

The Laurelmead Weekly Bulletin

Sunday, January 11 - Saturday, January 17

1/11/2026 - Sunday

7:30 p.m. *Resident's Choice Movie*
The Conference Room

1/12/2026 - Monday

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

10:00 a.m. Departure
Woods Gerry Ceramics Gallery
The Main Lobby

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

2:00 p.m.
Library Interest Group Meeting
The Library

3:30 p.m.
Silent Meditation
The Library

7:30 p.m.
Bingo
The Card Room

1/13/2026 - Tuesday

10:00 a.m.
Sales and Marketing Committee Meeting
The Conference Room

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

2:00 p.m.
Board of Directors Q&A Session
The Odeon

3:00 p.m.
Poetry Group
The Library

7:30 p.m.
Resource Recovery Recycling Presentation
The Odeon

1/14/2026 - Wednesday

12:00 p.m.
Men's Lunch
The Card Room

1:30 p.m.
Welcome Ice Cream Social For
New Facilities Director Don St. Amand
The Great Room

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

7:30 p.m. *Resident's Choice Movie*
The Conference Room

1/15/2026 - Thursday

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

3:30 p.m.
Silent Meditation
The Library

7:30 p.m.
Michael Littman
Conveying Tasks to Computers
The Odeon

1/16/2026 - Friday

9:30 a.m. Departure
Museum of Work and Culture and
Lunch at River Falls Restaurant
The Main Lobby

3:00 p.m.
Social Justice Reading Group
The Library

7:30 p.m. *Resident's Choice Movie*
The Conference Room

1/17/2026 - Saturday

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

7:30 p.m. *Resident's Choice Movie*
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.

THANK YOU FOR A WONDERFUL NYE CELEBRATION!

Thank you to everyone who came and participated in our NYE Winter Wonderland Cocktail Party! We hope everyone enjoyed themselves and rang in the New Year happy and healthy.

A special Thank You to Bob and Lee Cookingham for the beautiful toast, and another special Thank You to Rosie and Jay for leading a festive Sing-Along and fun Trivia Game to end the night.



WEEKLY WELLNESS: It is NOT too late for the FLU vaccine!

- **Peak Season Activity:** Flu activity often peaks between December and February and can continue as late as May.
- **Current Variant Concerns:** A new H3N2 strain, subclade K, is circulating this season. Although there is a partial mismatch between this variant and the current vaccine, experts emphasize that vaccination still provides critical protection against severe disease, hospitalization, and death.
- **Protection Against Multiple Strains:** The 2025–2026 trivalent vaccine protects against three different viruses (H1N1, H3N2, and a B/Victoria lineage virus). Even if its effectiveness is reduced against one strain, it remains effective against the others.
- **Time for Immunity to Take Effect:** It takes approximately two weeks after vaccination for the body to develop full antibody protection.

Recommendations for Specific Groups

- **High-Risk Individuals:** Vaccination is especially critical for adults aged 65+, young children, pregnant individuals, and those with chronic health conditions (e.g., asthma, diabetes, heart disease).

Preferred Vaccines for Seniors: For those 65 and older, the CDC preferentially recommends high-dose (Fluzone High-Dose), adjuvanted (Fluad), or recombinant (Flublok) vaccines.



A LIBRARY INTEREST GROUP MESSAGE

There will be a meeting for the **Library Interest Group** on Monday, January 12 at 2:00 p.m. in the Library.

Matters concerning the managing of the library will be discussed.

The library is run by resident volunteers which also includes the librarian. Anyone is welcome to attend if you would like to learn how the library operates.



LAURELMEAD WINE TASTING

A resident guided social group was formed in October 2021 to enjoy wine tasting. The goal of the group is to share knowledge while learning about favorite wines, new grapes, varietals, styles, or wine regions. It is an in social gathering where we all learn from each other while sharing an interest in wines and wine tasting.

The model for the group is one of shared responsibility. On a voluntary basis, members choose a wine theme, lead a discussion, then select and purchase the wines. ***The cost of the wines is then divided among the attending participants.***

We meet about every 4-6 weeks on a late Sunday afternoon on a date reached by consensus.

Pairing the wine with food, sharing the experience in a friendly environment, learning, laughing, and recognizing that a good wine is one you enjoy with friends.

If you are interested in remaining in the group or learning more contact or see:

Lee Cookingham at 585-315-2698.

Cheers!





THINKING ABOUT JOINING THE LAURELMEAD BOARD? LET'S TALK

**ARE YOU CONSIDERING RUNNING FOR THE BOARD OF DIRECTORS
BUT STILL HAVE QUESTIONS?**

**JOIN CURRENT BOARD MEMBERS FOR AN OPEN CONVERSATION
TO GET YOUR QUESTIONS ANSWERED AND LEARN ABOUT THE
BOARD'S RESPONSIBILITIES.**



TUESDAY, JANUARY 13



2:00PM



THE ODEON



Recycle Right in R.I.



Bill Giannini joined the educational team at the RI Resource Recovery Corporation in 2021 where he finds great satisfaction in delivering to fellow Rhode Islanders the message of how Resource Recovery endeavors to provide safe, environmentally compliant, clean, and affordable solid waste and recycling services for the Rhode Island community; and in helping Rhode Islanders prevent food waste.

Prior to his work at Resource Recovery, he served on the Providence Fire Department for almost 29 years and retired in 2003 as Assistant Chief of Operations. From 2001 to 2003 he also served the city as a deputy coordinator for Providence's Terrorism Task Force, created after the events of 9/11.

Bill has been a national and international instructor and lecturer since 1994. He teaches for the Rhode Island Fire Academy, the National Fire Academy in Emmitsburg, Maryland; the US Departments of Justice, Defense, and Homeland Security; FEMA, and the US Environmental Protection Agency. He has taught or lectured in all 50 states and in 20 foreign countries.

He was a member of the Fire Science Advisory Council and the Emergency Management Advisory Council at the Community College of Rhode Island from 2000 to 2020, and was also a member of the Paramedic Advisory Board for Roger Williams University in 2015. He is presently a member of the board of trustees for LaSalle Academy in Providence, RI. He has a bachelor's degree in Fire Safety from Providence College and a certificate in Environmental and Occupational Safety and Health from Roger Williams University.

You recycle, right? But do you recycle right? If you've ever found yourself squinting to look for a recycling symbol on a product, arguing with your friend or spouse over a pizza box, or wondering what actually happens to your recycling when it leaves the curb, you'll have these questions *and more* answered during the Recycling Right in Rhode Island... and Going Beyond the Bin presentation!

Tuesday, January 13

7:30 p.m.

The Odeon



LAURELMEAD

Welcome Don St. Amand!

Laurelmead's New Maintenance Director

Laurelmead is ushering in 2026 with the arrival of our new Facilities Director, Don St. Amand. An experienced leader, Don is known for fostering strong teams through clear communication and collaboration. Customer satisfaction is his top priority, and he is very much looking forward to becoming part of the Laurelmead community.

**Be sure to join us for an
Ice Cream Celebration while we welcome
Don to his new position at Laurelmead!**



**Wednesday, January 14
1:30 p.m.
The Great Room**



BROWN

Conveying Tasks to Computers: How Machine Learning Can Help

Presented by

Michael L. Littman, Ph.D.

It is immensely empowering to delegate information processing work to machines and have them carry out difficult tasks on our behalf.

But programming computers is hard. The traditional approach to this problem is to try to fix people: They should work harder to learn to code.

In this talk, I argue that a promising alternative is to meet people partway. Specifically, powerful new approaches to machine learning provide ways to infer intent from disparate signals and could help make it easier for everyone to get computational help with their vexing problems.



Michael L. Littman, Ph.D. is a University Professor of Computer Science at Brown University and is currently serving as the university's first associate provost for artificial intelligence. He studies machine learning and decision-making under uncertainty and has earned multiple awards for his teaching and his research. Littman has chaired major conferences in artificial intelligence and machine learning and is a Fellow of both the Association for the Advancement of

Artificial Intelligence and the Association for Computing Machinery. He was selected by the American Association for the Advancement of Science as a Leadership Fellow for Public Engagement with Science in Artificial Intelligence, has a popular YouTube channel, and appeared in a national TV commercial in 2016. His book, "Code to Joy: Why Everyone Should Learn a Little Programming" was published in October 2023 by MIT Press.

Thursday, January 15

7:30 p.m.

The Odeon

Tour Museum of Work & Culture and Lunch at River Falls



Located in Woonsocket's historic Market Square, The Museum of Work and Culture tells the story of French Canadian immigrants who left Quebec to come to work in the mills and factories of Woonsocket.

Visitors begin their tour at a rural Quebec farmhouse and journey through the workday world of Woonsocket's residents from the early twentieth century to the present. On the shop floor of a textile mill, from the front porch of a three family tenement, in church, in school, in the union hall, visitors are immersed in a narrative of the working class in America.

Operated by the Rhode Island Historical Society, the museum includes six walk through displays, two movies, many interactive audio presentations, and hundreds of photographs. A predominate theme of the museum is the transformation immigrants undergo in "becoming American."

While the museum focuses on the immigration of the French Canadians to Woonsocket, the story is similar to that of millions of immigrants and workers from cities and towns across America.



Ticket Fee: \$10.00
Transportation Fee: \$11.00
Friday, January 16
9:30 a.m. Departure
The Main Lobby



Lunch at



Wednesday, January 21
11:15 a.m. Departure
The Main Lobby

SIGN-UP SHEETS FOR EACH TRIP ARE IN THE
ACTIVITIES BINDER IN THE MAIL ROOM.

<p>LAURELMEAD</p> <p>MAIN DINING ROOM DINNER MENU</p> <p>Call 273-9550 for Take Out / Room Service Orders 3:30-4:30 pm</p> <p>WEEK OF JANUARY 11th ~ 17th</p> <p>Monday ~ Saturday Dining Room Hours 5-7 pm</p>	<p><u>SUNDAY</u> 5:00 - 6:30 p.m.</p> <p>RSTD TOMATO SOUP, vs BABY SPINACH, MSHRM, EGG</p> <p>POACHED SEAFOOD, saffron broth CHICKEN DIANE GRILLED RUEBEN SANDWICH PASTA DU JOUR</p> <p>*TAVERN FRIES HC BRUSSELS SPROUTS</p> <p>*contains spicy ingredient</p>	<p><u>MONDAY</u></p> <p>CRM CKN SOUP, cs BABY SPINACH, MSHRM, EGG</p> <p>*JAVANESE SALMON CHICKEN CHASSEUR GRILLED MAR. BEEF T'LOIN TIPS PASTA DU JOUR</p> <p>HC BASMATI RICE GARLIC CASHEW BROCCOLI</p> <p>*spicy ingredient</p>	<p><u>TUESDAY</u></p> <p>MINESTRONE GENOVESE, vs BABY SPINACH, MSHRM, EGG</p> <p>CATCH DU JOUR ROASTED DUCK 1/2, FIG SAUCE ITALIAN BEEF BRACIOLE PASTA DU JOUR</p> <p>MELTING POTATOES SAUTEED ESCAROLE PINE NUTS</p>
<p><u>WEDNESDAY</u></p> <p>GRUYERE SWEET POTATO, vs TABLESIDE CAESAR SALAD</p> <p>SHRIMP PASTA RAGS CHICKEN CORDON BLEU YANKEE POT ROAST PASTA DU JOUR</p> <p>HC BOILED NEW POTATOES CORN LYONNAISE</p> <p>CONSERVE; WE ENCOURAGE YOU TO BRING YOUR OWN CONTAINERS FOR LEFTOVERS HALF PORTIONS AVAILABLE UPON REQUEST</p>	<p><u>THURSDAY</u></p> <p>THREE ONION SOUP, bs BABY SPINACH, MSHRM, EGG</p> <p>*TOMATO SALSA COD FILET GR FILET MIGNON, PORT WINE SC EGGPLANT PARMIGIANA PASTA DU JOUR</p> <p>RISOTTO PARMESAN RSTD CAULIFLOWER *contains spicy ingredient</p>	<p><u>FRIDAY</u></p> <p>SHRIMP CHOWDER BABY SPINACH, MSHRM, EGG</p> <p>GREEK STYLE BRONZINO LAMB NAVARIN CHICKEN ITALIANNE PASTA DU JOUR</p> <p>TWICE BAKED POTATO HC MAPLE GINGER RST VEGES</p>	<p><u>SATURDAY</u></p> <p>CHICKEN ESCAROLE, cs BABY SPINACH, MSHRM, EGG</p> <p>BKD STUFFED SHRIMP RST SIRLOIN AU JUS CHICKEN OSCAR PASTA DU JOUR</p> <p>HERB RSTD POTATOES GREEN BEAN CASSEROLE</p>

<p>LAURELMEAD</p> <p>MAIN DINING ROOM</p> <p>HEALTHIER CHOICE</p> <p>DINNER MENU</p> <p>Call 273-9550 for Take Out / Room Service Orders 3:30-4:30 pm</p> <p>WEEK OF JANUARY 11th ~ 17th</p> <p>Monday ~ Saturday Dining Room Hours 5-7 pm</p>	<p><u>SUNDAY</u> 5:00 - 6:30 p.m.</p> <p>HC MINESTRONE SOUP, vs HC BABY SPIN, MSHRM, egg white</p> <p>POACHED SEAFOOD, saffron broth HC GRILLED MRS DASH CKN</p> <p>BAKED SWEET POTATO HC BRUSSELS SPROUTS</p>	<p><u>MONDAY</u></p> <p>HC MINESTRONE SOUP, vs HC BABY SPIN, MSHRM, egg white</p> <p>HC SALMON HC PLAIN GRLD T'LOIN TIPS</p> <p>HC BASMATI RICE HC STEAMED BROCCOLI</p>	<p><u>TUESDAY</u></p> <p>HC MINESTRONE SOUP, vs HC BABY SPIN, MSHRM, egg white</p> <p>HC CATCH DU JOUR GRILLED DUCK, NO SAUCE</p> <p>BAKED POTATO HC STEAMED ESCAROLE</p>
<p><u>WEDNESDAY</u></p> <p>HC MINESTRONE SOUP, vs</p> <p>HC BKD SHRIMP HC GR MAR CKN BREAST</p> <p>BOILED NEW POTATOES HC CORN</p> <p>CONSERVE; WE ENCOURAGE YOU TO BRING YOUR OWN CONTAINERS FOR LEFTOVERS HALF PORTIONS AVAILABLE UPON REQUEST</p>	<p><u>THURSDAY</u></p> <p>HC MINESTRONE SOUP, vs HC BABY SPIN, MSHRM, egg white</p> <p>*TOMATO SALSA COD FILET GR FILET MIGNON, no sauce</p> <p>HC STM BROWN RICE HC STMD CAULIFLOWER</p>	<p><u>FRIDAY</u></p> <p>HC MINESTRONE SOUP, vs HC BABY SPIN, MSHRM, egg white</p> <p>HC BRONZINO LAMB NAVARIN</p> <p>BAKED POTATO HC MAPLE RST GINGER VEGES</p>	<p><u>SATURDAY</u></p> <p>HC MINESTRONE SOUP, vs HC BABY SPIN, MSHRM, egg white</p> <p>HC BKD SHRIMP, lemon wine HC RST SIRLOIN</p> <p>HC HERB RST POTATOES HC STMD GREEN BEANS</p>