



## Check out our Zen Garden & Courtyard!

This past month, our Engagement Team and Maintenance Team collaborated on a garden make over! Brian, Paul, Leah, Sue and Molly (but mostly Brian and Paul haha...) tackled our back courtyard and created a zen, summer wonderland, complete with a Buddha statue, zen stones, lotus flower lights, pagodas, wish lanterns and so much more! Head outside, relax & check it out! We'll be holding outdoor Tai Chi classes soon!

Our Garden Club has been working on our R5C garden for the summer! Thank you to our chair, Lillian & the rest of the garden club for making our grounds look fabulous!



Budda & Meditation Zen Stone Tower



Rock River Zen Garden

## June Birthdays!

HAPPY BIRTHDAY TO YOU!

Ulrike Sarcione 6/5

Dennis Mohan 6/8

Joan Bergeron 6/18

Adele Tarallo 6/30




# THE RESIDENCE at Five Corners

## 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 & 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. Life is meant to be an adventure, try something new!



New Zen Wish Lanterns!

### THE RESIDENCE AT FIVE CORNERS *Associates*

Gloria O'Brien

Senior Executive Director

Leah Lagor

Resident Engagement Director

Jessica Noiseux

Business Office Director

Nancy Fullerton

Senior Sales & Mrkt'ing Director

Sean Skelly

Culinary Director

Janice Troiano

Resident Care Director

Brian Wilson

Senior Maintenance Director

## Welcome, Janice!

Janice & her husband of nearly 25 years, reside in Plainville, with their 2 boys, ages 23 & 19, and also their 2 four legged boys, Diesel and Kolbi. Janice is very close with her mother, in fact, she makes her dinner every night and sees her every weekend. Janice has always loved nursing and has



Janice Troiano, Resident Care Director

been involved in the industry since the age of 15! She started as a bed maker, then became a nurses aid at age 16. She was a unit manager at a nearby nursing home and has also worked for a family owned VNA. She found herself missing management, which lead her to us! We are so pleased to have her as part of our team! Welcome, Janice!

Good Times. Good Friends. *Great Care!*



## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday



- 5**
- 10:00 ■ Mass on the TV
  - 11:00 ■ Chair Yoga & Meditation
  - 11:30 ■ Communion
  - 1:00 ■ Anagrams
  - 2:30 ■ Scrabble Sundays
  - 2:30 ■ Sunday Series
  - 3:00 ■ Golf Putting Challenge
  - 7:00 ■ Comedy Sundays

- 6**
- 10:00 ■ Seated Tai Chi Class
  - 10:30 ■ Massage & Meditation!
  - 11:30 ■ Music Appreciation
  - 1:00 ■ Monday Matinee
  - 1:00 ■ Kings in a Corner
  - 1:00 ■ Abstract Painting
  - 2:30 ■ Happy Hour & Conversation
  - 3:00 ■ BINGO!
  - 6:30 ■ Scrabble Night!
  - 7:00 ■ Monday Musicals

- 12**
- 10:00 ■ Mass on the TV
  - 11:00 ■ Gentle Chair Yoga Routine
  - 11:30 ■ Mindful Meditation
  - 1:00 ■ Anagrams
  - 2:30 ■ Scrabble Sundays
  - 2:30 ■ Sunday Series
  - 3:00 ■ Golf Putting Challenge
  - 7:00 ■ Comedy Sundays

- 13**
- 10:00 ■ Seated Tai Chi Class
  - 10:30 ■ Massage & Meditation!
  - 11:00 ■ Mass w Father Brad
  - 1:00 ■ Monday Matinee
  - 1:00 ■ Kings in a Corner
  - 2:30 ■ Happy Hour & Conversation
  - 3:00 ■ BINGO!
  - 6:30 ■ Scrabble Night!
  - 7:00 ■ Monday Musicals

- 19**
- 9:30 ■ Communion
  - 10:00 ■ Mass on the TV
  - 11:00 ■ Gentle Chair Yoga Routine
  - 11:30 ■ Mindful Meditation
  - 1:00 ■ Anagrams
  - 2:30 ■ Scrabble Sundays
  - 2:30 ■ Sunday Series
  - 3:00 ■ Golf Putting Challenge
  - 7:00 ■ Comedy Sundays

- 20** Lynne on the Violin!
- 10:00 ■ Seated Tai Chi Class
  - 10:30 ■ Massage & Meditation!
  - 11:30 ■ Music Appreciation
  - 1:00 ■ Monday Matinee
  - 1:00 ■ Kings in a Corner
  - 2:30 ■ Happy Hour & Conversation
  - 2:30 ■ Lynne on the Violin!
  - 6:30 ■ Scrabble Night!
  - 7:00 ■ Monday Musicals

- 26**
- 9:30 ■ Communion
  - 10:00 ■ Mass on the TV
  - 11:00 ■ Gentle Chair Yoga Routine
  - 11:30 ■ Mindful Meditation
  - 1:00 ■ Anagrams
  - 2:30 ■ Scrabble Sundays
  - 2:30 ■ Sunday Series
  - 3:00 ■ Golf Putting Challenge
  - 7:00 ■ Comedy Sundays

- 27**
- 10:00 ■ Seated Tai Chi Class
  - 10:30 ■ Massage & Meditation!
  - 11:30 ■ Music Appreciation
  - 1:00 ■ Monday Matinee
  - 1:00 ■ Kings in a Corner
  - 2:30 ■ Happy Hour & Conversation
  - 3:00 ■ BINGO!
  - 6:30 ■ Scrabble Night!
  - 7:00 ■ Monday Musicals

- 7** Golf Outing
- 10:00 ■ Barre Class & Cool Down
  - 11:00 ■ Massage & Meditation
  - 11:30 ■ Boar's Head Bistro
  - 1:00 ■ Travel Series
  - 1:30 ■ Bio report
  - 1:30 ■ Golf Outing
  - 2:30 ■ Happy Hour!
  - 3:30 ■ Open Art
  - 3:30 ■ Anagrams
  - 7:00 ■ Documentary Series

- 14** Stoneforge Outing
- 10:00 ■ Barre Class & Cool Down
  - 11:00 ■ Massage & Meditation
  - 11:30 ■ Boar's Head Bistro
  - 1:00 ■ Travel Series
  - 1:30 ■ Bio report
  - 1:30 ■ Golf Putting Challenge
  - 2:30 ■ Happy Hour!
  - 3:30 ■ Open Art
  - 4:00 ■ Stoneforge Dinner Outing
  - 7:00 ■ Documentary Series

- 21** La Familia Outing
- 10:00 ■ Barre Class & Cool Down
  - 11:00 ■ Massage & Meditation
  - 11:30 ■ Boar's Head Bistro
  - 1:00 ■ Travel Series
  - 1:30 ■ Bio report
  - 2:30 ■ Happy Hour!
  - 3:30 ■ Open Art
  - 3:30 ■ Anagrams
  - 4:00 ■ LA Familia Dinner
  - 7:00 ■ Documentary Series

- 28** Maguire's Dinner Outing
- 10:00 ■ Barre Class & Cool Down
  - 11:00 ■ Massage & Meditation
  - 11:30 ■ Boar's Head Bistro
  - 1:00 ■ Travel Series
  - 1:30 ■ Bio report
  - 2:30 ■ Happy Hour!
  - 3:30 ■ Open Art
  - 4:00 ■ Maguire's Dinner Outing
  - 7:00 ■ Documentary Series

- 1** John Ahl Performance
- 10:00 ■ Chair Yoga
  - 10:30 ■ Massage & Meditation!
  - 11:00 ■ Discovery Series w/ Sara
  - 11:00 ■ Left, Right, Center
  - 1:00 ■ Nail Spa & Hand Massages
  - 2:00 ■ John Ahl Performance
  - 3:00 ■ BINGO!
  - 3:30 ■ Docu-Series
  - 4:00 ■ Engagement Check Ins
  - 7:00 ■ Family Film Night

- 8** Justina Performance
- 10:00 ■ Chair Yoga
  - 10:30 ■ Massage & Meditation!
  - 11:00 ■ Left, Right, Center
  - 1:00 ■ Nail Spa & Hand Massages
  - 2:00 ■ Kings in a Corner
  - 3:00 ■ BINGO!
  - 3:30 ■ Docu-Series
  - 4:00 ■ Engagement Check Ins
  - 6:00 ■ Justina Performance
  - 7:00 ■ Family Film Night

- 15**
- 10:00 ■ Chair Yoga
  - 10:30 ■ Massage & Meditation!
  - 11:00 ■ Left, Right, Center
  - 1:00 ■ Nail Spa & Hand Massages
  - 2:00 ■ Kings in a Corner
  - 3:00 ■ BINGO!
  - 3:30 ■ Docu-Series
  - 4:00 ■ Engagement Check Ins
  - 7:00 ■ Family Film Night

- 22**
- 10:00 ■ Chair Yoga
  - 10:30 ■ Massage & Meditation!
  - 11:00 ■ Left, Right, Center
  - 1:00 ■ Nail Spa & Hand Massages
  - 2:00 ■ Kings in a Corner
  - 3:00 ■ BINGO!
  - 3:30 ■ Docu-Series
  - 4:00 ■ Engagement Check Ins
  - 7:00 ■ Family Film Night

- 29**
- 10:00 ■ Chair Yoga
  - 10:30 ■ Massage & Meditation!
  - 11:00 ■ Left, Right, Center
  - 1:00 ■ Nail Spa & Hand Massages
  - 2:00 ■ Kings in a Corner
  - 3:00 ■ BINGO!
  - 3:30 ■ Docu-Series
  - 4:00 ■ Engagement Check Ins
  - 7:00 ■ Family Film Night

- 2**
- 10:00 ■ Seated Tai Chi Class
  - 10:30 ■ Massage & Meditation!
  - 11:00 ■ Falls and Balances
  - 11:30 ■ Boar's Head Bistro
  - 1:00 ■ Nail Spa & Hand Massages
  - 2:30 ■ Snack Shack
  - 3:00 ■ Barre Exercise Class
  - 3:45 ■ Barre Cool Down!
  - 7:00 ■ History & Discovery

- 9**
- 10:00 ■ Seated Tai Chi Class
  - 10:30 ■ Massage & Meditation!
  - 11:00 ■ Falls and Balances
  - 11:30 ■ Boar's Head Bistro
  - 1:00 ■ Nail Spa & Hand Massages
  - 2:30 ■ Snack Shack
  - 3:00 ■ Barre Exercise Class
  - 3:45 ■ Barre Cool Down!
  - 7:00 ■ History & Discovery

- 16** Burgers & Brew!
- 10:00 ■ Seated Tai Chi Class
  - 10:30 ■ Massage & Meditation!
  - 11:00 ■ Falls and Balances
  - 12:00 ■ Burgers & Brew Dad's Day!
  - 1:00 ■ Nail Spa & Hand Massages
  - 2:30 ■ Snack Shack
  - 3:00 ■ Barre Exercise Class
  - 3:45 ■ Barre Cool Down!
  - 7:00 ■ History & Discovery

- 23**
- 10:00 ■ Seated Tai Chi Class
  - 10:30 ■ Massage & Meditation!
  - 11:00 ■ Falls and Balances
  - 11:30 ■ Boar's Head Bistro
  - 1:00 ■ Nail Spa & Hand Massages
  - 2:30 ■ Snack Shack
  - 3:00 ■ Barre Exercise Class
  - 3:45 ■ Barre Cool Down!
  - 7:00 ■ History & Discovery

- 30** Summer Kickoff Party!
- 10:00 ■ Seated Tai Chi Class
  - 10:30 ■ Massage & Meditation!
  - 11:00 ■ Falls and Balances
  - 11:30 ■ Boar's Head Bistro
  - 1:00 ■ Nail Spa & Hand Massages
  - 2:30 ■ Summer Kick Off Party!
  - 3:00 ■ Barre Exercise Class
  - 3:45 ■ Barre Cool Down!
  - 7:00 ■ History & Discovery

- 3**
- 10:00 ■ Garden Club w Paul
  - 10:00 ■ Strength Training and M&M
  - 11:00 ■ Bio Report:
  - 11:00 ■ Friday Errand Run
  - 1:00 ■ LRC with Sue
  - 2:00 ■ Friday Matinee
  - 2:30 ■ Happy Hour & Brain Games
  - 6:30 ■ Community Card Night
  - 7:00 ■ Friday Night Classic

- 10**
- 10:00 ■ Garden Club w Paul
  - 10:00 ■ Strength Training and M&M
  - 11:00 ■ Bio Report:
  - 11:00 ■ Friday Errand Run
  - 1:00 ■ LRC with Sue
  - 2:00 ■ Friday Matinee
  - 2:30 ■ June Birthday Happy Hour
  - 6:30 ■ Community Card Night
  - 7:00 ■ Friday Night Classic

- 17**
- 10:00 ■ Garden Club w Paul
  - 10:00 ■ Strength Training and M&M
  - 11:00 ■ Bio Report:
  - 11:00 ■ Friday Errand Run
  - 11:00 ■ Rosary
  - 1:00 ■ LRC with Sue
  - 2:00 ■ Friday Matinee
  - 2:30 ■ Happy Hour & Brain Games
  - 6:30 ■ Community Card Night
  - 7:00 ■ Friday Night Classic

- 24**
- 10:00 ■ Garden Club w Paul
  - 10:00 ■ Strength Training and M&M
  - 11:00 ■ Bio Report:
  - 11:00 ■ Friday Errand Run
  - 1:00 ■ LRC with Sue
  - 2:00 ■ Friday Matinee
  - 2:30 ■ Happy Hour & Brain Games
  - 6:30 ■ Community Card Night
  - 7:00 ■ Friday Night Classic

- 4** Tea Party!
- 10:00 ■ Cardio with Sue
  - 10:30 ■ Massage & Meditation!
  - 11:15 ■ Saturday Sing-a-longs
  - 1:00 ■ Afternoon Tea Party
  - 2:00 ■ History in Motion
  - 3:00 ■ Interesting Inventions
  - 3:00 ■ Cards/Board Game Battles
  - 7:00 ■ Hollywood Blockbusters

- 11**
- 10:00 ■ Cardio with Sue
  - 10:30 ■ Massage & Meditation!
  - 11:15 ■ Saturday Sing-a-longs
  - 1:00 ■ Cards/Board Game Battles
  - 2:00 ■ Kahlua, Coffee & Convo!
  - 2:00 ■ History in Motion
  - 3:00 ■ Interesting Inventions
  - 3:00 ■ BINGO!
  - 7:00 ■ Hollywood Blockbusters

- 18**
- 10:00 ■ Cardio with Sue
  - 10:30 ■ Massage & Meditation!
  - 11:15 ■ Saturday Sing-a-longs
  - 1:00 ■ Cards/Board Game Battles
  - 2:00 ■ Kahlua, Coffee & Convo!
  - 2:00 ■ History in Motion
  - 3:00 ■ Interesting Inventions
  - 3:00 ■ BINGO!
  - 7:00 ■ Hollywood Blockbusters

- 25**
- 10:00 ■ Cardio with Sue
  - 10:30 ■ Massage & Meditation!
  - 11:15 ■ Saturday Sing-a-longs
  - 1:00 ■ Cards/Board Game Battles
  - 2:00 ■ Kahlua, Coffee & Convo!
  - 2:00 ■ History in Motion
  - 3:00 ■ Interesting Inventions
  - 3:00 ■ BINGO!
  - 7:00 ■ Hollywood Blockbusters



## Ongoing Events

### Van Availability Tuesdays & Fridays

### Essential Medical Visits & Errand Runs.

Please sign up  
with Reception.  
Outings as well  
when applicable.

### Boars Head Bistro Tuesdays & Thursdays

Build your own  
sandwich or  
salad! All come  
with chips & a  
water or soda.

## PROGRAM

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