

# 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 10:30 a.m. - 4 p.m.

### Your Friendly Staff - Mayflower I

Briana Larkin	Executive Director
Ian Dasmarinas	Business Office Manager
Ashley Yarman	Marketing Director
Ashley Lopez	Restaurant Manager
Heather Flores	Activities Director
Tony Filinow	Maintenance Supervisor
Crystal Manzo	Maintenance Office Admin
Yesenia Rios	MGI Resident Services
Valeria Osorio	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 Svcs. Mayflower I	661-943-3228x107
Mayflower II Office	661-718-1775
Harshfield Terrace Office	661-718-1775

### Mayflower Café

Sun-Thurs, 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

## August 2021

### Greetings From the Executive Director

We are finally getting back on track and getting activities rockin' n rollin' again here at Mayflower Gardens, can you believe it? Though things may not be exactly as they were before, we are still planning to have some amazing activities, events, and trips in our future! We cannot wait to see everyone at our famous Karaoke Nights, Bingo Games, and more! Please be on the lookout for information on all our upcoming events in our monthly Gazettes, Call em All's or flyers.

-- Briana Larkin



### Aloha - E Hele Kaua!!! (Let's Party)

It's time to have some fun under the cool shaded trees at the Mayflower Gardens II pool area and enjoy each other's company. \*There will be no swimming on this day\*

**When:** Friday, August 20th

**Time:** 5:00 - 8:00 pm.

**Menu & Cost:** T.B.D.

There will be a live Luau performance from the "Heart of the Islands" group and Kona Ice may make an appearance. Reservations must be placed in the office no later than Friday, August 13th, to provide the café with a proper food count for ordering purposes.

## MAYFLOWER TREASURES DONATION CENTER

Treasures Hours:

(Mon - Weds) 9 a.m. - 12 p.m.

### TREASURES FURNITURE

Call for Appointment

(661) 943-0348

## PIONEER CLUB ACTIVITIES AND NEWS

### **Let's Play Bingo!**

Tuesday, 5:00 pm

Purchase games by 4:30pm. \$15 buys boards for all games. Extras are \$2 each.

### Saturday Nickel Bingo

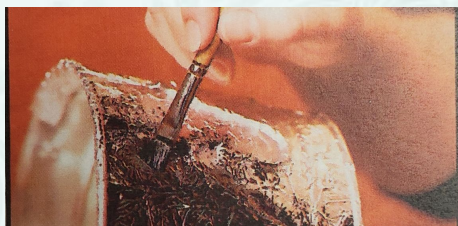
12:30 pm Most Saturdays, See Calendar.

### Coffee & Donuts

Saturdays, 8:30 a.m. in the Café.

### Treasures 1st Saturday Sale!

Will be Saturday, September 4th



### **Pretty Pail Craft**

Time to make ourselves some "Pretty Pails." Pails could be used as planters, to place one's Knickknacks in, or even fill with decorative flowers to accent one's apartment. To reserve your spot, come by the office with a \$5 payment to the Pioneer Club by Monday, August 9th. Let's Get Crafty, Mayflower!

**Date:** Thursday, August 12th

**Time:** 1:00 pm

**Where:** Craft Room



### **Save the Date**

Our Mayflower Gardens Annual BBQ is just around the corner!

We can already smell it, how about you? Don't forget to mark your calendars so that you do not miss out on some lip smackin' bbq, refreshing beverages, and great entertainment!

**Date:** Friday, September 17th  
**Menu, time and entertainment details will be announced prior to the event, so be on the lookout!**

Get the  
**FLU**  **SHOT**  
not the flu!

### **Mark Your Calendars**

It is that time of year again when flu germs like to run rampant. A great solution is receiving your annual Flu Shot. Mayflower Gardens will be holding a Flu Shot Clinic sponsored by Walgreens Pharmacy.

**Date:** Friday, September 3rd.

**Time:** T.B.D.

**Where:** Café

If you are interested in receiving your free flu vaccine, please call the office no later than Friday, August 20th, so that we can provide Walgreens with an accurate vaccination count.



### **National S'mores Day**

Did you know that every August 10th it is National S'mores Day? What better way to celebrate it than with your very own individual S'mores Cookie! Come on down to the café and join your Activities Director for this free tasty treat and some good conversation.

**When:** Tuesday, August 10th

**Where:** Mayflower Café

**Time:** 12:00 - 2:00 pm



### **Let's Beat the Heat**

Summertime heat can be scorching at times. A wonderful way to cool off is by enjoying a refreshing glass of ice cold lemonade or iced tea. Join us for cool beverages out on the Outdoor Café patio/dining area so we can relax, chat and cool off from the intense summer heat.

**Date:** Thursday, August 12th

**Time:** 3:00 - 5:00 pm.

**Where:** Cafe/Outdoor Dining





### Monday Movie Matinees

Starting Monday, August 2nd, residents can come to the office and make reservations for August's "Hawaiian Movies."

The first showing will be Monday, August 9th, 2021.

Spaces are limited, so make your reservations soon. There will be two showings every Matinee

Monday:

11 am & 2 pm.

\*Complimentary Popcorn & Drinks will be served\*

### "Hawaiian Theme"

Monday, August 9th, 2021

50 First Dates

\*\*\*\*\*

Monday, August 16th, 2021

Moana

\*\*\*\*\*

Monday, August 23rd, 2021

The Descendants

\*\*\*\*\*

Monday, August 30th, 2021

Lilo & Stitch

\*\*\*\*\*



### Garden Planters

Most Mayflower I residents have a space directly in front of their apartment where they can garden. These areas are to be maintained by the resident per the Resident Handbook (Apartment Exterior, page 5).

\*\*\*\*\*

If you cannot or do not wish to maintain your garden area, please call Maintenance to discuss other available options.



### Stop by the Market Place

Don't feel like going all the way to the store in the heat, no worries! We may just have what you are looking for right here in our Mayflower Gardens Market Place. The store is stocked with a variety of everyday necessities and even some tasty treats & snacks. **Open Monday - Friday from 9 a.m. to 1 p.m.** \*If you would like to volunteer to help run the store, please call your Activities Director to find out how! \* If you would like a copy of the list of items typically in stock, please call the office.



Now that Activities and Events are starting to return, we would like to remind you about our general schedule of events.

\*(Just in case you may have forgotten what our regular schedule of events looks like)\*

**Tuesday Night Bingo:** 5:00pm in Café

**Saturday Nickel Bingo:**

12:30pm in Café

**Thursday 10¢ Bingo:** 1:00pm at Harshfield Terrace

**Monday Ballroom Dancing:**

5:30pm in Café

**Wednesday Line Dancing:**

5:30pm in Café

**Coffee & Donuts:**

Saturdays 8:30am in Café

**Crafters Club:**

Saturdays 9:00am in Café

**Karaoke:** Typically Last Friday of the Month 3:00-5:30pm in Café

**Chair Exercises (DVD):** Tues & Thurs 9:00am in Game Room

**TOPS Weight Loss:**

9:00am (Mon) in MPR

**Monday Movie Matinees:**

Typically every Mon, showings at 11:00am & 2:00pm.

**Saturday Night Dances:**

Typically last Saturday of the month at 5:00pm in Café

**\*Events subject to change at any time\***

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>As a Reminder</b> <b>All Activities Mayflower Residents partake in must adhere to all CDC recommendations to reduce the spread of COVID-19, such as:</b> - staying home when you are sick. - wearing masks if you are not fully vaccinated.	<b>9:00 MT Monday Matinee Sign-ups Begin</b> <b>9:00 MP TOPS Weight Loss</b> <b>12:30 GR Pinochle</b> <b>5:30 MC Ballroom Dancing</b>	<b>9:00 GR Chair Exercises</b> <b>10:00 MP Catholic Mass</b> <b>4:30 MC Tuesday Night Bingo</b>	<b>10:00 GR Advanced Planning Services</b> <b>10:00 MP The Morning Stretch! EH</b> <b>5:30 MC Line Dancing</b>	<b>9:00 GR Chair Exercises</b> <b>11:00 MP Hope Chapel Bible Study</b> <b>1:00 HT 10¢ Bingo</b> <b>1:30 GR Scrabble</b>	<b>9:00 MP Food Bank FF</b> <b>1:00 GR Rummikube</b> <b>2:30 MP Ukulele from the Heart</b>	<b>8:30 MC Coffee &amp; Donuts C</b> <b>9:00 MC Crafters Club</b> <b>12:30 MC Nickel Bingo</b>
<b>2:00 HF Lancaster Baptist Church</b>	<b>9:00 MP TOPS Weight Loss</b> <b>11:00 MT Monday Matinee - "50 First Dates"</b> <b>12:30 GR Pinochle</b> <b>5:30 MC Ballroom Dancing</b>	<b>9:00 GR Chair Exercises</b> <b>10:00 MP Catholic Mass</b> <b>12:00 MC National S'mores Day</b> <b>4:30 MC Tuesday Night Bingo</b>	<b>10:00 MP The Morning Stretch! EH</b> <b>11:00 MP Resident Meeting</b> <b>3:00 BC Lancaster Library: Pickup &amp; Holds Service</b> <b>5:30 MC Line Dancing</b>	<b>9:00 GR Chair Exercises</b> <b>11:00 MP Hope Chapel Bible Study</b> <b>1:00 HT 10¢ Bingo</b> <b>1:00 CR Pretty Pail Craft</b> <b>1:30 GR Scrabble</b>	<b>9:00 MP Food Bank FF</b> <b>1:00 GR Rummikube</b> <b>2:30 MP Ukulele from the Heart</b>	<b>8:30 MC Coffee &amp; Donuts C</b> <b>9:00 MC Crafters Club</b> <b>12:30 MC Nickel Bingo</b>
<b>2:00 HF Lancaster Baptist Church</b>	<b>9:00 MP TOPS Weight Loss</b> <b>11:00 MT Monday Matinee - "Moana"</b> <b>12:30 GR Pinochle</b> <b>5:30 MC Ballroom Dancing</b>	<b>9:00 GR Chair Exercises</b> <b>10:00 MP Catholic Mass</b> <b>4:30 MC Tuesday Night Bingo</b>	<b>10:00 GR Advanced Planning Services</b> <b>10:00 MP The Morning Stretch! EH</b> <b>3:00 BC Lancaster Library: Pickup &amp; Holds Service</b> <b>5:30 MC Line Dancing</b>	<b>9:00 GR Chair Exercises</b> <b>11:00 MP Hope Chapel Bible Study</b> <b>1:00 HT 10¢ Bingo</b> <b>1:30 GR Scrabble</b>	<b>9:00 MP Food Bank FF</b> <b>1:00 GR Rummikube</b> <b>2:30 MP Ukulele from the Heart</b> <b>5:00 M2 Annual Luau</b>	<b>8:30 MC Coffee &amp; Donuts C</b> <b>9:00 MC Crafters Club</b> <b>12:30 MC Nickel Bingo</b>
<b>2:00 HF Lancaster Baptist Church</b>	<b>9:00 MP TOPS Weight Loss</b> <b>11:00 MT Monday Matinee - "The Descendants"</b> <b>12:30 GR Pinochle</b> <b>5:30 MC Ballroom Dancing</b>	<b>9:00 GR Chair Exercises</b> <b>10:00 MP Catholic Mass</b> <b>4:30 MC Tuesday Night Bingo</b>	<b>10:00 MP The Morning Stretch! EH</b> <b>3:00 BC Lancaster Library: Pickup &amp; Holds Service</b> <b>5:30 MC Line Dancing</b>	<b>9:00 GR Chair Exercises</b> <b>11:00 MP Hope Chapel Bible Study</b> <b>1:00 HT 10¢ Bingo</b> <b>1:30 MP Dayle McIntosh - Vision Loss Support Group</b> <b>1:30 GR Scrabble</b>	<b>9:00 MP Food Bank FF</b> <b>10:00 GR CaptionCall Seminar - Phone Services for those with Hearing Impairments</b> <b>1:00 GR Rummikube</b> <b>2:30 MP Ukulele from the Heart</b> <b>3:00 MC Karaoke</b>	<b>8:30 MC Coffee &amp; Donuts C</b> <b>9:00 MC Crafters Club</b> <b>12:30 MC Nickel Bingo</b> <b>5:00 MC Saturday Night Dance</b>
<b>As a Reminder!</b> Activities and Events are starting to return here at our Mayflower Gardens Community. However, at this time off-campus trips are still currently canceled. Trips will return as soon as we get notification that it is safe to do so. <b>*All events are subject to change*</b>	<b>9:00 MP TOPS Weight Loss</b> <b>11:00 MT Monday Matinee - "Lilo &amp; Stitch"</b> <b>12:30 GR Pinochle</b> <b>5:30 MC Ballroom Dancing</b>	<b>9:00 GR Chair Exercises</b> <b>10:00 MP Catholic Mass</b> <b>4:30 MC Tuesday Night Bingo</b>	<b>Fourth of July Trivia Winner!</b> <b>Congratulations, Doris Lindquist,</b> for winning our 4th of July Trivia in our July Gazette. Please contact your Activities Director to learn how to claim your prize!	August 10 is <i>National S'mores Day!</i> 		<b>Garden of Beauty Salon</b> Don't forget Mayflower Residents, the "Garden of Beauty" salon is located right here on our campus and is open for business. Salon entrance is located right next to the Administration Office Entrance. To book an appointment, please call (Tues - Fri) (661) 943 - 3131.



**\*\*\* 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

**Welcome to Mayflower!**



Jose Cortes  
Donald Pitt  
Lesley Bailey  
John & Rita Trabold

Welcome to the  
Neighborhood! We are really  
excited to have you move in.  
We wish you all the best  
settling into your new home!



**Our Doors Are Open**

All Mayflower's Church Services  
and Bible Study programs are  
open for in-person services. To  
continue our efforts in reducing  
the spread of Covid-19, we ask  
that, if you are not fully  
vaccinated, that you please wear  
your masks for all indoor  
services.  
Thank You.

**Catholic Mass**

St. Junipero Serra Church:  
**Tuesday Catholic Mass**  
10:00 am in Mayflower MPR  
every Tuesday



**\*Many churches are still  
providing services online as  
well as in person. Please  
contact your church or its  
Mayflower Resident Liaison to  
find out how you can attend  
their services online if you are  
unable to attend in person!\***

**Catholic Church Info**

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

**Hope Chapel Info**

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



**Mayflower Gardens Bible  
Study Calendar**

\*\*\*\*\*

**Hope Chapel Bible Study  
Group**

Every Thursday at 11:00 am in  
the MPR  
\*\*\*\*\*

**May We Be Grateful**

We are blessed today, with  
enough to eat,  
May we be grateful.  
We are blessed with clothes  
to wear,  
May we be grateful.  
We are blessed with shelter from  
the Elements,  
May we be grateful.  
We are very well blessed today.  
May we remember that there are  
many people who do not have  
these blessings.  
May we be grateful enough to  
help others when we can.

-Anonymous



## Happy Birthday Mayflower Residents!

08/02	Joyce O'Brien Beverly Powell
08/03	Donald Pitt
08/04	Ila Peterson Mary Fox
08/05	Nancy Hair Virginia McClary
08/06	Jane Parker
08/09	Patricia Flair Loraine Elwood Rhonda Pounds
08/11	John McDonald James Fallon
08/12	Darlene Morrow
08/16	Ivy Berr
08/17	Sheila Thomas
08/20	Donald Chapman
08/21	Dorothy McRoberts Jean Svoboda
08/23	Wanda Walker Davis Rita Babbitt
08/24	Gordon Fuller Sarah Guerrero
08/26	Cameron Petrie Karen Day
08/27	Caron Salzer Virginia Schmidt
08/28	Peggy Carbo
08/29	Diane Dimsey Nancy Cashen Phyllis Halloran
08/30	Linda Brooks
08/31	Miik (Mikey) Miller

## Monthly Birthday Opt-In

\*Reminder, if you have not **Opted-In** to place your birthday in the monthly Gazette, please come by the office to pick up the form to fill out.



First Valley  
Medical Group

## The Healthiest Foods in the World

France, Italy, Indonesia and China have cuisines that positively promote health that nutritionists absolutely love. Why do you think that is? Well, the sources of protein include a lot of fish, including shellfish, squid and octopus. Meat is likely to be lean chicken, goat or veal. What these proteins have in common is low proportional fat. Most of these proteins are usually mixed with carbohydrates like noodles or rice. Cooking is done mostly with vegetable oil. Fruits and vegetables make a large contribution to the total energy content; they are rich in vitamins and they contain useful fiber. Come visit us here at First Valley Medical Group so that we may discuss your diet options that fit appropriately with your care plan. Or you can call Maribel @ First Valley Medical Group (661) 524 - 7905. **We Care about Your Health!**



Covering the Antelope and Santa Clarita Valleys

## HEALTH INSURANCE

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# NATIONAL S'mores Day

AUG. 10

## "This Month In History" AUGUST

**1902:** Pioneering cookbook author Fannie Farmer opens a cooking school in Boston, Miss Farmer's School of Cookery.

**1938:** Hollywood dance duo Fred Astaire and Ginger Rogers are featured on the cover of Life magazine.

**1948:** As part of the Berlin airlift operation, American and British planes fly in a record 5,000 tons of supplies in one day to parts of the city cut off by a Soviet blockade.

**1962:** Little Eva travels to the top of the pop music chart with the hit song "Loco-Motion" and inspires a dance craze.

**1975:** The first nighttime match is played under lights at the U.S. Open tennis tournament in New York City.

**1990:** The largest and best-preserved Tyrannosaurus rex skeleton ever found is discovered in South Dakota. The 65 million-year-old dinosaur specimen is on display at Chicago's Field Museum.

**2015:** Facebook hits a milestone, reporting that 1 billion people logged on to the social networking website in a single day.