

Noble Horizons



2019

FREE COMMUNITY EVENTS

Noble Horizons Free Fall Prevention and Balance Class Returns

Noble Horizons' free fall prevention and balance series resumes on Thursday, September 26, and will run weekly from 10:30 - 11:30 am through November 7. The series, taught by Noble Horizons physical therapists Kaitlyn Duerr, PT/DPT and Kim Tormay, MOT, OTR/L, CDP are held in the Community Room and may be joined at any time. The classes will help improve balance, increase agility, and develop muscle tone.

Tai Chi

Join Tai Chi and qi gong instructors Mark Liebergall and Cynthia Bianchi on Wednesdays from 10:30 - 11:30 am for a weekly Tai Chi class. These ancient Chinese martial arts practices combine slow, deliberate movements, meditation, and breathing exercises that can improve circulation, balance, alignment, and help restore your energy. The low impact moving meditations include standing and balancing and are excellent fitness activities for beginners and people with health conditions. The postures flow together without pause and keep your body in constant motion.

Chair Zumba

Have fun while burning calories, enhancing your flexibility, coordination, and cardiovascular endurance with Chair Zumba. Instructor PJ Birriel incorporates movements taken from Latin dances like the *merengue*, *salsa*, and *cha cha* to improve overall energy, core stability, and muscular strength! This free class runs weekly on Fridays from 10:30 - 11:00 am.

Join Cardiologist Dr. Soucier for Lunch and Discussion on Women's Cardiac Health

On Friday, October 18, at 12:00 pm, Noble Horizons welcomes cardiologist Dr. Donald Soucier from The Heart Center at Sharon Hospital who will discuss topics surrounding women's cardiac health. Of particular note will be his focus on the high rates of congestive heart failure in women, who now account for 50% of all hospital admissions for heart failure. Dr. Soucier will review the causes, symptoms, and treatments of heart failure as well as other issues related to women's cardiac health. Guests are invited to enjoy a complimentary light lunch buffet at 11:45 am. Dr. Soucier will speak and take questions between 12:00 and 1:00 pm.

A 10,000 Mile Run Around the United States

On Saturday, October 26, at 11:00 am, join teacher and writer Charlie Bell (son of former Noble resident Rosamund Bell) who will share riveting stories from his 19 month, 10,000 mile solo run around the perimeter of the continental United States. After earning an engineering degree at Princeton University, Bell began a career selling IBM computers. Three years later, he traded in his briefcase and wingtips for a backpack and running shoes, choosing to explore the United States by foot. After the trip, *Reader's Digest* and *Sports Illustrated* published articles about his expedition and Bell created a weekly series of first-person stories that ran for nearly a year on Connecticut Public Radio. The series resulted in a profile in the *New York Times* and a featured slot at the Connecticut Storytelling Festival. The complete account of Bell's adventure will be published as a trilogy titled *long/run*.

Preparing for Medicare Open Enrollment 2020-What's New?

On Wednesday, October 30, at 11:30 am, representatives from the Western Connecticut Area Agency on Aging (WCAAA) will explain the many

changes to Medicare in 2020. This program is sponsored by the Northwest Connecticut Triad and is designed to help beneficiaries understand the coverage options available to them in the coming year. The program will begin with a complimentary lunch, followed by a Medicare information session with several WCAAA professionals. Attendees will receive an update on changes planned for 2020 for Part D (prescription drug) plans, Medicare Advantage plans, Supplemental/ Medigap plans and Medicare assistance programs which can help beneficiaries pay for their Medicare costs. Registration for Noble Horizons' free and private Medicare enrolment sessions with WCAAA counselors on Friday, November 8, will also be available.

Registration for these free classes and programs is at www.noblehorizons.org or by calling 860-435-9851.

Karl Saliter's *Earthbound Buddha*

Don't miss *Earthbound Buddha*, artist/sculptor Karl Saliter's exhibit and sale of new works is opening at Noble Horizons on Friday, October 18, 5:00 – 7:00 pm. Saliter describes the collection as "a loving body of work trafficking in everyday aspects of the spiritual search. It is reverent. It offers an unusual series of multi-media works in recycled materials. People who come to this show will get to be part of a delightful lighthearted turn on "wisdom", and short circuit their own spiritual search with laughter." Karl Saliter's work can be viewed weekends, 11:00 am – 4:00 pm through Sunday, November 10.

Fall Festival Energy Efficient Discount Lighting Sale

Take advantage of the newly reduced prices at the discount LED lighting sale at Noble Horizons on Saturday, October 12, from 10:00 am - 2:00 pm. Shoppers can find a large variety of LED lighting products at a fraction of their regular retail price, including dimmable, globe, and outdoor bulbs, night lights, advanced power strips, desk lamps, and more. Sample deals include 12 LED bulbs for \$10 and an 8 pack of globe lights for \$10. Cash, checks, and charge cards accepted.



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

Wednesday, October 2 & 9 – Community Room – 2:00 – Scarecrow project with the Hotchkiss students for the Salisbury Fall Festival.

Wednesday, October 9 – Clubhouse – 12:00 – Centennial Luncheon by Invitation.

Thursday, October 10 – Community Room & Clubhouse – 5:00 Cocktails & **5:30** Dinner and music and magic with Jesse Luke.

Monday, October 14 – Clubhouse – 3:15 – Wine Social and Meet & Greet Noble's new employees.

Wednesday, October 16 – Clubhouse – 12:00 – Ladies' Cooking Lunch. You will be preparing a shrimp stir fry.

Thursday, October 17 – Community Room – 2:30 – Monthly birthday Party with Musical Entertainment with Sandy & Sandy.

Saturday, October 26 – Community Room – 1:00 – 4:00 – Spooky Family Fun Day!!

Wednesday, October 30 – Whitridge Activity Room – 2:00 – Spooky fun at the All Hallows' Eve party.

Thursday, October 31 – Community Room – 2:30 – Halloween Costume Party. Come enjoy sweet treats, a costume parade, and a spooky story read by Rosemary Farnsworth.

WE ARE BECOMING MORE EARTH FRIENDLY

During last month's in house resident council meeting, Dianne Williams proposed that Noble makes a more conscientious effort to reduce trash and recycle. In response, the Administrator, Bill pond, has purchased both biodegradable plastic straws and paper straws. Dianne is now the Head of the Recycling Committee and if you would like to be a member of the Committee or have ideas to share, please contact Dianne at 860-435-8350.



COTTAGE RESIDENTS

Friday, October 18 – 4:00 to 6:00 – Clubhouse – Cottagers come join the monthly Cottage Gathering, a chance for old and new friends to get together.

MUSICAL PROGRAMS

Thursday, October 3 & Monday, October 28 – 10:30 – Whitridge Dining Room – Interactive Music with Pat Surdam.

Monday, October 7, 14, 21, & 28 – 3:15 – Clubhouse – Come enjoy pianist Jim North at Monday afternoon socials.

Sunday, October 6, 13, 20, & 27 – 2:00 – Cobble Living Room – Music appreciation.

Monday, October 7 – 10:30 – Whitridge Dining Room – Interactive Music with Shawn Taylor.

Monday, October 14 – 10:30 – Whitridge Dining Room – Interactive Music with Mary Manetti.

Tuesday, October 15 – Chapel – 2:00 – Sheffield Singers.

Monday, October 21 – 10:30 – Whitridge Dining Room – Interactive Music with Doug Scmolze.

All out trips leave from the Wagner Entrance unless otherwise stated. Please sign up in the white binder in the Wagner Reception Lobby.

OUT TRIPS

Tuesday, October 1 – 9:45 - Shopping at the Marshalls Plaza in Great Barrington and Lunch at Koi Restaurant.

Tuesday, October 8 – 11:00 – Lunch at the Hopkins Inn and wine tasting at the Hopkins Vineyard.

Tuesday, October 22 – 11:00 – Lunch at Canaan Country Club.

Tuesday, October 22 – 2:00 – Scenic Ride.

Tuesday, October 29 – 11:00 – Lunch at Sophia's and matinee at Apple Cinemas.

Noble Horizons' monthly newsletter and calendars are also available on line at www.noblehorizons.org and visit our Facebook page to view a library of great photos of all of the wonderful activities, programs, and events we have to offer!!