



# The Village Voice

## Mayfair Village Retirement Community

### November 2020



**“Wear gratitude like a cloak and it will feed every corner of your life.”**

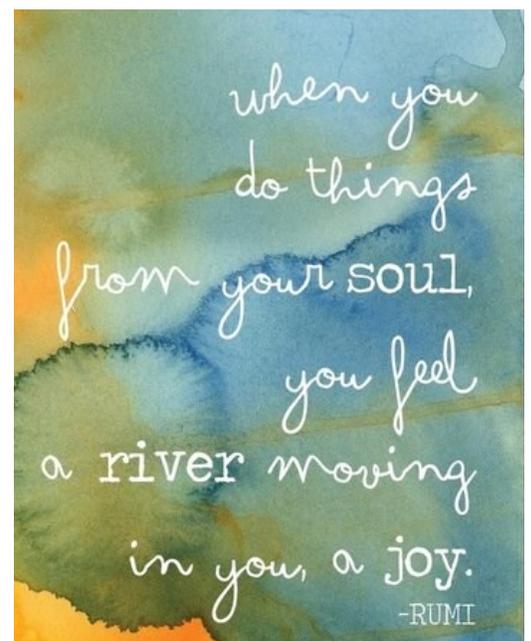
**~ Rumi, 13th Century Persian Poet**

With the season of Thanksgiving upon us, it is a perfect time to pause and reflect upon the concept of gratitude. The word gratitude is derived from the Latin word gratia, which means grace, graciousness, or gratefulness (depending on the context). In some ways gratitude encompasses all of these meanings. Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives.

Research has shown that gratitude can have positive benefits in an individual’s wellbeing that include improving physical and psychological health, fostering resilience, enhancing compassion, and improving relationships.

To cultivate a mind of gratitude, the most important element is maintaining a daily practice of mindfulness. An effective tool in helping to develop this mindful practice is meditation, which can be performed in many different settings from sitting in a darkened room or strolling on Mayfair’s rooftop terrace, to simply taking a moment while sipping on that first cup of coffee in the morning.

So in the spirit of creating a “mindful moment”, we will be holding a Gratitude meditation on **Monday, November 16th at 1 p.m.** Residents, please join us as we relax with peaceful music and aromatherapy, while being guided through a rumination of giving thanks for our blessings, no count of how small or large to our lives in this wild year.



# Music Soíree



Join us for a musical treat as John Perrine shares some of his favorite music from the musical group, *Vocal Majority*. This Dallas-based men's chorus of 100+ volunteer musicians have performed throughout the U.S., Canada and the UK. **The Vocal Majority** is a non-profit Barbershop Harmony Society chapter and 13-time Gold Medal winners in BHS chorus competitions, with the most recent win in 2018.

We will be offering wine or coffee with Bailey's Irish Cream or without. There will be two sessions on **Tuesday, November 10th in the Heritage Room at 3:15 pm and 4:00 pm**. Look for the flyers and sign up sheet in the Concierge Office to mark which session you would like to attend.

## NEWCOMER'S COFFEE



Join us on **Thursday, December 3rd, at 11:00 a.m.** in the Heritage Room for our Newcomer's Coffee. This is a great opportunity for our new residents to get oriented to 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 on the 7th for this fun and informative gathering.

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



# Cultivate a Healthy Brain

*Activities Department*

*Choose something from the list below and engage in something new.*

*It's a great way to protect your brain.*

## **THE GREAT COURSES: Tuesdays and Wednesdays, 11 a.m.**

Our lecture series on Great American Music: Broadway Musicals is a smash hit! Please join us for any one of these weekly, stand-alone classes. Each video is about 45 minutes long under the direction of Professor Bill Messenger of The Peabody Institute. We're learning about the start of Broadway, Irving Berlin, and The Golden Age of Musical Theater. For more information about this activity talk to Jess.

## **TED TALK: Tuesday, November 17th 7 p.m.**

Join us for a TED Talk. The topic will be announced closer to the date. There are well over 2000 talks on various subjects concerning Technology, Entertainment and Design. During the talk enjoy a cup of tea and then hang around for an informal discussion. Most talks are limited to 20 minutes or less. For more information talk to anyone in activities.

## **MASTERCLASS: Thursdays at 11 a.m.**

Peer behind the curtain and through the career of Director, Ron Howard in this informative series, The Masterclass. Ron Howard made his first film in 15 days with \$300,000. Today, his movies have grossed over \$1.8 billion. In his first-ever online directing class, the Oscar-winning director of Apollo 13 and A Beautiful Mind decodes his craft like never before. In lessons and on-set workshops, you'll learn how to evaluate ideas, work with actors, block scenes, and bring your vision to the screen whether it's a laptop or an IMAX theater.

## **FITNESS CLASSES: Every Day of the Week, 9:30 a.m. and 10 a.m.**

Your morning exercise routine is important and we will continue to get you moving with your choice of classes. Monday, Wednesday and Fridays come to a 30 minute session in the basement with Jess at 9:30 or 10 a.m. In the Heritage room, Monday through Thursday meet for a fitness video with Annie at 9:30 a.m. Work off those holiday meals and stay fit!

## **BINGO & GAMES: Tuesdays and Thursdays, 2 p.m.**

Bingo and LRC (Left Right Center) are played every week in two groups. Left Right Center is a dice game which is a ton of fun. Laughter spills out of the room each time we play. Bingo is a trusty classic and costs one quarter per card, but you will most likely win that quarter back and more with each BINGO win. Please sign up for a day if you would like to join or stick to your assigned day to help us keep having fun with these activities. For more information talk to Marsha.

# FOOD FOR THOUGHT

By Judy Potts

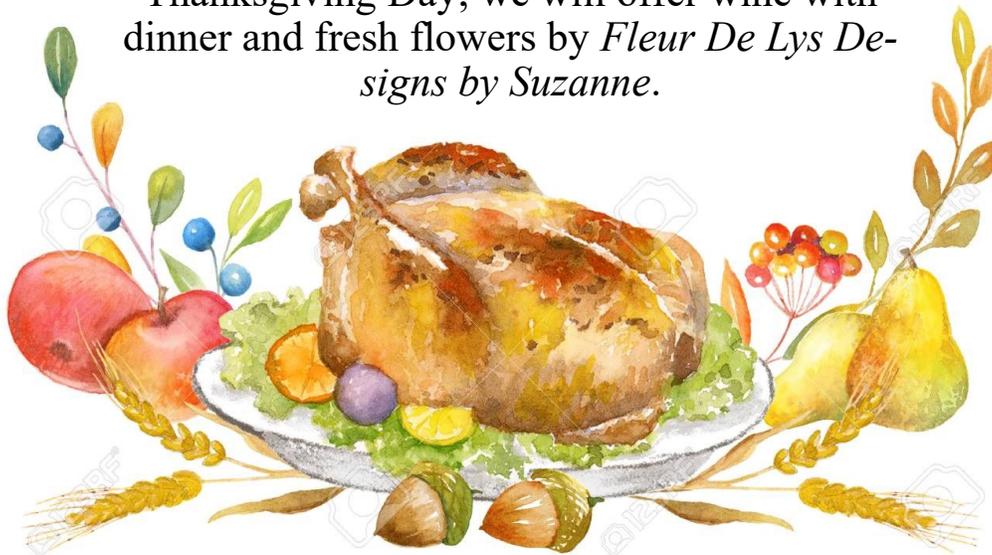


The holiday season is here!! We delight in making your holiday wishes come true, with comforting, delectable and mouth watering dishes to whisk you into the holiday spirit. We invite you to evoke memories of family gatherings while hoping to create new memories at your home in Mayfair Village. We look forward to spending time with you and serving you this season.

We are pleased as pumpkin pie with whipped cream on top to announce

we will be able to accommodate two in-person seatings for Thanksgiving on Thursday, November 26th. Each seating has a limit of 25 residents. No guests are able to attend this year. The first seating is at 11:00 a.m. followed by a 1 p.m. seating both in the dining room. Please make your reservations for this special holiday meal at the front desk by Monday November, 23rd. Social distancing will be encouraged to provide a safe dining experience, as well as mask wearing to and from the meal. If you prefer to dine in your room, we will deliver your meal to you at 11:30 a.m.

A few more surprises to look forward to on Thanksgiving Day; we will offer wine with dinner and fresh flowers by *Fleur De Lys Designs* by Suzanne.





# Menu

Homemade Cranberry Sauce

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Turkey and Dressing with Gravy

\*

Mashed Potatoes

Fresh Sweet Potato Casserole

Green Beans

Corn Pudding

\*

Yeast Rolls and Butter



dessert

Pecan or Pumpkin Pie





As the weather deepens into Fall, there is nothing better than a cozy afternoon matinee with a warm beverage.

In November, we will spend our Friday's with film adaptations of Jane Austen's novels and in honor of our British cousins, we will have a variety of teas available along with coffee.

**Join us in the Heritage Room, Fridays at 1:00pm:**

**Persuasion (1995):** A dashing captain comes back into the life of an aging spinster seven years after their breakup, will she be persuaded to marry a man her family is against?

**Emma (1996):** A story about youthful hubris and romantic misunderstandings, a young woman plays matchmaker with varying humorous results.

**Northanger Abbey (2007):** Masterpiece Theater production of this gothic parody about a young romance addict and her budding romance in a medieval country estate that appeals to her most lurid fantasies.

**Sense and Sensibility (1995):** A captivating romance about two sisters finding love in strict Victorian society.



To chase the chill in November, we will have warm apple cider as our Wednesday treat. You will also have the option to add a bourbon kick. We will deliver by floor during the month, so watch for the flyer in your basket.

Give me yesterday's bread, this day's  
flesh and last year's cider.  
-Benjamin Franklin



# Cyber Café

By: Jess Piersol

Cyber Monday  
SUPER SALE!



Cyber Monday also known as Blue Monday is a marketing term for the Monday after the Thanksgiving holiday in the United States. It was created by retailers to encourage people to shop online. This year, however, we need to start our holiday shopping earlier than November, 30th. We have much longer shipping times and will have an influx of people shopping online to avoid the stores.

Introducing, The Cyber Café and it is always open. We have two tech-savvy individuals on hand to help you with your holiday shopping. You can plan the perfect time to sit down over a cup of coffee and shop with your very own personal shopper. Jess and Sharye will guide you safely through the online shopping portals and help you find deals. You may use your own device or we can supply a computer. We will meet in the library or Heritage room to help you shop. Please schedule

these appointments in advance. Cyber shopping appointments **begin November 2nd**, at your earliest convince. Please add your name to the list in the concierge office or speak to the front desk, Jess or Sharye. We are here to help and at your service.

Let's take a moment to wish the happiest of birthdays to all of our November birthdays, both residents and staff— we hope you enjoy your entire birth month!

## Residents

Louise Sledd  
Beverly Tostenson  
Sybil Stern  
Marilyn Lieber  
Etta Pollan  
Jim Scott  
John Perrine



## Employees

Hiram Nieves  
Jessica Sweeney  
Reggie Clark  
Mary Ann Banta  
Hana Kryeziv

**Regular Weekday  
Activities:**

**Upcoming Special Events:**

**11/02-30/20 11:00 a.m. Great American Music: Broadway Musicals**  
**11/05/20 11:00 a.m. Coffee w/ Clint**  
**11/10/20 3:15/4 p.m. Vocal Majority**  
**11/16/20 1 p.m. Meditation on Gratitude**  
**11/17/20 7 p.m. TED Talk**  
**11/30/20 Cyber Monday Event**  
**11/28/20 Two Seatings at 11:30 & 1 p.m. Thanksgiving Dinner**  
**12/04/20 11 a.m. Newcomer's Coffee**

**Monday:** Exercise, Great Courses, Energy Routine, Spanish Class, Documentary  
**Tuesday:** Exercise, Bible Study, Bingo, Historical Movie  
**Wednesday:** Exercise, Special Drink Delivery, Spanish Class, Opera Night  
**Thursday:** Exercise, Color Me Happy, Bingo, LRC Game  
**Friday:** Exercise, Free Rice, Matinee, Friday Flick  
**Saturday:** UK Football, Mysteries at the Museum  
**Sunday:** Walking Club, Movie

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