



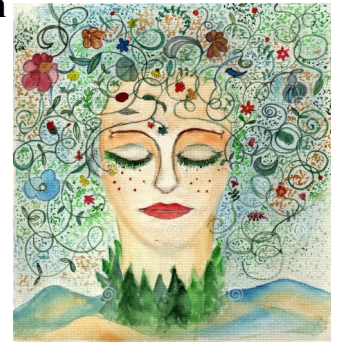
May 2021

Happy Mother's Day

My mother had a great deal of trouble with me, but I think she enjoyed it.

~ Mark Twain

The traditional practices of honoring motherhood are rooted in antiquity. Ancient rituals had strong symbolic and spiritual overtones, as societies tended to celebrate goddesses and symbols of motherhood, rather than actual mothers. The archetype of the mother became an act of nurturing the earth, the self, and the community.



Later, more modern iterations of the mother concept were rooted in activism. In 1858, Mother's Day Work clubs were created to help teach women hygiene, proper childcare, and safe food preparation to help curb infant mortality. Around this time other groups of women started organizing for a "Mother's Day" where women could come together to protest war after the appalling loss of life during the Civil War. The day was meant to unite the world with an active path towards peace and reconciliation.

The holiday has since evolved into a celebration with presents, cards, and flowers as a way of acknowledging the spirit of maternal nurturing and includes all forms of mothering: "...let us remember the many, many types of mothering: stepmothers, wicked and otherwise, adoptive mothers, birthmothers, mothers who have lost their children, mothers of projects, plans, movements and creative ideas, aunties and mentors and advisors,...and of course, that mother who sustains and nurtures us all, our Mother Earth" (Miriam Simos).

So join us as we honor the fascinating roots of Mother's Day with a variety of activities that will celebrate the concept of motherhood, in both its traditional and symbolic forms:

Flower Vase Workshop: Nurture your creative side with flowers and friends!

Monday Documentary: *Advanced Style*, Celebrate aging as a woman with style and vitality.

Broadway Show: *Gypsy*, the "ultimate stage mother".

Ted Talk: Build a better world by embodying the concept of the mother.

Friday Movies: Hollywood's take on the mother archetype.

Book Club: Memoir of raising daughters.





Mayfair Storytellers

Sue Ann Cowgill will be entertaining us this month for our May Storyteller. She is a member of The Monday Club, which is a group that was started in 1950 by Transylvania professor, Dr. Winona Jones, who strongly believed in lifelong learning. The members of the group researched a topic of interest and wrote a paper for presentation to the group. Sue Ann will share a paper she presented on the history of royalty.

This program will be in the **Heritage Room on Thursday, May 20th at 11:00 a.m.**
Please sign up in the Concierge Office as seating will be limited.

Coffee Shop Music



Yee haw! This month's coffee shop will feature country music from the 50's, 60's, and 70's, performed by our favorite musician Ancel Couch. We will be featuring Cowboy Coffee, which is a delicious blend of Ky Bourbon and Baileys Irish Cream. So grab a partner and come by for an afternoon of music with friends! The Coffee Shop is open in the **Heritage Room on Thursday, May 6th and May 20th at 3:15 p.m.**



For our Wednesday treat, we will be serving up the Electric Blue Butterfly, which is a light and refreshing drink. You can request a little extra "electricity", as we will have vodka on hand to kick it up a notch. We will be serving **Wednesdays at 2:00 pm in the Heritage Room** and if we have several takers we will spill over into the library.



TEDx

Join us in the **Heritage Room on Thursday, May 6th at 11:00 a.m.** for a TED Talk with activist Yifat Sussking, who thinks that there's a simple and powerful way to confront the world's most pressing crises: think like a mother. As she puts it: "When you think like a mother, you prioritize the needs of the many, not the whims of the few." Follow along as she shares moving stories of people around the world who embody this mindset -- and shows how it can also help you see beyond suffering and act to build a better world.

Cultivate a Healthy Brain

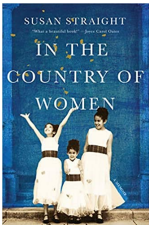
Choose something from the list below and engage in something new. It's a great way to protect your brain.



COFFEE & TEA WITH CLINT: Wednesdays in May 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, May 24th, 1:30 p.m. May book club will feature *In the Country of Women* by Susan Straight.



A singular and deeply personal memoir told through the tapestry of three generations of women in one sprawling, multiracial, multiethnic, extended family. Mothers, grandmothers, aunts and nieces tackle head-on the searing realities of gender, race and class oppressions, but emerge in their stories as heroines, each of an often-perilous odyssey. It is a book animated by its gorgeous prose and an encompassing and generous love. Join us in the Heritage Room.

Flower Vase Workshop: Monday, May 3rd 2:30 p.m.

Come enjoy putting together a simple flower arrangement for yourself, a family member or friend. We will celebrate with a glass of pink champagne amongst friends as we nurture our creative spirits! **Please sign up in the Concierge Office and we will offer a second session if needed.**

FREE RICE: Fridays in May, 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, *brouhaha*, which means a noisy and overexcited reaction or response to something. 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: Featured Pick






This month's featured pick is *It All Comes Back to You* by Beth Duke. Veronica "Ronni" Johnson, licensed practical nurse and aspiring writer, meets the captivating Violet in the assisted living facility where Violet requires no assistance, just lots of male attention. When she dies, she leaves Ronni a very generous bequest—only if Ronni completes a book about her life within one year. As she's drawn into the world of young Violet, Ronni is mesmerized by life in a simpler time. It's an irresistible journey filled with revelations, some of them about men Ronni knew as octogenarians at Fairfield Springs.

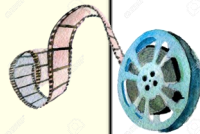




THE GREAT COURSES: Mondays and Tuesdays, in May at 11:00 a.m.

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>2 1:00PM SELF GUIDED WALK 6:00PM SUNDAY SERIES</p>	<p>3 9:30AM EXERCISE 11:00AM GREAT COURSES 1:30PM QI GONG 2:30PM FLOWER WORKSHOP 6:30PM MONDAY DOCUMENTARY</p> 	<p>4 11:00AM GREAT COURSES 1:00PM DEVOTIONALS WITH DEB 2:00PM BINGO 3:00PM LCR 6:30PM HALLMARK MOVIE</p>
<p>9 11:30AM MOTHER'S DAY BRUNCH 1:00PM SELF GUIDED WALK 6:00PM SUNDAY SERIES</p> <p>HAPPY <i>Mother's Day</i></p>	<p>10 9:30AM EXERCISE 11:00AM GREAT COURSES 1:30PM QI GONG 2:30PM SPANISH 6:30PM MONDAY DOCUMENTARY</p>	<p>11 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>16 1:00PM SELF GUIDED WALK 6:00PM SUNDAY SERIES</p>	<p>17 9:30AM EXERCISE 11:00AM GREAT COURSES 1:30PM QI GONG 2:30PM SPANISH 6:30PM MONDAY DOCUMENTARY</p>	<p>18 11:00AM GREAT COURSES 1:00PM DEVOTIONALS WITH DEB 2:00PM BINGO 3:00PM LCR 6:30PM HALLMARK MOVIE</p>
<p>23 1:00PM SELF GUIDED WALK 6:00PM SUNDAY SERIES</p>	<p>24 9:30AM EXERCISE 11:00AM GREAT COURSES 1:30PM BOOK CLUB 2:30PM SPANISH 6:30PM MONDAY DOCUMENTARY</p> 	<p>25 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>30 1:00PM SELF GUIDED WALK 6:00PM SUNDAY SERIES</p>	<p>31 2:00PM MEMORIAL DAY MATINEE 6:30PM MOVIE NIGHT</p> 	



Wednesday	Thursday	Friday	Saturday
			1 7:00PM MYSTERIES @ MUSEUM 
5 9:30AM EXERCISE 11:00AM COFFEE WITH CLINT 2:00PM SOCIAL 6:30PM BROADWAY NIGHT	6 9:30AM EXERCISE VIDEO 11:00AM TED TALK 2:00PM BINGO 3:15PM COFFEE HOUSE 6:30PM MASTERPIECE SHOW 	7 9:30AM EXERCISE VIDEO 11:00AM FREE RICE 1:00PM MOVIE MATINEE 7:00PM MOVIE NIGHT	8 7:00PM MYSTERIES @ MUSEUM
12 9:30AM EXERCISE 11:00AM COFFEE WITH CLINT 2:00PM SOCIAL 6:30PM BROADWAY NIGHT 	13 9:30AM EXERCISE VIDEO 11:00AM COLOR ME HAPPY 2:00PM BINGO 6:30PM MASTERPIECE SHOW	14 9:30AM EXERCISE VIDEO 11:00AM FREE RICE 1:00PM MOVIE MATINEE 7:00PM MOVIE NIGHT	15 7:00PM MYSTERIES @ MUSEUM
19 9:30AM EXERCISE 11:00AM COFFEE WITH CLINT 2:00PM SOCIAL 6:30PM BROADWAY NIGHT 	20 9:30AM EXERCISE VIDEO 11:00AM STORYTELLERS 2:00PM BINGO 3:15PM COFFEE HOUSE 6:30PM MASTERPIECE SHOW	21 9:30AM EXERCISE VIDEO 11:00AM FREE RICE 1:00PM MOVIE MATINEE 7:00PM MOVIE NIGHT	22 7:00PM MYSTERIES @ MUSEUM
26 9:30AM EXERCISE 11:00AM COFFEE WITH CLINT 2:00PM SOCIAL 6:30PM BROADWAY NIGHT	27 9:30AM EXERCISE VIDEO 11:00AM MEMORIAL DAY TALK 2:00PM BINGO 6:30PM MASTERPIECE SHOW	28 9:30AM EXERCISE VIDEO 11:00AM FREE RICE 1:00PM MOVIE MATINEE 7:00PM MOVIE NIGHT	29 7:00PM MYSTERIES @ MUSEUM
			

All Activities are subject to change.

Food for Thought

Judy Potts

Mother's Day Brunch

Sunday, May 9th
11:00 a.m.-1:00 p.m.

Fresh Seasonal Fruit Salad

Farmer's Omelet
Waldorf Chicken Salad
Grilled Salmon

Spring Asparagus
Keeneland Potatoes

Mayfair Orange, Glorious Morning & Apple Cinnamon Muffins
Blueberry Scones
Biscuits with butter, honey and jams

Creamsicle Mimosa
Mimosa

Starting May 1st

Lunch and dinner will be served in the Dining Room



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



Memorial Day Presentation *In My Father's Words*

Please join us on **Thursday, May 27th at 11 a.m. in the Heritage Room** for a presentation that will look into the book *In My Father's Words: The World War I Diaries of Ray Davis, An Australian Soldier* by Mayfair Resident Nancie Field.

Nancie pays loving tribute to her father, Ray Davis, in the book she compiled of his diaries during his service in World War 1. We will journey with Ray as he experiences the war front with the Australian and New Zealand Army Corp (ANZAC) through campaigns in Gallipoli, the Somme and Egypt. As Nancie says, "He left home with his patriotism shining brightly... he came through three and half years of monotony, miserable living conditions, and the horror of that war with his character intact."



The May birthstone, emerald, was one of Cleopatra's favorite gems. It has long been associated with fertility, rebirth, and love. Ancient Romans went so far as to dedicate this stone to Venus, the goddess of love and beauty. Today, it is thought that emeralds signify wisdom, growth, and patience.



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

Residents

- Peggy Bright
- Sue Ann Cowgill
- Georgia Henderson
- Helen Kemp
- Anne Kercheval



Employees

- Thomas Herms
- Jeffrey Jones
- La Shonda Mitchell

Upcoming Special Events:

5/03/21 2:30 p.m. Workshop
5/03/21 6:30 p.m. Documentary
5/05/21 2:00 p.m. May Social
5/05/21 6:30 p.m. Broadway
5/06/21 11:00 a.m. Ted Talk
5/06/21 3:15 p.m. Coffee House
5/07/21 1:00 p.m. Matinee
5/07/21 7:00 p.m. Friday Flick
5/20/21 11:00 a.m. Storytellers
5/20/21 3:15 p.m. Coffee House
5/24/21 1:30 p.m. Book Club
**5/27/21 11:00 a.m. Memorial Day
Talk**
5/31/21 Memorial Day

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



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

Regular Weekday Activities:

Monday: Exercise, Great Courses, Qi Gong, Spanish, Documentary

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

Wednesday: Exercise, Coffee with Clint, Spring Social, Broadway Show

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

Friday: Exercise Video, Free Rice, Matinee, Friday Flick

Saturday: Bridge Games, Mysteries at the Museum

Sunday: Walking Club, Sunday Series