

# *Noble Horizons*



## *November 2023 Newsletter*

### **COMMUNITY EVENTS**

#### **Fall Prevention and Balance Class**

**Every Wednesday, 10:30am – 11:30am** in the **Community Room**, Noble Horizons' free fall prevention and balance classes will help improve balance, increase agility, and develop muscle tone. The free series, taught by Noble Horizons physical therapists, meets in the Community Room. You may join at any time by registering at <https://noblehorizons.org/events> if you plan to attend.

#### **What's in a Name?**

Have you ever been curious about the origins of Salisbury's Street names? Join us in The Learning Center to explore an intriguing exhibition curated by the Salisbury Association, aimed at unraveling these mysteries. The exhibit will warmly welcome the public on **Saturdays** and **Sundays** from **11:00am** to **4:00pm** until December 3rd.

## Top to Toes

Join Pamela Knowles in our Community Room from **10:30am to 11:30am** on **November 4th & 11<sup>th</sup>**. Pamela offers a unique experience that incorporates breathing, balance, friends and fun for all levels and abilities! Come be a part of her hour-long experience. This is a free exercise class for all that are interested. Show up ready to have fun while you burn calories! Please register at <https://noblehorizons.org/events> if you plan to attend.

## Holiday Fair

We extend a heartfelt invitation to you to be a part of our Noble Horizons Auxiliary Holiday Fair, being held this year on **Saturday, November 18th** from **9:00am to 2:00pm** in the **Learning Center**. where you can jumpstart your holiday shopping in the most delightful way. Our fair boasts a charming array of offerings, including handcrafted holiday decorations, cozy hand-knit treasures, delectable jams and jellies, exquisite jewelry, and heartwarming gifts lovingly made by our talented residents.

## Festival Of Trees

We cordially invite you to join us in the enchanting world of the Noble Horizons Auxiliary Festival of Trees, opening **Saturday, November 18th**. Come to experience the joy of the season **Saturday through Wednesday, 12:00pm to 4:00pm, and on Thursday and Friday, from 12:00pm to 6:00pm** in the **Community Room**. This magical event is not only a feast for the eyes but a heartwarming experience that ushers in the holiday season with grace and elegance. As you wander amidst our meticulously adorned Christmas trees, each bearing the unique touch of our local businesses, artists, and community members, you'll be enveloped in the spirit of the season. The Festival of Trees ends with the Gala on Saturday, December 2<sup>nd</sup>.

## Connecting through Facebook

Join Mindy Rosen for step-by-step instructions on how to use Facebook to the fullest! Safely reconnect with family, friends, and groups you want to join. Get all the tools you need in this very informative program. Light refreshments will be served, registration is required, and SPACES ARE LIMITED This event will be held in the **Learning Center** on **Wednesday, November 29th** at **2:00pm**. Please register at <https://noblehorizons.org/events> if you plan to attend.

## 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 Bruce will be holding Catholic Mass, and what denomination and clergy will be coming weekly.

**\*\*Father Bruce will be holding Catholic Mass on Wednesday, October 11<sup>th</sup> at 10:30am in the Chapel.\*\***

## **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**

**Mondays and Saturdays at 2:00pm - Community Room** Everyone is welcome to come and play bingo. Check the monthly calendar to see where bingo and the socials will be held and what will be served at the socials.



## **MUSIC PROGRAMS**



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

**Tuesday, November 21 – 2:00 – Chapel** – Sheffield Singers.

**Wednesday, November 29 – 2:00 – Community Room** – Hotchkiss students musical group Songs for Smiles.

## **SPECIAL EVENTS AND PROGRAMS**

**Tuesday, November 7 – 1:30 – Chapel** – Resident council meeting for **Wagner/Riga/Cobble**.

**Friday, November 10 & 17 – 2:00 - Cobble Living Room** – The Noble Knitters Social and Knitting Group invites you to join! Make new friends, knit, and enjoy yourself with us! All are welcome, even if you would like to learn how to knit!!

**Sunday, November 12 – 2:00 – Chapel** – Poetry Reading with Rosemary  
**Saturday, November 11 - 12:00 – Riga Dining Room** – Veterans Day ceremony and luncheon with entertainment by Bruce Mandel.  
**Thursday, November 23 – 12:00 – Riga Dining Room** – Thanksgiving dinner.  
**Friday, November 17 – 10:00 – 12:00 – The Learning Center** – Early bird shopping for the Holiday Fair (**Noble residents only**).  
**Saturday, November 18 – 9:00 – 2:00 – The Learning Center** – Holiday Fair.

## **OUT TRIPS**

**Wednesday, November 8 – 2:00** – Scenic ride.  
**Thursday, November 16 – 1:30 – Cottagers ONLY** Shopping at Walmart in Torrington.  
**Friday, November 17 – 11:30 – Wagner/Riga/Cobble ONLY** – Lunch at Four Brothers.  
**Monday, November 27 – 1:30 – Wagner/Riga/Cobble ONLY** Shopping at Walmart in Torrington.

**Contact Recreation to sign up for these out trips leaving from Wanger Entrance.**

