

The Laurelmead Weekly Bulletin

Sunday, May 31 - Saturday, June 6

5/31/2026 - Sunday

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

6/1/2026 - 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
Wright's Dairy Farm
The Main Lobby

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

3:30 p.m.
Meditation
The Library

7:30 p.m.
Bingo
The Card Room

6/2/2026 - Tuesday

12:00 p.m. Departure
Out to the Movies: *The Devil Wears Prada 2*
The Main Lobby

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

7:30 p.m.
Linford Fisher: Slavery
The Odeon

6/3/2026 - Wednesday

10:00 a.m.
General Residents Meeting
The Odeon

11:00 a.m. Departure
Lunch at Matunuck Oyster Bar
The Main Lobby

2:00 p.m.
Meditation
The Library

3:00 p.m.
Karl's Retirement Party
The Great Room

6/4/2026 - Thursday

1:00 p.m.
Art For Your Mind
The Odeon

2:15 p.m.
Activities Committee Meeting
The Conference Room

2:30 p.m. Departure
Market Basket
The Main Lobby

3:30 p.m.
Meditation
The Library

7:30 p.m.
Aurea Performance
The Great Room

6/5/2026 - Friday

1:30 p.m.
Mah Jongg
The Card Room

2:00 p.m. Departure
Whole Foods
The Main Lobby

7:30 p.m. *Friday Night Series*
How to Get to Heaven from Belfast
Episodes 1 & 2
The Odeon

6/6/2026 - 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.

-Silent Practice-

BEGINNERS WELCOME!

RESIDENT INTEREST GROUP INFORMATION

Party Bridge: Contact Joan Dennen for weekly game times and locations.

Mah Jongg: Contact Barbara Uziel for more information.



WEEKLY WELLNESS: SPRING SAFETY

1. Stay Hydrated and Protected from the Sun

Seniors are at a higher risk of dehydration which can lead to confusion, dizziness, and other health issues. It is encouraged to drink plenty of water throughout the day even if you don't feel thirsty. Additionally, when spending time outdoors it's vital to protect the skin from harmful UV rays.

2. Allergy Management

Spring pollen can trigger allergies leading to discomfort and potentially more serious health issues for those with respiratory conditions. Aging adults should monitor local pollen counts and try to stay indoors on high-pollen days. Keeping windows closed and using air purifiers can help reduce indoor pollen levels. If allergies are a concern consulting with a healthcare provider about appropriate medications or treatments is a good idea.

3. Dress Appropriately for the Weather

Spring weather can be unpredictable. With sudden changes in temperature and occasional cold snaps it's important to dress in layers to easily adjust to changing conditions. Wearing light layers allows for flexibility and comfort whether the day turns warmer than expected or a chilly breeze picks up.

4. Exercise Caution on Wet Surfaces

Rainy spring weather can lead to slippery sidewalks and wet floors. Aging adults should wear shoes with non-slip soles to prevent falls and be cautious when walking on wet surfaces. Installing grab bars and using non-slip mats in bathrooms can also help prevent accidents at home.

5. Engage in safe physical activity

Regular physical activity is essential for maintaining health and mobility in older age. Spring offers many opportunities for seniors to be active outdoors such as walking, light jogging, or participating in yoga classes in the park. However, it's important to choose activities that match one's fitness level and health conditions. Consulting with a healthcare provider before starting any new exercise regimen is advisable.



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.

***NEW! Trip to the Movies – The Devil Wears Prada 2:**

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.

***NEW! Whole Foods:** Friday, June 5. Departure is at 2:00 p.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.

***NEW! Seekonk Square:** Tuesday, June 9. Departure is at 10:30 a.m.

***NEW! Lunch at Blu on the Water:**

Wednesday, June 10. Departure is at 11:00 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.

***NEW! Aging with Intention:**

Friday, June 12. 1:30 p.m. in the Conference Room.

***NEW! Out for Ice Cream:** Monday, June 15. Departure is at 1:30 p.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! Dave's Marketplace at Smithfield Crossing:**

Monday, June 22. Departure is at 1:30 p.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.***

Out to the Movies

The Devil Wears Prada 2

Showcase Cinema de Lux North Attleboro, M.A.



Set twenty years later, *The Devil Wears Prada 2* follows an adult Andy Sachs returning to the fashion world. After her journalism team faces sudden layoffs, she rejoins Miranda Priestly at *Runway* magazine. They must work together to combat corporate takeover and a public relations crisis involving former rival Emily Charlton.

Tuesday, June 2

12:00 p.m. Departure

The Main Lobby

Admission Fee: \$8.75 per person

Please sign up in the Mail Room.



BROWN

Stealing America: The Hidden Story of Indigenous Slavery in U.S. History

presented by

Linford D. Fisher

“An indispensable book, as intellectually provocative as it is emotionally wrenching.”

—Greg Grandin, author of the Pulitzer Prize–winning *The End of the Myth*



Linford D. Fisher is associate professor of History at Brown University and a specialist in early American and Native American history. He is the author of *The Indian Great Awakening: Religion and the Shaping of Native Cultures in Early America* (2012) and *Stealing America: The Hidden Story of Indigenous Slavery in U.S. History* (2026). Fisher is co-author of two edited collections on Roger Williams and the

principal investigator of a tribal collaborative database project, *Stolen Relations:*

Recovering Stories of Indigenous Enslavement in the Americas (www.stolenrelations.org).

Join us as Linford Fisher traces the long and surprising history of Native American enslavement and land theft—from the earliest English colonies through the end of the US Civil War and beyond. Drawing on his new book, *Stealing America: The Hidden Story of Indigenous Slavery in U.S. History* (2026), Fisher shows how colonizers captured Natives and often deliberately mislabeled them as Black slaves to avoid detection. He weaves together accounts of major episodes in American history including early colonization, the American Revolution, and the Civil War with lesser-known stories of Native enslavement and land dispossession.

***Stealing America* upends conventional histories about the nature of American slavery, revealing enslaved Natives in places we have overlooked, including southern antebellum plantations and the nineteenth-century American West. After Congress outlawed Native slavery in 1867, Americans forced Indigenous children into boarding schools and white homes, where they labored under forced assimilation. This practice was not reformed until the latter twentieth century, when Native nations finally secured increasing rights and self-determination.**

Tuesday, June 2

7:30 p.m.

The Odeon



Out To Lunch At Matunuck Oyster Bar



Perry Raso started digging littlenecks in Point Judith Pond when he was 12 years old. He grew up wild-harvesting shellfish, eel trapping, bull-raking clams and scuba diving for steamers. Before Perry Raso opened Matunuck Oyster Bar, he was an oyster farmer. Raso has Bachelors and Master's degrees from URI in aquaculture and fisheries technology. He founded Matunuck Oyster Farm in 2002, on

a seven-acre commercial aquaculture lease, on Potter Pond in East Matunuck (South Kingstown), Rhode Island. At this location, the shellfish nursery, grow-out and maintenance take place. This pond is also where Perry's vision for Matunuck Oyster Bar Restaurant and Raw Bar was

born. The concept for Matunuck Oyster Bar is "simple food, fairly priced, fresh products, and making sure everybody leaves happy." Matunuck Oyster Farm supplies the "Pond to Plate" concept for the restaurant with fresh oysters harvested right off the waterfront patio in the pond.



Wednesday, June 3

11:00 a.m. Departure

The Main Lobby

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

Join us
For a
*Farewell
Celebration*

HONORING

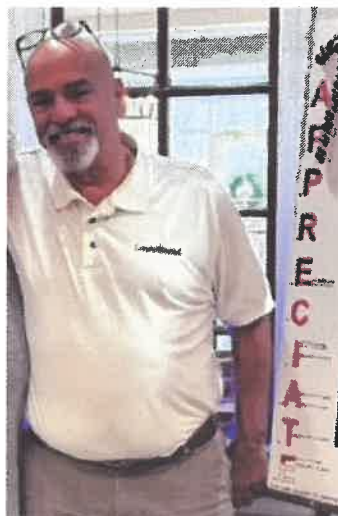
Karl Kuhn, Facilities Director

Be sure to join us while we thank Karl for all of his hard work at Laurelmead over the last 9 years, while wishing him the very best on his retirement! He will be missed!

Wednesday, June 3

3:00 p.m.

The Great Room



Laurelmead

Presents



Early American Art, Colonial Painting

Enjoy a selection of simple, straight-forward paintings by self-taught artists. Learn how to recognize their unique style in the context of this important and transitional time period in America's history.

Art For Your Mind is an engaging, educational, art observation experience designed to broaden the minds of its participants. Presentations are for people of all backgrounds—artists and non-artists alike.

In just one hour you'll discover ways to get more out of looking at art. The guided format and carefully selected images reveal clues and meaningful connections.



Enrich Your Mind...

Join local art historian Jill Sanford for an enjoyable hour of challenging yourself to see in new ways!

Thursday, June 4, 2026

1:00-2:00 PM

The Odeon

Creative Thinking Through Art Observation

artforyourmind.com

Art For Your Mind, LLC ■ 12 Euclid Avenue ■ Mattapoissett, MA 02739 ■ 508-498-2864

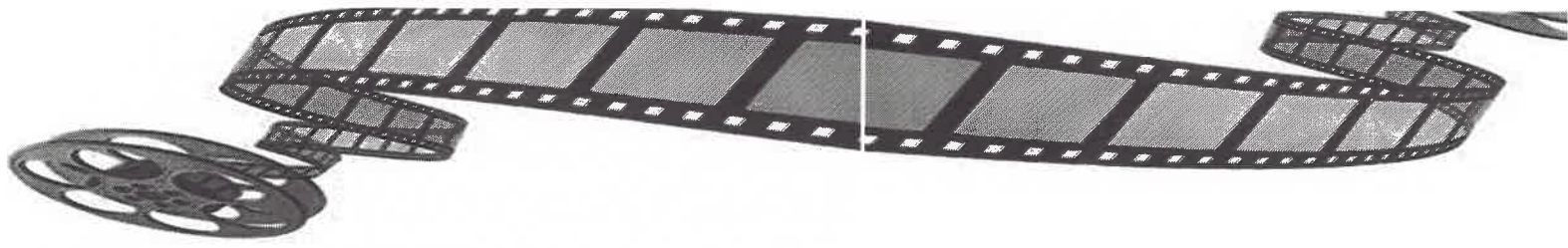
*An Evening of music for viola and piano with Consuelo Sherba
by Brahms, Vaughan Williams and Rebecca Clarke*

Consuelo Sherba, violist, is artistic director and a founding member of the performance ensemble Aurea. Since 2004, she has performed with Aurea at the Chicago Humanities Festival, the New York University Humanities Festival, FirstWorks Providence, the Pawtucket Arts Festival, the Maverick Festival and throughout New England. She is a 2015 honoree of the Rhode Island Council for the Humanities for her creative vision and multidisciplinary, humanities-driven programming with Aurea; was chosen as Person of the Year by the Pawtucket Foundation in 2007, and in 2008, was awarded the prestigious Rhode Island Pell Award. She has been on the applied music faculty at Brown University since 1986, teaches at the RI Philharmonic Music School and performs with the Rhode Island Philharmonic Orchestra, The Vermont Symphony and Buzzard's Bay Music Festival and has served as principal violist of the Simon Sinfonietta and the Boston Virtuosi.

Consuelo Sherba, Viola
Ari Livne, Pianist

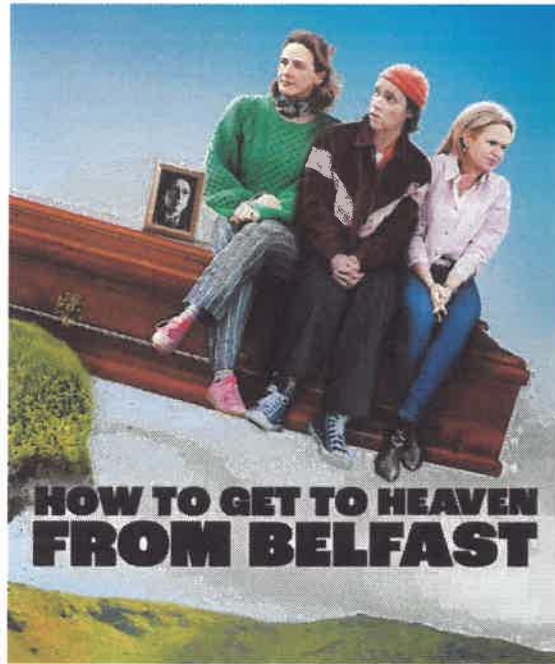
Ari Livne, active as a solo artist, collaborator, and chamber musician, Ari Livne has performed extensively throughout the United States at such venues as Benaroya Hall, the Kennedy Center, and Merkin Hall. His diverse set of interests and skills has allowed him to become equally comfortable as a solo performer, opera coach, and lecturer. He has worked as repetiteur for Don Giovanni and Butterfly with New York's Heartbeat Opera, and has presented lecture-recitals on topics ranging from psychoanalysis, literature, and philosophy. Ari Livne received his Bachelor of Arts from Yale University in 2012 and his Master of Music Degree at The Juilliard School in 2014. He is currently working towards a doctorate at the CUNY Graduate Center, where he is the recipient of a Graduate Center Fellowship.

Thursday, June 4
7:30 p.m.
The Great Room



Friday Night Series

How to Get to Heaven from Belfast



FRIDAY, JUNE 5 AT 7:30 P.M. IN THE ODEON

How to Get to Heaven from Belfast (2026) 1 Season – Thriller
Three lifelong friends reunite after the death of an old classmate turns a wake into a dark mystery. They embark on a thrilling adventure across Ireland, piecing together enigmatic truths amid complicated lives.

Episode 1: The Wake

Old pals Dara, Robyn, and Saoirse head to a small Donegal town for a school friend's wake and to make sure a long-held secret stays buried.

Episode 2: The Secret

Reeling from the crash, the gang vows to leave Greta and the past well alone until mysterious red letters and an old notebook pull them right back in.

<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 MAY 31st ~ JUNE 6th</p> <p>Monday ~ Saturday Dining Room Hours 5-7 pm</p>	<p><u>SUNDAY</u> 5:00 - 6:30 p.m.</p> <p>CHKN MSHROOM CHWDR, cs Baby Greens, Blu Chz, *Pecans</p> <p>ASIAN TROUT MEDITERRANEAN CHICKEN GRILLED RACHEL SANDWICH PASTA DU JOUR</p> <p>HC MEDITERRANEAN POTATOES SUMMER SQUASH W/ TARRAGON</p> <p>* spicy ingredient</p>	<p><u>MONDAY</u></p> <p>ASPARAGUS, LMN CRM FRCH, vs Baby Greens, Blu Chz, *Pecans</p> <p>RST HALIBUT, red ppr basil butter GRLD CKN COBB SALAD BEEF RAVIOLI LASAGNA PASTA DU JOUR</p> <p>OBRIEN POTATOES HC LEMON BROCCOLI</p> <p>* spicy ingredient</p>	<p><u>TUESDAY</u></p> <p>SPINACH GARLIC CREAM, cs Baby Greens, Blu Chz, *Pecans</p> <p>*JAVANESE SALMON CKN CUTLET, sundrid tom crm sc * CUMIN ORANGE BBQ PORK RIBS PASTA DU JOUR</p> <p>HC STMD RICE & PEAS HC RST BEETS, CARROTS, rsmly</p> <p>*spicy ingredient</p>
<p><u>WEDNESDAY</u></p> <p>SUMMER ZUCCHINI SOUP, vs TABLESIDE CAESAR SALAD</p> <p>LOBSTER SALAD ROLL COCNUIT CHKN, CABBAGE SLAW APRICOT CORNED BEEF PASTA DU JOUR</p> <p>RST SWEET POTATOES CORN ON THE COBB</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>WHITE BEAN ORZO SOUP, vs Baby Greens, Blu Chz, *Pecans</p> <p>HERB COD, sundried tomato butter ALOHA CHICKEN RST T'LOIN OF BEEF, garlic butter PASTA DU JOUR</p> <p>HC BASMATI RICE GRN BEAN RED PEPPER SAUTE</p> <p>* spicy ingredient</p>	<p><u>FRIDAY</u></p> <p>NE CLAM CHOWDER Baby Greens, Blu Chz, *Pecans</p> <p>BKD BLUEFISH, lemon garlic mayo ASIAN CHKN, RICE NOODLES PEACH PROSCIUTTO FLATBREAD PASTA DU JOUR</p> <p>HC WILD RICE & MUSHROOMS ASPARAGUS W/ CASHEWS</p> <p>* spicy ingredient</p>	<p><u>SATURDAY</u></p> <p>RSTD RED PEPPER SOUP, vs Baby Greens, Blu Chz, *Pecans</p> <p>AHI TUNA OVER SALAD GRLD MARINATED 1/2 CHICKEN STEAK DIANE PASTA DU JOUR</p> <p>RST GARLIC MASHED POTATOES HC ROASTED VEGETABLES</p> <p>* spicy ingredient</p>

<p>LAURELMEAD MAIN DINING ROOM HEALTHIER CHOICE DINNER MENU</p> <p>Call 273-9550 for Take Out / Room Service Orders 3:30-4:30 pm</p> <p>WEEK OF MAY 31st ~ JUNE 6th</p> <p>Monday ~ Saturday Dining Room Hours 5-7 pm</p>	<p><u>SUNDAY</u> 5:00 - 6:30 p.m.</p> <p>HC GREEK LENTIL, vs HC BABY GREENS, DRSG CHOICE</p> <p>HC BAKED TROUT HC MEDITERRANEAN CHICKEN</p> <p>HC MEDITERRANEAN POTATOES HC STM SUMMER SQUASH, targon</p>	<p><u>MONDAY</u></p> <p>HC GREEK LENTIL, vs HC BABY GREENS, DRSG CHOICE</p> <p>HC BKD HALIBUT HC GRLD CKN COBB SALAD</p> <p>BAKED POTATO HC LEMON BROCCOLI</p>	<p><u>TUESDAY</u></p> <p>HC GREEK LENTIL, vs HC BABY GREENS, DRSG CHOICE</p> <p>HC GRILLED SALMON HC GR MAR CHICKEN BREAST</p> <p>HC STMD RICE & PEAS HC RST BEETS, CARROT, RSMRY</p>
<p><u>WEDNESDAY</u></p> <p>HC GREEK LENTIL, vs</p> <p>HC LOBSTER SALAD ON GREENS HC GRLD MAR CHICKEN BRST</p> <p>BAKED SWEET POTATO CORN ON THE COBB</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 GREEK LENTIL, vs HC BABY GREENS, DRSG CHOICE</p> <p>HC BAKED SCROD HC RST TLOIN, no butter</p> <p>HC BASMATI RICE HC STMD GREEN BEANS</p>	<p><u>FRIDAY</u></p> <p>HC GREEK LENTIL, vs HC BABY GREENS, DRSG CHOICE</p> <p>HC BAKED BLUEFISH HC GRLD MARINATED CKN BRST</p> <p>HC WILD RICE MUSHROOMS HC STMD ASPARAGUS</p>	<p><u>SATURDAY</u></p> <p>HC GREEK LENTIL, vs HC BABY GREENS, DRSG CHOICE</p> <p>HC AHI TUNA OVER SALAD HC GR T'LOIN, NO SAUCE</p> <p>BAKED POTATO HC ROASTED VEGETABLES</p>