

**January 2020**

# Another New Year

*By Bill Hylton*

Well, it happened again! A new year has begun. 2019 is now relegated to the history books. It has been a great year at Mayfair Village and an exciting one is anticipated for 2020. A common theme at the beginning of a new year often revolves around how much has changed, especially as we look back over our lives. One example is the way we communicate (think smart phones and watches, computers, many other electronic devices) and the stressful effect these ever-changing modes of electronics can have on our lives. It seems as if life is more complicated now, and that it's more difficult to slow down and enjoy each other in a relaxed and spontaneous way.

Since it is important, however, to “keep up with the times,” basic classes and programs are offered at Mayfair so that those who are interested can stay updated as changes and new ways of doing things occur. Our goal is to promote an environment that encourages both staying relevant with the times, but at the same time maintaining an easy and relaxed atmosphere that encourages interaction with friends and family. On December 22<sup>nd</sup>, Our Mayfair “Village Voices” choral group, made up of residents and staff, performed an amazing and inspiring holiday program of music in the Heritage Room attended by an overflow crowd of residents, staff, family and friends. This is just one example of how we try to facilitate an environment that promotes an easy and relaxed atmosphere.

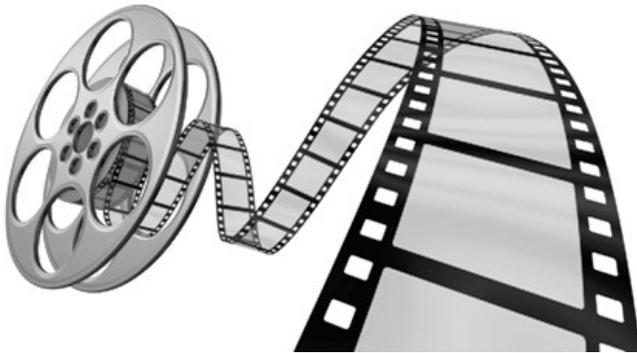
In 2020, Mayfair will celebrate its 35<sup>th</sup> anniversary as a Retirement/Personal Care community in Lexington. As a community of residents and staff, we are excited and look forward with great anticipation to what the new year has in store for us. Mayfair for many years has been considered a premier Retirement/Personal Care community and we want to continue earning that reputation. We hope to accomplish this through attention to detail and providing quality service in every aspect of our community, always taking the residents' needs and desires into consideration.

We invite *Village Voice* readers in the Lexington area to come see us. We would love to start the new year with a visit from you, and believe that you would sense something unique about our community. We can be reached at (859) 266-2129.

# Mayfair Movie Club

*By Sharye Davis*

Beginning in January we will be starting up a movie club at Mayfair Village! We plan on screening a film one Tuesday night during the month, then meeting the following Wednesday to discuss the movie. The first screening will be the movie *Tea With Mussolini* which is an Anglo-Italian semi-autobiographical film directed by Franco Zeffirelli telling the story of a young Italian boy's upbringing by a circle of British and American women before and during the Second World War. The film will be screened on Tuesday, January 28th in the Heritage Room and we will meet the following Wednesday, January 29th at 4:30 pm, also in the Heritage Room. Please join us as we kick-off movie club with a cup of tea or glass of wine while enjoying the company of friends!



## NEWCOMER'S COFFEE

*By Karen Weckman*



Join us on Thursday, January 2nd, at 10:30 a.m. in the Heritage Room for our bi-monthly Newcomer's Coffee. This is a great opportunity for 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 2nd for this fun and informative gathering.



# Rx For 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. Guests are always welcome.*

**LUNCH BUNCH: Thursday, January 23rd , 10:45 a.m.**

A New Year calls for a brand new, highly rated restaurant! We will travel to High Street, downtown and enjoy **Ranada's Bistro + Bar**. Let's meet in the basement early, to get there by 11 a.m. when the doors open. The menu of special apps like Irish Eggrolls or Fried Ravioli, plus soups, salads and sandwiches all with a gourmet and fresh flavor will be sure to please! Please sign up in the Concierge Office

**READER'S THEATER: Monday, January 27th, 1:30 p.m.**

This activity is just the thing for someone who loves theater. Copies of a play are given out. Everyone chooses a part and then we read it aloud as a group. This is a great opportunity to learn something new or revisit an old passion. This month's play, If you don't want to participate by reading, you can be a part of our *peanut gallery*. For more information, contact Stephanie.

**JOURNAL WITH JAN: Wednesday, January 29th, 1 p.m.**

Once a month, Jan Isenhour, the former director of the Carnegie Center in Lexington shares her extensive experience in journaling with our residents at Mayfair Village. This class is about sharing memories. One of our residents recently remarked that by sharing anecdotal episodes from her life, she is creating a gift for her children. This class meets in the Village library. For more information call 859-266-2129 or talk to Stephanie.

**BOOK GROUP DISCUSSION: Thursday, January 30th, 6:30 p.m.**

This month we will be reading *The Prize Winner of Defiance, Ohio* by Terry Ryan. This book has been described by Patricia Cornwell as *a wonderful snapshot of mid-twentieth-century America-a heart-warming, marvelous story that deserves its place alongside the best non-fiction in modern literature*. For more information about this activity, contact Stephanie.

**THEATER OUTING: Sunday, February 2nd, 1:15 pm. Tickets are \$22.00**

The show starts at 2 p.m. at Woodford Theatre. We will meet in the basement to depart by 1:15 p.m. The show is *Shakespeare in Love* by Marc Norman and Ton Stoppard and adapted for the stage by Lee Hall, with music by Paddy Cunneen. A tale about a fictional relationship between William Shakespeare and a young woman who poses as a man in order to star in one of the writer's plays.

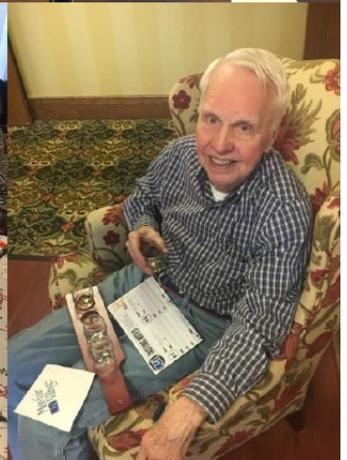
**LUNCH & LEARN: Mondays in January, 12:00 p.m.**

Our course continues throughout this month for the *Wonders of the National Parks: A Geology of North America*. Each session is comprised of a stand-alone classes of 30 minute videos taught by Geologist Ford Cochran. Cochran is also the Program Director for *National Geographic*. . This course provides in-depth insights, intriguing perspectives, and riveting little-known facts about these treasured places that you won't find simply by driving through them. Please call us today and sign-up by Sunday, if you would like to have lunch while you learn!

# So Many Memories Made in 2019!



# We Can't Wait for 2020 Adventures...



# Community News

## Religious Services at Mayfair

Fr. Mark Ouma from the Cathedral of Christ the King will be here to say Mass on Tuesday, January 21st at 10:30 a.m.

The Reverend Hendree Harrison from The Church of the Good Shepherd, will be here to celebrate Communion in the library at Mayfair Village on Wednesday, January 8th and January 22nd at 3:30 p.m. Join us following the service for coffee and conversation.

Every Sunday at 3:30 p.m. a representative from Trinity Hill United Methodist Church has a Vespers Service at Mayfair Village followed by coffee & conversation.

These services are open to anyone from the community. Call 266-2129.

## Visit Mayfair Village

Are you considering retirement living for yourself or someone you are close to? Here at Mayfair Village we have studios, 1-bedroom and 2-bedroom independent apartment homes, as well as personal care apartments for anyone requiring additional assistance. Transportation, restaurant-style dining, and a lively activities program are only a few of the amenities we offer at Mayfair Village.

Call Jessica Sweeney or Bill Hylton at 266-2129 to schedule a personal tour. You are also welcome to visit our web site at [www.mayfairseniors.com](http://www.mayfairseniors.com) for a description of our lovely community and a complete list of activities and special events.



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

# PWR! & Pizza with MOTION

By Laura Brock



PWR! (**power**) is an exercise revolution which helps people get better and stay better through exercise. The PWR! program focuses on specific muscle groups that often deteriorate, leading to the loss of mobility and function. I will demonstrate a fitness routine which is composed of four moves. These moves are the building blocks for everyday activities and are performed with attention to action. I can explain all of this and more in our demonstration. Come learn what PWR! Can add to your life and how **MOTION PT** can help you increase function, reduce fall risk and improve your overall feeling of health and well- being.

**On Sunday, January 12th at 4:45 p.m.** in the Heritage Room. Myself, Laura from our resident Motion PT Physical Therapy Office will guide you in a 10 minute routine, which can be done sitting or standing. These are exercises that you can learn and take home with you! Once we have burned some calories, we will replenish them with pizza and a pop or beer! This event is free and open to our residents and readers, please join us!

## Happy Birthday!

Join us on Wednesday, January 15th at 2 p.m. for our monthly birthday celebration followed by *The Price is Right* game at 2:30 p.m.

### Residents

Helen Bradley  
Janie Collins  
Dale Allen  
Ann Smith  
Blanche Padgett  
Pat Render  
Bill Perrine



### Employees

Georgetta Richardson  
Linda White

## Upcoming Special Events:

1/02/20 10:30 a.m. New Comer's Coffee  
1/03/20 2:00 p.m. 2nd Floor Social  
1/08/20 2:00 p.m. Milkshake Social  
1/08/20 3:30 p.m. GSEC Communion  
1/06/20 12:00 p.m. Lunch and Learn  
1/07/20 9 p.m. UK vs. Georgia Basketball  
1/11/20 12 p.m. GSEC Communion  
1/12/20 4:45 p.m. PWR! & Pizza w/Motion  
1/15/20 2:00 p.m. Birthday Social  
1/15/20 2:30 p.m. The Price is Right  
1/15/20 3:30 p.m. Loren Tice Program  
1/16/20 7 p.m. Modern Movie Night  
1/20/20 7 p.m. The Crown Series  
1/21/20 10:30 a.m. Catholic Mass  
1/22/20 3:30 p.m. GSEC Communion  
1/23/20 10:45 a.m. Lunch Bunch  
1/27/20 1:30 p.m. Reader's Theater  
1/28/20 7 p.m. Movie Club Film  
1/29/20 4:30 p.m. Movie Club Discussion  
1/29/20 1:00 p.m. Journal with Jan  
1/30/20 6:30 p.m. Book Group Discussion

## Regular Weekday Activities:

**Monday:** Exercise, Lunch and Learn, Walking Club, iPad Class, Spanish Class

**Tuesday:** Silver Sneakers, Yoga, Errands, Bible Study, Bingo, Happy Hour

**Wednesday:** Exercise, Social, Spanish Class, Encore Movie Night

**Thursday:** Silver Sneakers, Grocery Shopping, Blackjack, Yoga, Bingo, New Release Movie Night

**Friday:** Exercise, Free Rice, Scrabble, Spanish Class, Happy Hour, Movie

**Saturday:** Grocery Shopping, Games, Hit Netflix Show, Mysteries at the Museum

**Sunday:** Vespers, Coffee Hour, Movie

Mayfair Village Retirement Center  
3310 Tates Creek Road  
Lexington, KY 40502



Sharon Davis - Executive Director  
Jessica Sweeney - Marketing Director  
(859) 266-2129