

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
Hope Smith Business Office Manager
Regina Carvalo Café Manager
Charmaine Langley Activities Director
Tony Filinow Asst. Maintenance Supervisor
Irene Soto Maintenance Office Admin
John Mancini Accounting Assistant
Toulonne Newhouse Leasing Consultant
Ashley Yarman 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 1 Maintenance

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

July 2019

Greetings From the Executive Director

Welcome to the dog days of summer! We have plenty of "cool" activities planned this month, so make plans to dive right in and join us for some fun times. If you have any suggestions, comments or questions, please stop by my office. My door is always open, and I enjoy chatting with each and every one of you!

- Briana Larkin

Activity Spotlight

SAVE THE DATE



We are planning a Luau party in August. Good food and great live entertainment await you.

Plan ahead:

Date: August 16th

Time: Starting at 5pm

More details to follow soon

PIONEER CLUB ACTIVITIES AND NEWS

LET'S PLAY BINGO!

Tuesdays, 5:00pm

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

Saturday Nickel Bingo

12:30pm Most Saturdays
See Events Calendar.

COFFEE and DONUTS

Saturdays, 8:00am, Café

TREASURES

1st SATURDAY SALE!

1st Saturday, July 6th
8:00am - 12:00pm
Great Sales on Saturdays.

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*

Date Change for Potluck

Please note that the date for
July's Potluck has been
changed to July 13th.

Sign up will be in the Café the
first week of July.

Walk-ins welcome until
12:15pm.

Pay \$7 or prepare your favorite
4th of July ready to serve side
dish enough for 8 people.

*Please be at the Mayflower Bus
Stop 15 minutes before our
scheduled departure time.*

Santa Barbara Stearns Wharf

Enjoy the seaside sights and
sounds of Stearns Wharf, one of
Santa Barbara's most iconic
landmarks.

Wonderful restaurants with great
views and great seafood.

Date: Thursday, July 18th

Leave: 9am

Spending money for
Lunch & Shopping



Jethawks Baseball

Date: Wednesday, July 3rd

Leave: 5:30pm

\$10 per ticket

Special Fireworks for July 4th



AUGUST BUS TRIPS

Sign up for JULY Events and
AUGUST Bus Trips
Starting MONDAY,
July 1st,
in person at the office. Fees must
be paid at time of sign-up.
Monday-Friday only

Train Trip to Olvera St. in Los Angeles

We will start of our day on a
comfortable train ride, leaving
Palmdale Station to Union
Station in Los Angeles. We can
just walk across to Olvera Street
where we can have lunch and do
some shopping before we head
on home.

Date: August 1st

Time: Leave center 10am

Cost: Train is \$14 round trip
and bring extra for lunch

Farmer's Market on Lancaster Blvd

Buy fresh produce at the farmer's
market or just walk around and
browse in all the beautiful little
stores.

Date: August 15th

Time: Leave at 3:30pm
to 6pm

Cost: Bring spending money

Senior Day at the Fair

Seniors over 62 get in FREE!
Hot dog lunch while they last.

Date: Monday, August 19

Leave: 1:15pm and 2:45pm



Mayflower Theatre Coming Soon



Wednesday, July 17th
"A Madea Family Funeral"

Tuesday, July 23rd
"Aquaman"

Wednesday, July 31st
"Robin Hood"

All movies start at 1pm in the theatre room.

Popcorn and soda is served.

Mayflower's Staff Chili Cook-Off

Who will get bragging rights as the best chili? Only you can decide. Come on down and be the judge of who is the best.

Date: Friday, July 12th

Time: 1pm in the Café



Summer Movie Celebration



Showing on the big screen:

As July is all about Patriotism let's go back in time and watch a real American Classic. "Yankee Doodle Dandy"

We will also be serving special Candy, Popcorn Mix and sodas, only \$3 per person.

Limited seating available so sign up in the office.

Date: Friday, July 5th

Time: 1pm

Where: Café

July - Yard Sale

Got goods to get rid of? Here is your chance. Stay hydrated, bring your own table & chair for your set up and your own money to make change. We will advertise for you.

Date: Saturday, July 20th

Time: 10am to 1pm

Where: Grass area on 65th W.

Grab N Go From the Café

Look for it!!

Don't always have time to stop and eat at the Café?

We now have freshly made to go salads, sandwiches and wraps for your convenience served daily in the Café.

Walk in, choose, pay & GO!!

Crafty Thursday



Feel like playing with balloons and modge podge?

Candle holders, bowls and hanging lanterns or have ideas for something else you would like to do with it?

Join me for our monthly craft class. Sign up in the office on the 1st of July!!

Date: Thursday, July 11th

Time: 1pm in Craft Room

Cost: \$4 per person

Game Day

Try your hand at balloon tennis, bowling, target golf or croquette.

It will be too hot to have it outside so we will play in the Café.

Nice cool refreshments will be served.

Date: Thursday, July 25th

Time: 2pm

Where: Café



OFFICE UPDATES & REMINDERS

Bond Program

Mayflower Gardens I participates in a statewide program that helps low-income seniors better afford their homes, called the BOND PROGRAM. This allows us to offer a savings of up to approx. \$50 off rent per month for a limited number of units. There are income limitations. Please call Accounting Mon-Fri to get on the waiting list.

Private Duty Aide

Do you have a private duty aide? If so, please stop by the office to pick up and complete the private duty aide agreement.

Swimming Pool Reminder

The pool is now open, and we'd like to remind everyone to follow the rules that are posted in the swimming area. Thank you!

Control Your Speed

A note to our dear residents: Our staff reminds you to kindly obey the speed limit signs posted throughout our community. They are intended to keep our streets safe for both drivers and pedestrians.

The stop signs posted throughout our community are essential to everyone's safety, so please obey them.

Sunday	Monday	Tuesday
	1 TOPS: Weight Loss 9:00am... MPR . Grace Resources Food Giveaway 11:30 am MPR . Pinochle 12:00pm... Game Rm . Ballroom Dancing 5:30pm... Café .	2 Chair Exercise 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
7 QH Congregational UCC 8:45am... MPR/Chapel QH UCC Bible Class 10:30am... MPR/Chapel Lancaster Baptist Church 2:00pm... Richfield . . . Mayflower Café Open 8am-1:30pm Sun-Thurs	8 TOPS: Weight Loss 9:00am... MPR . Grace Resources Food Giveaway 11:30 am MPR . Pinochle 12:00pm... Game Rm . Ballroom Dancing 5:30pm... Café .	9 Chair Exercise 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
14 QH Congregational UCC 8:45am... MPR/Chapel QH UCC Bible Class 10:30am... MPR/Chapel Lancaster Baptist Church 2:00pm... Richfield . . . Mayflower Café Open 8am-1:30pm Sun-Thurs	15 TOPS: Weight Loss 9:00am... MPR . Grace Resources Food Giveaway 11:30 am MPR . Pinochle 12:00pm... Game Rm . Ballroom Dancing 5:30pm... Café .	16 Chair Exercise 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
21 QH Congregational UCC 8:45am... MPR/Chapel QH UCC Bible Class 10:30am... MPR/Chapel Lancaster Baptist Church 2:00pm... Richfield . . . Mayflower Café Open 8am-1:30pm Sun-Thurs	22 TOPS: Weight Loss 9:00am... MPR . Grace Resources Food Giveaway 11:30 am MPR . Pinochle 12:00pm... Game Rm . Ballroom Dancing 5:30pm... Café .	23 Chair Exercise 9:00am... Game Room Catholic Mass 10:00am... MPR/Chapel Matinee "Aquaman" 1pm In Theatre Tuesday Night Bingo 4:30pm... Café \$15 Buys One of Each Game See Page 2 For Details
28 QH Congregational UCC 8:45am... MPR/Chapel QH UCC Bible Class 10:30am... MPR/Chapel Lancaster Baptist Church 2:00pm... Richfield . . . Mayflower Café Open 8am-1:30pm Sun-Thurs	29 TOPS: Weight Loss 9:00am - 12pm MPR White Elephant Sale Open House - Come See What TOPS Is All About. All Welcome. Grace Resources Food Giveaway 11:30am Craft Room Pinochle 12:00pm... Game Rm Ballroom Dancing 5:30pm... Café	30 Chair Exercise 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

Wednesday	Thursday	Friday	Saturday
Tai Chi 10 - 11am In MPR Canasta 12noon... Game Room AV Bookmobile 1-2:30pm... Behind Café Papa John's \$5 Pizza Line Dancing Class 5pm ... Café Jethawks Game 5:30pm	***** JULY 4th INDEPENDENCE DAY! ***** Office, Cafe, Center and Maintenance Closed Today For Maintenance EMERGENCIES, Please call your Building's Emergency Line. Details on page 6.	Food Bank 12noon...MPR . Summer Celebration 1pm in Café Movie ... Candy Popcorn Mix and Sodas . Poker 5:00pm...Game Room .	Coffee & Donuts 8:00am... Café . Treasures Saturday Sale 8am - 12pm . Nickel Bingo 12:30pm In Café . . .
Tai Chi 10 - 11am In MPR Billy Burdin 12-1pm In Café Resident Meeting 11am MPR Canasta 12noon... Game Room The Traveling Boutique Jewelry Sale 2pm In Café AV Bookmobile 1-2:30pm... Behind Café Line Dancing Class 5pm ... Café	Chair Exercise 9am... Game Rm Water Aerobics 10 - 11am ... MFG2 Hope Chapel Bible Study 11:00am... MPR/Chapel Crafty Thursday 1pm in craft room Candle holders Scrabble 1:30 In Game Room .	Food Bank 12noon...MPR . Chili Cook-Off!! This is one event you do not want to miss. Who is the best?! See pg 3 for details . Poker 5:00pm...Game Room .	Coffee & Donuts 8:00am... Café . Potluck 12pm in the Café See pg. 2 for details . Nickel Bingo 12:30pm In Café . . .
Tai Chi 10 - 11am In MPR Canasta 12noon Game Rm Matinee "A Madea Family Funeral" 1pm In Theatre Seminar -details on Pg.7 No Afternoon Bus AV Bookmobile 1-2:30pm... Behind Café Line Dancing Class 5pm ... Café	Chair Exercise 9am... Game Rm Water Aerobics 10 - 11am ... MFG2 Trip: Santa Barbara Wharf leaving at 9am Hope Chapel Bible Study 11:00am... MPR/Chapel Scrabble 1:30 In Game Room .	Food Bank 12noon...MPR . Poker 5:00pm...Game Room . . Volunteer Appreciation Dinner 5 To 7pm In Café Invitation Only	Coffee & Donuts 8:00am... Café . Yard Sale 10am - 1pm Details on Pg. 3 Savory Saturday Leave 11am Quartz Hill Ave N & 50th Nickel Bingo 12:30pm In Café .
Tai Chi 10 - 11am In Game Room Blood Drive - Red Cross 10am - 4pm In MPR Canasta 12noon... Game Room AV Bookmobile 1-2:30pm... Behind Café Line Dancing Class 5pm ... Café	Chair Exercise 9am... Game Rm Water Aerobics 10 - 11am ... MFG2 Hope Chapel Bible Study 11:00am... MPR/Chapel Scrabble 1:30 In Game Room Game Day - Café Ice Cold Refreshments 2pm Details On Pg. 3	Food Bank 12noon...MPR . Karaoke With Jack 3 - 5pm In The Café . . Poker 5:00pm...Game Room .	Coffee & Donuts 8:00am... Café . Savory Saturday Leave 11am Quartz Hill Ave N & 50th . Nickel Bingo 12:30pm In Café . Saturday Night Dance 5 To 8pm
Tai Chi 10 - 11am In MPR Canasta 12noon... Game Room Matinee "Robin Hood" 1pm In Theatre AV Bookmobile 1-2:30pm... Behind Café Line Dancing Class 5pm ... Café Nite Out: Sato Sushi Leave Center 5pm	Ericka's Caregiving & Companionship Light Housekeeping, Laundry, Meals, Personal Care, Transportation and More. Reliable, Trustworthy and Affordable. References Available. Ericka 818-571-0659		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

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 MAINTENANCE 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

MODIFIED BUS SCHEDULE

Please see the back of menu
for more details. Modified bus
schedule will begin July 1st
through July 16th.

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
Eucharistic Minister
Jeanie Fisher
661-675-8662

With Deepest Sympathy

To the family and friends of
those we lost in June
*Those we love can never be more
than a thought away, for as long as
there is a memory, they live in our
hearts to stay.*

Pastor's Message

Greatest Homes

Almost nobody would try to
build a house without having
the resources to do it. Even a
single log cabin requires lots of
tress, tools and land. The Bible
says that before kings went to
war they had to be sure they had
enough soldiers and equipment
to fight the battle with.

There are many kinds of
resources, purposes, money,
knowledge, friends, social
connections, often overlooked
opportunities and final
outcomes. History is full of
foolish battles and disastrous
wars.

In the Bible we are told to build

Bible Study at Mayflower Gardens

QH UCC

Bible Class every Sunday
morning at
10:30am in the MPR
Women & Men Fellowship on
Sunday, July 28th at 10:30am
in the MPR.

*

Hope Chapel Bible Study Group

every Thursday morning 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

our lives on a solid foundation,
on a solid rock and on the rock
of Israel which is Jesus because if
we build on the sifting sands of
worldly fortunes our efforts will
be wasted. If we build evil it's
like a building on a swamp that
will come to ruin. A beautifully
planned building that
withstands all weathering can be
built with our greatest resources
those are provided to us by God.

Rev. Roger Plessen

Communion - will be served
during morning Worship
service, July 7th at 9am to
10:30am in the Chapel.
July 17th at 10:30am at our
MFG Convalescent Hospital.
661-722-2961 - Church Office



07/02 Audrey Bishop
Gloria Uculmana
07/03 Wayne King
07/04 Michael Davis
Carol McEntire
07/05 Florine Briggs-Williams
07/06 Irene Pushman
Ellie Reisner
07/07 Edward Yates
07/08 Michael Cochran
Florence Parks
Delbert Doty
07/09 Bertha Shaw
Jessie Swann
07/10 Maria Espitia Rivera
Sherie Scott
07/11 Nancy Graham
Patsy Seo
07/13 Owens Gillis
Wylma Tatevossian
07/14 Anne Norwood
07/16 Samuel Meisenholder
Alma Parks
07/17 Donna Giddens
Elsie Lyons
07/18 Czrena Clark
Philip Jacobson
07/20 Meredith Maurer
Evelyn Sandberg
Evangeline Sutton
07/21 Andrew Fassnacht
07/22 William Foisel
Judith Yackley
Annie Sanchez
07/24 Phyllis Italiener
Danny Fuselier
07/25 Rodney Lewis
07/26 Doreen Jones
07/27 Patricia Clement

07/28 Louis Ottilo
Helen Kopischke
Marilyn Spinarski
Anita Williams
Deborah Carruters
07/30 Michael Billington
07/31 Diana Wand
Alberta Kovac

July Birthstone

Rubies, the birthstone of July, are considered the king of gems and represent love, health and wisdom.



Water Saving Tips



- Turn off the water while brushing your teeth or shaving.
- Keep your showers short.
- Water your garden area Mon., Wed., Fri. before 9am or after 10pm ONLY.
- Do not leave water running while washing dishes.
- Use sink wastewater to water your plants and garden.
- Check under the sinks regularly for leaks. Call maintenance if you suspect a leak.

HEALTH & FITNESS CORNER



In Season Produce for July

Corn * Cucumbers * Green Beans
Lettuce * Summer Squash * Tomatoes
Apricots * Plums * Berries
Cantaloupe * Kiwis * Watermelons
Peaches

Exercise Classes for July

DVD Chair Exercises:
Every Tuesday and Thursday morning
9am to 10am in Game Room.
Tai Chi: MPR
Every Wednesday morning
10am to 11am
Water Aerobics: MFG2
Every Thursday morning
10am to 11am

Seminars for July

Alzheimer's Foundation
"Understanding Alzheimer's & Dementia"
Wednesday, July 17th
2:00pm to 3:30pm in the MPR
Blood drive - Red Cross
July 24th 10am - 4pm in the MPR
Vision Loss Support Group
Fourth Thursday of the month.
July 25th 1:30 in the MPR



Before and after photos of Team Mayflower at the Veterans Color Run, Karaoke's busy dance floor, Mandala craft painting and last but not least a great big THANK YOU to the ladies of DAR for their donation of an outdoor heater and indoor shuffleboard.



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

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For (661) 726-3367

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CREMATION ASSISTANCE

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 1496, Acton, CA 93510
piersonjm252@gmail.com

TLC INSURANCE
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