



May 2022



The month of May is named for the Roman goddess Maia, who oversaw the growth of plants. The name also has roots from the Latin word maiores, “elders,” who were celebrated during this month. Maia was considered a nurturer and an earth goddess, which may explain the connection with this springtime month. May 1st is “May Day” and is the halfway point between the Spring Equinox and Summer Solstice.

May Day has a long history and tradition in England, some of which eventually came to America. Children would dance around the Maypole holding onto colorful ribbons. Originally, the Maypole was a living tree chosen from the woods with much merrymaking. Ancient Celts danced around the tree, praying for good crops and fertility. For younger people, there was the possibility of courtship. If a young woman and man paired by sundown, their courtship continued so that the couple could get to know each other and, possibly, marry 6 weeks later on June’s Midsummer’s Day. This is how the “June wedding” became a tradition. The strict Puritans of New England considered the celebrations of May Day to be licentious and pagan, so they forbade its observance, and the springtime holiday never became an important part of American culture as it was in many European countries. In honor of May Day, we will have a fun social on **Wednesday, May 18th at 2:00 p.m. in the Heritage Room**. We will have lemon cake and herbal spring tea to commemorate the May tradition of honoring one’s “elders”. At Mayfair, we are very thankful for our residents who impart much wisdom and sagacity to the community!



We also know the month of May as our time to celebrate Mother’s Day, Memorial Day, and of course, the Kentucky Derby! We will have a flower workshop so that you may create a Mother’s Day gift for yourself, a family member, or friend. Additionally, there will be an exciting Derby party, as well as, a line up of movies to help us commemorate Memorial Day. Take a peek inside to get more information about these upcoming events. Happy May!

Flower Vase Workshop



In honor of Mother's Day, we will have an opportunity to nurture our creative sprits. Come enjoy putting together a simple flower arrangement for yourself, a family member or friend. There will be colorful bud vases and flowers on hand for you to create your floral masterpieces. We will celebrate with pink champagne mimosas, while we nourish our inspired selves! Join us on **Thursday, May 5th at 11:00 a.m. in the Heritage Room.**

A decorative border featuring yellow flowers on the left and several dragonflies in flight across the top and right.

Guitar with Bill

Our friend Bill Lalley will be returning for another fun performance! Bill plans on entertaining us with his acoustic guitar. He will sing and play some classic folk and blues, "Americana", songs. Come jam with Bill on **Monday, May 23rd at 2:00 p.m. in the Heritage Room.** We will have some Bailey's and coffee on hand to help us get into the spirit!



Cinco De Mayo

Join us on **Thursday, May 5th in the Heritage Room** as we transform Happy Hour into a Mexican celebration! Cinco de Mayo is an annual celebration held on May 5th, which commemorates the anniversary of Mexico's victory over the French Empire at the Battle of Puebla in 1862. We will have margaritas and guacamole on hand to help us celebrate-see you there!

A decorative frame with green scrollwork and a white background.

New Show Gaslit

Starting **Saturday, May 14th at 6:30 p.m. in the Heritage Room** we will be screening the new series *Gaslit*. This political thriller is a modern take on the 1970's political Watergate scandal centering on untold stories and forgotten characters of the time, starring Julia Roberts and Sean Penn.



Cultivate a Healthy Brain

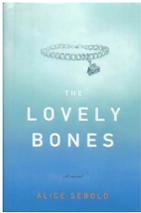
Choose something from the list below and engage in something new. It's a great way to protect your brain.



WORDLE & CROSSWORD TOO! Wednesdays in May at 11:00 a.m.

Join us to give your brain a good workout with Wordle. If you are not familiar, Wordle is a daily word game that gives players six chances to guess a randomly selected five-letter word. Once solved, we will move on to a crossword or sudoku to really get our juices flowing. Please join us for coffee, conversation, and fun!

BOOK CLUB: Thursday, May 26th, 11:00 a.m. May book club will feature *The Lovely Bones* by Alice Sebold. This is the story of Susie Salmon, who is adjusting to her new home in heaven, a place that is not at all what she expected, even as she is watching life on earth continue without her -- her friends trading rumors about her disappearance, her killer trying to cover his tracks, her grief-stricken family unraveling. Out of unspeakable tragedy and loss, *The Lovely Bones* succeeds, miraculously, in building a tale filled with hope, humor, suspense, even joy.



BLACKJACK: Fridays in May at 3:00 p.m.

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 May at 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. This game will have your brain whirling and the friends you see in this group are sure to bring a smile!

TED TALK: Thursday, May 12th at 11:00 a.m.

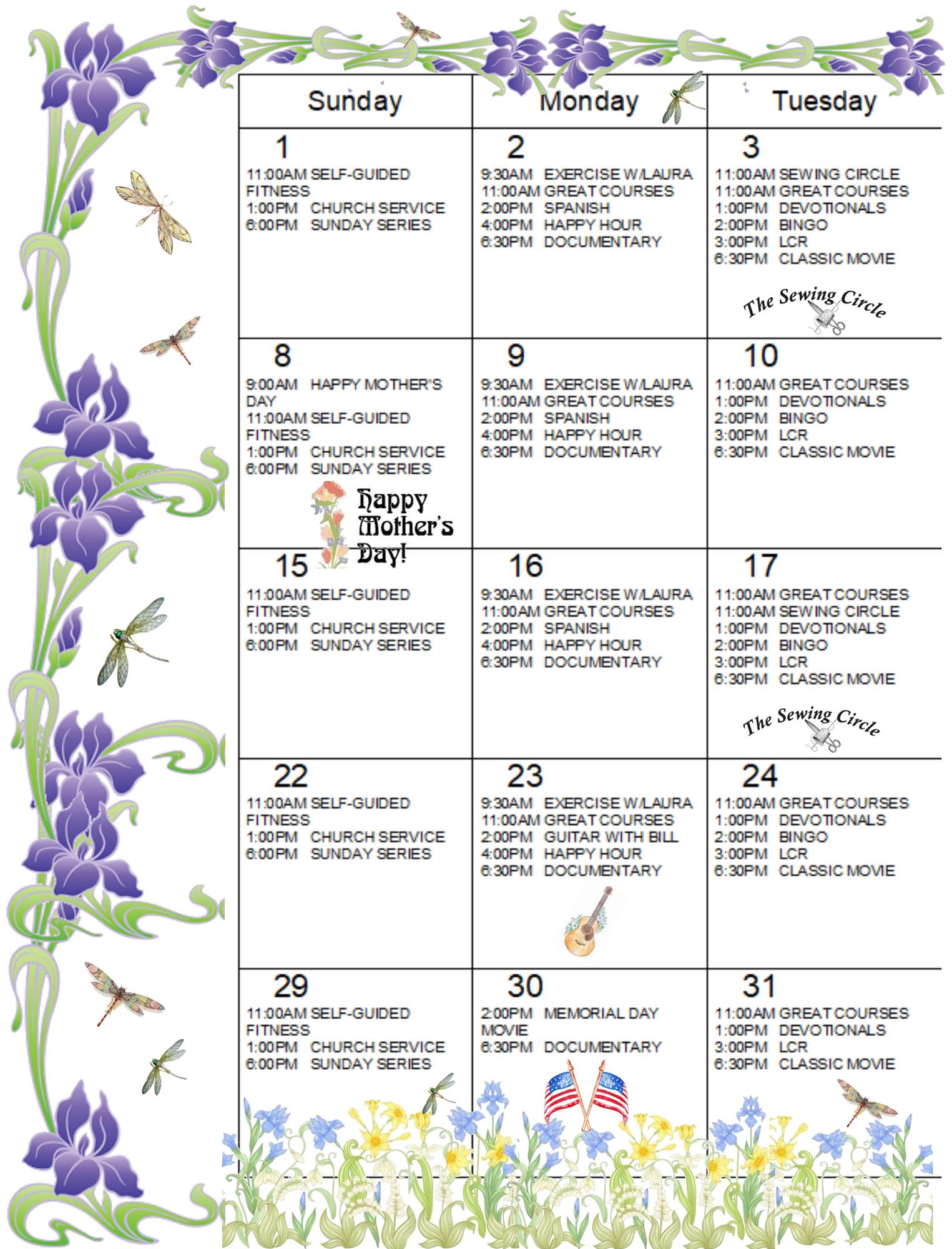
"The Power of Vulnerability". Dr. Brené Brown is a researcher at the University of Houston where and has collection of teachings on authenticity, connection, and courage helps dispel the myth that vulnerability is weakness and reveals that it is, in truth, our most accurate measure of courage.

READERS THEATER: Thursday, May 19th at 11:00 a.m.

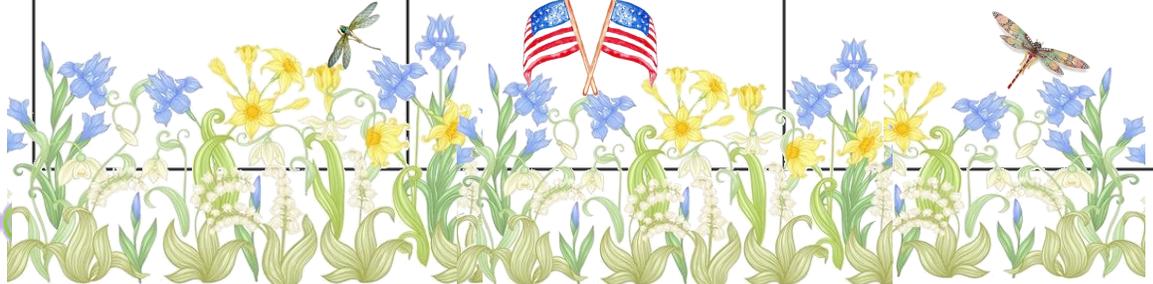
This month we will be reading *Who Shot Calhoun Cahootz?!*. A slick, con man has been swindling the towns people. He charmed them out of heir affection and money. But he has not been seen for days and then is found shot to death. The characters all have a motive, so who "dunnit?"

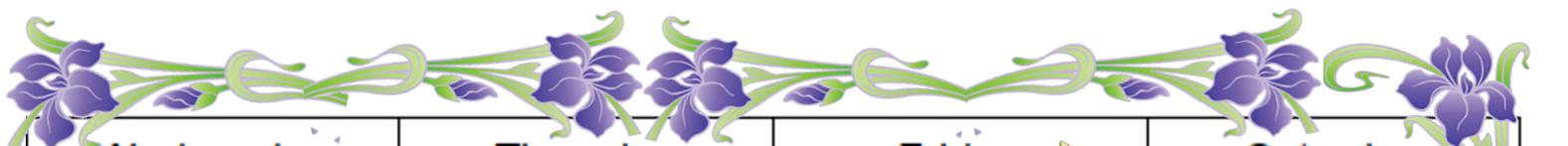
THE GREAT COURSES: Mondays and Tuesdays in May at 11:00 a.m.

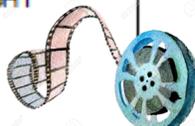
Designed to shine a light on truths about westward expansion and the American frontier (sometimes uncomfortable, always insightful), The American West: History, Myth, and Legacy is a way for you to experience the grit and grandeur of an epic period in American history. Every class is stand alone, so please join us whenever possible for these 30 minute doses of culture!



Sunday	Monday	Tuesday
<p>1</p> <p>11:00AM SELF-GUIDED FITNESS 1:00PM CHURCH SERVICE 6:00PM SUNDAY SERIES</p>	<p>2</p> <p>9:30AM EXERCISE W/LAURA 11:00AM GREAT COURSES 2:00PM SPANISH 4:00PM HAPPY HOUR 6:30PM DOCUMENTARY</p>	<p>3</p> <p>11:00AM SEWING CIRCLE 11:00AM GREAT COURSES 1:00PM DEVOTIONALS 2:00PM BINGO 3:00PM LCR 6:30PM CLASSIC MOVIE</p> <p><i>The Sewing Circle</i></p>
<p>8</p> <p>9:00AM HAPPY MOTHER'S DAY 11:00AM SELF-GUIDED FITNESS 1:00PM CHURCH SERVICE 6:00PM SUNDAY SERIES</p> <p> Happy Mother's Day!</p>	<p>9</p> <p>9:30AM EXERCISE W/LAURA 11:00AM GREAT COURSES 2:00PM SPANISH 4:00PM HAPPY HOUR 6:30PM DOCUMENTARY</p>	<p>10</p> <p>11:00AM GREAT COURSES 1:00PM DEVOTIONALS 2:00PM BINGO 3:00PM LCR 6:30PM CLASSIC MOVIE</p>
<p>15</p> <p>11:00AM SELF-GUIDED FITNESS 1:00PM CHURCH SERVICE 6:00PM SUNDAY SERIES</p>	<p>16</p> <p>9:30AM EXERCISE W/LAURA 11:00AM GREAT COURSES 2:00PM SPANISH 4:00PM HAPPY HOUR 6:30PM DOCUMENTARY</p>	<p>17</p> <p>11:00AM GREAT COURSES 11:00AM SEWING CIRCLE 1:00PM DEVOTIONALS 2:00PM BINGO 3:00PM LCR 6:30PM CLASSIC MOVIE</p> <p><i>The Sewing Circle</i></p>
<p>22</p> <p>11:00AM SELF-GUIDED FITNESS 1:00PM CHURCH SERVICE 6:00PM SUNDAY SERIES</p>	<p>23</p> <p>9:30AM EXERCISE W/LAURA 11:00AM GREAT COURSES 2:00PM GUITAR WITH BILL 4:00PM HAPPY HOUR 6:30PM DOCUMENTARY</p> <p></p>	<p>24</p> <p>11:00AM GREAT COURSES 1:00PM DEVOTIONALS 2:00PM BINGO 3:00PM LCR 6:30PM CLASSIC MOVIE</p>
<p>29</p> <p>11:00AM SELF-GUIDED FITNESS 1:00PM CHURCH SERVICE 6:00PM SUNDAY SERIES</p>	<p>30</p> <p>2:00PM MEMORIAL DAY MOVIE 6:30PM DOCUMENTARY</p> <p></p>	<p>31</p> <p>11:00AM GREAT COURSES 1:00PM DEVOTIONALS 3:00PM LCR 6:30PM CLASSIC MOVIE</p>





Wednesday	Thursday	Friday	Saturday
4 9:30AM EXERCISE W/LAURA 11:00AM CROSSWORDS & MORE! 2:00PM SOCIAL 2:30PM CARD GAME 6:30PM WHEN CALLS THE HEART	5 CINCO DE MAYO 9:30AM EXERCISE VIDEO 10:00AM KROGER 11:00AM FLOWER WORKSHOP 2:00PM BINGO 4:00PM CINCO DE MAYO 6:30PM MASTERPIECE SHOW 	6 9:30AM EXERCISE VIDEO 11:00AM FREE RICE 1:00PM CHAIR YOGA 3:00PM BLACKJACK 6:30PM MOVIE NIGHT 	7 1:00PM LCR 3:30PM DERBY PARTY 
11 9:30AM EXERCISE W/LAURA 11:00AM CROSSWORD & MORE! 2:00PM TALKING WITH THERAPY 2:30PM CARD GAME 6:30PM WHEN CALLS THE HEART 	12 9:30AM EXERCISE VIDEO 10:00AM KROGER 11:00AM TED TALK 2:00PM BINGO 4:00PM HAPPY HOUR 6:30PM MASTERPIECE SHOW TED	13 9:30AM EXERCISE VIDEO 11:00AM FREE RICE 1:00PM CHAIR YOGA 3:00PM BLACKJACK 6:30PM MOVIE NIGHT 	14 1:00PM LCR 2:00PM MATINEE 6:30PM NEW SATURDAY SERIES 
18 9:30AM EXERCISE W/LAURA 11:00AM CROSSWORD & MORE! 2:00PM MAY DAY SOCIAL 2:30PM CARD GAME 6:30PM WHEN CALLS THE HEART 	19 9:30AM EXERCISE VIDEO 10:00AM KROGER 11:00AM READER'S THEATER 2:00PM BINGO 4:00PM HAPPY HOUR 6:30PM MASTERPIECE SHOW 	20 9:30AM EXERCISE VIDEO 11:00AM FREE RICE 1:00PM CHAIR YOGA 3:00PM BLACKJACK 6:30PM MOVIE NIGHT 	21 1:00PM LCR 2:00PM MATINEE 6:30PM SATURDAY SERIES 
25 9:30AM EXERCISE W/LAURA 11:00AM CROSSWORD & MORE! 2:00PM SOCIAL 2:30PM CARD GAME 6:30PM WHEN CALLS THE HEART 	26 9:30AM EXERCISE VIDEO 10:00AM KROGER 11:00AM BOOK CLUB 2:00PM BINGO 4:00PM HAPPY HOUR 6:30PM MASTERPIECE SHOW 	27 9:30AM EXERCISE VIDEO 11:00AM FREE RICE 1:00PM CHAIR YOGA 3:00PM BLACKJACK 6:30PM MOVIE NIGHT 	28 1:00PM LCR 2:00PM MATINEE 6:30PM SATURDAY SERIES 



All Activities are subject to change.



Food For Thought

Judy Potts

Upcoming Culinary Events For May

Saturday, May 7th

Derby Dinner

Sunday, May 8th

Mother's Day Lunch

Monday, May 30th

Memorial Day Lunch



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



“Urinary Incontinence & How to Improve Your Control”

Over 25 million Americans suffer with some form of bladder and/or bowel incontinence and it is particularly common in the elderly population. In truth, most urinary incontinence issues are treatable. Our “*Roll to Control... Beyond*

Kegles Program” is a non-invasive program and consists of simple exercises combined with lifestyle changes. It is highly effective with all types of incontinence in women and men, with most patients experiencing significant positive results in about 6 weeks. Please join Laura for a discussion about the types of incontinence and the 5 steps for the *Beyond Kegles* program now available to you. Join us on **Wednesday, May 11th at 2:00 p.m. in the Heritage Room.**

Derby Party

Join us on **Saturday, May 7th at 3:30 p.m. in the Heritage Room** for the 148th Run for the Roses! Come enjoy some Kentucky favorites, mint juleps and beer cheese, while watching the races! We will have a “winner takes all” pot for the winning horse and to make things even more exciting, we will have a pot for the horse that comes in dead last. Celebrate in style and wear your favorite hat!

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

Residents

Peggy Bright
Georgia Henderson



Staff

Thomas Herms
Jeffrey Jones
LaShonda Mitchell



Upcoming Special Events:

5/04/22 11:00 a.m. Wordle & Xword
5/05/22 11:00 a.m. Flower Workshop
5/05/22 4:00 p.m. Cinco De Mayo
5/07/22 3:30 p.m. Derby Party
5/08/22 Happy Mother's Day!
5/11/22 2:00 p.m. Talking with Therapy
5/12/22 11:00 a.m. Ted Talk
5/18/22 2:00 p.m. May Day Social
5/19/22 11:00 a.m. Reader's Theater
5/23/22 2:00 p.m. Guitar with Bill
5/26/22 11:00 a.m. Book Club
5/30/22 Happy Memorial Day!
5/30/22 2:00 p.m. Memorial Day
Movie

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, Spanish, Happy Hour, Documentary
Tuesday: Exercise Video, Great Courses, Devotionals, Bingo, LCR Game, Classic Movie
Wednesday: Exercise, Coffee with Clint, Yoga, Social, Movie
Thursday: Exercise, Bingo, Happy Hour, Masterpiece Show
Friday: Exercise Video, Free Rice, Chair Yoga, Blackjack, Friday Flick
Saturday: Bridge Games, Movie Matinee, Piano With Ann, Saturday Series, LCR
Sunday: Self-Guided Fitness, Church Service, Sunday Series

To receive an electronic copy of the newsletter instead, please email: Mvactivities@oenterprises.com