

# *Noble Horizons*



## *July 2024 Newsletter*

### **COMMUNITY EVENTS**

#### **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>.

## **Palliative Care Lunch and Learn**

A Palliative Care Lunch and Learn will be held in the **Community Room at 12:00pm, on July 10<sup>th</sup>**, hosted by Sharon Hospital Palliative Care Committee. Enjoy a light lunch while learning about advanced directives, palliative care, and advanced care planning. Dr. Mark Marshall, DO, MA, FACP, FHM, FAAHPM, LCSW, MSW, and RN case manager for Western Connecticut Home Care Visiting Nurse and Hospice of Litchfield County. Registration is required at <https://noblehorizons.org/events>.

## **Pet CPR & First Aid**

Pet CPR & First Aid on **Wednesday, July 24th from 6:30 – 9:00pm in the Community Room**. Pre-registration with payment is required. The cost is \$65.00 per person (includes handbook, certificate & emergency muzzle). Please go to <https://www.pawsnclaws911.com> & click "Register Online" to register. You will save \$10 off the regular \$75 registration fee! Please call Tom Rinelli, Paws N Claws 911 – (631) 721-8129 (daily until 10:00pm) with any questions you may have about this life saving class.

## **Concerts on the Horizon with Peter Poirier**

Come and celebrate the summer with our kick-off Concert on the Horizon featuring local musician Peter Poirier on **Saturday, July 27th from 3:00 – 5:00pm, by the pond**. Peter's music creates a feel-good environment you don't want to miss. Refreshments, including hot dogs, will be available for sale. This is a rain-or-shine event, don't forget to bring a chair or a blanket and get a good seat by the pond! No registration necessary.

## **COTTAGE RESIDENT PET OWNERS**

Just a friendly reminder, please make sure that you have given Noble a copy of your pet's yearly wellness visit and that you are up to date with your pet's rabies vaccination. Our furry friends thank you!

## **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 – Community Room/Wickman Room** – Everyone is welcome to come and play bingo and join us for a social. 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 what denomination and clergy will be coming weekly.

## **MUSIC PROGRAMS**

**Mondays at 10:30** - Join us for Monday morning music with various entertainers playing a variety of musical instruments sharing their love of music with us to enjoy. Please check your calendar each Monday to see who will be entertaining that morning. Hope you will join us!

**Tuesday, July 23 – 2:00 – Chapel** – Please join us in welcoming Hotchkiss student Isabella Deng who will play summer melodies for us including works by Prokofiev, Faure, and Anderson. All are welcome!

## **SPECIAL EVENTS AND PROGRAMS**

**Thursday, July 4 - 12:00 – Riga Dining Room** - Join us for our 4<sup>th</sup> of July BBQ celebration.

**Thursday, July 11, 18, & 25 – 2:00 – Community Room** – Try your skills at Mahjong. Everyone is welcome!

**Friday, July 5 & 19 – 2:00 – Cobble Living Room** – The Noble Knitters social and knitting group. All skill levels are welcome!

**Sunday, July 14 & 21 – 1:30 – Wickman Room** – Paris Olympics art workshops with Jean Saliter. Jean's workshop is dedicated to helping you explore your creative side by creating decorations for our Noble Olympic games party.

**Wednesday, July 24 – 2:00 – Community Room** – All are welcome to join us for an afternoon at the movies. The movie will be announced and a flyer will be sent with details the week prior to the movie.

**Thursday, July 25 – 10:30 – Wickman Room** – Join us in our efforts to raise money for Alzheimer's awareness. We will be making dog treats to sell at the Wagner Reception desk.

**Friday, July 26 – 2:00 – Community Room** – Everyone on Noble's campus is invited to attend the Noble Olympic games party! We will have some fun games and events for everyone to participate in, as well as refreshments to celebrate the opening games for the 2024 Paris Olympics!

## **OUT TRIPS**

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

### **WAGNER/RIGA**

**Please sign up with Recreation.**

**Friday, July 12 – 2:00** – Shopping at Walmart in Torrington.

**Friday, July 19 – 11:30** – Lunch at Sharon Hospital Café.

**Wednesday, July 31 – 2:00** – Scenic ride and a stop at Fudgy's for ice cream.

### **COTTAGE/COBBLE**

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

**Tuesday, July 9 – 11:30** – Lunch at Sharon Hospital's Café and a trip to the Millbrook Vineyard.

**Thursday, July 18 – 1:30** – Trip to Walmart in Torrington.