



Everyone is an artist...



Art is in the process! You do not have to have talent or creative to create a masterpiece. Some famous artists were known later in their life. Their fame may have come from a sketch, not a grand masterpiece. Even an unfinished sketch sold for millions.

Our group of residents enjoy creating with a variety of mediums such as; acrylics, watercolor, canvas, leaves, coffee filters, veggie leaves, flowers and so much more...

It is the effort and accomplishment as well as the time spent together not the finished result.

The art is truly in the process and the mindfulness attained. If the sky is painted purple than so be it. Look through the glasses with a rose tint and live in our Lighthouse moment where skies are purple, orange and magenta and that is ok.

Inspirational Thoughts

Rose C....I never had time to sit for a long length of time. I enjoy painting as I get older. I am not sure if it is good , but I do enjoy it.

Betsy L... I was a professional artist and have sold my art work all throughout the country. I enjoy looking at art work through a different lens now.

John K...my mother always told me I was talented. Was she just being kind and sweet?

Ed B...I can see the colors in my mind of a Florida sunset



The Almanac of Life



The Almanac of Life

While the Farmer's Almanac is old in years published, the never ending desire to save, stay healthy and live more naturally never ends. Today there are a number of folks who want to get back to the basics as past generations did.

Our residents are a plethora of history and information that can not be learned from a book. Our residents are the authors of the **ALMANAC of LIFE.**

We will enjoy sharing stories of the home and hearth on Tuesdays this fall. We go back in time as we fill our community with the aroma of baked apples.

Where else could you find out when the best time to pick apples or what to do with all the green tomatoes that never ripened.

Of course, we all know that the Almanac predicts weather for the year, but our bones do too. We also discuss homemade remedies that still are used today. Warm milk really does work before bed. We won't bring the castor oil back at the change of the season, but we will eat more root veggies.

Perhaps, this year Mother Nature and Father Winter maybe wrong, but our resident's intuition and life lessons are always on target.

Stories, folklore and family traditions will be passed on forever; even after the pages turned.

THE LIGHTHOUSE AT LINCOLN

Lynn Dombroski, BRDP

Exec. Direc

Carmela Falco

BOD

Rebecca Gebhart

Marketing & Sales

Lisa Lavigne, RN, BRDP

Res. Care Direc.

Jodi DiRaimo, BRDP

Res. Reflec. Direc.

Roger Bissonette, BRDP

Housek & Environ Direc.

Jeffrey Muthersbaugh,

BRDP

Culin. Direc.

Kathi RN & MariselaLPN

Wellness Team

Uja, Karla, Adeline

Wellness team



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



- 4**
- 9:00 ■ Televised Mass
 - 10:15 ■ Daily Chronicle News
 - 10:30 ■ Strength Training
 - 11:15 ■ US Trivia
 - 1:30 ■ Horseshoes
 - 2:00 ■ LH PARADE
 - 3:15 ■ Braun & Brain Exercise
 - 6:00 ■ Sunday Card games
 - 7:00 ■ Sunday Night Football

- 5**
- 10:15 ■ Daily Chronicle News
 - 10:30 ■ Strength Training
 - 11:15 ■ WOF
 - 1:30 ■ Horseracing
 - 2:30 ■ Horseracing Cont'd
 - 3:15 ■ Braun & Brain Exercise
 - 7:00 ■ WOF/Jeopardy

- 6**
- 10:15 ■ Am visits/Daily Chronicle News
 - 10:30 ■ Strength Training
 - 11:15 ■ Rhyme Time Link Winks
 - 1:30 ■ Famous Quotes
 - 2:15 ■ Hearth and Home Reminisce
 - 3:15 ■ Braun & Brain Exercise
 - 4:00 ■ Thinklers
 - 6:00 ■ History in time
 - 7:00 ■ WOF/Jeopardy

- 7**
- 10:15 ■ Daily Chronicle News
 - 10:30 ■ Strength Training
 - 11:00 ■ JumboWordFind
 - 1:30 ■ A Cup of Comfort
 - 2:30 ■ Big Pin Bowling
 - 3:00 ■ Name That Tune Sing A Long
 - 3:15 ■ Braun & Brain Exercise
 - 4:00 ■ Famous Pairs
 - 6:00 ■ US Landmarks & Wonders

- 1**
- 10:15 Am visits/Daily Chronicle News
 - 10:30 ■ Strength Training
 - 11:00 ■ Ladder Toss
 - 11:00 ■ FamousInventors
 - 1:30 ■ Shuffle Putt Golf
 - 3:15 ■ Rhyme Time
 - 3:15 ■ Braun & Brain Exercise
 - 6:00 ■ Word Teasers
 - 7:00 ■ WOF/Jeopardy

- 2**
- 10:15 Daily Chronicle News
 - 11:00 ■ Thinklers
 - 1:30 ■ You List It!
 - 2:30 ■ Art w/ Jodi
 - 3:15 ■ US States & Caps
 - 3:15 ■ Braun & Brain Exercise
 - 6:00 ■ Detective Scavenger Hunt
 - 7:00 ■ WOF/Jeopardy

- 3**
- 10:15 Daily Chronicle News
 - 11:15 ■ Word Game Craze
 - 1:30 ■ Pencil Table Bingo
 - 2:15 ■ Short Story Writing
 - 3:15 ■ Move & Groove
 - 3:15 ■ Noodle B Vball
 - 3:15 ■ Braun & Brain Exercise
 - 6:00 ■ Opposites Attract
 - 7:00 ■ WOF/Jeopardy

- 11**
- 9:00 ■ Televised Mass
 - 10:15 ■ Daily Chronicle News
 - 10:30 ■ Strength Training
 - 11:15 ■ US Trivia
 - 1:30 ■ Horseshoes
 - 2:30 ■ What was your Occupation?
 - 3:15 ■ Braun & Brain Exercise
 - 6:00 ■ Sunday Night card games-
 - 6:00 ■ Sunday Card games
 - 7:00 ■ Sunday Night Football

- 12**
- 10:15 ■ Daily Chronicle News
 - 10:30 ■ Strength Training
 - 11:15 ■ WOF
 - 1:30 ■ Horseracing
 - 2:30 ■ Horseracing Cont'd
 - 3:15 ■ Braun & Brain Exercise
 - 7:00 ■ WOF/Jeopardy

- 13**
- 10:15 ■ Am visits/Daily Chronicle News
 - 10:30 ■ Strength Training
 - 11:15 ■ Rhyme Time Link Winks
 - 1:30 ■ Famous Quotes
 - 2:15 ■ Hearth and Home Reminisce
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 - 7:00 ■ WOF/Jeopardy

- 14**
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 - 11:00 ■ JumboWordFind
 - 1:30 ■ A Cup of Comfort
 - 2:30 ■ Big Pin Bowling
 - 3:00 ■ Name That Tune Sing A Long
 - 3:15 ■ Braun & Brain Exercise
 - 4:00 ■ Famous Pairs
 - 6:00 ■ US Landmarks & Wonders

- 15**
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 - 10:30 ■ Strength Training
 - 11:00 ■ Ladder Toss
 - 11:00 ■ FamousInventors
 - 1:30 ■ Shuffle Putt Golf
 - 3:15 ■ Rhyme Time
 - 3:15 ■ Braun & Brain Exercise
 - 6:00 ■ Short Stories
 - 7:00 ■ WOF/Jeopardy

- 16**
- 10:15 Daily Chronicle News
 - 11:00 ■ Thinklers
 - 1:30 ■ You List It!
 - 2:30 ■ Art w/ Jodi
 - 3:15 ■ US States & Caps
 - 3:15 ■ Braun & Brain Exercise
 - 6:00 ■ Detective Scavenger Hunt
 - 7:00 ■ WOF/Jeopardy

- 17**
- 10:15 Daily Chronicle News
 - 11:00 ■ Target /Ladder Toss
 - 11:15 ■ Word Game Craze
 - 1:30 ■ Pencil Table Bingo
 - 2:15 ■ Short Story Writing
 - 3:15 ■ Noodle B Vball
 - 3:15 ■ Braun & Brain Exercise
 - 6:00 ■ Opposites Attract
 - 7:00 ■ WOF/Jeopardy

- 18**
- 9:00 ■ Televised Mass
 - 10:15 ■ Daily Chronicle News
 - 10:30 ■ Strength Training
 - 11:15 ■ US Trivia
 - 1:30 ■ Horseshoes
 - 2:30 ■ What was your Occupation?
 - 3:15 ■ Braun & Brain Exercise
 - 6:00 ■ Sunday Card games
 - 7:00 ■ Sunday Night Football

- 19**
- 10:15 ■ Daily Chronicle News
 - 10:30 ■ Strength Training
 - 11:15 ■ WOF
 - 1:30 ■ Horseracing
 - 2:30 ■ Horseracing Cont'd
 - 3:15 ■ Braun & Brain Exercise
 - 7:00 ■ WOF/Jeopardy

- 20**
- 10:15 ■ Am visits/Daily Chronicle News
 - 10:30 ■ Strength Training
 - 11:15 ■ Rhyme Time Link Winks
 - 1:30 ■ Famous Quotes
 - 2:15 ■ Hearth and Home Reminisce
 - 3:15 ■ Braun & Brain Exercise
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- 21**
- 10:15 ■ Daily Chronicle News
 - 10:30 ■ Strength Training
 - 11:00 ■ JumboWordFind
 - 1:30 ■ A Cup of Comfort
 - 2:30 ■ Big Pin Bowling
 - 3:00 ■ Name That Tune Sing A Long
 - 3:15 ■ Braun & Brain Exercise
 - 4:00 ■ Famous Pairs
 - 6:00 ■ US Landmarks & Wonders

- 22**
- 10:15 Am visits/Daily Chronicle News
 - 10:30 ■ Strength Training
 - 11:00 ■ Ladder Toss
 - 11:00 ■ FamousInventors
 - 1:30 ■ Shuffle Putt Golf
 - 3:15 ■ Rhyme Time
 - 3:15 ■ Braun & Brain Exercise
 - 6:00 ■ Short Stories
 - 7:00 ■ WOF/Jeopardy

- 23**
- 10:15 Daily Chronicle News
 - 11:00 ■ Thinklers
 - 1:30 ■ You List It!
 - 2:30 ■ Art w/ Jodi
 - 3:15 ■ US States & Caps
 - 3:15 ■ Braun & Brain Exercise
 - 6:00 ■ Detective Scavenger Hunt
 - 7:00 ■ WOF/Jeopardy

- 24**
- 10:15 Daily Chronicle News
 - 11:15 ■ Word Game Craze
 - 1:30 ■ Pencil Table Bingo
 - 2:15 ■ Short Story Writing
 - 3:15 ■ Noodle B Vball
 - 3:15 ■ Braun & Brain Exercise
 - 6:00 ■ Opposites Attract
 - 7:00 ■ WOF/Jeopardy

- 25**
- 9:00 ■ Televised Mass
 - 10:15 ■ Daily Chronicle News
 - 10:30 ■ Strength Training
 - 11:15 ■ US Trivia
 - 1:30 ■ Horseshoes
 - 2:30 ■ What was your Occupation?
 - 3:15 ■ Braun & Brain Exercise
 - 6:00 ■ Sunday Card games
 - 7:00 ■ Sunday Night Football

- 26**
- 10:15 ■ Daily Chronicle News
 - 10:30 ■ Strength Training
 - 11:15 ■ WOF
 - 1:30 ■ Horseracing
 - 2:30 ■ Horseracing Cont'd
 - 3:15 ■ Braun & Brain Exercise
 - 7:00 ■ WOF/Jeopardy

- 27**
- 10:15 ■ Am visits/Daily Chronicle News
 - 10:30 ■ Strength Training
 - 11:15 ■ Rhyme Time Link Winks
 - 1:30 ■ Famous Quotes
 - 2:15 ■ Hearth and Home Reminisce
 - 3:15 ■ Braun & Brain Exercise
 - 4:00 ■ Thinklers
 - 6:00 ■ History in time
 - 7:00 ■ WOF/Jeopardy

- 28**
- 10:15 ■ Daily Chronicle News
 - 10:30 ■ Strength Training
 - 11:00 ■ JumboWordFind
 - 1:30 ■ A Cup of Comfort
 - 2:30 ■ Big Pin Bowling
 - 2:30 ■ Song & Psalm- Oceanstate Non Denom
 - 3:00 ■ Name That Tune Sing A Long
 - 3:15 ■ Braun & Brain Exercise

- 29**
- 10:15 Am visits/Daily Chronicle News
 - 10:30 ■ Strength Training
 - 11:00 ■ Ladder Toss
 - 11:00 ■ FamousInventors
 - 1:30 ■ Shuffle Putt Golf
 - 3:15 ■ Rhyme Time
 - 3:15 ■ Braun & Brain Exercise
 - 6:00 ■ Short Stories
 - 7:00 ■ WOF/Jeopardy

- 30**
- 10:15 Daily Chronicle News
 - 11:00 ■ Thinklers
 - 1:30 ■ You List It!
 - 2:30 ■ Art w/ Jodi
 - 3:15 ■ US States & Caps
 - 3:15 ■ Braun & Brain Exercise
 - 6:00 ■ Detective Scavenger Hunt
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- 31**
- 10:15 Daily Chronicle News
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Lighthouse Parade!!!!

Support
The RI Alz Assoc.
Oct. 4 Sunday
2:00pm-3:30pm
Donate to an
incredible cause!!!
Decorate your Car &
participate
in a Parade.
Our LH Residents
will vote
“ Best Dressed “
vehicle.
Choose a theme
or Decorate in
Purple!!
RSVP to participate

PROGRAM

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

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.