

Noble Horizons



October 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

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 closing reception on **Sunday, October 11th, from 12:00 – 2:00pm, in the Learning Center.**

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

Tuesday, October 6 & 13 Join us these Tuesday afternoons at **2:30pm in the Learning Center** for a poetry discussion group. Dr. Francke 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 the last two highly interactive sessions on October 6, and 13, where Dr. de Chambeau will lead us in thoughtful discussions that connect Oliver's beautiful verses to our daily lives.

Grief Support Group

We are pleased to announce a collaborative initiative with SVNA to offer a monthly grief support group, designed to foster an environment where individuals can come together to share their experiences and support one another. The group will be meeting every second Wednesday of the month at 3:30 in the Learning Center starting October 14. This initiative is open not only to our residents but also to our staff, their families, and the broader community. These sessions will be led by the compassionate Karen Giarnese, a certified grief support counselor and educator with extensive expertise. Participants can expect a safe space where understanding and camaraderie flourish. We warmly invite everyone to join us in this meaningful journey towards healing and reminding you that you are not alone. Join us on **Oct 14 at 3:30pm in the Learning Center.**

Before the Crisis: Planning for Aging, Emergencies & the Unexpected

We invite you to join our esteemed Alumni Care Advisors and Under Mountain Consultants for a meaningful and practical conversation about the importance of planning ahead. This discussion will cover a range of topics, from adapting to changing health and care needs to preparing for end-of-life considerations. Together, we can navigate these complexities, ensuring that you feel empowered and supported in your journey. We look forward to welcoming you into this compassionate community conversation, where your thoughts and concerns will be valued and addressed with care **on October 16th at 11am in the Learning Center.**

Noble Horizons Open House

Join us for an afternoon of connection, conversation, and beautiful views. Enjoy wine, light snacks, live music, and tours of our campus while experiencing all that makes Noble Horizons special. **Saturday, October 17, 2:00 – 4:30pm in the Main Dining Room.**

Boo Booths

Join us **Saturday, October 17, 3:00 – 4:30pm, in the Community Room,** for a spooktacular afternoon of Halloween fun at Noble Horizons! Our residents and staff are getting creative and transforming the Community Room with their very own Halloween-themed booths, complete with candy, music, festive decorations, and fun photo opportunities. Come dressed in your favorite costume, visit the booths, collect some treats, enjoy the music, and snap a few Halloween photos along the way. All ages are welcome, so bring your family and friends and join us for an afternoon of Halloween fun! This event is free and open to everyone. No registration is required.

Blood Drive

Tuesday, Oct 27th, 10:00am – 3:00pm, in the Community Room, help us make a difference! Your generous blood donation can help save lives and bring hope and healing to those facing medical challenges. Every donation has the power to make a meaningful impact in our community. Give the gift of life ... your kindness can make all the difference. Please go to the Red Cross redcrossblood.org, or call 1-800-RED-CROSS to make an appointment.

COMMUNITY WELLNESS PROGRAMS

Zumba Gold with Sandra Zarate

Saturdays 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 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.

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, October 13 – 2:00 – Chapel – Come and sing along with the Sheffield Singers.

Wednesday, October 14 - 2:30 – Community Room - Come celebrate October's Birthdays with us and enjoy entertainer Peter Poirier.

Friday, October 30 – 3:00 – Community Room – Boo Bash Halloween party with musical entertainers Kara & Vyts. Come dressed in costume and enjoy a glass of hard cider or wine and nibbles and have fun with Kara & Vyts. Prizes for Best costume & runner up!



SPECIAL EVENTS AND PROGRAMS

Thursday, October 1, 8, 15, 22, & 29 - 2:00 – Community Room – Join us for Mahjong. ****Beginners classes will be held Tuesday, November 3, 10, 17, & 24 at 2:30 in the community room****

Friday, October 2, 9, 16, & 23 - 2:00 - Cobble Living Room – The Noble Knitters Social and Knitting Group invites you to join!

Monday, October 19 – 2:00 – Le Petit ranch pet therapy visit with mini horses.

Tuesday, October 20 - 1:30 – Cobble Living Room - Cobble Resident Council meeting.

Tuesday, October 20 - Wednesday, October 21 - 2:00 - Chapel – Wagner & Riga's resident council meeting.

Sunday, October 25 – 2:00 – Community room - Seniors & sophomore book group.

OUT TRIPS

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

WAGNER/RIGA

Friday, October 9 – 2:30 – Scenic leaf peeping and ice cream at Fudgys.

Friday, October 23 – 11:30 – Lunch at Storybook Café.

COBBLE/COTTAGE

Thursday, October 15 – 1:30 – Shopping at Walmart.

Friday, October 16 – 11:00 – Scenic leaf peeping ride and lunch at Hopkins Inn.

Monday, October 19 – 2:30 – Scenic leaf peeping ride to Freunds Farm Market.

Thursday, October 22 – 11:00 – Lunch at Koi & Shopping.

