

**March 2024**

With the arrival of March comes the promise of spring—the month is said to roar in like a lion, and if we're really lucky, roll out like a lamb. The Spring Equinox on Tuesday, March 19th marks the first official day of spring, when night and day are of equal length. The return of spring is celebrated all over the world – from the Christian Easter to Jewish Passover to the Iranian New Year, known as Nowruz.



In pagan tradition, the Spring Equinox is known as Ostara, named after the Germanic lunar goddess, an embodiment of the great Goddess who gave birth to the Sun God at the Winter Solstice. As an Equinox, Ostara is a time of balance and equilibrium. It's a reminder that it's time to celebrate and plant seeds, both metaphorically and physically, for what we want to bring to bloom in the upcoming season.

In honor of the changing seasons, we will have a Teacup Workshop, where we will plant a spring bulb in a vintage teacup for you to take home and watch bloom. We will have a spring punch to sip on while we get our hands dirty creating our spring masterpieces with good friends and conversation! Join us on **Thursday, March 14th at 11:00 a.m. in the Heritage Room**. The following week we will continue the celebration with a Spring social on **Friday, March 22nd at 2:00 p.m. in the Heritage Room**. There will be a festive cake and tea that will help us celebrate, with deep gratitude, all the goodness in our lives.



**“May your troubles be less and your blessing be more. And nothing but happiness, come through your door.” ~ Irish Blessing**



## **Irish Pub Party**

No March would be complete without a Saint Patrick's Day celebration! We will have our Irish Pub open on **Thursday, March 14th at 4:00 p.m. in the Heritage Room**. Join us for some St. Patty's appetizers and green beer, while we play games and celebrate Irish culture. We wish the luck of the Irish to ya!





# Irish Music

## *"Liam's Fancy's"*



Join us for an afternoon of traditional Irish folk music by Lexington band, Liam's Fancy. Beverly Buchanan and Danny Cummins make up this delightful wife and husband duo, with Beverly on accordion and Danny playing mandolin and guitar. They will help us get in the mood for Saint Patrick's day so join us on **Wednesday, March 13th at 2:00 p.m. in the Heritage Room.**



## March News

➔ March Madness will begin this month, so if Big Blue Nation advances, be prepared for schedule changes! **We will have our usual NCAA Tournament pot where the winner takes all!**

### 2 New Series Will Begin This Month:

➔ The new PBS/Masterpiece Show on Thursdays will feature *A Place to Call Home*, a show called the "Australian Downton Abbey" which is set in Australia in the 1950s, and features the compelling and romantic story of one woman's journey to heal her soul and of a privileged family rocked by scandal. Starting on **Thursday, March 7th at 6:30 p.m. in the Heritage Room.**

➔ The final season *The Crown* will begin on **Saturday, March 9th at 6:30 p.m. in the Heritage Room.** Come watch the last installment of this fictional dramatization that tells the story of Queen Elizabeth II and the political and personal events that shaped her reign.



## Newcomer's Coffee

Join us on **Thursday, March 7th 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. It also gives other residents a chance to meet their new neighbors, while sharing coffee and conversation. 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!

# Cultivate a Healthy Brain

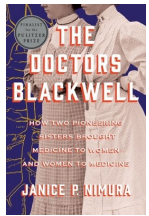
*Choose something from the list below and engage in something new. It's a great way to protect your brain.*



## **WORD GAMES & MORE! Wednesdays in March 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 in the Heritage Room for coffee, conversation, and fun!

## **BOOK CLUB: Thursday, March 28th, 11:00 a.m., Library**



March book club will feature *The Doctors Blackwell* by Janice P. Nimura. This biography profiles two sisters, Elizabeth and Emily Blackwell, who faced what was a daunting lack of choices for 19th century women. They achieved a series of near-impossible feats to become America's first and third certified women medical doctors. Nimura's account is not only an exhaustive biography, but also a window into egregious 19th century medical practices and the role these sisters played in building medical institutions.

## **BLACKJACK: Fridays in March at 3:00 p.m., Game Room**

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 March 11:00 a.m., Heritage Room**

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 coquetry which is a flirtatious act or attitude. 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, March 21st at 11:00 a.m., Heritage Room**










For Women's History month we will humorously explore *If Sherlock Holmes Were a Woman*. Shirley Holmes is named after the famous sleuth. She is a fanatic on mystery and crime. Her big chance comes when the housemother in her dorm is found dead under peculiar circumstances. Shirley's sleuthing is hilarious and causes something of a scandal as she unravels the laugh-provoking "heinous crime." Come read a part or join us to listen in the audience!



















## **GREAT COURSES: Mondays and Tuesdays in March at 11:00 a.m., Heritage Room**

In these 24 visually rich, half-hour lectures, you will tour The Metropolitan Museum of Art from front to back, from bottom to top, introducing practically every department in the museum. Each is a museum unto its own, representing one of the world's finest collections in its field. You will see an astonishing number of works—more than 400 in all. Every class is stand alone, so please join us whenever possible for these 30 minute doses of culture!



# MARCH

Sunday	Monday	Tuesday
<b>3</b> 11:00AM SELF-GUIDED WALK 4:00PM VESPERS 4:30PM COFFEE & COOKIES 6:00PM SUNDAY SERIES 	<b>4</b> 10:00AM EXERCISE W/LAURA 11:00AM GREAT COURSES 2:00PM SPANISH 4:00PM HAPPY HOUR 6:30PM DOCUMENTARY 	<b>5</b> 11:00AM GREAT COURSES 1:00PM DEVOTIONALS 2:00PM BINGO 3:00PM LCR 6:30PM CLASSIC MOVIE 
<b>10</b> 11:00AM SELF-GUIDED WALK 4:00PM VESPERS 6:00PM SUNDAY SERIES 	<b>11</b> 10:00AM EXERCISE W/LAURA 11:00AM GREAT COURSES 2:00PM SPANISH 4:00PM HAPPY HOUR 6:30PM DOCUMENTARY	<b>12</b> 11:00AM GREAT COURSES 1:00PM DEVOTIONALS 2:00PM BINGO 3:00PM LCR 6:30PM CLASSIC MOVIE
<b>17</b> 11:00AM ST. PATTY'S LUNCH 11:00AM SELF-GUIDED WALK 4:00PM VESPERS 4:30PM COFFEE & COOKIES 6:00PM SUNDAY SERIES  	<b>18</b> 10:00AM EXERCISE W/LAURA 11:00AM GREAT COURSES 2:00PM SPANISH 4:00PM HAPPY HOUR 6:30PM DOCUMENTARY	<b>19</b> 11:00AM GREAT COURSES 1:00PM DEVOTIONALS 2:00PM BINGO 3:00PM LCR 6:30PM CLASSIC MOVIE
<b>24</b> 11:00AM SELF-GUIDED WALK 11:30AM PALM SUNDAY BUFFET 4:00PM VESPERS 6:00PM SUNDAY SERIES	<b>25</b> 10:00AM EXERCISE W/LAURA 11:00AM GREAT COURSES 2:00PM SPANISH 4:00PM HAPPY HOUR 6:30PM DOCUMENTARY	<b>26</b> 11:00AM GREAT COURSES 1:00PM DEVOTIONALS 2:00PM BINGO 3:00PM LCR 6:30PM CLASSIC MOVIE
<b>31</b> 9:00AM HAPPY EASTER! 11:00AM SELF-GUIDED WALK 11:30AM EASTER BRUNCH 4:00PM VESPERS 6:00PM SUNDAY SERIES 		

Wednesday	Thursday	Friday	Saturday
		<b>1</b> 10:00AM EXERCISE VIDEO 11:00AM FREE RICE 1:00PM CHAIR PILATES 3:00PM BLACKJACK 6:30PM MOVIE	<b>2</b> 1:30PM UK BASKETBALL 4:00PM PIANO WITH ANN 6:30PM SATURDAY SERIES 
<b>6</b> 10:00AM EXERCISE W/LAURA 11:00AM WORD GAMES 2:00PM BIRTHDAY SOCIAL 2:30PM TRIVIA 6:30PM WEDNESDAY SERIES 9:00PM UK BASKETBALL 	<b>7</b> 10:00AM EXERCISE VIDEO 10:30AM KROGER 11:00AM NEWCOMER'S COFFEE 1:00PM FELLOWSHIP 2:00PM BINGO 4:00PM HAPPY HOUR 6:30PM NEW MASTERPIECE 	<b>8</b> 10:00AM EXERCISE VIDEO 11:00AM FREE RICE 1:00PM CHAIR PILATES 3:00PM BLACKJACK 6:30PM MOVIE	<b>9</b> 1:00PM LCR 2:00PM MATINEE 4:00PM UK BASKETBALL 6:30PM NEW SATURDAY SERIES 
<b>13</b> 10:00AM EXERCISE W/LAURA 11:00AM WORD GAMES 2:00PM IRISH MUSIC 6:30PM WEDNESDAY SERIES 	<b>14</b> 10:00AM EXERCISE VIDEO 10:30AM KROGER 11:00AM TEACUP WORKSHOP 1:00PM FELLOWSHIP 2:00PM BINGO 4:00PM IRISH PUB 6:30PM MASTERPIECE 	<b>15</b> 10:00AM EXERCISE VIDEO 11:00AM FREE RICE 1:00PM CHAIR PILATES 3:00PM BLACKJACK 6:30PM MOVIE	<b>16</b> 1:00PM LCR 2:00PM MATINEE 4:00PM PIANO WITH ANN 6:30PM SATURDAY SERIES
<b>20</b> 10:00AM EXERCISE W/LAURA 11:00AM WORD GAMES 2:00PM TALKING WITH THERAPY 6:30PM WEDNESDAY SERIES 	<b>21</b> 10:00AM EXERCISE VIDEO 10:30AM KROGER 11:00AM READER'S THEATER 1:00PM FELLOWSHIP 2:00PM BINGO 4:00PM HAPPY HOUR 6:30PM MASTERPIECE SHOW 	<b>22</b> 10:00AM EXERCISE VIDEO 11:00AM FREE RICE 2:00PM SPRING SOCIAL 3:00PM BLACKJACK 6:30PM MOVIE 	<b>23</b> 1:00PM LCR 2:00PM MATINEE 4:00PM PIANO WITH ANN 6:30PM SATURDAY SERIES
<b>27</b> 10:00AM EXERCISE W/LAURA 11:00AM WORD GAMES 2:30PM COCOA CAFE 3:30PM LOREN TICE PIANO 6:30PM WEDNESDAY SERIES 	<b>28</b> 10:00AM EXERCISE VIDEO 10:30AM KROGER 11:00AM BOOK CLUB 1:00PM FELLOWSHIP 2:00PM BINGO 6:30PM MASTERPIECE SHOW 	<b>29</b> 10:00AM EXERCISE VIDEO 11:00AM FREE RICE 1:00PM CHAIR PILATES 6:30PM MOVIE	<b>30</b> 9:00AM EGG HUNT 1:00PM LCR 2:00PM MATINEE 4:00PM PIANO WITH ANN 6:30PM SATURDAY SERIES 
			

All Activities are subject to change.



# Food for Thought

Judy Potts

## March Special Sunday Meals!

    
Sunday, March 17<sup>th</sup>

### *Saint Patrick's Day Lunch*

\*Housed Brined Corned Beef, Beer-Braised Cabbage, Carrots and Fingerling Potatoes *or*

\*Irish Stew along with Irish Soda Bread

\*White Chocolate Croissant Bread Pudding, Whiskey-Maple Sundaes with Bacon & Whiskey Sauce or Raspberry Fool

\***Brown Bag** will be Irish Potato Soup with a Ham & Cheese Sandwich

Sunday, March 24<sup>th</sup>

### *Palm Sunday*

A traditional breakfast buffet from 11:30 a.m. to 1:30 p.m.

*\*Reservations are available but limited – please make them with the front desk\**

## Easter Brunch

Sunday, March 31st

11:30 a.m. – 1:30 p.m.

\*French Lamp Chops, Eggs Benedict, Smoked Salmon Eggs Benedict with Caper Butter Hollandaise

\*Potato Au Gratin, Asparagus, Fresh Fruit

\*Lemon Cake and Carrot Cake

*\*Reservations are available but limited – please make them with the front desk\**



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

# Talking with Therapy

## Moving Through Anxiety



Anxiety is a natural stress response and is characterized by feelings of worry, fear, or apprehension. While everyone experiences anxiety to some degree, it can become excessive or persistent, leading to an anxiety disorder. In seniors, anxiety can have unique presentations and causes. This month, Laura will review some strategies to support you in maintaining your mental well-being during challenging times. She will cover natural treatments/remedies to make a meaningful difference in your aging process through implementing various strategies to help you cope. We will meet on **Wednesday, March 20th 2:00 p.m. in the Heritage Room.**



We will indulge in a nostalgic throwback with an “egg hunt” over Easter weekend. Delight your playful side and get some exercise while tracking down colorful eggs filled with a variety of treats and game money. We will have a few “mega” eggs that will be stuffed with some serious loot! Hunt starts at **9:00 a.m. on Saturday, March 30th**, so have some fun while getting in your steps!

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

### Residents

Gloria Shipley

### Staff

Jerry Black

Judy Gates

Debbie Southworth

Happy  
birthday



### **Upcoming Special Events:**

3/06/24 2:00 p.m. Birthday Social  
3/06/24 2:30 p.m. Trivia  
3/07/24 11:00 a.m. Newcomer's Coffee  
3/09/24 11:00 a.m. Storyteller  
3/13/24 2:00 p.m. Irish Music  
3/14/24 11:00 a.m. Teacup Workshop  
3/14/24 4:00 p.m. Irish Pub  
3/20/24 2:00 p.m. Talking w/Therapy  
3/21/24 11:00 a.m. Reader's Theater  
3/22/24 2:00 p.m. Spring Social  
3/27/24 2:00 p.m. Loren Tice Piano  
3/28/24 2:30 p.m. Book Club  
3/30/24 9:00 a.m. Egg Hunt  
3/31/24 Happy Easter!

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



Sharon Davis - Executive Director  
Jessica Sweeney - Marketing Director  
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### **Regular Weekday Activities:**

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

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

**Wednesday:** Exercise, Word Games, Social, Wednesday Series

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

**Friday:** Exercise Video, Free Rice, Chair Pilates, Blackjack, Friday Flick

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

**Sunday:** Self-Guided Fitness, Vespers, Sunday Series