

## Monthly Support Group

Do you know someone who is living with dementia or other memory impairments?

Join us to connect with others in a safe, supportive, and engaging environment. This support group will take place on the third Thursday each month from 5:30pm-7:00pm at The Lighthouse. Please RSVP at least one day prior to event. Refreshments will be served. Hope to see you there!



## Lunch and Learn



Join us for an educational luncheon on May 29th from 12pm-1pm at The Lighthouse to learn how to diminish anxious moments. Anxiety, panic attacks and anxious moments are a few of the symptoms a person with dementia may have, especially in the beginning of their journey. Let us know if your loved one will be joining you so we can set up a separate lunch and engagement in our neighborhood. RSVP by May 26th.

## May Birthday's To Celebrate

- Kate C. 5/3
- Maryllane A. 5/8
- Beverly I. 5/12
- Linda C. 5/24

Wishing you all a very special Birthday!



## May Happenings



When it comes to months, May might be the closest we get to paradise here on earth. The days lengthen, sunny days generally outshine the cloudy ones, and we can finally put the windshield scrapers away.

That doesn't mean May won't open the old icebox once in a while. Farmers and gardeners alike keep a wary watch out for dreaded frosts.

Of course, this year, April might have already damaged the fruit tree crops with her one-two punches of snow and hard freezes.

May has other things on her mind besides weather issues. May 1st is May Day, raucously celebrated around the world for various reasons that date back ages. Dancing around the Maypole is just one tradition that continues today. In some countries, May Day continues as a time to celebrate the rights of workers.

Then we get to celebrate Cinco De Mayo, or the fifth of May, a holiday that celebrates the date of the Mexican army's May 5, 1862 victory over France at the Battle of Puebla during the Franco-Mexican War. We will celebrate by learning Mexican culture, heritage, foods and drinks!

Next, we celebrate Mother's Day. A day to celebrate and honor mothers and motherhood, recognizing their invaluable contributions to families and society. It's a time to express gratitude for their love, care, and dedication. The holiday has roots in ancient traditions and evolved into modern-day celebration we know, with American version established by Anna Jarvis in 1908.

By month's end, Memorial Day in the United States is a time to pause and remember those who have gone before us. An extended weekend instantly turns spring into summer.



### THE LIGHTHOUSE AT LINCOLN

Lynn Dombroski  
*Executive Director*

Escolastica Fernandes  
*Business Office Director*

Chloe Mete  
*Sales and Marketing Director*

Diane Racine  
*Resident Care Director*

Hannah Valentim  
*Reflections Director*

Jeff Muthersbaugh  
*Restaurant Operations Director*

Brian Rocha  
*Maintenance Director*

## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

## Maple & Oak

### May

May is the month  
Of sunshine and  
flowers

Birds in their nests,  
And one or two  
showers.

Games to play and  
Kites to fly  
Or just looking at the  
sky.

We could spend a  
year this way  
If the year were  
made of May.

Our engagement  
program is built upon  
both our residents'  
interests and our Five  
Principles for Vitality.

By providing quality  
and choice, we hope to  
encourage socialization  
and well-being for mind,  
body, and spirit.

Continued Learning  
Arts & Culture  
Physical Fitness  
Community Connections  
Wellness & Self-Care



### 4

- 10:15 Cardio Circuit
- 10:45 Star Wars Trivia
- 11:00 Spiritual Services
- 1:30 Rhythmic Ribbon Fitness
- 2:00 Pet Therapy w/ Rosie
- 2:30 Floral Workshop
- 3:00 Sundae Creations
- 3:30 Fashion Through Ages
- 6:00 Reflective Moments

### 5

Cinco De Mayo!

- 10:15 Upper Body Flex
- 10:45 History of Cinco De Mayo
- 11:00 Aromatherapy Session
- 12:00 Maple Lunch Gathering
- 1:30 Barre & Balance Class
- 2:30 Floral Arrangements
- 3:00 Cinco De Mayo Social
- 3:30 Art Skills: Color Therapy
- 6:00 Nail Spa

### 6

- 10:15 Bone Builders
- 10:45 Book Club
- 11:00 Knitting For Charity
- 1:30 Excursion- Dunkin Donuts
- 2:30 Pianist: Joanie Sherlock
- 3:30 Tai Chi for Arthritis
- 4:00 Watercolor Basics
- 6:00 Diaphragmatic Breathing

### 7

- 10:15 Theraband Stretch
- 11:00 Resident Council
- 12:00 Cooking Demo w/ Chef Jeff
- 1:30 Cardio Drumming
- 2:00 Jewelry Design Workshop
- 2:30 Wheel Of Fortune
- 3:30 Lighthouse Choir
- 4:00 Hand Massages
- 6:00 Nostalgia America

### 1

May Day!

- 10:15 Mindful Movements
- 11:00 Anagrams
- 1:30 Tai Chi for Arthritis
- 2:00 Sound Bowl Meditation
- 2:15 Scenic Journey: Warwick
- 2:30 Volleyball Toss
- 3:30 Baking Club: Cookies
- 4:00 Nature's Poetry
- 6:00 Positive Affirmations

### 2

- 10:15 Theraband Stretch
- 11:00 Word Extraction
- 12:00 Oak Lunch Gathering
- 1:30 Barre & Balance Class
- 2:30 Aqua Brushstrokes
- 3:00 Signature Cocktail Hour
- 3:30 Garden Keepers
- 4:00 Virtual Art Museum
- 6:00 Hand Massage

### 3

Happy B-Day Kate C!

- 10:15 Yoga Flow
- 10:45 Kentucky Derby History
- 11:00 Pet Therapy w/ Rosie
- 1:30 Balance & Flex
- 2:00 Harpist: Laura Cole
- 3:00 High Tea
- 3:30 Tracing Workshop
- 4:00 Classic Films
- 6:00 Evening Devotionals

### 11

Mother's Day!

- 10:15 Yoga Flow
- 10:45 History of Mother's Day
- 11:00 Spiritual Services
- 1:30 Lengthen & Strengthen
- 2:00 Mother's Day Social
- 2:30 Sundae Creations
- 3:00 Nature's Poetry
- 3:30 Big Pin Bowling League
- 6:00 Hymn Sing

### 12

Happy B-Day Beverly I!

- 10:15 Bone Builders
- 10:45 Knowledge Bout Trivia
- 11:00 Classic Films
- 12:30 Happy B-Day Beverly I!
- 1:30 Barre & Balance Class
- 2:30 Vocalist: Bud Pistacchio
- 3:30 Floral Arrangements
- 4:00 Connect 4
- 6:00 Nail Spa

### 13

- 10:15 Improved Fitness Class
- 11:00 Armchair Travel: Italy
- 11:30 Excursion- Iggys
- 1:30 Tai Chi for Arthritis
- 2:30 Making Personal Pizzas
- 3:30 Woodworking Workshop
- 4:00 Country Karaoke
- 6:00 Guided Meditation

### 14

- 10:15 Cardio Circuit
- 10:45 Word Extraction
- 11:00 Famous Statues
- 12:00 Cooking Demo w/ Chef Jeff
- 1:30 Cardio Drumming
- 2:30 Musical Bingo
- 3:30 Lighthouse Choir
- 4:00 Tim Flatch- Birds
- 6:00 Sounds of Nature

### 15

- 10:15 Zumba
- 10:45 Music Knowledge
- 11:00 Fashion Through Ages
- 1:30 Tai Chi for Arthritis
- 2:00 Sound Bowl Meditation
- 2:15 Scenic Journey: Lincoln
- 2:30 Color Therapy
- 3:30 Volleyball Toss
- 6:00 Happy Babies

### 16

- 10:15 Upper Body Flex
- 10:45 Identify This Bird
- 12:00 Oak Lunch Gathering
- 1:30 Barre & Balance Class
- 2:00 Watercolor Basics
- 3:00 Making Rootbeer Floats
- 3:30 Bocce Challenge
- 4:00 Garden Keepers
- 6:00 Hand Massage

### 17

- 10:15 Theraband Stretch
- 11:00 Geography Quiz
- 1:30 Balance & Flex
- 2:00 Practice Your Putt
- 2:30 Chorus Practice
- 3:00 Pet Therapy w/ Rosie
- 3:30 Open Art Studio
- 6:00 Evening Devotionals

### 18

- 10:15 Lower Body Flex
- 10:45 Anagrams
- 11:00 Spiritual Services
- 1:30 Rhythmic Ribbon Fitness
- 2:00 Pet Therapy w/ Rosie
- 2:30 Target Toss
- 3:00 Sundae Creations
- 3:30 Pressing Flowers
- 6:00 Words of Wisdom

### 19

- 10:15 Mindful Movements
- 10:45 Name 10
- 11:00 Nature's Poetry
- 12:00 Maple Lunch Gathering
- 1:30 Barre & Balance Class
- 2:30 Aqua Brushstrokes
- 3:30 Vocals: Luke Jackson
- 4:00 Aromatherapy Session
- 6:00 Nail Spa

### 20

- 10:15 Weighted Workout
- 10:45 Floral Identification
- 11:00 Floral Design Workshop
- 1:30 Excursion- Dels
- 2:00 Tai Chi for Arthritis
- 2:30 Fashion Through Ages
- 3:00 Garden Keepers
- 3:30 Card Players Group
- 6:00 Diaphragmatic Breathing

### 21

- 10:15 Bone Builders
- 11:00 Community Showdown
- 12:00 Cooking Demo w/ Chef Jeff
- 1:30 Cardio Drumming
- 2:30 Big Pin Bowling League
- 3:30 Lighthouse Choir
- 4:00 Hand Massages
- 6:00 Reflective Moments

### 22

- 10:15 Improved Fitness Class
- 10:45 Choice Dilemmas
- 11:00 How It's Made:Cakes
- 1:30 Scenic Journey: Woonsocket
- 2:00 Farm Animal Visits
- 3:00 Literature-Short Stories
- 3:30 Tai Chi for Arthritis
- 4:00 Spa Session - Manicures
- 6:00 Aromatherapy

### 23

- 10:15 Yoga Flow
- 10:45 Word Search Challenge
- 11:00 Fashion Through Ages
- 1:30 Barre & Balance Class
- 2:30 Vocal Fusion-Karaoke
- 3:00 Signature Cocktail Hour
- 3:30 Stamping Workshop
- 6:00 Hand Massage

### 24

Happy B-Day Linda C!

- 10:15 Cardio Circuit
- 11:00 Armchair Travel: Italy
- 12:00 Happy B-Day Linda C!
- 1:30 Full Body Stretch
- 2:00 Greeting Card Workshop
- 3:00 Nail Spa
- 3:30 Cornhole Tournament
- 4:00 Classic Films
- 6:00 Journey Of Parenthood

### 25

- 10:15 Theraband Stretch
- 10:45 Word Extraction
- 11:00 Spiritual Services
- 1:30 Lengthen & Strengthen
- 2:30 Spa Session - Manicures
- 3:00 Sundae Creations
- 3:30 Draw To Music
- 6:00 Reminisce & Memories

### 26

Memorial Day!

- 10:15 Weighted Workout
- 10:45 History of Memorial Day
- 11:00 Floral Arrangements
- 1:30 Barre & Balance Class
- 2:30 Beat It Challenge
- 3:30 Vocals: Luke Jackson
- 4:00 Jewelry Workshop
- 6:00 Nail Spa

### 27

- 10:15 Lower Body Flex
- 10:45 Name 10
- 11:00 Nature's Poetry
- 1:30 Excursion- Lincoln Creamery
- 2:00 Tai Chi for Arthritis
- 2:30 Lighthouse Choir
- 3:30 Folding & Sorting
- 6:00 Philosophy Through Humor

### 28

- 10:15 Mindful Movements
- 10:45 Book Club
- 12:00 Cooking Demo w/ Chef Jeff
- 1:30 Cardio Drumming
- 2:30 Duets: Frank & John
- 3:30 Brushstrokes- Pastels
- 4:00 Casino Games
- 6:00 Homemakers Club

### 29

- 10:15 Yoga Flow
- 10:45 Knowledge Bout Trivia
- 11:00 Aqua Brushstrokes
- 1:30 Tai Chi for Arthritis
- 2:00 Sound Bowl Meditation
- 2:15 Scenic Journey
- 2:30 Bocce Ball
- 3:30 Scrapbooking Workshop
- 6:00 Positive Affirmations

### 30

- 10:15 Cardio Circuit
- 10:45 Anagrams
- 11:00 Fashion Through Ages
- 12:00 Oak Lunch Gathering
- 1:30 Barre & Balance Class
- 2:30 Baking Club: Cupcakes
- 3:00 Signature Cocktail Hour
- 3:30 Garden Keepers
- 6:00 Hand Massage

### 31

- 10:15 Upper Body Flex
- 11:00 Wheel Of Fortune
- 1:30 Balance & Flex
- 2:00 Yarn Art Designs
- 3:00 Pet Therapy w/ Rosie
- 3:30 Ladies Coffee Social
- 4:00 Classic Films
- 6:00 Evening Devotionals