

Noble Horizons



January 2025 Newsletter

COMMUNITY EVENTS

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.

Blood Drive

Noble Horizons is hosting the American Red Cross for a blood drive on **Friday, January 10th from 12:00-5:00pm in the Community Room**. For more information and to make an appointment, please go to the Red Cross website.

Housatonic Camera Club Annual Photography Exhibition

These photographs are presented by the Housatonic Camera Club, whose members come from communities in the tristate area to share their love of photography, their experiences, travels, expertise, and to educate one another and the public about the photographic process. Opening **Friday January 17th 4:00-6:00pm in the Learning Center and weekends from 11:00am-4:00pm until February 23rd.**

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>.

COUNTRY STORE

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

The 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.

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.

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.

DATES TO OBSERVE

Wednesday, January 1 – New Year’s Day

Monday, January 20 – Martin Luther King Jr. Day

Wednesday, January 29 – Chinese/Lunar New Year (Year of the Snake)



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.

Tuesday, January 14 – 2:00 – Chapel – Sheffield Singers.

Monday, January 20 – 11:00 – Community Room – Hotchkiss student's concert celebrating Martin Luther King Jr.

Thursday, January 23 – 2:30 – Community Room – Join us in saying Happy Birthday to our January Birthdays with entertainment with Joel Blumert.

SPECIAL EVENTS AND PROGRAMS

Thursday, January 2, 9, 16, 23, & 30 – 2:00 – Community Room – Join us for Mahjong, all are welcome!

Tuesday, January 7 – 2:00 – Chapel – Wagner & Riga resident council meeting.

Wednesday, January 8 – 2:00 – Chapel – Scoville Library's resources and informational program.

Friday, January 10, 17, & 24 – 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, January 12 – 10:30 – Cobble Living Room – Unitarian's meeting.

Tuesday, January 21 – 1:30 – Cobble Living Room – Cobble resident council meeting.

Wednesday, January 29 – 12:00 - Riga Dining Room – Chinese New Year luncheon celebration.

OUT TRIPS

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

WAGNER/RIGA

Wednesday, January 29 – 2:00 – Scenic Ride & Hot Cocoa

COBBLE/COTTAGE

Wednesday, January 22 – 11:00 – Destination TBD. Look for a flyer in the mail week of the 6th.