

The Laurelmead Weekly Bulletin

Sunday, October 11 - Saturday, October 17

10/11/2026 - Sunday

3:00 p.m. Departure
Museum Concert of R.I.
The Main Lobby

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

10/12/2026 - Monday

Columbus Day

The café and dining rooms will be open normal business hours.

All other departments, including the general store, will be closed.

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

3:30 p.m.
Meditation
The Library

7:30 p.m.
Bingo
The Card Room

10/13/2026 - Tuesday

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

11:30 a.m. Departure
CVS/Bank
The Main Lobby

****Note Time and Day Change***

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

3:00 p.m.
Resident Meet & Greet
The Great Room

3:00 p.m.
Poetry Group
The Library

7:30 p.m.
The Bad Penny Pleasuremakers
The Great Room

10/14/2026 - Wednesday

9:00 a.m. - 1:00 p.m.

Flu Clinic

The Odeon

9:30 a.m. Departure
Fuller Craft Museum
The Main Lobby

2:00 p.m.
Health and Fitness Committee Meeting
The Conference Room

2:00 p.m.
Meditation
The Odeon

7:30 p.m. *Program Related Movie*
Glory
The Odeon

10/15/2026 - Thursday

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

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

3:30 p.m.
Meditation
The Library

7:30 p.m.
Cindy Kaplan: Ulysses S. Grant
The Odeon

10/16/2026 - Friday

1:00 p.m.
Flower Arranging
The Card Room

1:00 p.m.
Mah Jongg
The Great Room

7:30 p.m. *Program Related Movie*
Glory
The Odeon

10/17/2026 - Saturday

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

6:45 p.m. Departure
R.I. Philharmonic
The Main Lobby

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

THIS WEEK'S MESSAGES

A REMINDER FOR SOME UPCOMING EVENTS

Fuller Craft Museum:

Wednesday, October 14. Departure is at 9:30 a.m.

Flower Arranging:

Friday, October 16 at 1:30 p.m. in the Card Room.

Tour of Providence City Hall:

Wednesday, October 21. Departure is at 10:30 a.m.

Roger Williams Jack-O-Lantern Spectacular:

Wednesday, October 21. Departure is at 5:50 p.m.

Pumpkin Decorating:

Thursday, October 22 at 2:30 p.m. in the Arts & Craft Room

Aging with Intention:

Friday, October 23 at 1:30 p.m. in the Conference Room.

Boston MFA – Art of the Americas: 1700-1800:

Wednesday, October 28. Departure is at 9:00 a.m.

Halloween Pizza Party:

Friday, October 30 at 11:30 a.m. in the Great Room.

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.

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:

The CDC's current guidance for the public focuses on testing when you have symptoms or have been exposed, staying home when you're sick, and taking precautions to protect others. The testing recommendations are different for someone who has symptoms versus someone who was exposed but feels well.

Here's a breakdown of the CDC guidance, including when to test, how many tests to take, and what to do after an exposure.

1. When should you test for COVID-19?

<u>Situation</u>	<u>CDC recommendation</u>
You have COVID-like symptoms	Test immediately.
You were exposed but have no symptoms	Test at least 5 full days after exposure.
Your first rapid test is negative	Repeat it 48 hours later.
You have symptoms and need a more reliable answer	Consider a PCR or other molecular test.

A negative rapid test does not necessarily mean you don't have COVID. The virus may not yet be detectable.

2. How many rapid tests should you take?

The CDC and FDA recommend repeating negative at-home antigen tests because a single negative result can miss an infection.

- If you have symptoms: Take 2 tests, 48 hours apart.
- If you have no symptoms but were exposed: Take 3 tests, each 48 hours apart, starting at least 5 full days after exposure.
- A PCR or other molecular test is an alternative to repeated rapid tests.

WEEKLY WELLNESS:

3. What should you do after a COVID exposure?

If you were around someone who tested positive but you feel fine:

- You do not need to automatically quarantine or stay home under the CDC's general public guidance.
- Monitor yourself for symptoms.
- Test at least 5 full days after exposure.
- Consider wearing a well-fitting mask around others, particularly people at higher risk of severe illness.
- If symptoms develop, stay home and test immediately.

The CDC's general public guidance emphasizes precautions rather than a mandatory quarantine period for everyone who has been exposed.

4. If you test positive, how long should you stay home?

The CDC's current community guidance is based on your symptoms, rather than a fixed five-day isolation period.

Stay home while sick

Stay home and away from others until your symptoms have been improving overall for at least 24 hours and you have been fever-free for at least 24 hours without fever-reducing medication.

Take precautions for 5 more days

Once you resume normal activities, use added precautions such as wearing a well-fitting mask, improving ventilation, keeping your distance from others, and considering testing before close contact.

If your fever returns or you start feeling worse, stay home again until you meet the criteria above.

THE BLACKSTONE LIBRARY AT LAURELMEAD: NEW BOOKS

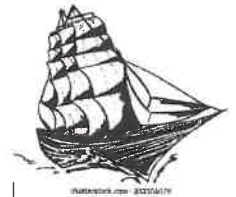
***How Flowers Made Our World*, by David George Haskell**

Haskell, a British and American evolutionary biologist, infuses his scientific writings with politics, aesthetics, and economics. He is also known for his work in forest conservation. Haskell combines lyrical writing with scientific research to explore, through flowers, the fate of our planet.



***The Terror*, by Dan Simmons**

A national bestseller, *The Terror* is a “true story” about two ships, HMS Erebus and HMS Terror, that disappeared in the Arctic Circle in the mid-19th century. Captained by Sir John Franklin, the lost expedition has since roused endless speculation, which Simmons handles with expertise. One reviewer described *The Terror* as “the best and most unusual historical novel I have read in years.”



***The Hundred Secret Senses*, by Amy Tan**

Born to immigrant parents from China, bestselling author Amy Tan draws on her heritage to tell a ghostly story, an unfolding of family secrets that explore issues of fate, hope, memory and imagination. This novel, published originally in 1995, builds on Tan’s own experiences and stories told by her mother.



***Coming Up Short: A Memoir of My America*, by Robert B. Reich**

The former U.S. Labor Secretary sees “the central struggle of civilization as fighting against bullies” in this thoughtful reflection on a life in public service.



LAURELMEAD

New Residents Meet & Greet

Tuesday, October 13

3:00 p.m.

The Great Room

All residents are welcome to attend. Please join us to meet your newest neighbors and reconnect with present neighbors.

Refreshments and hors d'oeuvres will be served.

Don't miss this enjoyable event!



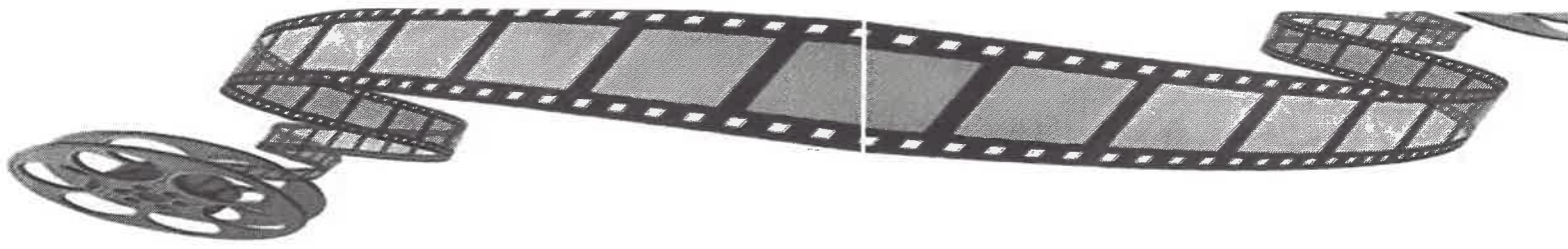
BAD PENNY PLEASUREMAKERS

The Bad Penny Pleasuremakers, and their shortened version, the Bad Pennies Quartet, offer Louisiana-drenched traditional jazz, ragtime, and acoustic and country blues from the pre-WWII era, all made for dancing. Led by guitarist and singer Matt Bell and percussionist Joy Patterson, both groups get audiences on the floor at cleBafubs and festivals with tunes like Jimmy Rodgers' "Mississippi Delta Blues."



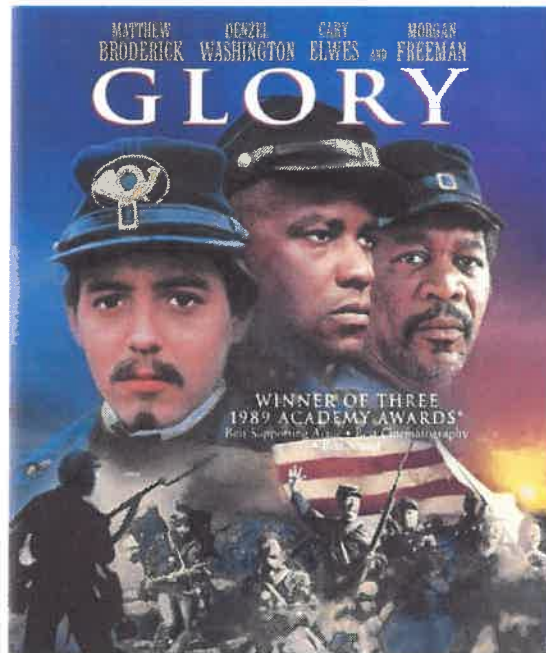
The Bad Penny Pleasuremakers are a true collaboration of good friends and talented New Orleans-based musicians who just really love playing the good old good stuff from the early days of jazz, blues & country music. They keep the tradition of the music alive by honoring its spirit while creating a new spark. They're predominantly a traditional jazz band with strings, washboard, reeds, keys (and the occasional cornet thrown in). Everyone in the band is a multi-instrumentalist, and the best part — they all sing!

Tuesday, October 13 – 7:30 p.m. – The Great Room



Movie Night

Glory



This movie was recommended to watch by the presenter of Thursday night's program, October 15. It has significance to the program that is being presented.

WEDNESDAY, OCTOBER 14 AT 7:30 P.M. IN THE ODEON

FRIDAY, OCTOBER 16 AT 7:30 P.M. IN THE ODEON

Following the Battle of Antietam, Col. Robert Gould Shaw is offered command of the United States' first all-African-American regiment, the 54th Massachusetts Volunteer Infantry. With junior officer Cabot Forbes, Shaw puts together a strong and proud unit, including the escaped slave Trip and the wise gravedigger John Rawlins. At first limited to menial manual tasks, the regiment fights to be placed in the heat of battle.

Laurelmead

Presents



Edward Hopper's New England

Admire the work of one of America's most prominent artists of the 20th century. With a special focus on his images of New England scenery. Experience the way Hopper's unique, solemn urban style translates into peaceful, calming, coastal paintings.

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, October 15, 2026

1:00-2:00 PM

The Odeon

Creative Thinking Through Art Observation

Visit: artforyourmind.com

ULYSSES S. GRANT

Union General, 18th U. S. President, and Lover

Presented by

Cindy Kaplan, President of Kaplan Tutoring Services Inc.

What do you know about Ulysses S. Grant?

- Born in Ohio, 1822
- West Point Graduate, 1843
- Abolitionist
- Horseman
- Infantry Soldier
- Farmer & Businessman
- Union General
- 18th U. S. President, 1869-1877
- Distinguished Author
- Devoted Husband and Father

Did you know that he wrote hundreds of letters to Julia, his sweetheart, and later his wife? Or that he never wanted to be a soldier?

This program will explore Grant's exciting life, amusing anecdotes, and many of the wartime letters he sent to Julia, the love of his life.



Cindy Kaplan, president of Kaplan Tutoring Services Inc., has owned a tutoring business in Rhode Island since 2005. She grew up in San Antonio, Texas and received her B.A. degree (with honors/Phi Beta Kappa) from the University of Texas. With a double major in math and English with teaching credentials, she first became a computer programmer/analyst. When the computer industry changed she turned to teaching and became a middle school classroom teacher of math and history for almost 20 years. She has tutored high school and college students individually and in classes. She joined a memoir writing group in 2022 at the Peck Senior Center in Barrington and has created more than 60 essays. One of her essays was printed in *Natural History* magazine, and two others were printed in the *Barrington Times* newspaper. Beginning in 2026, she expanded her business to include seniors and she currently facilitates Memoir Writing and Reminiscing classes at various independent/assisted living residences. In these classes, she presents multiple topics to the group from which they can pick their favorites to write or speak about. These classes are particularly attractive to seniors for the intellectual stimulation, creativity, and group camaraderie they provide. Cindy is an avid, eclectic reader. Thus, she is knowledgeable in a wide variety of subjects. As a result, she has created a lecture series on a variety of historical and contemporary topics, which she presents to residents of independent/assisted living facilities.

Thursday, October 15 – 7:30 p.m. – The Odeon