



We will be traveling to Latin America for our August “vacation”. Latin America is a region in the Western Hemisphere, south of the United States. The term Latin America is used to describe the countries in South America, Middle America, and the Caribbean that speak Latin languages, also known as the “Romance languages.” These languages include Spanish, Portuguese, and French. Latin America extends from Mexico in North America and down through Central America, parts of the Caribbean and all of South America down to the bottom of the continent. While it is a very diverse region, the people of these countries share similar historical experiences, languages and cultures. We will be stopping in various countries to explore history, culture, and cuisine. Take a look inside to check

out the events we have planned for the month!

As summer progresses through the hot, sultry “dog days”, we will have a Pond Party to help cool us down! As you know, we have been refurbishing Mayfair’s patio pond and as soon as it is completed in August, we will christen the new pond with an outdoor patio party. Please watch for flyers announcing the date and details of this exciting event



We will also have a new Great Courses starting on **Monday, August 8th at 11:00 a.m. in the Heritage Room**. For nine weeks we will be exploring “The Secret World of Espionage”. The world of espionage is shrouded in mystery—even to those in it. Consider how integral spies have been in shaping our world, often in ways we can’t possibly fathom. They’ve created governments. They’ve expanded economies and overthrown monarchies. They’ve even helped nations avoid catastrophic wars. (They’ve sometimes enabled them, too.) When it comes to the secret world of espionage, it’s fair to say that facts are often better than fiction.

These nine episodes will shine a light into the shadowy world of spy craft with a distinguished panel of historians—including a former intelligence case officer—in search of the secret meeting places, complex codes, stealth observations, and cutting-edge technologies spies have used throughout history. Join us for a fascinating look behind the scenes of this secret world.



The Mayans and Aztecs of Mesoamerica

The historic region of Mesoamerica comprises the modern day countries of northern Costa Rica, Nicaragua, Honduras, El Salvador, Guatemala, Belize, and central to southern Mexico. For thousands of years, this area was populated by groups such as the Olmec, Zapotec, Maya, Toltec, and Aztec peoples. Come for a short survey of the Maya and Aztec civilizations. We will have churros donuts and coffee as we explore this fascinating region. Meet us on **Thursday, August 4th at 11:00 a.m. in the Heritage Room.**



History of Chocolate



The history of chocolate can be traced to the ancient Mayans, and even earlier to the ancient Olmecs of southern Mexico. The word chocolate may conjure up images of sweet candy bars and luscious truffles, but the chocolate of today is little like the chocolate of the past. Throughout much of history, chocolate was a revered but bitter beverage, not a sweet, edible treat. Come find out about the history and culture of chocolate and partake in a Latin chocolate tasting to experience the traditional flavor of this iconic staple. Join us on **Wednesday, August 10th at 2:00 p.m. in the Heritage Room.**



Latin America Happy Hour

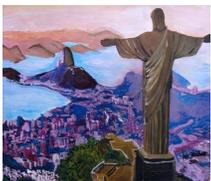
We will combine an amazing complement of flavors at our Happy Hour inspired by travels to Latin America. We will have guacamole, courtesy of the Aztecs, which will be served with plantain and tortilla chips, as well as the national drink of Peru and Chile, the Pisco Sour. Stop by Happy Hour on **Thursday, August 18th at 4:00 p.m.** to join the fun!



Ted Talk

Ayahwasca: Visions of Jungle Medicine

Through the story of his experience taking the potent psychedelic brew Ayahuasca with shamans in the jungles of Peru, Dr. Brown will illustrate the importance of nature conservation for a bright and prosperous future. Join us **Wednesday, August 24th at 1:30 in the Heritage Room.**



Socials

We will have a variety of “trips” planned for our Wednesday Socials during the month. We will get an introduction to Latin America on **August 3rd**, try some Argentinian dessert and tea on **August 24th** and finish up with a journey on **August 31st** to Rio to learn about the famous statue, Christ the Redeemer, while enjoying “chicha”, a Venezuelan rice drink.



Brazil and West African Cuisine

On **Thursday, August 11th at 11:00 a.m. in the Heritage Room**, we will explore the rich cuisine of 19th-century Brazil with its indigenous American, West African, and Portuguese influences. From the Cozineiro Imperial, first published in 1838, learn to cook vatapá with mandioca flour, green beans and shrimp, and a delicious black bean stew using every part of the pig, including tail and ears. We will have Brazilian lemonades to sip on while learning about the history of this national dish.

Cultivate a Healthy Brain

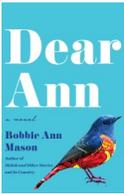
Choose something from the list below and engage in something new. It's a great way to protect your brain.



WORD GAMES & MORE! Wednesdays in August 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 August 25th, 2:00 p.m. August book club will feature *Dear Ann* by **Bobbie Ann Mason**. Beautifully written and expertly told, this novel by Kentucky native, Mason, is the wrenching story of one woman's life and the choices she has made. It captures at once the excitement of youth and the nostalgia of age, and how consideration of the road not taken—the interplay of memory and imagination—can illuminate, and perhaps overtake, our present **Join us in the Library.**



BLACKJACK: Fridays in August at 3:00 p.m.

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 August, 11:00 a.m.

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, August 25th at 11:00 a.m.

This month we will be reading *The Revenge of the Red Feather Ladies*. Six women, all members of the Red Feather Ladies Investment Club, discover they are all engaged to the same man. The gigolo was planning on feathering his nest with those Red Feather Ladies' investments. What to do? They will get their revenge. Each one, in her own unique and humorous way, comes up with a plan to teach the roving Romeo a lesson. Join us to read a part or have fun watching in the peanut gallery!

THE GREAT COURSES: Mondays and Tuesdays, in August at 11:00 a.m.

The Secret World of Espionage will shine a light into the shadowy world of spy craft with a distinguished panel of historians—including a former intelligence case officer—in search of the secret meeting places, complex codes, stealth observations, and cutting-edge technologies spies have used throughout history. Every class is stand alone, so please join us whenever possible for these 30 minute doses of culture!

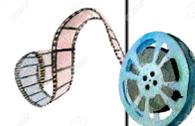
hello August

Sunday	Monday	Tuesday
	1 9:30AM EXERCISE W/LAURA 11:00AM GREAT COURSES 2:00PM SPANISH 4:00PM HAPPY HOUR 6:30PM DOCUMENTARY	2 11:00AM GREAT COURSES 11:00AM SEWING CIRCLE 1:00PM DEVOTIONALS 2:00PM BINGO 3:00PM LCR 6:30PM CLASSIC MOVIE <i>The Sewing Circle</i>
7 11:00AM SELF-GUIDED FITNESS 1:00PM CHURCH SERVICE 6:00PM SUNDAY SERIES	8 9:30AM EXERCISE W/LAURA 11:00AM NEW GREAT COURSES 2:00PM SPANISH 4:00PM HAPPY HOUR 6:30PM DOCUMENTARY	9 11:00AM GREAT COURSES 1:00PM DEVOTIONALS 2:00PM BINGO 3:00PM LCR 6:30PM CLASSIC MOVIE
14 11:00AM SELF-GUIDED FITNESS 1:00PM CHURCH SERVICE 6:00PM SUNDAY SERIES 	15 9:30AM EXERCISE W/LAURA 11:00AM GREAT COURSES 2:00PM SPANISH 4:00PM HAPPY HOUR 6:30PM DOCUMENTARY	16 11:00AM SEWING CIRCLE 11:00AM GREAT COURSES 1:00PM DEVOTIONALS 2:00PM BINGO 3:00PM LCR 6:30PM CLASSIC MOVIE <i>The Sewing Circle</i>
21 11:00AM SELF-GUIDED FITNESS 1:00PM CHURCH SERVICE 6:00PM SUNDAY SERIES	22 9:30AM EXERCISE W/LAURA 11:00AM GREAT COURSES 2:00PM SPANISH 4:00PM HAPPY HOUR 6:30PM DOCUMENTARY	23 11:00AM GREAT COURSES 1:00PM DEVOTIONALS 2:00PM BINGO 3:00PM LCR 6:30PM CLASSIC MOVIE
28 11:00AM SELF-GUIDED FITNESS 1:00PM CHURCH SERVICE 6:00PM SUNDAY SERIES	29 9:30AM EXERCISE W/LAURA 11:00AM GREAT COURSES 2:00PM SPANISH 4:00PM HAPPY HOUR 6:30PM DOCUMENTARY	30 11:00AM GREAT COURSES 1:00PM DEVOTIONALS 2:00PM BINGO 3:00PM LCR 6:30PM CLASSIC MOVIE



The Sewing Circle

The Sewing Circle

Wednesday	Thursday	Friday	Saturday
3 9:30AM EXERCISE W/LAURA 11:00AM WORD GAMES 1:30PM INTRO TO LATIN AM 2:00PM SOCIAL 6:30PM WEDNESDAY SERIES 	4 10:00AM KROGER 11:00AM MAYANS & AZTECS 2:00PM BINGO 4:00PM HAPPY HOUR 6:30PM NEW MASTERPIECE SHOW 	5 9:30AM EXERCISE VIDEO 11:00AM FREE RICE 1:00PM CHAIR YOGA 3:00PM BLACKJACK 6:30PM MOVIE NIGHT 	6 1:00PM LCR 2:00PM MATINEE 4:00PM PIANO WITH ANN 6:30PM SATURDAY SERIES 
10 9:30AM EXERCISE W/LAURA 11:00AM WORD GAMES 2:00PM HISTORY OF CHOCOLATE 2:15PM LATIN CHOC TASTING 6:30PM WEDNESDAY SERIES 	11 10:00AM KROGER 11:00AM BRAZIL CUISINE 2:00PM BINGO 4:00PM HAPPY HOUR 6:30PM MASTERPIECE SHOW 	12 9:30AM EXERCISE VIDEO 11:00AM FREE RICE 1:00PM CHAIR YOGA 3:00PM BLACKJACK 6:30PM MOVIE NIGHT	13 1:00PM LCR 2:00PM MATINEE 4:00PM PIANO WITH ANN 6:30PM SATURDAY SERIES 
17 9:30AM EXERCISE W/LAURA 11:00AM WORD GAMES 2:00PM FITNESS FAIR 6:30PM WEDNESDAY SERIES 	18 10:00AM KROGER 11:00AM STORY TELLER 2:00PM BINGO 4:00PM LATIN AM HAPPY HOUR 6:30PM MASTERPIECE SHOW 	19 9:30AM EXERCISE VIDEO 11:00AM FREE RICE 1:00PM CHAIR YOGA 3:00PM BLACKJACK 6:30PM MOVIE NIGHT	20 1:00PM LCR 2:00PM MATINEE 4:00PM PIANO WITH ANN 6:30PM SATURDAY SERIES 
24 9:30AM EXERCISE W/LAURA 11:00AM WORD GAMES 1:30PM TED TALK 2:00PM ARGENTINA SOCIAL 6:30PM WEDNESDAY SERIES 	25 10:00AM KROGER 11:00AM READER'S THEATER 2:00PM BOOK CLUB 2:00PM BINGO 4:00PM HAPPY HOUR 6:30PM MASTERPIECE SHOW 	26 9:30AM EXERCISE VIDEO 11:00AM FREE RICE 1:00PM CHAIR YOGA 3:00PM BLACKJACK 6:30PM MOVIE NIGHT	27 1:00PM LCR 2:00PM MATINEE 4:00PM PIANO WITH ANN 6:30PM SATURDAY SERIES 
31 9:30AM EXERCISE W/LAURA 11:00AM WORD GAMES 2:00PM LATIN AM SOCIAL 6:30PM WEDNESDAY SERIES 			

All Activities are subject to change.

A decorative border of watermelons and watermelon slices surrounds the central text. The watermelons are green with dark green stripes, and the slices are red with black seeds. The border is set against a light pink background.

Food for Thought

Judy Potts

Dog Days of Summer Fun!

**Join Us For These Specials
With Dinner Entrees**

**Tuesday, August 2nd
National Ice Cream Day**

**Wednesday, August 3rd
Watermelon Day**

**Thursday, August 4th
Chocolate Chip Cookie Day**

**Friday, August 5th
Beer Day**

**Monday, August 15th
Lemon Meringue Pie Day**

**Thursday, August 18th
Ice Cream Pie Day**

**Saturday, August 20th
Chocolate Pecan Pie Day**

**Tuesday, August 23rd
Angel Food Cake Day**

**Wednesday, August 24th
Peach Pie Day**

**Thursday, August 25th
Banana Split Day**

**Friday, August 26th
Cherry Popsicle Day**



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



Talking with Therapy

"Fitness Fair"

Do you feel healthy and fit? Do you know your fitness level? Have you wondered how your functional abilities compare to others your age?

This month, Next Therapy and Caretenders Home Health will host a fitness fair on **Wednesday, August 17th at 2:00 p.m.** We will have different stations where you can test various aspects of your function including hand grip strength, fine motor control, static and dynamic balance, agility, endurance, cognition, and more. Light refreshments will be provided, as well as a chance to win a door prize/gift basket. So come join in the fun and see how you measure up!



Mayfair Storytellers

Betty Powell will present a program on her grandson's successful venture into podcasting. A podcast is an audio program you can listen to on your computer or mobile device. Podcasts are typically hosted by an individual or individuals who lead a conversation, share stories, or report the news. Betty's grandson and his friend delved into the world of golf and have achieved a significant following, so pop into the **Heritage Room on Thursday, August 18th at 11:00 a.m.** to learn more!



HAPPY BIRTHDAY

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

Residents

Jim Amato	Bruce Lucas
Paul Baumgartner	Charlotte Lander
Eloise Greer	June Rutherford
Zita Jones	Ida Waldman
Addie Justice	

Employees

Jami Arnold
Teresa Hackworth

Upcoming Special Events:

8/03/22 1:30 p.m. Intro to Latin Am
8/03/22 2:00 p.m. Latin Am Social
8/04/22 11:00 a.m. Aztecs & Mayans
8/08/22 11:00 a.m. New Great Courses
8/10/22 2:00 p.m. History of Chocolate
8/10/22 2:15 p.m. Chocolate Tasting
8/11/22 11:00 a.m. Brazil Cuisine
8/17/22 2:00 p.m. Fitness Fair
8/18/22 11:00 a.m. Storyteller
8/18/22 4:00 p.m. Latin Am Happy Hour
8/24/22 1:30 p.m. Ted Talk
8/24/22 2:00 p.m. Argentina Social
8/25/22 11:00 a.m. Reader's Theater
8/25/22 2:00 p.m. Book Club
8/31/22 2:00 p.m. Latin Am Social

Regular Weekday Activities:

Monday: Exercise with Laura, Great Courses, Spanish, Happy Hour, Documentary

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

Wednesday: Exercise with Laura, Word Games, Social, Wednesday Show

Thursday: Exercise, Bingo, Kroger, Happy Hour, Masterpiece Show

Friday: Exercise Video, Free Rice, Chair Yoga, Blackjack, Friday Flick

Saturday: Bridge Games, LCR, Piano With Ann, Saturday Series

Sunday: Self-Guided Fitness, Sunday Service, Sunday Series

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