

The Laurelmead Weekly Bulletin

Sunday, July 12 - Saturday, July 18

7/12/2026 - Sunday

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

7/13/2026 - Monday

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

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

3:00 p.m.
Laurelmead Garden Tour
The Gardens/Gazebo

3:30 p.m.
Meditation
The Library

7:30 p.m.
Bingo
The Card Room

7/14/2026 - Tuesday

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

2:00 p.m.
RIPTA Program
The Odeon

3:00 p.m.
Poetry Group
The Library

7/15/2026 - Wednesday

11:00 a.m. Departure
Market Basket
The Main Lobby
***Note Date and Time Change**

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

2:00 p.m.
Meditation
The Odeon

7/16/2026 - Thursday

9:30 a.m. Departure
Sakonnet Garden and
Lunch at Four Corners Grille
The Main Lobby

3:30 p.m.
Meditation
The Library

7:30 p.m.
Virginia Brown:
Dragonflies and Damselflies of Rhode Island
The Odeon

7/17/2026 - Friday

7:30 p.m. *Friday Movie Night*
Forrest Gump
The Odeon

7/18/2026 - 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.

-Silent Practice-

BEGINNERS WELCOME!

WEEKLY WELLNESS:

Benefits of Laurelmead hydration station

Lemon and cucumber both contain high amounts of vitamin C which is a powerful antioxidant that is responsible for clearing toxins and buildups in our body. Also, cucumber is composed of 95% water. With such high amounts of water, cucumber acts as a diuretic to help flush out excess water which may help with lowering our body weight. Lemon and cucumber also work together in promoting weight loss by boosting our metabolism and thereby increasing satiety to lower calorie intake.

Limes regulate blood sugar, provide antioxidants, boosts immunity, and have anti-inflammatory properties, and also contain vitamin C.

Pineapples reduce inflammation as well, improve digestion, supports eye health, and decreases blood pressure.

Mint has antibacterial, antioxidant and anti-inflammatory qualities. It also helps your body fight infection, fatigue, and stress.

Please go enjoy our hydration station!





LAURELMEAD GARDEN TOUR

Please share a gardening story or two. There will be cool drinks and Barbara's homemade cookies served in the shady gazebo. Jay will sing garden songs played on the guitar, we'll share fun tales, and maybe play a game of Cornhole. Rosie will lead the tour and introduce each gardener.

GRAB YOUR HAT AND SUNSCREEN!

**MONDAY, JULY 13
3:00 P.M.
THE GARDENS/GAZEBO**



More places.
More freedom.
That's RIDE.

Go beyond Laurelmead's 5-mile limit!

RIDE Anywhere takes you
where you want to go—
across town or across
the state.



Door-to-door
convenience



Travel on
your schedule



Friendly,
professional
drivers

Join Us!

Learn more about
RIDE Anywhere
and how it can
take you further.



Date: Tuesday, July 14, 2026



Time: 2:00 PM



Location: The Odeon



Questions? Come to the event!



For Laurelmead Residents

We're here to help you get where you want to go.



Sakonnet Gardens



Thursday, July 16
9:30 a.m. Departure
The Main Lobby



Garden cost: \$20
Transportation fee: \$11

Please sign up in the Mail Room.

Sakonnet is a secret garden embedded within a native coastal fields landscape. At the diminutive scale of a cottage garden, it is conceived as an intimate place to explore, with multiple paths leading one onward to unexpected experiences.

Sakonnet began in the mid 1970's as a small clearing deep within a natural tangle of Autumn Olives, Oriental Bittersweet and local Arrowwood Viburnums. Now larger than an acre, its labyrinth of spaces are carved organically out of the original thicket. Each outdoor room reflects the owner's ongoing experiments with lighting, space, color mixing, collecting and growing wonderful plants.

The garden is about 45 minutes away. If we leave by 9:30 a.m. we should arrive at the garden by 10:15. The trip is self-guided so we'll spend about 1.5 hours touring the gardens then we'll head to a 12:00 lunch reservation at Four Corners Grille. Assuming we finish up by 1:30 p.m., we should be back to Laurelmead no later than 2:30 p.m. with no traffic.

A minimum of 6 residents is required.
Cancellation fee applies.



Dragonflies and Damselflies of Rhode Island

Presented by

Virginia A. “Ginger” Brown, Naturalist



Virginia “Ginger” Brown is the state’s leading expert on the Odonata—the order of insects comprised of the dragonflies and damselflies—and the author of two authoritative books on the group. Early in her career, Ginger worked for the Cape Cod Museum of Natural History. It was during her time at the Museum that she published her first book in 1991: *Dragonflies and Damselflies of Cape Cod* (Cape Cod Mus. Nat. Hist. Natural History Series no. 4). A revised edition was

published in 1997. Ginger moved from the Cape Cod Museum to The Nature Conservancy, Rhode Island chapter. At TNC she had a major role in their Natural Heritage program where they collaborated with RIDEM on rare species. When TNC passed their role in the Natural Heritage program to the Rhode Island Natural History Survey, Ginger became a Survey biologist. Currently, she teaches about environmental science and nature for Living In Fulfilling Environments, Inc. and for the Audubon Society of Rhode Island. And she hasn’t given up her passion for odonate conservation and gets out to chase dragonflies and other insects as often as possible.

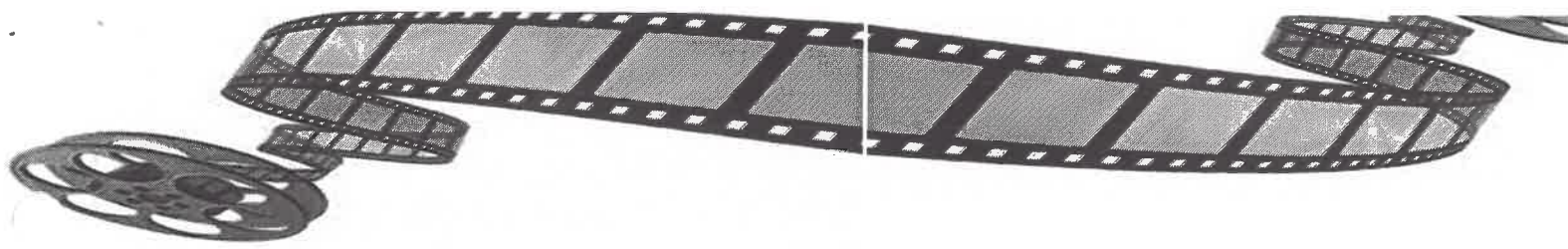
Ginger will present photographs of local dragonflies and damselflies and discuss natural history, behavior, habitat, identification, rare species, and conservation of this ancient and beneficial group of insects.

Thursday, July 16

7:30 p.m.

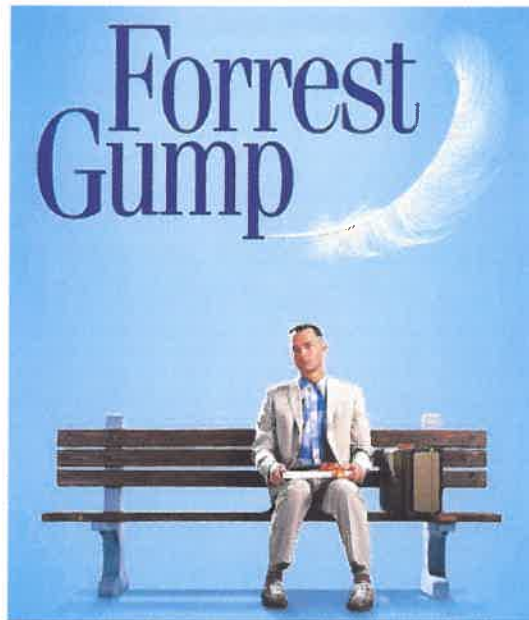
The Odeon





Stars, Stripes, and Friday Movie Nights

Forrest Gump



FRIDAY, JULY 17 AT 7:30 P.M. IN THE ODEON

Forrest Gump (1994) – Comedy/Romance – 2 hrs., 22 mins.

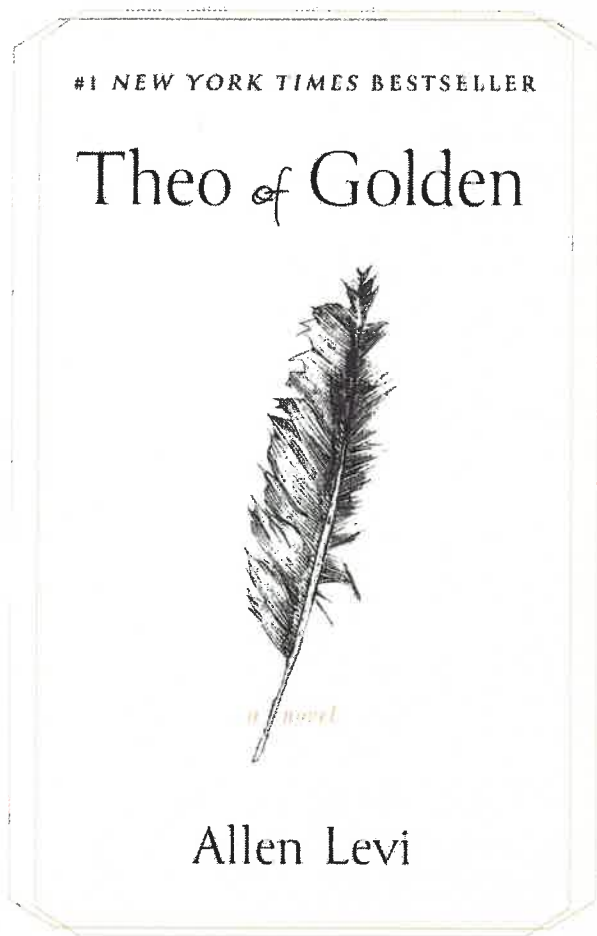
Slow-witted Forrest Gump has never thought of himself as disadvantaged, and thanks to his supportive mother he leads anything but a restricted life. Whether dominating on the gridiron as a college football star, fighting in Vietnam, or captaining a shrimp boat, Forrest inspires people with his childlike optimism. But one person Forrest cares about most may be the most difficult to save – his childhood love, the sweet but troubled, Jenny.



Book of the Month:

Theo of Golden

by Allen Levi



One spring morning, a stranger named Theo arrives in the small Southern city of Golden. He doesn't explain much about where he came from or why he's there—but when he visits the local coffeehouse, where pencil portraits of the people of Golden hang on the walls, he begins purchasing them, one at a time, and giving each portrait to the person depicted. In exchange, he asks only for the person's story. And so portrait by portrait, person by person, secrets are revealed, regrets are shared, and ordinary lives are profoundly altered.

A story of giving and receiving, of seeing and being seen, Theo of Golden is an unforgettable novel about the power of generosity, the importance of connection, and the quiet miracles that happen when we choose kindness and wonder.

Wednesday, July 22

3:00 p.m.

The Library