

Noble Horizons



2019

COMMUNITY EVENTS

Dinner with the Doc: What Up with Diabetes?

On April 2, enjoy a complimentary light supper while learning "What's New with Diabetes" from Endocrinologist Dr. Egils Bogdanovics of Charlotte Hungerford Hospital. The free dinner is available at 6 pm; the program will run from 6:30 p.m-7:30 pm with a question and answer session.

Seating is limited and registration is necessary.

Noble Horizons Free Fall Prevention Series

Noble Horizons' free fall prevention and balance series will resume on Wednesday, April 3, and run weekly from 10:30 -11:30am, through May 8. The six-week series is held in the Community Room and may be joined at any time, although registration is necessary. The classes will help improve balance, increase agility and develop muscle tone.

Leonard Bernstein's Broadway Musicals

On April 5, from 10:30-11:30 am, celebrate the 100th year of Leonard Bernstein's birth and his legendary musical achievements as a composer, performer, conductor, lecturer, TV personality and teacher. Rediscover with Bernstein expert, Jeffrey Engel, the first two of Bernstein's five Broadway musicals, *On the Town* and *Wonderful Town*.

Love Netflix's Tidying Up with Marie Kondo? Learn to *Spark Joy* with CT's Only Certified Marie Kondo Consultant

Spring's triumph over winter inevitably inspires thoughts of transformational "spring cleaning" and no one transforms like best-selling author Marie Kondo of the hit Netflix series *Tidying Up With Marie Kondo*. You can adopt her KonMari Method™ of 'sparking joy' on Saturday, April 6, at 11am, with Christine Thorn who trained with Marie Kondo to become Connecticut's only certified KonMari consultant.

How to Avoid Broken Bones

Bone health plays a major role in longevity and on April 13, at 11:00am, Fairview Hospital Orthopedic, Dr. Pier Boutin, will present a program to enhance bone health. Dr. Boutin will explain how people with sports injuries, arthritis and osteoporosis can remain active and avoid fractures.

Spring Brings New Life – you Can Too!

Spring is around the corner, bringing hope and new beginnings...and by donating blood at the Red Cross Blood Drive, you can bring hope and new beginnings as well. Your donation of a pint of blood on April 17, between 1:00 and 5:45pm, can save up to three lives. There is a critical need for blood in CT, especially the universal O-. Welcome the spring season of renewal by giving life to others. You may register for an appointment at 1-800-RED-CROSS or www.redcrossblood.org

The Amazon, Climate Change and the Catastrophic Tipping Point

On April 27, at 11:00am, Noble Horizons welcomes award-winning journalist and filmmaker Sam Eaton, who will present, "Climate Change: Can We Avoid the Tipping Point?"

Sharon Hospital Physicians Discuss Screening Guidelines, the Physician-Patient Relationship

At noon on April 29, Sharon Hospital Medical Practice gynecologist Dr. Susan Parisi and primary care physician Dr. Kathleen Mantaro will explain how to navigate and maximize the patient-physician relationship and discuss current recommendations for screenings. A complimentary lunch will be served at 11:30am.

Register for these free programs at www.noblehorizons.org or call 860-435-9851.

SPECIAL EVENTS

Monday, April 1, 8, 15, 22, & 29 - 3:15 – Clubhouse – Afternoon social with pianist Jim North.

Tuesday, April 2, 9, 16, 23, & 30 – 10:00 - Community Room – Chair Zumba with Certified Zumba Instructor PJ Birriel.

Tuesday, April 2, 9, 16, 23, & 30 – 2:00 – 4:00 - Clubhouse – Card Club with Noble volunteer, Russ. **April 30 in the Private Dining Room.**

Wednesday, April 3 – 3:00 – Community Room – Trivia Tournament.

Thursday, April 4 - 3:00 – Clubhouse – Reception to meet Kristin Middlebrook, new to the Recreation Department.

Thursday, April 4, 18, & 25 - 10:00 - Cobble Living Room – Current Events with Noble volunteer Rita Dishnell.

Friday, April 5 & Saturday, April 6 – 9:00 – 2:00 – L3 – Book & Tag Sale sponsored by Noble Horizons Auxiliary. **Early Birds Friday, April 5 8:00 - 9:00, \$10.00 admission.**

Wednesday, April 10 - 3:00 - Community Room – Easter Fun & Games.

Thursday, April 11 - 10:30 - Cobble Living Room – Self-Hypnosis Techniques with Paula Fabiano.

Thursday, April 18 – 3:00 - Clubhouse – Reception to meet Joyce Finkelstein, our new Nursing Director.

Thursday, April 25 – Community Room – 5:00 – Cocktails, 5:30 – Fried Chicken Dinner, 6:15 – Movie: *The Last Laugh*.

Friday, April 26 - 2:00 - Community Room – Afternoon at the Movies.

MUSICAL PROGRAMS

Monday, April 1 – 10:30 - Whitridge Dining Room – Sing Along

Monday, April 8 - 10:30 - Whitridge Dining Room - Interactive musical program with Mary Manetti.

Tuesday, April 9 - 2:00 – Chapel – Sheffield Singers.

Thursday, April 11 – Community Room – Monthly Birthday Party with Gary Preston.

Monday, April 15 – 10:30 - Whitridge Dining Room - Interactive musical program with Shawn Taylor.

Tuesday, April 16 – 5:15 - Strolling through the facility with Peter Poirier who will play in the **Riga Dining Room at 5:45** while you dine.

Thursday, April 18 – 10:30 - Whitridge Dining Room – Music with Bruce Mandel.

Monday, April 22 – 10:30 - Whitridge Dining Room – Drum Circle with the Recreation Department.

Thursday, April 25 – Whitridge Dining Room - Interactive musical program with Doug Schmolze.

Monday, April 29 – 10:30 - Whitridge Dining Room - Interactive musical program with Michael Brown.

Tuesday, April 30 – 5:15 - Strolling through the facility with Shawn Taylor who will play in the **Riga Dining Room at 5:45** while you dine.

COTTAGE RESIDENTS

Friday, March 15 – 4:00 to 6:00 – Clubhouse – Cottagers come join the monthly Cottage Gathering, a chance for old and new friends to get together.

COBBLE /COTTAGE OUT TRIPS

Sign up in the Wagner Main Lobby white book or see one of the recreation staff to sign up for any of these out trips.

Tuesday, April 9 – 11:15 – Lunch at Talk of the Towne Deli.

Friday, April 12 - 11:30 – Lunch at Neo & Sharon Historical Society Exhibit - *Sharon Cures: Centuries of Medicine in One Small Town.*

Friday, April 12 – 4:30 – Dinner at Hotchkiss with the students & a music recital.

Friday, April 26 – 11:30 – Lunch at Mulligan's.

WAGNER/RIGA OUT TRIPS

Tuesday, April 9 – 11:15 – Lunch at Talk of the Towne Deli.

Friday, April 12 - 11:30 – Lunch at Neo & Sharon Historical Society Exhibit - *Sharon Cures: Centuries of Medicine in One Small Town.*

WHITRIDGE OUT TRIP

Tuesday, April 2 - 11:30 – Lunch at the Canaan Country Club.