

Noble Horizons



April 2024 Newsletter

COMMUNITY EVENTS

Fall Prevention and Balance Class

Wednesday April 3 & 10, 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.

****Balance class will not meet the second half of April****

Chair Yoga with Corey

Come and experience the powerful healing benefits of chair yoga with a certified yoga instructor. Beginners are welcome and you will learn techniques that you can practice on your own. Corey will guide you through each one-hour program for all levels. Classes will be held **Thursdays** from **10:30pm – 11:30pm** in the **Community Room**. Please be sure to register 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 in the **Community Room**. 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!

Mermaid Gypsy Art Exhibit

Ariel C. Halsted, creator behind Mermaid Gypsy, is a local artist. She has traveled all over the country and creates art with the intention of spreading colorful vibes and capturing positivity through her brush strokes. The exhibit will be open on **weekends 11:00am – 4:00pm, until April 14th.**

Ann Kraus “Sky-Scapes” Art Exhibit

Ann Kraus is an abstract landscape artist who grew up in Newton, Massachusetts. Her paintings represent her interaction with the natural environment and capture the essence of feelings evoked by a specific time and place. Her use of acrylic paint as the main medium allows an immediacy and vibrancy of color and texture. **The exhibit will open on April 19th from 4-6 in the Learning Center and will be open weekends 11:00am – 4:00pm, until May 12th.**

The Right to BEAR Art

Saturday, April 20th from 5:00 – 7:30pm, Noble Horizons Auxiliary is hosting an art exhibit and party. This is a group show featuring local artists celebrating all things BEAR! No art will be priced over \$200, and there’s something for everyone. Donated works will be for sale and all proceeds go to benefit Noble Horizons Auxiliary. Ticket price in advance is \$25.00, \$30.00 at the door. Contact the Noble Horizons front desk at (860) 435-9851 for more information. Bear baskets raffle tickets will be available for purchase starting **Saturday, April 6th**, in the Wagner Lobby at the main entrance.

Also be sure to stop by the Country Store to purchase all your bear accessories. Open Monday and Thursday from 11:00am – 2:00pm, and Tuesday, Wednesday, and Friday from 12:00 – 3:00pm.

Grumbling Gryphons – Hold Fast to Dreams

Sunday, April 28th at 2:00pm, in the Community Room, Noble Horizons is hosting the Grumbling Gryphons Traveling Children’s Theater in their new musical and dramatic production of Hold Fast to Dreams: Bringing Poetry to Life. This event is free to the public and will feature renowned musician and storyteller, Joseph Sobol, performing his own original musical settings of some of the world’s best-loved poems, with the ensemble.

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. On Mondays, a social at **3:15pm** will 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****

****Monday, April 8th there will not be bingo or social as we are having an eclipse viewing party****

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 clergy from Saint Martin of Tours Church 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, April 23 – 2:00 – Chapel – Sing along with the Sheffield singers.

SPECIAL EVENTS AND PROGRAMS

Thursday, April 4, 11, 18, & 25 – 2:00 – Community Room – Try your skills at Mahjong. Everyone is welcome, even if you have never played and want to learn!

Friday, April 5 & 19 – 2:00 – Cobble Living Room – The Noble Knitters social and

knitting group. All skill levels are welcome!

Tuesday, April 9 – 2:30 – Community Room – Join us for a social and special guest Peter Fitting reading short stories from his newly published book *Story Mine*.

Tuesday, April 16 – 1:30 – Chapel – Wagner & Riga resident council meeting.

Friday, April 19 – 4:00 – 6:00 – The Learning Center – Anne Kraus art exhibit opening.

Wednesday, April 24 – 12:00 – Community Room – Liver lover's luncheon.

Friday, April 26 – 2:30 – Wickman Room – Monthly Birthday party.

Tuesday, April 30 – 1:15 – Cobble Living Room – Cobble resident council meeting.

OUT TRIPS

All out trips leave from Wagner's Main Entrance unless stated otherwise.

COTTAGE/COBBLE

Please sign up with the Wagner Receptionist

Wednesday, April 10 – 10:15 – Lunch at Saybrook Fish House in Canton.

WAGNER/RIGA

Please sign up with Recreation

Friday, April 12 – 2:30 – Come join us for a scenic ride in the country.

Friday, April 19 – 11:30 – Lunch at Koi restaurant in Great Barrington.

Wednesday, April 24 – 2:15 – Scenic ride and stop for ice cream at Fudgys.

April Rain Song

By Langston Hughes

Let the rain kiss you.
Let the rain beat upon your head
with silver liquid drops.
Let the rain sing you a lullaby.

The rain makes still pools on the sidewalk.
The rain makes running pools in the gutter.
The rain plays a little sleep-song
on our roof at night–

And I love the rain.