

Noble Horizons



February 2023 Newsletter

COMMUNITY EVENTS

FALL PREVENTION AND BALANCE CLASSES

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 will meet in person every **Wednesday** from **10:30 - 11:30am** in the **Community Room**. Please register online at <https://noblehorizons.org/events> or to view pre-recorded classes.

HOUSATONIC CAMERA CLUB OPENING RECEPTION

Noble Horizons invites you to view the Housatonic Camera Club's (HCC) New Year exhibition. The show features a diverse range of content and photographic styles, marking the return of an annual exhibit that has been sidelined by Covid. The HCC includes members from tri-state area communities (Connecticut, Massachusetts, and New York) and offers a variety of programs for the public, including workshops and classes for beginners to experts. The exhibit will be open **weekends 11:00 am - 4:00 pm through February 26th**.

DON'T LET INCONTINENCE INTERFERE WITH YOUR QUALITY OF LIFE

Over 25 million adult Americans experience temporary or chronic urinary incontinence. Though it occurs more often as people get older, urinary incontinence isn't an inevitable consequence of aging and there are treatments available to ensure that it doesn't disrupt your life or keep you from being active. On **February 2nd**, enjoy a light lunch at **11:30 am**, and join Noble Horizons therapists to learn about very effective and easily accessible treatment plans that can truly change your life. You'll discover new lifestyle tactics, exercise, and therapy techniques to improve bladder control which will build confidence and help maintain functional independence. Please register online at <https://noblehorizons.org/events>.

DATES TO REMEMBER IN FEBRUARY

Thursday, February 2 – Groundhog Day

Tuesday, February 14 – Valentine's Day

Monday, February 20 – President's Day

Wednesday, February 22 – Ash Wednesday

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.

FITNESS CENTER

Monday through Friday – 9:00am – 12:00pm – Noble's personal trainer Lila Ames is available to personalize your workout routine to best suit you. If you are interested in using the Fitness Center, you can obtain the paperwork at the Wagner Reception Desk or see Lynn Famiglietti in the Wellness Center.

BINGO & A SOCIAL

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

SPECIAL EVENTS AND PROGRAMS

Mondays, Wednesday, & Thursdays through February – Taconic Learning Center's Winter term classes will be continuing through March 9th. Please check your calendar for times and if you are interested in taking any of these higher learning courses, contact Lana Knutson at ext. 154.

Friday, February 10 & 24 – Community Room – Join us for all the different styles of dance! Whether you are a beginner, experienced, or just want to have fun while you exercise. Noble is offering dance workshops with Laura Knoepler. Adaptable for your ability, you can sit, stand, or hold a chair for support while you learn dances from Ballroom to Salsa.

Sunday, February 12 – 10:30 – Cobble Living Room – Unitarian's Meeting.

Sunday, February 12 – 6:30 – FOX television - Superbowl LVII

Wednesday, February 22 – 2:30 - Community Room – New England Accordion Connection & Museum's owner Paul Ramunni will take us back in time to when we listened to the beautiful sounds of the accordion in our homes and with our families.



MUSIC PROGRAMS



Mondays at 10:30, join us for Interactive Music with various entertainers playing a variety of musical instruments. Get your creative juices going and be part of the music with us! Check your calendar to see who the entertainer is and where the program is taking place. Hope you will join us!

Thursday, February 9 – 2:30 – Community Room – Join us to celebrate Birthday's in the month of February with entertainment by Joel Blumert.

Tuesday, February 14 – 2:30 – Community Room – Join us for a specialty cocktail and a sweet treat while we listen to entertainment by Peter Poirier.

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, February 10 – 1:30 – Shopping trip to Canaan.

Wednesday, February 15 – 1:30 – Shopping trip to Walmart.