

The Laurelmead Weekly Bulletin

Sunday, October 12 - Saturday, October 18

10/12/2025 - Sunday

7:30 p.m. Movie

October Sky

The Conference Room

10/13/2025 - Monday

Columbus Day

9:30 a.m.

Duplicate Bridge

The Card Room

7:30 p.m. Movie

The Mission

The Conference Room

10/14/2025 - Tuesday

10:00 a.m.

Sales and Marketing Committee Meeting

The Conference Room

11:30 a.m. Departure

CVS/Bank

The Main Lobby

1:00 p.m. Departure

Stop & Shop

The Main Lobby

3:00 p.m.

Tuesday Tea with Harpist Laura Cole

The Great Room

3:00 p.m.

Poetry Group

The Library

7:30 p.m.

Greenland: A Partner Not a Prize

The Odeon

10/15/2025 - Wednesday

9:30 a.m. Departure

Fuller Craft Museum

The Main Lobby

2:00 p.m.

Dining Committee Meeting

The Conference Room

7:00 p.m.

Political Forum: Ward 2 Councilperson

The Odeon

10/16/2025 - Thursday

1:00 p.m. Departure

Market Basket

The Main Lobby

1:30 p.m.

Morning Serial

The Great Room

7:30 p.m.

Community MusicWorks

The Odeon

10/17/2025 - Friday

11:00 a.m.

Aging with Intention: Session 5

The Conference Room

1:00 p.m.

Flower Arranging with Sally Gruber

The Card Room

7:30 p.m. Movie

On Golden Pond

The Conference Room

10/18/2025 - Saturday

9:30 a.m.

Morning Social

The Great Room

6:45 p.m. Departure

RI Philharmonic

The Main Lobby

7:30 p.m. Movie

Harold and Maude

The Conference Room

COLUMBUS DAY

Monday, October 13

The cafe and dining rooms will be open normal business hours.

There will be one person from Maintenance and one person from Housekeeping in the building for emergencies.

The Activities and Fitness departments will be closed.

Administration and Health Services will be closed.

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.

Memorial Service for Jane Roberts

Laurelmead will be providing transportation.
Following the service, there will be a reception from
1:00 p.m. – 3:00 p.m. at Laurelmead in the Great Room.
Please bring any of Jane's art to share and there will be
easels available.

Saturday, October 25

10:15 a.m. Departure

Redwood Chapel in Swan Point Cemetery

Please sign up in the Mail Room.



This Week's Movies

SUNDAY, OCTOBER 12 AT 7:30 P.M.

October Sky (1999) 1 hr., 48 mins.

(Starring: Jake Gyllenhaal, Laura Dern, Chris Cooper, Chris Owen, William Scott Lee, Chad Lindberg, etc.)
John Hickam is a West Virginia coal miner who loves his job and expects his sons, Jim and Homer, to follow in his footsteps. Jim gets a football scholarship and Homer becomes interested in rocket science after seeing Sputnik 1 crossing the sky. John disapproves of his son's new mania but Homer begins building rockets with the help of friends and a sympathetic teacher. Rocketry, he hopes, will prove his ticket to a better life.

MONDAY, OCTOBER 13 AT 7:30 P.M.

The Mission (1986) 2 hrs., 5 mins.

(Starring: Robert De Niro, Jeremy Irons, Liam Neeson, Berceio Moya, Sigifredo Isamare, Chuck Low, etc.)
Jesuit priest Father Gabriel enters the Guarani lands in South America with the purpose of converting the natives to Christianity. He soon builds a mission where he is joined by Rodrigo Mendoza, a reformed slave trader seeking redemption. When a treaty transfers the land from Spain to Portugal the Portuguese government wants to capture the natives for slave labor. Mendoza and Gabriel resolve to defend the mission but disagree on how to accomplish the task.

FRIDAY, OCTOBER 17 AT 7:30 P.M.

On Golden Pond (1981) 1 hr., 49 mins.

(Starring: Henry Fonda, Katharine Hepburn, Jane Fonda, Doug McKeon, Dabney Coleman, etc.)
Cantankerous retiree, Norman Thayer, and his conciliatory wife, Ethel, spend summers at their New England vacation home on the shores of idyllic Golden Pond. This year their adult daughter, Chelsea, visits with her new fiancée and his teenage son, Billy, on their way to Europe. After leaving Billy behind to bond with Norman, Chelsea returns attempting to repair the long-strained relationship with her aging father before it's too late.

SATURDAY, OCTOBER 18 AT 7:30 P.M. IN THE ODEON

Harold and Maude (1971) 1 hr., 31 mins.

(Starring: Hal Ashby, Bud Cort, Ruth Gordon, Vivian Pickles, Tom Skerritt, Cyril Cusack, etc.)
Cult classic pairs Cort as a dead-pan disillusioned 20-year-old obsessed with suicide and a loveable Gordon as a fun loving 80-year-old eccentric. They meet at a funeral and develop a taboo romantic relationship in which they explore the tired theme of the meaning of life with a fresh perspective.

WEEKLY WELLNESS:

What to do if you test positive for COVID in 2025?

If you test positive for COVID-19 in 2025 you should isolate for at least five days starting from the day symptoms began or the day of your positive test if you have no symptoms. Rest, stay hydrated, and contact your healthcare provider. You should continue to isolate if you still have a fever or if your symptoms are not improving.

Isolation Steps

1. **Isolate:** Stay home and away from others for at least five days.
2. **Monitor Symptoms:** Watch for symptoms.
3. **Check for Fever:** If you have a fever do not end your isolation until you have been fever-free for 24 hours without using fever-reducing medicine.
4. **Contact Healthcare Provider:** Reach out to your doctor to let them know you've tested positive and discuss any treatment options.

General Care

- **Rest:** Get plenty of rest to help your body recover.
- **Hydrate:** Drink plenty of fluids to stay hydrated.

A MESSAGE FROM THE SOCIAL JUSTICE GROUP

Due to unforeseen health issues Carolyn Needleman is unable to continue leading the Social Justice group. The group sincerely thanks her for her dedication and commitment to social justice which, for the past 5 years, have helped make pro-democracy efforts here more focused and meaningful.

The group will need some time to consider its future leadership and activities.

To allow that time **monthly meetings will be suspended for the rest of 2025**. That is **the meeting scheduled for October 15 at 3:30 is cancelled** and no official meetings will be held in November or December.

Hopefully monthly meetings will resume in January of 2026 starting with an informal organizational session to decide on new leadership and activities.

In 2026 our activities will likely focus on boosting pro-democracy voter turnout in key elections with postcard parties planned for swing states.

If you have ideas about the group's leadership or next year's activities please contact Paula Izeman (her email is pizeman@gmail.com). She has agreed to collect responses for discussion at the January 2026 meeting.

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**

Greenland: A Partner, not a Prize

presented by

Amanda H. Lynch and Charles H. Norchi

Greenlanders have a saying, “nothing about us, without us.”

This sentiment springs from long experience from Eric the Red fleeing Iceland, to traders and whalers seeking Arctic riches, to Scandinavian missionaries and colonizers. During World War II, when Denmark was occupied by Nazi Germany, the United States concluded an agreement with the Danish Envoy in Washington to construct and operate military installations in Greenland. In 1946 President Truman offered to purchase Greenland but Denmark refused. Why would the United States want Greenland? At the dawn of the Cold War there were strategic advantages which today are even more evident. But Greenland faces a double-edged sword: climate change. The rapidly changing climate is yielding, retreating sea ice which brings the promise of enhanced maritime access for the coastal population. And retreating land ice reveals more usable territory.

With this thaw comes storms, landslides, and ice sheet collapses.

This presentation will touch on all of these issues and leave plenty of time for questions.



Amanda H. Lynch is an atmospheric scientist and *Sloan Lindemann and George Lindemann, Jr. Distinguished Professor of Environment and Society* and *Professor of Earth, Environmental and Planetary Sciences at Brown University*. She was founding *Director of the Institute at Brown for Environment and Society* in 2014. She is an expert in polar climate system modelling, indigenous environmental knowledge, and climate policy analysis.

Tuesday, October 14
7:30 p.m.
The Odeon



Charles H. Norchi is the *Benjamin Thompson Professor of Law* and *Director of the Center for Oceans and Coastal Law of the University of Maine School of Law*, and a faculty member of the *Climate Change Institute of the University of Maine*. Prof Norchi has worked as scholar, legal counsel, and journalist in the Arctic and Afghanistan, as well as the Middle East, Asia, and Africa. He is an expert in International Law, International Security, Law of the Sea, and International Human Rights.



PROVIDENCE WARD 2 COUNCIL PERSON

WEDNESDAY, OCTOBER 15 • 7:00 P.M. • THE ODEON



David Caldwell
Jill Davidson
Jeff Levy
Matt McDermott

More information on
each candidate can
be found online.

This is not a debate. This is an
informational meeting so residents can
make an informed decision come
voting day.

The forum moderator is traditionally the
Executive Director.

Each candidate will be given 2 minutes
to introduce themselves.

The moderator will ask questions that
each candidate will have the
opportunity to answer.

After the "formal" Q & A session,
residents will have the opportunity to
ask the candidates questions.

The forum is not open to the public. We
don't have the seating or the parking
spaces to accommodate outside guests.
However, we may have some news
coverage that night.



community musicworks

Thursday, October 16

7:30 p.m.

The Odeon

Community MusicWorks invites you to turn your gaze to the cosmos with music inspired by the spheres.

In this program the MusicWorks Collective explores the celestial and the sublime presenting music inspired by the movements of the heavens and the mysteries of the universe. The concert features an evocative work by Ludwig van Beethoven, whose compositions often echo the grandeur of nature; an ethereal piece by Aaron Jay Kernis, and a specially selected composition by CMW Resident Musician, Laura Cetilia, offering an intimate meditation on the spectacular beauty of our world. Let the music transport you beyond the stars!

Musica Celestis (1990)
Aaron Jay Kernis (b. 1960)

Irene Guerra Rudas & Minna Choi, violins
Alexis Marie Nelson, viola
Adrienne Taylor, cello

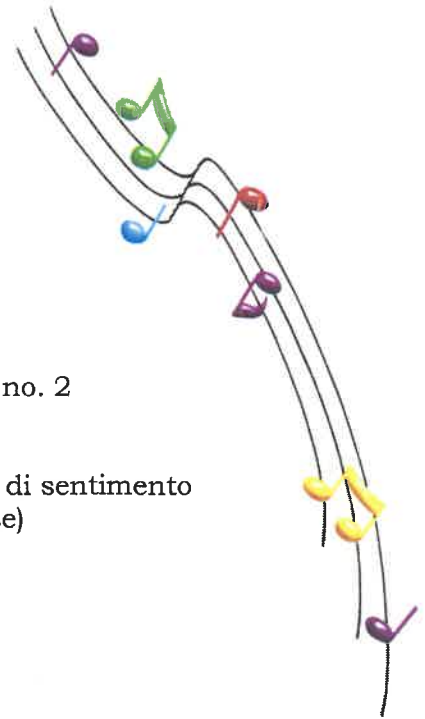
Counter glow (2023)
Laura Cetilia (b. 1975)

Minna Choi & Irene Guerra-Rudas, violins
Alexis Marie Nelson, viola
Adrienne Taylor, cello

String Quartet No. 8 in E minor, op. 59, no. 2
Ludwig van Beethoven (1770-1827)
I. Allegro

II. Molto Adagio: Si tratta questo pezzo con molto di sentimento
III. Allegretto - Maggiore (Thème russe)
IV. Finale: Presto

Kimberly Fang & Bella Ward, violins
Lisa Sailer, viola
Miguel Vásquez, cello



YOUR SUPPORT MATTERS! When you make a gift to Community MusicWorks you help provide opportunities for our students to understand the power of their voices, to direct their learning, and to carry their musicianship into their lives and communities. Your support centers the value of our musicians' work and makes joyous musical opportunities—from student performance events to concerts by the MusicWorks Collective—possible for everyone in our community.

Please consider making a donation today: communitymusicworks.org.

ED SHEA AND DEB HERMAN, PH.D.,

present

*Aging with Intention:
A Summer Salon: Session 5*

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, October 17th

11:00 a.m.

The Conference Room

A minimum of 6 residents required. Cancellation policy applies.

Sailing into Floral Design

Ahoy mates! Do you yearn to go boating and taking in all the sights and sounds of the sea? Well, look no further! Please join us as we navigate the creation of a stunning, nautical, floral piece.

Each participant will receive a shell-studded vessel with a bounty of blooms. Orange spray rose, blue thistle, and ivory statice round out this truly seaworthy arrangement.

Seize the day!

Friday, October 17

1:00 p.m.

The Card Room

\$10.00 fee to join.

\$20.00 cancellation policy applies.

Please sign up in the Mail Room by Wednesday, October 15.



SALLY L GRUBER
Interactive Horticulture
41 Cedar Pond Dr #12
Warwick, RI 02886
Phone: (401) 823-8077
flowersforeverone@msn.com

<p>LAURELMEAD</p> <p>MAIN DINING ROOM DINNER MENU</p> <p>Call 273-9550 to place Take Out / Room Service Orders between 3:30-4:30 pm</p> <p>WEEK OF OCTOBER 12th ~ 18th</p> <p>Monday - Saturday 5-7 pm</p>	<p><u>SUNDAY</u> 5-6:30 p.m.</p> <p>SEVEN BEAN, vs GREENS, RED PEPPER, FETA</p> <p>SCROD, greek walnut salsa SWEDISH MTBALLS, NOODLES TUSCAN PESTO CKN SANDW. PASTA DU JOUR</p> <p>BUTTERED EGG NOODLES PEAS & PEARL ONIONS</p>	<p><u>MONDAY</u></p> <p>VEGETABLE BEEF SOUP, bs GREENS, RED PEPPER, FETA</p> <p>GRILLED SWORDFISH CHICKEN CACCIATORE SHEPHERD'S PIE PASTA DU JOUR</p> <p>CIDER BKD SWEET POTATOES HC STEAMED STRING BEANS</p>	<p><u>TUESDAY</u></p> <p>RST SWEET POTATO SOUP, cs GREENS, RED PEPPER, FETA</p> <p>HADDOCK AL FORNO APRICOT CHICKEN THIGH MAPLE SHORT RIBS PASTA DU JOUR</p> <p>MADRAS RICE BAKED ACORN SQUASH</p>
<p><u>WEDNESDAY</u></p> <p>CHICKEN SPATZEL, cs TABLESIDE CAESAR SALAD</p> <p>SAUTEED SALMON TIPS BRAISED CKN 1/4 WITH FIG CARBONADES OF BEEF PASTA DU JOUR</p> <p>HC JASMINE RICE ROASTED BABY BEETS</p>	<p><u>THURSDAY</u></p> <p>BROCCOLI CHEDDAR, vs GREENS, RED PEPPER, FETA</p> <p>SCALLOPS PROVENCALE LAMB SHANK BUTTERNUT SQUASH LASAGNA PASTA DU JOUR</p> <p>RISOTTO VEGETABLE MEDLEY</p>	<p><u>FRIDAY</u></p> <p>NEW ENGLAND CLAM CHOWDER GREENS, RED PEPPER, FETA</p> <p>CATCH DU JOUR VEAL PICATTA CHICKEN POT PIE</p> <p>PESTO MASHED POTATOES HC TURNIP & CARROTS</p>	<p><u>SATURDAY</u></p> <p>WINTER LENTIL, vs GREENS, RED PEPPER, FETA</p> <p>CRAB CAKES REMOULADE* RST CKN, cornbread apple dressing GR SIRLOIN, red wine msrms</p> <p>HC RST POTATO TRIO CREAMED SPINACH</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>LAURELMEAD</p> <p>MAIN DINING ROOM HEALTHIER CHOICE DINNER MENU</p> <p>Call 273-9550 to place Take Out / Room Service Orders between 3:30-4:30 pm</p> <p>WEEK OF OCTOBER 12th ~ 18th</p> <p>Monday - Saturday 5-7 pm</p>	<p><u>SUNDAY</u> 5-6:30 p.m.</p> <p>HC SAVORY BEAN SPINACH, vs HC GREENS, RED PEPPERS</p> <p>HC SCROD</p> <p>HC TUSCAN CKN SANDW, no chz</p> <p>HC EGG NOODLES HC STEAMED PEAS</p>	<p><u>MONDAY</u></p> <p>HC TUSCAN KALE BEAN, vs HC GREENS, RED PEPPERS</p> <p>HC GRILLED SWORDFISH HC GRLD MRS DASH CHICKEN</p> <p>BAKED SWEET POTATO HC STEAMED GREEN BEANS</p>	<p><u>TUESDAY</u></p> <p>HC TUSCAN KALE BEAN, vs HC GREENS, RED PEPPERS</p> <p>HC BAKED HADDOCK HC GR MAR CKN BREAST</p> <p>HC STEAMED BROWN RICE HC ACORN SQUASH</p>
<p><u>WEDNESDAY</u></p> <p>HC TUSCAN KALE BEAN, vs</p> <p>HC SALMON TIPS HC CKN BRST 1/4 WITH FIG</p> <p>HC JASMINE RICE HC STEAMED BEETS</p>	<p><u>THURSDAY</u></p> <p>HC TUSCAN KALE BEAN, vs HC GREENS, RED PEPPERS</p> <p>HC SCALLOPS PROVENCALE HC LAMB SHANK</p> <p>BAKED POTATO HC VEGETABLE MEDLEY</p>	<p><u>FRIDAY</u></p> <p>HC TUSCAN KALE BEAN, vs HC GREENS, RED PEPPERS</p> <p>HC CATCH DU JOUR HC VEAL MARINARA</p> <p>BAKED POTATO HC TURNIP & CARROTS</p>	<p><u>SATURDAY</u></p> <p>HC TUSCAN KALE BEAN, vs HC GREENS, RED PEPPERS</p> <p>HC SCROD HC GR SIRLOIN</p> <p>HC RST POTATO TRIO HC STM SPINACH</p> <p>CONSERVE; WE ENCOURAGE YOU TO BRING YOUR OWN CONTAINERS FOR LEFTOVERS HALF PORTIONS AVAILABLE UPON REQUEST</p>