

The Laurelmead Weekly Bulletin

Sunday, August 30 - Saturday, September 5

8/30/2026 - Sunday

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

8/31/2026 - Monday

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

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

3:30 p.m.
Meditation
The Library

7:30 p.m.
Bingo
The Card Room

9/1/2026 - Tuesday

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

7:30 p.m.
Kabu Jazz Performance
The Great Room

9/2/2026 - Wednesday

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

11:45 a.m. Departure
Lunch at India Restaurant
The Main Lobby

2:00 p.m.
Meet & Greet with R.I. Attorney General
Candidate: Kim Ahern
The Odeon

Meditation has been cancelled today.

9/3/2026 - 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.
Masterpieces of World Cinema:
Thibaut Schilt
The Odeon

9/4/2026 - Friday

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

7:30 p.m. *Masterpieces of World Cinema*
Movie Night
Where Is the Friend's House?
The Odeon

9/5/2026 - 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:

Foods that Support a Healthy Immune System

Yogurt: Yogurt and other fermented dairy products improve both gut health and immune system function.

Oats and barley: These grains contain beta-glucan, a type of fiber that helps fight disease by stimulating immune cells. Fiber also provides nourishment for healthy gut bacteria to thrive and thus supports the immune system.

Garlic: This potent onion relative contains the active ingredient of allicin, which fights infection and bacteria. Allicin has anticancer, anti-diabetic, anti-inflammatory, antioxidant, antimicrobial, immune-boosting, and cardioprotective properties.

Shellfish: Selenium—plentiful in shellfish such as oysters, lobsters, crabs, and clams—helps white blood cells produce cytokines, proteins that help clear flu viruses out of the body.

Turmeric: Turmeric contains curcumin, a compound with anti-inflammatory properties that can help support a healthy immune system.

Tea: Black tea contains L-theanine, an immune-boosting amino acid. Both black and green tea also contain catechins, antioxidants that reduce inflammation, mitigate liver damage, and lower cholesterol.

Beef: Zinc is essential for the development of white blood cells, the intrepid immune system cells that recognize and destroy invading bacteria, viruses, and assorted other bad guys. Beef is a good source of zinc, as are milk and beans.

Almonds: Almonds are high in vitamin E, containing around 7 mg per serving. Vitamin E is an antioxidant that can help protect cells from damage and therefore, potentially prevent illness.



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 SEPTEMBER trips/events are advertised in the ACTIVITIES BINDER:

Lunch at India Restaurant:

Wednesday, September 2. Departure is at 11:45 a.m.

Lunch at La Casona Restaurant:

Wednesday, September 9. Departure is at 11:30 a.m.

Providence River Boat Ride:

Tuesday, September 15. Departure is at 2:15 p.m.

Aging with Intention:

Friday, September 18 at 1:30 p.m. in the Conference Room.

Shopping at Seekonk Square:

Monday, September 21. Departure is at 1:30 p.m.

Providence Walking Tour: China Trade Houses

Wednesday, September 23. Departure is at 9:40 a.m.

Wickford Historical Walking Tour with Linda Piedra:

Wednesday, September 30. Departure is at 9:30 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 is 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. Please be sure to write each event you sign up for on your calendar. We are counting on you to show up at the scheduled time or to call the Activities Department 48 hours prior if you are unable to attend. Otherwise, a \$25.00 cancellation policy takes effect upon issuance of the reminder email.

Coming soon....

Fall Prevention Workshop

*Brought to you by your Health & Fitness Committee and
Highbar Physical Therapy*

An opportunity to try for yourself (AND receive printed hand-outs)

- 1) Can I get up off the floor? Receive instruction in the safe way to get up from the floor...also tips on the safest way to fall.
- 2) Try some strengthening and balance exercises which will decrease your fall risk and make it easier to get up from a chair. Then continue them at home or in the Laurelmead Fitness Department.
- 3) How does a transfer tub bench work? What's the latest and greatest in walkers and other assistive devices? A representative from Oakley Home Access will be here to show you and let you try them.
- 4) Learn about Tai Chi and other classes that improve balance - offered right here at Laurelmead.
- 5) Learn about different types of medical alert systems and find the most appropriate for you.
- 6) Bring your list of medications and a clinical pharmacist will help identify meds (or combination of meds) which can cause dizziness.

Visit any station or ALL of them and decrease your fall risk.

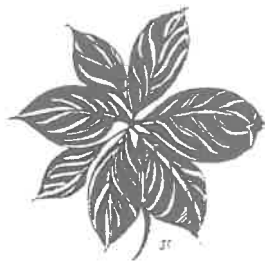
There will be light refreshments and door prizes.

Tuesday, September 8, 2026

The Great Room

Come anytime between 2 – 4 p.m.

Don't miss this opportunity – Mark your calendar!



LEEF

Laurelmead Employee
Education Fund

Greetings Laurelmead Community,

After a wonderful summer in Maine with many friends and family sharing special times together, I look forward to returning to Laurelmead. The transition from Maine to Providence and from summer to fall will be particularly memorable this year. I will be returning in time to celebrate **LEEF's 20th Anniversary**. The Laurelmead Employee Fund was founded by Laurelmead residents with a vision to provide educational support to the employees and their children.

The non-profit has prospered for 20 years and become a major part of our communities identify. The number of scholarships granted and the dollars raised has provided post-secondary educational opportunities and a shared vision of what it is to work or live at Laurelmead for 2 generations of recipients,

To highlight this anniversary event, on **September 26th from 2 to 4PM** LEEF will be hosting an Oktoberfest themed festival on the entire first floor. Come to celebrate with current and former residents, current and former scholarship recipients, current and former employees and children of the original founders.

This year there are special opportunities to recognize the longevity and importance of LEEF. There is a **\$5,000 Matching Opportunity**, made by a generous donor, every dollar donated above the \$20 entry fee will be matched up to \$5,000. In addition there will be a **Silent Auction** including options to bid on art, travel, theater and unique items all donated by residents or employees to support LEEF. Of course, there will be festive food and beverages!

Be sure to sign up by **September 10** for your admission of **\$20 per person** by check or cash at the front desk, which includes food and all the activities.

Come, but also invite friends and family, to enjoy what makes Laurelmead a very special community. This will be a day to celebrate and to remember, one you don't want to miss!

Sincerely,

Maurine Tobin
President, LEEF



Kabu Jazz Ensemble

Cape Verdean Music

Featuring Singer Candida Rose



Born, raised, and currently residing in New Bedford, Massachusetts, Cape Verdean vocal artist, Candida Rose, captivates her audiences with the golden aura of her radiant presence. She stirs them with a uniquely compelling voice that combines the overtones and undertones of Jazz, Rhythm and Blues, and Gospel with just the right touch of international spice.

Wherever you happen to catch a Candida Rose performance, be prepared to catch your breath!

Tuesday, September 1

7:30 p.m.

The Great Room



DEMOCRATIC CANDIDATE: ATTORNEY GENERAL QUESTION-AND-ANSWER

WEDNESDAY, SEPTEMBER 2 | 2:00 P.M. | THE ODEON

Kim Ahern



From the courtroom to the State House, Kim Ahern has built a career keeping Rhode Islanders safe and protecting our fundamental rights. As a prosecutor, a counselor to two governors and three attorneys general, and a trailblazing regulator, Kim has the proven leadership and hands-on experience to stand up for Rhode Islanders.

Kim has served at the highest levels of Rhode Island state government. A trusted prosecutor for nine years, Kim served as a Special Assistant Attorney General under three Rhode Island attorneys general — Peter Neronha, Peter Kilmartin, and Patrick Lynch. She fought to uphold the law and protect Rhode Islanders, prosecuting over 1,000 cases in what is now known as the Special Victims Unit, as well as environmental crimes to protect Rhode Islanders' air and water. She served as the Attorney General's representative on the Rhode Island Commission on Prejudice and Bias and worked closely with the office's Civil Division, focusing on hate crimes and providing training to police departments across Rhode Island on civil rights, antisemitism, and LGBTQ+ issues.

More Information: www.ahernforag.com

Laurelmead

Presents



Early American Art, Western Frontier

Experience the excitement and danger of America's westward expansion through paintings which capture that time period powerfully. Learn about prominent artists of the period, as well as the places and events that inspired them.

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, September 3, 2026

1:00-2:00 PM

the Odeon

Creative Thinking Through Art Observation

Visit: artforyourmind.com



Thibaut Schilt

*Professor of French and Francophone Studies at the
College of the Holy Cross
presents*

Masterpieces of World Cinema



Thibaut Schilt is Professor of French and Francophone Studies at the College of the Holy Cross where he teaches courses in francophone and European cinema, gender and sexuality studies, and French language and culture. He is the author of *François Ozon* (University of Illinois Press, 2011), and three volumes co-edited with Michael Gott: *Open Roads, Closed Borders: The Contemporary French-Language Road Movie* (Intellect Press, 2013), *Cinéma-monde: Decentred Perspectives on Global Filmmaking in French* (Edinburgh University Press, 2018), and *Quebec Cinema in the 21st Century: Transcending the National* (Liverpool University Press, 2024). He has also published articles and book chapters on road movies, queer cinema, and Quebec filmmaking.

Expanding the scope beyond French-language films, Thibaut Schilt is returning to Laurelmead with a "Masterpieces of World Cinema" series. Thibaut will discuss the history of each film and explain each continent, country, and origin each is from.

Movie clips and images will be shown as part of the discussion.

The selected films will begin on Friday, September 4th and every Friday throughout September at 7:30 p.m. in the Odeon.

Middle East/Iran: *Where Is the Friend's House?* (Director: Abbas Kiarostami, 1987)

Europe/Romania: *4 Months, 3 Weeks and 2 Days* (Director: Cristian Miungu, 2007)

Africa/Mauritania: *Timbuktu* (Director: Abderrahmane Sissako, 2014)

East Asia/Japan: *Sweet Beans* (director: Naomi Kawase, 2015)

South America/Brazil: *The Second Mother* (director: Anna Muylaert, 2015)

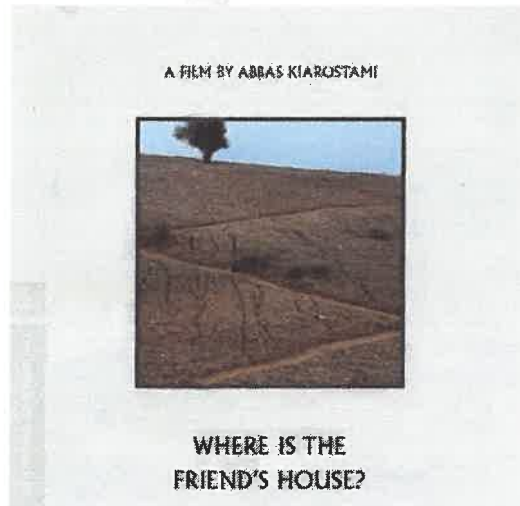


Thursday, September 3

7:30 p.m.

The Odeon

Masterpieces of World Cinema Series



FRIDAY, SEPTEMBER 4 AT 7:30 P.M. IN THE ODEON

Where Is the Friend's House? (1987)

Family/Drama – 1 hr. 24 mins.

(Directed by: Abbas Kiarostami)

An Iranian schoolboy scours a neighbouring village for a classmate's house so that he can return an important notebook.

The selected films will begin on Friday, September 4 and every Friday throughout September at 7:30 p.m.in the Odeon.

Rosh Hashanah
Guest Dinner Reservations

Saturday, September 12, 2026

(Pub open for seating, no salad bar, no Pub menu)

Reservation Policy

***If you will be entertaining guests
in the Dining Room,
please place your reservation
by Monday, September 7th.***

No email or voicemail reservations can be accepted

***To place orders for Take Out / Room Service
Call 273-9550 between 3:30 and 4:30 pm
Pick up/delivery at 5:30 pm***

ROSH HASHANAH

Dining Room Dinner Menu / No Pub Menu / No Salad Bar
Saturday, September 12, 2026
5 ~ 7 pm

Matzoh Ball Soup ~ Chicken Soup w/ Noodles
Healthier Choice Apple Butternut Soup

Gefilte Fish Plate ~ Garden Salad
Challah Bread

Entrees

Apricot Glazed Statler Chicken

Roasted bone in chicken breast served with apple challah stuffing and cranberry sauce.
Healthier Choice ~ no stuffing



Honey Pomegranate Roasted Salmon Filet
Healthier Choice ~ Plain Grilled Salmon, lemon wedge

Apple Cider Braised Beef Brisket

Mediterranean Vegetable Stew

A white beans stew with eggplant, zucchini, & butternut squash

Baked Buttercrumb Scrod ~ Healthier Choice Baked Scrod

Accompaniments

Honey Roasted Sweet Potatoes ~ Steamed Brown Rice
Carrot Tzimmes ~ Steamed Broccoli ~ Steamed Carrots



Dessert

Baked Apple with Raisins and Walnuts

Healthier Choice ~ Plain Baked Apple

Honey Cake ~ Flourless Chocolate Torte



Ice Cream ~ Frozen Yogurt ~ Sugar Free Pie du Jour