

Noble Horizons



May 2022

FREE COMMUNITY EVENTS

LESLIE ECKSTEIN OF STUDIO LAKEVILLE RETURNS WITH FREE EXERCISE CLASSES

Every **Monday at 1:00**, Leslie Eckstein of Studio Lakeville will teach free one-half hour fitness classes designed exclusively for older adults. Leslie's class will help participants build strength, flexibility and balance. Mondays and Fridays through May 9th. To join with a Zoom link, please register on line <https://noblehorizons.org/events>.

FALL PREVENTION AND BALANCE CLASSES

Every **Monday from 10:30 – 11:30**, Noble Horizons' free fall prevention and balance classes will help improve balance, increase agility and develop muscle tone. The series, taught by Noble Horizons physical therapists Kaitlyn Duerr, PT/DPT, meets on Zoom as well as in person. To join with a Zoom link, please register on line <https://noblehorizons.org/events>.

THERAPEUTIC MOVEMENT AND BREATH

Noble Horizons is thrilled to partner with Scoville Library and Suzanne Mazzarelli's Be Well Community Yoga to bring you weekly Therapeutic Movement and Breath classes. The free classes will meet via Zoom on **Thursdays from 10:30-11:30** and feature a sampler of gentle somatic movement, Yoga, and Qi Gong. This class, for which no experience is necessary, is easily adaptable for people of all ages and ability levels. To join with a Zoom link, please register on line <https://noblehorizons.org/events>.

NOBLE GALLERY OPENING WITH THE WHITE GALLERY'S TINO & SUSAN GALLUZZO

Join us **Friday, May 6** for the reopening of the Noble Horizons art gallery. The gallery will feature art donated by Tino and Susan Galluzzo, former owners of the White Gallery in Lakeville, CT. The diverse collection includes works by artists including Andrew Wyeth, Mitche Kunzman, Gerard Saladyga, Dennis Whalen, Cindy Kulp and several others. Meet the Galluzzos and enjoy wine and appetizers while viewing the exhibit. The opening reception is from **5:00-7:00**; the exhibit is open weekends through July 10th from 11:00 – 4:00.

BOOK CLUB: THE HOTCHKISS SCHOOL'S KEITH MOON ON "THE NEW TSAR: THE RISE AND REIGN OF VLADIMIR PUTIN"

Could there be a better time to register for Keith Moon's series on Vladimir Putin, **beginning Wednesday, March 23 and running weekly from 2:00-3:00pm through May 11**. Moon will guide readers through *The New Tsar: The Rise and Reign of Vladimir Putin*. Please register at <https://noblehorizons.org/events> to receive a Zoom code.

CHAPEL SERVICES

Every Wednesday, please join us in the chapel at **10:15am** for Catholic Communion and at **11:00am** for Ecumenical services. Check your monthly calendar to see when Father Dawson will be holding Catholic Mass, and what denomination and clergy will be coming weekly.

Monday, May 30 – 10:30 - There will be a Memorial Day prayer service with Danielle.

BINGO & A SOCIAL

Every Monday and Saturday at 2:00 - Community Room – Everyone is welcome to come and play bingo. A social at **3:15** to follow in the Clubhouse. Wine or special cocktails and snacks or hors d'oeuvres will be served.

FITNESS CENTER

Monday through Friday – 9:00 – 12:00 – Noble's personal trainer Lila Ames is available to personalize your workout routine to best suit you.

GOLF CART RIDES

Weather permitting

Thursday, May 12 & 26 – 2:30 – Please contact Recreation to sign up for a spin around the campus

SPECIAL EVENTS AND PROGRAMS

Thursday, May 5 – 12:00 – Riga Dining Room – Join us for a Cinco de Mayo luncheon celebration. The kitchen will be preparing taco lasagna, a warm Mexican street corn salad, and tres leches cake for dessert.

Thursday, May 5 – 5:00 – Community Room or Learning Center – Our furry canine friends and their person will be here training with Canine Link to become certified pet therapy teams. If you would like to be part of training, helping the dogs to get comfortable with different adaptive equipment, please contact recreation.

Thursday, May 5 – 2:15 – Wick Rm – We are making homemade guacamole and bean dip for our Mexican fiesta which starts at **3:00** in the **Wickman Room**.

Friday, May 6 – 2:30 – Learning Center – A special early art exhibit opening for all residents to enjoy. Enjoy the Galluzzo exhibit with refreshments served.

Tuesday, May 3 through 24 – 10:00 - L3 – Taconic Learning Center's class hosted by Larry Rand Marginalized Americans: LBGQTQ, all are welcome to come.

Wednesday, May 25 – 11:00 – Community Room – Today is National Senior Health & Fitness Day. This year's focus will be on mental health. Susanne Mazzarelli, who instructs Noble's Therapeutic Movement and Breath classes, will discuss and guide us on movement, breathing, and stretching techniques to improve and maintain brain function and mental wellbeing. We will then take a walk on our beautiful campus. Finishing, after working up an appetite, with a delicious meal prepared by our skilled chefs, including a brief discussion about the food prepared and the significant role the meal chosen benefits mental wellbeing.



MUSIC PROGRAMS 

Sunday, May 8 – 2:00 – Community Room – Celebrate Mother's Day with us at an ice cream sundae social. Entertainment by Bruce Mandel.

Wednesday, May 18 – 2:00 - Community Room – Join us in welcoming back the very talented Hotchkiss students Songs for Smiles as they perform with a variety of instrumental pieces.

Friday, May 20 – 2:30 – Community Room – Join us for the monthly Birthday party with entertainer Shawn Taylor.

Monday, May 23 – 10:30 – Whitridge Dining Room – Please join us for an interactive music program with Bruce Mandel.

OUT TRIPS

All out trips leave from Wagner's Main Entrance. Please sign up for out trips with recreation at 860-435-9851 ext. 254.

Friday, May 27 – 2:15 – Scenic ride and a stop at Caddy Shack for ice cream.