

Noble Horizons



January 2024 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.

Chair Zumba Classes are back!

Have fun while burning calories, improving your flexibility, coordination, and more with Chair Zumba. Certified Zumba instructor Placido Birriel will lead this class weekly on Fridays from **10:30 – 11:30am** beginning ****Friday, January 19th****. Chair Zumba incorporates movements taken from Latin dances like the merengue, salsa, and cha cha to create an exhilarating program that aims to improve overall energy, core stability, muscular strength, cardiovascular endurance, and motor skills. No need to register for these free classes, come start your new year right!

****Classes have moved from Thursdays to Fridays****

The JFK Assassination Lecture Series

Join local historian James M. Bates for a truly enlightening and informative six-part series on JFK. **Friday January 5, 19, & 26 at 10:30am** in the **Learning Center**. These are the final 3 of 6 sessions of the JFK Series. Please register at <https://noblehorizons.org/events> if you plan to attend.

The Thin Blue Lie Book Discussion

Author Greg Dillon will be joining us on **January 17th at 2:00pm** in the **Community Room** for an intriguing discussion about his book ***The Thin Blue Lie*** (An Honest Cop vs the FBI). This is the fascinating true story of an FBI whistleblower. Dillon is a Law Enforcement professional with 30 years of service (5 as a local police officer, 5 as an FBI agent, and 20 as an inspector assigned to the Office of the Chief State's Attorney). Please register at <https://noblehorizons.org/events> if you plan to attend.

Housatonic Camera Club Annual Photography Exhibition

These photographs are presented by the Housatonic Camera Club, whose members come from communities in the tristate area to share their love of photography, their experiences, travels, expertise, and to educate one another and the public about the photographic process. Opening **Friday January 19th 4:00 - 6:00pm** in the **Learning Center**, and weekends from 11:00am - 4:00pm until February 18th.

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. A social at **3:15pm** to follow in the Clubhouse. Wine or special cocktails and snacks or hors d'oeuvres will be served.

****Please check the calendar for location of bingo and socials this month****

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.



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, January 9 – 4:30 - Community Room – Cocktails followed by dinner with singer and entertainer John Segalla and piano accompaniment by Mike Schiffer.

Monday, January 15 – 12:00 – Riga Dining Room – MLK Day luncheon with music by the Hotchkiss students Songs for Smiles musician's group.

SPECIAL EVENTS AND PROGRAMS

Friday, January 5 & 19 – 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!!

Thursday, January 11, 18, & 25 – 2:00 – Community Room – Mahjong! The version going to be taught is an Asian one, which is a bit different from the Americanized version. Come learn this wonderful game. We will meet weekly, Thursdays at 2:00 p.m.

Tuesday, January 16 – 1:30 – Chapel – Resident council meeting for **Wagner/Riga/Cobble**.

Wednesday, January 17 – 2:00 – Community Room – *The Thin Blue Lie* -This is the fascinating true story of an FBI whistleblower.

Friday January 19 - 4:00 - Learning Center - Housatonic Camera Club's annual photography exhibit opening.

Sunday, January 21 – 2:00 – Chapel – Readings for the New Year with Rosemary.

Friday, January 26 – 2:00 – The Learning Center – Bookies book club meeting.

Wednesday, January 31 – 12:00 – Community Room – Liver Lover's Luncheon – please RSVP by Monday, January 22.

OUT TRIPS

Flyers will be distributed for this month's out trips. Contact Recreation to sign up for these out trips leaving from Wanger Entrance.