

Noble Horizons



August 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>.

Blood Drive

Noble Horizons is hosting the American Red Cross for a blood drive on **Thursday, August 8th, from 10:00am -3:00pm in the Community Room**. Please go to the Red Cross website to make an appointment <https://www.redcrossblood.org/give.html/drive-results?order=DATE&range=10&zipSponsor=06068>

Farmers Market

Tuesday, August 13th from 11:00am-2:00pm, Noble Horizons will be hosting another annual Farmers Market, featuring delicious produce and beautiful flowers from local growers and farmers – and fruits and vegetables from our Noble Horizons Garden Club! **This event will be held at the front entrance to our campus.**

Concert on the Horizon with Shawn Taylor

Come and celebrate the summer with another Concert on the Horizon, this time featuring local troubadour Shawn Taylor on **Sunday, August 18th from 1:00-3:00pm**. Shawn is an award-winning and multi-talented artist, musician and entertainer. 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.

Concert on the Horizon with Peter Poirier

Come and celebrate the summer with another Concert on the Horizon featuring local musician Peter Poirier on **Saturday, August 24th from 3:00-5:00pm**. 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!

LOBSTER FEST 2024

Thursday, August 8 – 12:00 – Riga Dining Room – Noble Horizons' Auxiliary cordially invites you to attend Lobster Fest. Entertainer Bruce Mandel will play for us while we enjoy this annual summertime treat!

SPECIAL EVENTS AND PROGRAMS

Thursday, August 1, 8, & 15, 22, & 29 – 2:00 – Community Room – Try your skills at Mahjong. Everyone is welcome!

Friday, August 9 & 23 – 2:00 – Cobble Living Room – The Noble Knitters social and knitting group. All skill levels are welcome! Monday,

August 19 – 2:00 – Wagner Entrance – Join us for the opening ceremonies of the Noble Olympics! **Each afternoon at 2:00pm through Friday, August 29th** we will have fun, non-competitive games for everyone on campus to enjoy. Check your mailboxes for the schedule of events coming soon!

Friday, August 29th – 5:20 – Wagner Main Parking Lot – Lime Rock's annual Vintage Car Parade will come through Noble's main parking lot. Come join us for the festivities and refreshments!

OUT TRIPS

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

WAGNER/RIGA

Please sign up with Recreation.

Friday, August 30 – 11:00 – Lunch out to Koi restaurant in Great Barrington.

COTTAGE/COBBLE

Please sign up with the Wagner Receptionist.

Friday, August 16 – 10:45 – Lunch out at Patty's in Litchfield and a stop at the Dutch Epicure.

Saturday, August 31 – 1:00 – Sharon Playhouse Matinee ***Steel***
Magnolias and dinner at the Woodlands.