

# The Laurelmead Weekly Bulletin

*Sunday, October 5 - Saturday, October 11*

## 10/5/2025 - Sunday

7:30 p.m. Movie  
**She Said Maybe**  
The Conference Room

## 10/6/2025 - Monday

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

11:30 a.m. Departure  
Providence Place Mall  
The Main Lobby

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

6:15 p.m. Departure  
Roger Williams Pumpkin Spectacular  
The Main Lobby

7:30 p.m. Movie  
**Dolphins Up Close**  
The Conference Room

## 10/7/2025 - Tuesday

12:15 p.m. Departure  
Madeira Restaurant  
The Main Lobby

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

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

7:30 p.m.  
Bingo  
The Card Room

## 10/8/2025 - Wednesday

12:00 p.m.  
Men's Lunch  
The Pub

2:00 p.m.  
Health and Fitness Committee Meeting  
The Conference Room

7:30 p.m.  
Dietrich Neumann  
Space Oddity: Berlin at Night  
The Odeon

## 10/9/2025 - Thursday

10:00 a.m. - 1:00 p.m.  
Flu Clinic  
The Odeon

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

2:15 p.m.  
Activities Committee Meeting  
The Conference Room

6:45 p.m. Departure  
RI Chamber Music Concert  
The Main Lobby

7:30 p.m. Movie  
**Father of the Bride**  
The Conference Room

## 10/10/2025 - Friday

7:30 p.m. Movie  
**Autumn in New York**  
The Conference Room

## 10/11/2025 - Saturday

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

7:30 p.m. Movie  
**Dead Poets Society**  
The Conference Room

# THIS WEEK'S MESSAGES

## **MEDITATION**

Wednesdays

2:00 p.m.

The Odeon

Meditation practice and discussion.

Materials provided.

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Mondays and Thursdays

3:30 p.m.

In the back of the Library.

Meditation practice.

Our Laurelmead drivers collect plastic bags to bring to the supermarket to recycle.

**Below are some examples of plastic bags you may come across to be recycled:**

- The bubble wrap plastic inside most delivery packages from Amazon, FedEx, etc.
- Produce bags (the small bags given at the market for fruits and vegetables.)
  - Bread bags
  - Zip-top food storage bags



## *This Week's Movies*

### **SUNDAY, OCTOBER 5 AT 7:30 P.M.**

**She Said Maybe (2025)** 1 hr., 47 mins.

(Starring: Beritan Balci, Serkan Çayoğlu, Cansu Tosun, Caroline Daur, Sinan Güleç, Meral Perin, etc.)

A German-raised woman named Mavi learns of her Turkish noble heritage and enters a world of luxury, challenging her relationship as she navigates her newfound identity.

### **MONDAY, OCTOBER 6 AT 7:30 P.M.**

**Dolphins Up Close (2025)** 45 mins.

(Starring: Bertie Gregory)

Bertie Gregory heads to the Azores, a remote chain island in the Atlantic Ocean. These waters are a vital stop for migrating predators, drawn here by rich feeding grounds. Bertie captures a rare natural spectacle when elusive predators unite to hunt dense shoals of fish called bait balls. Filming isn't easy with unpredicted storms, but during his journey Bertie explores the region's dark history of marine exploitation. He discovers how the end of whaling transformed the Azores into a sanctuary, allowing marine life to return and delicate food chains to thrive.

### **THURSDAY, OCTOBER 9 AT 7:30 P.M.**

**Father of the Bride (1991)** 1 hr., 45 mins.

(Starring: Steve Martin, Diane Keaton, Martin Short, Kimberly Williams-Paisley, Kieran Culkin, George Newbern, etc.)

George Banks and his wife, Nina, are the proud parents of Annie, but when she returns from studying abroad and announces that she's engaged, their whole world turns upside down, especially that of overprotective George. From meeting the in-laws to wedding plans with an over-the-top consultant and his flamboyant assistant, it seems as if the troubles never end in this update of the classic Spencer Tracy comedy.

### **FRIDAY, OCTOBER 10 AT 7:30 P.M.**

**Autumn in New York (2000)** 1 hr., 43 mins.

(Starring: Richard Gere, Winona Ryder, Anthony LaPaglia, Vera Farmiga, Elaine Stritch, J. K. Simmons, etc.)

Will Keane, a New York restaurateur, infamous verging-on-50 playboy, acts as the master of the no-commitment seduction until he runs into an unexpected dead end when he meets Charlotte Fielding. Charlotte is half Will's age and twice his match, a 21-year-old free spirit yearning to get out and taste the excitement of adult life.

### **SATURDAY, OCTOBER 11 AT 7:30 P.M. IN THE ODEON**

**Dead Poets Society (1989)** 2 hrs., 8 mins.

(Starring: Robin Williams, Ethan Hawke, Robert Sean Leonard, Josh Charles, Gale Hansen, Dylan Kussman, etc.)

A new English teacher, John Keating, is introduced to an all-boys preparatory school that is known for its ancient traditions and high standards. He uses unorthodox methods to reach out to his students who face enormous pressures from their parents and the school. With Keating's help students Neil Perry, Todd Anderson, and others learn to break out of their shells, pursue their dreams, and seize the day.

# October Upcoming Events

## Evening Programs

All programs begin at 7:30 p.m.

Berlin at Night by Dietrich Neumann  
Wednesday, October 8 in the Odeon

Greenland: A Partner Not a Prize  
Tuesday, October 14 in the Odeon

Political Forums: Ward 2 Councilperson  
Wednesday, October 15 in the Odeon

Community Music Works  
Thursday, October 16 in the Odeon

Stephen Parman: Sailing to Mercury  
Tuesday, October 21 in the Odeon

Shea Fashion Show  
Thursday, October 23 in the Odeon

Pianist, Gideon Rubin  
Tuesday, October 28 in the Great Room

Congress, Interest Groups, and Lobbyists  
Thursday, October 30 in the Odeon

## October Meeting Schedule

General Residents  
Wednesday, October 1 at 10:00 a.m.

Health and Fitness  
Wednesday, October 8 at 2:00 p.m.

Activities  
Thursday, October 9 at 2:15 p.m.

Sales and Marketing  
Tuesday, October 14 at 10:00 a.m.

Dining Services  
Wednesday, October 15 at 2:00 p.m.

Building and Grounds  
Monday, October 20 at 9:30 a.m.

Budget and Finance  
Wednesday, October 22 at 9:30 a.m.

Board of Directors  
Tuesday, October 28 at 9:30 a.m.

## Afternoon Programs and Events

Jill Sanford: Art For Your Mind  
Thursday, October 2 at 1:00 p.m.

Meditation for Beginners  
Friday, October 3 at 1:00 p.m.

FLU AND COVID VACCINATION CLINIC  
Thursday, October 9 from 10:00 - 1:00 p.m.

Aging with Intention  
Friday, October 17 at 11:00 a.m.

Flower Arranging with Sally Gruber  
Friday, October 17 at 1:00 p.m.

Ri Issues with Sue AnderBois  
Wednesday, October 22 at 10:00 a.m.

Great Decisions  
Friday, October 24 at 2:00 p.m.

Dog Halloween Costume Parade  
Thursday, October 30 at 3:00 p.m.

Halloween Pizza Party  
Friday, October 31 from 11:30 a.m. - 1:00 p.m.

## Upcoming Trips

Four Town Farms  
Friday, October 3 at 10:00 a.m.

Providence Place Mall  
Monday, October 6 at 11:30 a.m.

Pumpkin Spectacular  
Monday, October 6 at 6:15 p.m.

Lunch at Madeira Restaurant  
Tuesday, October 7 at 12:00 p.m.

Fuller Craft Museum  
Wednesday, October 15 at 9:30 a.m.

Dave's Market  
Monday, October 20 at 1:30 p.m.

Ri Watercolor Society  
Thursday, October 23 at 10:30 a.m.

Shopping at Seekonk Square  
Wednesday, October 29 at 10:00 a.m.



## *Shopping at*



**Monday, October 6<sup>th</sup>  
11:30 a.m. Departure  
The Main Lobby**

***The driver will return for pick up at 2:00 p.m.***

**Please sign up in the Mail Room.**

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# **Roger Williams Park Zoo** **Jack-O-Lantern Spectacular**

*Travel through a seasonal wonderland!*

Celebrate the wonders of New England

and all its glory and magic at

the nationally acclaimed Jack-O-Lantern Spectacular  
presented by Citizens Bank at Roger Williams Park Zoo.  
Feast your senses on autumn's beauty, winter's swirling  
snow, spring's first blossoms, and summer's ocean  
breezes intricately carved on thousands of  
pumpkins displayed along the Zoo's  
beautiful Wetlands Trail.

Please note: This trail does implicate some extensive  
walking through a dark setting.

The trail is fully accessible, though it does include  
uneven or unpaved terrain.



**Monday, October 6<sup>th</sup> | 6:15 p.m. Departure**  
**The Main Lobby**

**Admission Fee: \$20.00 per person**

**Transportation fee: \$11.00**

**Please sign up in the Mail Room. A minimum of 6 residents required.**

## WEEKLY WELLNESS: RSV Vaccine

- **Not an annual vaccine:**

The RSV vaccine is not given every year. One dose is likely enough for most people even if you've had it before.

- **Timing:**

While it's best to get the flu vaccine in late summer or early fall you can get an RSV vaccine anytime in the fall or early winter before the RSV season truly starts.

- **Stay up to date:**

You can get all three vaccines (flu, COVID-19, and RSV) at the same time or you can space them out if you prefer.

- **Consult your doctor:**

If you have concerns or underlying health conditions it is always best to talk to your healthcare provider about the best timing for you.



### Lunch at Madeira Portuguese Restaurant



Madeira Restaurant is a Portuguese restaurant in East Providence, RI, that was established in 1987. The restaurant serves traditional Portuguese dishes with one reviewer noting it's comparable to what you'd find in Portugal. Some frequently praised items include the traditional grilled cod fish, flan, and baked stuffed shrimp. The menu offers a variety of options and generous portions, but it's best to confirm specific vegetarian or vegan dishes directly with the venue. Madeira offers a pleasant outdoor seating area with a water-themed courtyard and lush greenery. The interior is described as warm and inviting, providing a comfortable atmosphere for dining.

Tuesday, October 7

12:00 p.m.

Departure

**Please sign-up in the Mail Room.**



BROWN

## **Space Oddity: Berlin at Night**

*presented by*

### **Dietrich Neumann, Professor for the History of Modern Architecture and Urban Studies at Brown University**

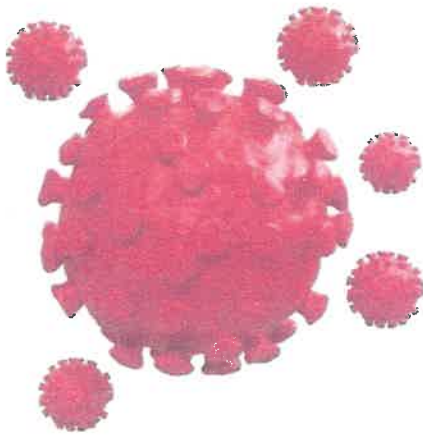


Dietrich Neumann is the Christopher Chan and Michelle Ma Professor for the History of Modern Architecture and Urban Studies at Brown University. Trained as an architect in Munich and London, he received his PhD from Munich University. His publications have dealt with the history of skyscrapers, movie set design, architectural illumination, building materials, and the architect Ludwig Mies van der Rohe. He won the

Founder's and Philip Johnson Awards from the Society of Architectural Historians for two of his publications. He served as president of the society from 2008-2010, and was named a fellow in 2018. At Brown University he has served as Director of Urban Studies and Director of the John Nicholas Brown Center for Public Humanities. He is a member of the Committee on Architecture and Design at the Museum of Modern Art and the current president of Docomomo New England. His new book "*Mies van der Rohe: An Architect in His Time*" was published by Yale University Press in September 2024.

**Wednesday, October 8 at 7:30 p.m. in the Odeon**





# FLU AND COVID VACCINE CLINIC

**WHAT TO BRING:**

**INSURANCE CARD**

**FILLED OUT REGISTRATION FORM**

**This must be filled out before arrival.**



**17**

**WHEN:**  
**Thursday, October 9**



**TIME:**  
**10:00 AM – 1:00 PM**



**WHERE:**  
**The ODEON**



**WHO:**  
**All Staff & All Residents**



**First Come, First Served!**

# Laurelmead Food Drive Continues

*We're Back!!!*

## October is Soup and Cracker Month



**Start Day is Tuesday, October 14!**

*It's Easy:*

**From Tuesday, October 14 – Friday, October 17**

- Purchase soup and/or crackers either from the Laurelmead General Store and drop it off there,
- OR**
- Purchase it during your grocery run and drop it off in the Arts & Crafts Room.



RHODE ISLAND COMMUNITY  
**FOOD BANK**



<p><b>LAURELMEAD</b></p> <p><b>MAIN DINING ROOM</b> <b>DINNER MENU</b></p> <p>Call 273-9550 for Take Out / Room Service 3:30-4:30 pm</p> <p><b>WEEK OF</b> <b>OCTOBER</b> <b>5th ~ 11th</b></p>	<p><b><u>SUNDAY</u></b> <b>5-6:30 p.m.</b></p> <p>TUSCAN VEGETABLE SOUP, vs ASPRGUS, PINE NUT, GOAT CHZ</p> <p>MEDITERRANEAN BK COD CHICKEN SCALLOPINI TKY PESTO PANINI SANDW.</p> <p>GARLIC OVEN RST POTATOES BLEU CHZ CRUSTED TOMATO</p>	<p><b><u>MONDAY</u></b></p> <p>CHIC PEA PASTA SOUP, vs ASPRGUS, PINE NUT, GOAT CHZ</p> <p>CATCH DU JOUR LEMON WALNUT CHICKEN *BEEF RIBS CHIPOTLE BBQ SC</p> <p>HC BASMATI RICE CORN ON THE COBB</p> <p>*contains a spicy ingredient</p>	<p><b><u>TUESDAY</u></b></p> <p>CHILLED CANTALOUPE BISQUE ASPRGUS, PINE NUT, GOAT CHZ</p> <p>PANKO PARMESAN HADDOCK HC RST T'LOIN OF BEEF GRLD PORTOBELLO SANDWCH</p> <p>LYONNAISE POTATOES HC STEAMED BROCCOLI</p>
<p><b><u>WEDNESDAY</u></b></p> <p>INDONESIAN SOBA NDL, cs TABLESIDE CAESAR SALAD</p> <p>* SHRIMP ENCHILADA CHEESY ASPRGUS STFD CKN BRAZILIAN STEAK, garlic butter</p> <p>PESTO MASHED POTATOES Crisp Balsamic Brussels Sprouts</p> <p>* contains spicy ingredient</p>	<p><b><u>THURSDAY</u></b></p> <p>VICHYSOISE, vs ASPRGUS, PINE NUT, GOAT CHZ</p> <p>GARLIC BUTTER SCALLOPS CHICKEN MILANESE, arugula * LAMB CHOP DIAVOLA</p> <p>BROWN RICE PINE NUTS LEMON PARM ASPRAGUS</p> <p>*contains a spicy ingredient</p>	<p><b><u>FRIDAY</u></b></p> <p>SAFFRON SEAFOOD CHOWDER ASPRGUS, PINE NUT, GOAT CHZ</p> <p>LOCAL SEA BASS, MANGO SLAW (slaw contains honey) *CKN SPNACH ARTICHK LASAGNA VEAL AU NATURAL</p> <p>RISSOLE POTATOES SAUTE SUMMER SQUASH SPINACH</p> <p>*contains a spicy ingredient</p>	<p><b><u>SATURDAY</u></b></p> <p>TURKEY VEGETABLE, cs ASPRGUS, PINE NUT, GOAT CHZ</p> <p>GR SALMON MAITRE D'butter RST HALF CHICKEN CAULIFLOWER CRUST PIZZA</p> <p>HC VEGETABLE PILAF HC MANDARIN ORANGE CARROTS</p>
<p><b>CONSERVE; WE ENCOURAGE YOU TO BRING YOUR OWN CONTAINERS FOR LEFTOVERS</b> <b>HALF PORTIONS AVAILABLE UPON REQUEST</b></p>			

<p><b>LAURELMEAD</b></p> <p><b>MAIN DINING ROOM</b> <b>DINNER MENU</b> <b>HEALTHIER CHOICE</b></p> <p>Call 273-9550 for Take Out / Room Service 3:30-4:30 pm</p> <p><b>WEEK OF</b> <b>OCTOBER</b> <b>5th ~ 11th</b></p>	<p><b><u>SUNDAY</u></b> <b>5-6:30 p.m.</b></p> <p>HC SAVORY BEAN SPINACH, vs HC ASPRGUS, PINE NUT</p> <p>HC BKD SCROD HC DASH CHICKEN BREAST</p> <p>HC STMD NEW POTATOES HC BROILED TOMATO</p>	<p><b><u>MONDAY</u></b></p> <p>HC SAVORY BEAN SPINACH, vs HC ASPRGUS, PINE NUT</p> <p>HC CATCH DU JOUR HC GRLD MARNTD CKN BREAST</p> <p>HC BASMATI RICE CORN ON THE COBB</p>	<p><b><u>TUESDAY</u></b></p> <p>HC SAVORY BEAN SPINACH, vs HC ASPRGUS, PINE NUT</p> <p>HC BKD HADDOCK HC RST TENDERLOIN BEEF</p> <p>HC BAKED POTATO HC STMD BROCCOLI</p>
<p><b><u>WEDNESDAY</u></b></p> <p>HC SAVORY BEAN SPINACH, vs</p> <p>HC BKD SHRIMP HC GRLD MARINATED CKN BRST</p> <p>HC BAKED POTATO HC STMD BRUSSELS SPROUTS</p> <p><b>CONSERVE; WE ENCOURAGE YOU TO BRING YOUR OWN CONTAINERS FOR LEFTOVERS</b> <b>HALF PORTIONS AVAILABLE UPON REQUEST</b></p>	<p><b><u>THURSDAY</u></b></p> <p>HC SAVORY BEAN SPINACH, vs HC ASPRGUS, PINE NUT</p> <p>HC BKD SCALLOPS * LAMB CHOP DIAVOLA</p> <p>HC STMD BROWN RICE HC STM ASPARAGUS LMN ZEST</p> <p>*contains spicy ingredient</p>	<p><b><u>FRIDAY</u></b></p> <p>HC SAVORY BEAN SPINACH, vs HC ASPRGUS, PINE NUT</p> <p>HC BKD SEA BASS HC VEAL MARINARA</p> <p>HC BOILED POTATOES HC STMD SUMMER SQUASH</p>	<p><b><u>SATURDAY</u></b></p> <p>HC SAVORY BEAN SPINACH, vs HC ASPRGUS, PINE NUT</p> <p>HC SALMON, no butter HC RST 1/2 CHICKEN</p> <p>HC VEGETABLE PILAF HC MANDARIN ORANGE CARROTS</p>