

The Fun Continues

Noble Horizons should be your destination Tuesday-Friday if you want to have fun while enhancing your health! Enjoy PJ Birriel's high energy Zumba classes on Tuesdays 5-6 pm, free Tai Chi with Mark Liebergall and Cynthia Bianchi on Wednesdays from 10:30-11:30 am, free Fall Prevention and Balance classes on Thursdays 10:30-11:30 am through February 13 and PJ Birriel's free chair Zumba on Fridays from 10:30-11 am. Registration for classes is necessary at www.noblehorizons.org or 860-435-9851.

Healthy Brains and Memory Screenings

Make your brain a priority on January 23 by attending Noble Horizons' Healthy Brain and Memory Screening program at 11 am. Jennifer LaBrie from Hartford Healthcare's [Center for Healthy Aging](#) will discuss ways to keep your brain healthy, techniques for maintaining a sharp memory, and the difference between normal age-related memory changes and those that may warrant a deeper look. Jennifer's presentation includes engaging, interactive activities and take home materials. Following her program, LaBrie will offer free, confidential memory screenings which are scheduled by appointment. The screenings do not diagnose illness, but can indicate whether a follow up medical exam is recommended. Registration for Jennifer's program is at www.noblehorizons.org or 860-435-9851

Celebrate Valentine's Day with Easy Peasy One Bowl Chocolate Desserts and Discounted Bubbly!

On February 1 at 11 am well-known cook book author Jessie Sheehan will share the secrets-as well as samples- of extra special and extra simple Valentine's Day treats. As an added indulgence, all guests will receive a 10% discount coupon to Lakeville Wine and Spirits should they wish to pair their Valentine's Day desserts with a little bubbly or similar luxury.

Plan on a delicious morning of "easy peasy" baking tips and tricks as Jessie prepares three tantalizing and easily made chocolate desserts each of which can be made with just one bowl. Win the heart of your Valentine with fudgy cocoa brownies, moist chocolate snacking cake with peppermint frosting or creamy no-bake Nutella pie. Jessie is the author of *The Vintage Baker*, named by *The Washington Post* as a Best Cookbook of 2018 and about which Rachel Ray *Every Day* raved, "our favorite baking book...Sweeten up any day with this adorable book...full of great recipes," to which Nigella Lawson added, "Just reading *The Vintage Baker* puts me in a very happy place." Ms. Sheehan's first cook book was *Icebox Cakes*, featured in *The New York Times* and *Vanity Fair* among many other publications; both will be available for purchase.

To ensure ample chocolate samples and discount coupons, reservations are necessary for Ms. Sheehan's free program, co-sponsored by Main Street Magazine, at www.noblehorizons.org or 860-435-9851