

# MAYFLOWER GARDENS

retirement community

6570 W. Avenue L-12, Lancaster, CA 93536 661-943-3228



## Mayflower Gardens Retirement Community

Monday - Saturday 9 a.m.-5 p.m.  
Sunday 10 a.m.-4 p.m.

### Your Friendly Staff - Mayflower I

Briana Larkin ..... Executive Director  
Ian Dasmariñas ..... Business Office Manager  
Ashley Yarman ..... Marketing Director  
Regina Carvalho ..... Café Manager  
Heather Flores ..... Activities Director  
Tony Filinow ..... Maintenance Supervisor  
Crystal Manzo ..... Maintenance Office Admin  
Charmaine Langley ..... Accounting Assistant  
Gabe Maldonado ..... Leasing Consultant

### Important Phone Numbers

Mayflower I Office ..... 661-943-3228  
MG Convalescent Hospital ..... 661-943-3212  
Beauty Salon ..... 661-943-3131  
The Market Place ... Mon-Fri 661-943-3228 x110  
Mayflower Treasures ... Mon-Wed 661-943-0348  
Resident Services Mayflower I ..... 661-902-6108  
Mayflower II Office ..... 661-722-8383  
Harshfield Terrace Office ..... 661-718-1775

### Mayflower Café

Sunday-Thursday,  
8am-1:30pm...661-943-9478

### Mayflower Gardens Maintenance Department

Mon - Fri. 8 am to 4:30 pm 661-943-2523  
After-Hours Emergency 661-943-2523

### First Valley Medical Group

Monday-Friday 8:00am - 5:00pm  
661-728-1500

## September 2020

### Greetings From the Executive Director

"Difficult roads often lead to beautiful destinations."  
-Anonymous. And, with these unprecedented and often extremely difficult times in regards to the current COVID-19 pandemic, we want our residents to know that we are always here to assist them in any way that we can! Feel free to reach out to myself or any other members of our Mayflower team, and we will do whatever we can to assist you during these troubling times! Together we are "Mayflower Strong!"

- Briana Larkin



### Annual End of Summer BBQ

This event is for all current Mayflower I, II & Harshfield residents. Meals are "Pickup and Go" only. To reduce foot traffic, a schedule of time frames for pickup will be delivered to residents by Sept. 15th, and residents must pick up during their scheduled times. Face masks must be worn during pickup, and we ask that all residents practice social distancing and refrain from lingering during BBQ pickup.

**When:** Friday, September 18th, 2020

**Where:** Mayflower Gardens Front Courtyard

**Time:** Starting at 11:00 am

**Cost:** Free

Reservations are required and must be made by calling the office no later than Friday, September 11th, to reserve your BBQ lunch! See insert for more details!

**MAYFLOWER TREASURES  
DONATION CENTER  
TREASURES FURNITURE**

(661) 943-0348

*Treasures Thrift Store is currently  
not accepting donations at  
this time!*

**PIONEER CLUB  
ACTIVITIES AND NEWS**

**Pioneer Club September  
Craft Kit!**



September 22nd is the first day of autumn. What better way to celebrate than by spending the afternoon creating a wonderful Fall Terracotta Apple Pot. Craft kit includes terracotta pot w/bottom, red paint, paint brush, wooden knob, and some green fabric to create a few decorative leaves. One can be delivered directly to your apartment on the first day of autumn by placing a \$5 payment in an envelope marked "September Craft" with your name & apartment number by Friday, September 18th, 2020! If paying by check, please make it out to Mayflower Gardens Pioneer Club.



Please ensure that your name/apartment number are written on all of your checks; this includes your rent, maintenance, mini mart or café bills. Also, please do not drop off rent checks to the office before the last day of the previous month.

Thank you much,  
Your Mayflower Accounting  
Office!



**International Day  
of Peace!**

September 21st is known as the International Day of Peace.

People often celebrate by partaking in random moments of silence, going on peace walks, or volunteering in their community. Picking up trash laying around, helping a friend, or cooking a tasty treat for a neighbor are just a few ideas you may wish to try on this day of peace!



**Recipe Scavenger  
Hunt Winner!**

Constance Snodgrass, thank you for completing our recipe scavenger hunt. One of your recipes may even appear in a future Gazette!

**Independence Day  
Trivia Winner!**

Congratulations, Barbara Johnson; a free meal from our Café awaits you! Thanks for playing!



**"Falling Into Spirit"**

Sept. 22nd is the first day of autumn! Let's celebrate and decorate our windows & doors! Friday, Sept. 25th, Mayflower Management will tour the community in search of the most "Fall Spirited Decor." Winner will receive a \$25 gift card for the café and be announced on the first week of October Weekly Menu!





It's time for some Labor Day Trivia Questions! Be the first to jot down all five correct answers, place them into an envelope with your name and apartment number, and turn it into the office for a chance to win a free meal at the café!

- 1) When is Labor Day celebrated each year?
- 2) Where was the first Labor Day Parade held?
- 3) What was the date of the first Labor Day Parade?

4) What state was the first to make Labor Day an official holiday?

5) In what year was Labor Day first officially declared a holiday?

6) Which President signed the bill to make Labor Day a Federal Holiday?

7) What year did this president sign the bill to make Labor day a Federal Holiday?

8) According to the Age-old Fashion Rule, Labor Day is the last day of the year that you can wear what?



### Photo/Magazine Scavenger Hunt!

Time to look through your old photos and see just how many items you can find on our scavenger hunt list. For those who do not want to turn in personal photos or may not have listed items available in your photos, feel free to comb through magazines, newspapers or old gazettes to find these

items. Whoever finds the most pictures in the fastest amount of time wins a \$25 gift card for the café. So commence your search, place photos in an envelope with your name and apartment number on it, and bring to the office as quickly as you can!

Ready, Set, Go!

- 1) Red Truck
- 2) Fire Hydrant
- 3) Someone Waving
- 4) Motorcycle
- 5) The Number 3
- 6) Street Sign
- 7) The Letter Z
- 8) Basketball Hoop
- 9) A For Sale Sign
- 10) Something Orange

**Happy Hunting!**

### September: "Month of the Apples!"



#### Baked Apples filled with Sausage





















- 1 lb. bulk sausage
- 6 large tart baking apples
- 2 Tbsp. brown sugar
- 1 tsp. ground cinnamon
- 1/4 tsp. grated lemon rind
- 1/4 c. chopped figs

\*a little extra brown sugar, cinnamon, grated lemon, or chopped figs for topping too.\*

Preheat oven to 375° F. Brown the sausage in a large skillet. Wash the apples and cut a slice from the tops. Scoop out the flesh, leaving shells 1/2" thick. Cut the flesh from the cores and chop it. Add the chopped apple, brown sugar, cinnamon, lemon rind, and figs to the sausage and mix well. Fill the apple shells with the mixture. Sprinkle the tops with brown sugar, cinnamon, grated lemon rind, or chopped figs. Place in a baking dish, cover, and bake until tender, about 40 minutes. Allow to cool slightly, and enjoy!



# September 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Garden of Beauty Salon</b> Our "Garden of Beauty" Salon is temporarily closed in response to the COVID-19 pandemic. Just as soon as it is safe to reopen, they will begin to take appointments. Please, stay tuned Mayflower Residents!	1 9:00 <b>MP</b> Food Bank	2 <b>Mayflower Community-Wide Bingo!</b> Hey Everyone, just a friendly reminder that in August we started our Community Bingo! If you would like to play, call the office for details! Pictures of some of the potential prize winnings (baskets) are featured in this calendar. Good Luck!	3 Why did the Espresso keep checking his watch? ***** Because he was pressed for time!	4 8:00 <b>MP</b> Coffee & Donuts	<b>Vitas Healthcare Can Help</b> Have you been diagnosed with a life-limiting illness? Vitas can provide for all your hospice needs. Give us a call and let us help! <b>800-938-4827</b> 
	7 <b>HAPPY LABOR DAY!</b>				11 8:00 <b>MP</b> Coffee & Donuts	
13 <b>National Grandparents Day</b> 	14  <p>Are you ready to BBQ?</p>	15 9:00 <b>MP</b> Food Bank	16 ★ <i>Dia de la</i> ★ INDEPENDENCIA	17 What kind of vest should you wear in the fall? ***** A Har-Vest	18  <p><b>Presenting</b> <b>OUR ANNUAL END OF SUMMER</b> "Giddy on up" to our BBQ Pick-up! Friday, September 18th starting at 11:00 am at the Mayflower Gardens Courtyard</p>	19  Rosh Hashanah
	21  <p>INTERNATIONAL PEACE DAY</p>		23 <b>Fall Decorating Contest!</b> Don't forget Residents, on Friday, September 25th, Mayflower Management will be touring the Community to seek out the most "Fall-filled Spirit" winner! So, get out your fall leaves, haystacks, pumpkins, etc., and start decorating!		25 8:00 <b>MP</b> Coffee & Donuts	
27 <b>HEALTHY AGING MONTH</b>	28 <b>Good Neighbors Day</b> 	29 9:00 <b>MP</b> Food Bank		30 What do you call a sad cup of coffee? ***** A <u>depresso</u>		



**\*\*\* CALL 911 \*\*\***

... for EMERGENCIES such as fire, gas leak or if you or your property are in *immediate* danger, such as you smell smoke, gas or suspect a fire.

**AFTER HOURS EMERGENCIES**

If there is a flood or plumbing stoppage that you cannot control, or any other maintenance emergency that cannot wait until business hours please call:

**Mayflower I**

Maintenance Emergency  
661-943-2523, 24 hours

**Mayflower II**

Maintenance Emergency  
661-722-8383

**Harshfield**

Maintenance Emergency  
661-718-1775



Ann Hoyt  
Mashell Barnes  
David Fishenich  
Eli Colvin & Ivy Berr  
Suzanne Brower  
Andrea Fonvergne  
John Mauldin  
Paul & Nancy Shonk  
**Welcome Home!**

**\*In Response to the COVID-19 pandemic, all Church Services and Bible Study programs are currently postponed for the month of September.\***



**\* Many Churches are providing services online. Please contact your Church or its Mayflower Resident Liaison to find out if & how you can attend their services online!\***

**Catholic Church Info**

*Mayflower Resident Liaison*  
Miik "Mikey" Miller  
661-448-7494

**Quartz Hill UCC Info**

Pastor Roger Plesson  
(661) 722 - 2961

**The Church of Jesus Christ of Latter Day Saints Info**

*Mayflower Resident Liaisons*  
Karen & Bruce Day

**Hope Chapel Info**

*Please contact Anita or Wanda*  
(661) 943 - 1074

**AV Reach Info**

*Mayflower Resident Liaison*  
Wanda Fox

**Find Joy Through Journaling**

Keeping a journal is a practice dating back thousands of years. In addition to preserving memories, journaling can help improve your life in other ways.

*Ease stress.* Writing down things that make you worried, angry or sad helps you to release those emotions, reducing anxiety and stress. Some people keep a gratitude journal and record reasons they are thankful, which can foster a healthy, happy perspective on life.

*Solve problems.* When you're not sure how you feel about something that's bothering you, try journaling about it. Writing

uses your left brain, allowing your right brain to free itself from mental blocks and find a clearer understanding of the situation.

*Improve relationships.* It's normal to become irritated with the people in our lives, but it's usually unwise to express it and pick a fight over every conflict. A journal is a private, safe place to vent frustrations.



## Happy Birthday Mayflower Residents!

09/01	Betty McCrillis
	Nealann Hayes
09/02	Sandra Midgley
09/03	Eli Colvin
	Veronica Lovett
09/04	Roger Plessen
09/07	Janice Arnold
09/09	Richard D Errico
	Luz Arcos
	Charles Brooks
09/10	Linda Mehl
09/14	Jean Massey
	Diana Wright
	Josie Macadangdang
09/15	Janice Anderson
	Rosemary Cohen
	Elizabeth Brown
09/17	Barbara DeVaux
	Jacqueline Young
	Patricia Royce
09/18	Lisa Levenson
09/19	Linda Ross
	Empress Collins
09/20	Nancy Miller
	Benny Surles
	JoAnne Ferranini
09/21	Oscar Rodas
	Mary Heximer
09/23	Elizabeth Plessen
09/24	Isabella Sutherland
	Milagro Pineda
09/25	BettyAnn Avery
	Kathryn Hannich
	Belinda Gill
	Thomas Williams
09/26	Judi Bagley
	Alona De Guzman
09/27	Audrey Roberts
	Mary Williams
	Sally Nash

## Happy Birthday (cont.)

09/28	Bonnie Weber
	Mary Beltran
09/29	Bonnie Davis
	Diana Cohen



Sapphire, the birthstone of September, is most desired in its pure, rich blue color but is present in almost every color including pink, yellow, and green. In the Middle Ages the gem was believed to protect those close to you from harm and also represented loyalty and trust.



## What's in Season for September?



Pears



Spinach



Peaches

- Apples
- Blackberries
- Celery
- Eggplant
- Grapes
- Peppers

- Plums
- Pomegranates
- Raspberries
- Strawberries
- Sweet Potatoes
- Tomatoes

**MICHELE'S**  
ADVANCE FUNERAL &  
CREMATION ASSISTANCE  
(661) 945-0400  
PLEASE CALL WITH ANY QUESTIONS  
OR TO SCHEDULE AN APPOINTMENT  
WE CAN MEET AT THE OFFICE OR  
WHERE YOU ARE MOST COMFORTABLE

Covering the Antelope and Santa Clarita Valleys  
**HEALTH INSURANCE**  
All Major Health Carriers  
Janet Pierson 661-212-9171  
P.O. Box 3096, Acton, CA 93561  
piersonm252@gmail.com  
TLC INSURANCE  
"The Last Campaign"

**Elite Carpet Care, Inc.**  
Carpet & Upholstery Cleaning  
Richard Aleshire  
Carpet Technician/Owner  
Truck Mounted Equipment  
Residential & Commercial  
Licensed & Insured  
(661) 726-3303

**Robert L. Plunkett**  
Attorney at Law since 1977  
Wills Trusts  
Powers of Attorney  
Probate Living Wills  
Within Walking Distance of Mayflower Gardens!  
Can Do House Calls Phone (661) 722-3585

**VITAS**  
Healthcare  
661-942-3595  
Antelope Valley's Local Choice  
for Hospice Care

Angela McClain  
Territory Sales Manager  
CK Franchising Inc.  
1 Park Plaza, Suite 300  
Irvine, CA 92614  
AngelaMcClain@corp.ComfortKeepers.com  
cell (661) 341-4227  
toll free (866) 498-5650  
**CKLife**  
BY COMFORT KEEPERS®  
www.CKLife

\*Mayflower Gardens is not affiliated with, nor guarantees the services of our advertisers.\*



# "This Month In History" SEPTEMBER

**1920:** The American Professional Football Association is formally organized at a meeting in Canton, Ohio. The league was later renamed the NFL.

**1935:** After five years of construction on the border of Nevada and Arizona, Hoover Dam is dedicated.

**1945:** On the deck of the battleship USS Missouri, anchored in Tokyo Bay, Japan formally surrenders to the Allies, ending World War II.

**1952:** The first Kentucky Fried Chicken franchise begins business in Salt Lake City. KFC has since grown into one of the world's largest fast-food chains.

**1968:** With her debut hit song "Harper Valley PTA," Jeannie C. Riley becomes the first woman to top both the country and pop music charts.

**1976:** "The Muppet Show" premieres, bringing a cast of puppets to prime-time TV.

**1988:** Stacy Allison of Oregon is the first American woman to reach the summit of Mount Everest, the Earth's tallest mountain.

**1996:** Daytime talk show host Oprah Winfrey launches her influential book club. Her first selection was the novel "The Deep End of the Ocean."

**2009:** NBA legend Michael Jordan is inducted into the Basketball Hall of Fame.

**2019:** With winds peaking at 185 mph, Hurricane Dorian goes into the record books as the most powerful hurricane to form in the Atlantic region.

## Important Reminder:

In response to the COVID-19 outbreak, all trips/activities, & Fitness Programs for the month of September are currently cancelled. Activities, Events, & Fitness Programs will resume as soon as we receive notification that it is safe to do so!

\*

## Pet Policy

We would like to remind residents that, as per the Mayflower Pet Policy, all dogs and cats must be on a leash when outside the units. Also, pet sitting for a dog or cat that does not belong to the resident is strictly prohibited. For more information concerning the Mayflower Gardens Pet Policy please contact the office.

\*

## Scooter Speeds

Many of the newer scooters are quite powerful, and it is very easy to lose control and hurt someone. Please keep your speed at a walking pace when outside. When you enter any building, the setting must be set to the lowest speed to ensure everyone's safety.

## Solicitation & Solicitors

Door-to-door solicitation is not permitted by any individual, group, or organization. Report any solicitors you see on campus to the Maintenance Department (661-943-2523).

## Vehicles & Parking

Here at Mayflower, parking is on a first come, first served basis. Residents having more than one vehicle per household are requested to be considerate of other residents when parking second vehicles.

Friends, family or visitors may park as space is available in the parking lot closest to your building.

\*Motorcycles\* are considered vehicles and must be parked in an appropriately designated parking space and not on sidewalks, in stairwells, on patios, on porches or in any other area not designated for the parking of vehicles.

**The Mayflower Office and Café will be closed Monday, September 7th, in observance of Labor Day. Maintenance will be available for emergency calls only.**