



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

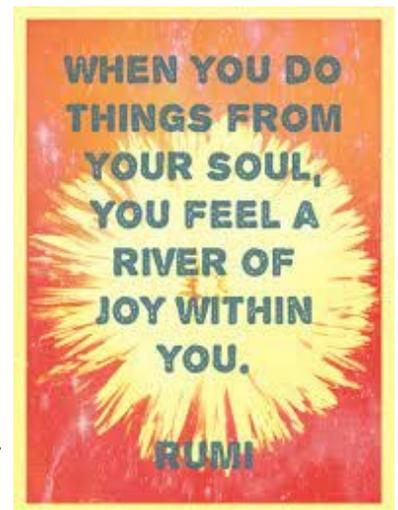
With the season of Thanksgiving upon us, it is a perfect time to pause and reflect ~ **Rumi** upon the concept of gratitude. The word gratitude is derived from the Latin word gratia, which means grace, graciousness, or gratefulness (depending on the context). In some ways gratitude encompasses all of 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 quietly in your 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 have two events to help us embody a thankful appreciation of our lives. The first will be a Ted Talk featuring a lecture on “The Surprising Science of Happiness” which looks at our power to choose happiness-to learn more about this event, take a peek inside. The other event we will be holding will be our annual Thanksgiving meditation on the subject of gratitude on **November 19th at 1:00 p.m. in the Heritage Room.**

Please join us as we relax with peaceful music and aromatherapy, while being guided through a rumination of giving thanks for the bountiful harvest in all our lives.





# Mayfair Storytellers

## “Our Children From Around the World”

Jody Bosomworth will share her experiences of being a host mother, through many years, to children from all over the world who traveled to the United States for educational programs. Host families introduce students to the basics of American culture, help them learn about their host communities, and provide the backdrop of home and stability that allows them to make the most of their time abroad. Jody will relate some of the wonderful, and often humorous experiences, during these enriching years and says fondly: “The first day they were a guest and the second day they were family.” Join us on **Thursday, November 11th at 11:00 a.m. in the Heritage Room.**

### *Cider Social!*

To chase the chill in November, we will have a warm apple cider mulled with cinnamon, cloves, and orange as our Wednesday treat during the social. You will also have the option to add a bourbon kick!



**Give me yesterday's bread, this day's flesh and last year's cider.**

**-Benjamin Franklin**



### Mayfair's “Sewing Circle”

As we move into cooler weather there is nothing cozier than sitting amongst friends while working on a project or hobby. From quilting circles to knitting groups, communal craft time has been a community staple, so in honor of this tradition, our village will meet monthly on Tuesdays at 11:00 a.m. This month we will meet on **Tuesday, November 9th in the library.** All are welcome to bring a craft project, puzzle, crossword or just themselves for some afternoon socializing, so grab a friend and join us!



### Newcomer's Coffee

Join us on Thursday, November 4th 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

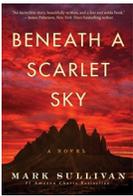
*Choose something from the list below and engage in something new. It's a great way to protect your brain.*



## **COFFEE WITH CLINT: Wednesdays in November at 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: Tuesday, November 30th, 11:00 a.m.** November book club will feature *Beneath a Scarlett Sky* by Mark Sullivan. Beneath a Scarlett Sky is a novel based on the true story of forgotten war hero Pino Lella. When his family home in Milan is destroyed by Allied bombs, Pino joins an underground railroad helping Jews escape over the Alps. In an attempt to protect him, Pino's parents force him to enlist as a German soldier. Join us in the Library.



## **BLACKJACK: Fridays in November 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 November 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 and are quizzed on words like, satori, which means sudden enlightenment. This game will have your brain whirling and the friends you see in this group are sure to bring a smile. Please join us!

## **TED TALK: Thursday, November 18th at 11:00 a.m.**

When people talk about happiness, it's often referred to as a search—a quest to find something so elusive and out of reach, that there are now a bottomless pit of ideas on how to acquire it. But shockingly, it could be our power to choose from thousands of great experiences in life that actually keeps us from being happy. In this TED Talk, psychologist Dan Gilbert breaks down happiness into its two most basic components—the happiness we stumble upon and the happiness we create—to reveal a shocking truth.

## **THE GREAT COURSES: Mondays and Tuesdays in November at 11:00 a.m.**

**We will be starting a new course on Monday, November 1st:** We are visiting Notorious London where we will experience a rich sampling of some of the city's most shocking stories and infamous personalities. Taught by Professor Paul Deslandes of the University of Vermont, Notorious London dips into various regions and eras of London's past to give you a multifaceted look into this remarkable metropolis. Every course is stand alone, so please join us whenever possible for these 30 minute doses of culture!

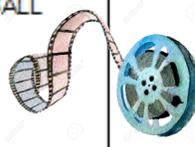




# November

Sunday	Monday	Tuesday
	<b>1</b> 9:30AM EXERCISE 11:00AM GREAT COURSES 12:45PM WALKING CLUB 4:00PM HAPPY HOUR 6:30PM DOCUMENTARY	<b>2</b> 11:00AM GREAT COURSES 1:00PM DEVOTIONALS 2:00PM BINGO 3:00PM LCR 6:30PM CLASSIC MOVE NIGHT
<b>7</b> 2:00AM FALL BACK TIME CHANGE 1:00PM SELF-GUIDED WALK 4:00PM SUNDAY SERVICE 6:00PM SUNDAY SERIES 	<b>8</b> 9:30AM EXERCISE 11:00AM GREAT COURSES 12:45PM WALKING CLUB 2:00PM SPANISH 4:00PM HAPPY HOUR 6:30PM DOCUMENTARY	<b>9</b> 11:00AM SEWING CIRCLE 11:00AM GREAT COURSES 1:00PM DEVOTIONALS 2:00PM BINGO 3:00PM LCR 7:00PM UK BASKETBALL <i>The Sewing Circle</i> 
<b>14</b> 1:00PM SELF-GUIDED WALK 4:00PM SUNDAY SERVICE 6:00PM SUNDAY SERIES	<b>15</b> 9:30AM EXERCISE 11:00AM GREAT COURSES 12:45PM WALKING CLUB 2:00PM SPANISH 4:00PM HAPPY HOUR 6:30PM DOCUMENTARY	<b>16</b> 11:00AM GREAT COURSES 1:00PM DEVOTIONALS 2:00PM BINGO 3:00PM LCR 7:00PM UK BASKETBALL
<b>21</b> 1:00PM SELF-GUIDED WALK 4:00PM SUNDAY SERVICE 6:00PM SUNDAY SERIES	<b>22</b> 9:30AM EXERCISE 11:00AM GREAT COURSES 12:45PM WALKING CLUB 2:00PM SPANISH 4:00PM HAPPY HOUR 7:00PM UK BASKETBALL	<b>23</b> 11:00AM GREAT COURSES 1:00PM DEVOTIONALS 2:00PM BINGO 3:00PM LCR 6:30PM CLASSIC MOVE NIGHT
<b>28</b> 1:00PM SELF-GUIDED WALK 4:00PM SUNDAY SERVICE 5:19PM HANUKKAH BEGINS 6:00PM SUNDAY SERIES 	<b>29</b> 9:30AM EXERCISE 11:00AM GREAT COURSES 12:45PM WALKING CLUB 2:00PM SPANISH 4:00PM HAPPY HOUR 7:00PM UK BASKETBALL	<b>30</b> 11:00AM GREAT COURSES 11:00AM BOOK CLUB 1:00PM DEVOTIONALS 2:00PM BINGO 3:00PM LCR 6:30PM CLASSIC MOVE NIGHT 



Wednesday	Thursday	Friday	Saturday
<p><b>3</b></p> <p>9:30AM EXERCISE 11:00AM COFFEE WITH CLINT 1:00PM CHAIR YOGA 2:00PM CIDER SOCIAL 3:45PM BEER CLASS 6:30PM BROADWAY NIGHT</p> 	<p><b>4</b></p> <p>9:30AM EXERCISE VIDEO 10:00AM KROGER 11:00AM NEWCOMER'S COFFEE 2:00PM BINGO 4:00PM HAPPY HOUR 6:30PM MASTERPIECE SHOW</p>	<p><b>5</b></p> <p>9:30AM EXERCISE VIDEO 11:00AM FREE RICE 1:00PM MOVIE MATINEE 3:00PM BLACKJACK 7:00PM UK BASKETBALL</p> 	<p><b>6</b></p> <p>1:00PM MOVIE MATINEE 4:00PM PIANO WITH ANN 7:00PM UK FOOTBALL</p>
<p><b>10</b></p> <p>9:30AM EXERCISE 11:00AM COFFEE WITH CLINT 1:00PM CHAIR YOGA 2:00PM TALKING WITH THERAPY 3:45PM BEER CLASS 6:30PM BROADWAY NIGHT</p> 	<p><b>11</b></p> <p>9:30AM EXERCISE VIDEO 10:00AM KROGER 11:00AM STORYTELLERS 2:00PM BINGO 4:00PM HAPPY HOUR 6:30PM MASTERPIECE SHOW</p> 	<p><b>12</b></p> <p>9:30AM EXERCISE VIDEO 11:00AM FREE RICE 1:00PM MOVIE MATINEE 3:00PM BLACKJACK 7:00PM UK BASKETBALL</p>	<p><b>13</b></p> <p>9:00AM UK FOOTBALL TBD 1:00PM MOVIE MATINEE 4:00PM PIANO WITH ANN 6:30PM SATURDAY SERIES</p> 
<p><b>17</b></p> <p>9:30AM EXERCISE 11:00AM COFFEE WITH CLINT 1:00PM CHAIR YOGA 2:00PM CIDER SOCIAL 3:00PM THANKSGIVING STORIES 6:30PM BROADWAY NIGHT</p> 	<p><b>18</b></p> <p>9:30AM EXERCISE VIDEO 10:00AM KROGER 11:00AM TED TALK 2:00PM BINGO 4:00PM HAPPY HOUR 6:30PM MASTERPIECE SHOW</p>	<p><b>19</b></p> <p>9:30AM EXERCISE VIDEO 11:00AM FREE RICE 1:00PM GRATITUDE MEDITATION 3:00PM BLACKJACK 7:00PM UK BASKETBALL</p> 	<p><b>20</b></p> <p>9:00AM UK FOOTBALL TBD 1:00PM MOVIE MATINEE 4:00PM PIANO WITH ANN 6:30PM SATURDAY SERIES</p>
<p><b>24</b></p> <p>9:30AM EXERCISE 11:00AM COFFEE WITH CLINT 1:00PM CHAIR YOGA 2:00PM CIDER SOCIAL 3:00PM THIS DAY IN HISTORY 6:30PM BROADWAY NIGHT</p> 	<p><b>25</b></p> <p>11:30AM THANKSGIVING LUNCH 2:00PM MOVIE MATINEE 6:30PM MASTERPIECE SHOW</p> 	<p><b>26</b></p> <p>9:30AM EXERCISE VIDEO 11:00AM FREE RICE 1:00PM MOVIE MATINEE 3:00PM BLACKJACK 7:00PM UK BASKETBALL</p> 	<p><b>27</b></p> <p>9:00AM UK FOOTBALL TBD 1:00PM MOVIE MATINEE 4:00PM PIANO WITH ANN 6:30PM SATURDAY SERIES</p> 





# Food for Thought

Judy Potts



## November Harvest



November brings us a lot of options for seasonal fruits & vegetables with superior flavors: Fall is the best time for fresh harvested apples, acorn squash, butternut squash, beets, pumpkin, brussels sprouts, parsnips, and cabbages, which become “frost kissed” in the cooler weather and taste sweeter. Carrots have more flavor in their natural season of late summer – early fall and chard loses its bitterness with the cooler weather.

**Hot Chocolate will be available in the evening and watch for some pumpkin “stuff”.**



# Happy Thanksgiving!



**We will celebrate Thanksgiving with a Traditional Menu:**

**Turkey, Stuffing, Fresh homemade Cranberry Sauce  
Oysters, Corn Pudding, Sweet Potato Casserole, Mashed Potatoes  
and pies galore (including Apple by special request).**



HAPPY Hanukkah



**November 29<sup>th</sup> we will offer a special menu for Hanukkah, which starts on the evening of November 28th and ends on the evening of December 6th.**

**Don't forget to share your recipes with us!  
Don't forget the time changes on Sunday, November 7<sup>th</sup> (we fall back)**



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

# Talking with Therapy

If you don't use it you lose it- the two M's – Medicare and Muscles.  
Did you know... that seniors lose up to 5% of their muscle mass each year over the age of 90 if they are inactive?

Did you know ... that Medicare sets aside a certain amount of money each year for you to use for therapy and it resets at the end of every year?

Come join Laura on **Wednesday, November 10th at 2:00 pm in the Heritage Room** to learn about age related muscle loss and what you can do to prevent it and how you can regain muscle mass – EVEN while you age. Additionally, November is Medicare open enrollment so come prepared with your questions regarding Medicare and how to get the most for your insurance.



## Self-Guided Fitness



We are recharging the Sunday Self-Guided Walk to help get us all motivated as colder weather arrives. Our friend Laura in PT is working with activities to create fitness stations on some floors so that the Sunday walk can now include a circuit workout that nourishes our mind, body, and spirit. We will be raffling off a gift certificate to Hallmark and each time you sign the sheet for a workout, we will add your name to the pot, increasing your chances for a win. We will start the contest on **Sunday, November 7th** and it will run through **Sunday, November 28th**. Join us on **Wednesday, November 3rd at 2:30 pm**, at the end of the Social, and we will run through the specifics to get you ready for the following Sunday start date. So get ready to have some fun while getting fit!



## November Birthstone



Citrine is the traditional November birthstone and is commonly nicknamed the “healing quartz” as it is supposed to gift whoever owns it with an abundance of vitality and positive energy. The citrine birthstone was wildly popular in the Victorian era. Queen Victoria herself loved to add elements of citrine to her world-famous collection of royal jewelry.

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

### Residents

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



### Employees

Mary Ann Banta  
Reggie Clark  
Hana Kryeziv  
Jessica Sweeney

## Upcoming Special Events:

11/01/21 12:45 p.m. Walking Club  
11/04/21 11:00 a.m. Newcomer's Coffee  
11/07/21 Fall Back Time Change  
11/07/21 11:00 a.m. Self-Guided Walk Contest Starts  
11/09/21 11:00 a.m. Sewing Circle  
11/11/21 11:00 a.m. Storytellers  
11/17/21 3:00 p.m. Thanksgiving Stories  
11/18/21 11:00 a.m. Ted Talk  
11/19/21 1:00 p.m. Gratitude Meditation  
11/24/21 3:00 p.m. This Day in History  
11/25/21 Happy Thanksgiving!  
11/28/21 5:19 p.m. Hanukkah Starts  
11/30/21 11:00 a.m. Book Club

## Regular Weekday Activities:

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

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

**Wednesday:** Exercise, Coffee with Clint, Yoga, Social, Broadway Show

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

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

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

**Sunday:** Walking Club, Sunday Service, Sunday Series

**To receive an electronic copy of the newsletter instead, please email: [Mvactivities@oenterprises.com](mailto:Mvactivities@oenterprises.com)**

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*Give thanks!*



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