

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
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
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
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

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
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
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
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

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
8 Happy BDay Maryllane 10:15 Lower Body Flex 11:00 Name 10 12:00 Happy B-Day Maryllane A! 1:30 Tai Chi for Arthritis 2:00 Sound Bowl Meditation 2:30 Scenic Journey: Providence 3:00 Literature-Short Stories 3:30 Intro to Photography 6:00 Underwater Views	9 10:15 Weighted Workout 10:45 Book of Fine Arts 11:00 Community Showdown 1:30 Barre & Balance Class 2:30 Guitarist: Judy Hall 3:00 Making Smoothies 3:30 Cornhole Tournament 4:00 Stress Relief Workshop 6:00 Hand Massage
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
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
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
	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
	10 10:15 Mindful Movements 10:45 Sports Trivia: Red Sox 11:00 Fashion Through Ages 1:30 Full Body Stretch 2:00 Watercolor Basics 2:30 Conversation Ball Toss 3:00 Ladies Coffee Social 3:30 Spa Session- Manicures 6:00 Philosophy of Humor
	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
	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
	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