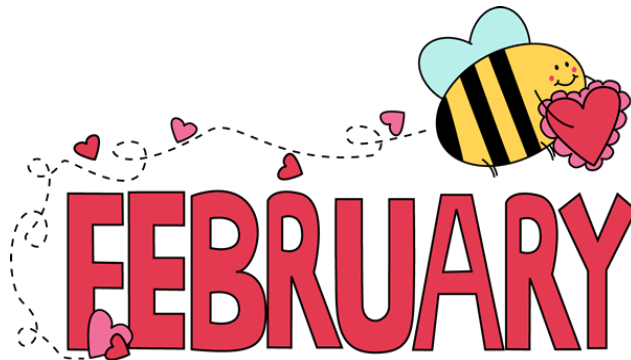


# *Noble Horizons*



## *February 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.

#### **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.

#### **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. Open weekends from **11:00am - 4:00pm** in the **Learning Center** 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 only 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.

## **LOOKING FOR A GOOD BOOK TO READ?**

Noble Horizons Library, staffed by the Noble Auxiliary, is located in the Cobble for use by Wagner, Riga, Cobble, and Cottage residents. We have more than 1,000 large print books in the library and another 500 standard print in the Cobble Lobby. All genres of fiction biography and non-fiction are available. We are always interested in your

suggestions for new books. Most of the large print books are purchased by the Noble Auxiliary. Like an old-fashioned library, you can sign a card in the back of the book to check it out. There is no time limit. All the standard print books are donated. There is no sign out card, just take it home and return it to our book return box next to the desk in the library. The librarians are available on Friday mornings.

## **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**

**Friday, February 14 – Valentine’s Day**  
**Monday, February 17 – President’s Day**



**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.

**Thursday, February 6 – 2:00 – Community Room** - Instructional painting and music therapy workshop.

**Tuesday, February 11 – 2:00 – Chapel** – Sheffield Singers.

**Friday, February 14 – 12:00 – Riga Dining Room** – Enjoy a Valentine’s Day luncheon with entertainer Shawn Taylor.

**Friday, February 14 – 1:30 – Community Room** – Salisbury Central School’s middle school choral group will be singing for us and joining us for a Valentine’s social.

**Wednesday, February 26 – 2:30 – Community room** – Join us for our monthly Birthday party celebrating all our February Birthdays with entertainer Peter Poirier.

## **SPECIAL EVENTS AND PROGRAMS**

**Tuesday, February 4 – 3:10 – Community Room** – Join the Hotchkiss students coming for an exciting game of Scrabble! All are welcome!

**Thursday, February 6, 13, 20, & 27 – 1:00 – Community Room** – Join us for Mahjong for **beginners**, all are welcome! Our Mahjong teacher would like to teach all that want to learn how to play. At **2:00**, our Mahjong game begins.

**Friday, February 7, 14, & 21 – 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, February 16 – 2:00 – Library** – We have paired with Scoville Library and the Hotchkiss School for a sophomores and seniors book group. If you would like more information about this program, please contact Lana Knutson at [lknutson@churchhomes.org](mailto:lknutson@churchhomes.org) or 860-435-9851 ext. 154.

**Friday February 18 – 2:00 - Chapel** – Wagner & Riga's resident council meeting

**Tuesday, February 25 – 3:10** – Join the Hotchkiss for a fun filled afternoon of Pictionary!

## **OUT TRIPS**

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

### **WAGNER/RIGA**

**Wednesday, February 5 & 19 – 2:30** – Help chase away the winter blues with these fun scenic rides with stops for hot chocolate!

**Friday, February 28 – 11:30** – Lunch out at Four Brothers.

### **COBBLE/COTTAGE**

**Friday, February 7 – 11:00** – Lunch at Story Book Café.

**Wednesday, February 12 – 1:30** – Trip to Walmart.

**Thursday, February 13 – 3:15** – Dinner and meet the new MD at Sharon Hospital.

**Tuesday, February 18 – 11:00** – Lunch at Koi.