

Noble Horizons



October 2025 Newsletter

COMMUNITY EVENTS

To register for any of our community classes or events please visit us at

<https://noblehorizons.org/events>

Sandi Ouellette's Art Exhibit

Local artist Sandi Ouellette is the imaginative force behind Illuminated Designs. This creative exhibit features painted dotilism stones, laser etched tumblers, and wooden wall art. Sandi has been painting for many years as a hobby and believes it is a great way to relieve stress. A few years ago, she saw an amazing dotilism painting and was instantly fascinated with how beautiful the small distinct dots of color were applied to the canvas to create an image. After trying this unique way of creating , lots of practice, and plenty of patience, she has flourished and branched out with other medias such as laser etched tumblers and wood wall art. Support your local artists and join us on **Thursday, October 2nd from 4:00 – 6:00PM in**

the Learning Center to meet the artist behind these creations. Wine and light snacks will be provided. Exhibit will stay open for viewing on **weekends 11:00am – 4:pm until November 23rd.**

2025 Trunk or Treat

Please join us in the parking lot on **Wednesday, October 22nd from 4:00 – 6:00pm.** We invite children and families to enjoy festive trunk decorations, special gifts, snacks, hot cocoa, cider and of course – CANDY!! We look forward to sharing our creations with you!

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.

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. 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.

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!



MUSIC PROGRAMS



Monday, October 6 – 10:30 – Chapel – Interactive music with Kara O'Neil.

Tuesday, October 7 – 2:00 – Chapel – Join us to sing along with the Sheffield Singers!

Monday, October 13 – 10:30 – Chapel - Breathing & Movement with Pamela.

Friday, October 17 – 12:15 – Riga Dining Room – Join us for lunch and another performance by our favorite singing group, Noble's Tired Old Tenors!

Monday, October 20 – 10:30 – Chapel – Interactive music with Mary Menatti.

Thursday, October 23 – 2:00 – Community Room – Monthly Birthday party with entertainer Vincent Rodriguez.

Monday, October 27 - 10:30 – Chapel – Join us for a drumming workshop with Lisa Pelligrino.

SPECIAL EVENTS AND PROGRAMS

Thursday, October 2, 9, 16, 23, & 30 - 2:00 – Community Room – Join us for Mahjong, all are welcome!

Sunday, October 12 – 2:00 – Chapel – Join Rosemary Farnsworth for Autumn poetry readings.

Tuesday, October 14 - 2:00 - Chapel – Wagner & Riga's resident council meeting.

Friday, October 3, 10, 17, & 24 - 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!

Wednesday, October 22 – 2:00 – CLR – Cobble Resident Council meeting.

Wednesday, October 22 – 4:00 – Trunk or Treat in the parking lot, come join the fun!

Sunday, October 26 – 2:00 – Library – Sophomores & Seniors reading group. **Friday, October 31 – 2:30** – Join us for Noble's Halloween Boo Bash!

OUT TRIPS

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

WAGNER/RIGA – Sign up with Recreation

Thursday, October 16 – 2:30 – Scenic ride to Beckley Furnace and ice cream.

Wednesday, October 29 – 11:30 – Lunch at Koi in Great Barrington.

COBBLE/COTTAGE – Sign up with Receptionist

Wednesday, October 15 – 10:00 – Private viewing of The Garden
Interrogations with artist Jean Saliter & lunch at Hibachi.

Tuesday, October 28 – 11:00 – Lunch at Hopkins Inn in New Preston.

Thursday, October 30 – 1:30 – Shopping at Walmart.