

Noble Horizons



December 2019

COMMUNITY EVENTS

Maximizing Memory and Brain Health - What You Need to Know

On December 6 from 2-3 pm at the Northeast Millerton Library (75 Main Street, Millerton, NY), Noble Horizons social worker, Linda Orlowski, LSMW will present, "Maximizing Memory and Brain Health - What You Need to Know." Linda will discuss the many ways to enhance brain health, age related memory loss vs. a developing cognitive problem, what to do when memory lapses interfere with your daily routine, and more. Interactive activities, handouts and refreshments will be available. Registration for this free program is at www.noblehorizons.org or call 860-435-9851.

High Energy Zumba Classes with PJ

Beginning on December 10, from 5-6 pm, certified Zumba instructor PJ Birriel will teach a weekly Zumba class in the Noble Horizons Community Room. PJ, well-known for his infectious energy, contagious spirit,

humorous antics, and disco lights, has taught Zumba at the Canaan Y, The Pulse in Great Barrington, and the Cranwell in Lenox. He also teaches Chair Zumba at Noble Horizons. Born with a passion for dance and the performing arts, PJ (Placido) Birriel is a semi-retired professional dancer, choreographer, performer, sculptor, and personal trainer. PJ welcomes all skill levels and urges his class to "Leave your inhibitions at the door and have fun!" PJ's fee is \$15/class or \$10/class for a package of 10 (\$100) which may be used at any time.

Salisbury Band's Christmas Brass and Hot Chocolate Society

On Saturday, December 14, at 2:00pm in the Community Room, join us in celebrating the season at a festive performance of holiday favorites by the Salisbury Band. Since 1928, the Salisbury Band has been marching in firemen's parades and performing at concerts-on-the-green and other community events. The Salisbury Band is a non-profit organization dedicated to bringing traditional band music to the Northwestern Connecticut community. Sing along with the band and after have some hot chocolate and holiday cookies at a social for all to enjoy.

Hamish Lutris Presents

The U.S. Presidency: Forgive Your Enemies, But Never Forget Their Names

On Monday, December 16, from 10:00 - 11:30 am, Hamish Lutris will offer a free program at Noble Horizons in the Learning Center entitled, "Forgive Your Enemies, But Never Forget Their Names." This presentation will highlight the American presidency and the resonating impact of Presidents long after their terms have ended. Three Presidents, Kennedy, Johnson, and Nixon, spanned the decade, and each impacted domestic and international politics that are still in effect today. This talk will center on the power of the presidency and the men who exercised that power. Hamish Lutris is a university professor and presents programs and seminars at venues throughout the state. Registration for his free program is at www.noblehorizons.org or call 860-435-9851.

Wanda Houston and Her Band Perform Holiday Favorites and More

On December 21 at 2 pm, Noble Horizons invites you to enjoy a concert in the Community Room with the talented Wanda Houston and her trio. Ms. Houston, known for dazzling renditions of musical theater, jazz, gospel,

and R&B, will also be performing holiday favorites. Following her concert, guests are invited to enjoy a reception with Ms. Houston and her band. Ms. Houston has appeared on Broadway stages, in films, recordings, and television. She has worked in varying capacities with Michael Jackson, Barbara Streisand, John Turturro, Eddie Izzard, Natalie Cole, Eartha Kitt, and Patti LaBelle on the stages of Universal Studios, Radio City Music Hall, Madison Square Garden, and Carnegie Hall. Registration for Ms. Houston's free program is at www.noblehorizons.org or call 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

Thursday, December 5 – 1:30 – Chapel – Wagner, Riga, and Whitridge Resident Council Meeting.

Wednesday, December 11 – 2:15 – Community Room – Roger Hart slide show *National Park Adventure*.

Wednesday, December 11 – 3:00 – Cobble Living Room – Come talk with the Compassionate Listeners Group.

Sunday, December 22 – 4:00 – Chapel – Mindfulness Vespers.

CHRISTMAS PARTIES

Friday, December 20 – 2:30 – 4:30 – Community Room – Holiday Cheer Party, food, fun, drinks, and music for all to enjoy!

Monday, December 23 – 10:00 – Wickman Room – Riga and Wagner's Christmas party.

Monday, December 23 – 10:30 – Whitridge Dining Room – Whitridge Christmas party.

Tuesday, December 24 – 2:00 – Cobble Living Room – Cobble Christmas party.

COTTAGE RESIDENTS

NOTE: Change in Date - Friday, December 13 – 4:00 to 6:00 – Clubhouse – Cottagers come join the monthly Cottage Gathering, a chance for old and new friends to get together.

The title "MUSIC PROGRAMS" is centered and underlined. It is flanked by two black musical notes, one on the left and one on the right, both pointing towards the center.

MUSIC PROGRAMS

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

Monday, December 2 – 10:30 – Whitridge Dining Room – Interactive Music with Thomas Hanford.

Friday, December 6 – 10:00 – Chapel – Christmas concert with Salisbury Central School.

Monday, December 9 – 10:30 – Whitridge Dining Room – Interactive Music with Peter Poirier.

Tuesday, December 10 – 2:00 – Chapel – Sheffield Singers.

Thursday, December 12 – 2:00 – Community Room – Monthly Birthday party with Mary Menatti.

Saturday, December 14 – 2:00 – Community Room – Salisbury Band Christmas Brass & Hot Chocolate Society. Come and sing along to all of your holiday favorites.

Monday, December 16 – 10:30 – Whitridge Dining Room – Christmas carol sing along with the Recreation team.

Saturday, December 21 – 2:00 – Community Room – Enjoy a concert with Wanda Houston and a reception to follow.

Tuesday, December 24 – 10:30 – Whitridge Dining Room – Interactive Music Program with Wayne Curtis.

Monday, December 30 – 10:30 – Whitridge Dining Room – Drum Circle with Recreation team.

Tuesday, December 31- 3:00 – Community Room – New Year's Eve party with entertainment by Sentimental Journey.

OUT TRIP

Monday, December 16 – 1:15 – Shopping at Walmart leaving from Wagner Entrance.