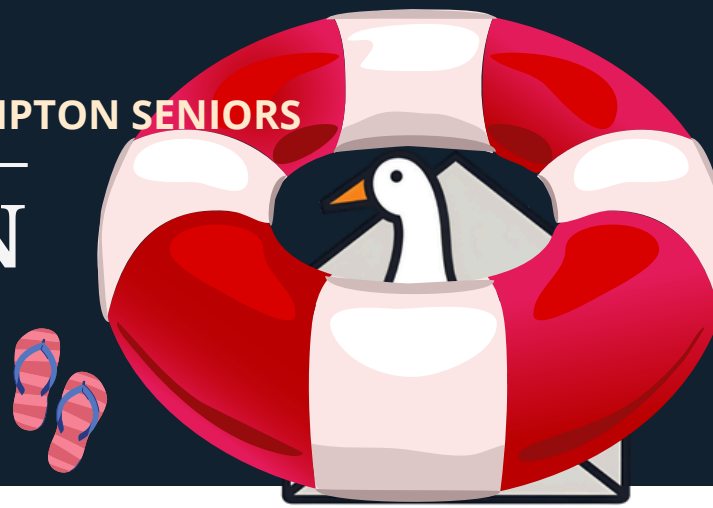


LITTLE COMPTON SENIOR DIGEST

July 2026 - 9th Edition



Lighthouses On The Lawn

Summer always brings excitement to Little Compton and the center of town is certainly BUZZING! July kicked off a new twist to the annual Summer Art Show at the Little Compton Community Center. The reason for the change is due to impending building renovations. No problem,,,,,,enter an outdoor auction style art show! Lighthouses On The Lawn is an amazing installation that is bringing curious art lovers out in droves.

Lighthouses on the Lawn is our premier outdoor exhibition featuring unique, Sakonnet Lighthouse-shaped canvases painted by an extraordinary lineup of talent. Whether you are near or far, you can now bid on your favorite custom lighthouse and support both the Little Compton Community Center and our incredible local artists. Proceeds from the auction are split 50/50.

Bidding is officially OPEN for Lighthouses on the Lawn!

How to View and Bid

–In Person: Stop by the Community Center anytime to view these masterpieces in full detail on the lawn.

–Online: Browse the full exhibit from the comfort of home and bid online at lccenter.org/lighthouse.

Participating Artists: Anne Tanzi Carty, Ashley Ainsworth, Barbara Edlund Healy, Brenda Wrigley Scott, Carol Way Wood, Don Cadoret, Galen V. Snow, Heather Stivison, Janie Kinnane, Jessica Hamilton Humphrey, Jill Law, Jim Bush, John Gorman, Judy Melanson, Keara McHaffie, Kendra Bidwell Ferreira, Kris Donovan, Lynn Williams Gilbert, Martha Taradash, Melanie Anderson, Meredith W. Cornell, Mike Bryce, Nancy Bogle Westfeldt, Raquel Valcourt-deCosta, Robin Nunes, and Stephen Remick.

Happy Bidding!

NEW STUDY CHALLENGES NOTION THAT AGING MEANS DECLINE

~ *finds many older adults improve over time* ~

Aging in later life is often portrayed as a steady slide toward physical and cognitive decline. But a new study by scientists at Yale University suggests an alternate narrative — that older individuals **can and do improve over time**, and their mindset toward aging plays a major part in their success.

Analyzing more than a decade of data from a large, nationally representative study of older Americans, lead author Dr. Becca R. Levy, PhD, a professor of social and behavioral sciences at the Yale School of Public Health (YSPH), found that **nearly half of adults aged 65 and older showed measurable improvement in cognitive function, physical function, or both, over time.**

The improvements were not limited to a small group of exceptional individuals and, notably, were linked to a powerful but often overlooked factor: how people think about aging itself.

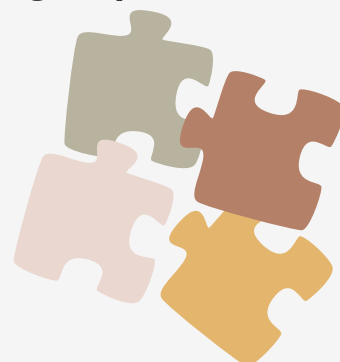
“Many people equate aging with an inevitable and continuous loss of physical and cognitive abilities,” said Dr. Levy, an international expert on psychosocial determinants of aging health. “What we found is that improvement in later life is not rare, it’s common, and it should be included in our understanding of the aging process.”

The findings are published in the journal Geriatrics.



Ways To Keep Your Brain And Body Sharp

- Do crossword puzzles, math games and other word puzzles
- Move every day - walking is still the best and most convenient option. Walking after meals helps control blood glucose levels
- Engage in your community and maintain social connections
- Try a group exercise class





Goose on the Loose!



Goose on the Loose is **BACK!**

We're celebrating **29** years by hiding **29** one-of-a-kind, locally painted geese around town.

Want to bring a new fowl friend home? Follow us on Instagram and Facebook for clues every Monday and Thursday! A huge thank you to LC Makers for 3D printing the geese!

Here is a sneak of some geese we have already hidden in the community!



Chris the Goose
painted by Nancy
Westfeldt hidden at
Peckham's
Greenhouse



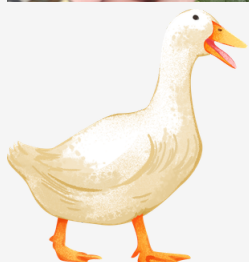
Donna the Goose
decoupaged by
Michelle Tripp
hidden in SGC's
Native Plant Garden



Addie the Goose
painted by Janie
Kinnane hidden at
Young's Family Farm



Gwyn found Dorothy
Kinnane's goose
hiding at the Flower
Bug

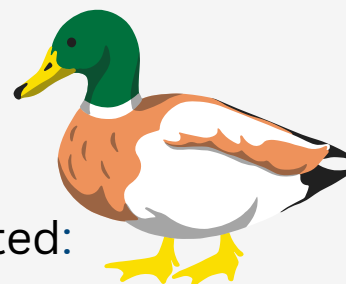


Thank you to all of the artists who participated:

Galen Snow
Taylor Toppa
Kitt Shaffer

Dorothy Kinnane
Janie Kinnane
Michelle Tripp

Nancy Westfeldt
Helen Woodhouse





YOU COULD WIN THIS QUILT - The Quilters have also given the Wellness Center this beautiful quilt as a thank you for giving them a space to meet and create.

The Wellness Center is raffling this quilt off August 15th LC250 Celebration at Richmond's Field from noon to 4 p.m.

This fundraiser will allow for more programming at the Center for all to enjoy. **Tickets are \$5 each or 5 tickets for \$20. If you're interested in purchasing a ticket, please contact the LC Wellness Center at (401) 592-0400.**

Join the fun at the Little Compton Wellness Center.

During July and August, the LC Quilters will meet on Mondays from 9am to 10:30am and then resume their regular hours of 9am to 12pm on September 7.

When life throws you a curve ball, support groups can offer you a different kind of care that family and friends can't. At the Little Compton Wellness Center, the Rev. Virginia Army from St. Andrew's by the Sea Church facilitates three monthly Support Groups.

Empowering PWP Support Group - This gathering meets the **second Thursday of the month from 3pm to 4:15 pm**. This group is open to anyone with a Parkinson's Diagnosis or other neurodegenerative condition.

Caregivers' Support Group - This gathering is open to anyone providing care for a loved one with a medical condition. It meets on the **first Wednesday of the month from 2pm to 3:15 pm**.

Good Grief Support Group - This gathering is open to anyone who is dealing with any kind of loss. This group meets the **third Thursday of the month from 3pm to 4:15 pm**.

WELLNESS CENTER SERVICES, BY APPOINTMENT ONLY

Massage Therapy: Lisa Marie Anderson 401-895-0817

Massage Therapy/Self-Care Consultations: Melissa Cotta 401-835-0797

Healing Hands: Sarah C. Whitehead 401-464-1634

Health Coaching: Cindy Wentworth 401-683-8364

Hypnotherapy: Marli Carver 401-999-7876

~ An Adventure For Molly ~

In the spirit of taking care of our neighbors, our friend Molly has been having some sleep-overs and adventures around town while her Senior human recovers from an injury. Follow Molly as she spends the day with our Director of Senior & Social Services so that her other caregivers can spend the day enjoying a boating adventure! After a leisurely wake up and being curious about the chickens, Molly went for a ride to Town Hall and conducted some business with Abby in the Town Clerks office. Then it was off to the the Public Safety Complex where she kept Law & Order with Chief Raynes and discussed the most recent issue of the Sakonnet Times with the rest of the department. There was also a stop at the LCCC to get a preview of the Lighthouses on The Lawn show and give snuggles to the staff. Back at Town Hall, Molly conducted some business in Pat McHughs absence and passed an ordinance allowing dogs to vote in the next town election. She closed out the day with a great visit to her human and lived her best life during a car ride.



LITTLE COMPTON MEETING CALENDAR

- Beach Commission :: July 7th and July 28th at 7pm
- Charter Review Committee :: July 20th at 1:15p - 2:45p
- Conservation Commission :: July 29th at 7pm
- Harbor Commission :: July 16th at 6pm
- Historic Preservation Advisory :: July 6th at 5pm
- Housing Trust :: July 13th at 6pm
- Little Compton Agricultural Trust :: July 1st at 7pm
- Pension Committee :: July 2nd at 9am
- Planning Board :: July 7th at 7pm
- Recreation Committee :: July 27th at 6:30pm
- Town Council :: July 9th and 23rd at 7pm
- Ad Hoc Transfer Station Committee :: July 14th at 4pm
- Zoning Board of Review :: July 15th at 7pm

THE GREAT SENIOR BAKE OFF WRAP UP

Congrats to BOTH Jeanne Wordell and Diana Fijak for their continued enthusiasm for the Great Senior Bake-Off! Jeanne and Diana participated each month since our inaugural event and made so many incredible desserts.

For the June Bake-Off, Diana made delicious Linzer Tart cookies and Jeanne made a tasty bread pudding. They were a perfect finish to our Friday Senior Lunch of roasted salmon, potatoes and mixed vegetables. We so appreciate our bakers and are thankful for their participation! So that no one has to sweat over a hot oven during the summer, we will pause the Bake-Off until September. Stay Tuned.....





Artist of the Month for July is Elizabeth Ochs - Elizabeth Ochs, whose family lives in little Compton, is the Executive Director of the Creative Reuse Center of Rhode Island which makes recycled materials available for artists, educators, students and makers. Her collage postcards are available for purchase at Wishing Stone Farm.

Friday July 10th at 1pm - Make a Sun Print - outside in the pavilion

Tuesday, July 14th and July 28th from 1-4pm - Big Bubble Fun Tuesdays! - outside behind the pavilion

Saturday, July 18th at 1:30pm Author Talk - Debra Curtis talks about her book, Laws of Love and Logic - Portsmouth author Debra Curtis will speak about her bestselling debut book, Laws of Love and Logic which explores love's enduring power and the human spirit's capacity for forgiveness and redemption.

Tuesday, July 28th at 5:30 PM - Wild by Design: Crafting Aesthetic Meadows in Pots, Beds, and Backyards to Support Our Pollinators - Whether you have a sweeping backyard or a single sunny balcony, you have the power to support our local pollinators. Join Mark Gostkiewicz of Tri Gable Lea Farm for a practical and rewarding look at how we can bring nature back into our home spaces through intentional design. This isn't just about letting the grass grow; it's about using thoughtful strategies to create habitats that look as good to us as they do to the bees and butterflies. Mark will present a "Menu of Possibilities"—a streamlined set of ideas that allow you to start where you are. From using containers to create "Micro-Meadows" on your deck to transforming a traditional lawn into a living tapestry of native plants, you'll learn how to build a pollinator-friendly world that fits your specific space and lifestyle.

Monday, July 27th at 6 pm - Hungrytown Folk Duo in the Library Pavilion - Hungrytown is the Vermont-based duo of Rebecca Hall and Ken Anderson, known for intimate songwriting, luminous harmonies, and richly crafted recordings that reward close listening. They blend pastoral folk traditions with psychedelic flourishes and classical touches. Join us for folk music outside on a summer evening.

Tuesday, July, 28th at 4 PM and 6 PM - All the Genres Book Club - This month's book is The Widow's War by Sally Gunning – Stop by the library to pick up a copy. All are welcome!

Every Monday from 1pm to 3pm - Senior Services Office Hours - Little Compton's Senior Services will be at the library on Mondays to meet with any senior in town. Connecting seniors to the services they need.

Wednesdays from 1pm to 4 pm - Tech Help - Stop by with your device, passwords, and questions to this first come, first served drop-in program.
Let us help you get your technological life in order.

Wednesdays at 10:30am to 12 pm - Baby & Toddler Playtime - Fun for kiddos & their grown-ups ~ our playtime is specially designed for babies & toddlers! There will be a pint-sized ball pit, sensory friendly toys, and lots to engage the youngest minds! New toys appearing regularly! No registration required, just drop in and tell your friends!

The Brownell Library, in partnership with the Library Speakers Consortium, offers year-round webinars and online events - you can watch live and/or recorded talks and enjoy a range of talks from bestselling authors and thought leaders.

To register go to: <https://libraryc.org/brownell-libraryri/upcoming>



LITTLE COMPTON TRANSPORTATION

Bus Transportation Information

Call **401-777-9700** to reserve a seat on the bus.

Please make the reservation by **4 pm** on the **Friday** preceding the week.

First Monday of the month – Ride to Dartmouth Mall

Monday, Wednesday and Friday – Senior Lunch at Community Center

Tuesday – Ride to Lees Market

Thursday – Ride to Market Basket and Walmart

DID SOMEONE SAY, ICE CREAM?!

Monday, July 20th, Treat yourself to a fun and delicious outing and join friends and neighbors for a relaxing trip for ice cream **the third Monday of each month!**

A perfect way to enjoy good company and a treat!

The van will leave from in front
of the Little Compton Community Center at 12:45pm
Reserve your seat by calling 401.777.9700 by July 13th.
A representative will return your call to confirm your seat.

Be sure to call ahead and save your spot!

We look forward to seeing you there
for a delightful and sweet Community outing!

2026 Little Compton Wellness Center



*Join us for fun and dance to support the
Little Compton Wellness Center!*

at Sakonnet Vineyards

162 West Main Road, Little Compton

Two Sundays!

July 26 & August 23 | 5 – 8 p.m.

Tickets: \$25 | *Food and drink will also
be available for purchase.*

Scan here to purchase your ticket!



July 26



<https://bit.ly/linedancejuly>

www.lcwellness.org

August 23



<https://bit.ly/linedanceaugust>



Little Compton
Wellness Center

Live well ~ Do more

COMMUNITY EVENTS CALENDAR

What's going on this month in
Little Compton & surrounding areas?

-  **ENTRY FEE**
CALL FOR PRICING AND TICKETS
-  **FREE TO ATTEND**
PAID OPPORTUNITIES MAY BE AVAILABLE ON-SITE

JULY 2ND 10:15A - 11:15A	YIN YOGA THURSDAY'S IN JULY LITTLE COMPTON WELLNESS CENTER	115 EAST MAIN RD. LITTLE COMPTON (401) 592-0400 lcwellness.org	
JULY EVERY MONDAY 1PM-3PM	SENIOR SERVICES OFFICE HOURS MONDAY'S IN JULY BROWNELL LIBRARY	44 COMMONS LITTLE COMPTON (401) 635-8562 brownell-libraryri.org	
JULY 7TH 5:30P-8:30P	SUNSET SERIES AT FOGLAND PRESENTS STEEL APPEAL	FOGLAND BEACH THREE ROD WAY TIVERTON tivertonrecreation.org	
JULY 19TH 3PM	FIFA WORLD CUP FINAL WATCH PARTY THE BEER FIELD	26 MAIN STREET ADAMSVILLE (401) 424-2337	
JULY 26TH 10A-1:30P	TIVERTON FARMER'S MARKET *SHARK WEEK*	TOWN FARM RECREATION AREA 3588 MAIN ROAD TIVERTON tivertonfarmersmarket.com	
JULY 30TH 1P-3PM	AFTERNOON TEA, COFFEE & CONVERSATION LITTLE COMPTON WELLNESS CENTER	115 EAST MAIN RD. LITTLE COMPTON (401) 592-0400 lcwellness.org	
OPEN EVERY DAY	AWASHONKS GARDEN LITTLE COMPTON HISTORICAL SOCIETY	548 WEST MAIN RD. LITTLE COMPTON SUNRISE TO SUNSET littlecompton.org	



Looking for something to do with the littles when they visit?



#JoinTheJam
#BackyardBandJams



BYBJ PRESENTS: SEEDS TO SPROUTS AT DTE ANIMAL RESCUE & SANCTUARY

Wednesdays, 4PM
7/1, 8, 15, 22, 29
8/5, 12
Free / Donations Received

This series of Jams offers a unique nature based experience - uniting music, environment, and family learning in a relaxed, indoor / outdoor setting.

Generously funded by a grant from the Dartmouth Cultural Council and the MassCultural Council. Meeting space generously donated by Down to Earth Farm Animal Rescue & Sanctuary.






SCAN HERE

@backyardbandjams

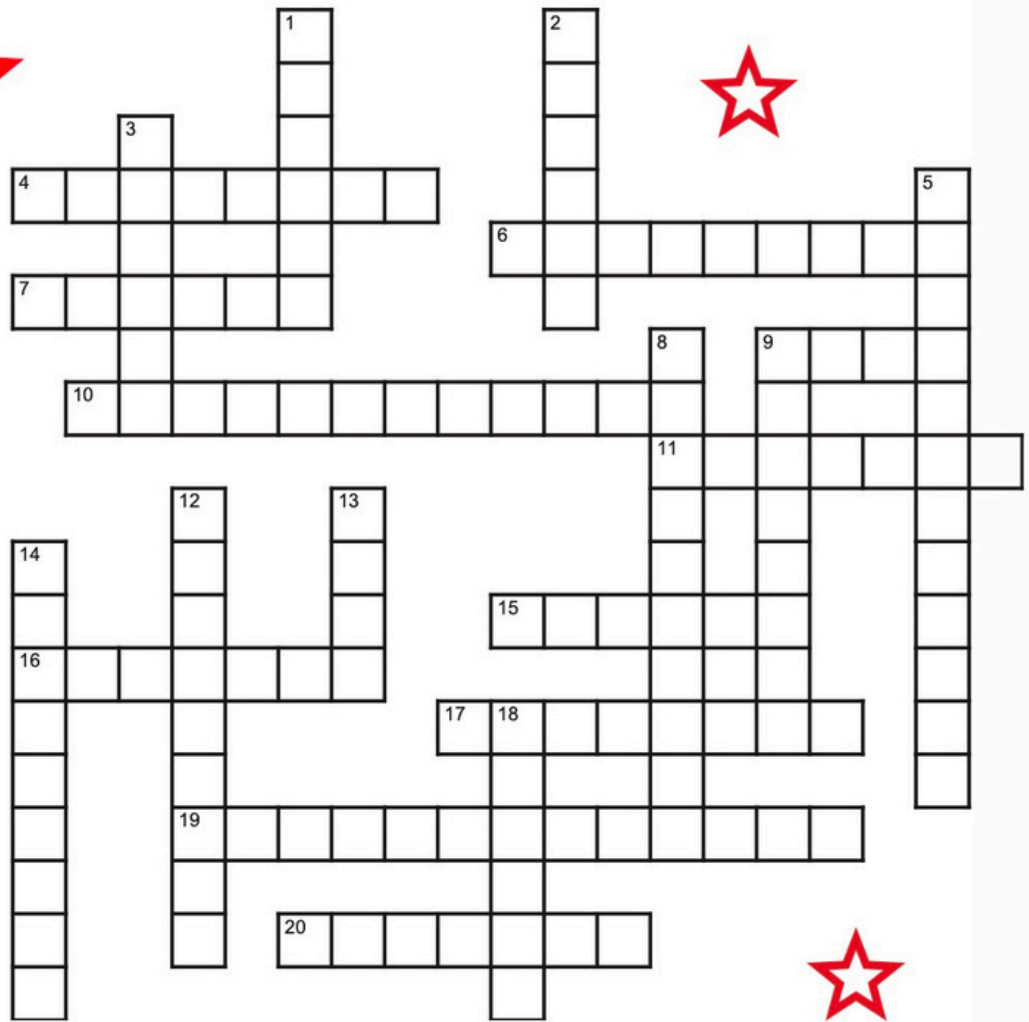


Do **YOU** have an event for *The Senior Digest* Events Calendar? 10
Email DirectorSS@littlecompton.gov



NAME: _____

Crossword Challenge



ACROSS

4. American President who was born on July 4th, Calvin ____.
6. Founding Father and third President of the United States.
7. Public procession that might occur on July Fourth.
9. Red, white and ____.
10. City in which the Declaration of Independence was signed.
11. Nickname for the American flag, stars and ____.
15. Open air meal popular on July Fourth.
16. Symbol of freedom located in the New York City Harbor: Statue of ____.
17. Number of original colonies that declared independence.
19. Fight for American independence: The ____ War.
20. Famous signer of the Declaration of Independence: John ____.

DOWN

1. Patriotic song often sung on Independence Day: Yankee ____.
2. National anthem of the United States: The Star-Spangled ____.
3. The day of the month on which America declared its independence.
5. Founding document of the United States: The Declaration of ____.
8. First President of the United States.
9. Cooking outdoors on a grill.
12. Light show often seen on the 4th of July.
13. Month in 1776 when the Declaration of Independence was signed

14. National bird of the United States.
18. Commonly consumed food on July 4th.

Bald Eagle	Jefferson
Banner	July
Barbecue	Liberty
Blue	Parade
Coolidge	Philadelphia
Doodle	Picnic
Fireworks	Revolutionary
Fourth	Stripes
Hancock	Thirteen
Hot Dog	Washington
Independence	

Congratulations to Irene DeSouza for submitting the **June** crossword, and for winning a Gift Card!

Have you completed this puzzle?

Turn completed puzzles in to Pamela at her office at Town Hall, or text a picture to her at (401) 450-4658 to be entered into the monthly drawing!



**Another amazing month at the LCCC
filled with senior lunches, Mahjong, and
After School Club fun!**

