



The crisp, fall air is upon us. The seasons are changing, however we are holding steady through our 'new normal' of coronavirus protocols. These community protocols have continued to allow us to live our lives with social engagement, mind and body enhancing classes, and entertaining gatherings. Thanks to their early initiation by our Executive Director, Sharon Davis, these protocols have done tremendously well to stave off the virus. For example, we have had cases in the building and managed not to have community spread of the virus. So please, continue to follow our safety protocols:

- ♦ Please put your mask on as soon as you leave your apartment. Keep your mask on if you go out on an errand or visit a guest who comes to the front patio or concierge office. The only time you may remove a mask is when you are seated, far from others and remain seated at an activity or eating lunch.
- ♦ Continue to practice social distancing, remaining 6 feet apart from each other at activities inside and outdoors.
- ♦ Wash your hands often and for 20 seconds or more and do not touch your face.



Thank you for working so hard to adjust to this new lifestyle and helping us to keep Mayfair Village the happiest, safest and healthiest retirement community in Lexington.

FOOD FOR THOUGHT

By Judy Potts



Gear-up for a treat! This is not a trick, the kitchen is brewing something special for the week of October 14th - 28th. Look for Halloween themed dinner nights, special surprises at lunch plus *spook-tacular* desserts.

We will continue to offer lunch in the Dining Room from 11:00 a.m. to 1:00 p.m. Orders must be placed the night before. Unlike the morning's continental breakfast, which is now only in the dining room, we will deliver your lunch to your apartment if that is your preference. This will be in accordance with the State's social distancing and mask protocols much like breakfast. Dinner remains delivery only and will arrive to your room between 5 p.m. and 5:30 p.m. with orders being placed the night before.



Coffee & Cider with Clint

Last month, our resident, Clint Collins shared with us his essay on the philosophy of education. We all sat at a large table and listened to his intelligent and entertaining take on the history, philosophy and modern adaptations to education and the way we evaluate students in our society. Many residents spoke their mind and learned in the delightful exchange. We have decided to continue these meetings, Clint will establish a theme and we will discuss over coffee, challenging our minds, engaging in thought provoking conversation and socialization. We invite you to attend our next coffee on **Thursday, October 8th at 11 a.m.**



B-day facts: October has two birthstones; Tourmaline and Opal. Tourmaline is a favorite gemstone for many because it's available in a rainbow of beautiful colors. Opal gemstones are truly unique because each individual gem is adorned with a one-of-a-kind color combination.

Happiest of birthdays to the following residents and staff;

Residents

Jane Michler
Jody Bosomworth
Mellana Slusher
Bill McCord
Nancy Ray
Frances Barr



Staff

Greco Estrada-Lopez
Phill Roll
Michele Lunsford
Mindy Centers
Bobby Johnson



Give my regards to Broadway... . Is it possible to read those lyrics, let alone hear them, without mentally filling in: Remember me to Herald Square? For most people who've grown up with and shared America's musical heritage, such a phrase opens the floodgates to a wealth of memories and feelings because, after all, that's what great songs do. What a delight, then, to be able to promise you the same experience in an entire course. For in Professor Bill Messenger's Great American Music: Broadway Musicals, you get the story and the music, as well—and not only in the examples expertly played by Professor Messenger at the piano to illustrate insights, techniques, or subtleties of composition. Please join us for this 16 week course. Each video is 30 minutes long and the same lecture is shown on both Mondays and Tuesdays , **beginning October 12th at 11 a.m.**



Gothic &



Ghostly Movie



Matinee



Join us on Friday afternoons at 1:00pm in the Heritage Room as we explore the chilling and the fantastical this spooky holiday season. We will feature everything from classic gothic haunted mansions to ghostly spouses and even a trip to the underworld in this October lineup:

Suspicion (1941): Hitchcock classic gothic wherein a wealthy woman suspects her husband is trying to murder her, starring Cary Grant and Joan Fontaine.

Jane Eyre (1997): BBC version of the Bronte novel about a governess who softens the heart of her employer, only to find out the terrible secret he is hiding.

Blithe Spirit (1945): Rex Harrison stars as a novelist whose second marriage is disrupted when the ghost of his first wife appears during a séance and begins to cause mischief.

The Ghost and Mrs. Muir (1947): A widow develops a friendship with the ghost of a cantankerous sea captain who haunts her seaside house.

Heaven Can Wait (1943): An aged former playboy has died and gone to hell, but the ruler of the realm of darkness isn't convinced he's come to the right place.



Be prepared to celebrate Halloween with a spine chilling treat! As our Wednesday special drink, we will be serving Ghoulish Grape Frosties, with or without a vodka kick! Check for the flyer in your basket and get ready for a screamingly delicious taste delight.





Reverse Trick or Treat Day



On Wednesday, October 28th we will eat, drink and be scary! We're devoting this day to all things spooky and sweet. Beginning in the morning, score an apple cider donut from the solarium's breakfast or stop by the heritage room to grab one to-go. A creepy apple cider bar will be in the heritage room all day long, as well. Our theme this year is 'classic' Halloween. Look for ghosts, witches, Frankenstein, Jack O' Lanterns and all forms of nostalgic and vintage Halloween décor.

Beginning at 1 p.m. staff is invited to haunt the halls in their best Halloween costume during our, "Reverse Trick or Treat" event. Staff will deliver treat bags to residents. Hopefully you catch some costumes throughout the day because we are having a costume contest! Winner takes home a \$30 gift card! Costume participants can write their name down in the heritage room for official entry by noon. A committee of three will pick the winner!

Pumpkin painting, coloring contests, spooky operas and movies are also things to look forward too this month. Happy October!!

A Halloween Special

An evening of haunting plays



Our very own, talented, Nancy Ray has been working with a few local collaborators in the theater world to bring the community a set of Halloween plays, virtually to our Heritage Room. *The Halloween Special* is a set of 6 live plays and poetry with the time slot of a one hour long performance, all together. Each play or writing is original and acted or written by both local and national artists. **Please join us, Friday, October 23rd in the Heritage room at 8 p.m. for this exciting presentation.**

