

Autumn Safety

Get the influenza vaccine: While the flu may not be as detrimental to the health of younger people, seniors are at risk from flu complications.

Reduce the risk of influenza: In addition to vaccination, it's best to take additional steps toward reducing the risk of the flu:

- Avoid contact with those who are sick.
- Wash hands with warm water and soap frequently throughout the day, or use alcohol-based hand sanitizer.
- Regularly disinfect surfaces that are likely to be contaminated
- Improve the immune system through regular exercise (with physician approval)

Keep Warm: it's imperative that seniors protect themselves from the cold. It's also important to dress in layers of loose-fitting clothing.

Flu Clinic: October 14th 10am-2pm Residents & Associates.

This Month In History

1492-Christopher Columbus made his first landfall in the Bahamas

1863-Abraham Lincoln proclaimed the last Thursday in November as Thanksgiving Day.

1881-Artist Pablo Picasso was born in Malaga, Spain

1884-Eleanor Roosevelt was born in New York City.

1908-Henry Ford's Model T car went on sale for the first time.

1941-Mount Rushmore National Memorial was completed

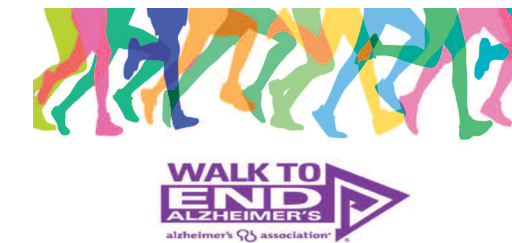
1945-The United Nations was founded

1955-Microsoft founder Bill Gates was born in Seattle, Washington

1967-Thurgood Marshall was sworn in as the first African American associate justice of the U.S. Supreme Court



Join Us October 3rd!



We are leading the way to Alzheimer's first survivor by participating in the Alzheimer's Association Walk to End Alzheimer's. Currently, more than 5 million Americans have Alzheimer's and that number is expected to grow to as many as 14 million by 2050. Our future is at risk unless we can find a way to

change the course of this disease. Together, we can end Alzheimer's disease. You can join our team by walking with us on Sunday, October 3rd at Roger Williams Park. We would also love if you could make a donation on the Walk to End Alzheimer's website under team **The Lighthouse at Lincoln** to help us meet our goal!

Roger Williams Park

F C Greene Memorial Blvd

Providence, RI 02910

Registration: 8:30am

Ceremony: 9:30am

Walk: 10:00am

Thank you for joining our fight against Alzheimer's!

Good Times. Good Friends. Great Care!

THE LIGHTHOUSE AT LINCOLN

Lynn Dombroski, BRDP

Executive Director

Carmela Falco

Business Office Director

Rebecca Gebhart

Sales & Marketing Director

Jodi DiRaimo, BRDP

Resident Reflections Director

David Zanni

Maintenance Director

Jeffry Muthersbaugh

Culinary Director

Kathi Carpentier, RN

Wellness Nurse

Joyce Tunstall, LPN

Wellness Nurse

Sara Adams, LPN

Wellness Nurse



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

31 OCTOBER

- 9:00 Televised Mass
- 10:30 Yoga
- 11:15 Trivia Challenge
- 1:30 Ladder Ball Toss
- 2:15 Sweet Treat Social
- 2:30 Reminiscence Discussion:
- 3:45 Dance Aerobics
- 6:00 Music Trivia- Name the Tune
- 6:30 Evening Card Games



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- 10:15 Spelling Bee
- 10:30 Tai Chi for Arthritis
- 11:15 Arts & Culture
- 1:30 Men's Club
- 2:30 Music with Bud Pistachio
- 4:00 Barre & Balance Class
- 6:00 Big Pin Bowling
- 7:00 Jeopardy

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- 10:15 Daily Chronicle News
- 10:30 Sit & Be Fit
- 11:15 Chorus Practice
- 1:30 Bingo
- 2:15 Creative Writing Group
- 3:15 Volleyball
- 4:30 Word Game Craze
- 6:00 Trivial Pursuit
- 7:00 Western Movie Night

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- 9:00 Televised Mass
- 10:15 On This Day
- 10:30 Strength Training
- 11:15 Trivia Challenge
- 1:30 Ladder Ball Toss
- 2:15 Sweet Treat Social
- 2:30 Reminiscence Discussion:
- 3:45 Afternoon Stretch
- 6:00 Music Trivia
- 6:30 Evening Card Games

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- 10:15 Good News of Today
- 10:30 Balance & Flex
- 11:15 Wheel of Fortune
- 1:30 Word Brain Game
- 2:30 Bullseye Target Toss
- 2:30 Music with Vini Ames
- 3:30 Classical Music Stretch
- 4:00 Positive Short Stories
- 6:00 Dresses & Fads of the Decades

5

- 10:15 Daily Chronicle News
- 10:30 Sit & Be Fit
- 11:15 Biography Discussion
- 1:30 Craft Creations
- 2:30 Coffee & Conversation
- 3:00 Tai Chi for Arthritis
- 3:30 Resident Council
- 4:00 Hearth and Home Reminiscence
- 6:00 Suspend Game
- 7:00 Wheel of Fortune

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- 10:15 Musical Moments
- 10:30 Strength Training
- 11:15 Crossword Puzzle Central
- 1:30 Golf Putters Club
- 1:30 Nail Spa
- 2:30 Barre & Balance Class
- 3:30 Musical Bingo
- 4:00 Finish the Lyrics
- 6:30 Evening Tea Time
- 7:00 Documentary Series

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- 10:15 Historical Newspaper
- 10:30 Sit & Be Fit
- 11:15 Travel Tour
- 1:30 Artistic Pursuits
- 2:30 Black Jack 21 Toss
- 3:15 Cardio Drumming Class
- 4:00 Two-Tip Trivia
- 6:00 The Nose Knows
- 7:00 Movie Night - Musicals

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- 10:15 Spelling Bee
- 10:30 Tai Chi for Arthritis
- 11:15 Arts & Culture
- 1:30 Men's Club
- 2:30 Music with Jay Slick
- 4:00 Live In Concert:
- 6:00 Big Pin Bowling
- 6:00 Barre & Balance Class
- 7:00 Jeopardy

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- 10:15 Daily Chronicle News
- 10:30 Dancercise
- 11:15 Word Game Craze
- 11:15 Chorus Practice
- 1:30 Bingo
- 2:15 Creative Writing Group
- 3:15 Volleyball
- 6:00 Trivial Pursuit
- 7:00 Western Movie Night

10

- 9:00 Televised Mass
- 10:30 Strength Training
- 11:15 Trivia Challenge
- 1:30 Ladder Ball Toss
- 2:15 Sweet Treat Social
- 2:30 Reminiscence Discussion:
- 3:45 Seated Pilates
- 6:00 Name the Tune
- 6:30 Evening Card Games

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Susan's Birthday

- 10:15 Good News of Today
- 10:30 Resistance Bands
- 11:15 Wheel of Fortune
- 1:30 Word Brain Game
- 2:30 Bullseye Target Toss
- 3:30 Afternoon Stretch
- 4:00 Positive Short Stories
- 6:00 Dresses & Fads of the Decades

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- 10:30 Sit & Be Fit
- 11:15 Famous Inventions
- 1:30 Fall Crafts
- 2:30 Coffee & Conversation
- 2:30 Music with Todd Hargraves
- 3:00 Tai Chi for Arthritis
- 3:30 Resident Council
- 4:00 Hearth and Home Reminiscence
- 6:00 Suspend Game
- 7:00 Wheel of Fortune

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- 10:15 Musical Moments
- 10:30 Upper Body Conditioning
- 11:15 Puzzle Central
- 1:30 Golf Putters Club
- 1:30 Make Overs
- 2:30 Barre & Balance Class
- 3:30 Musical Bingo
- 4:00 Finish the Slogan
- 6:30 Evening Tea Time
- 7:00 Documentary Series

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- 10:15 Historical Newspaper
- 10:30 Lengthen & Strengthen
- 11:15 Travel Tour
- 1:30 Artistic Pursuits
- 2:30 Black Jack 21 Toss
- 3:15 Volleyball
- 4:00 Say What?
- 6:00 The Nose Knows
- 7:00 Movie Night - Musicals

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- 10:15 Spelling Bee
- 10:30 Tai Chi for Arthritis
- 11:15 Arts & Culture
- 1:30 Men's Club
- 2:30 Barre & Balance Class
- 4:00 Live In Concert:
- 6:00 Big Pin Bowling
- 7:00 Jeopardy

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- 10:15 Daily Chronicle News
- 10:30 Sit & Be Fit
- 11:15 Word Game Craze
- 11:15 Chorus Practice
- 1:30 Bingo
- 2:15 Creative Writing Group
- 3:15 Cardio Drumming Class
- 6:00 Trivial Pursuit
- 7:00 Western Movie Night

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- 9:00 Televised Mass
- 10:30 Lengthen & Strengthen
- 11:15 Trivia Challenge
- 1:30 Ladder Ball Toss
- 2:15 Sweet Treat Social
- 2:30 Reminiscence Discussion:
- 3:45 Sit & Be Fit
- 6:00 Music Trivia- Name the Tune
- 6:30 Evening Card Games

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- 10:15 Good News of Today
- 10:30 Strength Training
- 11:15 Wheel of Fortune
- 1:30 Word Brain Game
- 2:30 Bullseye Target Toss
- 3:30 Classical Music Stretch
- 4:00 Positive Short Stories
- 6:00 Dresses & Fads of the Decades
- 7:00 TV Game Shows

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- 10:30 Sit & Be Fit
- 11:15 Biography Discussion
- 1:30 Craft Creations
- 2:30 Coffee & Conversation
- 3:00 Tai Chi for Arthritis
- 3:30 Resident Council
- 4:00 Hearth and Home Reminiscence
- 6:00 Suspend Game
- 7:00 Wheel of Fortune

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- 10:15 Musical Moments
- 10:30 Strength Training
- 11:15 Crossword Puzzle Central
- 1:30 Golf Putters Club
- 1:30 Nail Spa
- 2:30 Barre & Balance Class
- 3:30 Musical Bingo
- 4:00 Finish the Lyrics
- 6:30 Evening Tea Time
- 7:00 Documentary Series

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- 10:15 Historical Newspaper
- 10:30 Beginner Aerobics
- 11:15 Travel Tour
- 1:30 Artistic Pursuits
- 2:30 Black Jack 21 Toss
- 3:15 Cardio Drumming Class
- 4:00 What's the Word?
- 6:00 The Nose Knows
- 7:00 Movie Night - Musicals

22

- 10:15 Spelling Bee
- 10:30 Tai Chi for Arthritis
- 11:15 Arts & Culture
- 1:30 Men's Club
- 2:30 Barre & Balance Class
- 4:00 Live In Concert:
- 6:00 Big Pin Bowling
- 7:00 Jeopardy

23

- 10:15 Daily Chronicle News
- 10:30 Yoga
- 11:15 Word Game Craze
- 11:15 Chorus Practice
- 1:30 Bingo
- 2:15 Creative Writing Group
- 3:15 Volleyball
- 6:00 Trivial Pursuit
- 7:00 Western Movie Night

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- 9:00 Televised Mass
- 10:30 Strength Training
- 11:15 Trivia Challenge
- 1:30 Ladder Ball Toss
- 2:15 Sweet Treat Social
- 2:30 Reminiscence Discussion:
- 3:45 Afternoon Stretch
- 6:00 Music Trivia- Name the Tune
- 6:30 Evening Card Games

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- 10:15 Good News of Today
- 10:30 Seated Pilates
- 11:15 Wheel of Fortune
- 1:30 Word Brain Game
- 2:30 Bullseye Target Toss
- 3:30 Volleyball
- 4:00 Positive Short Stories
- 6:00 Dresses & Fads of the Decades
- 7:00 TV Game Shows

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- 10:30 Sit & Be Fit
- 11:15 Famous Inventions
- 1:30 Halloween Crafts
- 2:30 Coffee & Conversation
- 3:00 Tai Chi for Arthritis
- 3:30 Resident Council
- 4:00 Hearth and Home Reminiscence
- 6:00 Suspend Game
- 7:00 Wheel of Fortune

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Betsy's Birthday

- 10:15 Musical Moments
- 10:30 Cardio Class
- 11:15 Crossword Puzzle Central
- 1:30 Golf Putters Club
- 1:30 Make Overs
- 2:30 Barre & Balance Class
- 3:30 Musical Bingo
- 4:00 Finish the Slogan
- 6:30 Evening Tea Time

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- 10:15 Historical Newspaper
- 10:30 Lower Body Conditioning
- 11:15 Travel Tour
- 1:30 Artistic Pursuits
- 2:30 Black Jack 21 Toss
- 3:15 Cardio Drumming Class
- 4:00 Palindromes!
- 6:00 The Nose Knows
- 7:00 Movie Night - Musicals

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- 10:15 Spelling Bee
- 10:30 Tai Chi for Arthritis
- 11:15 Arts & Culture
- 1:30 Associate Halloween Costume Contest
- 2:30 Music with Jay Slick
- 2:30 Barre & Balance Class
- 4:00 Live In Concert:
- 6:00 Big Pin Bowling
- 7:00 Jeopardy

30

- 10:15 Daily Chronicle News
- 10:30 Sit & Be Fit
- 11:15 Word Game Craze
- 11:15 Chorus Practice
- 1:30 Bingo
- 2:15 Creative Writing Group
- 3:15 Dance Aerobics
- 6:00 Trivial Pursuit
- 7:00 Western Movie Night

Reflections
Events

Walk to End Alzheimer's
October 3rd at 9:00am

Flu Clinic
October 14th
10:00am-2:00pm
Residents & Associates.
Please sign the consent form for your loved one at the front desk.

Halloween Party
October 29th
2:00pm

PROGRAM

- Cognitive
- Emotional
- Physical
- Social

Events are subject to change.