The Laurelmead Weekly Bulletin

Sunday, November 15 - Saturday, November 21

11/15/2026 – Sunday
7:30 p.m. *Resident's Choice Movie*
The Conference Room

11/16/2026 – Monday
9:30 a.m.
Duplicate Bridge
The Card Room

9:30 a.m.
Building and Grounds Committee Meeting
The Conference Room

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

1:30 p.m. Departure
Dave's Marketplace
The Main Lobby

3:30 p.m.
Meditation
The Library

7:30 p.m. *Program Related Movie*
Secret Mall Apartment
The Odeon

7:30 p.m.
Bingo
The Card Room

11/17/2026 – Tuesday
1:00 p.m. Departure
Stop and Shop
The Main Lobby

3:00 p.m.
Birthday Tea with Harpist, Laura Cole
The Great Room

7:30 p.m.
Secret Mall Apartment Program
The Odeon



11/18/2026 – Wednesday
12:30 p.m. Departure
RISD Museum
The Card Room

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

2:00 p.m.
Meditation
The Odeon

3:00 p.m.
Book Group
The Library

11/19/2026 – Thursday
1:00 p.m. Departure
Market Basket
The Main Lobby

3:30 p.m.
Meditation
The Library

7:30 p.m.
Gonzalo Verdugo: AI for Us
The Odeon

11/20/2026 – Friday
11:00 a.m. – 2:00 p.m.
Accessorize with Maybeth
The Great Room

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

1:30 p.m.
Aging with Intention
The Conference Room

7:30 p.m. *Movie*
East of Eden: Episode 2
The Odeon

11/21/2026 – 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

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!

SAVE THE DATE

Come Decorate the Laurelmead Tree!

We need everyone's help for this beautiful tradition! Let's give our tree the holiday MAGIC!

Join us for hot cocoa and treats!

Wednesday, December 2
1:30 p.m.
The Main Lobby



WEEKLY WELLNESS: HAPPY THANKSGIVING

Energy & Routine Management

- Pacing the day: Avoid over-scheduling or packing too many activities into a single day, which can overwhelm older adults or trigger fatigue.
- Quiet spaces: Set up a calm, comfortable room away from the main crowd where they can rest or step away if they feel overstimulated.
- Familiar environments: Host the gathering at the senior's home, if possible, to eliminate travel stress, or arrange safe, door-to-door transportation if they are visiting relatives.

Dietary & Health Precautions

- Watch portions and ingredients: Traditional Thanksgiving meals are often high in sodium, sugar, and saturated fats. Offer modified, low-sodium, or heart-healthy alternatives without drawing unwanted public attention to their plate.
- Prioritize hydration: Thirst cues decline with age. Actively offer water, herbal tea, or low-sugar drinks throughout the day rather than just at dinner.
- Manage medications: Use pill organizers or set phone alarms ahead of time so holiday disruptions do not lead to missed doses. Keep medications in a carry-on bag if traveling.
- **Food safety:** Ensure turkey and stuffing reach an internal temperature of 165°F and refrigerate leftovers promptly.

Meaningful Participation & Emotional Support

- Give a sense of purpose: Involve older adults in light, low-stress tasks like folding napkins, sharing a family recipe, or writing place cards.
- Share stories: Invite them to share family history or what they are thankful for, which boosts connection and self-worth.
- Acknowledge grief: Recognize that holidays can bring up sadness or the memory of lost loved ones and allow space for those feelings without pressure to force cheerfulness.

Movie Night

Secret Mall Apartment



Two cast members from the movie will be here on Tuesday, November 17 to host a presentation regarding the movie. Please be sure to watch the movie prior to the program.

(Also available on Netflix.)

MONDAY, NOVEMBER 16 AT 7:30 P.M. IN THE ODEON

Secret Mall Apartment is a 2024 American documentary film directed by filmmaker Jeremy Workman that recounts the story of a group of young Rhode Islanders who built a secret apartment inside the Providence Place shopping mall in Providence in 2003, living there for four years until getting caught and charged with trespassing in 2007.

Providence Place Secret Mall Apartment

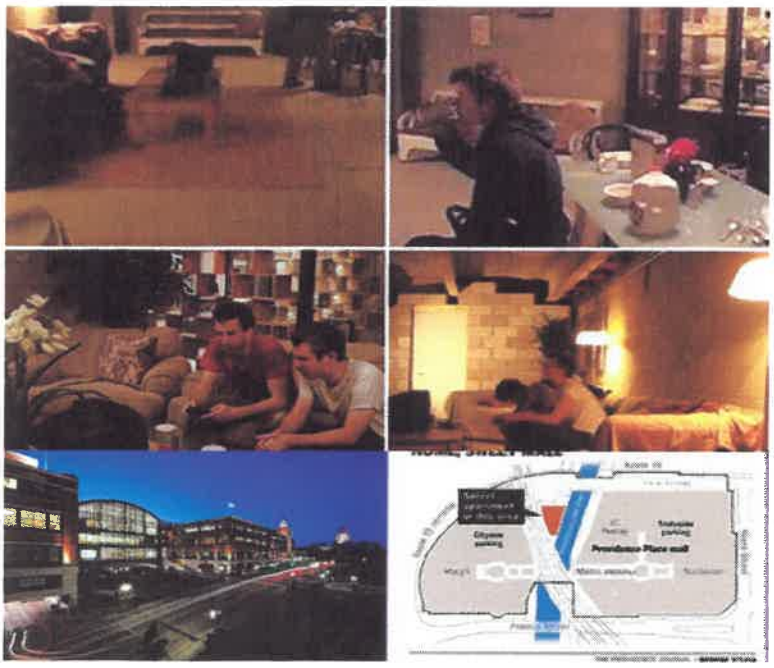
Presented by Film Cast Members

Michael Townsend and Paula Most

Paula Most is an artist, educator, and past arts administrator. She was Lifespan Coordinator for the Healing Arts Programs for over 22 years. In this role she initiated and coordinated programs and projects pertaining to the therapeutic arts at Rhode Island/Hasbro Children's Hospital and the other Lifespan affiliates (The Miriam Hospital, Newport Hospital, Bradley Hospital). Paula is the founder (Director) of the Hospital based art program: *Museum on Rounds* which was created during the time she was employed at The Museum of Art, RISD in the Education Department (1988-1994).

In addition, Paula was an adjunct professor in the Art Education Department at Rhode Island College.

Paula was a board member and active participant in the national organization *The Society for the Arts in Healthcare (SAH)* where she provided consultations to numerous healthcare institutions throughout the county. In 2011 she was awarded the Janice Palmer award for her contribution to integrating the arts into the healthcare community.



Michael Townsend draws on everything. He's the founder of the Tape Art movement and the first practicing tape artist. For over 35 years he has been spearheading collaborative drawings using low-adhesive tapes that can be stuck on facades, sidewalks, walls, and any other surface without permanent repercussions. The drawings started as nightly guerrilla raids on the surfaces of Providence, Rhode Island and, as interest in these ephemeral works has grown, he has been invited to perform over 500 of his Tape Art creations on walls around the world. His work with the Tape Art medium has optimized his efforts as a community artist and he has worked collaboratively with over 60,000 students both young and old. He and his collaborators became an international curiosity when it was discovered that they were building a fully-functioning apartment space inside the Providence Place Mall that they had occupied, undiscovered, for four years. The footage Michael filmed during that period became the basis of the award-winning documentary,
Secret Mall Apartment.
Beyond Tape Art, Michael has taught collaborative art-making for decades in both formal and informal settings. He taught art to undergrad and pre-college students at Rhode Island School of Design for seven years. He then completed a Masters in Art Education with a focus on community art. For 10 years, he developed and facilitated collaboration workshops at General Electric's John F. Welch Leadership Development Center working with participants from new hires to executive band. When he is not pressing tape onto walls, Michael can be found in front of a computer editing footage from his films, choreographing short dance pieces, creating a subterranean sculpture or working relentlessly on one of his epic secret projects.

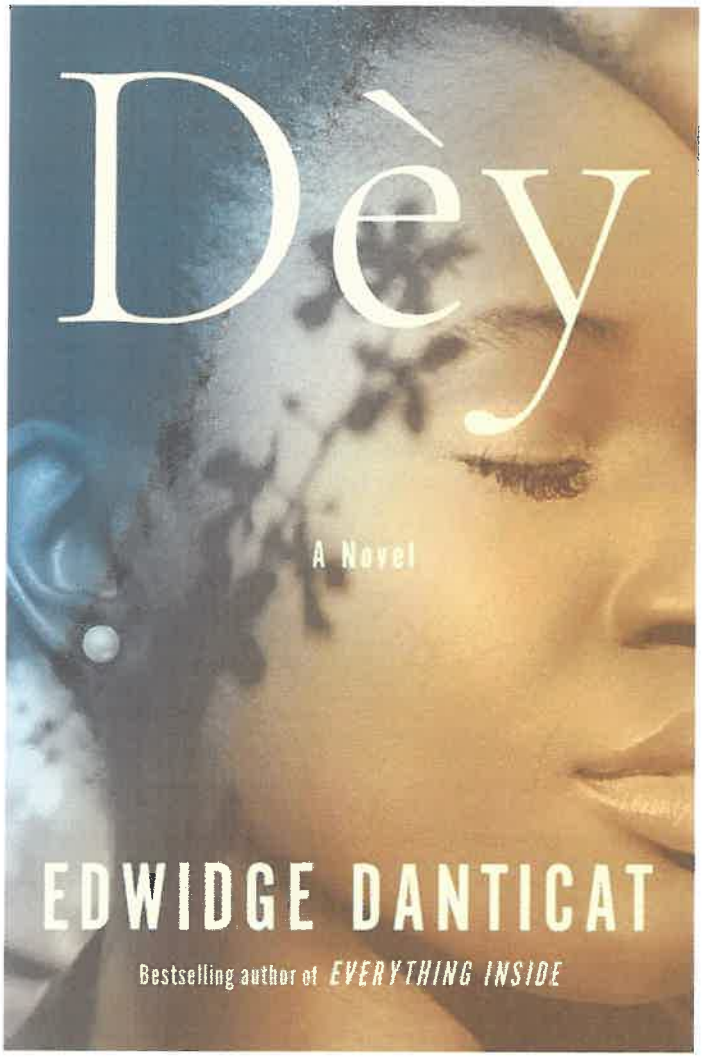
Join these two cast members as they ex|
everything that came along with this unique experience.

Tuesday, November 17 – 7:30 p.m. – The Odeon

Book of the Month:

Dèy: A Novel

by Edwidge Danticat



"Is home the place where we are born? Or is it the place where we die?" These questions haunt Magnolia, a successful Haitian American real estate agent in Miami. When she hears gunfire while at a shopping mall, she takes shelter in a nearby restaurant, cowering with fellow shoppers and diners. Once she's safely home, Magnolia keeps this traumatic event from everyone. But given her life back, she begins to see everything clearly: her extraordinary bond with her daughter, Zoë; her nearly broken relationship with Zoë's father; the challenges of her mentally troubled mother, whose unraveling patterns Magnolia worries she's spiraling toward herself; and her father's affair with a woman who has borne him a child. While struggling through the labyrinth of her past, Magnolia must also come to terms with the losses sustained that life-altering day, and nearly every day by her parents and sibling in Haiti.

Can love or family protect us from harm? Does optimism or fear win out in one's heart? Which side will prevail for Magnolia? Pulled between these questions, each of which involves a high-stakes choice—Miami or Haiti, single or married, mortal or ghost, before or after—Magnolia is a narrator who is "yon pati koukouy, part firefly": flitting and shimmering between different worlds.

Wednesday, November 18
3:00 p.m.
The Library

Artificial Intelligence for Us

Presented by

Laurelmead Resident, Gonzalo Verdugo

Hardly a day goes by without a headline about artificial intelligence. We hear about jobs that might disappear, deepfakes that make it harder to tell what's real, and scams that can mimic a loved one's voice. Then come the big promises: AI could help push the boundaries of knowledge, eradicate disease, and create abundance for everyone.

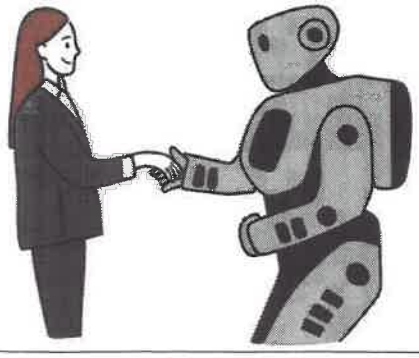
I'd like to bring the discussion closer to home: What can AI do for us at Laurelmead? We'll try a few everyday uses, from getting unstuck on a piece of writing, to making sense of a confusing document, or following a question wherever our curiosity takes us. You'll see how AI can help us explore ideas, solve mundane problems, and learn something new.

We'll also look at what happens when we hand over too much of our thinking. I'll share simple rules to decide what to do ourselves and when to ask AI for help, so we can extend our cognitive powers while keeping our judgment and skills sharp.

About the Speaker



I grew up in Chile, studied economics and business, and taught at the University of Chile. I came to the U.S. in the early 1970s to pursue a doctorate at the Harvard Business School. I had planned to return to teaching in Chile, but instead I joined my advisor in a consulting startup and spent 30 years advising companies on business and technology strategy.In retirement, I co-founded Prometheus Endeavor, a nonprofit that studies technology and society (PrometheusEndeavor.org). My wife, Ellen, and I moved to Laurelmead earlier this year.



Thursday, November 19
7:30 p.m.
The Odeon

Accessorize With Maybeth

Austrian Crystal Jewelry
direct from the manufacturer.

Please stop by
and see the latest styles!

There will be samples and overruns of
Austrian crystal jewelry:
Earrings, Necklaces, Bracelets, Pins,
and Anklets.

I look forward to seeing my friends
at Laurelmead!!

Friday, November 20

11:00 a.m. – 2:00 p.m.

The Great Room



DEB HERMAN, PH.D.,

presents

Aging with Intention

Aging with Intention **is a casual roundtable conversation that touches on a variety of topics related to our individual and communal experience of aging. This monthly discussion offers a flexible framework responding to the group's prevailing interests and concerns. It gives participants an opportunity to learn more about themselves and their neighbors, finding common purpose and shared experience. The hourlong exchange skims the surface and plumbs the depths of our individual and collective navigation of our past, present and future lives.**

The conversation is guided by Deb Herman, Ph.D., a clinical psychologist.



Friday, November 20
1:30 p.m.
The Conference Room

Please sign up in the Mail Room.
Cancellation policy applies.

Fall Bake SALE

AND CASH & CARRY

TUESDAY, NOVEMBER 24
10 AM - 2 PM
THE GREAT ROOM

COOKIES • PIES • PASTRIES

HOME DECOR • KNICK KNACKS • SMALL FURNITURE

AND MORE!

All proceeds will go to the Laurelmead Sunshine Fund.

Laurelmead Film Appreciation *IS BACK!*

With Instructor Ralph Caruso

Film Appreciation is an activity that has been offered at Laurelmead since 2008. In that time the residents have seen and discussed over 100 films including *Moonstruck, The King's Speech, Lincoln, Chocolat, To Kill A Mockingbird, Quartet, Two Popes, Roman Holiday, Doubt,* and many more.

The movies are chosen primarily to encourage an open-ended discussion of the subject matter, themes, the acting, director, etc. They can be classics like *Casablanca* and *The Maltese Falcon* or current releases nominated for this year's Oscars.

The residents are life-long learners who bring a wealth of personal experiences to each meeting. Hopefully the film chosen will spark a memory of family and friends, past travels, work experiences, and previous hometowns. Motion pictures allow us to transcend time and place.

Come join the Film Appreciation discussion each month at Laurelmead!

Ralph Caruso Jr. is a lifelong educator. Born in Norwalk, Connecticut, he earned a BA in English from Siena College in Loudonville, New York and a Master's Degree in English from the University of Dayton where he taught from 1967 - 69. He was an Instructor of English at Providence College from 1969 to 1971. After leaving PC, Ralph became a member of the English Department at Barrington High School. While at Barrington, he earned a Masters degree in Educational Technology. At the high school Ralph taught both American Literature and American Studies as well as three electives: Film Studies, Media Studies and Journalism. After his retirement from BHS in 2006, he became an adjunct instructor at New England Institute of Technology teaching two elective courses, Documentary Film and Popular Culture. After ten years at NEIT, he began a Film Appreciation program at local assisted living facilities, including Wingate on the East Side, Laurelmead, Tockwotton on the Waterfront and Brightview Commons in South County. Ralph and his wife Sally have a daughter Emma and he has two sons, Matthew and Martin, from a previous marriage.

Netflix Film:

The Dig

2021 Drama/Melodrama
1 hr., 52 minutes – Rated PG-13
Starring: Ralph Fiennes



Set on the eve of World War II, The Dig follows wealthy English widow Edith Pretty as she hires self-taught archaeologist Basil Brown to excavate mysterious burial mounds on her Sutton Hoo estate. Together, they uncover a historic 7th-century Anglo-Saxon ship burial, sparking a tug-of-war over credit and control as elite archaeologists from the British Museum step in. Amidst the excitement of the discovery, the characters must also navigate Edith's failing health, personal romances, and the looming threat of war.

Show Times

(In the Conference Room)

Wednesday, December 2 at 7:30 p.m.
Friday, December 4 at 7:30 p.m.

Monday, December 7
2:00 p.m.
The Conference Room

Please sign up in the Mail Room by Friday, December 4.
A minimum of six residents required.

HAPPY THANKSGIVING

Thursday, November 26, 2026
Cold Continental Breakfast Bar 8:00 ~ 10:30 am Pub
Main Dining Room 11:30 am ~ 2:30 pm Dinner

Soups

Chicken Escarole Soup
HC Lentil Pumpkin

Salads

Fresh Fruit Cup with Sherbet

Mesclun Greens
Garnished with dried cherries, cranberries and apricots; finished with a cider vinaigrette.

Garden Salad
(choice of dressing)

Entrees

Roast Turkey Dinner
Served with apple, raisin stuffing, pan gravy and cranberry sauce.
Healthier Choice ~ no stuffing

Roasted Salmon
Roasted salmon filet finished with a cranberry shallot compote.
Healthier Choice

Butternut Ravioli
Topped with sage butter.

Baked Buttercrumb Scrod
Healthier Choice ~ Baked Scrod, lemon, white wine

Thursday, November 26, 2026

Thanksgiving Day Dinner Reservations

Served from 11:30 a.m. ~ 2:30 p.m.

(There will be no evening meal today, Café Closed)

Breakfast Bar from the Pub
8:00 ~ 10:30 a.m. (Coffee & Pastries)

Reservation Policy

Reservations for special events and holidays are handled by the Dining Services Office.

All residents are asked to place a reservation, whether or not you are dining with a guest.

Please place your reservation with a Dining Services Representative by Thursday, November 19th.

No email or voicemail reservations will be accepted.

Requests for specific times and rooms are taken on a first come, first served basis so please plan ahead.

To place orders for Take Out / Room Service

Call the front desk between 10:30 and 11:30 a.m. on the day of the event.
Pick up/delivery at 12:00 p.m.