

February 2020

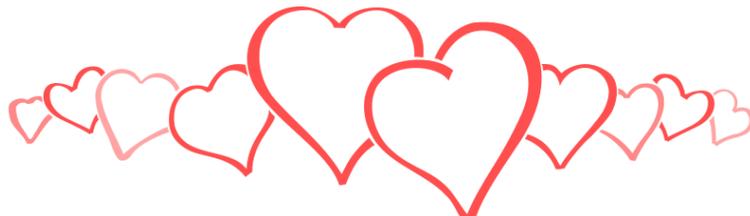
## *The Timeless Appeal of Mayfair*

*By Jessica Sweeney*

For 35 years Mayfair Village has been a specialist in senior living setting the gold standard of superior quality in Central Kentucky. We are famous for our unique and unparalleled lifestyle that our residents love. Ask most anyone who has been associated with our community and the consensus is that there is something very special about this place. We are passionate about enhancing the lives of the greatest generation. Our residents **Love** the timeless appeal of Mayfair's gracious hospitality, legendary services and amenities. Our long-term employees and our delectable farm-to-table, *Kentucky Proud* dining experience are the qualities which makes Mayfair shine among the rest. Every resident chooses us because they understand why aging is better for them in a supportive senior living community.

The friendships and support you will find at Mayfair Village may be just what you've been looking for. We can help you to immerse yourself in a wonderful new home away from home, finding new potential in every day, surrounded by new and renewed friendships, as much or as little support as you need.

We can help you learn more about the benefits you will enjoy at Mayfair Village, and help you know what options are available with either our Licensed Personal Care or Independent Living apartment homes. Come explore the next chapter in *your* life, by calling Jessica Sweeney or Bill Hylton to sit down and talk about how we can help you make the decision that is right for you. Our number is (859) 266-2129.

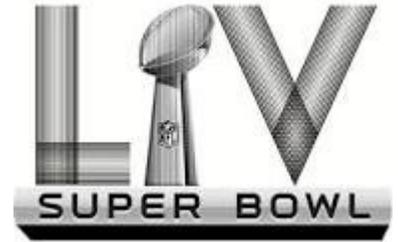


***Complimentary guest stay is now available. We invite you to come try us out and enjoy all the benefits of our community by calling today!***

# SUPER BOWL SUNDAY

By Karen Weckman

On Sunday, February 2nd, the San Francisco 49ers' and the Kansas Chiefs will compete in the 54th Super Bowl. This year's game will be played at the Hardroch Stadium in Miami where the Chiefs and the 49ers' will face each other for the first time in a Super Bowl. The kickoff is scheduled for 6:30 p.m. but the tailgating party at Mayfair Village will begin at 5:30 p.m. with hot dogs, beer and other game-day munchies.



Of course, for many people, the Super Bowl is about much more than just football. For those of us who enjoy music better than field positions, the halftime show might be the thing you look forward to most of all. Jenifer Lopez and Shakira will be the featured acts during the half-time show and Demi Lovato will perform *The Star Spangled Banner*.

Last, but certainly not least, are the ads! The Super Bowl is one of the biggest entertainment events of the year and a time for advertisers to get creative to make the most of the estimated \$5.6 million they have to shell out for a 30-second spot. It has been reported that two candidates in the 2020 presidential election have bought spots during the game, including the re-election campaign of Donald Trump, and the Democratic candidate, Michael Bloomberg.

With all that's going on during Super Bowl you are sure to find something to **Love** even if it's just the hot dogs! For more information about joining us at Mayfair Village for Super Bowl Sunday, call 859-266-2129 and ask for Jess.

## Show your Love with Candy Grams

By Jess Piersol

It's Valentine's Day and *Love* is in the air! Stephanie, Sharye, Caleb, Marsha and I will be selling candy grams in the lobby beginning on Monday, February 3rd for 50 cents each. This is a great way to show someone that you treasure their friendship. You can personalize your card or you can be a *secret admirer* and keep them guessing. Leave the work to us! We will deliver the candy grams to your friend's door on Friday, February 14th. Then, we will use the proceeds from the candy gram sale to host a complimentary Sunday night supper. That's a *win win* that everyone should **Love**.





# Love To Learn

*Activities Department*

**Love yourself enough to learn something “new.”  
Engage in “brainy” activities to ensure brain health.**

## **LUNCH & LEARN: Monday, February 3rd, 12:00 p.m.**

A new course, *The World's Greatest Paintings*, is beginning in February and will continue over the next 24 weeks. Each Monday, we meet in the Heritage Room and view a lecture video which lasts 30 mins. Each video is stand alone, but the class will be best digested whole! Focusing on 65 masterpieces of Western painting, including key works by Giotto, Titian, Vermeer, Rembrandt, and Picasso, *The World's Greatest Paintings* offers you a vivid, visceral encounter with genius, shining light on the unique technical, stylistic, and expressive achievements of each painting. We welcome outside guests, as well as residents to sign up for this event. Please make your lunch reservations by Sunday. Please call (859) 266-2129 or add your name to the sign-up sheet in the Concierge Office if you would like to have lunch while you learn.

## **READER'S THEATER: Monday, February 3rd, 1:30 p.m.**

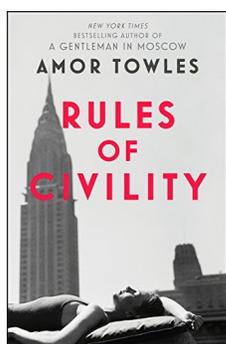
This activity is just the thing for someone who loves theater. Copies of a play are given out. Everyone chooses a part and then we read it aloud as a group. This is a great opportunity to learn something new or revisit an old passion. This month's play, is the 2nd part of *Rumors*, a farcical play by Neil Simon. This play had everyone in stitches and having so much fun. If you don't want to participate by reading, you can be a part of our *peanut gallery*. For more information, contact Stephanie.

## **LUNCH BUNCH: Thursday, February 20th, 10:45 a.m.**

Molto bene! Please join the monthly Lunch Bunch on a tour of Italy. We will visit a classic Lexington eatery, Bella Notte. This Italian restaurant boasts hand-made pastas, locally sourced meats and veggies, with weekly specials featuring diver's scallops and more! Please sign up in the Concierge Office.

## **JOURNAL WITH JAN: Wednesday, February 26th, 1 p.m.**

Once a month, Jan Isenhour, the former director of the Carnegie Center in Lexington, shares her extensive experience in journaling with our residents at Mayfair Village. This class is about sharing memories. One of our residents recently remarked that by sharing anecdotal episodes from her life, she is creating a gift for her children. This class meets in the Village library. For more information call 859-266-2129 or talk to Stephanie.



## **BOOK GROUP DISCUSSION: Thursday, February 27th, 6:30 p.m.**

This month we will be reading *Rules of Civility* by Amor Towles. *Rules of Civility* (2011) is set over one year in America in 1938, during the Great Depression and after the 1937 Recession. On the last night of 1937, poor 25-year-old Katherine (Katey) Kontent, and her friend Eve Ross, meet rich Theodore (Tinker) Grey, a handsome banker, at the Hotspot jazz club. For more information about this activity, contact Sharye.

# LOVE IN FOOD

By Judy Potts

Cooking and serving allows us to express ourselves and shower our residents and guests with deliciousness and quality service. Food is our love language in the Mayfair Dietary Department. Our dining room is a place where families and friends can sit back and relax, while being served the best food around! Throughout February, we will continue **Wine & Cheese evenings on Monday nights at 4:15 p.m. in the solarium.** Thursdays we will continue to host **Green Tea & Treats from 1:30 p.m. to 3:30 p.m.** Take some time to read the menu below, and please make your reservations with the front desk for Valentine's dinner.

## VALENTINE'S DAY DINNER MENU FRIDAY, FEBRUARY 14TH

*Mescalín & Brie Salad with  
Maple Walnut Vinaigrette*

*Duck Confit or Stone Crab Claws  
Shrimp & Scallop Pasta  
Filet Mignon with frizzled leeks*

*Chive Mashed Potatoes  
Asparagus with Carrot Ribbon*

*Flourless Chocolate Torte  
Key Lime Pie  
Red Velvet Cake*

*Champagne & Chocolate Covered Strawberries*



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! Drop your notes off to the comment box located in the Concierge Office. Thank you!

# We Love Rock and Roll

By Marsha Cable

Saddle shoes – check; cardigan – check; poodle skirt – check!

Dust off your threads, put on your peepers and get yourself to the *Mayfair Malt Shoppe* where we are throwing a really cool Valentines' Day sock hop. Our menu will be out of sight with mini burgers and root beer floats. We'll dance to Rock Around the Clock and you'll learn to move with a whole new groove. Grab a friend and visit our old fashioned photo booth where you can take a picture in a flash before you split. Don't be a party pooper. Join us on Thursday, February 13th at 2 p.m. **Be there or be square!**

Don't flip your lid if you can't read this article. Just use the key below:



threads=clothes  
peepers=glasses  
party pooper=not fun at all

split=leave  
cool=extraordinary  
square=a conformist



## Energy Workshop; Practicing Self-care and Love

By Sharye Davis

Coming in March we will be offering a workshop on energy medicine to empower our residents with mind-body techniques to enhance their daily lives.



We will explore a brief history of energy healing while looking specifically at the traditional Chinese Medicine System of meridians, as well as the Indian Vedic system of chakras. During the workshop you will learn a quick daily energy routine that will help restore balance to the energy systems in your body.

As part of the mind-body energy balance we will teach a heart-centered meditation that helps us to cultivate unconditional love for ourselves. Dr. Richard Gerber, a pioneer of energy medicine, states, "What I have discovered is that the most powerful healing force in the universe is **Love**, unconditional love. When you work from that level you begin to open up whole vistas of discovery in self-exploration and spiritual transformation. You begin a new level of healing, not just fixing the body, but helping the individual to grow to a whole new understanding of their life and their awareness as an evolving spiritual being".

After the workshop, a weekly energy class will be added to the schedule. This will be a time for all the residents to meet-up and have a quiet space in which to practice the daily energy routine. The focus will be on heart-centered meditation while being in communion and kinship with our Village friends.

# Community News

## Religious Services at Mayfair

Fr. Mark Ouma from the Cathedral of Christ the King will be here to say Mass on Tuesday, February 18th at 10:30 a.m.

The Reverend Hendree Harrison from The Church of the Good Shepherd, will be here to celebrate Communion in the library at Mayfair Village on Wednesday, February 12th and 26th at 3:30 p.m. Join us following the service for coffee and conversation.

Every Sunday at 3:30 p.m. a representative from Trinity Hill United Methodist Church has a Vespers Service at Mayfair Village followed by coffee & conversation.

These services are open to anyone from the community. Call 266-2129.

## Visit Mayfair Village

Are you considering retirement living for yourself or someone you are close to? Here at Mayfair Village we have studios, 1-bedroom and 2-bedroom independent apartment homes, as well as personal care apartments for anyone requiring additional assistance. Transportation, restaurant-style dining, and a lively activities program are only a few of the amenities we offer at Mayfair Village.

Call Jessica Sweeney or Bill Hylton at 266-2129 to schedule a personal tour. You are also welcome to visit our web site at [www.mayfairseniors.com](http://www.mayfairseniors.com) for a description of our lovely community and a complete list of activities and special events.



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

# Love Your Community

By Jess Piersol

G.S.E.C. or Good Shepherd Episcopal Church has been a part of our program for years. Our partnership brings communion to our residents twice a month, as well as fellowship and community involvement. For example, GSEC has helped celebrate two resident's milestone birthdays this past year and are always game for more celebrations. We cherish this partnership and enjoy the things it brings. In preparations for Lent and Easter, GSEC has offered a program and will be sharing special events for us throughout February. We would **Love** to have you at any of these events. Residents and readers are welcome to attend.

## **Children's Choir and Sing-Along**

Wednesday, February 5th @ 4 p.m.

Library/Conservatory

Children of GSEC will sing and provide the words for us to join them in song and celebration.

## **Craft for a Cause**

Wednesday, February 12th

Heritage Room

Supplies will be provided to help kids of GSEC create Valentine's Day cards for people at **Kentucky Refugee Ministries**.

## **Storytellers**

Wednesday, February 19th

Heritage Room

Children of GSEC will share the story of *The Good Samaritan*.

# Happy Birthday!

Join us on Wednesday, February 19th at 2:30 p.m. for our monthly birthday celebration followed by *The Loren Tice Piano Program* at 3:20 p.m.

## **Residents**

Rachael Lewis  
Mim Stambaugh



## **Employees**

Sarah De Vries  
Steve Campanelli  
Bill Hylton  
Sharon Davis

## Upcoming Special Events:

2/02/20 1:15 p.m. Theatre Outing  
2/02/20 5:30 p.m. Tailgating Party  
2/03/20 12:00 p.m. New Lunch and Learn  
2/03/20 1:30 p.m. Reader's Theater  
2/05/20 2:00 p.m. Milkshake Social  
2/05/20 4:00 p.m. GSEC Children's Choir  
2/12/20 2:00 p.m. Last Call - Candy Grams  
2/12/20 3:30 p.m. GSEC Communion  
2/12/20 4:00 p.m. GSEC Craft for a Cause  
2/13/20 2:00 p.m. Valentine's Sock Hop  
2/18/20 10:30 a.m. Catholic Mass  
2/19/20 2:30 p.m. Birthday Social  
2/19/20 3:20 p.m. Loren Tice Program  
2/19/20 4:15 p.m. GSEC Storytellers  
2/20/20 10:45 a.m. Lunch Bunch  
2/21/20 1 p.m. Movie Club  
2/26/20 3:30 p.m. GSEC Communion  
2/26/20 4:00 p.m. Village Voices Returns  
2/26/20 1:00 p.m. Journal with Jan  
2/26/20 2:00 p.m. The Price is Right  
2/27/20 6:30 p.m. Book Group Discussion

## Regular Weekday Activities:

**Monday:** Exercise, Lunch and Learn, Walking Club, Wine & Cheese, Spanish Class

**Tuesday:** Silver Sneakers, Yoga, Errands, Bible Study, Bingo, Happy Hour

**Wednesday:** Exercise, Social, Spanish Class, Encore Movie Night

**Thursday:** Silver Sneakers, Grocery Shopping, Blackjack, Bingo, Green Tea & Treats,

**Friday:** Exercise, Free Rice, 2nd Floor Social, Spanish Class, Happy Hour, Movie

**Saturday:** Grocery Shopping, Games, U.K. Basketball, Mysteries at the Museum

**Sunday:** Vespers, Coffee Hour, Movie

Mayfair Village Retirement Center  
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Sharon Davis - Executive Director  
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