



The month of April derives from the Latin word, *arperio*, meaning "to open (bud)". After the Spring equinox, the days grow longer, with more sun to light our way and plenty of rain to nurture the growth of all living things.

This April we will have more than the promise of spring flowers in which to look forward. On Monday, April 8th there will be a total solar eclipse .



A total solar eclipse will cross North America, passing over Mexico, the United States, and Canada. A total solar eclipse happens when the Moon passes between the Sun and Earth, completely blocking the face of the Sun. Outside of the path of totality, you can still see a partial solar eclipse where the sun will appear as a crescent shape. In Lexington, we will experience 99% totality.

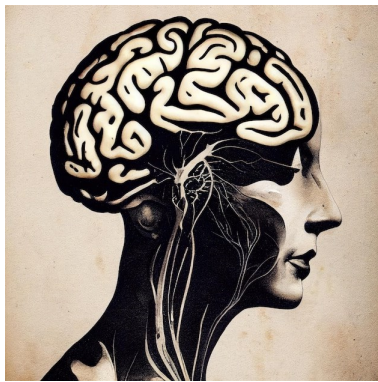
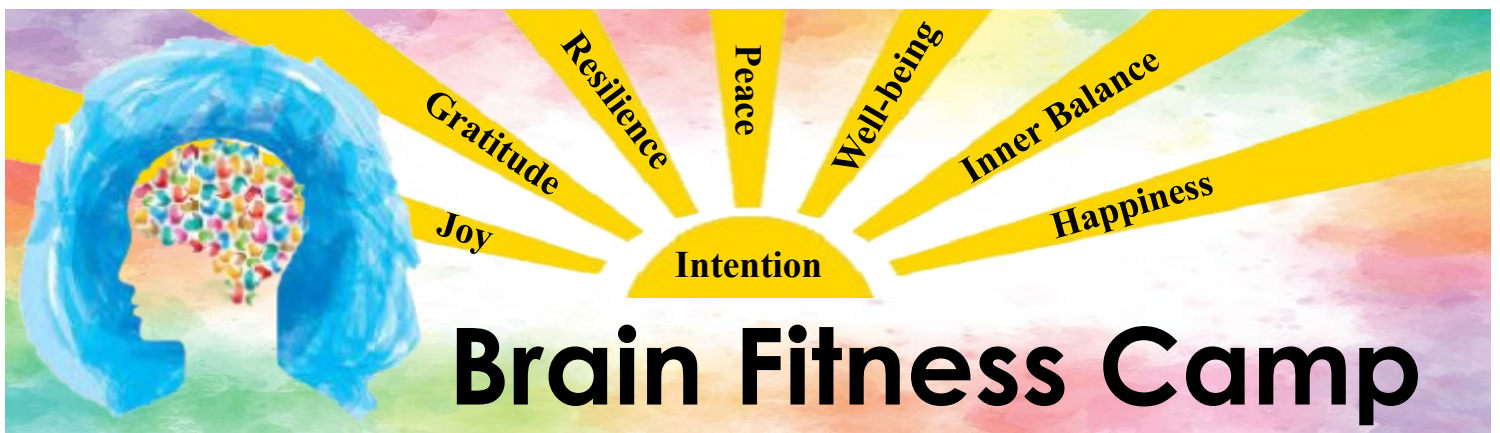
On **Thursday, April 4th at 11:00 a.m. in the Heritage Room**, we will watch a short program on solar eclipses that will delve into the history of this phenomena looking at the ancient folklore, omens, and superstitions that have arisen in response to this spectacle.

We will celebrate the solar eclipse on **Monday, April 8th beginning at 2:30 p.m.** on our rooftop terrace. We will provide NASA certified eyewear to help us enjoy the eclipse safely. After totality, we will move to the **Heritage Room at 3:00 p.m.** to enjoy an Eclipse Happy Hour with libations and good food! Please join us to celebrate this awe inspiring event!



**Earth Day is on April 22nd** and this year marks it's 54th anniversary. First created in 1970, Earth Day was a response to the growing awareness of environmental degradation and the risks this poses to the health of the planet and its inhabitants.

To commemorate Earth Day we will connect with our creative selves and create mini watercolor masterpieces. We will have a beautiful tree silhouette that you can customize with a variety of watercolor washes. Join us on **Thursday, April 11th at 11:00 a.m. in the Heritage Room** to celebrate our beautiful and precious planet.



The human brain is often thought of as a finite resource that gradually declines with age, resulting in the permanent loss of brain cells. However, the latest research challenges this notion, suggesting that healthy cognitive aging does not result in the loss of neurons. In fact, new brain cells emerge in memory centers of the brain, well into old age. This concept of neural networks in the brain changing, growing and reorganizing in response to life experiences is called neuroplasticity.

Historically, scientists believed that the brain stopped growing after childhood. But current research shows that the brain is able to continue growing and changing throughout the lifespan, refining its architecture or shifting functions to different regions of the brain.

Examples of situations where your brain demonstrates neuroplasticity include learning a new language, practicing music, or memorizing how to navigate around your city. It can also occur if you lose a sense, such as hearing or sight.

The importance of neuroplasticity can't be overstated: It means that it is possible to change dysfunctional patterns of thinking and behaving and to develop new mindsets, new memories, new skills, and new abilities-it's even possible to rewire the brain for pain management.



We will kick off our Brain Fitness Camp with a meeting on **Wednesday, April 17th at 2:30 p.m. in the Heritage Room.** In this meeting we will go further in depth on the concept of neuroplasticity and how this fitness camp can benefit you. We will introduce a mindful framework that can help you begin to become aware of and attentive to your thoughts and feelings. Once you identify a goal, you can begin to take the steps to wire your brain for positive outcomes.



Throughout April and May, we will have a variety of fun and interesting opportunities to challenge our brain patterns and look for ways to disrupt negative habits to instill better practices. The more we engage and challenge our mind and body, the longer our brains function at a high level which improves our attention, memory and emotional regulation. Come join our Brain Fitness Camp and make a choice to improve how you think, feel, and move!

# Cultivate a Healthy Brain

*Choose something from the list below and engage in something new. It's a great way to protect your brain.*



## **WORD GAMES & MORE! Wednesdays in April at 11:00 a.m.**

Join us to give your brain a good workout with a variety of word games, trivia, and crossword puzzles. We will change-up games each week to give us a challenge— if you have an idea for a fun brain teaser, let us know and we will be happy to put it into rotation. Please join us for coffee, conversation, and fun!

## **BOOK CLUB: Thursday, April 25th, 11:00 a.m., Library**



April book club will feature *Britt Marie Was Here* by Frederik Bachman. This novel is about a socially awkward, fussy busybody woman who has more imagination, bigger aspirations, and a warmer heart than anybody realizes. When she leaves her cheating husband, she finds herself in a new town. Eventually, she gets to know the various characters in the town like the citizens, miscreants, drunks, and layabouts. Surprisingly, she's given the task to lead the fairly untalented children's soccer team to victory. In a town full of misfits, will Britt-Marie find a place where she truly belongs?

## **BLACKJACK: Fridays in April at 3:00 p.m., Game Room**

The objective is to get a hand total of closer to 21 than the dealer without going over 21. It's a hoot to play and is great brain stimulation which helps to improve memory and cognitive function. It will cost \$2 to play, so bring your quarters and a friend for a rollicking good time.

## **FREE RICE: Fridays in April 11:00 a.m., Heritage Room**

No, we are not handing out rice every Friday morning, as you may have been thinking! Free Rice is a vocabulary game. We meet every Friday morning in front of the television in the Heritage Room and are quizzed on words like waggish which means someone who is mischievous and humorous. This game will have your brain whirling and the friends you see in this group are sure to bring a smile. Please join us!

## **READER'S THEATER: Thursday, April 18th at 11:00 a.m., Heritage Room**

This month we will read *After Magritte* by Tom Stoppard, where a man, his mother and his wife are a kooky trio. Enter the forceful inspector from Scotland Yard with his constable. The officers proceed to place the three under arrest. It is not clear why; something about a parked car, a bunch of .22 caliber shells in the waste basket, and a robbery of the box office of a minstrel show. Come read a part or join us in the audience to listen to the fun!

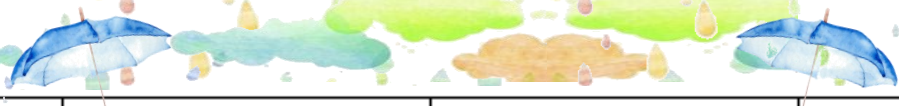
## **GREAT COURSES: Mondays and Tuesdays in April at 11:00 a.m., Heritage Room**










In these 24 visually rich, half-hour lectures, you will tour The Metropolitan Museum of Art from front to back, from bottom to top, introducing practically every department in the museum. Each is a museum unto its own, representing one of the world's finest collections in its field. You will see an astonishing number of works—more than 400 in all. Every class is stand alone, so please join us whenever possible for these 30 minute doses of culture!

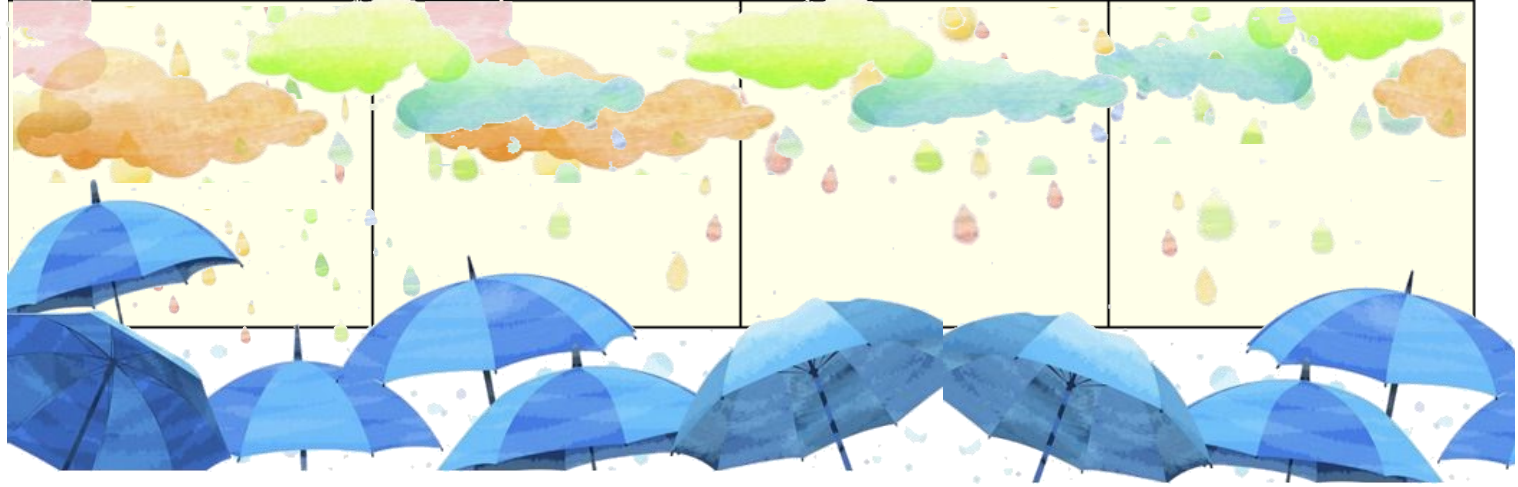


# APRIL

Sunday	Monday	Tuesday
	<b>1</b> 10:00AM EXERCISE W/LAURA 11:00AM GREAT COURSES 2:00PM SPANISH 4:00PM HAPPY HOURS 6:30PM DOCUMENTARY	<b>2</b> 11:00AM GREAT COURSES 1:00PM DEVOTIONALS 2:00PM BINGO 3:00PM LCR 6:30PM CLASSIC MOVIE
<b>7</b> 11:00AM SELF-GUIDED WALK 4:00PM VESPERS 4:30PM COOKIES WITH KITTY 6:00PM SUNDAY SERIES 	<b>8</b> 10:00AM EXERCISE W/LAURA 11:00AM GREAT COURSES 2:30PM ECLIPSE PARTY 4:00PM HAPPY HOURS 6:30PM DOCUMENTARY 9:20PM NCAA FINAL GAME 	<b>9</b> 11:00AM GREAT COURSES 1:00PM DEVOTIONALS 2:00PM BINGO 3:00PM LCR 6:30PM CLASSIC MOVIE
<b>14</b> 11:00AM SELF-GUIDED WALK 4:00PM VESPERS 6:00PM SUNDAY SERIES	<b>15</b> 10:00AM EXERCISE W/LAURA 11:00AM GREAT COURSES 2:00PM SPANISH 4:00PM HAPPY HOURS 6:30PM DOCUMENTARY	<b>16</b> 11:00AM GREAT COURSES 1:00PM DEVOTIONALS 2:00PM BINGO 3:00PM LCR 6:30PM CLASSIC MOVIE
<b>21</b> 11:00AM SELF-GUIDED WALK 4:00PM VESPERS 4:30PM COOKIES WITH KITTY 6:00PM SUNDAY SERIES 	<b>22</b> 10:00AM EXERCISE W/LAURA 11:00AM GREAT COURSES 2:00PM GUITAR WITH BILL 4:00PM HAPPY HOURS 6:30PM DOCUMENTARY 	<b>23</b> 11:00AM GREAT COURSES 1:00PM DEVOTIONALS 2:00PM BINGO 3:00PM LCR 6:30PM CLASSIC MOVIE
<b>28</b> 11:00AM SELF-GUIDED WALK 4:00PM VESPERS 6:00PM SUNDAY SERIES	<b>29</b> 10:00AM EXERCISE W/LAURA 11:00AM GREAT COURSES 2:00PM SPANISH 4:00PM HAPPY HOURS 6:30PM DOCUMENTARY	<b>30</b> 11:00AM GREAT COURSES 1:00PM DEVOTIONALS 2:00PM BINGO 3:00PM LCR 6:30PM CLASSIC MOVIE



Wednesday	Thursday	Friday	Saturday
<p><b>3</b></p> <p>10:00AM EXERCISE W/LAURA 11:00AM WORD GAMES 1:30PM PIANO CONCERT 2:00PM RECEPTION 6:30PM WEDNESDAY SERIES</p> 	<p><b>4</b></p> <p>10:00AM EXERCISE VIDEO 10:30AM KROGER 11:00AM ECLIPSE SHOW 1:00PM FELLOWSHIP 2:00PM BINGO 4:00PM HAPPY HOUR 6:30PM MASTERPIECE SHOW</p> 	<p><b>5</b></p> <p>10:00AM EXERCISE VIDEO 11:00AM FREE RICE 1:00PM CHAIR PILATES 3:00PM BLACKJACK 6:30PM MOVIE</p>	<p><b>6</b></p> <p>1:00PM LCR 2:00PM MATINEE 6:30PM SATURDAY SERIES</p>
<p><b>10</b></p> <p>10:00AM EXERCISE W/LAURA 11:00AM WORD GAMES 2:00PM SOCIAL 2:30PM TRIVIA 6:30PM WEDNESDAY SERIES</p> 	<p><b>11</b></p> <p>10:00AM EXERCISE VIDEO 10:30AM KROGER 11:00AM EARTHDAY PAINTING 1:00PM FELLOWSHIP 2:00PM BINGO 4:00PM HAPPY HOUR 6:30PM MASTERPIECE SHOW</p> 	<p><b>12</b></p> <p>10:00AM EXERCISE VIDEO 11:00AM FREE RICE 1:00PM CHAIR PILATES 3:00PM BLACKJACK 6:30PM MOVIE</p>	<p><b>13</b></p> <p>1:00PM LCR 2:00PM MATINEE 4:00PM PIANO WITH ANN 6:30PM SATURDAY SERIES</p>
<p><b>17</b></p> <p>10:00AM EXERCISE W/LAURA 11:00AM WORD GAMES 2:30PM BRAIN FITNESS CAMP 3:30PM LOREN TICE PIANO 6:30PM WEDNESDAY SERIES</p> 	<p><b>18</b></p> <p>10:00AM EXERCISE VIDEO 10:30AM KROGER 11:00AM READER'S THEATER 1:00PM FELLOWSHIP 2:00PM BINGO 4:00PM HAPPY HOUR 6:30PM MASTERPIECE SHOW</p> 	<p><b>19</b></p> <p>10:00AM EXERCISE VIDEO 11:00AM FREE RICE 1:00PM CHAIR PILATES 3:00PM BLACKJACK 6:30PM MOVIE</p>	<p><b>20</b></p> <p>1:00PM LCR 2:00PM MATINEE 4:00PM PIANO WITH ANN 6:30PM SATURDAY SERIES</p>
<p><b>24</b></p> <p>10:00AM EXERCISE W/LAURA 11:00AM BRAIN CAMP 2:00PM BLINDFOLD SENSE GAME 6:30PM WEDNESDAY SERIES</p> 	<p><b>25</b></p> <p>10:00AM EXERCISE VIDEO 10:30AM KROGER 11:00AM BOOK CLUB 1:00PM FELLOWSHIP 2:00PM BINGO 4:00PM HAPPY HOUR 6:30PM MASTERPIECE SHOW</p> 	<p><b>26</b></p> <p>10:00AM EXERCISE VIDEO 11:00AM FREE RICE 2:00PM BRAIN CAMP GAME 3:00PM BLACKJACK 6:30PM MOVIE</p> 	<p><b>27</b></p> <p>1:00PM LCR 2:00PM MATINEE 4:00PM PIANO WITH ANN 6:30PM SATURDAY SERIES</p>







# **Food for Thought**

*Judy Potts*

**Join us in the Dining Room  
for some fun menus to include:**

**April 1st – National Sour Dough Bread Day**

**April 2nd – National Peanut Butter and Jelly Day**

**April 5th – Deep Dish Pizza Day**

**April 12th – National Grilled Cheese Day**

**April 13th – Peach Cobbler Day**

**April 14th – Pecan Day**

**April 17th – Cheeseball Day**

**April 23rd – Picnic Day**

**April 29th – Shrimp Scampi Day**

**If you have any other “silly special days” you would like  
to celebrate with food let us know!**

**Per usual this time of year we look forward to warming  
days and more local produce to offer on our menus along  
with a bit lighter fare taking us into summer.**



We are one of the first Kentucky Proud Certified Kitchens for Retirement Communities in Lexington. We continue to provide you with locally sourced, seasonal offerings. If you have any comments or accolades-please let us hear them! Thank you!

**[www.mayfairseniors.com](http://www.mayfairseniors.com)**



## Piano Celebration with Ann



The roots of our humanity lie in the diversity that springs forth from our cultural collective experiences. In this season of hope, renewal and faith, it is a perfect time to enjoy the unique and diverse ways in which we all celebrate this season. Join us on **Wednesday, April 3rd at 1:30 p.m. in the Library** for a special piano concert by our virtuoso Ann Smith that will commemorate the season of Easter and Passover. Following the performance, we will have a **reception in the Heritage Room at 2:00 p.m.** where we will partake in a punch and cake to help us celebrate this season!



## Guitar with Bill

Our friend Bill Lalley will be returning for another fun performance! Bill plans on entertaining us with his acoustic guitar. He will sing and play some classic folk and blues songs. Come jam with Bill on **Monday, April 22nd at 2:00 p.m. in the Heritage Room.**

Join us in wishing the following residents and staff the happiest of birth month's.

### Residents

No Resident Birthdays  
This Month



### Staff

Jamie Blanton  
Hugo Escobedo

## Upcoming Special Events:

4/03/24 1:30 p.m. Piano Concert  
4/03/24 2:00 p.m. Reception  
4/04/24 11:00 a.m. Eclipse Show  
4/08/24 2:30 p.m. Eclipse Viewing  
4/08/24 3:00 p.m. Eclipse Party  
4/08/24 9:20 p.m. NCAA Final Game  
4/10/24 2:30 p.m. Trivia  
4/11/24 11:00 a.m. Earth Day Painting  
4/17/24 2:30 p.m. Brain Fitness Camp  
4/17/24 3:30 p.m. Loren Tice Piano  
4/18/24 11:00 a.m. Reader's Theater  
4/22/24 2:00 p.m. Guitar With Bill  
4/24/24 11:00 a.m. Brain Camp Game  
4/24/24 2:00 p.m. Blindfold Sense Game  
4/25/24 11:00 a.m. Book Club  
4/26/24 2:00 p.m. Brain Camp Game

Mayfair Village Retirement Center  
3310 Tates Creek Road  
Lexington, KY 40502



**Sharon Davis** - Executive Director  
**Jessica Sweeney** - Marketing Director  
(859) 266-2129

## Regular Weekday Activities:

**Monday:** Exercise, Great Courses, Spanish, Happy Hour, Documentary

**Tuesday:** Exercise Video, Great Courses, Devotionals, Bingo, LCR Game, Classic Movie

**Wednesday:** Exercise, Word Games, Social, Wednesday Series

**Thursday:** Exercise Video, Fellowship, Bingo, Kroger, Happy Hour, Masterpiece Show

**Friday:** Exercise Video, Free Rice, Chair Pilates, Blackjack, Friday Flick

**Saturday:** Bridge Games, Movie Matinee, Piano With Ann, Saturday Series, LCR

**Sunday:** Self-Guided Fitness, Vespers, Cookies With Kitty, Sunday Series