

The Laurelmead Weekly Bulletin

Sunday, February 22 - Saturday, February 28

2/22/2026 - Sunday

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

2/23/2026 - Monday

No Bridge Today
Caring Connections Discussion
has been cancelled.

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

2:00 p.m.
Knitting Group
The Great Room

3:30 p.m.
Meditation
The Library

7:30 p.m.
Bingo
The Card Room

2/24/2026 - Tuesday

10:00 a.m. ****Note Time Change***
Board of Directors Meeting
The Odeon

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

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

3:00 p.m.
Poetry Group
The Library

7:30 p.m.
Game Night
The Card Room

2/25/2026 - Wednesday

2:00 p.m.
Book Group
The Library

3:00 p.m.
COE Information Session
The Great Room

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

2/26/2026 - Thursday

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

1:00 p.m.
Party Bridge
The Card Room

3:30 p.m.
Meditation
The Library

7:30 p.m.
Brown Derbies
The Odeon

2/27/2026 - Friday

2:00 p.m.
Great Decisions
The Odeon

7:30 p.m. *Contemporary French Film*
Faces Places
The Odeon

2/28/2026 - 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

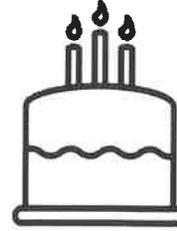
MEDITATION

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.

*Do you have a **February birthday?***

If so, and you'd like to be mentioned at this month's Birthday Tea on Tuesday, February 24th please sign up in the Mail Room.



WEEKLY WELLNESS: COMBAT THE WINTER BLUES

1. Maximize Light Exposure

- **Daily Sunlight:** Spend at least 15–20 minutes near large windows or on a sun-drenched patio during peak daylight (typically late morning to early afternoon).
- **Light Therapy:** Use a 10,000-lux light therapy box for about 30 minutes each morning which mimics natural daylight to help regulate serotonin levels.
- **Brighten Surroundings:** Keep curtains open during the day and use full-spectrum indoor lighting to improve mood and alertness.

2. Engage in Social & Creative Activities

- **Community Clubs:** Join existing groups like book clubs, knitting circles, or choir performances to maintain a sense of belonging.
- **Shared Interests:** Participate in specialized workshops such as indoor gardening, woodworking, or trivia nights often hosted in community centers.
- **Volunteer:** Find purpose by helping with community-led projects such as making holiday wreaths or volunteering for local food banks.

3. Stay Physically Active Indoors

- **Indoor Fitness Classes:** Take advantage of on-site amenities like heated pools, yoga studios, or low-impact aerobics classes.
- **Safe Walking:** Use the community's well-lit hallways or indoor malls for "walking laps" when outdoor conditions are hazardous.
- **Interactive Games:** Use systems like Wii Sports for virtual bowling or tennis which provide physical movement and social competition.

4. Establish Healthy Routines

- **Consistent Schedule:** Maintain regular wake-up, meal, and bedtimes to regulate your circadian rhythm.
- **Mood-Boosting Nutrition:** Prioritize foods rich in Omega-3s, Vitamin D, and antioxidants, such as salmon, nuts, and leafy greens.
- **Mindfulness:** Practice meditation or gratitude journaling to reduce winter-related stress.

THE LAURELMEAD FOOD DRIVE:

THANK
YOU

Thank you Laurelmead residents for supporting the Rhode Island Community Food Bank for the past 6 months. Our efforts have been appreciated by many local residents. The Laurelmead Food Collection will be taking a break for the next few months as we regroup and refocus interest. We hope to restart the effort possibly on a quarterly or semi-annual basis.

In the meantime, please remember that the food bank does accept monetary donations either with:

- A *check* written out to the **RI Community Food Bank** at **200 Niantic Ave, Providence, RI 02907**
or
- by *credit card* at <https://rifoodbank.org/donate/>

Special thanks to the residents and employees who worked to make this effort successful, especially Sheila, Nicky, Bob, Ed & Inga, and Pam & the General Store.

-Lee



RHODE ISLAND COMMUNITY
FOOD BANK

February Birthday Tea

Tuesday, February 24

3:00 p.m.

The Great Room



If you have a February birthday and you'd like to be mentioned at the tea, please sign up in the Mail Room.

Join us for a

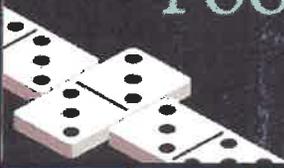
GAME NIGHT

TUESDAY, FEBRUARY 24

7:30 P.M.

THE CARD ROOM

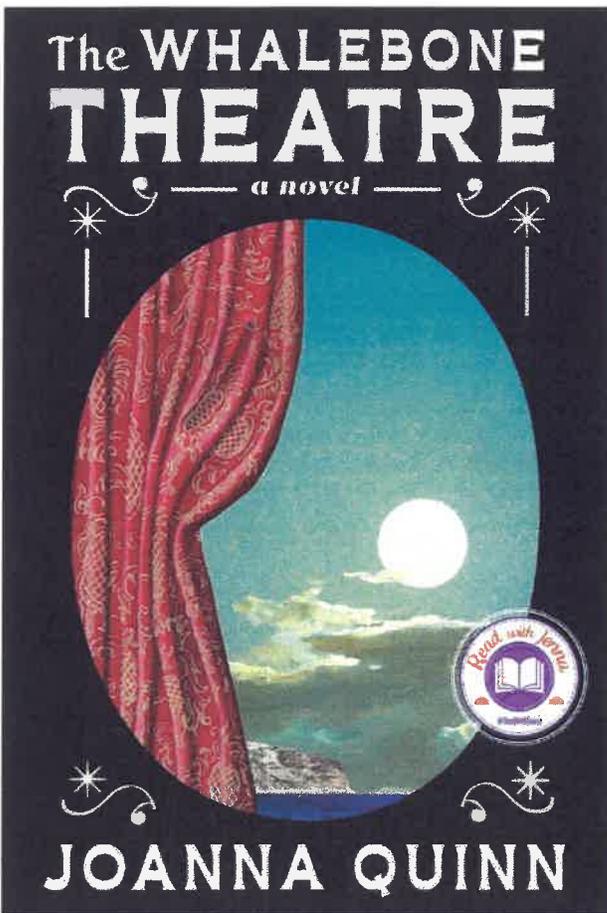
Jenga, Connect 4,
Left/Center/Right,
Pool with MJ, and more!



Book of the Month:
The Whalebone Theatre
A Novel by Joanna Quinn

NEW YORK TIMES BEST SELLER

A TODAY SHOW #ReadWithJenna BOOK CLUB PICK
A transporting, irresistible debut novel that takes its heroine, Cristabel Seagrave, from a theatre made of whalebones to covert operations during World War II—a story of love, family, bravery, lost innocence, and self-transformation.



“Absolute aces...Quinn’s imagination and adventuresome spirit are a pleasure to behold.” —*The New York Times*

**“Utterly heartbreaking and joyous.”
—Jo Baker, author of *Longbourn***

One blustery night in 1928, a whale washes up on the shores of the English Channel. By law, it belongs to the King, but twelve-year-old orphan Cristabel Seagrave has other plans. She and the rest of the household—her sister, Flossie, her brother, Digby, long-awaited heir to Chilcombe manor; Maudie Kitcat, kitchen maid; Taras, visiting artist—build a theatre from the beast’s skeletal rib cage. Within the Whalebone Theatre, Cristabel can escape her feckless stepparents and brisk governesses, and her imagination comes to life.

As Cristabel grows into a headstrong young woman, World War II rears its head. She and Digby become British secret agents on separate missions in Nazi-occupied France—a more dangerous kind of playacting, it turns out, and one that threatens to tear the family apart.

Wednesday, February 25
2:00 p.m.
The Library

SIX WAYS TO SERVE YOUR COOPERATIVE

Discover Committees. Choose Your Path. Apply To Serve.



By serving on a board standing committee, you act as the extended eyes and ears of the Board of Directors. You become familiar with the workings of the departments and their committee, and come to understand the wants, wishes, and needs of the community.

You can make a difference!

**Activities. Health and Fitness. Sales and Marketing
Building and Grounds. Dining Services. Budget and Finance**

GET INVOLVED! RESIDENT PARTICIPATION IS IMPORTANT

Wednesday, February 25

3:00 p.m.

The Great Room

Committee Applications will be available at this time. Once the event is over, applications will be available in the main lobby.

Note: You may apply for up to two committees.

Members from each of Laurelmead's six Board Standing Committees will be there to provide committee information, and answer questions about the upcoming elections.

There will also be a demonstration of how the committee voting process will work on Laurelmead's Election Day.

Mark Your Calendars: Resident Committee Election Day is Tuesday, March 17 from 9:30 - 11:30 a.m. or 1:30 - 3:30 p.m. in the Great Room.



The Brown Derbies

Since 1982, The Brown Derbies have graced the time-honored walls of Brown University in Providence, R.I. From Baton Rouge to Beijing, from San Francisco to Switzerland, from Wayland Arch to the White House—the Derbies have established a renowned international, domestic, and on-campus presence since our founding.

The oldest *uninterrupted* tenor-through-bass a cappella group at Brown, the Derbies are known for our energetic performances, expert musicianship, and unique sound. We sing tunes ranging from '80s hits to modern pop, entertaining a wide variety of audiences united by a common love for spreading joy through music.



**Thursday, February 26 at 7:30 p.m.
The Odeon**

Great Decisions 2026

DISCUSSION LEADER:

Dr. John Dietrich

Professor of Political Science, Chair of the History
Department, Bryant University

***TOPIC: America and the World: Trump 2.0 Foreign Policy**

Trump's return has marked a break from 80 years of U.S. foreign policy leadership, embracing an "America First" approach. This chapter explores the risks of isolation and diminished influence in relation to Trump 2.0 foreign policy.



Friday, February 27

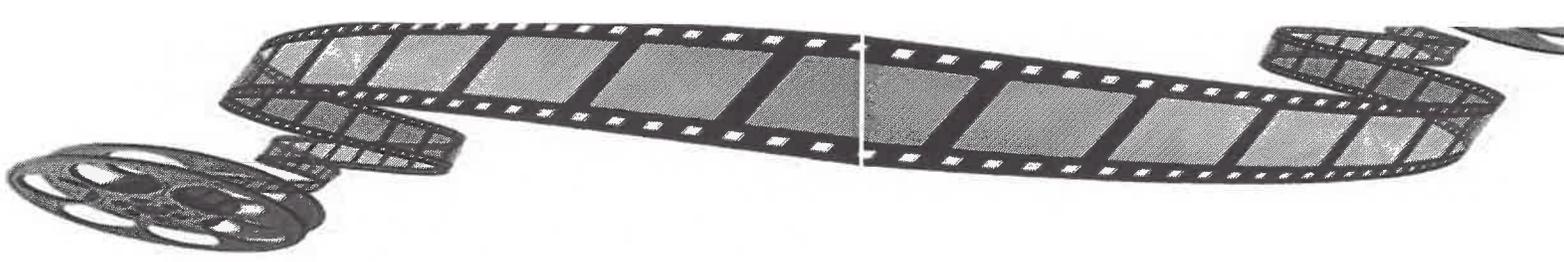
2:00 p.m.

The Odeon

IF YOU PURCHASED A BOOK, PLEASE PICK IT UP FROM THE ACTIVITIES OFFICE.

Please join us for the documentary film and discussion.

Please read the first chapter if you purchased the book.



Contemporary French Film Festival

Faces Places

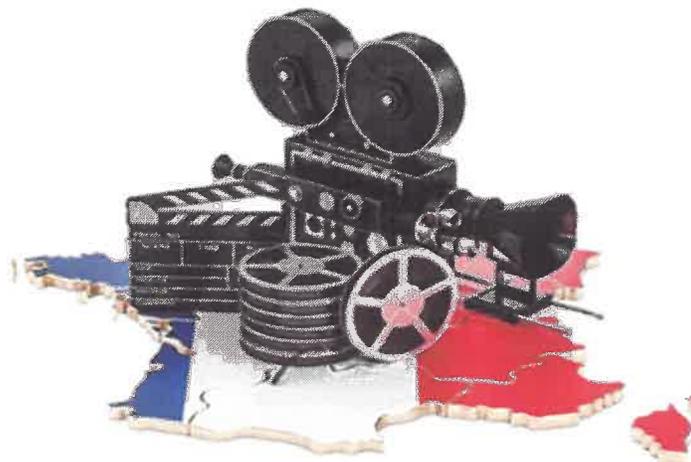
directed by Agnès Varda & JR (2017)

FRIDAY, FEBRUARY 27 AT 7:30 P.M. IN THE ODEON

Faces Places (2017) 1 hr., 34 mins.

(Starring: Agnès Varda, JR, Jean-Luc Godard, Amaury Bossy,
Jean-Paul Beaujon, Laurent Levesque, etc.)

A heartfelt documentary directed by Agnès Varda and street artist JR, who travel through rural France in a camera-equipped truck. They photograph everyday people—farmers, miners, and villagers, and paste large-scale black-and-white portraits on buildings, honoring local stories. The film explores friendship, art, memory, and aging.



<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 FEBRUARY 22nd - 28th</p> <p>Monday ~ Saturday Dining Room Hours 5-7 p.m.</p>	<p><u>SUNDAY</u> 5:00 ~ 6:30 p.m.</p> <p>CHOURIZO LENTIL CHICPEA, cs MESCLUN GREENS, dried fruits</p> <p>CATCH DU JOUR LONDON BROIL, mshrm sc TKY BRIE APPLE PANINI</p> <p>WHIPPED RED BLISS POTATOES BAKED ACORN SQUASH</p> <p>Call in Take Out Orders between 3:30 - 4:30 p.m.</p>	<p><u>MONDAY</u></p> <p>CHICKEN NOODLE SOUP, cs MESCLUN GREENS, dried fruits</p> <p>NE COD CAKES, bk beans, br bred CHICKEN MARSALA 1/4 * PORCHETTA PORK ROAST</p> <p>HC STEAMED BROWN RICE GREEN BEANS LYONNAISE</p> <p>* contains a spicy ingredient</p>	<p><u>TUESDAY</u></p> <p>ROASTED PARSNIP CARROT, vs MESCLUN GREENS, dried fruits</p> <p>SALMON, TOMATO PANKO CRUST CHICKEN SCARPARIELLO LIVER BACON ONION</p> <p>HC BARLEY PILAF HC ZUCCHINI PROVENCALE</p>
<p><u>WEDNESDAY</u></p> <p>CREAM TOMATO BASIL, vs TABLESIDE CAESAR SALAD</p> <p>WALNUT DIJON COAT HALIBUT RACK OF LAMB, MINT JELLY CHICKEN BROCCOLI ALFREDO</p> <p>BIN BANG POTATOES BRUSSELS SPROUTS, lemon butter</p>	<p><u>THURSDAY</u></p> <p>CREAM OF WILD RICE SOUP, vs MESCLUN GREENS, dried fruits</p> <p>SHRIMP CAKES * REMOULADE *CRYSTAL'S WINGS, carr ceir stix GRILLED FILET MIGNON</p> <p>BLEU CHZ WHIPPED POTATOES HC MANDARIN ORNG CARROTS</p> <p>* contains a spicy ingredient</p>	<p><u>FRIDAY</u></p> <p>*CREOLE CRAB CHOWDER MESCLUN GREENS, dried fruits</p> <p>FISH & CHIPS SAUTEED CHICKEN MEDALLIONS HERB RST SIRLOIN OF BEEF</p> <p>FONDANT POTATOES BROILED TOMATO</p> <p>*contains a spicy ingredient</p>	<p><u>SATURDAY</u></p> <p>VEGETABLE BEEF SOUP MESCLUN GREENS, dried fruits</p> <p>* CIOPPINO, crusty bread VEAN ANGELICA CHEF'S CHOICE PIZZA</p> <p>HC ROSEMARY RST POTATOES HC WHIPD BUTTERNUT SQUASH</p> <p>* contains a spicy ingredient</p>

<p>LAURELMEAD 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 FEBRUARY 22nd - 28th</p> <p>Monday ~ Saturday Dining Room Hours 5-7 p.m.</p>	<p><u>SUNDAY</u> Served 5 - 6:30 pm</p> <p>HC LEBANESE LENTIL SPINACH HC MESCLUN GRNS, dried fruits</p> <p>HC CATCH DU JOUR HC TKY APPLE ON WHOLE GRAIN</p> <p>HC STMD NEWPOTATOES HC ACORN SQUASHY</p>	<p><u>MONDAY</u></p> <p>HC LEBANESE LENTIL SPINACH HC MESCLUN GRNS, dried fruits</p> <p>HC BKD SCROD HC CKN MARSALA BREAST</p> <p>HC STEAMED BROWN RICE HC STMD GREEN BEANS</p>	<p><u>TUESDAY</u></p> <p>HC LEBANESE LENTIL SPINACH HC MESCLUN GRNS, dried fruits</p> <p>HC BKD SALMON HC GRLD MARNATD CKN BRST</p> <p>HC BARLEY PILAF HC ZUCCHINI PROVENCALE</p>
<p><u>WEDNESDAY</u></p> <p>HC LEBANESE LENTIL SPINACH</p> <p>HC HALIBUT RACK OF LAMB</p> <p>BKD SWEET POTATO HC LEMON ZEST BRUSL SPROUTS</p>	<p><u>THURSDAY</u></p> <p>HC LEBANESE LENTIL SPINACH HC MESCLUN GRNS, dried fruits</p> <p>HC BKD SHRIMP GRILLED FILET MIGNON</p> <p>BAKED POTATO HC MANDARIN CARROTS</p>	<p><u>FRIDAY</u></p> <p>HC LEBANESE LENTIL SPINACH HC MESCLUN GRNS, dried fruits</p> <p>HC BKD SCROD HERB RST BEEF SIRLOIN</p> <p>STMD YUKON GOLD POTATOES HC BROILED TOMATO</p>	<p><u>SATURDAY</u></p> <p>HC LEBANESE LENTIL SPINACH HC MESCLUN GRNS, dried fruits</p> <p>HC SEAFOOD MEDLEY HC GR MARINATED CKN BRST</p> <p>HC RST ROSEMARY POTATOES HC WHIPPED BNUT SQUASYH</p>