

# *Noble Horizons*



## *December 2025 Newsletter*

### **Holiday Market**

The Noble Horizons Holiday Market, **Friday & Saturday, December 5 & 6 from 10:00am – 4:00pm, in the Community Room**, is a festive community event offering a wide variety of locally crafted gifts, artisanal goods, and holiday decorations. Held annually in the picturesque setting of Noble Horizons, the market is a perfect opportunity for holiday shopping, featuring unique handmade items, jewelry, baked goods, and more. Attendees can enjoy the holiday spirit, support local artisans, and find special gifts for loved ones.

### **Painting and Acoustic Guitar**

Bobby and Kellyn are a very special couple with a calling to create, teach, and build community through artistic expression. During this unique event Kellyn will teach us how to paint a poinsettia on a wooden canvas, while Bobby serenades us on his acoustic guitar! Join us for this creative class you will never forget! Beginners are welcome, no experience is necessary. There is no fee for this class, and supplies will be provided, but registration is required at <https://noblehorizons.org/events>.

### **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. The free series, taught by Noble Horizons physical therapists, meets in the Community Room. You may join at any time by registering at <https://noblehorizons.org/events>, 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 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 at <https://noblehorizons.org/events>.

## **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**. Register if you plan on attending at <https://noblehorizons.org/events>.

## **COUNTRY STORE**

Country Store hours: **Tuesday, Wednesday, & Friday 12:00 – 3:00pm, and Monday & Thursdays 11:00am – 2:00pm.**

Our Country Store, located by the entrance to Lower Wagner, just down the hall from the lobby, is open to the public, not just 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.

**\*\*The Country Store will be open during the Holiday Market, Friday & Saturday, Dec. 5 & 6 from 10:00am – 3:00pm\*\***

## **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.

## **BINGO & A SOCIAL**

**Mondays and some Saturdays at 2:00pm - Wickman Room** - Everyone is welcome to come and play Bingo and enjoy a social after!



## **MUSIC PROGRAMS**



**Mondays at 10:30**, join us for Interactive Music with various entertainers playing a variety of musical instruments. Check your calendar for details.

**Tuesday, December 9 – 2:00 – Chapel** - Sheffield Singers.

**Friday, December 12 – 2:30 – Community Room** - Monthly Birthday party with entertainer Wayne Curtis.

**Wednesday, December 17 - 12:15 – Riga Dining Room** – Hanukkah Dinner celebration with entertainer Kara O'Neill.

**Thursday, December 18 – 4:00 – Chapel** – Caroling with the Corner Choir

**Friday, December 19 – 12:15 – Riga Dining Room** – Sing Along with Noble's Tired Old Tenors as they sing Christmas Carols.

**Monday December 22 – 10:30** – Residents will be caroling with Lisa Pellegrino.

**Monday December 22 - 12:15 – Riga Dining Room** – Dinner with entertainer Lisa Pelligrino.

**Tuesday, December 23 – Community Room** – Join us for our campus Holiday Cheer party with the band Sentimental Journey.

**Wednesday, December 31 – 10:30 – Community Room** – We are bringing in the New Year with a special brunch celebration with Vincent Rodriguez. All are invited to celebrate the New Year with a delectable brunch prepared by our amazing chefs and the melodious sounds of Vincent!! Please RSVP to the Wagner Receptionist by Wednesday, December 24<sup>th</sup>.

## **SPECIAL EVENTS AND PROGRAMS**

**Sunday, December 7 – 2:00 – Chapel** – Join Rosemary Farnsworth for Christmas poetry readings.

**Tuesday, December 9 – 1:30 – Cobble Living Room** - Cobble Resident Council meeting.

**Wednesday, December 10 - 2:00 - Chapel** – Wagner & Riga's resident council meeting.

**Thursday, December 11 & 18 – 2:00 – Community Room** – Join us for Mahjong, all are welcome!

**Friday, December 12, 19, & 26 – 2:00 - Cobble Living Room** – The Noble Knitters Social and Knitting Group invites you to join!

**Sunday, December 14 - 10:15 – Cobble Living Room** – Unitarian's Meeting.

**Tuesday, December 16 – 1:30 - Community Room** – Join the Painting and acoustic guitar workshop.

## **OUT TRIPS**

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

### **WAGNER/RIGA**

**Wednesday, December 17 - 4:00** – Out trip to see the lights & pizza in Community Room.

### **COBBLE/COTTAGE**

**Wednesday, December 10 – 12:00** – Lunch at the Red Lion Inn.

**Thursday, December 18 – 6:00** – Out trip to see the lights.