

June 2021



The Terrace is Open!

The 5th -floor terrace has awakened from the long winter slumber and has been restored to its former summer glory. Our local floral and garden expert, Suzanne Bauer, has planted a magnificent array of flowers to create a magical spot in which to relax and soak up nature.



Summer will be officially arriving on June 20th with the solstice, when the sun is at its highest and northernmost point in the sky. This day has traditionally been heralded with festivals dating back to ancient pre-Christian tradition. For the Greeks, it would, according to some calendars, mark the start of the new year—and the month-long countdown toward the Olympics. The Ancient Celts celebrated with hilltop bonfires and dancing, while many Native Americans tribes celebrated the longest day of the year with a Sun

Dance, while the Mayas and Aztecs used the day as a marker by which to build many of their central structures, so that the buildings would align perfectly with the shadows of the two solstices, summer and winter. With the rise of Christianity, the summer solstice became celebrated in many parts of Europe as the day of St. John the Baptist and in Jewish tradition it's known as Tekufat Tammuz, the solstice of the month Tammuz, and legend has it that on this particular day, no one has a shadow.

In addition to its cultural significance, summer brings with it increased health benefits. Studies show that the brain produces more of the mood-lifting chemical serotonin on sunny days and the increased sunlight helps regulate the circadian rhythm, the body's internal clock that signals when to be alert and when to rest. Light also affects the production of melatonin, an essential sleep-promoting hormone.

We will have our own celebration welcoming the return of summer with lemonade on the terrace. On **Monday, June 7th at 1:30 p.m.**, come visit the terrace and relax with a refreshing lemonade while socializing with friends. Look inside the newsletter to find other opportunities we will have this month to get outside and commemorate a return to nature, fresh air, and sunshine!



Happy Father's Day

“By the time a man realizes that maybe his father was right, he usually has a son who thinks he’s wrong” ~Charles Wadsworth

Fathers got their special day in 1910 at the perseverance of a woman inspired by Mother's Day and who wanted to honor her widower father for his dedication to her and her five siblings. It took until 1972 to become an official holiday.

In honor of Father's Day we will have several activities throughout the month that celebrate the father figure in our lives, whether a parent, mentor, uncle, or special friend who has nurtured us to be our best selves. We will have the documentary Dads, which is an homage to fatherhood, a Ted Talk and movies that will show Hollywood's take on the father archetype.



Newcomer's Coffee

Join us on Thursday, June 3rd at 11:00 a.m. in the Heritage Room. This is a great opportunity for our new residents to get oriented to new life at Mayfair Village. Don't miss this chance to get your questions answered and find out what's going on around the Village. So, whether you have just moved in or have been here awhile, join us for this fun and informative gathering!

Chair Yoga

We are starting a new chair yoga class on **Mondays at 1:30pm in the Fitness Room**. Yoga is a perfect way to help increase strength and flexibility to improve posture and balance and help you feel more relaxed and energetic. See you there!



Mayfair Storytellers

Frances Barr will be entertaining us this month for our June Storyteller. Frances' grandfather was a soldier in the American Civil War and she will be sharing his story as well as remembrances of the time she had with him in her childhood.

This program will be in the **Heritage Room on Thursday, June 24th at 11:00 a.m.**

Please sign up in the Concierge Office as seating will be limited.

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 June 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, June 24th, 1:00 p.m. June book club will feature *Prodigal Summer* by



Barbara Kingsolver. This novel is a hymn to wildness that celebrates the prodigal spirit of human nature, and of nature itself. It weaves together three stories of human love within a larger tapestry of lives amid the mountains and farms of southern Appalachia. Over the course of one humid summer, this novel's intriguing protagonists face disparate predicaments but find connections to one another and to the flora and fauna with which they necessarily share a place. Join us in the Heritage Room.

TED TALK: Thursday, June 17th at 11:00 a.m.

This month we will watch some short, engaging talks on fatherhood. From an Oxford researcher who thinks we need to change how we talk about dads, moving away from lazy stereotypes, to acknowledge their unique and special role in their children's lives; to a prison father-daughter dance, these talks will give us some interesting perspectives for Father's Day.

FREE RICE: Fridays in June, 11:00 a.m.

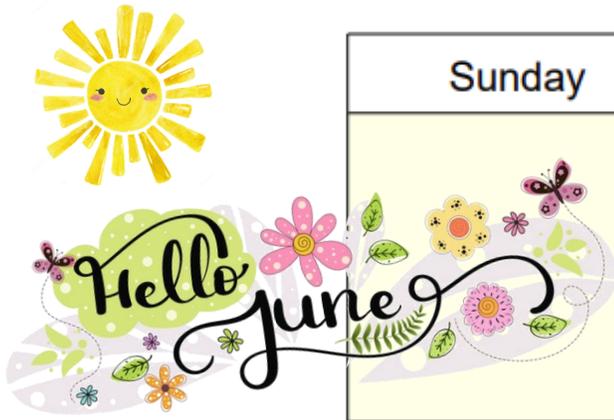
No, we are not handing out rice every Friday morning, as you may have been thinking! Free Rice is a vocabulary game. We meet every Friday morning in front of the television in the heritage room and are quizzed on words like, *plentipotent*, which means invested with or possessing full power. This game will have your brain whirling and the friends you see in this group are sure to bring a smile. Please join us!

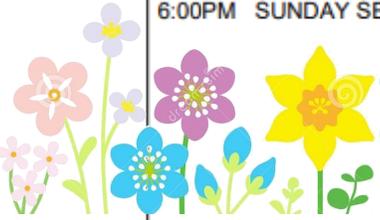
LANGUAGE FROM A TO Z: Wednesdays in June, 3:00 p.m.

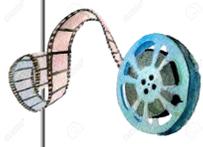
Linguistics, the study of language, has a reputation for being complex and inaccessible. But here's a secret: There's a lot that's quirky and intriguing about how human language works-and much of it is downright fun to learn about. Taught by linguistics professor John McWhorter, you'll discover a delightful 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 June 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!



Sunday	Monday	Tuesday
		<p>1</p> <p>9:30AM EXERCISE VIDEO 1:00PM DEVOTIONALS WITH DEB 2:00PM BINGO 3:00PM LCR 6:30PM HALLMARK MOVIE 11:00PM GREAT COURSES</p> 
<p>6</p> <p>1:00PM SELF GUIDED WALK 6:00PM SUNDAY SERIES</p>	<p>7</p> <p>9:30AM EXERCISE 11:00AM GREAT COURSES 1:00PM TERRACE LEMONADE 2:30PM SPANISH 4:00PM HAPPY HOUR 6:30PM DOCUMENTARY</p> 	<p>8</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>13</p> <p>1:00PM SELF GUIDED WALK 6:00PM SUNDAY SERIES</p>	<p>14</p> <p>9:30AM EXERCISE 11:00AM GREAT COURSES 1:30PM YOGA 2:30PM SPANISH 4:00PM HAPPY HOUR 6:30PM DOCUMENTARY</p> 	<p>15</p> <p>11:00AM GREAT COURSES 1:00PM DEVOTIONALS WITH DEB 2:00PM BINGO 3:00PM LCR 6:30PM HALLMARK MOVIE</p>
<p>20</p> <p>11:30AM FATHER'S DAY BRUNCH 1:00PM SELF GUIDED WALK 6:00PM SUNDAY SERIES</p> 	<p>21</p> <p>9:30AM EXERCISE 11:00AM GREAT COURSES 1:30PM YOGA 2:30PM SPANISH 4:00PM HAPPY HOUR 6:30PM DOCUMENTARY</p>	<p>22</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>27</p> <p>1:00PM SELF GUIDED WALK 6:00PM SUNDAY SERIES</p> 	<p>28</p> <p>9:30AM EXERCISE 11:00AM GREAT COURSES 1:30PM YOGA 2:30PM SPANISH 4:00PM HAPPY HOUR 6:30PM DOCUMENTARY</p> 	<p>29</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
<p>2</p> <p>9:30AM EXERCISE 11:00AM COFFEE WITH CLINT 2:00PM SOCIAL 3:00PM LANGUAGE A-Z 6:30PM BROADWAY NIGHT</p>	<p>3</p> <p>9:30AM EXERCISE VIDEO 11:00AM NEWCOMERS COFFEE 2:00PM BINGO 4:00PM HAPPY HOUR 6:30PM MASTERPIECE SHOW</p> 	<p>4</p> <p>9:30AM EXERCISE VIDEO 11:00AM FREE RICE 1:00PM MOVIE MATINEE 3:00PM SOCIAL ON 2ND 7:00PM MOVIE NIGHT</p>	<p>5</p> <p>1:00PM MOVIE MATINEE 7:00PM MYSTERIES @ MUSEUM</p> 
<p>9</p> <p>9:30AM EXERCISE 11:00AM COFFEE WITH CLINT 2:00PM SOCIAL 3:00PM LANGUAGE A-Z 6:30PM BROADWAY NIGHT</p>	<p>10</p> <p>9:30AM EXERCISE VIDEO 11:00AM HERB WORKSHOP 2:00PM BINGO 6:30PM MASTERPIECE SHOW</p> 	<p>11</p> <p>9:30AM EXERCISE VIDEO 11:00AM FREE RICE 1:00PM MOVIE MATINEE 3:00PM SOCIAL ON 2ND 7:00PM MOVIE NIGHT</p>	<p>12</p> <p>1:00PM MOVIE MATINEE 7:00PM MYSTERIES @ MUSEUM</p>
<p>16</p> <p>9:30AM EXERCISE 11:00AM COFFEE WITH CLINT 2:00PM SOCIAL 3:00PM LANGUAGE A-Z 6:30PM BROADWAY NIGHT</p> 	<p>17</p> <p>9:30AM EXERCISE VIDEO 11:00AM TED TALK 2:00PM BINGO 3:00PM COFFEE HOUSE 6:30PM MASTERPIECE SHOW</p> 	<p>18</p> <p>9:30AM EXERCISE VIDEO 11:00AM FREE RICE 1:00PM MOVIE MATINEE 3:00PM SOCIAL ON 2ND 7:00PM MOVIE NIGHT</p>	<p>19</p> <p>1:00PM MOVIE MATINEE 7:00PM MYSTERIES @ MUSEUM</p> 
<p>23</p> <p>9:30AM EXERCISE 11:00AM COFFEE WITH CLINT 2:00PM SOCIAL 3:00PM LANGUAGE A-Z 6:30PM BROADWAY NIGHT</p>	<p>24</p> <p>9:30AM EXERCISE VIDEO 11:00AM STORYTELLER 1:30PM BOOK CLUB 2:00PM BINGO 6:30PM MASTERPIECE SHOW</p> 	<p>25</p> <p>9:30AM EXERCISE VIDEO 11:00AM FREE RICE 1:00PM MOVIE MATINEE 3:00PM SOCIAL ON 2ND 7:00PM MOVIE NIGHT</p>	<p>26</p> <p>1:00PM MOVIE MATINEE 7:00PM MYSTERIES @ MUSEUM</p>
<p>30</p> <p>9:30AM EXERCISE 11:00AM COFFEE WITH CLINT 2:00PM SOCIAL 3:00PM LANGUAGE A-Z 6:30PM BROADWAY NIGHT</p> 			

All Activities are subject to change.

Food for Thought

Judy Potts

Father's Day Brunch

Sunday, June 20th
11:00 a.m.-1:00 p.m.

Fresh Seasonal Fruit Salad

Bacon Wrapped Filet
Waldorf Chicken Salad
Grilled Salmon

Spring Asparagus
Keeneland Potatoes

Mayfair Orange, Glorious Morning & Apple Cinnamon
Muffins

Blueberry Scones
Biscuits with butter, honey and jams

Beer

Starting Monday, June 14th

We are taking reservations only for lunch
guests on the **patio.**

Monday - Friday
11:00 a.m. - 2:00 p.m.



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

Herb Potting Workshop

On **Thursday, June 10th at 11 a.m. on the 5th floor terrace** we will have a free herb potting workshop. As most gardeners know, playing in the dirt is a stress buster and science is now catching up with studies that show that the microbes in dirt have therapeutic value in boosting serotonin, the happy hormone.



In addition to improving our moods, we will also learn some history about the herbs, including their medicinal and culinary uses. All materials will be provided and you will leave the workshop with your very own potted herb plant to pick leaves from for meals, teas, or aromatherapy.

We will have some iced Red Zinger herbal tea to cool us down after all our hard work-so join us and come get your hands dirty!

Please sign up in the Concierge Office.



June Birthstone & Flowers

June is one of only three months that has three birthstones associated with it: pearl, alexandrite, and moonstone. Extremely rare and having "color-changing" abilities, the alexandrite is green in daylight and changes to a purple-red hue in incandescent or artificial light. The pearl, too, is rare as it is the only gem that is created by a living animal. Moonstone is renowned for its adularescence, the light that appears to billow across a gemstone, giving a special glow. The flowers for June are roses and honeysuckle which signify romance and happiness.



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

Residents
Nancie Field
Rose Kelly
Allen Paritz



Employees
Brice Benavides
Carmen Slone

Upcoming Special Events:

6/02/21 3:00 p.m. Language A to Z
6/03/21 11:00 a.m. Newcomers Coffee
6/07/21 1:00 p.m. Terrace Lemonade
6/10/21 11:00 p.m. Workshop
6/14/21 1:30 p.m. Yoga
6/17/21 11:00 a.m. Ted Talk
6/17/21 3:00 p.m. Coffee House
6/20/21 11:00 p.m. Father's Day Brunch
6/20/21 11:31 p.m. Happy Solstice!
6/24/21 11:00 a.m. Storytellers
6/24/21 1:30 p.m. Book Club

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, Masterpiece Show

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

Saturday: Bridge Games, Movie Matinee, Mysteries at the Museum

Sunday: Walking Club, Sunday Series

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