

Noble Horizons



April 2025 Newsletter

COMMUNITY EVENTS

Gentle Tai Chi

Noble Horizons is offering Gentle Tai Chi classes on Tuesdays in the Community Room from 11-12 beginning April 15th. Tai Chi focuses on movements that improve flexibility and promote relaxation, balance, circulation and coordination. One-time registration is required, please register at <https://noblehorizons.org/events>, if you plan to attend.

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. This free series, currently being taught by Corey Chapman, 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

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>.

Book Study with Keith Moon

We welcome back Keith Moon as he leads us through Khrushchhev: The Man and His Era by William Taubman. This book is the first in-depth and comprehensive American biography of Nikita Khrushchhev and won a 2004 Pulitzer Prize as well as the National Book Critics Circle Award.

Wednesdays from March 26th through May 7th, 2-3pm in the Learning Center.

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

Sunday, April 13 – Palm Sunday

Friday, April 18 – Good Friday

Sunday, April 20 – Easter

Tuesday, April 22 – Earth Day



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, April 15 – 2:00 – Chapel – Sheffield Singers will be here to share music and praise.

Tuesday, April 29 - 2:00 – Community Room – Join this combined music and art therapy workshop with instructional painting and acoustic guitar playing softly to help relax you and let your artistic juices flow. Please sign up with recreation if you are interested as there are limited seats available.

Wednesday, April 30 – 2:30 – Community Room – April's monthly Birthday party to celebrate all the April Birthdays with entertainer Vincent Rodriguez.

SPECIAL EVENTS AND PROGRAMS

Thursday, April 3, 10, 17, & 24 - 2:00 – Community Room – Join us for Mahjong, all are welcome!

Friday, April 4, 11, & 18 – 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!

Tuesday, April 8 – 2:00 - Chapel – Wagner & Riga's resident council meeting.

Sunday, April 13 12 – 10:30 – Cobble Living Room - Unitarian's meeting.

Sunday, April 13 & 26 - Hotchkiss students will come to visit those in the Smiles for Seniors program.

Wednesday, April 23- 1:15 – Cobble Living Room – Cobble resident council meeting.

OUT TRIPS

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

WAGNER/RIGA

Wednesday, April 9 & 23 – 2:00 – Scenic Ride

COBBLE/COTTAGE

Thursday, April 10 – 11:00 - Lunch at DaCapo's in Torrington.

Tuesday, April 22 – 11:00 – Lunch at Kent Pizza Garden.

Thursday, April 24 – 1:30 – Shopping at Walmart.

