

Noble Horizons



September 2026 Newsletter

COMMUNITY EVENTS

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

Jean Saliter's Man One Art Exhibit – Opening Night

Opening Reception: September 6, 12:00 PM – 2:00 PM

Exhibition Dates: September 7 – October 13

Location: Learning Center

Jean is a native of Sharon, CT now residing in Salisbury, CT. Her work with watercolor, pen and ink, In MAN ONE, the monoprint technique is joined by silkscreen and woodcut printing, in an inkfest unlike anything else. Jean dives deep into HUMANS as her subject. She has been observing humans up and down her whole life as a photographer. Now, rather than recording existing humans, she is creating new ones... Join us for her opening reception on **Sunday, September 6th at noon in the Learning Center.**

Yoga Lunch & Learn

September 10, from 12:00 – 2:00pm, in the Community Room. Join us for an engaging Yoga Lunch & Learn event featuring the expertise of Certified Yoga and

Meditation instructor Corey Chapman, where you will discover the fundamentals of yoga and its countless benefits for both body and mind.

Lunch & Learn with Alumni Senior Care Management

Tuesday, September 15 11:30am-1:30pm, in the Community Room. We warmly invite you to discover the invaluable benefits of Geriatric Care Management and patient advocacy, services designed to support you or your loved ones in navigating the complexities of aging with grace and dignity. Many individuals may not be aware of these resources or the profound impact they can have in alleviating the everyday burdens, evolving needs, and unforeseen challenges that can arise.

What Can AI Do for Me

Thursday, September 17, 2:00-3:00pm, in the Learning Center. Are you curious about artificial intelligence but unsure where to begin? We warmly invite you to join us at Noble Horizons for a friendly and engaging introduction to everyday AI, presented by the esteemed Elissa Whitmore, an AI Trainer and Certified Educator.

Noble Poetry Group – Four-Week Series with Dr. Franck de Chambeau

Tuesday, September 22 & 29, October 6 & 13 Join us these Tuesday afternoons at **2:30pm in the Learning Center** for a poetry discussion group. Dr. Franck de Chambeau will be leading this poetry course and we are excited to invite you to be part of our dedicated group as we explore the profound poetry of Pulitzer Prize-winning New England poet, Mary Oliver. Join us for four consecutive, highly interactive sessions on September 22, 29, October 6, and 13, where Dr. de Chambeau will lead us in thoughtful discussions that connect Oliver's beautiful verses to our daily lives.

Zumba Gold with Sandra Zarate

Saturdays beginning September 19, 2026, from 10:00-11:00am, in the Community Room. Meet Sandra Zarate, a certified Zumba Gold instructor with a remarkable decade of teaching experience, who brings not just expertise but a genuine passion for working with seniors. For the past two years, she has been lighting up the Sheffield, Great Barrington, and Dalton Senior Centers with her weekly classes, where participants have discovered newfound strength, happiness, and a sense of connection with each other. Zumba Gold is not just an exercise class; it's a joyous celebration set to vibrant music that allows seniors to improve their balance and coordination in a supportive, low-pressure environment—no prior dance experience required!

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.

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.



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

Thursday, September 10 - 2:00 – Learning Center – Instructional painting & acoustic guitar workshop.

Wednesday, September 23 - 2:30 – Community Room - Come celebrate September's Birthdays with us and enjoy entertainer Jeffrey Folmer.

SPECIAL EVENTS AND PROGRAMS

Thursday, September 3, 10, 17, & 24 - 2:00 – Community Room – Join us for Mahjong, even if you have never played, we will teach you, all are welcome!

Friday, September 4, 11, & 18 - 2:00 - Cobble Living Room – The Noble Knitters Social and Knitting Group invites you to join!

Tuesday, September 15 - 2:00 - Chapel – Wagner & Riga's resident council meeting.

Friday, September 25 - 1:30 – Cobble Living Room - Cobble Resident Council meeting.

Wednesday, September 30 – 12:15 – Riga Dining Room – Join award-winning animation producer, filmmaker, and founder of the Palm Springs International Animation Festival (PSIAF), Brian Hoff, for his fun filled Laughter Luncheon as he shares his book *Twisted Terminology*.

OUT TRIPS

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

WAGNER/RIGA

Friday, September 11 – 11:30 – Lunch at Koi in Great Barrington

Friday, September 18 – 2:00 – Scenic Ride to Freund's Farm in Canaan

COBBLE/COTTAGE

Wednesday, September 16 – 3:30 – Dinner at Norbrook Brewery in Colebrook

Thursday, September 17 – 1:30 – Shopping at Walmart

Tuesday, September 22 – 11:00 – Lunch at Red Lion Inn in Stockbridge