

Noble Horizons



2019

COMMUNITY EVENTS

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.

Free Diabetes Series

Noble Horizons will host a free 6 – week diabetes management workshop on Mondays, through May 13, 10:00am – noon with Anne Hummel, MS, RN. Hummel has offered the series for over two decades and helped hundreds of people better manage their self-care, achieve improved control of their diabetes, and communicate well with their physician.

Keith Moon Presents: The Life and Times of Gorbachev

On March 27 at 2 pm, Hotchkiss instructor Keith Moon returns to Noble Horizons to teach his annual Russian book series. This year's selection is *Gorbachev: His Life and Times*, a National Book Critics Circle Award finalist, written by Pulitzer Prize-winning author, William Taubman. Moon's class will read this definitive biography of the transformational world leader, called "masterly...essential reading", by the *New York Times*, and discuss it on Wednesdays, from 2pm-3pm, March 27 through May 15.

14th Colony Artists Opening and Exhibit

On Friday, May 3, from 5:00-7:00 pm, Noble Horizons invites the community to an opening reception for the 14th Colony Artists annual exhibit. Founded in 2009, the 14th Colony Artists is a collective of more than 125 local artists from New York, Connecticut and Massachusetts. Its members include painters, photographers, sculptors, clay artists, installation artists, videographers and filmmakers. The exhibit is open on weekends, 11:00 am-4:00 pm, through June 9.

Dr. Rachel Myers, The Hotchkiss School's Director of Diversity and Inclusion

On May 18 at 11 am, The Hotchkiss School's inaugural Director of Diversity and Inclusion will present, "Musings on Diversity: Personally, Locally, and Globally". Dr. Myers' program will examine on an individual regional, and international level what diversity means and looks like in 2019.

National Senior Health and Fitness Day

On May 29, Noble Horizons invites community members to celebrate National Senior Health & Fitness Day by enjoying a spring stroll on the Noble Horizons campus with Noble's certified personal trainer Leila Ames followed by a delicious seasonal lunch featuring fresh and local products. The common goal for this annual event, now in its 26th year, is to help older Americans stay healthy and fit. It is the nation's largest annual health and wellness event for older adults, in which over 100,000 Americans will participate at more than 1,000 locations throughout the U.S. The rain date for the walk is June 5 at 11 am; reservations are required.

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

SPECIAL EVENTS

Monday, May 6, 13, 20, & 27 - 3:15 – Clubhouse – Afternoon social with pianist Jim North.

Thursday, May 2 – 2:00 – Chapel – National Day of Prayer.

Friday, May 3 – 5:00 – L3 – 14th Colony Art Exhibit opening.

Sunday, May 5 – 2:00 – Cobble Living Room – Rosemary Farnsworth will read a selection of short stories, poems, and essays which were written by her husband, George Farnsworth. These had been previously published in various magazines. George had been a resident of a cottage. Later, he moved into the units and he died in Whitridge on December 8, 2018 from the effects of Alzheimer's.

Tuesday, May 7 & 28 – 3:00 - Whitridge Dining Room – Art workshop with Margaret Buchte.

Tuesday, May 7, 14, 21, & 28 – 10:00 - Community Room – Chair Zumba with Certified Zumba Instructor PJ Birriel.

Sunday, May 12 – 10:30 – Community Room - Mother's Day music and social with Jim North.

Tuesday, May 21 – Community Room – 5:00 – Cocktails, **5:30** – Dinner – pulled pork sliders, **6:15** – Movie: Momma Mia Part

Monday, May 27 – 9:00 – Wagner Entrance – Memorial Day Parade.

MUSICAL PROGRAMS

Monday, May 6 – 10:30 - Whitridge Dining Room – Sing Along with Richard Dagenais.

Thursday, May 9 – 4:00 – Chapel – Bell Choir.

Monday, May 13 - 10:30 - Whitridge Dining Room - Interactive musical program with Rainy Sings.

Tuesday, May 14 - 2:00 – Chapel – Sheffield Singers.

Monday, May 20 – 10:30 - Whitridge Dining Room - Interactive musical program with Peter Poirier.

Wednesday, May 22 – 5:15 - Strolling through the facility with Peter Poirier who will play in the **Riga Dining Room at 5:45** while you dine.

Thursday, May 23 – 2:00 - Community Room – Monthly Birthday Party square dancing with Deirdre.

Friday, May 24 – 10:00 – Community Room – Drum Circle with the

Recreation team.

Saturday, May 25 – 2:00 – Chapel – CT Classic Duo cellist & violinist.

Tuesday, May 20 – 10:30 - Whitridge Dining Room – Music program with Ryc Ward.

Thursday, May 30 – 10:00 – Spring concert with Salisbury Central School.

Thursday, May 30 – 5:15 – Riga Dining Room – Pianist Richard Dagenais will play while you dine.

COTTAGE RESIDENTS

Friday, May 17 – 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 for any of these out trips.

Tuesday, May 7 – 11:15 – Lunch at Mulligan's in Torrington.

Tuesday, May 14 – 10:45 – Lunch at Sophia's and afternoon at the movies in Barkhamsted.

Wednesday, May 15 – 11:30 – Lunch at AJ's in Goshen.

Wednesday, May 22 – 2:00 – Scenic ride and stop for ice cream at Fudgy's in Amenia.

Thursday, May 30 – 2:30 - Scenic ride and stop for ice cream at Fudgy's in Amenia.

WAGNER/RIGA OUT TRIPS

Tuesday, May 14 – 10:45 – Lunch at Sophia's and afternoon at the movies in Barkhamsted.

Wednesday, May 15 – 11:30 – Lunch at AJ's in Goshen.

Wednesday, May 22 – 2:00 – Scenic ride and stop for ice cream at Fudgy's in Amenia.

Thursday, May 30 – 2:30 - Scenic ride and stop for ice cream at Fudgy's in Amenia.

WHITRIDGE OUT TRIP

Thursday, May 30 – 11:00 – Scenic ride and lunch at the Caddy Shack.