



“America is a tune. It must be sung together.”
~ Gerald Stanley Lee

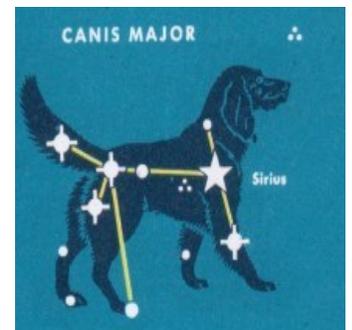
As we coast into July, we have our country’s founding to celebrate. Take a peek inside to see details of the menu that Judy and her culinary team have planned. For entertainment this holiday, be sure to attend the screening of the movie *1776*, which is a fun musical devoted to the retelling of our country’s beginnings—it’s an oldie but a goodie! We will also have a patriotic inspired session of *Music with John* on **Tuesday, July 6th and on Thursday, July 1st** we will watch two short *Ted Talks*. One talk will inform us on some tidbits we might not know about the Declaration of Independence and the other is a thought provoking premise on finding identity amid globalization.



Starting in early July and lasting until mid August, we will be experiencing the “dog days of summer”. The expression is often thought to signify the hot, sultry span of weather that is “not fit for a dog”. The phrase is actually a reference to the fact that, during this time, the Sun occupies the same region of the sky as Sirius, the brightest star visible from any part of Earth and part of the constellation Canis Major, the Greater Dog. This is why Sirius is sometimes called the Dog Star.



In the summer, Sirius rises and sets with the Sun. On July 23rd, specifically, it is in conjunction with the Sun, and because the star is so bright, the ancient Romans believed it actually gave off heat and added to the Sun’s warmth, accounting for the long stretch of hot weather. They referred to this time as *diēs caniculārēs*, or “dog days.” In Egypt, its return to the night sky became known as a precursor to the annual flooding of the Nile and was worshipped as the goddess Sopdet.



In order to tame the “dogs” at Mayfair we will have popsicles on the patio during one of our July socials, so look for the flyers on Wednesday to see what day we will hop outside and enjoy a cool treat with friends!

STUDIO PLAYERS

10 Minute Virtual Play Festival

Nancy Ray's friends are at it again and have put together another fun evening of theatre. Join us on **July 30th at 7:45 p.m. in the Heritage Room** to see "six plays in one setting, featuring a wealth of local talent and scripts from far and wide. There is something for everyone to enjoy at this fun, fast-paced, sometimes dramatic, sometimes zany evening of virtual theatre". We will have everyone's favorite, Bailey's Irish Cream, to sip on while enjoying the show.



Music With John

Join us for a musical treat as John Perrine shares some of his favorite music from the musical group, *Vocal Majority*. This Dallas-based men's chorus of 100+ volunteer musicians have performed throughout the U.S., Canada and the UK. The Vocal Majority is a non-profit Barbershop Harmony Society chapter.

The performance is on **Tuesday, July 6th in the Heritage Room at 4:00 p.m.** and we will have wine and beer on hand for you to enjoy while you relax with John's song list, which includes many patriotic songs to honor the 4th of July.



Coffee House

Our friend Bill Lalley will be the star of this month's Coffee House performance. Bill plans on entertaining us with his acoustic guitar and will play some classic folk and blues, "Americana", songs, as well as music he has penned himself.

Daniel, our Director of Maintenance, will also make a guest appearance and will lend his voice and guitar in duet. Join us **Monday, July 12th at 2:00 p.m. in the Heritage Room.**



Masterpiece Show

Starting in July, our new Thursday night PBS Masterpiece show will be *All Creatures Great and Small*. A delightful tale of James Herriot's adventures as a veterinarian in 1930's Yorkshire gets a glorious new adaptation in a series based on his beloved books. We will start Episode 1 on **Thursday, July 8th at 6:30 p.m. in the Heritage Room.**



Cultivate a Healthy Brain

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



COFFEE WITH CLINT: Wednesdays in July at 11:00 a.m.

Our local philosopher, opera aficionado, happy birthday soloist and general delight, Dr. Clinton Collins picks out a topic to discuss with you in a laid back, educational and fun setting. He invites residents and staff to participate in a discussion after hearing his musings on the topic. Please, join us for coffee and conversation.

BOOK CLUB: Monday, July 29th, 11:00 a.m. July book club will feature *The Paris Library* by Janet Skeslien Charles. Based on the true World War II story of the heroic librarians at the American Library in Paris, this is an unforgettable story of romance, friendship, family, and the power of literature to bring us together. When the Nazis march into Paris, one librarian stands to lose everything she holds dear, including her beloved library. Together with her fellow librarians, she joins the Resistance with the best weapons she has: books. Join us in the Heritage Room.



TED TALK: Thursday, July 1st at 11:00 a.m.

This month we will watch some short, engaging talks reflecting upon the 4th of July and patriotism. One talk will feature information we might not know about the Declaration of Independence and the other talk takes on the concepts of national identity vs. global identity and some of the stereotypes that these ideas invoke.

FREE RICE: Fridays in July, 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, fustigate, which means to criticize harshly. This game will have your brain whirling and the friends you see in this group are sure to bring a smile. Please join us!

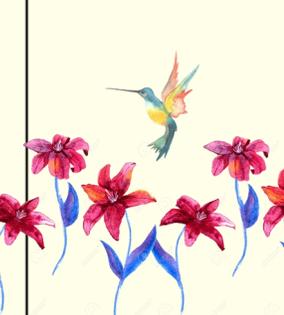
LANGUAGE FROM A TO Z: Wednesdays in July, 3:00 p.m.

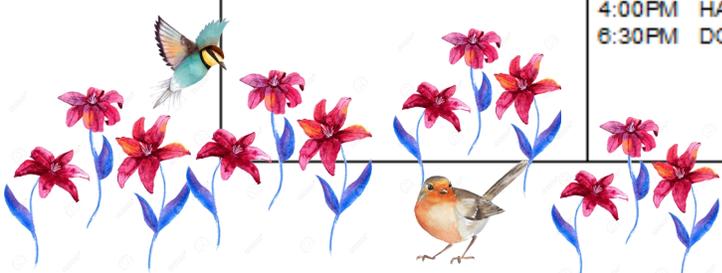
Linguistics, the study of language, has a reputation for being complex and inaccessible. But here's a secret: There's a lot that's quirky and intriguing about how human language works-and much of it is downright fun to learn about. Taught by linguistics professor John McWhorter, you'll discover a delightful way to get accessible, bite-sized introductions to language. Using the English alphabet as a unique, offbeat way to approach the subject, Professor McWhorter has crafted a hopscotch tour of some of the field's major topics, hot-button issues, and more.

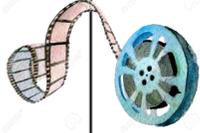
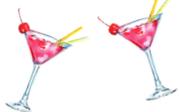
THE GREAT COURSES: Mondays and Tuesdays, in July at 11:00 a.m.

We are touring England, Scotland and Wales for our current course. Each week we will view a new lecture describing the places and areas most deserving of visitors' attention, giving details of their history and anecdotes about the famous personalities associated with them. Every course is stand alone, so please join us whenever possible for these 30 minute doses of culture!

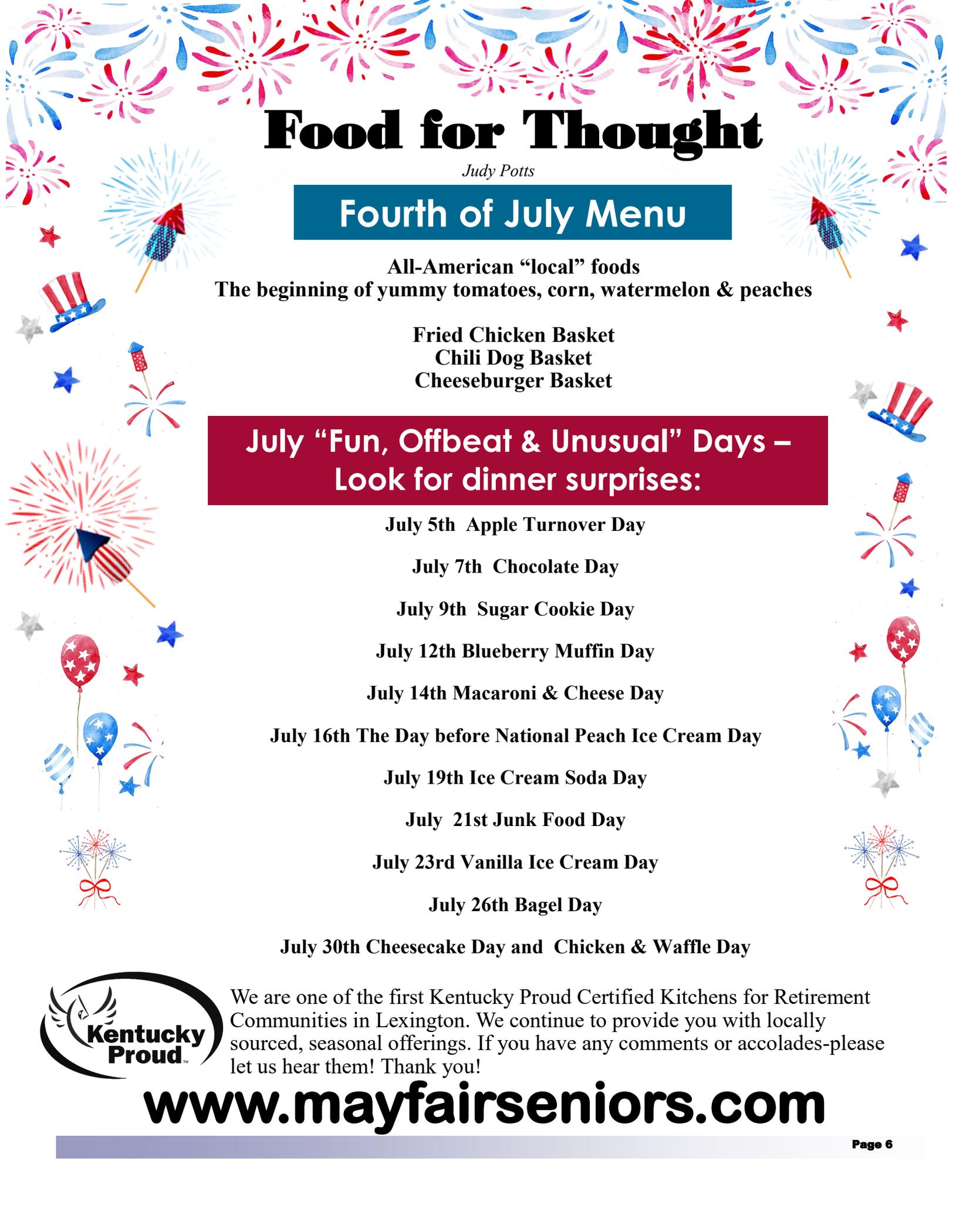
July

Sunday	Monday	Tuesday
		
<p>4</p> <p>11:00AM JULY 4TH LUNCH 1:00PM SELF GUIDED WALK 4:00PM SUNDAY SERVICE 6:00PM SUNDAY SERIES</p> 	<p>5</p> <p>1:00PM 4TH OF JULY MATINEE 6:30PM 4TH DOCUMENTARY</p> 	<p>6</p> <p>9:30AM EXERCISE VIDEO 11:00AM GREAT COURSES 1:00PM DEVOTIONALS WITH DEB 2:00PM BINGO  3:00PM LCR 4:00PM MUSIC WITH JOHN 6:30PM HALLMARK MOVIE</p>
<p>11</p> <p>1:00PM SELF GUIDED WALK 4:00PM SUNDAY SERVICE 6:00PM SUNDAY SERIES</p>	<p>12</p> <p>9:30AM EXERCISE 11:00AM GREAT COURSES 1:15PM CHAIR YOGA 2:00PM COFFEE HOUSE 4:00PM HAPPY HOUR 6:30PM DOCUMENTARY</p> 	<p>13</p> <p>11:00AM GREAT COURSES 1:00PM DEVOTIONALS WITH DEB 2:00PM BINGO 3:00PM LCR 6:30PM HALLMARK MOVIE</p>
<p>18</p> <p>1:00PM SELF GUIDED WALK 4:00PM SUNDAY SERVICE 6:00PM SUNDAY SERIES</p>	<p>19</p> <p>9:30AM EXERCISE 11:00AM GREAT COURSES 1:15PM CHAIR YOGA 2:30PM SPANISH 4:00PM HAPPY HOUR 6:30PM DOCUMENTARY</p> 	<p>20</p> <p>9:30AM EXERCISE VIDEO 11:00AM GREAT COURSES 1:00PM DEVOTIONALS WITH DEB 2:00PM BINGO 3:00PM LCR 6:30PM HALLMARK MOVIE</p> 
<p>25</p> <p>1:00PM SELF GUIDED WALK 4:00PM SUNDAY SERVICE 6:00PM SUNDAY SERIES</p>	<p>26</p> <p>9:30AM EXERCISE 11:00AM GREAT COURSES 1:15PM CHAIR YOGA 2:30PM SPANISH 4:00PM HAPPY HOUR 6:30PM DOCUMENTARY</p>	<p>27</p> <p>9:30AM EXERCISE VIDEO 11:00AM GREAT COURSES 1:00PM DEVOTIONALS WITH DEB 2:00PM BINGO 3:00PM LCR 6:30PM HALLMARK MOVIE</p>



Wednesday	Thursday	Friday	Saturday
	1 9:30AM EXERCISE VIDEO 11:00AM TED TALK 2:00PM BINGO 6:30PM MASTERPIECE SHOW	2 9:30AM EXERCISE VIDEO 11:00AM FREE RICE 1:00PM MOVIE MATINEE 3:00PM SOCIAL ON 2ND 6:30PM MOVIE NIGHT 	3 1:00PM MOVIE MATINEE 4:00PM PIANO WITH ANN 6:30PM SATURDAY NIGHT SERIES
7 9:30AM EXERCISE 11:00AM COFFEE WITH CLINT 2:00PM SOCIAL 3:00PM LANGUAGE FROM A TO Z 6:30PM BROADWAY NIGHT 	8 9:30AM EXERCISE VIDEO 11:00AM COLOR ME HAPPY 2:00PM BINGO 4:00PM HAPPY HOUR 6:30PM MASTERPIECE SHOW	9 9:30AM EXERCISE VIDEO 11:00AM FREE RICE 1:00PM MOVIE MATINEE 3:00PM SOCIAL ON 2ND 6:30PM MOVIE NIGHT 	10 1:00PM MOVIE MATINEE 4:00PM PIANO WITH ANN 6:30PM SATURDAY NIGHT SERIES
14 9:30AM EXERCISE 11:00AM COFFEE WITH CLINT 2:00PM SOCIAL 3:00PM LANGUAGE FROM A TO Z 6:30PM BROADWAY NIGHT	15 9:30AM EXERCISE VIDEO 11:00AM STORYTELLER 2:00PM BINGO 4:00PM HAPPY HOUR 6:30PM MASTERPIECE SHOW 	16 9:30AM EXERCISE VIDEO 11:00AM FREE RICE 1:00PM MOVIE MATINEE 3:00PM SOCIAL ON 2ND 6:30PM MOVIE NIGHT	17 1:00PM MOVIE MATINEE 4:00PM PIANO WITH ANN 6:30PM SATURDAY NIGHT SERIES 
21 9:30AM EXERCISE 11:00AM COFFEE WITH CLINT 2:00PM SOCIAL 3:00PM LANGUAGE FROM A TO Z 6:30PM BROADWAY NIGHT 	22 9:30AM EXERCISE VIDEO 11:00AM COLOR ME HAPPY 2:00PM BINGO 4:00PM HAPPY HOUR 6:30PM MASTERPIECE SHOW	23 9:30AM EXERCISE VIDEO 11:00AM FREE RICE 1:00PM MOVIE MATINEE 3:00PM SOCIAL ON 2ND 6:30PM MOVIE NIGHT 	24 1:00PM MOVIE MATINEE 4:00PM PIANO WITH ANN 6:30PM SATURDAY NIGHT SERIES
28 9:30AM EXERCISE 11:00AM COFFEE WITH CLINT 2:00PM SOCIAL 3:00PM LANGUAGE FROM A TO Z 6:30PM BROADWAY NIGHT	29 9:30AM EXERCISE VIDEO 11:00AM BOOK CLUB 2:00PM BINGO 4:00PM HAPPY HOUR 6:30PM MASTERPIECE SHOW 	30 9:30AM EXERCISE VIDEO 11:00AM FREE RICE 1:00PM MOVIE MATINEE 3:00PM SOCIAL ON 2ND 7:45PM 10 MINUTE PLAYS	31 1:00PM MOVIE MATINEE 4:00PM PIANO WITH ANN 6:30PM SATURDAY NIGHT SERIES 

All Activities are subject to change.



Food for Thought

Judy Potts

Fourth of July Menu

All-American “local” foods
The beginning of yummy tomatoes, corn, watermelon & peaches

Fried Chicken Basket
Chili Dog Basket
Cheeseburger Basket

July “Fun, Offbeat & Unusual” Days – Look for dinner surprises:

July 5th Apple Turnover Day

July 7th Chocolate Day

July 9th Sugar Cookie Day

July 12th Blueberry Muffin Day

July 14th Macaroni & Cheese Day

July 16th The Day before National Peach Ice Cream Day

July 19th Ice Cream Soda Day

July 21st Junk Food Day

July 23rd Vanilla Ice Cream Day

July 26th Bagel Day

July 30th Cheesecake Day and Chicken & Waffle 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!

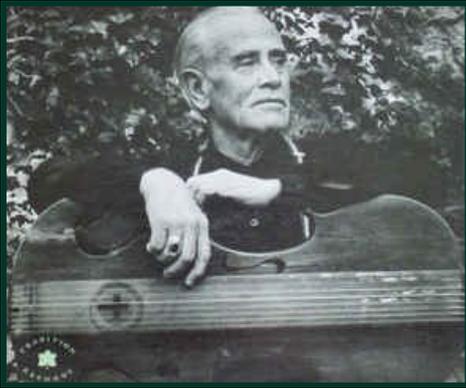
www.mayfairseniors.com

Mayfair Storytellers

John Jacob Niles



On **Thursday, July 15th at 11 a.m. in the Heritage Room** we will have a presentation on Louisville native John Jacob Niles (1892--1980) who is considered to be one of our nation's



most influential musicians. As a composer and balladeer, Niles became a serious student of Appalachian folk music while also drawing inspiration from African American folk traditions. A notably eccentric and interesting figure called the “Dean of American Balladeers”, Niles was an important influence on the American folk revival of the 1950’s and 1960’s.

Nancy Field toured with Niles as a pianist and has vivid memories of her friendship with him and his wife.

We will screen a short, 30 minute documentary, produced by Appalshop, a media, arts, and education center located in Whitesburg, Kentucky, in the heart of southern Appalachia. After, Nancy will share her stories and photos of this Kentucky icon.



July Birthstone & Flowers

The birthstone of July, the ruby, is considered the king of gems and represents love, health, and wisdom. It is believed that wearing a fine red ruby will bestow good fortune on its owner.

The July birth flower is larkspur and symbolizes good luck, laughter, and lightness. According to traditional lore, people born in July are dynamic and charming, with a wonderful sense of humor, and have warm and inviting personalities.



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

Residents

Muzzy Hemken
Katie Hill
Dr. Hal Keller
Nancy Perrine



Employees

Dub Corbin
Becky Deaton
Tina Kiser
Besarta Maliqi
Maria Roberts

Upcoming Special Events:

7/01/21 11:00 a.m. TED Talk
7/03/21 Dog Days of Summer Start
7/04/21 Happy 4th of July!
7/04/21 11:00 a.m. July 4th Lunch
7/05/21 1:00 p.m. Holiday Matinee
7/05/21 6:30 p.m. 4th Documentary
7/06/21 4:00 p.m. Music With John
7/08/21 6:30 p.m. All Creatures Great
and Small PBS Show Starts
7/12/21 2:00 p.m. Coffee House
7/15/21 11:00 a.m. Storyteller
7/29/21 11:00 a.m. Book Club
7/30/21 7:45 p.m. 10 Minute Plays

Regular Weekday Activities:

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

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

Wednesday: Exercise, Coffee with Clint, Social, Language from A to Z, Broadway Show

Thursday: Exercise, Bingo, Color Me Happy, Happy Hour, Masterpiece Show

Friday: Exercise Video, Free Rice, Matinee, Social on 2nd, Friday Flick

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

Sunday: Walking Club, Sunday Series

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