

# *Noble Horizons*



## *December 2024 Newsletter*

### **COMMUNITY EVENTS**

#### **Michele Tragakiss Art Exhibit: Before, During and After**

Michele Tragakiss harnesses both geometric and gestural elements in her bold, abstract paintings. She is a third-generation artist and 2021 Mixmaster winner. The exhibit, which reflects Michele's artistic evolution before, during and after Covid, will continue to be on display weekends in the **Learning Center** from **11:00am – 4:00pm, through December 15th.**

#### **Holiday Market**

The Noble Horizons Holiday Market, **Friday & Saturday, December 6 & 7 from 10:00am – 4:00pm, in the Community Room**, is a festive community event offering a wide variety of locally crafted gifts, artisanal goods, and holiday decorations. Held annually in the picturesque setting of Noble Horizons, the market is a perfect opportunity for holiday shopping, featuring unique handmade items, jewelry, baked goods, and more. Attendees can enjoy the holiday spirit, support local artisans, and find special gifts for loved ones.

#### **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**

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>.

## **Zumba Classes**

Have fun while burning lots of calories! 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. These Saturday Zumba classes led by certified instructor Placido Birriel, will challenge and inspire you! Classes are held in the **Community Room** from **10:00 - 11:00am on Saturdays**. One time registration is required online at <https://noblehorizons.org/events>.

## **DATES TO OBSERVE**

**Saturday, December 7th** – Pearl Harbor Remembrance Day

**Saturday, December 21st** – First day of Winter

**Wednesday, December 25th** – Christmas

**Wednesday, December 25th** – Hanukkah Begins at Sundown

**Thursday, December 26th** – Kwanzaa Begins

**Tuesday, December 31st** – New Year's Eve

## **COUNTRY STORE**

Country Store hours: **Tuesday, Wednesday, & Friday 12:00 – 3:00pm, and Monday & Thursdays 11:00am – 2:00pm.**

Our Country Store, located by the entrance to Lower Wagner, just down the hall from the lobby, is open to the public, not just the Noble Campus. Come in and browse the beautiful assortment of merchandise. The Country Store carries hand-crafted jewelry, special occasion cards, seasonal apparel, and unique holiday gift ideas.

**\*\*The Country Store will be open during the Holiday Market, Friday & Saturday, Dec. 6 & 7 from 10:00am – 3:00pm\*\***

## **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 St. Martin of Tours will be holding Catholic Mass, and what denomination and clergy will be coming weekly.

**\*\* Chapel services for Christmas week will be held  
Tuesday, December 24<sup>th</sup>\*\***

## **FITNESS CENTER**

**Monday through Friday – 9:00am – 12:00pm &  
Mon, Wed, and Fri 1:00 – 3:00pm** – 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 some Saturdays at 2:00pm - Community Room or Wickman Room** - Everyone is welcome to come and play bingo. Check the monthly calendar to see where bingo and the socials will be held.



## **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.

## **SPECIAL EVENTS AND PROGRAMS**

**Wednesday, December 4 – 2:00 – Cobble Living Room** - Cobble tree trimming social

**Thursday, December 5 – 10:00** – Tree Trimming Socials in the **Wickman Room** and **Wagner Lounge**.

**Sunday, December 8 – 10:30 – Cobble Living Room** - Unitarian's meeting

**Tuesday, December 10 – 1:30 – Chapel** – Resident council meeting for **Wagner & Riga** residents.

**Thursday, December 12 – 1:00 – Community Room** – Join the Salisbury Central students while we visit with Mrs. Claus and her elf while she reads the Christmas classic, *T'was the Night Before Christmas*.

**Thursday, December 12, 19, & 26 – 2:00 – Community Room** – Join us for Mahjong, all are welcome!

**Friday, December 13 – 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!

**Sunday, December 15 – 2:00 – CLR** – Join us for Christmas readings with Rosemary Farnsworth.

**Tuesday, December 17 – 2:00 – Chapel** – Sheffield Singers.

**Wednesday, December 18 – 12:00 – Riga Dining Room** – Holiday Dinner with entertainer Bruce Mandel.

**Wednesday, December 18 – 1:15 – Cobble Living Room** – Resident council meeting for **Cobble** residents.

**Friday, December 20 – 2:30 – Community Room** - Join us for cocktails, hors d'oeuvres, and warm holiday wishes at our Christmas Holiday Cheer party with musical entertainment from Wayne Curtis!

**Wednesday, December 25 – 12:00 – Riga Dining Room** - Christmas dinner.

**Tuesday, December 31 – 2:30 – Community Room** – Join us in welcoming the New Year at our New Year's Eve party & music time travel with Entertainer Maurice Oyanadel.

## **OUT TRIPS**

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

### **WAGNER/RIGA**

**Monday, December 16 – 1:30** – Shopping at Walmart in Torrington

**Wednesday, December 18 – 4:30** - Wagner & Riga tour of lights

### **COBBLE/COTTAGE**

**Friday, December 13 – 1:30** – Shopping at Walmart

**Thursday, December 19 – 5:00** – Cobble & Cottage tour of lights