

# *Noble Horizons*



## *July 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 **Learning Center** from 10:30-11:30. 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 **Learning Center**. Please be sure to register if you plan to attend.

## **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 Presents The Corner Choir**

Bring your chairs and blankets and settle down to the uplifting songs from the combined churches of St. Martin of Tours, an incredible choir that boasts three generations of members. With Deridre Broderick as the Choir Master, you know this will be a performance you won't want to miss! Enjoy complimentary snacks and drinks. The show will go on rain or shine!

**Date: Thursday July 24th**

**Time: 2:00-4:00PM**

## **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, 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. Please see the Wagner Reception Desk or see Lynn Famiglietti in the Wellness Center to obtain paperwork.

### **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.



**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 Doug Schmolze.

**Thursday, July 24 – 2:00 – 4:00 – Cobble Lawn** – The Corner Choir and refreshments.

**Tuesday, July 29 – 2:00 – Community Room** – Join us for a painting and acoustic guitar workshop.

### **SPECIAL EVENTS AND PROGRAMS**

**Thursday, July 3, 10, 17, 24, & 31 - 2:00 – Community Room** – Join us for Mahjong, all are welcome!

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

**Friday, July 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!

**Thursday, July 17 – 10:30 – Community Room** – Rita Wagener's African Show, see flyer for details of this incredible show!

**Wednesday, July 23 - 1:30 – Cobble Living Room** – Cobble resident council meeting.

**Tuesday, July 29 – 2:00 – Community Room** – Join us for a painting and acoustic guitar workshop.

## **OUT TRIPS**

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

### **WAGNER/RIGA**

**Monday, July 14 – 10:30** – Trip to the Accordion Museum and pizza lunch there.

**Wednesday, July 23 - 2:30** – Trip to Grassland Dessert Café in Lakeville.

**Thursday, July 31 – 2:00** – Pontoon boat ride on Lakeville Lake.

## **Summer Shower.**

A drop fell on the apple tree,  
Another on the roof;  
A half a dozen kissed the eaves,  
And made the gables laugh.

A few went out to help the brook,  
That went to help the sea.  
Myself conjectured, Were they pearls,  
What necklaces could be!

The dust replaced in hoisted roads,  
The birds jocosely sung;  
The sunshine threw his hat away,  
The orchards spangles hung.

The breezes brought dejected lutes,  
And bathed them in the glee;  
The East put out a single flag,  
And signed the fête away.

*~Emily Dickinson*