

Noble Horizons



August 2026 Newsletter

COMMUNITY EVENTS

To register for any of our community classes or events please visit us at
<https://noblehorizons.org/events>

Alzheimer's Awareness Fund Raising Event

Paint & Sip, Friday, August 21st, from 6:00 – 8:00pm, in the Community Room, join us in the fight to end Alzheimer's disease. Your \$30.00 donation includes all materials needed to complete a step by step instructional painting of a beautiful African sunset with the silhouette of an elephant, symbolic of memory. It also includes a glass of wine and nibbles from a delicious charcuterie board. Local artist, Holly Aragi will instruct the class.



Book and Tag Sale

Noble Auxiliary's Book & Tag Sale! **Friday, August 14th and Saturday, August 15th, 2026!** Take advantage of all the fabulous finds! Books, furniture, china, glassware, linens, jewelry, a wide variety of household items.

Free: 9:00AM – 2:00PM Friday Early Birds \$10.00 8:00 – 9:00AM

Outdoor Concert with Lisa Pellegrino

Friday August 14th, 1:00 – 2:00pm, at Noble Pond

After spending the day hunting for treasures at the Auxiliary Tag Sale, unwind by Noble Pond and enjoy a free live performance by Lisa and her guitar. Featuring a mix of crowd favorites and original songs, this relaxing outdoor concert is sure to have you tapping your toes and singing along. Hot dogs, snacks, and refreshments will be available for purchase.

Behind Closed Doors: Recognizing and Preventing Elder Abuse in Our Communities

Tuesday Aug 18th, at 2:00pm, in the Learning Center. Learn about the different forms of elder abuse, why it often goes unnoticed, especially in rural communities, and how to recognize the warning signs. This presentation will also explain what to do, where to turn for help, and how we can better protect older adults in our community. Presented by Meghan Kenny, Founder of Alumni Senior Care Advisors. Special participation with Jeanne Di Minno, Elder Lawyer at Daly, Perri, Arnold and Knierim Law Offices.

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. **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**.

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.

Thursday, August 6 – 12:15 – Riga Dining Room – Lobster Fest! Enjoy this delicious meal generously provided by Noble's Auxiliary with the Kara O'Neill Band.

Friday, August 21 – 2:00 – Learning Center – Instructional painting & acoustic guitar workshop.

Saturday, August 22 – 12:15 – Riga Dining Room – Enjoy dinner with entertainer Bruce Mandel.

Wednesday, August 26 – 2:30 – Community Room - Come celebrate August's Birthdays with us and enjoy entertainer Vincent Rodriguez.

Wednesday, August 26 – 4:45 – Riga Dining Room - Our most generous volunteers, Brian and his mother Dana, are hosting The Bales & Gitlin Band for our special southern fried chicken dinner. **RSVP to the Wagner Receptionist.**

SPECIAL EVENTS AND PROGRAMS

Tuesday, August 20 & 27 - 2:00 – Community Room – Join us for Mahjong, all are welcome!

Friday, August 7, 14, & 21 - 2:00 - Cobble Living Room – The Noble Knitters Social and Knitting Group invites you to join!

Tuesday, August 18 - 1:30 – Cobble Living Room - Cobble Resident Council meeting.

Tuesday, August 18 - 2:00 - Chapel – Wagner & Riga's resident council meeting.

OUT TRIPS

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

COBBLE/COTTAGE

Friday, August 21 - 11:00 – Lunch at Eastwoods Country Club.

Thursday, August 27 - 1:30 – Shopping at Walmart.

POETRY COURSE IN AUGUST

Tuesdays in August: Join us every Tuesday afternoon at **2:30pm in the Learning Center** for a poetry discussion group. Francke de Chambeau will be leading this poetry course discussing the poetry of Maya Angelou. **NOTE: There will not be a meeting Tuesday, August 11. The group will be extended to Tuesday September 1st.**