

# *Noble Horizons*



## *May 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.

#### **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. Please register at <https://noblehorizons.org/events>. **Note that Chair Zumba will be held in the Learning Center on May 17<sup>th</sup> & 31<sup>st</sup>.**

## **Catherine the Great with Keith Moon**

Hotchkiss instructor Keith Moon's final book talks on of one of Russia's most famous historical figures, Catherine the Great. Join this book study **Wednesday May 1st & 8<sup>th</sup>**, from **2:00 – 3:00pm** in the **Learning Center**. Registration is required at <https://noblehorizons.org/events>.

## **Book and Tag Sale**

Come find some great new treasures. **Friday, May 17th & Saturday, May 18<sup>th</sup>**. **Early Bird entry is offered on Friday for \$10 from 8-9 am; free entry is 9:00 am – 2:00pm on Friday and Saturday**. You can shop 'til you drop and then refuel with a freshly grilled hot dog and other tantalizing goodies. We can't wait to see you!

## **Sharon Audubon Presents Birds of Prey**

Come and meet beautiful raptors and learn about their unique behaviors and their special roles in our local environment. **Tuesday, May 21st 2:00pm in the Community Room**, Birds of Prey will be presented by the Sharon Audubon Center. Registration is required at <https://noblehorizons.org/events>.

## **The Corner Choir in the Chapel**

Come and hear the uplifting songs and hymns from the combined churches of St. Martin of Tours, an incredible choir that boasts three generations of members! The Corner Choir will sing for us on **Wednesday, May 22nd and 3:30pm, in the Chapel**.

## **Blood Drive**

Noble Horizons is hosting the American Red Cross for a blood drive on **Friday, May 31st, from 11:00am until 4:00pm, in the Community Room**. Please go to the Red Cross website to make an appointment at <https://www.redcrossblood.org/give.html/donation-time>.

## **Colors Cornacopia Art Exhibit Opening**

Join us on **Friday, May 24, from 4:00 – 6:00pm in the Learning Center** for the opening reception of "Colors Cornacopia" by artist Janet Newman. Meet the artist behind these colorful works while enjoying wine and light snacks. Janet believes the wow factor of brilliant colors often ignites a happy, joyous feeling of emotions and her goal is to inspire others to include more color in their lives and have fun with it. The exhibit will stay open for viewing on **Saturdays and Sundays from 11:00am – 4:00pm until June 16th.**

## **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 & Saturdays at 2:00pm - Wickman Room** – Everyone is welcome to come and play bingo. On Mondays, a social at **3:15pm** will follow in the Wickman Room (**May 6 & 20 Bingo and social will be in the Community Room**). Wine and snacks 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 clergy from Saint Martin of Tours Church will be holding Catholic Mass, and what denomination and clergy will be coming weekly.

**\*\*Note that Wednesday, May 8 the Methodist service will begin at 11:15\*\***

## **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!

**Sunday, May 12 – 2:00 – Community Room** – Join us in celebrating Mother's Day with an ice cream sundae social and musical entertainment by Mary Menatti.

**Tuesday, May 14 – 2:00 – Chapel** – Sing along with the Sheffield Singers.

**Wednesday, May 22 – 3:30 - Chapel** – The Corner Choir will perform.

## **SPECIAL EVENTS AND PROGRAMS**

**Thursday, May 2, 9, 16, 23, & 30 – 2:00 – Community Room** – Try your skills at Mahjong. Everyone is welcome, even if you have never played and want to learn!

**\*\* Thursday, May 16, Mahjong will be held in the Learning Center \*\***

**Thursday, May 2, 9, & 16 - 5:00 - Community Room** – Canine Link training classes. **\*\*Note that May 16th will meet in the Learning Center\*\***

**Friday, May 3 & 24 – 2:00 – Cobble Living Room** – The Noble Knitters social and knitting group. All skill levels are welcome!

**Sunday, May 5 – 12:00 – Riga Dinig Room** – Cinco de Mayo luncheon.

**Sunday, May 12 – 10:15 – Cobble Living Room** – Unitarian's meeting.

**Wednesday, May 15 – 1:30 – Chapel** – Wagner & Riga resident council meeting.

**Wednesday, May 15 – 3:00 – Cobble Living Room** – Join the Hotchkiss students international discussion group.

**Tuesday, May 21 – 2:00 – Community Room** – Sharon Audubon's birds of prey presentation.

**Monday, May 27 – 12:00 – Riga Dining Room** – Memorial Day cook out.

**Monday, May 27 – 1:30 – Wickman Room Patio** - Please join us for a Memorial Day social.

## **OUT TRIPS**

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

### **WAGNER/RIGA**

**Wednesday, May 8 – 2:00** – Scenic ride to view Spring popping up.

**Friday, May 31 – 11:00** – Lunch at Four Brothers in Millerton.

### **COTTAGE/COBBLE**

**Please sign up with the Wagner Receptionist.**

**Tuesday, May 7 – 10:30** – Scenic ride and lunch at Suffield Pizza.

**Friday, May 17 – 1:30** – Trip to Walmart.

**Friday, May 24** – Trip to Hibachi in Torrington and a movie. Time leaving is to be determined once we know when the movie is showing.