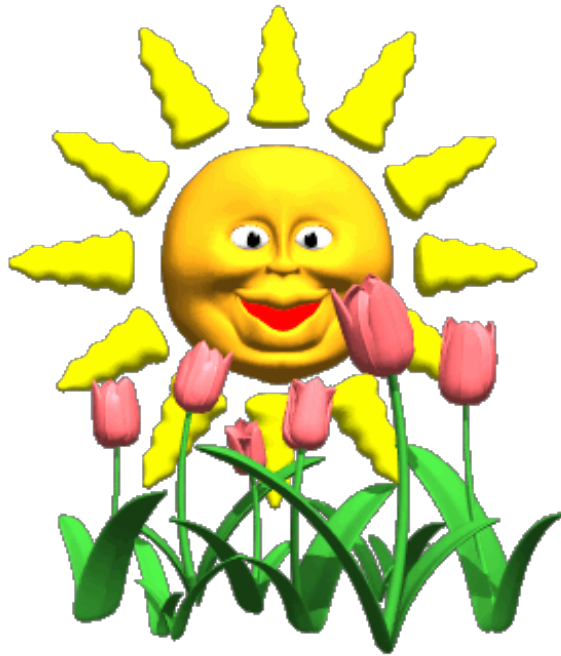


# *Noble Horizons*



## *May 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>.

## Kentucky Derby

The Rotary Club of Salisbury invites you to attend their Kentucky Derby social on **Saturday, May 3<sup>rd</sup> in the Community Room**. Doors open at **4:30pm** with heavy hors d'oeuvres, wine, beer, desserts, and great live and silent auctions. Tickets are \$25.00. Please RSVP 860-671-1676 or 860-671-1415, [salisburyrotary@gmail.com](mailto:salisburyrotary@gmail.com).

## Holly Aragi Art Exhibit – Spring into Summer!

Opening Reception is Thursday, May 15<sup>th</sup>, from 4:30 – 6:00pm in the Learning Center. Join us for the opening reception of a special exhibit featuring the work of Holly Aragi, a local artist and dairy farmer from Sheffield, MA. Through her paintings, Holly invites

us to pause and appreciate the beauty in everyday moments—the ordinary made extraordinary. **Exhibit Hours: Weekends, 11:00am – 4:00pm, May 15 – July 27**

## **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**

**Monday, May 5 – Cinco De Mayo**

**Sunday, May 11 – Mother's Day**

**Monday, May 26 – Memorial 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, May 20 – 2:00 – Chapel** – Sheffield Singers will be here to share music and praise.

**Thursday, May 22 – 2:30 – Community Room** – April's monthly Birthday party to celebrate all the April Birthdays with entertainer Bruce Mandel.

## **SPECIAL EVENTS AND PROGRAMS**

**Thursday, May 1, 8, 15, 22, & 29 - 2:00 – Community Room** – Join us for Mahjong, all are welcome!

**Friday, May 2, 9, 16, & 23 – 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!

**Monday, May 5<sup>th</sup> – 3:15 – Clubhouse** – Join us for a Cinco De Mayo social

**Tuesday, May 6 – 2:00 - Chapel** – Wagner & Riga's resident council meeting.

**Sunday, May 11 – 10:30 – Cobble Living Room** - Unitarian's meeting.

**Sunday, May 11 – 10:30 – Community Room** – Join us for a Special Mother's Day social with pianist Mary Menatti. Please invite your family and RSVP to the Wagner Receptionist by Friday, May 9<sup>th</sup>.

**Wednesday, May 14 – 2:00 – Community Room** – Join us for a social and book reading with Peter Fitting as he reads from his books, *Flights of Fancy* & *Story Mine*.

**Friday, May 23- 1:15 – Cobble Living Room** – Cobble resident council meeting.

**Wednesday, May 28 – 2:00** – Look for a flyer with details of this event. They will be determined closer to the date.

## **OUT TRIPS**

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

### **WAGNER/RIGA**

**Friday, May 9 – 1:30** – Trip to Walmart

**Friday, May 16 – 11:00** – Lunch at the Caddy Shack

**Wednesday, May 21 – 2:00** – Scenic Ride & stop at Fudgy's for ice cream

### **COBBLE/COTTAGE**

**Tuesday, May 13 – 11:00** – Lunch at Vera Roma.

**Monday, May 19 – 1:30** – Scenic ride to Fudgy's for ice cream.

**Thursday, May 22 – 11:00** - Lunch at Yia's Yia's.

**Thursday, May 29 – 1:30** - Shopping at Walmart.

## ***Ode to Ice Cream Dreams***

Oh, sweet delight in a frosty embrace,

A symphony of flavors, each lick a grace.

Silken rivers of chocolate cascade on the tongue,

With berries of summer, the joy has begun.

Vanilla whispers of warmth in the chill,

While minty freshness sends shivers, a thrill.

Caramel swirls weave tales of sweet night,

And nutty concoctions bring memories bright.

Each vibrant scoop, a canvas of glee,

In cones or in cups, our hearts start to see.

From pistachio dreams to the mango's warm beam,

A chorus of happiness, life's sweetest theme.

So here's to the flavors, the laughter they bring,

In summer's embrace, let our joy dance and sing.

With ice cream as muse, let our spirits take flight,

In this joyful cascade, our hearts take delight.