The Laurelmead Weekly Bulletin

Sunday, November 29 - Saturday, December 5

11/29/2026 – Sunday
7:30 p.m. *Resident's Choice Movie*
The Conference Room

11/30/2026 – 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
Whole Foods Market
The Main Lobby

3:30 p.m.
Meditation
The Library

7:30 p.m.
Bingo
The Card Room

12/1/2026 – Tuesday
1:00 p.m. Departure
Stop and Shop
The Main Lobby

7:30 p.m.
Cheryl Space:
Book Banning and the Freedom to Read
The Odeon

12/2/2026 – Wednesday
10:00 a.m.
General Residents Meeting
The Odeon

1:30 p.m.
Decorate the Christmas Tree
The Main Lobby

2:00 p.m.
Meditation
The Odeon

12/3/2026 – Thursday
1:00 p.m. Departure
Market Basket
The Main Lobby

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

3:30 p.m.
Meditation
The Library

7:30 p.m.
Roseminna Watson Duo Performance
The Great Room

12/4/2026 – Friday
Hanukkah Begins at Sunset
1:00 p.m.
Mah Jongg
The Great Room

4:00 p.m.
Lighting of the Menorah
The Card Room

7:30 p.m. *Movie*
East of Eden: Episode 4
The Odeon

12/5/2026 – Saturday
9:30 a.m.
Morning Social
The Great Room

11:00 a.m. Departure
Met Opera: *Samson et Dalila*
The Main Lobby

4:00 p.m.
Lighting of the Menorah
The Card 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!

HOLIDAY TOY DRIVE

SUPPORT LAURELMEAD'S ANNUAL TOY DRIVE:



For your convenience, toys are available for purchase at the General Store.
Please place toys under the Laurelmead tree by Thursday, December 17.

A MESSAGE FROM ACTIVITIES/TRANSPORTATION

Please remember to have a credit card on file at your pharmacy or give your card to the driver if you have asked to have a prescription picked up. Our drivers are not required to pay for a resident's medication at pharmacy pick up. Thank you for understanding.

WEEKLY WELLNESS: Sleep and Aging

What Causes Sleep Problems with Age?

Poor sleep habits: If you don't keep a steady schedule for going to bed and waking up, it can affect your body's internal clock and make it even harder to get good sleep. Also, at any age, it's a minus if you drink alcohol before bedtime, nap too much, or stay in bed when you're not sleeping.

Medications: Some drugs make it harder to fall or stay asleep or even stimulate you to stay awake. If you think that might be true for you, ask your doctor to check.

Worry, stress, or grief: Aging brings many life changes. Some are positive. Others are hard. When you lose someone you love, move from your family home, or have a condition that changes your life, that can cause stress, which can hamper your sleep. If changes like these affect you or an aging loved one, talk with your doctor or a counselor. It could help ease your mind so you can sleep better.

Sleep disorders: Besides insomnia, these include apnea, restless legs syndrome, periodic limb movement disorder, and REM behavior disorder. Your doctor can see if you have one of these conditions.

Too much downtime. Many people stay active well into their golden years. But if your days are too idle, you may find it harder to get a good sleep.

Do You Get Enough Sleep?

Everyone is different. If you sleep less than when you were younger but still feel rested and energetic during the day, it might be that you now need less sleep.

If you have noticed that your lack of sleep affects you during the day, tell your doctor. There are steps you can take to get better rest. Many are simple tweaks to your daily routine, like setting a regular bedtime, being more active, and taking steps to ease your mind before you hit the hay.



Book Banning and the Freedom to Read

Presented by

Cheryl Space, Executive Director
Community Libraries of Providence



Cheryl Space, daughter of Laurelmead's Bill Burchill, is the Executive Director of the Community Libraries of Providence, a network of 9 neighborhood libraries across the city. Her career in libraries has been focused on youth and families, both in public libraries and in her 5-year role as the statewide youth services consultant at the RI Office of Library and Information Services (2009-2014). Cheryl believes that libraries are the absolute best place to work; *My city and my community are central to my work, so I feel connected to where I live in a deep and meaningful way. I have the opportunity to be creative, to be surrounded by caring and talented colleagues, and to collaborate with so many dedicated partners in the city. I am never bored! Libraries exist to serve neighborhoods, bringing essential services, connection, learning, and resources to everyone for free.* Cheryl is the chair of the advisory board for the RI Center for the Book, an organization that epitomizes building community around a shared reading experience. In the Fall of 2024, the RI Center for the Book awarded Cheryl the Page Turner Award for her work in defending the freedom to read in RI.

Cheryl is the co-chair of the RI Library Association's Legislative Action Committee, which worked collaboratively with allies from many organizations to pass the strongest Freedom to Read bill in the nation in 2025. Cheryl's talk will address public libraries today and their central role in protecting every United States resident's right to access truthful, trusted information and diverse reading selections in their libraries. The talk will explore why book bans have increased so drastically in recent years, the driving force(s) beyond the movement to ban books, and how librarians and libraries are responding. Cheryl will demystify collection development, the public's right to challenge materials in the collection (and how), as well as other components of the newly passed Freedom to Read bill. Come with your questions and stories to share! The future of reading is an essential issue for today's youth; hear from a passionate librarian who has had the joy of serving a multilicultural, multilingual city.

Tuesday, December 1 – 7:30 p.m. – The Odeon

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

Roseminna Watson and Melody Fader
Duo Performance

Violinist, singer, composer and multimedia artist **Roseminna Watson** is fascinated by the human body as a vehicle that can carry us closer to the divine. Her artistry across mediums is imbued with a haunting immediacy and poignant nostalgia. She is a member of the Providence-based new music collective Verdant Vibes and founder of the Pandemic Polyphony project —an ever-expanding platform for collaborative connection between creators of all kinds across the boundaries of physical distance and isolation (***pandemicpolyphony.org***). She is the co-founder and curator of the Cape Cod concert series MUSIC IN THE STUDIO in collaboration with painter Cammie Watson and half of Humming Owl — a duo with her singer/songwriter/sitarist husband, Pablo Escalante. She holds a B.A in Visual Art from Yale University, an M.M. in Violin Performance from Stony Brook University, and an A.D. in Chamber Music from San Francisco Conservatory of Music. She is the former first violinist of the prize-winning Aiana String Quartet. Ms. Watson has recently performed the world premieres of her most recently-completed original works — *Divinatum Dolorem* for piano,violin and voice, and *Rooms of the Body* for string quartet. You can find her solo album, *Limbic Hymnal* (2017) at ***roseminnawatson.com.***

Mozart Sonata for violin and piano, KV 454

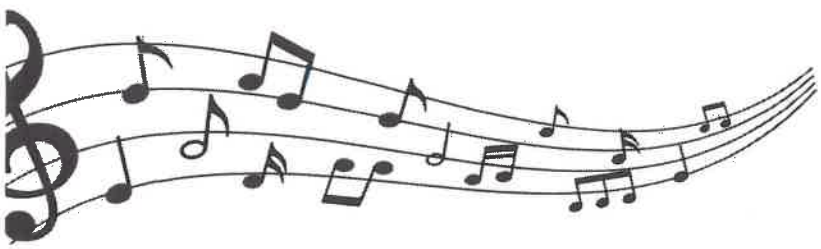
Messiaen Theme & Variations for violin and piano

Brahms Sonata No. 1 for violin and piano



Melody Fader enjoys a busy career as a soloist, chamber musician, and vocal / dance accompanist. She has performed in such iconic New York venues as Lincoln Center's Alice Tully Hall and Carnegie Hall's Weill Recital Hall and internationally in Belgium, Luxembourg, The Netherlands, Guatemala, Chile, Canada and Italy. Ms. Fader is the founder, artistic director, and pianist for the Melody and Company Chamber Series, which recently won grants from both the Queens Council on the Arts and the Puffin Foundation. Her first commercial album, Music of Frederic Chopin, was released in February 2012 on Centaur Records and she is currently working on her second album. For two seasons Ms. Fader served as company pianist and soloist for Dance Theatre of Harlem, touring extensively with the company. She is the resident pianist with New Chamber Ballet for their annual performance cycle at New York's City Center, and has also performed with Columbia Ballet Collaborative, Buglisi Dance Theater and the New York Theater Ballet and Stars of American Ballet. Ms. Fader was a prize winner at both the Coleman Chamber Ensemble Competition and the Aspen Concerto Competition, leading to solo and chamber music performances throughout the U.S. She earned her Bachelor of Music from the Eastman School of Music, and Master of Music in Collaborative Piano at the Juilliard School, where she studied with Margo Garrett. ***melodyfader.com***

Thursday, December 3
7:30 p.m.
The Great Room



Hanukkah Events at Laurelmead



The entire Laurelmead community and guests are invited to join in on the festivities surrounding the lighting of the Hanukkah Menorah!
Come celebrate and learn the meaning of the holiday!

Friday, December 4 – Friday, December 11

4:00 p.m. EACH NIGHT in the Card Room.

Led by Iris Jacobs and assisted by Rosie & Jay!

Sunday, December 6 at 4:00 p.m. in the Card Room

Hanukkah Party Night

Bring your own Menorah to display for show and tell.
Latkes hosted by Grace Goldberg and Barbara Uziel.
Enjoy holiday songs, dreidel game fun, quizzes, and music!



Wednesday, December 9 at 4:00 p.m. in the Card Room

Guest speakers: Senior Rabbi Michael Fel and Rabbi Alex Friedman from Temple Emanu-El. Come enjoy Eleanor Chason's cake and cider.
All residents are welcome to join.



Friday, December 11 at 4:00 p.m. in the Card Room

Hear Rosie's 12-minute mini sermon:
"The Widow, the Orphan, and the Stranger."



Friday Movie Nights

East of Eden (Series)



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

East of Eden (7-part series) (2026) Historical Drama

EPISODE 4: (1 hr.) **Kate –**

Cathy starts over with a new name, a new life and a ruthless plan to achieve financial independence.



THE BLACKSTONE LIBRARY AT LAURELMEAD: NEW BOOKS

***Music Against the Night: A Novel*, by Yiyun Lee**

This wide-ranging historical novel, set in the Napoleonic era, draws from the lives of two accomplished and ambitious pianists, the Dublin-born composer John Field and his talented student and later wife, Adelaide Percheron. Pulitzer-winner Lee reaches beyond the music that motivated her protagonists. As one reviewer observed, the novel "dives freely into the discourse of art and commerce....[showing that] classical music is not a highbrow calling that floats above market forces; it's a cutthroat vocation, governed by strategy, rivalry, scandal and survival."



***Miss Wolcott's Ghost*, by Louise Penny**

Inspector Gamache returns to Three Pines, Quebec, and takes on a very cold case dating back at least a century. Narratively gratifying, Penny's 21st mystery novel unravels a complicated investigation involving several familiar and beloved characters and assigning artist Clara Morrow a perplexingly unique role. Ghostly apparitions, local legends, and presumably extinct plants come together in a riveting story filled with historical tragedies and fading collective memories.

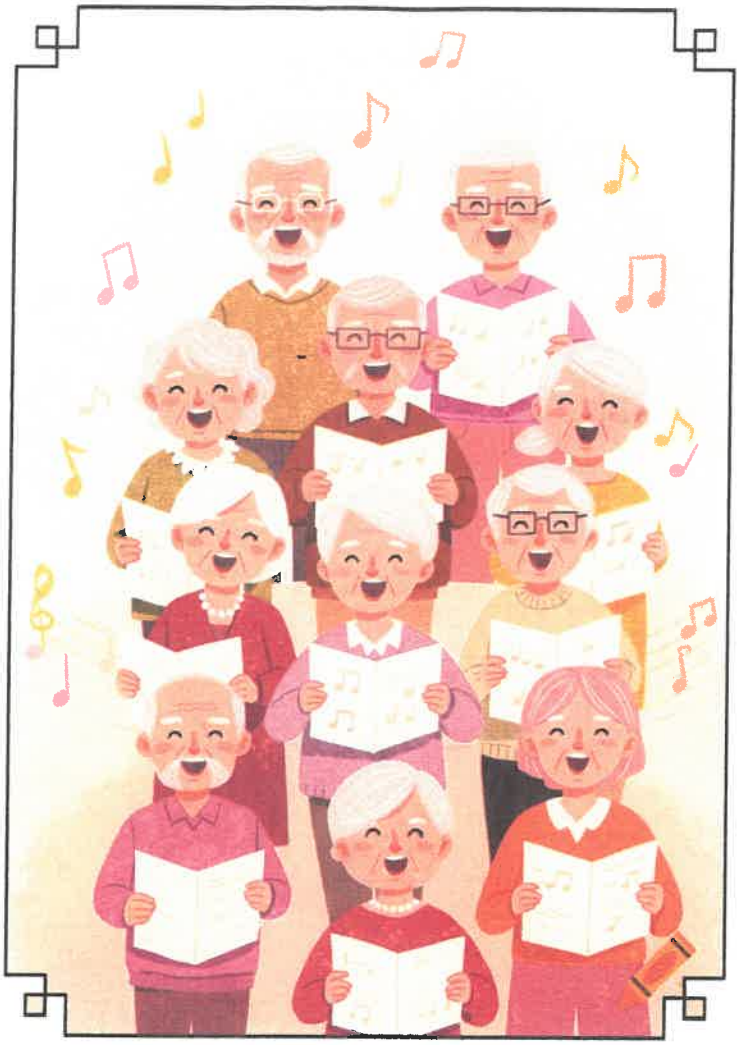


***The Rush*, by Nathaniel Philbrick**



Beginning with the discovery of gold in 1848, Philbrick's impressive history links the explosion of wealth and the sudden and diverse population growth in California to national controversies concerning slavery, local politics, and regional power. The National Book Award winner expands the familiar tale of the Gold Rush into an origins story of modern America.

The Blackstone Library Interest Group welcomes volunteers and invites you to our meeting on Monday, December 7, at 2:00 pm in the library. We also seek your recommendations for newly published books to add to the collection. If enticed, please contact co-chairs Mari Jo Buhle and Debbie Mulcare.







Rosie & Jay are Looking for SINGERS!

We will be singing
Holiday Songs for the Laurelmead Community
Christmas Day at 4PM and New Year's Eve at 8PM

Rehearsals will be on Sunday, December 13th and 20th
3PM - 4PM in the Great Room

Please join us for a joyful and musical

Fa la la la la la la la la!

Questions? Call or text Rosie at 401-749-3858

Resident and Staff

Winter Holiday Party

Friday, December 11
at 3:00 p.m. in the Odeon

Reception to follow in the Great Room

The money collected for the
Employee Appreciation Fund
will be presented to employees at this event.

The staff is really looking forward to thanking you in person for your wonderful generosity, so we hope to see you all there!

Each Board representative will introduce their respective departments and present managers with their department's bonus checks.