



R5C Community Theatre



A Modern Christmas Carol

Welcome to The Theatre...

There are many reasons why theatre has been around for thousands of years, and is still growing. Many people describe the theatre as something magical, and truly an extraordinary experience.

The theatre brings people together. Many people go to performances with groups of family members and friends. The theatre

not only gets you to the same place, but it allows you to share the experience of that particular show with one another.

For many, theatre has become a tradition. Maybe it is an annual event with your family. Second, much like books and movies, theatre shows allow us to escape for a time being. Not like books or movies though, the theatre often feels more real since the audience shares the same space as the actors. While shows can help us enter the world of the story, and temporarily leave our own lives, this escape can also bring meaning into our lives as well.

The Residence at Five Corners Community Theatre was launched on December 13, 2018 to a packed house and a well-deserved standing ovation. We are determined to make our audiences feel something. This program are breathed new life into our residents and we are so excited to see what happens next!

Associate of The Year 2018

Congratulations to an associate that has been with The Residence at Five Corners since day 1 Phaedra Dove is the definition of a model associate. She is understanding, patient and never gets frazzled. Her work ethic is unmatched, her determination and never ending strive for greatness has not gone unnoticed! You are amazing!



Phaedra Dove



THE RESIDENCE AT FIVE CORNERS Associates

Gloria O'Brien
Executive Director

Matt Torrance
Engagement Director

Gary Beatty
Business Office Director

Nancy Andrie
Business Development Director

Mary Louise Champagne
Sales & Marketing Director

Stafford Lewis
Culinary Director

Ryan Elmlouk
Maintenance Director

Barbara Bonnet
Resident Care Director

Abrina Kelly
Reflections Director

“Hello!” From LCB Senior Living!

LCB Senior Living, LLC is a developer & operator of quality senior housing communities. Since 1994, the LCB team provides Independent living, Assisted living and Memory Care services throughout New England and the Eastern United States. LCB prides itself in creating communities where residents can enjoy continued comfort, security and dignity as their individual needs change. Our

residents are encouraged to never stop learning and growing. Because life is meant to be an adventure.



R5C Community Outreach Group

Five Corners is Five Stars

Can you believe it's been three years since The Residence at Five Corners opened our doors? Through a ton of

love & plenty of growing pains our community has evolved into a place we all call “home.” Our residents are AWESOME. Our associates are THE BEST. And we aren't just blowing smoke either. We deliver five stars! 2019 is sure to be one incredible year. We are so blessed & excited to see what new adventures are in store. Happy New Year to our families and friends and to everyone that comes through our doors!



R5C Ugly Sweater Contest



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

R5C Theatre will rehearse as needed. Auditions Jan 9, 2019 @ 11:00AM!

- 6**
- 9:45 Sunday Trip to Mass
 - 11:30 Mid-Morning Walking Club
 - 11:30 Step & Repeat Exercise
 - 11:45 Holy Rosary
 - 12:30 U.S. Current Events
 - 1:30 Parcheesi with Keeley
 - 3:30 Evolving Trends
 - 4:00 Afternoon Walking Club
 - 7:00 Sunday Evening Film

- 7**
- 10:00 LiveSTRONG Exercise
 - 10:30 Meditation Exercises
 - 11:00 Music Appreciation
 - 11:30 Mid-Morning Walking Club
 - 1:15 Community Outing
 - 1:15 R5C TV Club & Discussion
 - 2:00 Five Corners Trivia
 - 2:15 Science and You
 - 3:30 Afternoon Discussion
 - 7:00 Popcorn & A Movie

- 13**
- 9:45 Sunday Trip to Mass
 - 11:30 Mid-Morning Walking Club
 - 11:30 Step & Repeat Exercise
 - 11:45 Holy Rosary
 - 12:30 U.S. Current Events
 - 1:30 Nail Touch-Ups
 - 2:00 **Singing Duo Paul & Mark**
 - 3:30 Anagrams & Trivia
 - 4:00 Afternoon Walking Club
 - 7:00 Sunday Evening Film

- 14**
- 10:00 LiveSTRONG Exercise
 - 10:30 Meditation Exercises
 - 11:00 In-House Mass
 - 11:30 Mid-Morning Walking Club
 - 1:15 Community Outing
 - 1:15 R5C TV Club & Discussion
 - 2:30 Afternoon Discussion
 - 3:30 Cranium Crunchers
 - 7:00 Popcorn & A Movie

- 20**
- 9:45 Sunday Trip to Mass
 - 11:30 Mid-Morning Walking Club
 - 11:30 Step & Repeat Exercise
 - 11:45 Holy Rosary
 - 12:30 U.S. Current Events
 - 2:00 **Singer Kris Pappas**
 - 3:30 Evolving Trends
 - 4:00 Afternoon Walking Club
 - 7:00 Sunday Evening Film

- 21**
- 10:00 LiveSTRONG Exercise
 - 10:30 Meditation Exercises
 - 11:00 Musical Appreciation
 - 11:30 Mid-Morning Walking Club
 - 1:15 Community Outing
 - 1:15 R5C TV Club & Discussion
 - 2:00 Five Corners Trivia
 - 2:30 Cranium Crunchers
 - 3:30 Science and You
 - 7:00 Popcorn & A Movie

- 27**
- 9:45 Sunday Trip to Mass
 - 11:30 Mid-Morning Walking Club
 - 11:30 Step & Repeat Exercise
 - 11:45 Holy Rosary
 - 12:30 U.S. Current Events
 - 1:30 Nail Touch-Ups
 - 2:00 Corn Hole Challenge
 - 3:30 Anagrams & Trivia
 - 4:00 Afternoon Walking Club
 - 7:00 Film: Schindler's List

- 28**
- 10:00 LiveSTRONG Exercise
 - 10:30 Meditation Exercises
 - 11:00 Musical Appreciation
 - 11:30 Mid-Morning Walking Club
 - 1:15 Community Outing
 - 1:15 R5C TV Club & Discussion
 - 2:30 Afternoon Discussion
 - 3:30 Cranium Crunchers
 - 7:00 Popcorn & A Movie

- 1**
- 9:45 Endurance Exercises
 - 10:30 Meditation Exercises
 - 11:00 Corn Hole Challenge
 - 11:15 Newsletter News Editor
 - 11:30 Mid-Morning Walking Club
 - 1:30 Art Workshop
 - 1:30 R5C Bridge Club
 - 2:30 Rosie's BINGO
 - 4:00 R5C Bible Study
 - 7:00 Documentary Series

- 8**
- 9:45 Tai Chi Class
 - 10:30 Meditation Exercises
 - 10:45 Emerald Square Outing
 - 11:30 Mid-Morning Walking Club
 - 1:30 Art Workshop
 - 1:30 R5C Bridge Club
 - 2:30 Rosie's BINGO
 - 4:00 R5C Bible Study
 - 5:45 Skibo with Keeley
 - 7:00 Documentary Series

- 15**
- 9:45 Tai Chi Class
 - 10:00 Casino Day Trip
 - 10:30 Meditation Exercises
 - 11:30 Mid-Morning Walking Club
 - 1:30 R5C Bridge Club
 - 1:30 Hands on Art
 - 2:30 Rosie's BINGO
 - 4:00 R5C Bible Study
 - 5:45 Make-Up Tutorial
 - 7:00 Documentary Series

- 22** Happy Bday, Maria C.!
- 9:45 Tai Chi Class
 - 10:30 Meditation Exercises
 - 10:45 Ruby Tuesday's Outing
 - 11:30 Mid-Morning Walking Club
 - 1:30 Art Workshop
 - 1:30 R5C Bridge Club
 - 2:30 Rosie's BINGO
 - 4:00 R5C Bible Study
 - 5:30 Ladies Cocktail Night
 - 7:00 Documentary Series

- 29**
- 9:45 Tai Chi Class
 - 10:30 Meditation Exercises
 - 10:45 Sky Lounge Outing
 - 11:30 Mid-Morning Walking Club
 - 1:30 Art Workshop
 - 1:30 R5C Bridge Club
 - 2:30 Rosie's BINGO
 - 4:00 R5C Bible Study
 - 5:30 Parcheesi with Keeley
 - 7:00 Documentary Series

- 2**
- 10:00 Pilates Exercises
 - 10:30 Meditation Exercises
 - 11:00 **Healthy Discovery Series**
 - 11:30 Mid-Morning Walking Club
 - 1:15 Community Errand Run
 - 1:30 Scrabble Challenge
 - 2:00 Shoulder Massages
 - 3:30 Word Game Craze
 - 5:30 Family Game Night
 - 7:00 Family Film Night

- 9**
- 10:00 Pilates Exercises
 - 10:30 Meditation Exercises
 - 11:00 **R5C Theatre Auditions**
 - 11:30 Mid-Morning Walking Club
 - 1:15 Community Errand Run
 - 1:30 Card Games
 - 2:00 The Cricket Report
 - 3:30 Word Game Craze
 - 5:30 Texas Hold'm Poker
 - 7:00 Family Film Night

- 16**
- 10:00 Pilates Exercises
 - 10:30 Meditation Exercises
 - 11:00 **All Resident Meeting**
 - 11:30 Mid-Morning Walking Club
 - 1:15 Community Errand Run
 - 1:30 Ace of Spades
 - 3:30 Word Game Craze
 - 4:45 Family Game Night
 - 5:45 Face Masks & Spa
 - 7:00 Family Film Night

- 23**
- 10:00 Pilates Exercises
 - 10:30 Meditation Exercises
 - 11:00 **LCB Culinary Chat**
 - 11:30 Mid-Morning Walking Club
 - 1:15 Community Errand Run
 - 1:30 Card Games
 - 2:00 The Cricket Report
 - 3:30 Word Game Craze
 - 5:30 Labyrinth Art Project
 - 7:00 Family Film Night

- 30**
- 10:00 Pilates Exercises
 - 10:30 Meditation Exercises
 - 11:00 **Play Rehearsal**
 - 11:30 Mid-Morning Walking Club
 - 1:15 Community Errand Run
 - 1:30 Card Games
 - 3:30 Word Game Craze
 - 5:30 Family Game Night
 - 7:00 Family Film Night

- 3**
- 10:00 Tai Chi Class
 - 10:30 Meditation Exercises
 - 11:00 Fall Prevention Class
 - 11:30 Mid-Morning Walking Club
 - 11:45 Computer Tech Class
 - 1:15 Five Corners Nail Spa
 - 1:15 Multi Game Challenge
 - 3:30 The Dictionary Game
 - 5:30 Welcoming Committee
 - 7:00 On The Silver Screen

- 10**
- 10:00 Tai Chi Class
 - 10:30 Meditation Exercises
 - 11:00 Fall Prevention Class
 - 11:30 Mid-Morning Walking Club
 - 11:45 Computer Tech Class
 - 1:15 Five Corners Nail Spa
 - 3:30 Music is Medicine
 - 5:00 **School on Wheels Group**
 - 7:00 On The Silver Screen

- 17**
- 10:00 Tai Chi Class
 - 10:30 Meditation Exercises
 - 11:00 Fall Prevention Class
 - 11:30 Mid-Morning Walking Club
 - 11:45 Computer Tech Class
 - 1:15 Five Corners Nail Spa
 - 1:15 Multi Game Challenge
 - 3:30 The Dictionary Game
 - 4:45 Movie Outing
 - 7:00 On The Silver Screen

- 24**
- 10:00 Tai Chi Class
 - 10:30 Meditation Exercises
 - 11:00 Fall Prevention Class
 - 11:30 Mid-Morning Walking Club
 - 11:45 Computer Tech Class
 - 1:15 Five Corners Nail Spa
 - 1:15 Multi Game Challenge
 - 1:15 **Speaker: Gary Hylander**
 - 3:30 Music is Medicine
 - 5:30 Scotch Tasting Night
 - 7:00 On The Silver Screen

- 31**
- 10:00 Tai Chi Class
 - 10:30 Meditation Exercises
 - 11:00 Fall Prevention Class
 - 11:30 Mid-Morning Walking Club
 - 11:45 Computer Tech Class
 - 1:15 Five Corners Nail Spa
 - 1:15 Multi Game Challenge
 - 3:30 The Dictionary Game
 - 5:00 Murder Mystery Night
 - 7:00 On The Silver Screen

- 4**
- 10:00 Tai Chi Class
 - 10:30 Breathing into Meditation
 - 11:00 R5C Book Club
 - 11:30 Mid-Morning Walking Club
 - 1:15 R5C TV Club & Discussion
 - 1:30 Board Games
 - 2:30 Rosie's BINGO
 - 3:30 Afternoon Discussion
 - 5:30 Engagement Check Ins
 - 7:00 Friday Night Classic

- 11** Happy Bday, John B.!
- 10:00 Endurance Exercises
 - 10:30 Breathing into Meditation
 - 11:00 R5C Book Club
 - 11:30 Mid-Morning Walking Club
 - 1:15 R5C TV Club & Discussion
 - 1:30 Board Games
 - 2:30 Rosie's BINGO
 - 3:30 Afternoon Discussion
 - 4:00 Engagement Check Ins
 - 7:00 Friday Night Classic

- 18**
- 10:00 Endurance Exercises
 - 10:30 Breathing into Meditation
 - 11:00 R5C Book Club
 - 11:30 Mid-Morning Walking Club
 - 1:15 R5C TV Club & Discussion
 - 1:30 Board Games
 - 2:30 Rosie's BINGO
 - 3:30 Afternoon Discussion
 - 4:00 Engagement Check Ins
 - 7:00 Friday Night Classic

- 25**
- 10:00 Endurance Exercises
 - 10:30 Breathing into Meditation
 - 11:00 R5C Book Club
 - 11:30 Mid-Morning Walking Club
 - 1:15 R5C TV Club & Discussion
 - 1:30 Board Games
 - 2:30 Rosie's BINGO
 - 3:30 Afternoon Discussion
 - 5:15 Hand Massages
 - 7:00 Friday Night Classic

- 5**
- 10:00 Healthy Strides Exercise
 - 10:30 Meditation Exercises
 - 11:00 History In Motion
 - 11:30 Mid-Morning Walking Club
 - 1:15 Saturday Matinee
 - 1:30 Afternoon Reading Group
 - 2:00 Community Errand Run
 - 3:30 Anagrams & Trivia
 - 7:00 Hollywood Blockbusters

- 12**
- 10:00 Healthy Strides Exercise
 - 10:30 Meditation Exercises
 - 11:00 Docu-Discussion
 - 11:30 Mid-Morning Walking Club
 - 1:15 Saturday Matinee
 - 1:30 Afternoon Reading Group
 - 2:00 Community Errand Run
 - 3:30 PUB Trivia
 - 7:00 Hollywood Blockbusters

- 19**
- 10:00 Healthy Strides Exercise
 - 10:30 Meditation Exercises
 - 11:00 History In Motion
 - 11:30 Mid-Morning Walking Club
 - 1:15 Saturday Matinee
 - 1:30 Afternoon Reading Group
 - 2:00 Community Errand Run
 - 3:30 Anagrams & Trivia
 - 7:00 Hollywood Blockbusters

- 26**
- 10:00 Healthy Strides Exercise
 - 10:30 Meditation Exercises
 - 11:00 History In Motion
 - 11:30 Mid-Morning Walking Club
 - 1:15 Saturday Matinee
 - 1:30 Afternoon Reading Group
 - 2:00 Community Errand Run
 - 3:30 Anagrams & Trivia
 - 7:00 Hollywood Blockbusters

R5C Van Schedule

- Sun: 9:45AM Church Trip
- Mon: 1:15PM Shopping Outing
- Tues: 10:45PM Day Trips
- Tues: 1:30PM Reflections Outing
- Wed: 9:00AM-2:00PM Appointments, 2:00PM Errand Run
- Thurs 9:00AM-2:00PM Appointments
- Fri: 1:30PM Reflections Outing
- Sat: 2:00PM Errand Run

PROGRAM

- – Cognitive
- – Emotional
- – Physical
- – Social

Social Hour is held daily at 3:00PM!
Come and spend some time with your neighbors.

LCB Senior Living strengthens its programming through collaborations with notable health care leaders, including McLean Hospital, Harvard Medical School and Brigham and Women's Hospital.