

The Laurelmead Weekly Bulletin

Sunday, August 17 - Saturday, August 23

8/17/2025 - Sunday

3:00 p.m.
Lovey Russell's Celebration of Life
The Great Room

7:30 p.m. Movie
A Murder of Crows
The Conference Room

8/18/2025 - Monday

9:30 a.m.
Duplicate Bridge
The Card Room

9:30 a.m.
Building and Grounds Committee Meeting
The Conference Room

12:30 p.m. Departure
CVS/Bank
The Main Lobby

1:30 p.m. Departure
Dave's Market
The Main Lobby

7:30 p.m.
Bingo
The Card Room

8/19/2025 - Tuesday

1:00 p.m. Departure
Stop & Shop
The Main Lobby

3:00 p.m.
Tuesday Tea
The Great Room

7:30 p.m.
Joe Scott and Ceridwen McKenna
Robert Burns "Poetry in Song"
The Great Room

8/20/2025 - Wednesday

7:30 p.m. Movie
Swiss Family Robinson
The Conference Room

8/21/2025 - Thursday

1:00 p.m. Departure
Market Basket
The Main Lobby

7:30 p.m.
Thibaut Schilt
"French Film Festival" Discussion
The Odeon

8/22/2025 - Friday

1:30 p.m. ***NOTE TIME CHANGE**
Ed Shea and Deb Herman
Aging with Intention: Session 3
The Conference Room

7:30 p.m. Movie
The Penguin Lessons
The Conference Room

8/23/2025 - Saturday

9:30 a.m.
Morning Social
The Great Room

7:30 p.m. Movie
Billy Elliot
The Conference Room



THIS WEEK'S MESSAGES

MEDITATION

Wednesdays

2:00 p.m.

The Odeon

Meditation practice and discussion.

Materials provided.

Mondays and Thursdays

3:30 p.m.

In the back of the library.

Meditation practice.



This Week's Movies

SUNDAY, AUGUST 17 AT 7:30 P.M.

A Murder of Crows (1998) 1 hr., 42 mins.

(Starring: Cuba Gooding Jr., Tom Berenger, Marianne Jean-Baptiste, Eric Stoltz, Ashley Laurence, etc.)

In the wake of a career-ending scandal, disgraced lawyer Lawson Russell moves to Key West, FL. where he befriends aging novelist Christopher Marlowe. After letting Russell borrow his latest manuscript, A Murder of Crows, Marlowe dies of a heart attack. When Russell publishes the dead man's manuscript under his own name he makes the best-seller list and unwittingly becomes the prime suspect in the investigation of a grisly multiple homicide.

WEDNESDAY, AUGUST 20 AT 7:30 P.M.

Swiss Family Robinson (1960) 2 hrs., 6 mins.

(Starring: John Mills, James MacArthur, Tommy Kirk, Dorothy McGuire, Kevin Corcoran, Janet Munro, etc.)

The Robinson clan includes mother, father, and their three sons Fritz, Ernst, and Francis who all flee the reign of Napoleon to start afresh in New Guinea. When their ship gets damaged en route the family takes refuge on a deserted island. The Robinsons learn to live in the wild, have various adventures, and build an impressive house in a tree. However, while island life is full excitement the question of whether to return to civilization looms.

FRIDAY, AUGUST 22 AT 7:30 P.M.

The Penguin Lessons (2024) 1 hr., 50 mins.

(Starring: Steve Coogan, Jonathan Pryce, Bjorn Gustafsson, Micaela Breque, Alfonsina Carrocio, Vivian El Jaber, etc.)

During the 1976 coup in Argentina an English teacher rescues a penguin and brings it to his school. His life begins to change when the bird's presence starts to have a positive effect on the school.

SATURDAY, AUGUST 23 AT 7:30 P.M.

Billy Elliot (2000) 1 hr., 50 mins.

(Starring: Jamie Bell, Adam Cooper, Julie Walters, Gary Lewis, Jamie Draven, Stuart Wells, etc.)

The life of 11-year-old Billy Elliot, who is a coal miner's son in Northern England, is forever changed one day when he stumbles upon a ballet class during his weekly boxing lesson. Before long he finds himself in dance demonstrating the kind of raw talent seldom seen by the class' exacting instructor, Mrs. Wilkinson. With a tart tongue and a never-ending stream of cigarettes in her hand, Mrs. Wilkinson's zest for teaching is revived when she sees Billy's potential.



WEEKLY WELLNESS: PHYSICAL AND COGNITIVE CHANGES WITH AGING

Physical Changes:

Musculoskeletal: Muscle mass and bone density decrease leading to sarcopenia (muscle loss) and osteopenia/osteoporosis (bone weakening). This can result in decreased strength, flexibility, and balance which increases the risk of falls.

Organ Function: Kidneys may become less efficient at waste removal and bladder muscles can weaken which could potentially lead to urinary incontinence. Heart muscles thicken and arteries become less flexible.

Height and Body Composition: Height may decrease slightly due to changes in the spinal discs. Body fat may stabilize and then decline but overall body composition shifts with a decrease in muscle mass and an increase in fat.

Skin: Skin thins and becomes more fragile with slower healing times.

Sensory: Vision and hearing can decline and taste and smell may also be affected.

Cognitive and Emotional Changes:

Cognitive Decline: Some individuals may experience memory loss, slower processing speeds, and difficulty with complex tasks.

Dementia: Dementia, including Alzheimer's disease, becomes more prevalent with age, particularly after 90.

Emotional Changes: Older adults may experience mood swings, irritability, anxiety, or depression and may also become more withdrawn or isolated.

Personality Changes: Some individuals may exhibit personality changes such as increased anger or frustration especially when experiencing cognitive or physical decline.

It's important to note: Aging is a highly individualized process. Not everyone experiences the same changes or declines at the same rate. Many older adults remain active, engaged, and healthy well into their 80's and beyond.

Robert Burns – Poetry in Song

by Joseph Scott and Ceridwen McKenna

Joseph Scott and Ceridwen McKenna present the poetry of Robert Burns (1759-1796) in song, a cappella. There are a few traditional melodies among the twenty-one songs. Joseph Scott composed the majority of the tunes for the celebration of Burns' birthday (January 25) at the annual Burns Dinner at International House of Rhode Island over the past ten years where he served as Master of Ceremonies.

Ceridwen McKenna joined him in singing on those occasions. Burns was a masterful poet of rhyme and regular rhythm. His texts and multiple stanzas are an invitation to singing. His most frequent themes are heartfelt outpourings: the love of nature, the admiration of women, the brotherhood of man. The presentation is accompanied by a printed libretto of all the songs.

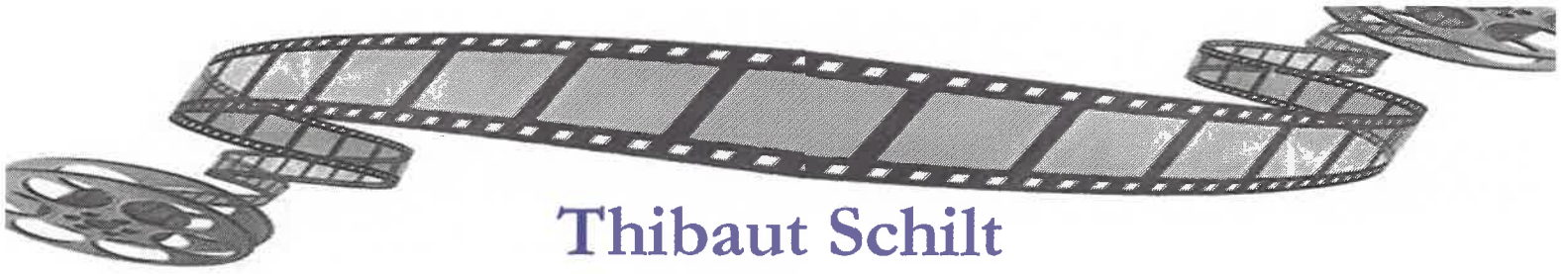
Joe Scott's life-long practice of singing included two years with the Harvard Glee Club and a year with the Chorale de la Sorbonne in Paris. He has made a wide variety of singing and recitational presentations during the past twenty years of his retirement.

His forty-year career of private school French teaching continues to this day with a dozen students of all ages at International House of Rhode Island.

Ceridwen McKenna practically burst from the womb singing from the great American musicals. Piano and French horn lessons mixed with high school choir earned her a scholarship to the prestigious music school at DePaul University. In Chicago stage experience included Light Opera Works and improvisational singing while at The Second City Training Center. Now happily in Providence she has volunteered in the Singing the Dream chorus at Temple Emanuel (chosen to be part of a quartet to promote it on WJAR tv). She annually supports Joe Scott in presenting Robert Burns Supper events at International House of Rhode Island. Ceridwen also uses song to learn the Dutch language and enjoys international music.

Tuesday, August 19
7:30 p.m.
The Great Room





Thibaut Schilt

*Professor of French and Francophone Studies at the
College of the Holy Cross
presents*

A French Film Festival Discussion



Thibaut Schilt is Professor of French and Francophone Studies at the College of the Holy Cross where he teaches courses in francophone and European cinema, gender and sexuality studies, and French language and culture. He is the author of *François Ozon* (University of Illinois Press, 2011), and three volumes co-edited with Michael Gott: *Open Roads, Closed Borders: The Contemporary French-Language Road Movie* (Intellect Press, 2013), *Cinéma-monde: Decentred Perspectives on Global Filmmaking in French* (Edinburgh University Press, 2018), and *Quebec Cinema in the 21st Century: Transcending the National* (Liverpool University Press, 2024). He has also published articles and book chapters on road movies, queer cinema, and Quebec filmmaking.

For this French film festival, Thibaut Schilt will discuss the history of French cinema and introduce five important films (often considered "masterpieces" by movie experts) from three different eras: the 1930's (pre-WWII), the early 1940's (during the German Occupation of France), and the late 1950's/early 1960's (a film period famously known as the French New Wave). Movie clips and images will be shown as part of the discussion.

The selected films will begin on Friday, August 29th and every Friday throughout September at 7:30 p.m. in the Odeon.

L'Atalante directed by Jean Vigo (1934)

The Grand Illusion directed by Jean Renoir (1937)

Les Enfants du Paradis/Children of Paradise directed by Marcel Carné (1945)

Les 400 Coups/The 400 Blows directed by François Truffaut (1959)

Cleo from 5 to 7 directed by Agnès Varda (1962)



Thursday, August 21

7:30 p.m.

The Odeon

ED SHEA AND DEB HERMAN, PH.D.,

present

Aging with Intention: A Summer Salon: Session 3

This focused yet informal group discussion is designed to explore our subjective experience of aging. Guided by Deb Herman, Ph.D., a clinical psychologist, and Ed Shea, a professional theatre artist and current Harvard Master of Divinity student, this 60-min *salon* will provide an opportunity for contemplative conversation around different aspects of our experience of aging and how we foster meaning, purpose, and intention during this uncharted and often mystifying time of life.



Friday, August 22nd
1:30 p.m. *NOTE TIME CHANGE
The Conference Room

A minimum of 6 residents required.
Cancellation policy applies.

Hunger is rising. So is the risk to
Rhode Island's food system:

Commentary

Robert Bush Special to The Journal

July 31, 2025, 5:01 a.m. ET

Advertisement

Right now in Rhode Island and across our country the emergency food system is at a breaking point. Demand is at an all-time high while federal support – especially for programs like the Supplemental Nutrition Assistance Program (SNAP) is being slashed.

Make no mistake, cuts to programs like SNAP don't just drive more families into hunger, they threaten the very backbone of our local food economy. They endanger the livelihoods of the local farmers and food producers who depend on SNAP-driven markets and programs to sustain their businesses. When we weaken support for those who need food, we also undercut those who grow it. The ripple effect is real, and it will be felt by all of us.

FOOD FOR THOUGHT!!!!!!

Educate. Advocate. Eliminate Hunger.



Monday, August 25th
1:30 p.m. Departure
The Main Lobby

Please sign up in the
Mail Room
by Friday, August 22nd.

Laurelmead's Annual Labor Day Celebration

****Reservations are Required as Lobster is on the Menu****

Monday, September 1, 2025

4:00 ~ 6:30 pm

Café ~ Closed

Complimentary Breakfast Buffet

8:00 ~ 10:30 in the Pub

**Please place your reservation
with a Dining Services Representative.
No online or voicemail reservations can be accepted.**

***!! Take Out and Room Service orders must also place
reservations in advance in order to be guaranteed a lobster !!***

***Reservations must be placed by
Monday, August 25th at Noon***

IMPORTANT NOTICE

***Residents and guests who attend without reservations
cannot be guaranteed a lobster.***

Guest Charge \$49.95

<p>MAIN DINING ROOM DINNER MENU</p> <p>Call 273-9550 to place Take Out / Room Service Orders from 3:30 - 4:30 pm</p> <p>WEEK OF AUGUST 17th ~ 23rd</p> <p>Monday ~ Saturday Dining Hours 5:00 - 7:00 pm</p>	<p><u>SUNDAY</u> 5-6:30 PM</p> <p>MINTED PEA, cs ARUGULA, ORANGE, FENNEL</p> <p>GARLIC BASIL SHRIMP HONEY BUTTER CHKN SKEWERS MEDITERR. TUNA SALAD SANDW. PASTA DU JOUR</p> <p>HC CARNIVAL RICE BRUSSELS SPROUTS LEMON BTR</p>	<p><u>MONDAY</u></p> <p>GREEN GAZPACHO, vs ARUGULA, ORANGE, FENNEL</p> <p>CATCH DU JOUR CAPRESE CHICKEN BREAST BEEF CAESAR SALAD PASTA DU JOUR</p> <p>HERB RST POTATOES RST SUMMER MIXED VEGES</p>	<p><u>TUESDAY</u></p> <p>CHICKEN QUINOA, cs ARUGULA, ORANGE, FENNEL</p> <p>HALIBUT, heirloom tomatoes *COLA MARINATED FLANK STEAK HC SHRIMP MANGO BOWL PASTA DU JOUR</p> <p>BARLEY PINE NUT PILAF CORN ON THE COBB</p> <p>*contains spicy ingredient</p>
<p><u>WEDNESDAY</u></p> <p>SUMMER MINESTRONE SOUP, vs TABLESIDE CAESAR</p> <p>SAUTEED COD, Greek Walnut salsa CKN TERIYAKI PINEAPPLE BOWL * T'LOIN OVER ARUGULA PASTA DU JOUR</p> <p>RED PEPPER MASHED POTATOES HC STEAMED GREEN BEANS</p> <p>*contains spicy ingredient</p>	<p><u>THURSDAY</u></p> <p>TWICE BAKED POTATO SOUP, cs ARUGULA, ORANGE, FENNEL</p> <p>ITALIAN HERB CRUST SEA BASS GREEK GRAIN BOWL RACK OF LAMB, mint jelly PASTA DU JOUR</p> <p>HASSELBACK POTATOES SAUTEED MINT PEAS</p>	<p><u>FRIDAY</u></p> <p>MANHATTAN CLAM CHOWDER ARUGULA, ORANGE, FENNEL</p> <p>BEER BATTER FISH AND CHIPS CHICKEN MARSALA PRIME RIB, au jus / horradish sc. PASTA DU JOUR</p> <p>WHIPPED SWEET POTATOES ASPARAGUS SHITAKE MSHRMS</p>	<p><u>SATURDAY</u></p> <p>CHICKEN VEGETABLE, cs ARUGULA, ORANGE, FENNEL</p> <p>GRILLED SWORDFISH CHINESE CKN / scallions, rice GR SIRLOIN, *CHIMICHURRI SC PASTA DU JOUR</p> <p>HC JASMINE RICE ROASTED ZUCCHINI MEDLEY</p> <p>*contains spicy ingredient</p>
<p>CONSERVE; WE ENCOURAGE YOU TO BRING YOUR OWN CONTAINERS FOR LEFTOVERS HALF PORTIONS AVAILABLE UPON REQUEST</p>			

<p>MAIN DINING ROOM DINNER MENU HEALTHIER CHOICE</p> <p>Call 273-9550 to place Take Out / Room Service Orders from 3:30 - 4:30 pm</p> <p>WEEK OF AUGUST 17th ~ 23rd</p> <p>Monday ~ Saturday Dining Hours 5:00 - 7:00 pm</p>	<p><u>SUNDAY</u> 5-6:30 PM</p> <p>HC SWEST 3 BEAN SOUP, vs ARUGULA, ORANGE, FENNEL</p> <p>HC BAKED SHRIMP HC GRLD MAR. CKN BREAST</p> <p>HC CARNIVAL RICE HC STMD BRUSSELS SPROUTS</p>	<p><u>MONDAY</u></p> <p>HC SWEST 3 BEAN SOUP, vs ARUGULA, ORANGE, FENNEL</p> <p>HC CATCH DU JOUR HC BEEF CAESAR SALAD</p> <p>HC HERB RST POTATOES HC STMD MIXED VEGETABLES</p>	<p><u>TUESDAY</u></p> <p>HC SWEST 3 BEAN SOUP, vs ARUGULA, ORANGE, FENNEL</p> <p>HALIBUT, heirloom tomatoes HC SHRIMP MANGO BOWL</p> <p>HC BARLEY PINENUT PILAF CORN ON THE COBB</p>
<p><u>WEDNESDAY</u></p> <p>HC SWEST 3 BEAN SOUP, vs</p> <p>HC BAKED SCROD *HC TENDERLOIN OVER ARUGULA</p> <p>BAKED POTATO HC STMD GREEN BEANS</p> <p>*contains spicy ingredient</p>	<p><u>THURSDAY</u></p> <p>HC SWEST 3 BEAN SOUP, vs ARUGULA, ORANGE, FENNEL</p> <p>HC BAKED SEA BASS RACK OF LAMB</p> <p>HC STMD NEW POTATOES STEAMED PEAS</p>	<p><u>FRIDAY</u></p> <p>HC SWEST 3 BEAN SOUP, vs ARUGULA, ORANGE, FENNEL</p> <p>HC BKD COD, LEMON, WINE HC CHICKEN MARSALA</p> <p>BAKED SWEET POTATO STEAMED ASPARAGUS</p>	<p><u>SATURDAY</u></p> <p>HC SWEST 3 BEAN SOUP, vs ARUGULA, ORANGE, FENNEL</p> <p>HC GRILLED SWORDFISH HC PLAIN GRLD SIRLOIN STEAK</p> <p>HC JASMINE RICE HC STMD ZUCCHINI</p> <p>CONSERVE; WE ENCOURAGE YOU TO BRING YOUR OWN CONTAINERS FOR LEFTOVERS HALF PORTIONS AVAILABLE UPON REQUEST</p>