

March 2021

You Can Expect Good Things at Mayfair This Spring

Jess Piersol



May love and laughter light your days. —Irish Blessing

We can not wait for the revival of spring. With it will come hope of sunnier days, energy to try something new, and curiosities within our community to continue to discover. Let's search for our gold at the end of the rainbow and dive right into an exploration of the senses.

 Calm your mind, body and soul with the practice of Qi Gong. Experience increased energy, strength, and calm focus through the practice. Master Instructor Lee Holden guides you through each course consisting of gentle body moving. Flow in your practice while learning from your instructor who is teaching from the beautifully stunning Yosemite National Park.

 Enjoy the comforts of a coffee house with a live (but virtual) acoustic guitar performance. Local performer, Ansel Couch has recorded himself singing and playing guitar! Mr. Couch wants you to enjoy music from the comforts of your couch. He has a vast array of musical genres. We will give him a listen while hanging out in our coffee house on Tuesday afternoons.

 Pop in on a spring teacup workshop! Vintage teacups and spring flowers will be on hand to create take home teacup terrariums during this incredibly delightful event. Sip some pink champagne, just to add to the poshness. Create a masterpiece, memories and laughter with your best 'buds.'



With spring approaching, now may be a good time for those who have been thinking about making a move to visit our community. We predict that you will notice something different about Mayfair! Our confidence in the community is so great that we are offering

a Complimentary 5 Day stay

for prospective residents during March and April. We hope you will give us a call to schedule your retreat! Please ask for our Marketing Director, Jessica Sweeney or Bill Hylton at (859) 266-2129.



Mayfair Storytellers

Etta Pollan was a volunteer with the Spellbinders program for many years. This program was offered by the Lexington Public Library and it brought storytelling into the community. Etta fondly remembers walking to Ashland Elementary School to entertain and delight the children as a Spellbinder. Etta will be sharing two of the stories from her Spellbinder days, including an intriguing tale titled, *Hair From a Mountain Lion's Mustache*. This program will be in the **Heritage Room on Thursday, March 18th at 11:00 a.m.** Please sign up in the Concierge Office as seating will be limited.

Please contact Sharye or Jess to set up a program for your story!



COCOA CAFÉ CONTINUES!

Since it's been such a big hit, we will be extending the cocoa café again into March. All are invited to the **Heritage Room on Wednesdays at 2:00 p.m.** during the month to partake and if we have several takers, we will spill into the Library. For

those that would like a little Irish extra kick, we will have Bailey's on hand to spike your cocoa.



Music with John

The Vocal Majority is back! Once again, John will put together a playlist of this popular men's choral group. We will serve cocktails at this afternoon soiree so sign up for one of the two sessions in the **Heritage Room on Monday, March 15th at 3:00 and 3:30 p.m.** Look for flyers and the sign-up sheet in the Concierge Office to mark which session you would like to attend.



Cultivate a Healthy Brain

The Activities Department



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

COFFEE & TEA WITH CLINT: Wednesdays in March, 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.

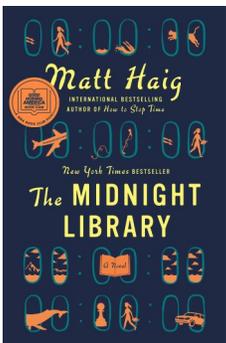
COLOR ME HAPPY! Thursdays in March, 11:00 a.m.

Come enjoy this activity with us by discovering the relaxing and therapeutic benefits of adult coloring. We will meet in the Heritage Room.

FREE RICE: Fridays in March, 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, *gimcrack*, which means showy but cheap. This game will have your brain whirling and the friends you see in this group are sure to bring a smile. Please join us!

LIBRARY BOOKS: Anytime



Please check the 'new arrivals' shelf in the library for new book purchases. Among these you'll find *The Midnight Library*, Matt Haig's enchanting new novel, Nora Seed finds herself faced with this decision. Faced with the possibility of changing her life for a new one, following a different career, undoing old breakups, realizing her dreams of becoming a glaciologist; she must search within herself as she travels through the Midnight Library to decide what is truly fulfilling in life, and what makes it worth living in the first place.

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

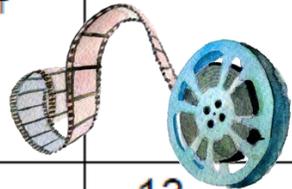
We are touring England, Scotland and Wales for our current course. Each week we will view a new lecture describing the places and areas most deserving of visitors' attention, giving details of their history and anecdotes about the famous personalities associated with them. Every course is stand alone,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

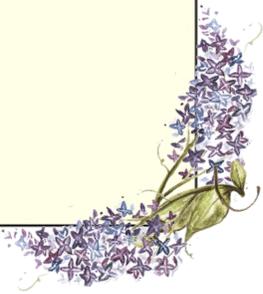


Sunday	Monday	Tuesday
	1 9:30AM EXERCISE 11:00AM GREAT COURSES 1:30PM QI GONG 3:00PM SPANISH 6:00PM MONDAY DOCUMENTARY	2 11:00AM GREAT COURSES 2:00PM LCR GAME 9:00PM UK BASKETBALL
7 1:00PM SELF GUIDED WALK 6:00PM SUNDAY SERIES	8 9:30AM EXERCISE 11:00AM GREAT COURSES 1:30PM QI GONG 3:00PM SPANISH 6:00PM MONDAY DOCUMENTARY	9 11:00AM GREAT COURSES 2:00PM LCR GAME 3:00PM COFFEE HOUSE 6:30PM HALLMARK MOVIE 
14 1:00PM SELF GUIDED WALK 6:00PM SUNDAY SERIES	15 9:30AM EXERCISE 11:00AM GREAT COURSES 1:30PM QI GONG 3:00PM MUSIC W/JOHN 6:00PM MONDAY DOCUMENTARY 	16 11:00AM GREAT COURSES 2:00PM LCR GAME 6:30PM HALLMARK MOVIE
21 1:00PM SELF GUIDED WALK 6:00PM SUNDAY SERIES	22 9:30AM EXERCISE 11:00AM GREAT COURSES 1:30PM QI GONG 3:00PM SPANISH 6:00PM MONDAY DOCUMENTARY	23 11:00AM GREAT COURSES 2:00PM LCR GAME 3:00PM COFFEE HOUSE 6:30PM HALLMARK MOVIE
28 1:00PM SELF GUIDED WALK 6:00PM SUNDAY SERIES	29 9:30AM EXERCISE 11:00AM GREAT COURSES 1:30PM QI GONG 3:00PM SPANISH 6:00PM MONDAY DOCUMENTARY	30 11:00AM GREAT COURSES 2:00PM LCR GAME 3:00PM TEACUP WORKSHOP 6:30PM HALLMARK MOVIE 





Wednesday	Thursday	Friday	Saturday
<p>3 9:30AM EXERCISE 11:00AM COFFEE WITH CLINT 2:00PM COCOA CAFE 6:30PM OPERA NIGHT</p> 	<p>4 9:30AM EXERCISE VIDEO 11:00AM COLOR ME HAPPY 2:00PM BINGO 6:30PM OPERA PART 2</p>	<p>5 9:30AM EXERCISE 11:00AM FREE RICE 1:00PM MOVIE MATINEE 7:00PM MOVIE NIGHT</p> 	<p>6 7:00PM MYSTERIES @ MUSEUM</p>
<p>10 9:30AM EXERCISE 11:00AM COFFEE WITH CLINT 2:00PM COCOA CAFE 6:30PM OPERA NIGHT</p>	<p>11 9:30AM EXERCISE VIDEO 11:00AM COLOR ME HAPPY 2:00PM BINGO 6:30PM OPERA PART 2</p>	<p>12 9:30AM EXERCISE 11:00AM FREE RICE 1:00PM MOVIE MATINEE 7:00PM MOVIE NIGHT</p>	<p>13 7:00PM MYSTERIES @ MUSEUM</p>
<p>17 9:30AM EXERCISE 11:00AM COFFEE WITH CLINT 2:00PM IRISH PUB 6:30PM OPERA NIGHT</p> 	<p>18 9:30AM EXERCISE VIDEO 11:00AM STORYTELLERS 2:00PM BINGO 6:30PM OPERA PART 2</p> 	<p>19 9:30AM EXERCISE 11:00AM FREE RICE 1:00PM MOVIE MATINEE 7:00PM MOVIE NIGHT</p>	<p>20 7:00PM MYSTERIES @ MUSEUM</p>
<p>24 9:30AM EXERCISE 11:00AM COFFEE WITH CLINT 2:00PM COCOA CAFE 6:30PM OPERA NIGHT</p>	<p>25 9:30AM EXERCISE VIDEO 11:00AM COLOR ME HAPPY 2:00PM BINGO 6:30PM OPERA PART 2</p>	<p>26 9:30AM EXERCISE 11:00AM FREE RICE 1:00PM MOVIE MATINEE 7:00PM MOVIE NIGHT</p>	<p>27 7:00PM MYSTERIES @ MUSEUM</p>
<p>31 9:30AM EXERCISE 11:00AM COFFEE WITH CLINT 2:00PM COCOA CAFE 6:30PM OPERA NIGHT</p>			



All Activities are subject to change.

Food for Thought

Judy Potts

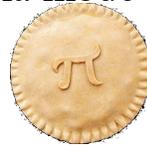
Beginning in March, Wednesday Night dinner is offered in the dining room! Please make your reservations at the front desk, as the seating is limited to 25 residents.

March Special Dinners and Treats

Saturday, March 6th is National Oreo Cookie Day, a special Oreo snack delivered at 2 p.m.

Tuesday, March 9th is National Meatball Day

Sunday, March 14th is National Pi Day we also, spring into Day-light Savings Time (complimentary Apple Pie a la mode with lunch or Derby Pie a la mode in the Dining Room)



Wednesday, March 17th St. Patrick's Day Celebration Dinner at 4 or 5 in the Dining Room (reservations at the front desk)

Saturday, March 20th is National Ravioli Day and the Spring Equinox – look for spring flowers, desserts and mimosas along with a spring menu item to enjoy

Thursday, March 25th is National Waffle Day
Enjoy a special lunch in the Dining Room
with waffles & toppings



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

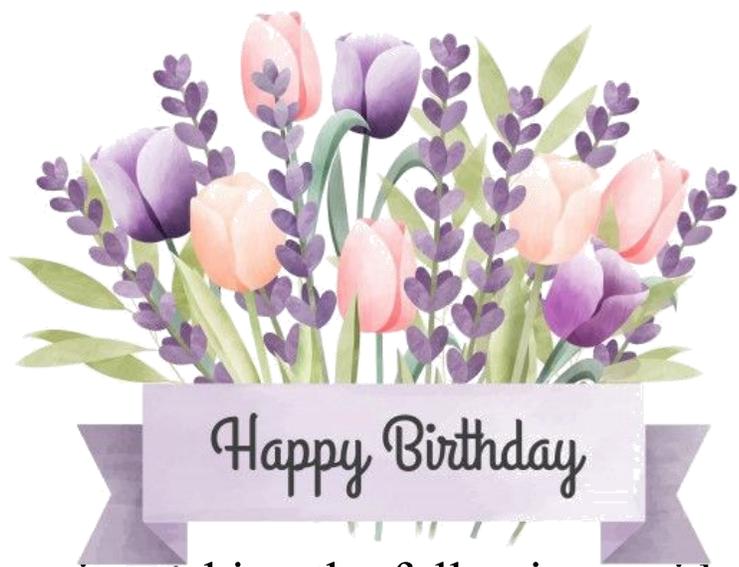


IRISH PUB PARTY

Jess Piersol




On Saint Patrick's Day, Wednesday, March 17th beginning at 2 p.m. in the Heritage Room steps to the other side of the rainbow and is transformed into an Irish Pub. Green beer will flow, games will be played and prizes will be won! I wish the luck of the Irish to ya! We will offer two seatings in the heritage room, one at 2 p.m. and one at 3 p.m. You can sign up in the concierge office to save your table. Get with friends to see create a winning team! Tables will work together on a few of the games, but we will also have individual chances to win. NEXT Therapy Solutions (formerly Motion PT), Laura and Leah will join us to help facilitate some new competitive, cognitive activities! Hopefully you will not get too *flutered* (Irish saying for very, very inebriated). Irish tunes may waft through the air, our fire place will be roaring. We hope for a comfy, festive, and delightful time. Please join us!



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

Residents
Milton Coughenour
Trudy Patch
Gloria Shipley



Employees
Judy Gates
Jerry Black
Kenneth Ritchie
Debbie Southworth

Upcoming Special Events:

- 3/01/21 1:20 p.m. Qui Gong**
3/03/21 2:00 p.m. The Cocoa Café
3/09/21 3:00 p.m. Coffee House
3/14/21 2:00 a.m. Set Clocks Back!
3/15/21 3:00 p.m. Lunch and Learn
3/15/21 3:00 p.m. Music with John
3/17/21 2:00 p.m. Irish Pub
3/18/21 11:00 a.m. Storytellers
3/20/21 Happy Spring Equinox
3/23/21 3:00 p.m. Coffee House
3/30/21 3:00 p.m. Teacup Workshop

Regular Weekday Activities:

Monday: Exercise, Great Courses, Spanish Class

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

Wednesday: Exercise, Coffee with Clint, Cocoa Café, Opera Night

Thursday: Exercise, Bingo, Color Me Happy

Friday: Exercise, Free Rice, Matinee, Friday Flick

Saturday: Bridge Games, UK Basketball, Mysteries at the Museum

Sunday: Walking Club, Movie

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



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