

MAYFLOWER GARDENS

retirement community

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

Gazette

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
Hope Smith Business Office Manager
Jason Dent Marketing Director
Regina Carvalo Café Manager
Charmaine Langley Activities Director
Tony Filinow Asst. Maintenance Supervisor
Irene Soto Maintenance Office Admin
John Mancini Accounting Assistant
Tannan Lloyd Leasing Consultant
Twila Allee MGI Resident Services

Important Phone Numbers

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

Mayflower Café

Sunday-Thursday, 8am-1:30pm ... 661-943-9478
Delivery to your Apartment: \$1

Mayflower I Maintenance

Mon.-Fri. 8 a.m.-4:30 p.m. 661-943-2523
After Hours Emergency Maint. 661-943-2523

♥ Happy Valentines Day ♥

February 2019

Executive Director's Corner

Love is in the air! And so are a few more cold winter days. But things should heat up mid-month with the arrival of Valentine's Day. Don't forget to join us for a special spaghetti dinner with comedian Perry Kurtz. Treat your special someone or join friends for an unforgettable night! I would like to take this opportunity to say on behalf of the entire staff: WE LOVE OUR RESIDENTS! Enjoy your Valentine's Day and the remaining days of winter. - Briana Larkin



ACTIVITY SPOTLIGHT

Tai Chi Class



Ready to work off those holiday meals? Every Wednesday morning in the Multi-Purpose Room we offer Tai Chi classes. A gentle

physical exercise that combines stretching and mindfulness, that not only burns calories but also helps improve balance. Tai Chi targets all the physical components needed to stay upright-leg strength, flexibility, range of motion, and reflexes. All of which tend to decline with age. Tai Chi also offers arthritis pain relief as well. Come and join your neighbor for exercise, conversation and fun!

Wednesdays 10am

PIONEER CLUB ACTIVITIES AND NEWS

LET'S PLAY BINGO!

Tuesdays, 5:00pm

Purchase games by 4:30pm

\$15 buys one of all games

Saturday Nickel Bingo

12:30pm Most Saturdays

See Events Calendar.

COFFEE and DONUTS

Saturdays, 8:00am, Café

CRAFTERS CLUB

Saturdays, 9:00am, Game Room

TREASURES

1st SATURDAY SALE!

1st Saturday, February 2nd

8:00am - 12:00pm

Come on in for even more discounts. Up to 50% off selected items.



Mayflower Treasures Donation Center

Hours: Mon.-Wed.

8:00am – 12:00pm

(661) 943-0348

TREASURES FURNITURE

Call for Appointment

(661) 943-0348

*Please call during regular hours
to arrange donation drop-off*

Catholic Church Info

Mayflower Resident Liaison

Miik "Mikey" Miller

661-448-7494

Eucharistic Minister

Jeanie Fisher

661-675-8662

FEBRUARY BUS TRIPS

Please be at the Mayflower Bus

*Stop 15 minutes before our
scheduled departure time.*

LAZY T RANCH



The history of this Wild West Ranch is exquisite. The Tremblay family maintains the history of the Lazy T Ranch and will continue to do so into the future! We can have our picnic lunch on horseback.

Thursday, February 7th

Leave center at 11am.

\$10.00, price incl. picnic lunch.

EXOTIC KITTY CATS



Are you ready to cuddle and play with beautiful wild cats?!? Despite the cool weather, the amazing felines will be out for you to admire. Afterwards we'll stop for a quick meal.

Please dress accordingly.
Comfortable shoes are suggested.

February 21st

Leave center at 10am

Price: \$12.00 plus meal

MARCH BUS TRIPS

*Sign up for FEBRUARY Events
and MARCH Bus Trips*

Starting FRIDAY,

FEBRUARY 1ST,

*in person in the office. Fees must
be paid at time of sign-up.*

Monday-Friday only

LUNCH AT CRACKER BARREL!



Back by popular demand.

We are going to Cracker

Barrel on

March 7th

Leave center at 9:30am

Shop in their beautiful country
store.

LA ZOO DAY TRIP



Let's go and have some fun!

Imagine you are going on a
safari to explore and learn about
all the beautiful wild animals.

Lots of places to have lunch.

March 21st

Cost: \$18.00

Leave center at 9:30am

FRIDAY MATINEE



Haunted by nightmares of his horrific experiences, World War II hero Louis Zamperini meets Cynthia Applewhite, a young woman who becomes his wife. Zamperini's personal demons soon threaten to destroy his marriage -- until he hears the stirring words of the Rev. Billy Graham in 1949.

Friday, February 1st
1pm in Mayflower's Theater

CRAFTY FRIDAY



Love chocolates? If you don't, then you can always give a special gift to your best friend. You will be able to decorate your own gift box while making chocolate hearts. What fun!!!

Friday, February 8th
1pm in the Craft Room
Cost: \$4.00

Pay upon signing up in the office.

QUARTERLY DINNER NIGHT

Friday, February 15th
5:00 pm in the Café
\$10.50 + tax per person



Spaghetti & Meatballs
Table Salad
Garlic Bread Sticks
Dessert
Drinks

INCLUDED WILL BE LIVE ENTERTAINMENT FOR YOU TO ENJOY

KARAOKE WITH JACK



Feel like a party?

Great appetizers at great prices available from our wonderful cooks. Keep those vocal cords polished.
Great raffles to win for the lucky winners.

Tickets only 50 cents each or buy ten tickets for \$4.00
Come on down to the Café on Friday, February 22nd,
3:00 pm to 5:00 pm.

MONTHLY NIGHT OUT

SAKURA BUFFET

Please note that Night Out has been moved to a Tuesday evening for the month of February. Seniors get special discounts on Tuesday nights.

February 26th
Leave center at 5:00 pm



Starting at 5:30pm, we are pleased to welcome back comedian Perry Kurtz. Perry is a Tonight Show guest & writer, has been seen on HBO with Rodney Dangerfield numerous times, America's Funniest People, The Late Show with James Corden, America's Got Talent and many more.



DOGGIE WASTE STATIONS



It has come to our attention that our pet waste bags are diminishing rather fast. Please only take one at a time for your pet's waste. Your cooperation is greatly appreciated.


USE OF WALKWAYS


When walking through the community, please use the sidewalks and walkways rather than cutting across on the grass. Thank you for your cooperation.

PUBLIC SAFETY



Please be very careful when driving your vehicle on campus and in the parking lots. The speed limit is 15 MPH for you and for your visitors. Watch for pedestrians, scooters, and other vehicles.

Sunday	Monday	Tuesday
	MAYFLOWER SALON: Full Service Salon at Reasonable Rates Right Here on Campus. Haircuts, Style, Color, Perms, Even Extensions! Men's Cuts, Too. Mani-Pedi, Wax Services and MORE! Located Next to the Library. Call for an Appointment, 661-943-3131	American HEART MONTH ♥
QH Congregational UCC 3 8:45am... MPR/Chapel QH UCC Bible Class 10:30am... MPR/Chapel Lancaster Baptist Church 2:00pm... Harshfield . . . Mayflower Café Open 8am-1:30pm Sun-Thurs	TOPS: Weight Loss 4 9:00am... MPR . . . Pinochle 12:00pm... Game Rm Ballroom Dance Lessons 5:30pm... Café . . .	Chair Exercise 5 9:00am... Game Room Catholic Mass 10:00am... MPR/Chapel . . Tuesday Night Bingo 4:30pm... Café \$15 Buys One of Each Game See Page 2 For Details
QH Congregational UCC 10 8:45am... MPR/Chapel QH UCC Bible Class 10:30am... MPR/Chapel Lancaster Baptist Church 2:00pm... Harshfield . . . Mayflower Café Open 8am-1:30pm Sun-Thurs	TOPS: Weight Loss 11 9:00am... MPR . . . Pinochle 12:00pm... Game Rm Ballroom Dance Lessons 5:30pm... Café . . .	Chair Exercise 12 9:00am... Game Room Catholic Mass 10:00am... MPR/Chapel . . Tuesday Night Bingo 4:30pm... Café \$15 Buys One of Each Game See Page 2 For Details
QH Congregational UCC 17 8:45am... MPR/Chapel QH UCC Bible Class 10:30am... MPR/Chapel Lancaster Baptist Church 2:00pm... Harshfield . . . Mayflower Café Open 8am-1:30pm Sun-Thurs	TOPS: Weight Loss 18 9:00am... MPR . Presidents Day . Pinochle 12:00pm... Game Rm Ballroom Dance Lessons 5:30pm... Café . . .	Chair Exercise 19 9:00am... Game Room Catholic Mass 10:00am... MPR/Chapel . Coin Collection Class 10am In Game Room . Tuesday Night Bingo 4:30pm... Café \$15 Buys One of Each Game See Page 2 For Details
QH Congregational UCC 24 8:45am... MPR/Chapel QH UCC Bible Class 10:30am... MPR/Chapel Lancaster Baptist Church 2:00pm... Harshfield . . . Mayflower Café Open 8am-1:30pm Sun-Thurs	TOPS: Weight Loss 25 9:00am... MPR . . . Pinochle 12:00pm... Game Rm Ballroom Dance Lessons 5:30pm... Café . . .	Chair Exercise 26 9:00am... Game Room Catholic Mass 10:00am... MPR/Chapel . Night Out - Sakura Buffet .Leave Center at 5:00pm Tuesday Night Bingo 4:30pm... Café \$15 Buys One of Each Game See Page 2 For Details

Wednesday	Thursday	Friday	Saturday
LEGEND: MGI: Mayflower I MGI: Mayflower II HT: Harshfield Terrace MPR: Multi-Purpose Room/Chapel CERT: Resident Emergency Response Team Night Out: Monthly Dinner Out Savory Saturday: Trip to Local Shopping Center for Lunch	American Heart Month Library Lovers' Month National Black History Month	Food Bank 1 12noon...MPR Poker 5:00pm...Game Room . Meet & Greet With Dr. Sivalingham. 12:00pm In the Café Matinee Friday "Unbroken: Path to Redemption" 1pm In Theater	Coffee & Donuts 2 8:00am... Café . Crafters Club 9:00am... Game Room . Treasures Saturday Sale 8am To 12pm 50% Off on Selected Items .
Tai Chi 6 10am In the MPR Canasta 12noon... Game Room AV Bookmobile 1-2:30pm... Behind Café Papa John's Pizza Night \$5.00 For Medium, Sausage, Pepperoni or Cheese Line Dancing Class 5:00pm... Café	Chair Exercise 7 9am... Game Rm Pokeno 10am... Game Rm QH UCC Bible Study 11:00am... MPR/Chapel Trip Lazy T Ranch Picnic Lunch Leave at 11am Scrabble 1:30pm Game Room	Food Bank 8 12noon...MPR Poker 5:00pm...Game Room . Extended Mall Hours . Crafty Friday Heart Chocolates 1pm In Craft Room. .	Coffee & Donuts 9 8:00am... Café Crafters Club 9:00am... Game Room Savory Saturday Palmdale Walmart Leave 11am Nickel Bingo Snacks for Sale 5c Per Card, Per Game \$1 Pull Tabs 12:30pm In Café
Tai Chi 13 10am... MPR Resident Meeting 11:00am... MPR Canasta 12noon... Game Room AV Bookmobile 1-2:30pm... Behind Café Line Dancing Class 5pm ... Café .	Chair Exercise 14 9am... Game Rm Pokeno 10am... Game Rm QH UCC Bible Study 11:00am... MPR/Chapel . Valentine's Day . . Scrabble 1:30pm Game Room	Food Bank 15 12noon...MPR Poker 5:00pm...Game Room . . . Quarterly Dinner See Page 3 For Details 5pm In Café .	Coffee & Donuts 16 8:00am... Café . Crafters Club 9:00am... Game Room . Nickel Bingo Snacks for Sale 5c Per Card, Per Game \$1 Pull Tabs 12:30 In Café
Tai Chi 20 10am... MPR Canasta 12noon... Game Room AV Bookmobile 1-2:30pm... Behind Café . No Afternoon Grocery Bus . Line Dancing Class 5pm In Café	Chair Exercise 21 9am... Game Rm Pokeno 10am... Game Rm QH UCC Bible Study 11:00am... MPR/Chapel Trip Exotic Feline Compound Rosamond Leave Center at 10am Scrabble 1:30pm Game Room	Food Bank 22 12noon...MPR Poker 5:00pm...Game Room . . Karaoke Friday 3:00 To 5:00pm In The Café See Page 3 .	Coffee & Donuts 23 8:00am... Café Crafters Club 9:00am... Game Room Savory Saturday Palmdale Walmart Leave 11am Nickel Bingo Snacks for Sale 5c Per Card, Per Game \$1 Pull Tabs 12:30 In Café
Tai Chi 27 10am... MPR . Canasta 12noon... Game Room AV Bookmobile 1-2:30pm... Behind Café . Line Dancing Class 5pm In Café	Chair Exercise 28 9am... Game Rm Pokeno 10am... Game Rm QH UCC Bible Study 11:00am... MPR/Chapel . Vision Loss - MPR 1:30pm . . Scrabble 1:30pm Game Room	Classified Ads: <i>If You Would Like to Advertise on This Page to Reach Nearly 700 Mayflower Gardens Campus Residents, Please Call the Office for Details. Deadline for Copy and Payment Is the 10th of Each Month for the Next Month's Gazette. Subject to Space and Availability.</i>	

Emergency Dial 911

*** 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

CALL YOUR MAINTENANCE DEPARTMENT

If there is a flood or plumbing stoppage that you cannot control.

Any other maintenance emergency that cannot wait until business hours.

Mayflower I
Maintenance Emergency
661-943-2523, 24 hours

Mayflower II
Maintenance Emergency
661-722-8383

Harshfield
Maintenance Emergency
661-718-1775



PARKING ON CAMPUS

Please be sure to park BETWEEN THE LINES to maximize the number of cars that can park.

Remember that all parking at Mayflower is open, no saved spaces. All cars parked overnight MUST display a Mayflower parking pass and have current State Registration tags. New vehicles purchased must have new parking permits. No car storage, please.



LOVE

When all else passes, the Bible speaks of faith, hope and the greatest of all, love. In our language, all types of love are grouped together. However, in Greek there are four types of words for love- passion, brotherhood, patriotic love and divine love. Yes, it can be said "love makes the world go round." We all love ice cream, some love money, some love their job, everybody loves something. Jesus said we are to love God with all our hearts and being and we are to love our neighbor as we love ourselves. Of all the commandments of God, these two should be

Catholic Mass

St. Junipero Serra Church
Tuesday Catholic Mass
Tuesdays, 10:00am
in the Mayflower MPR



QH UCC Church Info

SUNDAY SERVICES

8:45 a.m. for Praise & Song

Service Begins: 9am

Communion: Feb. 3rd, 9am

MG Hosp.: Feb. 20th, 10:30am

Women's Group: Feb. 24th
10:30am

Men's Group: Feb. 24th
11:30am

Bible Study: 11am Thursdays

applied to everything we do. One of the greatest sins is to betray love. The greatest test of our character is the faithfulness of our love of God, to ourselves, our family, our country, our church, friends and to our ideals. Yes, indeed, love makes the world go round.

- Rev. Roger Plessen -

FRIENDS VISITING FRIENDS

Mayflower residents who wish to be visited or make new friends, please call the Church Office at 661-722-2961.





2/1 Beverly Smith
Mary Helenick
2/2 Fred Scordino
2/3 Sharon Griffing
Partricia Dupee
2/4 Robert Tumbleson
2/5 Edna Goodman
Patsy McIntyre
Annette Ciuni
2/6 Richard Givens
Vickie Finley
Dorothy Hough
Jacquelyn Gunsten
Tracey Gates-Smith
2/7 Betty Smith
Krystal Kelley-Davis
Bonnie Glynn
2/8 Phelishia Henry
2/10 Doris Hawkins
2/11 Sondra Delceppo
2/12 Barbara Plessen
Monica Lichtenstein
Connie McCracken
12/13 Donald Appleton
12/14 Martha Jackson
Cheryl Wickham
12/15 Alberta Caler
Steven DeWitt
2/16 Martha Kozlovsky
2/18 Penny Talbott
Jyme Reyes
Ann Wilson
2/19 Ronald Smith
Robert Garcia
2/20 Rubie Gonzales
2/23 Robert Lindquist
2/24 Roger Plessen
Ronald Stratman

2/25 Constance Bidgood
2/27 Laura Bye
2/28 Marian Kohler

If you would like your birthday on the list or taken off, please contact the office and let us know.

FEBRUARY BIRTHSTONE



Amethyst, the birthstone of February, is a variety of quartz that carries a spectacular purple color that ranges from a blend of deep violet and red to a lighter lilac hue. Ancient Greeks believed that the stone protected the wearer from drunkenness and enabled them to keep a balanced mindset.

MAYFLOWER WI-FI

If you are anywhere in the Mayflower Center, you can access our free Wi-Fi with your laptop, tablet or smartphone:
LOG IN: Mayflower Guest
PASSWORD: 6619433228
(Hint: the password is the office phone number!)

OREO TRUFFLES



Ingredients:

1 package Oreos (for mint, choose mint Oreos; for peanut butter, choose peanut butter)
1 bag of semisweet chocolate chips (12 ounces)
1 package of cream cheese, softened
1-2 teaspoons canola oil

*

Directions:

Smash the Oreos up as small as possible so your truffles aren't lumpy. Mix in the cream cheese, then roll them all into quarter-sized balls. Place the dough balls in the refrigerator to harden for at least 20 minutes. Once your time is almost up, pour the chocolate chips into a bowl, along with the canola oil, and microwave in 25-second intervals, stirring in between, until the chocolate is fully melted. It should be about as thick as cake batter. Cover truffle in a cloak of chocolate, and stick it on a parchment-lined baking sheet.

From there, send it back to the fridge for another 20-minutes. Leave overnight in fridge if you want, this is just so melted chocolate can harden.



MAYFLOWER GARDENS SEMINARS & WORKSHOPS



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

Covering the Antelope and Santa Clarita Valleys

HEALTH INSURANCE
All Major Health Carriers

Janet Pierson 661-212-9171
 P.O. Box 1006, Acton, CA 95310
 piersonjanet252@gmail.com

TLC INSURANCE
"The Lasting Coverage"
 Family & Group
 Medicare, Individual

Facebook

Dr. Sivalingam Q & A

Dr. Sivalingam and his staff will be on campus for a questions and answers meeting. They will discuss the option to have house calls for residents who can't get to the office (with insurance approval). He specializes in Geriatric-Health Care of elderly people, Hypertension & Diabetes. For seniors, there are same day appointments.

Friday, February 1st, at 12 noon.

Free light luncheon

**

Vision Support Group - Monthly Meeting

Presented by the Dale McIntosh Center. Find options and a variety of simple and clever devices that help seniors who are facing age-related vision deterioration maintain their independence for as long as possible. All are welcome.

4th Thursday, February 28

1:30pm in the MPR