

The Laurelmead Weekly Bulletin

Sunday, May 24 - Saturday, May 30

5/24/2026 - Sunday

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

5/25/2026 - Monday

Happy Memorial Day!
(Café and General Store CLOSED).

Breakfast Bar Hours:

8:00 a.m. - 10:30 a.m.

Memorial Day BBQ Hours:

4:00 p.m. - 6:30 p.m.

3:30 p.m.
Meditation
The Library

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

5/26/2026 - Tuesday

9:30 a.m.
Board of Directors Meeting
The Odeon

****Note Day & Time Change***

11:00 a.m. Departure
CVS/Bank
The Main Lobby

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.
Anne Quirk: *Aging Intentionally*
The Odeon



5/27/2026 - Wednesday

9:30 a.m. Departure
R.I. Resource Recycling Tour
The Main Lobby

3:00 p.m.
Book Group
The Library

7:30 p.m.
Bingo
The Card Room

5/28/2026 - 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

4:00 p.m.
Art Show Opening
The Ping Pong Gallery

7:30 p.m.
Koty Sharp: *Corals Under the Microscope*
The Odeon

5/29/2026 - Friday

Great Decisions has been cancelled.

3:30 p.m.
Social Justice/Political Action Group Meeting
The Library

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

5/30/2026 - Saturday

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

12:00 p.m. Departure
Met Opera: *El Último Sueño de Frida y Diego*
The Main Lobby

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.
-Silent Practice-

BEGINNERS WELCOME!

LIBRARY NEWS

The **Library Interest Group** will be holding
a meeting on

Monday, June 1 at 2:00 P.M. in the Library.

Important changes concerning the running of
the library will be discussed.

All are welcome to come.



*Do you have a **May birthday?***

If so, and you'd like to be mentioned at this month's
Birthday Tea on Tuesday, May 26 please sign up in the Mail Room.



MEMORIAL DAY HOURS

Monday, May 25



**HOT AND COLD BREAKFAST BAR IN THE PUB: 8 - 10:30 A.M.
THE CAFE IS CLOSED.**

MEMORIAL DAY BBQ: 4:00 - 6:30 P.M.

**THERE WILL BE ONE PERSON FROM MAINTENANCE AND ONE PERSON
FROM HOUSEKEEPING IN THE BUILDING FOR EMERGENCIES. ALL OTHER
DEPARTMENTS ARE CLOSED IN OBSERVANCE OF THE HOLIDAY.**

Aging Intentionally: Supporting Brain Health Mindfully

presented by

**Anne Shaknis Quirk MA, MS, CCC-SLP,
Certified SPEAK OUT! Therapy Provider at
True Self Speech Therapy**

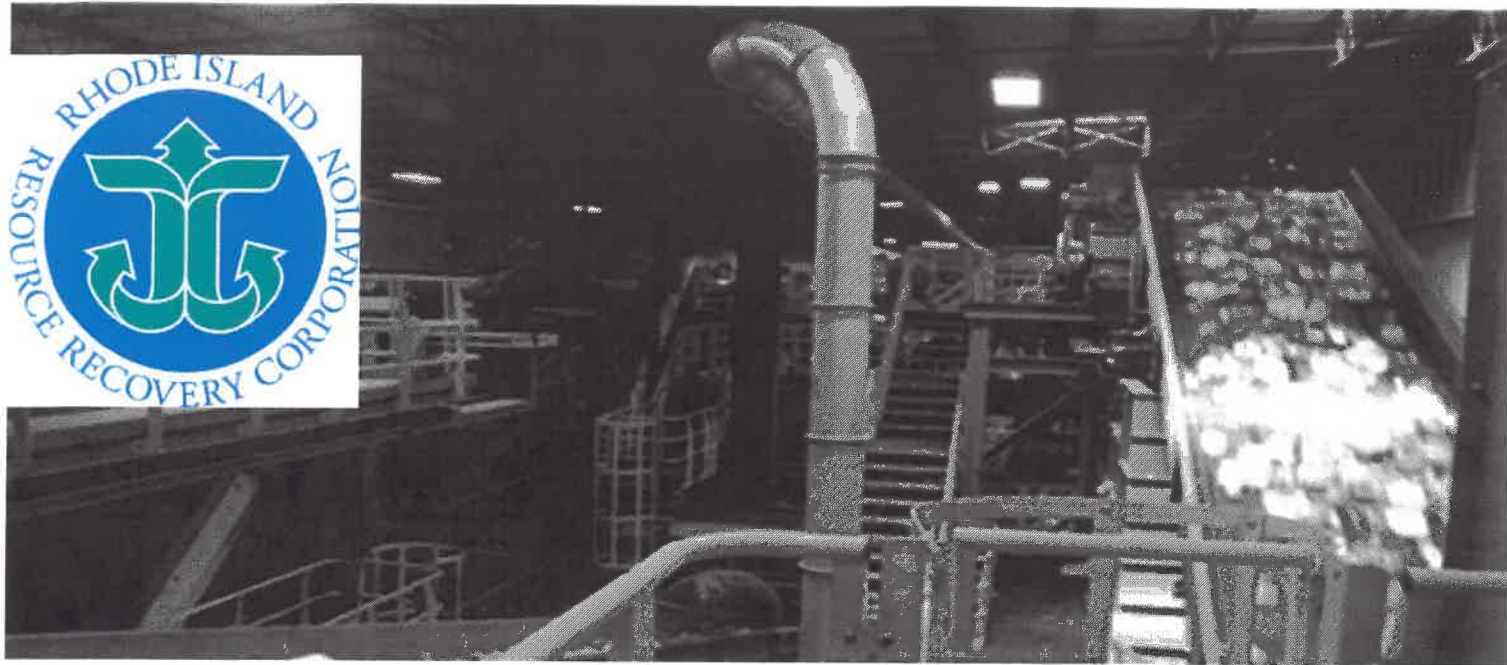


Anne specializes in treating adults with neurological impairments affecting communication, cognition and swallowing as well as voice disorders and gender affirming voice therapy. She earned bachelor's and master's degrees from Fordham University and a master's degree from the CUNY Hunter. She is licensed in the State of Rhode Island and certified by the American Speech-Language Hearing Association (ASHA). Her clinical interests include stroke, aphasia, cognitive disorders, voice disorders, and gender affirming voice therapy. She is a licensed SPEAK OUT!® Provider and certified in the McNeill Dysphagia Therapy Protocol and VitalStim®. She has provided person centered treatment to diverse populations in Rhode Island for over 10 years. She runs a private practice in Providence. Anne is the daughter of Laurelmead's Liz Kress.

Aging Intentionally: Supporting Brain Health Mindfully

What every adult should know about memory, focus, and mental clarity. Learn about changes in cognition and whether it's just aging or something to be addressed.

Tuesday, May 26 – 7:30 p.m. – The Odeon



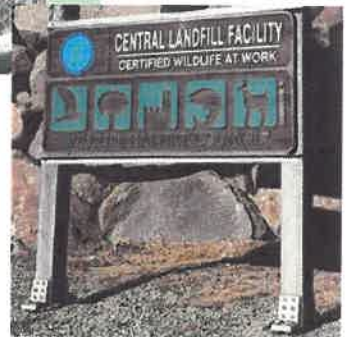
Visiting the Recycling Center

The mission of the Resource Recovery is to provide safe, environmentally compliant, clean and affordable solid waste and recycling services for the Rhode Island community.

The Rhode Island Resource Recovery Corporation shall provide the utmost in protection of public health and the environment while working towards having no negative impacts on the quality of life in the surrounding neighborhoods.

The corporation shall set an example of being a good neighbor by minimizing the impacts of its operations on the surrounding community while setting high industry standards for recycling and waste disposal. The corporation shall seek the best mix of public and private processing, recycling and disposal systems, programs, and facilities for both commercial and municipal waste to meet Rhode Island's needs.

The Rhode Island Resource Recovery center awards has been the recipient of many awards including *2018 Gold Award for Public Awareness Campaign*, *2017 Patriot Award*, *2016 Biggest Safety Improvement Award*, *2016 Earth Day Champion Award*, *2016 Friend of the Department Award*, *2013 Gold Award for Recycling Systems* and *2012 Excellence Award & Emmy*.

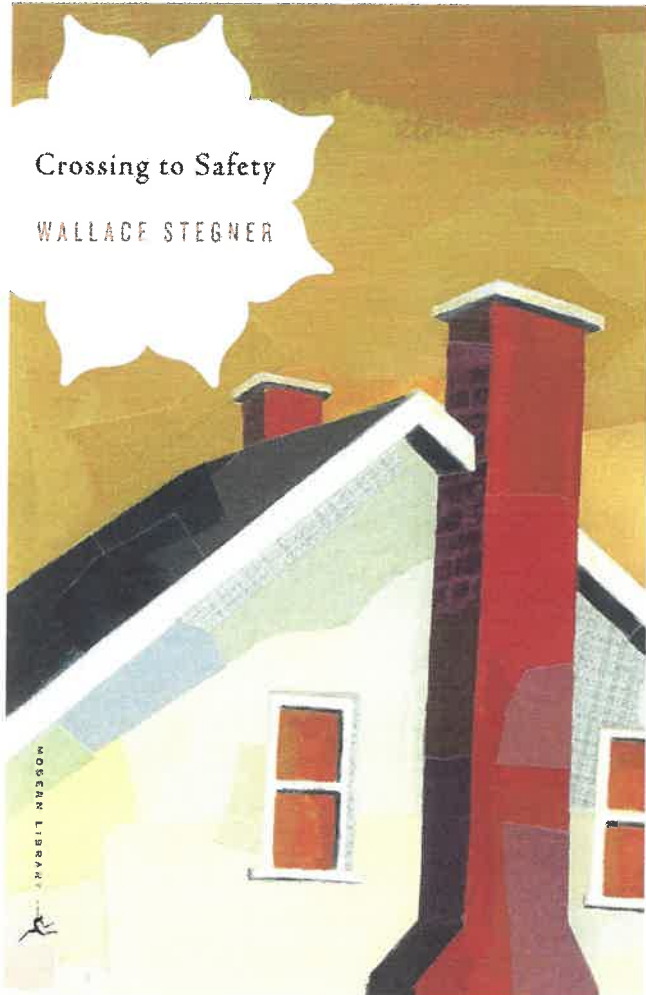


Wednesday, May 27
9:30 a.m. Departure
(90 min. Tour)
No entrance charge.

Make our friend, Joel Becker proud and find out everything to know about recycling right!

Please sign-up in the Activities binder in the Mail Room.

Book of the Month:
Crossing to Safety
by Wallace Stegner



Crossing to Safety is a 1987 novel by Wallace Stegner that chronicles the lifelong friendship between two couples. The narrator, Larry Morgan, and his wife Sally, and their friends Sid and Charity Lang, navigate careers, marriage, and life's challenges from their early days at the University of Wisconsin to later years in Vermont. Narrated by Larry, the story explores themes of friendship, love, and the passage of time, focusing on the deep bonds and mutual support that sustain the couples through hardship, particularly Sally's chronic illness.

Wednesday, May 27
3:00 p.m.
The Library



The Next Resident Art Exhibit

Featuring

MULTIMEDIA PIECES

**BY LAURELMEAD RESIDENTS
AND STAFF**

Opening on

THURSDAY, MAY 28

Wine and Cheese Reception

4:00 P.M.

The Ping Pong Gallery

Corals Under the Microscope: Tiny Microbes, Big Solutions For a Changing Planet

Presented by
Koty Sharp

*Director, Center for Economic & Environmental Development
Roger Williams University*



Dr. Sharp is the Director of the Roger Williams University Center for Economic and Environmental Development, and an Associate Professor in Biology, Marine Biology, & Environmental Science. She received her B.A. in Biology at Mount Holyoke College and her PhD from Scripps Institution of Oceanography, University of California, San Diego in 2006. She has formerly held positions with the Smithsonian Institution, New England Biolabs, and Eckerd College. Her field and laboratory research is centered around marine animal microbiomes and the chemicals that microbes produce to benefit their host animals. Her research at

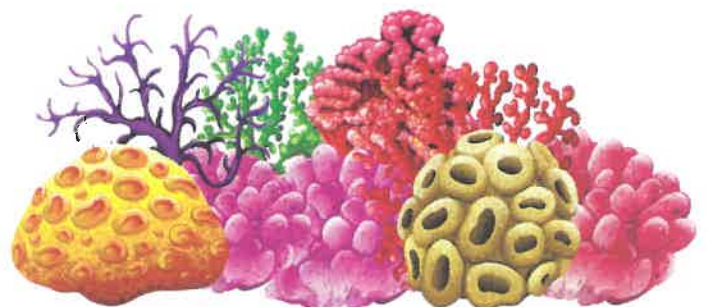
RWU focuses on microbiomes in tropical and temperate corals, identification of bioactive compounds produced by coral-associated bacteria, and exploration of the potential applications of naturally occurring beneficial bacteria as probiotics. Since 2016, she has co-convened conferences to gather researchers and educators who work on the local, temperate coral *Astrangia poculata* – which she worked to designate as Rhode Island’s official State Coral, and together this group is working to establish this coral as a model organism for coral biology and for the broad study of animals, microbes, and the wild world around us.

In our research laboratory at RWU, we investigate the diversity and dynamics of marine animal microbiomes. Microbes are the invisible players that shape the health of their animal hosts and ultimately the health of ecosystems around the globe. In this talk, I’ll share with you some stories of hope as we continue to learn more about beneficial microbes in and on marine animals. Our research provides us with new solutions for today’s challenges in ocean and human health. Our work with the local coral *Astrangia poculata* – Rhode Island’s official state coral, which can be found all over the coasts of Rhode Island, has led us to isolate bacteria that we are now developing as a probiotic for oysters and corals, and identification of other beneficial bacteria that we think drive disease recovery in tropical corals. I’ll also share stories about spawning and culturing this coral in our laboratory at RWU, where we achieved the first insertion of a gene into the genome of a hard coral, using a genome editing technology called CRISPR. We have worked to create methods with this animal so that our lab and others around the world can use it to learn more about resilience of tropical corals to global climate change, and their recovery from coral bleaching and disease. Together, microbiology research and collaboration across the coral reef science community are advancing discoveries that are shaping how we address critical challenges facing our oceans and human health.

Thursday, May 28

7:30 p.m.

The Odeon



Please open up the Activities binder in the Mail Room to the “Outings” tab for outside events, “Shopping Trips,” “In House Events/Classes,” etc.

The following June events are advertised in the ACTIVITIES BINDER:

Wright’s Dairy Farm: Monday, June 1. Departure is at 1:30 p.m.

Trip to the Movies – The Devil Wears Prada:

Tuesday, June 2. Departure is at 12:00 p.m.

Lunch at Matunuck Oyster Bar:

Wednesday, June 3. Departure is at 11:00 a.m.

Music on the Hill Concert – Brass on Broadway:

Sunday, June 7. Departure is at 1:45 p.m.

Roger Williams Park Zoo and Carousel Village:

Monday, June 8. Departure is at 9:00 a.m.

Westerly Museum of American Impressionism and Lunch:

Thursday, June 11. Departure is at 8:30 a.m.

Bally’s Casino: Friday, June 12. Departure is at 10:00 a.m.

Trinity Rep – Next to Normal: Wednesday, June 17.

Departure is at 1:15 p.m.

Boston Harbor Lunch Cruise: Thursday, June 18.

Departure is at 9:45 a.m.

New England Botanic Garden at Tower Hill:

Wednesday, June 24. Departure is at 8:30 a.m.

Old Slater Mill Tour: Friday, June 26. Departure is at 10:00 a.m.

You will find more information and sign-up sheets for each event under the appropriate tab in the ACTIVITIES BINDER in the Mail Room. A minimum of 6 residents are required for each trip to go. Subscriptions such as R.I. Philharmonic, Met Opera, Trinity Rep, etc. are in the SUBSCRIPTIONS BINDER also in the Mail Room.