

Noble Horizons



August 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 – 11:30am. 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.

"No Greater Love" The Life & Legacy of Charles R. Johnson

Join Frank Pepe in the **Community Room on Wednesday, August 6th at 2:00pm** for the story of a young man who crossed 1950's racial barriers with character, service & brotherly love. This Korean War hero has finally received the nation's highest military honor after decades of effort by his family, students, local advocates, and US Congressman Pat Ryan. Light snacks and refreshments will be served after presentation concludes. All are welcome to attend!

American Red Cross Blood Drive

Join us in making a difference! Your generous blood donation at our upcoming blood drive on **Thursday, August 7th from 10:00am until 3:00pm in the Community Room** can help save lives and make a significant impact, providing hope and healing to those facing medical challenges. Your kindness is the gift of life. Please go to the Red Cross website to make an appointment.

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.

LOBSTER FEST 2025

Thursday, August 7 – 12:15 – Riga Dining Room – Noble Horizons' Auxiliary cordially invites you to attend Lobster Fest. Entertainer Bruce Mandel will play for us while we enjoy this annual summertime treat!

COTTAGE RESIDENT PET OWNERS

Just a friendly reminder, please make sure that you have given Noble a copy of your pet's yearly wellness visit and that you are up to date with your pet's rabies vaccination. Our furry friends thank you!

Two black musical notes, one on the left and one on the right, flanking the title.

MUSIC PROGRAMS

Thursday, August 21 – 2:00 – 4:00 – Cobble Lawn – Music with Vincent Rodreguez and refreshments.

Wednesday, August 20 – 2:30 – Community Room – Join us for a very special Centennial Birthday party to honor Noble's 4 residents that celebrated their 100th Birthday this year!

Tuesday, August 26 – 2:00 – Community Room – Join us for a painting and acoustic guitar workshop.

Wednesday, August 27 – 2:30 – Community Room – Monthly Birthday party with entertainer Lisa Pelligrino.

SPECIAL EVENTS AND PROGRAMS

Thursday, August 7, 14, 21, & 28 - 2:00 – Community Room – Join us for Mahjong, all are welcome!

Tuesday, August 5 – 2:00 - Chapel – Wagner & Riga's resident council meeting.

Friday, August 8, 15, & 22 – 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, August 26 – 1:30 – CLR – Cobble Resident Council meeting.

Thursday, August 28 – 4:30 – Wagner Parking Lot – Join us in welcoming Lime Rock's annual vintage car parade making it's traditional route through our parking lot.

OUT TRIPS

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

WAGNER/RIGA – Sign up with Recreation

Friday, August 15 – 11:45 – Picnic lunch at Lakeville Lake

Friday, August 29 – 2:00 – Scenic ride to Fudgys for ice cream

COBBLE/COTTAGE – Sign up with Receptionist

Monday, August 11 – 3:00 - Scenic ride to Fudgys for ice cream

Thursday, August 14 – 11:00 – Lunch at Mizu 21

Thursday, August 28 – 10:00 – Shopping at Walmart