

# *Noble Horizons*



## *June 2026 Newsletter*

### **COMMUNITY EVENTS**

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

#### **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**.

#### **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.

## **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.**

**2026 National Cancer Survivors Day: A Celebration of Life**  
**Sunday, June 7, at 1:00 - 3:00pm, in the Community Room,** join us as we proudly celebrate our annual National Cancer Survivor Day Celebration — a heartfelt afternoon dedicated to honoring survivors and the incredible people who stood beside them through their journey.

## **Understanding the Difference Between Home Care, Assisted Living, and Skilled Care**

**Tuesday, June 16, at 2:00pm, in the Learning Center** - Not sure which level of care is right for you or a loved one? Join us as we break down the key differences between home care, assisted living, memory care, and skilled nursing. Learn what each option provides, who it is best suited for, typical costs, and the signs that it may be time to consider additional support. Gain the knowledge and confidence needed to make informed decisions for the future.

## **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.

## **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.

## **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.



## **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.

## **SPECIAL EVENTS AND PROGRAMS**

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

**Saturday, June 6 - 12:15 – Riga Dining Room** – Enjoy dinner with live music with Bruce Mandel.

**Thursday, June 4 – 2:00 – Community Room** – Live music with the Bales Gitlin Band and a pot sticker dumpling social to follow.

**Friday, June 5, 12, & 19, – 2:00 - Cobble Living Room** – The Noble Knitters Social and Knitting Group invites you to join!

**Tuesday, June 9 – 1:30 – Community Room** – Join us in welcoming the Salisbury Central School's early kindergarten & pre-kindergarten classes in an intergenerational pet therapy program with our favorite guinea pigs from Le Petit Ranch.

**Tuesday, June 9, 16, 23, & 30 – 3:00 – Cobble Living Room** – Join Franck de Chambeau's poetry discussion group on poet Robert Frost's work. **Sign up with Lana Knutson, 860-435-9851, ext. 154 to receive your poetry book for the discussion.**

**Thursday, June 11, 18, & 25 - 2:00 – Community Room** – Join us for Mahjong,

all are welcome!

**Friday, June 12 – 4:30 – Clubhouse** – Cocktails followed by dinner and live entertainment with Itay Dayan’s Band. Please RSVP to the Wagner Receptionist. There is a \$10.00 charge for Cottage residents and guests, payable to the Wagner Receptionist.

**Friday, June 19<sup>th</sup> – 10:30 – Chapel** – Juneteenth sing along with Bobby Trapp.

**Friday, June 19 – 12:15 – Riga dining Room** Join us for a Juneteenth luncheon celebration with entertainment with Kara O’Neill’s Band.

**Sunday, June 21 – 2:15 – Riga Dining Room** – Father’s Day luncheon celebration with entertainer Doug Schmolze.

**Tuesday, June 23 - 1:30 – Cobble Living Room** - Cobble Resident Council meeting.

**Tuesday, June 23 - 2:00 - Chapel** – Wagner & Riga’s resident council meeting.

**Thursday – June 25 – 12:00 – Cobble Lawn** – Cobble & Cottage cook out.

**Tuesday, June 30 – 2:30 – Community Room** – Come celebrate June’s Birthdays with us and the New England Accordion Museum

## **OUT TRIPS**

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

### **WAGNER/RIGA**

**Wednesday, June 24 – 11:00** – Lunch at the Caddy Shack in Canaan.

### **COBBLE/COTTAGE**

**Thursday, June 11 – 1:00** – Serena Granbery’s art exhibit and reception at Sandisfield Art Center

**Thursday, June 18 – 11:00** – Lunch at the Red Lion

**Thursday, June 25 – 1:30** – Shopping at Walmart

