



## **December 2018**

**Noble Horizons**

**Salisbury, Connecticut**

### **HOLIDAY MAILINGS**

#### **Christmas Postage**

For your convenience in mailing out your Christmas cards, you may order large quantities of postage stamps through the Wagner concierge, and she will arrange to have your order delivered to Noble the next business day. Make the check out to "Postmaster." Be sure to let the concierge know whether you want religious or traditional stamps.

#### **Package Mailing Reminder**

Choose a sturdy box. If you mail in a used box, cross through the existing labels with a black marker. Use 2" clear or brown packing tape. Packages are not accepted by the post office if string or twine is used. Check the address and zip code for accuracy and address in dark pen.

**Let your loved ones know you're thinking about them during the holiday season. We have two ways families and friends can connect with the residents at Noble Horizons**

**RESIDENT E-MAIL:** Please visit [www.noblehorizons.org](http://www.noblehorizons.org), click on Contact, click on "send a resident a message" key in the indicated blocks, press submit to send. A pop-up box will display confirmation that the email was sent. You then have the option of going to the Noble Horizons website or X out of the site. The concierge will print your e-mail on attractive stationery and place it in a sealed envelope for delivery to the resident.

**SKYPE:** There are web-cameras on the resident computers located in the Wagner Activity Room and Cobble Library to make it possible for residents to visit with family members and friends who are unable to come to visit at Noble Horizons.



## **EVENTS**

**Saturday, December 1 - 5:00 – Community Room – Festival of Trees Gala.** Tickets for the Gala can be purchased through the Wagner receptionist.

**Tuesday, December 4 – 10:30 - Community Room – Enjoy the beauty of nature with Photonaturalist Roger Hart's slide show: Alaska the Great Lands.**

**Friday, December 7– 2:00 – Community Room - Happy birthday to all celebrating their birthdays in December. Celebrate our December birthdays with Joel Blumert and students from Indian Mountain School.**

**Tuesday, December 18 – 2:00 – Cobble Living Room - Come enjoy Holiday readings and poems with Rosemary Farnsworth.**

**Thursday, December 20 – 2:00 – Community Room – Come join us in celebrating this magical time of year at the Holiday Cheer Party. Enjoy food, fun, and Christmas caroling with everyone at Noble.**

**Monday, December 31 – 3:00 – Community Room - In celebration of the New Year (2019) we have planned a cocktail party with music by Sentimental Journey, great food, and, best of all, welcoming in the New Year with your friends. If you would like, dress for the occasion.**

# COMMUNITY EVENTS

**Tuesday, December 4 – 11:00 – Learning Center** – Dr. Vojtech Ripka, Head of the Education Department from the Institute for the Study of Totalitarian Regimes in Prague, Czech Republic, will discuss causes and conditions that led to the rise of Communist totalitarian power.

**Wednesday, December 5 – 11:00 – Community Room** - Jennifer Labrie, HS-BCP Resource Coordinator, Hartford Healthcare Center for Healthy Aging at Charlotte Hungerford Hospital will present, **Navigating Your Retirement Years**. Learn about the varying levels of care available, funding, and resources in the community to proactively prepare for your retirement and how to access the assistive services available throughout the region.

**Sunday, December 9 – 2:00 – Community Room** - Celebrate the season at a festive performance of holiday favorites by the **Salisbury Band's Christmas Brass and Hot Chocolate Society**. Come sing along and after enjoy some hot chocolate and holiday cookies.

## MUSICAL PERFORMANCES

**Come celebrate the sounds of the season with these talented musicians!**

**Monday, December 3, 10, 17, & 24 – 10:30** - Interactive Music Programs with Michael Brown – Whitridge Dining Room – All Are Welcome!!

**Tuesday, December 4 – 2:00** - Concert – Sheffield Singers – Chapel

**Sunday, December 9 – 2:00** - Salisbury Brass Band – Community Room

**Wednesday, December 12 – 3:45** – Music with Santaphone – Community Room

**Thursday, December 13 – 10:30** – Sing Along with Michael Berkeley – Community Room

**Saturday, December 15 – 10:30** – Holiday Concert with Deirdre Broderick – Chapel

**Monday, December 17 – 10:30** - Music with Peter Poirier – Community Room

**Thursday, December 20 – 2:00** – Christmas music with Deirdre at the holiday party – Community Room

**Monday, December 31 – 3:00** – New Year's party with Sentimental Journey – Community Room

## TREE TRIMS

Monday, December 10 - **Wagner Tree Trim – 10:15** – Wagner Lounge

Monday, December 10 - **Whitridge Tree Trim – 2:30** - Whitridge Dining Room

Monday, December 10 - **Riga Tree Trim – 10:15** – Wickman Room Thursday, December 13 - **Cobble Tree Trim - 3:30** – Cobble Living Room

# **UNIT CHRISTMAS EVENTS**

Friday, December 14 –**Gift Wrapping Party -10:00** - Community Room  
Come join us! Bring your unwrapped gifts, we will provide the paper, bows, and all the supplies to help you get your Christmas gift wrapping done.

Tuesday, December 18 – **Cobble Christmas Party – 3:15** – Cobble Living Room  
Friday, December 21 - **Wagner One to One Visits with Santa’s Helper – 2:00**  
Friday, December 21 – **Riga Christmas Party – 2:00** – Wickman Room  
Friday, December 21 – **Whitridge Christmas Party – 2:00** - Whitridge DR

## **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. You must sign up as there are a limited number of bus seats and wheelchair spaces available. Reminder: Times listed below are the departure times. Please be at the Wagner entrance at least 15 to 20 minutes before departure time.**

**Tuesday, December 11 – 11:30** - Shopping trip to Walmart and lunch at Subway. See Joanna

**Friday, December 14 – 10:45** – Whitridge Residents - Scenic ride and lunch at McDonald’s. See Lana

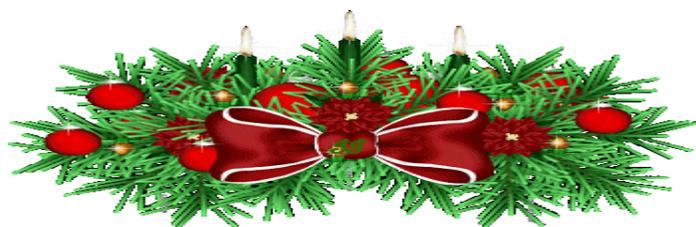
**Tuesday, December 18 – 11:00** – Lunch at Mizza’s. See Danielle

**Tuesday, December 18 – 2:30** – Shopping trip to CVS in Millerton. See Danielle

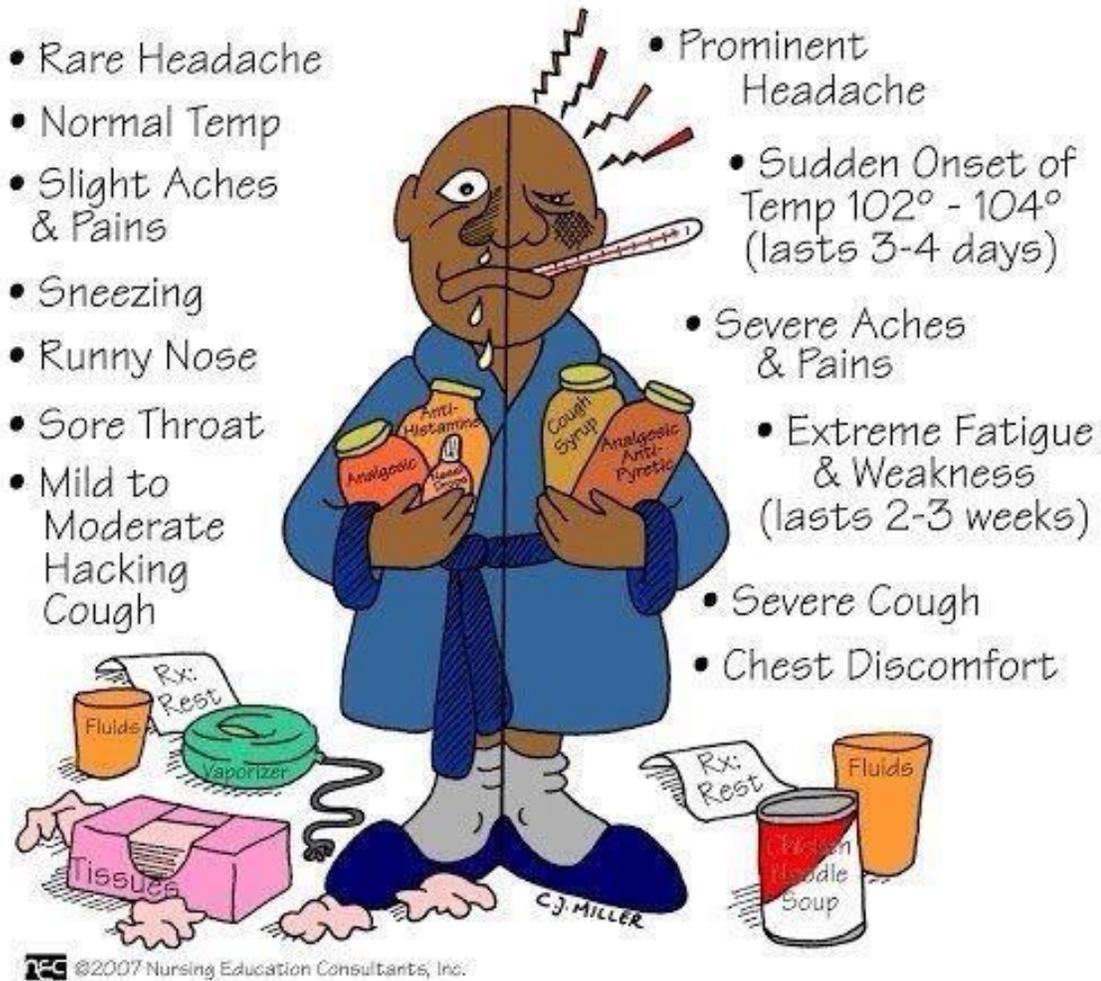
**Wednesday, December 19 – 4:30** - Cottage and Cobble Residents -  
Dinner at Koi followed by tour of lights. See Lana

**Thursday, December 27 – 2:00** - Scenic ride and stop for hot cocoa. See Danielle

**Winter Solstice** - Although it feels like it’s already here, winter officially begins with the Winter Solstice on Friday, December 21, 2018. This is the astronomical first day of winter in the Northern Hemisphere. The winter solstice is the day with the fewest hours of sunlight in the whole year, December 22, we start gaining daylight back!



## IS IT A COLD OR THE FLU?



## **It's cold and flu season!**

Here are some healthy reminders to help decrease the chance of spreading the "cold bug" to others:

Cough or sneeze into a tissue. Tissues are available throughout the building. Please help yourself! If there's no time to find a tissue, please cough or sneeze into the crook of your elbow and cover your mouth.

Wash your hands often. A clean hand is a healthy hand! Antibacterial hand sanitizer is a good choice when you are not able to wash your hands. There are dispensers available at the Wagner entrance and outside the Riga dining room.

If you are feeling ill, please see your doctor and get rest.

Come visit us when you are feeling better!

We wish you a healthy season!