

Noble Horizons



March 2020

COMMUNITY EVENTS

International Children's Peace Prize Recipient to Speak March 1

On Sunday, March 1 at 2:00pm, Abraham Keita, recipient of the International Children's Peace Prize, will share the story of his ongoing and often perilous fight for global justice and children's rights. Keita has addressed the World Summit of Nobel Peace Laureates on the refugee crisis, justice and safety for children, as well as the UN Human Rights Council where he spoke on child protection. In addition to local activism, Abraham lobbies, speaks out, and writes articles that continue to attract the attention of global humanitarian organizations, policymakers, and educators across the world. Currently a senior at The Hotchkiss School, Keita will attend Yale University in the fall of 2020. "I will remain a referee to ensure that Liberia becomes a country where the rights of children are respected and promoted, where opportunities are provided for children. This is the hope that I work with." Registration for Keita's free program is at www.noblehorizons.org or at 860-435-9851.

Representative Maria Horn Speaks

On Tuesday, March 3 at 5:30pm, join Representative Maria Horn of the 64th District for an update on the issues likely to be considered during the 2020 Connecticut Legislative Session which began February 5th. Topics expected to be addressed include solid waste management and recycling, rising healthcare costs, increasing access to affordable housing, transportation funding and a bill introduced by a bipartisan group of Connecticut lawmakers to prevent age discrimination in hiring. Guests are invited to enjoy free refreshments following Ms. Horn's program. Please reserve your seat at www.noblehorizons.org or at 860-435-9851.

How to Protect Your Retirement Assets You have thought of everything...your retirement nest egg, your 401(k), diversified your portfolio...but have you protected these assets should you face extended healthcare needs? Learn more about protecting your assets at a complimentary dinner and presentation sponsored by Noble Horizons and Salisbury Bank on March 5, at 5:30pm in the Community Room at Noble. Please make your reservation at 860-435-9851 or www.noblehorizons.org.

Gratitude Journaling

What are you thankful for? What fills you with appreciation and contentment? A gratitude journal allows us to contemplate and articulate these questions on a daily basis. Lara Tupper of Kripalu Center for Yoga & Health will help us share our gratitude with others in a safe and supportive space. Bring your own notebook and pen to the Community Room at Noble Horizons on Wednesday, March 4, from 4:00 – 6:00pm, and join us to learn about the health benefits of journaling. RSVP for this free program to Joanna at jgeiger@salisburyvna.org or call 860-435-0816.

Memory Loss Support Group Noble Horizons invites family, friends, and caregivers of persons with memory loss to join its monthly discussion group on the third Friday of every month. Facilitated by Linda Orlowski, LMSW, this month's informative and mutually supportive group will meet on March 20, at 1:30pm, in the Private Dining Room overlooking the Berkshire Mountains. For more information, please contact Linda at lorlowski@churchhomes.org or 860-435-9851 ext. 141.

14th Colony Artists Opening and Exhibit

On Friday, March 27, from 5:00 – 7:00pm, Noble will host an opening

reception for the 14th Colony Artists' new exhibit and sale of small works. Founded in 2009, the 14th Colony Artists is a collective of more than 125 painters, photographers, sculptors, clay artists, installation artists, videographers, and filmmakers from New York, Connecticut, and Massachusetts. The exhibit is open weekends, 11:00am – 4:00pm, through May 3.

Master Macarons! You can master macarons! Register for a free macaron class with professional chef (and Zumba wizard) PJ Birriel on March 28, at 11:00am. Watch and learn with PJ who will prepare these exquisite and delectable cookies in a variety of pastel colors that will perfectly complement your spring holiday celebrations. Each guest will receive a gift bag of macarons to enjoy at home. Seating is limited; please register by March 20 at www.noblehorizons.org or 860-435-9851.

Free Zumba and Tai Chi Continue

Noble Horizons is your destination for fitness and fun! Wednesday mornings from 10:30-11:30 am, join Mark Liebergall and Cynthia Bianchi for free Tai Chi classes. Zumba instructor PJ Birriel holds free chair Zumba on Friday mornings from 10:30-11:00am. Please register for classes at www.noblehorizons.org or 860-435-9851.

PJ also holds high energy standing Zumba classes on Tuesday evenings, from 5:00 – 6:00pm. Please see PJ for prices and special discounts that are offered.

Tai Chi can improve balance, circulation, and restore energy; Zumba combines creative movement with disco lights and Latin infused-music to build flexibility, coordination, and cardiovascular endurance. These classes are all held in the Community Room at Noble Horizons.



Please contact Diane Williams at 860-435-8350 if you would like a recycling receptacle for your room. Diane would also like you to know that all mail containing your name and address, including magazine covers (rip off the page showing name and address), should be placed in one of the several

Shred-It boxes that are available throughout the facility. Noble saved 85 trees last year using Shred-It services!

SPECIAL EVENTS AND PROGRAMS

Sunday, March 8, Daylight Savings Time Begins! Set your clock an hour forward!

Tuesday, March 3 & 24 – 2:00 – Community Room – **Exploring Artist Edward Hopper Workshop with Margaret Buchte.**

Wednesday, March 4 – 2:00 – Community Room - **Pictionary with the Hotchkiss Students.**

Thursday, March 12 – 11:00 – **Walking Tour of Noble’s Artwork** – Wickman Rm & 2:00 – **Art Interpretation and Discussion** – Cobble Living Room.

Thursday, March 12 – 3:00 – Cobble Living Room - **Meet Employee Joe Thibodeau.**

Friday, March 13 – 2:30 – Community Room – **Monthly Birthday Party with Irish Entertainment by Trevor Anthony.**

Tuesday March 17 – 12:00 – Community Room – **Saint Patrick’s Day Dinner Celebration with Entertainment by The David Payton Band.**

Tuesday March 17 – 3:15 – Wickman Room - **Shamrock Shake Social and Find the Shamrocks Scavenger Hunt Contest Drawing.**

Thursday, March 19 – 10:30 – Whitridge Dining Room – **Aging with Art & Soul Art Workshop with Suzanne Casparian-Serbia.**

Thursday, March 19 – Community Room - 5:00 **Cocktails** & 5:30 **Dinner and Entertainment with Latin Dancer Laura Knoepler. Sign up and pay with Wagner Reception.**

Wednesday, March 25 – 9:00 – 12:00 – **Housatonic Valley Regional High School Students Volunteering.**

Friday, March 27 – 4:00 – L3 – **14th Colony Artists Opening and Exhibit.**

COTTAGE RESIDENTS

Friday, March 20 – 4:00 to 6:00 – Clubhouse – Cottagers come join the monthly Cottage Gathering, a chance for old and new friends to get together.

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.

MUSIC PROGRAMS

Monday, March 2, 9, 16, 23, & 30 - Clubhouse – 3:15 - **Come enjoy pianist Jim North at Monday afternoon socials.**

Monday, March 2, 9, 16, 23, & 30 – 10:30 – **Monday Morning Interactive Musical Programs – Please Check Calendar for Musician and Location.**

Tuesday, March 10 – 2:00 – Chapel – **Sing Along with the Sheffield Singers.**

Wednesday, March 4 – 5:00 – **Guitar Strolling on the units with Peter Poirier.** 5:30 – **Dining Music with Peter Poirier in the Riga Dining Room.**

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, March 6 – 11:00 - **Lunch at McDonalds and Scenic Ride.**

Tuesday, March 10 – 11:00 – **Lunch at Sophia's and Matinee.**

Thursday, March 12 – 1:15 – **Shopping in Torrington.**

Friday, March 13 – 1:15 – **Trip to Scoville Library.**

Thursday, March 26 – 10:00 – **Tasting and Demo at Six Spoon's Chocolatier and Lunch at the New Hartford Diner.**

Friday, March 27 – 1:30 – **Coffee, Pastries, and Shopping at Blue Hills Flower Shop in Canaan.**

Tuesday, March 31 – 10:15 – **Shopping at Ocean State and Lunch at AJ's.**