Monthly Support Group

If you are caring for a loved one with Alzheimer's or other dementia, join us at our monthly support group on February 19th from 5:30pm-7pm at The Lighthouse. Connect and share stories with people who understand the challenges you face, in a safe, supportive and engaging environment. Educational presentations may also be provided and participants can help choose the discussion topics.

Complimentary Lunch & Learn

Love, Sex, and Intimacy: Join us for a complimentary lunch and an engaging discussion on challenges that can be faced around intimacy and love with individuals with memory loss. Please let us know if your loved one will be joining you. We'll be happy to make special arrangements for them to enjoy lunch while you relax and take part in the discussion. RSVP by Monday, February 23 to Hannah Valentim.

February Birthday's To Celebrate

James Lacerte 2/2

Gail Fisher 2/8

Deborah Bottomley 2/11

Patricia Angell 2/13

Alisa Garcia 2/17

Wishing you all a very special Birthday and healthy year ahead!

LCB SENIOR LIVING

THE LIGHTHOUSE at Lincoln

THE LIGHTHOUSE AT LINCOLN

Lynn Dombroski
Executive Director

Escolastica Fernandes
Business Office Director

Chloe Mete
Sales & Marketing Director

Diane Racine
Resident Care Director

Hannah Valentim
Reflections Director

Jeff Muthersbaugh
Restaurant Operations Director

Brian Rocha
Maintenance Director

February Happenings

Happy February! With this being the shortest month of the year, we still have so much to celebrate and acknowledge. Groundhog Day starts the month with the hope that Spring is right around the corner. Lets see if Punxsutawney Phil will see his shadow.

One of the biggest events coming this month is the 2026 Winter Olympics. The Milano Cortina 2026 Games will be held in Milan and Cortina d'Ampezzo, Italy, from February 6–22, 2026, with events spread across northern Italy. This marks the first Winter Games officially co-hosted by two cities, featuring events in Milan (ice sports) and Cortina (snow sports). This year they are introducing new sports like ski mountaineering.

We can forget about Valentines Day where we acknolwedge everyone we love. Did you know your roses may have traveled further than you for Valentine's Day. Because of this, millions of dollars worth of roses are grown around the globe and shipped to the U.S. for Valentine's Day. In 2021, the U.S. imported $730 million worth of roses, making up 42% of the country's total flower imports that year.

February is also American Heart Month. It's essential to keep your heart healthy. Some of the biggest factors that determine our heart health include poor diet, long work hours, chronic stress and lack of sleep or exercise. National Heart Month is an opportunity to educate yourself and others about the risk factors and warning signs of heart disease and take action to address it.

FEBRUARY 2026

THE LIGHTHOUSE at Lincoln

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **10:15** Body Pump **10:45** Tracing Workshop **11:15** Spiritual Services **1:30** Chorus Practice: 1960's **2:00** Big Pin Bowling League **2:30** Sundae Social **3:00** Audio Book Hour **3:30** Lengthen & Strengthen **4:00** Conversation Ball Toss **6:00** Reminisce & Memories	**2** Happy Birthday Jim L! **10:15** Strength & Stability **10:45** Natures Poetry **11:15** Reminisce & Memories **1:30** Canvas Art: Hearts **2:00** Table Games: Suspend **2:30** Life Story Legacy **3:00** History of Groundhog Day! **3:30** Barre & Balance Class **6:00** Music Listening Hour	**3** **10:15** Dance & Movements **10:45** Watercolor Basics **11:15** Positive Affirmations **1:30** Knitting 101 **2:00** Volleyball Toss **2:30** Excursion: Slater Park **3:00** Person Of Interest: Cher **3:30** Tai Chi for Arthritis **6:00** Nail Spa	**4** **10:15** Core Endurance **10:45** Expressive Composition **11:15** Stress Less Workshop **1:30** Taste & Culture w/ Tracy **2:00** Journey to Dunkin Donuts **2:30** Resident Council **3:00** Anagrams **3:30** Cardio Walk **6:00** Rejuvenating Facials	**5** **10:15** Bone Builders **10:45** Intro to Drawing **11:15** Rosary Prayer Group **1:30** Scratch Art Designs **2:15** Gentleman's Coffee Social **2:30** Pianist: Gary Landgren **3:00** Word Extraction **3:30** Tai Chi for Arthritis **6:00** Reminisce: Happy Babies	**6** **10:15** Thera-Bands **10:45** Brushstrokes **11:15** Reiki Session **12:00** Maple Lunch Gathering **1:30** Lighthouse Choir **2:30** Signature Cocktail Hour **3:00** History:Winter Olympics **3:30** Barre & Balance Class **4:00** Figure Skating **6:00** Hand Massage	**7** **10:15** Yoga Stretch **10:45** Watercolor Basics **11:15** Pet Therapy w/ Rosie **1:30** Classic Film Discussion **2:00** Bingo Challenge **2:30** Ladies Tea Social **3:00** Travel & Discuss: Israel **3:30** Balance & Flex **6:00** Music Listening Hour
8 Happy Birthday Gail! **10:15** Upper Body Conditioning **10:45** Scratch Art Designs **11:15** Spiritual Services **1:30** Chorus Practice **2:00** Pet Therapy w/ Rosie **2:30** Superbowl Party **3:00** History of The Superbowl **3:30** Mindful Movements **6:00** Guided Meditation	**9** **10:15** Balance & Flex **10:45** Jewelry Workshop **11:15** Aromatherapy Session **12:00** Oak Lunch Gathering **1:30** Book of Fine Arts **2:30** Vocals: Bud Pistaccio **2:45** Herbal Tea Social **3:00** Presidential Knowledge **3:30** Barre & Balance Class **6:00** Nail Spa	**10** **10:15** Cardio Circuits **10:30** Services w/ Fr. Ray **10:45** Art Skills: Zen Doodles **11:15** Spiritual Hymns **1:30** Greeting Card Workshop **1:45** Excursion: State House **2:30** Good News Of Today **3:00** Game Night: UNO **3:30** Tai Chi for Arthritis **6:00** Diaphragmatic Breathing	**11** Happy B-day Debbie! **10:15** Beginner Aerobics **10:45** Lighthouse Choir **11:15** Hand Massages **12:00** Cooking Demo w/ Chef Jeff **1:30** Baking Club: Cookies **2:30** Journey to Dunkin Donuts **3:00** Wheel of Fortune **3:30** Cardio Walk **6:00** Philosophy Through Humor	**12** **10:15** Full Body Stretch **10:45** Literature:Short Stories **11:15** Sound Bowl Meditation **1:30** Scrapbooking Workshop **2:30** Duets: Frank & John **2:45** Gentleman's Coffee Social **3:00** Word Search Challenge **3:30** Tai Chi for Arthritis **6:00** Spa Session - Manicures	**13** Happy Birthday Pat! **10:15** Strength Training **10:45** Art Skills-Aqua Painting **11:15** Vocal Fusion-Beatles **1:30** Chef Demo: Chocolate Strawberries **2:00** Target Challenge **2:30** Journey to Woonsocket **3:30** Barre & Balance Class **6:00** Hand Massage	**14** Valentine's Day! **10:15** Lower Body Conditioning **10:45** Culture: 1950s Fashion **11:15** Gratitude Journal **1:30** Art 101: Acrylics on Wood **2:00** Big Pin Bowling League **2:30** Valentine's Day Social **3:00** History of St. Valentine's **3:30** Full Body Stretch **6:00** Manicures
15 **10:15** Body Pump **10:45** Open Art Studio **11:15** Spiritual Services **1:30** Great Poets Of America **2:00** Volleyball Toss **2:30** Sundae Social **3:00** Knowledge Bout Challenge **3:30** Lengthen & Strengthen **6:00** Reminisce & Memories	**16** President's Day! **10:15** Tai Chi **10:45** Intro to Cake Decorating **11:15** Nail Spa **1:30** Gratitude Rock Art **2:30** Veteran's Group **3:00** Historic New England: Newport **3:30** Barre & Balance Class **6:00** Diaphragmatic Breathing	**17** Happy Birthday Alisa! **10:15** Body Pump **10:45** Floral Arrangements **11:15** Sound Bowl Meditation **1:30** Aqua Brushstrokes **2:00** Farm Animal Visits **2:30** Mardi Gras Soiree! **3:00** Docuseries: Mardi Gras **3:30** Tai Chi for Arthritis **6:00** Nail Spa	**18** Ash Wednesday! **10:15** Strength Training **10:45** Lighthouse Choir **11:15** Reminisce & Memories **1:00** Ashes w/ Fr. Ray **1:15** Journey to Dunkin Donuts **1:30** Expressive Composition **2:30** Musical Therapy: Tuned In **3:00** Arts & Culture: Vogue **3:30** Cardio Walk **6:00** Facials	**19** **10:15** Lower Body Conditioning **10:45** Intro to Candle Making **11:15** Rosary Prayer Group **1:30** Baking Club: Parfaits **1:45** Journey to Stump Pond **2:30** Gentleman's Coffee Social **3:00** National Parks: Yosemite **3:30** Tai Chi for Arthritis **6:00** Guided Meditation	**20** **10:15** Core Endurance **10:45** Virtual Museum Tour **11:15** Aromatherapy **12:00** Maple Lunch Gathering **1:30** Watercolor Basics **2:30** Rootbeer Float Social **3:00** Timeless Players: Blackjack **3:30** Barre & Balance Class **6:00** Rejuvenating Facials	**21** **10:15** Cardio Circuits **10:45** Intro To Knitting **11:15** Pet Therapy w/ Rosie **1:30** Tim Flatch Photography **2:00** Bingo Challenge **2:30** Ladies Tea Social **3:00** Audio Book Hour **3:30** Balance & Flex **6:00** Music Listening Hour
22 **10:15** Dance & Movements **10:45** Art Skills: Color Therapy **11:15** Spiritual Services **1:30** Chorus Practice **2:00** Pet Therapy w/ Rosie **2:30** Sundae Social **3:00** New Yorker Discussion **3:30** Mindful Movements **6:00** Guided Meditation	**23** **10:15** Bone Builders **10:45** Military Fashion Trends **11:15** Gratitude Journal **12:00** Oak Lunch Gathering **1:30** Jewelry Workshop **2:00** Big Pin Bowling League **2:30** Herbal Tea Tasting **3:00** Lecture to Learn: Flowers **3:30** Barre & Balance Class **6:00** Nail Spa	**24** **10:15** Yoga Stretch **10:30** Services w/ Fr. Ray **10:45** Yarn Art Designs **11:15** Music & Manicures **1:30** Floral Design Workshop **2:30** Todays Top Stories **3:00** Profiles: John Denver **3:30** Vocals: Luke Jackson **4:00** Tai Chi for Arthritis **6:00** Diaphragmatic Breathing	**25** **10:15** Thera-Bands **10:45** Lighthouse Choir **11:15** Essential Oil Education **12:00** Cooking Demo w/ Chef Jeff **1:30** Taste & Culture w/ Tracy **2:30** Journey to Dunkin Donuts **3:00** Choice Dilemmas **3:30** Cardio Walk **6:00** Philosophy Through Humor	**26** **10:15** Dance & Movement **10:45** Watercolor Basics: Flowers **11:15** Stress Less Workshop **1:30** Stamping Workshop **2:00** Cornhole Tournament **2:30** Gentleman's Coffee Social **3:00** Wheel of Fortune **3:30** Tai Chi for Arthritis **6:00** Spa Session - Manicures	**27** **10:15** Upper Body Conditioning **10:45** Art Skills: Zen Doodles **11:15** Vocal Fusion-Patriotic **11:45** Excursion: Chilis **1:30** Van Gough Art Gallery **2:00** Target Toss **2:30** Signature Cocktail Hour **3:00** Court Case Discussion **3:30** Barre & Balance Class **6:00** Hand Massage	**28** **10:15** Balance & Flex **10:45** Natures Poetry **11:15** Spa Session - Rejuvenate **1:30** Classic Film Discussion **2:00** Bingo Challenge **2:30** Ladies Tea Social **3:00** Word Extraction **3:30** Full Body Stretch **6:00** Manicures

Maple & Oak

2/5- Pianist: Gary

2/9- Vocals: Bud

2/12- Duets: Frank & John

2/17- Farm Animals

2/18- Musical Therapy

2/24- Vocals: Luke Jackson

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

Events are subject to change.