

The Laurelmead Weekly Bulletin

Sunday, April 12 - Saturday, April 18

4/12/2026 - Sunday

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

4/13/2026 - Monday

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

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

1:30 p.m. Departure
Seekonk Square
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

4/14/2026 - Tuesday

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

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

3:00 p.m.
Poetry Group
The Library

7:30 p.m.
Atwater Donnelly
The Great Room

4/15/2026 - Wednesday

11:30 a.m. Departure
Lunch at Caserta Pizza and
A Stop For Dessert at Pastiche
The Main Lobby

2:00 p.m.
Dining Committee Meeting
The Conference Room

2:00 p.m.
Meditation
The Odeon

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

4/16/2026 - 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.
Optics of Aging
The Odeon

4/17/2026 - Friday

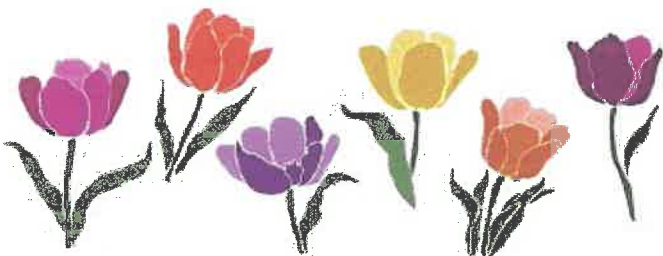
11:45 a.m. Departure
Lunch at Track 15
The Main Lobby

7:30 p.m. Movie
Stella Dallas
The Odeon

4/18/2026 - 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

MINDFULNESS MEDITATION

Wednesdays

2:00 p.m.

The Odeon

-Practice & Discussion-

Materials provided.

Mondays and Thursdays

3:30 p.m.

In the back of the Library.

-Practice-

BEGINNERS WELCOME!

WEEKLY WELLNESS: IS WALKING A GOOD EXERCISE?

Despite such elevated levels of health consciousness, the one aerobic exercise that rarely gets due credit is *walking*.

The reality is that walking provides many of the same mental and physical health benefits as other aerobic exercises but with less effort and strain on one's body.

Walking is considered an important form of exercise for many reasons, but its primary benefit is that it's good for the heart. Its cardiovascular advantages include better circulation which lowers blood pressure and one's heart rate, and improved cardiac output – the heart's ability to pump blood throughout the body. Walking between 2,000 to 10,000 steps each day reduces the risk of heart disease and cancer and decreases the likelihood of a premature death by at least 10%.

Walking is a low-impact exercise that is easy on the joints, making it a great option for people with knee, ankle, or hip problems.

Beyond getting one's heart rate up and the cardiovascular benefits that come from walking, the practice has also been shown to boost one's metabolism, improve cholesterol levels, reduce the risk of stroke, strengthen bones, and increase one's energy levels. Walking helps strengthen muscles in your lower body and it can also improve knee and hip arthritis.

There's also good news for walkers hoping to shed a few pounds. Walking increases your heart rate and helps you work multiple muscle groups at the same time. Remember, even if you don't work up a sweat you're still burning calories. Though the number of calories burned will depend on factors like terrain, distance and speed, a brisk walk can burn up to 300 calories per hour.





**WITH CAROLYN ROBERTS, BOD PRESIDENT AND
LUCINDA DOHANIAN, EXECUTIVE DIRECTOR**

DO YOU HAVE QUESTIONS FOR THE BOARD?

**DO YOU WANT TO KNOW MORE ABOUT LAURELMEAD'S
GOVERNANCE PROCESS OR POLICIES?**

**OR MAYBE YOU JUST WANT TO GET CAUGHT UP ON WHAT IS
HAPPENING AT LAURELMEAD.**

LET'S TALK



TUESDAY, APRIL 14



2:00PM



THE CONFERENCE ROOM



Atwater Donnelly



Enjoy a special concert focusing on seasonal songs with award-winning duo Aubrey Atwater and Elwood Donnelly. Presenting delightful programs of traditional American and Celtic folk songs, a capella pieces, hymns, dance tunes, and original works, Elwood and Aubrey blend gorgeous harmonies and play guitar, mountain dulcimer, Irish whistle, harmonica, banjo, limberjacks, and other surprises including Appalachian clogging and French-Canadian footwork. You don't want to miss it!!!

Tuesday, April 14

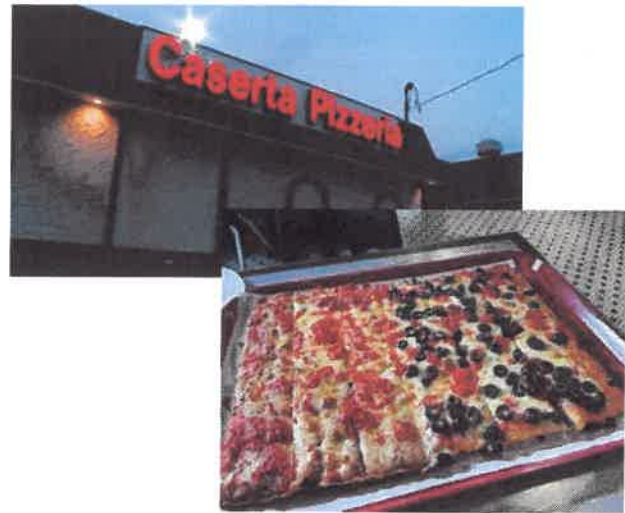
7:30 p.m.

The Odeon



Lunch at

Caserta Pizzeria is a legendary, family-run pizzeria on Federal Hill in Providence, R.I., serving traditional Italian, Sicilian-style pizza since 1953. Known for its crispy, *Off The Broiler* "well-done" crust and tangy sauce, it is famous for the "Wimpy Skippy" (spinach/pepperoni/cheese pie) and "Pig in a Blanket." Their pizza is a unique, thin-crust Sicilian or "Grandma-style" that is sturdy and crunchy, *Off The Broiler* often featuring the cheese underneath the sauce. The shop offers a casual, old-school, no-frills setting with a loyal local following.



And a Stop For Dessert at Pastiche



WEDNESDAY, APRIL 15
11:30 A.M. DEPARTURE
THE MAIN LOBBY

Please sign-up in the Activities binder
in the Mail Room.
Cancellation policy applies.

Lunch at

TRACK 15

7 VENDORS

15 LOCAL BEERS

75 MENU ITEMS



- ***DOLORES***
- ***DUNE BROTHERS***
- ***YAGI NOODLES***
- ***LITTLE CHASKA***
- ***GRUMPY PIES***
- ***THERE, THERE***
 - ***TOLIA***
- ***BAR ROMOLO***

Friday, April 17
11:45 a.m. Departure
The Main Lobby

Please sign up in the Activities binder
in the Mail Room.
Cancellation policy applies.

Optics of Aging

A Video and Discussion Presented by

Michelle Le Brun, Filmmaker

A feature documentary that brings to life the
beauty of aging.

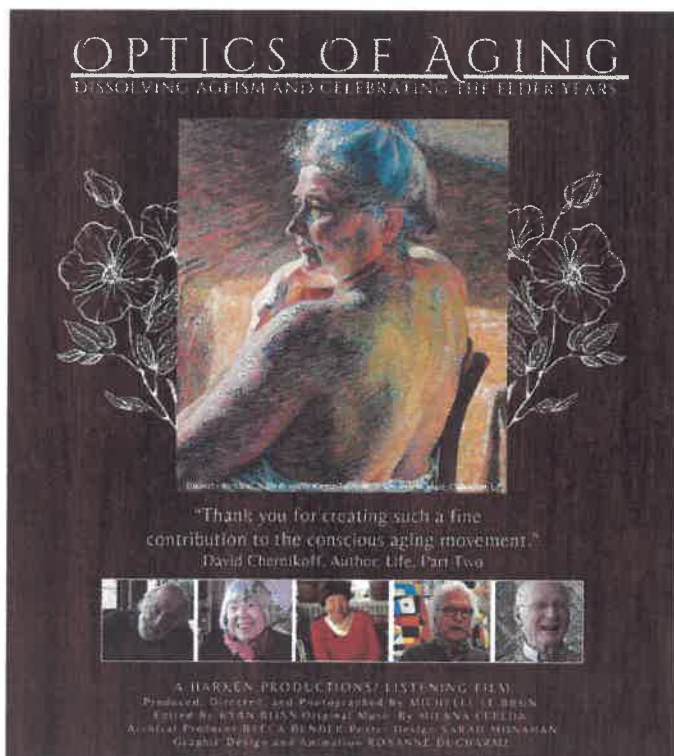
Optics of Aging raises awareness and challenges stereotypes around aging. Through the stories of our elders, we find diverse and unique experiences that shine a light on aging.

Ageism seems to be the only "ism" that is still OK to participate in.

Elders often speak of feeling invisible and worthless in our society. Stereotypes of old age can diminish elders' ability to see themselves in a rich and unique elderhood. Those doing the stereotyping are also diminished as they shut themselves off from any vision of a rich and satisfying elderhood. We are all aging and these stories are vital to our own rich and wise aging.

Our hope is that these stories also inspire and empower older adults to live their passions, overcome their challenges, and challenge age-related stereotyping.

"Ageism harms everyone – old and young. But often, it is so widespread and accepted – in our attitudes and in policies, laws and institutions – that we do not even recognize its detrimental effect on our dignity and rights," said Michelle Bachelet, United Nations High Commissioner for Human Rights.
(World Health Organization)



Thursday, April 16

7:00 p.m.

****Note Time Difference***

The Odeon

Classic Film Noir Series



Stella Dallas

starring Barbara Stanwyck

1937 · Romance/Melodrama · 1h 45m

Friday, April 17

7:30 p.m.

The Odeon

When Stella Martin, a working-class woman, meets and marries the wealthy Stephen Dallas, they quickly have a daughter named Laurel. Stella and Stephen struggle to stay happy as their class differences become a problem. When they finally separate, Laurel is caught in the middle of the divorce. Lauren soon becomes the center of Stella's life.

Stella tries to be a good mother but realizes that her daughter can flourish quite well without her.

Complimentary
May Day
Breakfast Buffet

Friday, May 1, 2026

8:30 am ~ 10:30 am in the Main Dining Room

*A resident and staff gathering celebrating
a Rhode Island Tradition since 1868.*



Reservations

Let us know you'll be joining us.

Please sign up by Friday, April 24th
with a Dining Services representative
(no email or voicemail reservations will be taken)

MENU

Silver Dollar Pancakes, Maple Syrup

Create Your Own Omelet Station

Cooked to order:

*Choice of cheese, peppers, mushrooms,
onion, spinach, tomatoes, ham*

Fruit Salad

*Scrambled Eggs, Home Fries, Bacon, Sausage
English Muffins, Toast, Cinnamon Rolls, Mini Muffins*



**So... they say it's never too late
to teach old dogs new tricks!
Inspired by that notion
the next issue of the Laurelmead Journal
will be a digital edition!**

**The Laurelmead Journal has been published since 2003.
It has always been regarded as a meaningful,
entertaining, educational, creative expression
of the Laurelmead community.**

**We are excited to present you now
with this invitation to contribute
to the upcoming premiere digital edition
which has as its theme
*Who Woulda Thought!***

**Please send your maximum 500 word submission
via email to: nickynichtern@gmail.com**

**With sincere eagerness and appreciation,
we look forward to including your contributions
in the Digital Edition of the Laurelmead Journal.**

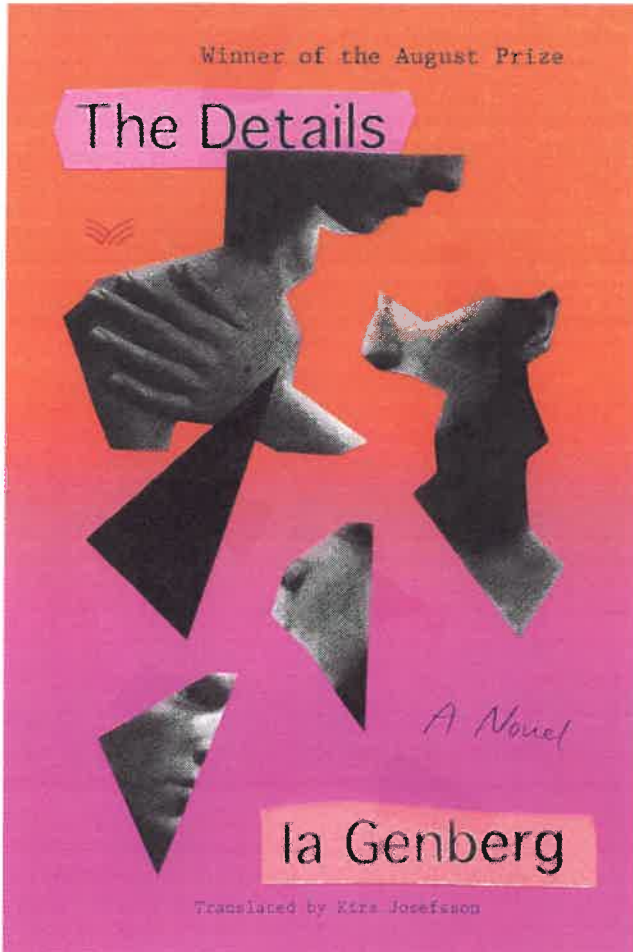
Book of the Month:

The Details

by Ia Genberg

Featured in The New Yorker's "Best Books of 2023"

**Shortlisted for the International Booker Prize*



An intoxicating novel in the vein of Rachel Cusk and Sheila Heti, about a woman in the throes of a fever remembering the important people in her past, her memories laid bare in vivid detail as her body temperature rises.

A woman lies bedridden from a high fever. Suddenly she is struck with an urge to revisit a novel from her past. Inside the book is an inscription: a get-well-soon message from Johanna, an ex-girlfriend who is now a famous television host. As she flips through the book, pages from the woman's own past begin to come alive, scenes of events and people she cannot forget. There are moments with Johanna and Niki, the friend who disappeared years ago without a phone number or an address and with no online footprint. There is Alejandro, who appears like a storm in precisely the right moment. And Brigitte, whose elusive qualities mask a painful secret.

The Details is a novel built around four portraits; the small details that, pieced together, comprise a life. Can a loved one really disappear? Who is the real subject of the portrait, the person being painted or the one holding the brush? Do we fully become ourselves through our connections to others? This exhilarating, provocative tale raises profound questions about the nature of relationships, and how we tell our stories. The result is an intimate and illuminating study of what it means to be human.

Wednesday, April 29

3:00 p.m.

The Library

<p>LAURELMEAD MAIN DINING ROOM DINNER MENU Call 273-9550 for Take Out / Room Service Orders 3:30-4:30 pm</p> <p>WEEK OF APRIL 12th ~ 18th</p> <p>Monday ~ Saturday Dining Hours 5:00 - 7:00 pm</p>	<p><u>SUNDAY</u> 5-6:30 pm</p> <p>CHICKEN ESCAROLE, cs ARUGULA, EDAMAME, ORANGE</p> <p>SCALLION CRUSTED COD CHICKEN VERMONT RST BEEF CHDR DIP SANDWICH</p> <p>SCALLOPED POTATOES HC RST BNUT W/CRANBERRIES</p>	<p><u>MONDAY</u></p> <p>MINESTRONE SOUP, vs ARUGULA, EDAMAME, ORANGE</p> <p>CATCH DU JOUR * STIRFRY CASHW CHCKN, rice *COFFEE CRUSTED GR SIRLOIN</p> <p>RSTD GARLIC MASH POTATOES VEGETABLE MEDLEY</p> <p>*contains a spicy ingredient</p>	<p><u>TUESDAY</u></p> <p>BEEF NOODLE, bs ARUGULA, EDAMAME, ORANGE</p> <p>ASIAN SALMON CREAMY CHICKEN PICATTA SPINACH CHZ RAVIOLI MARINARA</p> <p>HC BROWN RICE ASPARAGUS, RED PPRS, SHALLOT</p>
<p><u>WEDNESDAY</u></p> <p>CREAM POTATO LEEK, VS TABLESIDE CAESAR SALAD</p> <p>LEMON BUTTER SCALLOPS CHICKEN VERONIQUE SHORT RIBS, OVER POLENTA</p> <p>STM NEW POTATOES HERBS ZUCCHINI CHERRY TOMATOES</p> <p>* contains a spicy ingredient</p>	<p><u>THURSDAY</u></p> <p>PARSNIP APPLE, cs ARUGULA, EDAMAME, ORANGE</p> <p>BABY CLAMS, over angel hair * GENERAL TSAO CHKN, jasm rice MEATLOAF, mushroom sauce</p> <p>SAGE ONION MASHED POTATOES SAUTEED PEAS PEARL ONIONS</p> <p>* contains spicy ingredient</p>	<p><u>FRIDAY</u></p> <p>MANHATTAN CLAM CHOWDER ARUGULA, EDAMAME, ORANGE</p> <p>* SWORDFISH PUTTANESCA ROAST TENDERLOIN, cognac sc CORNISH HEN, apricot sauce</p> <p>HC WILD RICE 2 SPINACH TIMBALE</p> <p>* contains spicy ingredient</p>	<p><u>SATURDAY</u></p> <p>VEGETABLE CHOWDER, vs ARUGULA, EDAMAME, ORANGE</p> <p>S&S SHRIMP, BASMATI RICE CHICKEN PARMIGIANA BEER MARINTD GRLD PORK CHOP (bone in)</p> <p>HC RST RED POTATOES GARLIC BROCCOLI</p>

CONSERVE; WE ENCOURAGE YOU TO BRING YOUR OWN CONTAINERS FOR LEFTOVERS, HALF PORTIONS AVAILABLE UPON REQUEST

<p>LAURELMEAD MAIN DINING ROOM HEALTHIER CHOICE MENU</p> <p>Call 273-9550 for Take Out / Room Service Orders 3:30-4:30 pm</p> <p>WEEK OF APRIL 12th ~ 18th</p> <p>Monday ~ Saturday Dining Hours 5:00 - 7:00 pm</p>	<p><u>SUNDAY</u> 5-6:30 pm</p> <p>HC THREE BEAN SOUP, vs HC ARUGULA, EDAMAME, ORNG</p> <p>HC BAKED COD HC GR MAR CKN BREAST</p> <p>BAKED SWEET POTATO HC RST BNUT W/CRANBERRIES</p> <p>SUNDAY 5 - 6:30 PM</p>	<p><u>MONDAY</u></p> <p>HC THREE BEAN SOUP, vs HC ARUGULA, EDAMAME, ORNG</p> <p>HC CATCH DU JOUR HC PLAIN GRILLED SIRLOIN STK</p> <p>BAKED POTATO HC STMD VEGE MEDLEY</p>	<p><u>TUESDAY</u></p> <p>HC THREE BEAN SOUP, vs HC ARUGULA, EDAMAME, ORNG</p> <p>HC GRILLED SALMON HC CHICKEN, DASH SEASONING</p> <p>HC BROWN RICE HC STM ASPARAGUS</p>
<p><u>WEDNESDAY</u></p> <p>HC THREE BEAN SOUP, vs</p> <p>HC SCALLOPS HC GR MAR CHICKEN BREAST</p> <p>HC STM HERB POTATOES HC ZUCCHINI CHRY TOMATOES</p>	<p><u>THURSDAY</u></p> <p>HC THREE BEAN SOUP, vs HC ARUGULA, EDAMAME, ORNG</p> <p>HC BABY CLAMS, angel hair HC MRS DASH CKN BREAST</p> <p>BAKED POTATO STEAMED PEAS</p>	<p><u>FRIDAY</u></p> <p>HC THREE BEAN SOUP, vs HC ARUGULA, EDAMAME, ORNG</p> <p>HC GRLD SWORDFISH HC RST TENDERLOIN BEEF ,no sc</p> <p>HC WILD RICE HC STM SPINACH</p>	<p><u>SATURDAY</u></p> <p>HC THREE BEAN SOUP, vs HC ARUGULA, EDAMAME, ORNG</p> <p>HC SHRIMP HC GRLD MARNATD PORK CHOP</p> <p>HC RST RED POTATOES HC STM BROCCOLI</p>

**WE ENCOURAGE YOU TO BRING YOUR OWN CONTAINERS
 FOR LEFTOVERS, HALF PORTIONS AVAILABLE UPON REQUEST**