

Noble Horizons



June 2025 Newsletter

COMMUNITY EVENTS

To register for any of our community classes or events please visit us at
<https://noblehorizons.org/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 if you plan to attend.

Fall Prevention and Balance Class

Every Wednesday, 10:30am – 11:30am in the **Community Room**, Led by a dedicated member of our Physical Therapy Department, this engaging class is designed to help you improve balance, build strength, and increase confidence in your daily movement. Whether you're looking to prevent falls, enhance mobility, or simply stay active, this class is a great way to support your overall well-being in a safe and supportive environment. New participants are kindly asked to register in advance.

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 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 for this class.

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.

Holly Aragi Art Exhibit – Spring into Summer!

Come view 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, 11:00 AM – 4:00 PM

May 15 – July 27 in the Learning Center

Music by the Pond – Soil and Sound with Lisa Pellegrino

Music by the Pond, our 2025 Summer Concert Series, presents Soil and Sound with Lisa Pellegrino on **Thursday, June 26th from 2:00-4:00pm**. Bring your chairs and blankets and settle down for an afternoon of bluesy folk rock...and all the jazz! Enjoy complimentary snacks and drinks. The show will go on rain or shine.

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.

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We have a new Episcopal Reverend. Wednesday, June 18th, Reverend Johan Johnson will be here for his first service, join us at 11:00 to welcome him.

LOOKING FOR A GOOD BOOK TO READ?

Noble Horizons Library, staffed by the Noble Auxiliary, 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.

****NOTE DATE CHANGE**Saturday, June 7 (not the 28th) & 14 Bingo will be in the Community Room with a Social to follow.**

DATES TO OBSERVE

Saturday, June 14 – Flag Day

Sunday, June 15 – Father's Day

Thursday, June 19 – Juneteenth

Saturday, June 21 – Summer Solstice



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.

Wednesday, June 11 – 2:30 – Community Room – Monthly Birthday party with entertainer Lisa Pelligrino.

Tuesday, June 17 – 2:00 – Chapel – Sheffield Singers

Thursday, June 19 – 2:00 – Chapel – Juneteenth music celebration with Michael Brown.

Friday, June 20 – 12:15 – Riga Dining Room – The Old Tired Tenors will be

performing with Wayne Curtis on keyboard. Reservations and payment can be made through the Wagner Receptionist.

Wednesday, June 25 – 2:30 – Community Room – Join us for a special piano concert. Dr. Franck de Chambeau & Julie Adams will play a four hands piano concert followed by a cocktail hour.

SPECIAL EVENTS AND PROGRAMS

Thursday, June 5, 12, 19, & 26 - 2:00 – Community Room – Join us for Mahjong, all are welcome!

Friday, June 6, 13, & 20 – 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, June 10 – 2:00 - Chapel – Wagner & Riga's resident council meeting.

Sunday,

June 15 – 12:15 – Riga Dining Room – Father's Day BBQ.

Thursday, June 19 – 12:15 – Juneteenth Southern BBQ.

Tuesday, June 24 – 2:00 – Community Room – Join us for a painting and acoustic guitar workshop.

Wednesday, June 25 - 1:30 – Cobble Living Room – Cobble resident council meeting.

OUT TRIPS

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

WAGNER/RIGA

*****NOTE DATE CHANGE***Friday, June 20 – 2:30 – Scenic ride with a stop at Fudgys for ice cream**

Wednesday, June 25 – 11:00 – Lunch at AJ's in Goshen

COBBLE/COTTAGE

*****NOTE DATE CHANGE***Tuesday, June 17th – 11:00 – Norbrook Farms Brewery and Mommy Salami**

Thursday, June 26 – 1:30 – Shopping at Walmart in Torrington

Monday, June 30 – 3:00 – Trip to Fudgys for ice cream