

# *Noble Horizons*



## *February 2020*

### **COMMUNITY EVENTS**

#### **Celebrate Valentine's Day with Easy Peasy One Bowl Chocolate Desserts and Discounted Bubbly!**

On Saturday, February 1, at 11:00am, well-known cook book author Jessie Sheehan will share the secrets, as well as samples, of extra special and extra simple Valentine's Day treats. As an added indulgence, all guests will receive a 10% discount coupon to Lakeville Wine and Spirits should they wish to pair their Valentine's Day desserts with a little bubbly or similar luxury. Plan on a delicious morning of "easy peasy" baking tips and tricks with Jessie who will demonstrate the preparation of three tantalizing and easily made chocolate desserts that will win the heart of your Valentine. Jessie is the author of *The Vintage Baker*, named by *The Washington Post* as a Best Cookbook of 2018. Ms. Sheehan's first cook book was *Icebox Cakes*, featured in *The New York Times* and *Vanity*

*Fair* among many other publications; both will be available for purchase. To ensure ample chocolate samples and discount coupons, reservations are necessary for Ms. Sheehan's free program, co-sponsored by Main Street Magazine, at [www.noblehorizons.org](http://www.noblehorizons.org) or 860-435-9851.

### **Photographer Joe Meehan Explains the Evolution of Photography**

On Thursday, February 20, at 11:00am, Noble Horizons and the Housatonic Camera Club welcome professional photographer and writer Joe Meehan for a free program chronicling the evolution of photography. Meehan will demonstrate this with illustrated examples beginning with the early days of photography up to today's digital era. Meehan will conclude by pointing out how digital technology has brought about changes, both positive and negative, in the traditional role of photography. During Meehan's 40-year career, over 1000 of his photographs have appeared in newspapers, books, magazines, and on websites such as National Geographic and the Smithsonian Museum. He has been an expedition photographer in extremes ranging from the Arctic to California's Death Valley and has authored over 20 books on photographic technique, many of which have received "best book" awards and been translated into several languages. The New York Times described his work "...alive with color and sparkling light." Reservations and more information is at [www.noblehorizons.org](http://www.noblehorizons.org) or 860-435-9851.

### **The Fun Continues**

Noble Horizons should be your destination Tuesday through Friday if you want to have fun while enhancing your health at the same time! Enjoy PJ Birriel's high energy Zumba classes on Tuesdays 5:00-6:00pm, free Tai Chi with Mark Liebergall and Cynthia Bianchi on Wednesdays from 10:30-11:30 am, free Fall Prevention and Balance classes on Thursdays 10:30-11:30am through February 13, and PJ Birriel's free chair Zumba on Fridays from 10:30-11:00am. Tai Chi can improve balance, circulation, and restore energy; Zumba combines creative movement with disco lights and cha cha music to build flexibility, coordination, and cardiovascular endurance and fall prevention classes, taught by Noble's physical therapists, improve balance, muscle tone, and agility. Registration for classes is necessary at [www.noblehorizons.org](http://www.noblehorizons.org) or 860-435-9851.

## **SPECIAL EVENTS AND PROGRAMS**

**Chair Zumba – Community Room - Every Tuesday at 10:00 & Friday at 10:30**

**Tai Chi – Community Room – Every Wednesday at 10:30**

**Balance Class – Community Room – February 6 & 13 at 10:30**

**Indoor Croquet - Community Room – Every Sunday at 2:00**

Monday, February 3 – 10:30 – Community Room - **Bowling Tournament.**

Tuesday, February 4 & 18 – 2:00 – Community Room – **Exploring Picasso Art Workshop with Margaret Buchte.**

Thursday, February 6 – 2:45 - Community Room – **Roger Hart Slide Show Presentation.**

Wednesday, February 12 – 3:00 – Cobble Living Room – **Cobble Resident Council Meeting.**

Thursday, February 13 – 10:30 – Whitridge Dining Room – **Aging with Art & Soul Art Workshop with Suzanne Casparian-Serbia.**

## **COTTAGE RESIDENTS**

**Friday, February 21 – 4:00 to 6:00 – Clubhouse** – Cottagers come join the monthly Cottage Gathering, a chance for old and new friends to get together.



## **MUSIC PROGRAMS**



Monday, February 10 – 10:30 – Whitridge Dining Room – **Interactive Music Program with Wayne Curtis.**

Monday, February 3, 10, 17, & 24 - Clubhouse – 3:15 - **Come enjoy pianist Jim North at Monday afternoon socials.**

Tuesday, February 11 – 2:00 – Chapel – **Sing Along with the Sheffield**

## **Singers.**

Friday, February 14 – 12:00 – Riga Dining Room - **Valentine's Celebration Dinner with Entertainer Peter Poirier.**

Friday, February 14 – 3:00 – **Godiva Chocolate Cordial Social with Piano Accompaniment by Jim North.**

Monday, February 17 – 11:00 – Community Room – **Patriotic Music with Paddy O Sax.**

Thursday, February 20 – 2:30 – Community Room – **Monthly Birthday Party with Patrick Surdam.**

Sunday, February 23 – 2:00 – Chapel – **Hotchkiss School's Songs for Smiles.**

Monday, February 24 – 10:30 – Whitridge Dining Room – **Interactive Music Program with Doug Schmolze.**

Tuesday, February 25 – 2:30 – Community Room - **Mardi Gras Celebration with Entertainment with Tom Hanford.**

## **OUT TRIPS**

**All out trips leave from the Wagner Entrance unless otherwise specified. Please sign up for out trips in the three ring binder located in the Wagner Reception area or with Recreation.**

Friday, February 7 - 11:15 – **Lunch at Fiddleheads Grille and Shopping at Marshalls in Great Barrington.**

Friday, February 14 – 1:30 – **Trip to Scoville Library.**

Tuesday, February 18 – 11:00 – **Lunch at Sophia's and Matinee at Apple Cinemas.**

Friday, February 28 – 1:15 - **Sharon Historical Society and Museum Exhibit: *Depicting Our Town & Steeples of Litchfield County.***

## **THE SCOVILLE LIBRARY**

The Scoville Library is offering free home delivery services to the residents of Noble Horizons. They will deliver books, videos, magazines, and all other materials available through the library. Contact the Scoville library at 860-435-2838 to enquire.