



"When witches go riding, and black cats are seen, the moon laughs and whispers, 'tis near Halloween." ~Unknown



This month we will be celebrating the eerie and the fantastical as majestic Fall ushers in Halloween! As with many holidays, Halloween is rooted in our agricultural past, marking the end of harvesttime and the beginning of the new year. The origin of Halloween and many of its customs can be traced to Samhain, an ancient pagan Celtic festival that is Gaelic for “summer’s end,” a day to bid good-bye to warmth and light. It marks the end of the harvest season and the start of winter (the darker “half” of the year). Believed by the ancient Celts to be a liminal time when the veil between the worlds of the living and the dead was at its thinnest, Samhain was the ideal time to communicate with the deceased and to divine the future. We will commemorate the holiday with several activities that explore the variety of mystical and arcane aspects associated with this season. We will travel into the mythos of dreaming, investigate a true crime of the century, and enjoy some Halloween movies and music. Lastly, at the end of the month, we will have a Halloween party full of ghoulish delights on **Monday, October 31st at 2:00 p.m.** Come celebrate this magical season with your May-fair friends!

October will mark the start of a new Great Courses lecture series, *The 23 Greatest Solo Piano Works*, on **Monday, October 11th at 11:00 a.m. in the Heritage Room**. As a solo concert instrument, the piano enjoys an unrivaled popularity in Western music. Capable of a vast sonic range, from ethereal softness to thundering grandeur, its appeal is global and seemingly eternal.

Professor Robert Greenberg will provide an in-depth exploration of the solo piano works he considers to be among the most exceptional landmarks in the literature. These works will represent the selections of an internationally respected composer and music historian, carefully chosen to highlight the most significant compositional and pianistic achievements in the solo piano repertoire. Join us for an instructive and fun 23 weeks!



# Why Do We Dream?

Why do we have dreams — and what do they all mean? Why humans dream remains one of behavioral science's great unanswered questions. Dreams are the stories the brain tells during the REM (rapid eye movement) stage of sleep. Over a lifetime, a person may dream for five or six full years! While much remains uncertain about dreaming, many experts have developed theories about the purpose of dreams, with new empirical research providing greater clarity. We will have donuts and pumpkin spice tea available, so join us as we journey into the fascinating world of dreaming on **Thursday, October 6th at 11:00 a.m. in the Heritage Room.**



## HALLOWEEN PIANO WITH ANN

Mayfair's piano virtuoso, Ann Smith, will perform a collection of classical and contemporary Halloween themed pieces to help get us in the mood for this spine-chilling holiday. Join us in the **Library on Saturday, October 29th at 4:00 p.m.** for a spooky good time!



## Learning Bites

Unsolved murders are strangely compelling and this month we will delve into one of the best-known and most debated murder cases in history, the murder of the Russian Tsar Nicholas and other Romanovs at the hands of the Bolsheviks. For more than a century, the facts of this murder have been dissected and debated. As you will learn, time has added few facts but plenty of speculation and myth. Learn more on **Thursday, October 13th at 11:00 a.m. in the Heritage Room.**



## Gothic Movie Fest

Join us on **Tuesday evenings at 6:30 p.m. in the Heritage Room** as we explore the chilling and the thrilling this spooky holiday season. We will feature everything from classic gothic haunted mansions to murder mystery noir in this October lineup:

### **October 4th: Jane Eyre (1944)**

An orphaned governess who softens the heart of her employer soon discovers that he's hiding a terrible secret.

### **October 11th: Night of the Hunter (1955)**

A religious fanatic marries a gullible widow whose young children are reluctant to tell him where their real daddy hid the \$10,000 he'd stolen in a robbery—a southern gothic masterpiece.

### **October 18th: Gaslight (1944)**

Years after her aunt was murdered in her home, a young woman moves back into the house with her new husband and notices strange goings-on.

### **October 25th: Rebecca (1940)**

A young newlywed arrives at her husband's imposing family estate and finds herself battling the shadow of his first wife, Rebecca.

# Cultivate a Healthy Brain

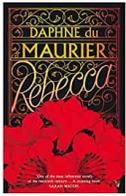
*Choose something from the list below and engage in something new. It's a great way to protect your brain.*



## **WORD GAMES & MORE! Wednesdays in October at 11:00 a.m.**

Join us to give your brain a good workout with a variety of word games, trivia, and crossword puzzles. We will change-up games each week to give us a challenge— if you have an idea for a fun brain teaser, let us know and we will be happy to put it into rotation. Please join us for coffee, conversation, and fun!

## **BOOK CLUB: Thursday October 27th, 11:00 a.m.** October book club will feature *Rebecca* by *Daphne Du Maurier*.



This gothic classic novel is a psychological thriller that depicts an unnamed young woman who impetuously marries a wealthy widower, before discovering that both he and his household are haunted by the memory of his late first wife, the title character. An international bestseller that has never gone out of print, *Rebecca* is the haunting story of a young girl consumed by love and the struggle to find her identity.

**Join us in the Library.**

## **BLACKJACK: Fridays in October 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 October 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 *eldritch*, which means weird, sinister, or ghostly. This game will have your brain whirling and the friends you see in this group are sure to bring a smile. Please join us!

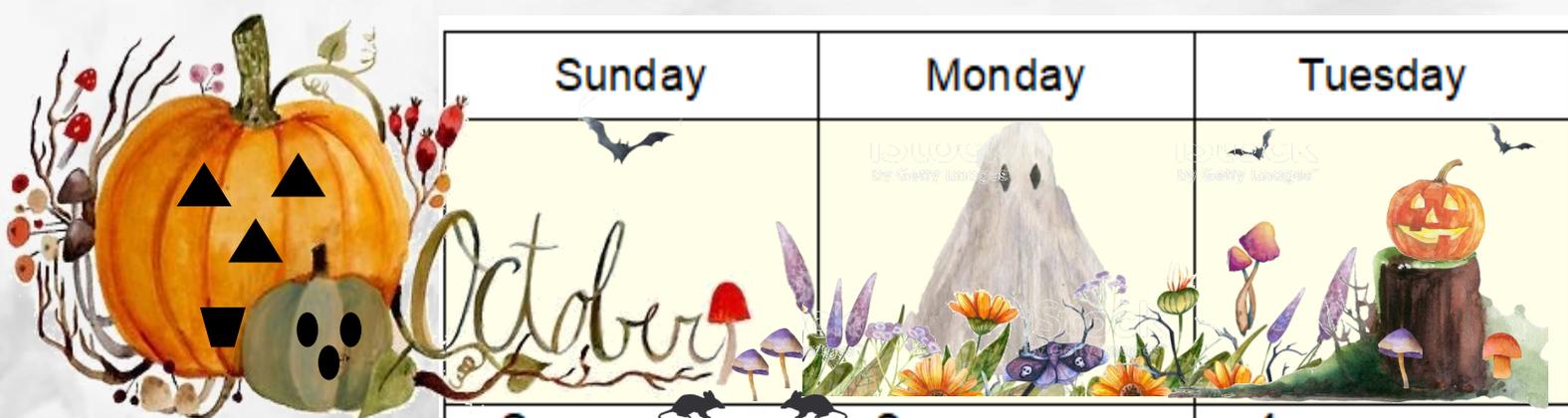
## **READER'S THEATER: Thursday, October 20th at 11:00 a.m.**

This month we will be reading *Almost the Bride of Dracula*. The poor Count is only 580 years old and his mother is constantly after him to find a nice girl and settle down. We see the Count during interludes with Donna, the devout Catholic beauty who expects him to convert; Lisa, the attractive four-time widow whose husbands all met grisly ends; and Becky, the tangy Texas tease who's only leading him on. Join us to read a part or have fun watching in the peanut gallery!

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

**NEW GREAT COURSES STARTS ON Monday, October 10th.**

The 23 Greatest Solo Piano Works will provide an in-depth exploration of the solo piano works considered to be among the most exceptional landmarks in the literature. These works will represent the selections of an internationally respected composer and music historian, carefully chosen to highlight the most significant compositional and pianistic achievements in the solo piano repertoire. Every class is stand alone, so please join us whenever possible for these 30 minute doses of culture!



Sunday	Monday	Tuesday
<p><b>2</b></p> <p>11:00AM SELF-GUIDED FITNESS 1:00PM CHURCH SERVICE 6:00PM SUNDAY SERIES</p>	<p><b>3</b></p> <p>9:30AM EXERCISE W/ LAURA 11:00AM GREAT COURSES 2:00PM SPANISH 4:00PM HAPPY HOUR 6:30PM DOCUMENTARY</p>	<p><b>4</b></p> <p>11:00AM SEWING CIRCLE 11:00AM GREAT COURSES 1:00PM DEVOTIONALS 2:00PM BINGO 3:00PM LCR 6:30PM GOTHIC MOVIE</p> <p><i>The Sewing Circle</i></p>
<p><b>9</b></p> <p>11:00AM SELF-GUIDED FITNESS 1:00PM CHURCH SERVICE 6:00PM SUNDAY SERIES</p>	<p><b>10</b></p> <p>9:30AM EXERCISE W/ LAURA 11:00AM NEW GREAT COURSES 2:00PM SPANISH 4:00PM HAPPY HOUR 6:30PM DOCUMENTARY</p>	<p><b>11</b></p> <p>11:00AM GREAT COURSES 1:00PM DEVOTIONALS 2:00PM BINGO 3:00PM LCR 6:30PM GOTHIC MOVIE</p>
<p><b>16</b></p> <p>11:00AM SELF-GUIDED FITNESS 1:00PM CHURCH SERVICE 6:00PM SUNDAY SERIES</p>	<p><b>17</b></p> <p>9:30AM EXERCISE W/ LAURA 11:00AM GREAT COURSES 2:00PM SPANISH 4:00PM HAPPY HOUR 6:30PM DOCUMENTARY</p>	<p><b>18</b></p> <p>11:00AM SEWING CIRCLE 11:00AM GREAT COURSES 1:00PM DEVOTIONALS 2:00PM BINGO 3:00PM LCR 6:30PM GOTHIC MOVIE</p> <p><i>The Sewing Circle</i></p>
<p><b>23</b></p> <p>11:00AM SELF-GUIDED FITNESS 1:00PM CHURCH SERVICE 6:00PM SUNDAY SERIES</p>	<p><b>24</b></p> <p>9:30AM EXERCISE W/ LAURA 11:00AM GREAT COURSES 4:00PM HAPPY HOUR 6:30PM DOCUMENTARY</p>	<p><b>25</b></p> <p>11:00AM GREAT COURSES 1:00PM DEVOTIONALS 2:00PM BINGO 3:00PM LCR 6:30PM GOTHIC MOVIE</p>
<b>HALLOWEEN</b>		
<p><b>30</b></p> <p>11:00AM SELF-GUIDED FITNESS 1:00PM CHURCH SERVICE 6:00PM SUNDAY SERIES</p>	<p><b>31</b></p> <p>9:30AM EXERCISE W/ LAURA 11:00AM GREAT COURSES 2:00PM HALLOWEEN PARTY 6:30PM HALLOWEEN MOVIE</p>	



Wednesday	Thursday	Friday	Saturday
			<p><b>1</b> 12:00PM UK FOOTBALL 6:30PM SATURDAY SERIES</p>
<p><b>5</b> 9:30AM EXERCISE W/LAURA 11:00AM WORD GAMES 2:00PM SOCIAL 3:45PM WINE CLASS 6:30PM WEDNESDAY SERIES</p>	<p><b>6</b> 9:30AM EXERCISE VIDEO 10:00AM KROGER 11:00AM WHY DO WE DREAM? 2:00PM BINGO 4:00PM HAPPY HOUR 6:30PM MASTERPIECE SHOW</p>	<p><b>7</b> 9:30AM EXERCISE VIDEO 11:00AM FREE RICE 1:00PM CHAIR YOGA 3:00PM BLACKJACK 6:30PM MOVIE NIGHT</p> 	<p><b>8</b> 1:00PM LCR 2:00PM MATINEE 4:00PM PIANO WITH ANN 6:30PM SATURDAY SERIES 7:30PM UK FOOTBALL</p>
<p><b>12</b> 9:30AM EXERCISE W/LAURA 11:00AM WORD GAMES 2:00PM TALKING WITH THERAPY 4:00PM VIRTUAL PIANO RECITAL 6:30PM WEDNESDAY SERIES</p> 	<p><b>13</b> 9:30AM EXERCISE VIDEO 10:00AM KROGER 11:00AM LEARNING BITES 2:00PM BINGO 4:00PM HAPPY HOUR 6:30PM MASTERPIECE SHOW</p> 	<p><b>14</b> 9:30AM EXERCISE VIDEO 11:00AM FREE RICE 1:00PM CHAIR YOGA 3:00PM BLACKJACK 6:30PM MOVIE NIGHT</p>	<p><b>15</b> 9:00AM UK FOOTBALL TBD 1:00PM LCR 2:00PM MATINEE 4:00PM PIANO WITH ANN 6:30PM SATURDAY SERIES</p>
<p><b>19</b> 9:30AM EXERCISE W/LAURA 11:00AM WORD GAMES 2:00PM WITCH SOCIAL 6:30PM WEDNESDAY SERIES</p> 	<p><b>20</b> 9:30AM EXERCISE VIDEO 10:00AM KROGER 11:00AM READERS THEATER 2:00PM BINGO 4:00PM HAPPY HOUR 6:30PM MASTERPIECE SHOW</p> 	<p><b>21</b> 9:30AM EXERCISE VIDEO 11:00AM FREE RICE 1:00PM CHAIR YOGA 3:00PM BLACKJACK 6:30PM MOVIE NIGHT</p>	<p><b>22</b> 1:00PM LCR 2:00PM MATINEE 4:00PM PIANO WITH ANN 6:30PM SATURDAY SERIES</p> 
<p><b>26</b> 9:30AM EXERCISE W/LAURA 11:00AM WORD GAMES 2:00PM SOCIAL 6:30PM WEDNESDAY SERIES</p>	<p><b>27</b> 9:30AM EXERCISE VIDEO 10:00AM KROGER 11:00AM BOOK CLUB 2:00PM BINGO 4:00PM HAPPY HOUR 6:30PM MASTERPIECE SHOW</p> 	<p><b>28</b> 9:30AM EXERCISE VIDEO 11:00AM FREE RICE 1:00PM CHAIR YOGA 3:00PM BLACKJACK 6:30PM MOVIE NIGHT</p>	<p><b>29</b> 9:00AM UK FOOTBALL TBD 1:00PM LCR 2:00PM MATINEE 4:00PM SPOOKY PIANO WITH ANN 6:30PM SATURDAY SERIES</p>

All Activities are subject to change.



# Food for Thought

*Judy Potts*

## October Delights!

**October Dietary is the kick-off to heartier dishes, thoughts of comfort foods, changing produce and a whirlwind entrance into the holidays!**

We will focus on a new crop of apples, pumpkins, gourds, squash and a world of root vegetables.

Wednesdays we will explore local bakeries and their offerings for October to include Nothing Bundt Cakes, Magee's, European Delights and Gigi's Cupcakes.

Sunday Brunch will offer Bloody Marys – spiked or not.

We will delve into the warm and toasty with lamb, roasted chicken, duck confit, chowders, hot chocolate, Irish Coffee, red wines and a choice of delicious new desserts.

**As always, if you have any suggestions please let us know!**



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!

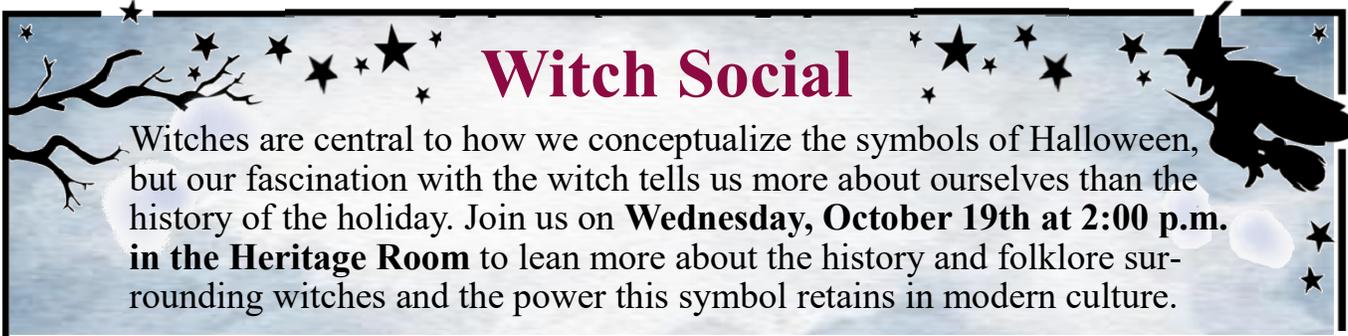
# [www.mayfairseniors.com](http://www.mayfairseniors.com)



# Talking with Therapy

## “Dementia and Alzheimer’s”

This month’s **Talking with Therapy** will focus on brain health and will offer an in-depth look at dementia and Alzheimer’s Disease. We will discuss what normal aging looks like and what you can do to improve your brain function. Please join us on **Wednesday, October 12th at 2:00 p.m. in the Heritage Room** to learn more about this topic.



### Witch Social

Witches are central to how we conceptualize the symbols of Halloween, but our fascination with the witch tells us more about ourselves than the history of the holiday. Join us on **Wednesday, October 19th at 2:00 p.m. in the Heritage Room** to learn more about the history and folklore surrounding witches and the power this symbol retains in modern culture.



### Piano Duets

Join us for a special, virtual concert of duets performed by Nancie Field and her friend, Audrey Booher. Nancie plays the bass parts, while Audrey tickles the ivories on the treble sections. They will delight us on **Wednesday, October 12th at 4:00 p.m.** in the Heritage Room. We will serve cocktails at this soiree so join us for a magical time!



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

#### Residents

- Frances Barr
- Jody Bosomworth
- Anne McFadden
- Jane Michler
- Mellana Slusher
- Isabel Yates



#### Employees

- Mindy Centers
- Jane Dillon
- Bobby Johnson
- Michele Lunsford
- Phil Roll

## Upcoming Special Events:

10/04/22 6:30 p.m. Gothic Movie  
10/06/22 11:00 a.m. Dream Lecture  
10/10/22 11:00 a.m. New Great Courses  
10/11/22 6:30 p.m. Gothic Movie  
10/12/22 2:00 p.m. Talking w/Therapy  
10/12/22 4:00 p.m. Piano Duets  
10/13/22 11:00 a.m. Leaning Bites  
10/18/22 6:30 p.m. Gothic Movie  
10/19/22 2:00 p.m. Witch Social  
10/20/22 11:00 a.m. Reader's Theater  
10/25/22 6:30 p.m. Gothic Movie  
10/27/22 2:00 p.m. Book Club  
10/29/22 4:00 p.m. Spooky Piano  
10/31/22 2:00 p.m. Halloween Party  
10/31/22 6:30 p.m. Halloween Movie

## Regular Weekday Activities:

**Monday:** Exercise with Laura, Great Courses, Spanish, Happy Hour, Documentary

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

**Wednesday:** Exercise with Laura, Word Games, Social, Wednesday Show

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

**Friday:** Exercise Video, Free Rice, Chair Yoga, Blackjack, Friday Flick

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

**Sunday:** Self-Guided Fitness, Sunday Service, Sunday Series

Mayfair Village Retirement Center  
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Lexington, KY 40502

HAPPY  
HALLOWEEN!



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