle Ball 1:30 IA Garage Gospel Group! 1:45 MN Movie Matinee 3:00 SW DOLLAR BINGO 4:00 SW Soda Saturday Social! 6:30 MN Movie Night!
19 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!	20 10:00 PW Pool Noodle Workout! 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 SW Resident Council 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!	21 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!	22 9:30 PW Yoga! 10:30 IA Scenic Drive with Herman 10:30 PW Senior Stability Class! 11:00 IA UNO! 12:30 IA Out Trip to 1776 @ Ivoryton 1:00 IA Creative Corner 1:30 PW Seated Cardio with Music! 2:00 IA Password! 3:00 SW Pick a Prize Bingo 4:00 SW Social Time 6:30 MN Movie Night	23 8:30 PW Colebrook Walking Club! 10:00 PW Rhythm Drumming! 10:30 SW Coffee, Tea and Chat! 1:00 IA Rummikub! 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	24 10:00 PW Pool Noodle 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! 12:30 IA Out Trip to Hebron Library! 1:30 EW Guided Meditation 2:00 MN Colebrook Masked Singer!!!!!! 3:30 IA Country Store 4:00 SW Social Time! 6:30 MN Movie Night	25 10:00 IA Saturday Scattergories! 10:30 IA Great Courses: Lecture Series 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!
26 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!	27 10:00 PW Pool Noodle 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! 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!	28 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 MN Concert 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!	29 9:30 PW Yoga! 10:30 IA Out Trip 10:30 PW Senior Stability Class! 11:00 IA UNO! 1:30 PW Seated Cardio with Music 2:00 IA Finish That Line! 2:30 EW Scenic Drive 3:00 SW Pick a Prize Bingo 4:00 SW Social Time 6:30 MN Movie Night	30 8:30 PW Colebrook Walking Club! 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	31 10:00 PW Pool Noodle 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! 12:30 IA Out Trip to Hebron Library! 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	Scot Seeing Himself for the First Time! He Has a Great Sense of Humor! 

July 2026



It was with great pride and pleasure that Scot addressed the Colebrook Community at our 8th Birthday Party! Residents and staff enjoyed being able to have time to relax together and enjoy food and fellowship! A big thank you to Enliven for the Chick-fil-A and Hancock Pharmacy for the Ice Cream Emergency Truck!



Such a fun experience to enter the refurbished ambulance that now offers a cure to all....Ice Cream! Residents and Staff alike enjoyed getting to design their own Sundaes! What a Sweet Treat! Note the Colebrook Shirts; it was so fun to see so many wearing theirs at the party! Fun to match and show our spirit!