

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
Regina Carvalho Café Manager
Tony Filinow Maintenance Supervisor
Ebony Trujillo Maintenance Coordinator
Charmaine Langley Accounting Assistant
Ashley Yarman Leasing Consultant
Gabe Maldonado Leasing Consultant
Bobbie Snyder Receptionist

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 (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 Gardens Maintenance Department

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

After Hours Emergency 661-943-2523

First Valley Medical Group

Tuesday & Thursday 8:00am - 5:00pm

661-728-1500

January 2020

Greetings From the Executive Director

Happy New Year and hello, 2020! What a great year it has been at Mayflower Garden and 2020 holds so much more to look forward to! This past year was truly delightful with so many fun-filled activities, new friendships, new experiences and we have each and every one of you to thank for our warm memories. I am looking forward to all this year has to offer. Mayflower is already one of the friendliest communities you will find, so may we continue on with positive attitudes and contagious politeness throughout the new year!

~Briana Larkin

Mayflower Fitness Center

Why spend money on a gym membership when we have a fully equipped Fitness Center right here at Mayflower? You can keep your New Year's resolution to get strong and healthy without having to go anywhere else! Treadmill, adjustable exercise bike, an all-in-one machine that allows you to work your shoulders, arms, back, hips, legs and MORE!

The Fitness Center is located on the west side of the Center, next to Mayflower Treasures.



PIONEER CLUB ACTIVITIES AND NEWS

Mayflower Treasures Donation Center

Hours: Mon.-Wed.

8:00am – 12:00pm

Sign-ups 9:05am - 11:55am

(661) 943-0348

TREASURES FURNITURE

Call for Appointment

(661) 943-0348

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

Lets Play Bingo!

Tuesdays, 5:00pm

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

Saturday Nickel Bingo

12:30pm Most Saturdays

See Calendar.

Coffee & Donuts

Saturdays, 8am in the Cafe

Treasures 1st Saturday Sale!

Come join us for these great
deals!

Saturday, January 4th

8am to 12pm

Treasures New Year Times

Treasures will be Closed January
6, 2020

Message From Your Pioneer Board

Happy New Year! May the New
Year bring you everything you
wish for!

Find us on 

BUS TRIPS & ALL ACTIVITIES

*Sign up for January Events, ALL
Activities and January Bus Trips
Starting*

*Thursday January 2nd,
in person in the café. Fees must
be paid at time of sign-up.
Monday-Friday only*



The Rat Pack

Lancaster Performing Arts Center
will be presenting The Rat Pack
Show! America's premier Rat
Pack show revives a historic era
with an uncanny re-creation of
the look, sound & swagger of
these legendary performers. Stars
of Las Vegas' permanent Rat
Pack tribute show, this trio has
traveled the world, preserving
the memory of that historic,
magical time. Their spot-on
resemblance in both appearance
and vocals combined with the
classic songs, laughs, interaction,
and pure fun will take you back
to a bygone age-style, substance
and class.

Date: Saturday January 18th

Cost: \$24 per person

Time: Leaving Center at 6:30pm

We're on Social Media!

Did you know we're on
Facebook? Search our
community name and follow us
for important updates and
community happenings.



Museum of Art History

Broaden your horizon and take
a relaxing day out on the town
to indulge in art and its cultures.

See what the Museum has to
offer. Then, after, enjoy a
delectable lunch at Katz-N
Jammers.

Date: Wednesday January 8th

Cost: \$3 for Guided Tour (Lunch
is Self Cost)

Time: Leaving Center at 10am



Madame Tussaud's Hollywood

Oh snap! We set the clock on
rewind! Time to see the stars in
their prime and remember all
the classics. We are visiting the
Madame Tussaud's Hollywood
wax museum. After the museum
we will stop for lunch at
restaurant prior to heading
home.

Date: February 5, 2020

Cost: \$20

Leaving Center: 8:00am



Mayflower Theatre!

New Year to Go Back in Time!

Wednesday January 8th, 2020

"Back to the Future"

Wednesday January 15th, 2020

"Back to the Future II"

Wednesday January 22nd, 2020

"Back to the Future III"

Wednesday January 29th, 2020

"A Wrinkle in Time"

All Showings are 11 am - 2 pm.

Complimentary popcorn and beverages will be served. Please

RSVP in the office!



Night Out

Greenhouse Cafe

Night out is back and we are heading to Greenhouse Cafe!

Wherein we can enjoy tasty soups, salads, sandwiches, pastas, and much more! A great night to enjoy a friendly dinner and enjoy each other's company in a comfortable and relaxing setting. Don't miss out!

Date: Wednesday, January 29th, 2020

Leaving Center: 5:00 pm



2019 Mayflower Employee of the Year

Big congratulations are in order for our 2019 Employee of the Year, Ashley Lopez! Ashley has been cookin' up a storm here with us at Mayflower since 2017. Not only is Ashley a fabulous cook, but she is a fabulous person with a heart of gold. She loves making our residents' favorite foods and has made great contributions to our Cafe department! Warming hearts and filling tummies is her specialty! Ashley is always full of laughter and smiles. Ashley was chosen as employee of the year because she gives 110% in all things! She is reliable and has an incredible can-do attitude. No matter what the task is, Ashley does it all with a big smile. If you see Ashley on campus, please give her a big congrats!



Crafty Friday

Come and design your very own Winterland themed decorative Mason Jar! It can be for candles, candies, flowers, or anything you like! Also makes for a great festive centerpiece!

Date: January 10th, 2020

Cost: \$5

Location: Craft Room

Time: 1 pm



Lunch Trip!

We are headed to Cracker Barrel again!

Old Fashion Homemade Meals and a trip to their Country Store.

When you sit down and enjoy their classic Southern meals, they say you'll taste the difference right away.

Date: February 27, 2020

Cost: Self

Leaving Center: 10:00am




Maintenance Moment


As temperatures near freezing in the evening, the chance of pipes bursting and creating a maintenance emergency for you (and your neighbors!) increases. Please keep the following in mind when a freeze alert or warning is issued.

- Don't turn your heating system off and keep your thermostat set at 55 degrees or higher.
- Open cupboard doors in the kitchen and bathroom to allow warm air to circulate around the pipes.
- If the temperature drops below 35 degrees, leave water taps on slightly so they slightly drip continuously.

Patio/Balcony Inspections

Remember that your patio area is for patio furniture and plants only, and is not to be used for storage. Please remove all boxes, storage, exercise equipment and trash from your patio. We routinely conduct inspections and using your patio for anything other than its intended purpose is a violation of your lease agreement. Help keep our community looking nice: Start of the new year right and take a moment to clean off your patio!

Sunday	Monday	Tuesday
		
QH Congregational UCC 8:45am... MPR/Chapel UCC Bible Class 10:30am... MPR/Chapel Lancaster Baptist Church 2:00pm... Harshfield . . . Mayflower Café Open 8am-1:30pm Sun-Thurs	TOPS Weight Loss 9:00 Am...MPR Grace Resources Food Giveaway 11:30 am MPR Pinochle 12:30...Game Room Ballroom Dance Lessons 5:30 pm...Cafe	Chair Exercise 9:00am... Game Room Catholic Mass 10:00am... MPR/Chapel Tuesday Night Bingo 4:30pm... Café\$15 Buys One of Each Game Treasures Reopens for the New Year!
Congregational UCC Church ¹² 8:45am... MPR UCC Bible Class 10:30am... MPR Lancaster Baptist Church 2:00pm... Harshfield . . . Mayflower Cafe Open 8am-1:30pm Sun-Thurs	TOPS Weight Loss 9:00 Am...MPR Grace Resources Food Giveaway 11:30 am MPR Pinochle 12:30 pm...Game Room Ballroom Dance Lessons 5:30 pm...Cafe	Chair Exercise 9:00am... Game Room Catholic Mass 10:00am... MPR/Chapel Tuesday Night Bingo 4:30pm... Café \$15 Buys One of Each Game
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Wednesday	Thursday	Friday	Saturday
1 Tai Chi 10:00am...MPR Canasta 12noon... Game Room AV Bookmobile Line Dancing Class 5:00pm... Café	2 Chair Exercise: 9:00am... Game Room 9am-5pm Hope Chapel Bible Study: 11:00am... MPR 10c Bingo 1pm Harshfield Terrace Scrabble: 1:30pm... Café	3 Food Bank Poker 5:00pm... Game Room	4 Coffee & Donuts 8:00am...Café Nickel Bingo 12:30 In Café
8 Tai Chi 10:00am... MPR Canasta 12noon...Game Room AV Bookmobile 1-2:30pm...Behind Café Line Dancing Class 5:00pm... Café Resident Trip	9 Chair Exercise: 9:00am... Game Room 9am-5pm Hope Chapel Bible Study: 11:00am...MPR 10c Bingo: 1pm Harshfield Terrace Scrabble: 1:30pm...Café	10 Crafty Friday Craft Room: 1 pm . . Poker 5:00pm... Game Room	11 Coffee & Donuts 8:00am...Café Nickel Bingo 12:30pm In Café Savory Saturday Leaving Center at 11:00am
15 Tai Chi 10:00am... MPR Canasta 12noon... Game Room AV Bookmobile 1-2:30pm... Behind Café Line Dancing Class 5:00pm...Café No Afternoon Bus	16 Chair Exercise 9:00am... Game Room Hope Chapel Bible Study 11:00am... MPR 10c Bingo: 1pm Harshfield Terrace Scrabble 1:30pm... MPR	17 Food Bank . NO BUS . Poker 5:00pm... Game Room .	18 Coffee & Donuts 8:00am... Café Nickel Bingo 12:30pm In Café LPAC Trip- Rat Pack
22 Tai Chi 10:00am... MPR Canasta 12noon... Game Room AV Bookmobile 1-2:30pm... Behind Café Line Dancing Class 5:00pm... Café	23 Chair Exercise 9:00am... Game Room Water Aerobics 10:00am... MGII Pool UCC Bible Study 11:00am... MPR Scrabble 1:30pm... Café . . .	24 Food Bank . . . Poker 5pm..Game Room	25 Coffee & Donuts 8:00am... Café Nickel Bingo 12:30pm....Cafe Savory Saturday Leaving Center at 11:00am
29 Tai Chi 10:00am... MPR Canasta 12noon... Game Room AV Bookmobile 1-2:30pm... Behind Café Line Dancing Class 5:00pm... Café	30 Chair Exercise 9:00am... Game Room UCC Bible Study 11:00am... MPR Scrabble 1:30pm... Café . . .	31 Food Bank . . . Poker 5:00pm... Game Room .	

***** 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

Attention Mayflower Drivers!

The speed limit for Mayflower Gardens is 15 mph! Please slow down and watch out for your fellow community members, visiting guests, pets and staff. Our recent inclement weather makes road conditions unpredictable. Overnight Parking: A Parking Pass **MUST** be displayed on ALL vehicles parked overnight anywhere on Mayflower Property. Parking is allowed only on the streets and in the parking lots. Temporary Overnight Parking Passes are available in the Office seven days per week for your guests.

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

Catholic Church Info
Mayflower Resident Liaison
Miik "Mikey" Miller
661-448-7494



Bible Study Calendar
QH UCC
Bible Class every Sunday
morning at
10:30am in the MPR

*

Hope Chapel Bible Study Group
Every Thursday at 11:00am in
the MPR.

*

The Church of Jesus Christ of
Latter Day Saints Every Thursday
afternoon at 4:30pm in
the MPR.

By Karen & Bruce Day



"A New Year for Love and Devotion"

The great command in the Bible has two parts. We are to love God with all our being, mind, body, and soul. Jesus said it is better to be hot than cold but never lukewarm. God wants our total devotion to Him. The second part of this command is to love thy neighbor as thyself. We show our character when others' desires become our own desires for them, and not allowing ourselves to be judgmental or to try to run other peoples lives. Our calling at Christmas is to be loving, helpful, kind, and caring. This is how we show love to God, our neighbor, and others.

The Women's Fellowship-
will meet at 10:30am Sunday
January 26th in the Chapel

The Men's Fellowship- will
meet at 10:30am Sunday
January 26th in the Chapel

Communion- will be served
during Morning Worship
Service, January 5th at 9am-to
10:30am in the Chapel &
January 15th at 10:30-11:00am-
MFG Convalescent Hospital

Quartz Hill Congregational
UCC Mayflower Church Rev.
Roger Plessen 661-722-2961-
Church Office

Steady Stone

January's birthstone is
the garnet, which represents
loyalty, friendship and trust.

HAPPY BIRTHDAY!!

01/01 Dena Bond
 01/02 Charlotte Lavelle
 Carolyn Wolin
 01/03 Ralph Tremonti
 Genoveva Ornelas
 Oliva Rangel
 01/05 Patricia Alexander
 01/07 Linda Miles
 Martha Mancilla
 01/08 Dorothy Brown
 Tina Jolls
 01/09 Patricia Flack
 01/12 Josephine Garcia
 Charles Witt
 01/13 Jeanine Hilsinger
 Anne Ely
 01/14 Ruth Lampson
 01/15 Paula Blake
 Betty Emery
 Ramona Ely
 Mary Smith
 01/16 Darnell Maiden
 01/17 Julie Fox
 01/19 Judy Waters
 01/20 Fabiola Romero
 01/21 Christopher Montgomery
 Sandra Hammerquist
 01/22 Charles Hatch
 Daphne Hayes
 Karen Leon
 01/23 Diane Berry
 Shelley Smith
 01/24 Constance Snodgrass
 Dora Byler
 William Galliher
 Shirley Underwood
 01/26 John Harp
 Debra Howard
 Silvia Sparks
 01/27 Reginald Pully
 Ronald Frahm
 01/28 Lori Castell
 01/30 Alan Edwards



01/31 Debra Thornbu
 01/31 Anita Smith



January Birthstone

Garnet, the birthstone of January, is mined in a rainbow of colors. From the fiery orange of Mandarin Garnet to the rich green of Tsavorite Garnet and to the most widely recognized color of Pyrope Garnet, it is considered a great gift to symbolize friendship and trust.



From the Office

All Payments such as rent, cafe, mini mart and maintenance work orders must be paid in separate checks in the office. No Post Dated checks. Reminder that no cash is accepted in the office. Quarters are still available by the roll as an even exchange.

Health & Fitness Corner



January in Season Produce List

- Leaks
- Lemons
- Grapefruit
- Cabbage
- Cauliflower
- Kale
- Oranges

Fitness Program In January

DVD Chair Exercises:

Every Tuesday & Thursday
Morning
9am-10am in Game Room
*

Tai-Chi:

Every Wednesday morning,
10am-11am in the MPR
*

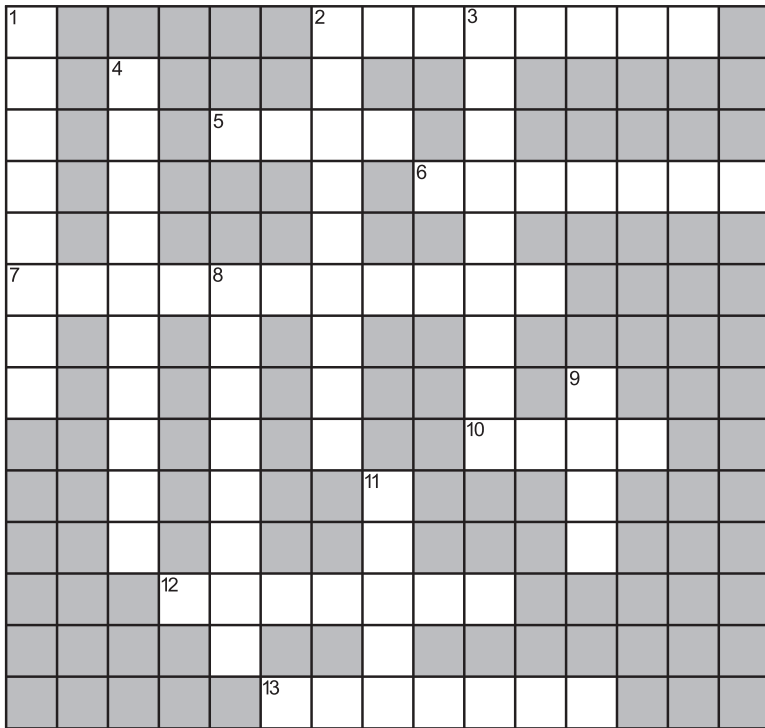
Chair Yoga:

Every Thursday morning,
10am-11am in th MPR

Seminars

Michele's Advance Planning
Services:
Jan. 8th at 10am
Jan. 22nd at 10am





Happy New Year!

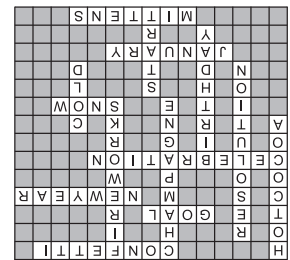
Crosswords

Across:

2. Small pieces of colored paper
5. Hope
6. Start of the calendar year
7. Important event
10. Cold, white stuff
12. First month
13. Two-section gloves

Down:

1. Heated chocolate beverage
2. White sparkling drink
3. Spectacular explosions
4. Firm decision
8. Annual anniversary of a person's life
9. Low temperature
11. Beginning



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

MICHELE'S

ADVANCE FUNERAL & CREMATION ASSISTANCE

PLEASE CALL WITH ANY QUESTIONS OR TO SCHEDULE AN APPOINTMENT

WE CAN MEET AT THE OFFICE OR WHERE YOU ARE MOST COMFORTABLE

Elite Carpet Care, Inc.

Carpet & Upholstery Cleaning

Richard Aleshire
Carpet Technician Owner

Truck Mounted Equipment
Residential & Commercial
Licensed & Insured

(661) 726-3303
Fax (661) 726-3367

Covering the Antelope and Santa Clarita Valleys

HEALTH INSURANCE

All Major Health Carriers

Janet Pierson 661-212-9171

P.O. Box 1496, Acton, CA 93510
piersonj252@gmail.com

TLC INSURANCE

"The Last Confusing"

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