

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

June 2020

Greetings From the Executive Director

To better serve you, we ask that you update your information with our office on a regular basis. Please call or stop in to give us your updated current phone numbers and also your emergency contact number. Should a situation arise, we need to know how to get in touch with you. Take a few minutes to contact the office and keep us updated.

Thank you! -Briana Larkin



Happy Father's Day!



To all the Fathers, Grandfathers, Uncles, Brothers, and other men in our lives that care for us and love us unconditionally, Mayflower Gardens wishes you the Happiest of Father's Days! A short text, phone call, a Father's Day card, or even a simple loving thought goes a long way to show your appreciation for the men in your life!

**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 Activities such as
Bingo, Coffee & Donuts, and
the Treasures Thrift Store will
return just as soon as we
receive notice that it is safe to
return to full daily activities!
Please stay tuned during the
next few months for updates
& openings!



**Anagram Scramble
Winner!**

**Congratulations -
Helen Kopischke**

You had the most correct
answers for our Anagram
Scramble! You may call the Café
any time during the month of
June to collect your free meal!

Answers:

- 1) fired
- 2) cried
- 3) silent
- 4) dirty room
- 5) below
- 6) desserts
- 7) study
- 8) cash lost in me

Thank You to all who
participated!

Pet of the Month Club!



**Congratulations Jacquelyn
Gunsten, Miss Kizzy is our May
Winner!**

**this
MONTH
in history**

- June 1st, 1938 - Superman first appears in D.C. Comics.
- June 6th, 1933 - First Drive-in movie theater opens.
- June 9th, 1934 - Donald Duck's first film appearance.
- June 16th, 1938 - The movie "Grease" opens.
- June 17th, 1885 - "Statue of Liberty" arrives in NYC.
- June 20th, 1975 - Movie "Jaws" is released.
- June 25th, 1876 - Custer's Last Stand during Battle of Little Bighorn.
- June 30th, 1997 - JK Rowlings' first Harry Potter book released in the UK.



Good Hygiene Tips

One of the best ways to prevent illness is by practicing good personal hygiene. Take these steps to protect yourself:

Wash your hands well and often. Use soap and water and wash hands for at least 20 seconds, making sure to scrub the backs of your hands, between the fingers, your thumbs and your fingernails. This is especially important after coughing, sneezing, blowing your nose or being in a public space.

Use hand sanitizer if soap and water are not available. Be sure your hand sanitizer contains at least 60% alcohol. Cover all surfaces of your hands and rub them together for at least 20 seconds until they feel dry.

Avoid touching your face. Although it can be difficult and requires conscious effort, keep your hands away from your eyes, nose and mouth.

Follow proper etiquette when you sneeze or cough. Cover your nose and mouth with a tissue when you sneeze or cough. Throw away the tissue, then wash your hands well or use hand sanitizer. If you don't have a tissue, sneeze or cough into your elbow, not into your hands.

June 1st - Flip A Coin Day!

June 1st is "Flip a Coin Day." A fantastic way to celebrate this day is by going out on a Penny Walk. What is a Penny Walk you ask? It is a brisk walk around your neighborhood, however, whenever you reach a corner or a stop sign you flip a coin. If the coin lands on heads you turn right and if it lands on tails you turn left! Want to make this adventure even more thrilling? Take along a piece of paper and pencil and draw a map of your adventure! Where did you end up? What treasures or special sights did you see along the way?



It's Summertime!

Saturday, June 20th, 2020 is the First Day of Summer, also known as Summer Solstice. Summer Solstice is sometimes referred to as "Midsummer Litha" and it is the longest day of the year! Summertime is the time to enjoy vacations, great weather, pools, baseball, and everything else that goes along with this favorite season. So grab your favorite beverage and enjoy the season, because for many of us it is all too short!



June 15th - Smile Power Day!

Love may make the world go round. But, a smile makes the world a happy place. A smile is a powerful thing. Best of all, it's contagious.

A smile is so powerful, that it can:

- Add years to your life
- Make you a happier person
- Make someone else a happier person

So, pull out your best smiles and make someone's day or maybe even your own!

Riddle Me This!

- What is so fragile that saying its name breaks it?
- What can fill a room but takes up no space?
- If you drop me I am sure to crack, but give me a smile and I will always smile back. What am I?
- What is at the end of everything?
- What is 3/7 chicken, 2/3 cat, and 2/4 goat?

Jot down your answers, seal them in an envelope with your name/apartment number, and bring it up to the office front door drop box for a chance to win a free dessert from the Café!

First to turn in all answers correct, wins!



Mayflower Gardens Appreciation!

Mayflower Gardens would like to send a Special Thank You to the volunteers, residents, food banks, sponsors, and staff who have been helping out during this difficult time! Everyone putting in a little extra time, effort, and care is helping to keep our Community safe! We are also extremely grateful for all the people who helped put together and participated in our Mother's Day Car Parade:

Grace Resources
S.A.V.E.S. Palmdale
Hope Chapel
Jeanette Tigert
Linda Ross
Wanda Fox
Angela McClain
Tianna Tuesdays
Jack Modell
Janet Pierson
Quartz Hill 4 -H
AV Car Meets
Motorcycle Mike
Chelsea "The Bagpiper"
&

The Queen Courts of:
Lancaster, Lake Los Angeles,
Quartz Hill, Rancho Vista,
Hughes Elizabeth Lake,
Antelope Acres, Greater Lake
Los Angeles, Rosamond, & The
Antelope Valley
Thank You all for keeping
Mayflower Strong!

Sunday

Monday





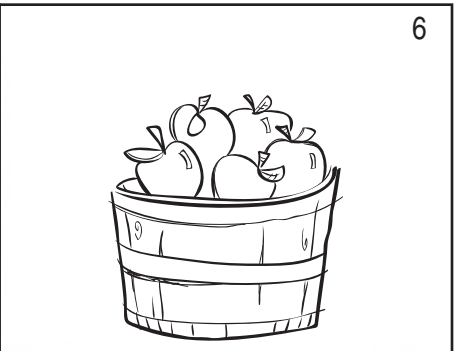



















Tuesday

Wednesday

Thursday

Friday

Saturday

		<p>Yesterday, I saw a guy spill all his Scrabble Letters on the road...I asked him, "What's the word on the street?"</p>		<p>Did you hear about the claustrophobic astronaut? ***** He just needed a little space!</p>		
	<p>Why don't scientists trust atoms? ***** Because they make up everything!</p>				<p>What sits at the bottom of the sea and twitches? ***** A nervous wreck!</p>	
<p>National Flag Day (US)</p> 		<p>"Difficulties are meant to rouse, not discourage. The human spirit is to grow strong by conflict." - William Ellery Channing</p>		<p>"Believe in Yourself, Push your Limits, Experience Life, Conquer your Goals, and Be Happy!" - Unknown</p>	<p>First Day of Summer June 20th</p> 	
	<p>Did you hear about the Mathematician who is afraid of negative numbers? ***** He'll stop at nothing to avoid them!</p>		<p>"Difficult Roads often lead to Beautiful Destinations!" - Unknown ***** "This, too, Shall pass!" -Unknown</p>		<p>What did the Tin Man say when he got run over by a steamroller? ***** "Curses! Foil Again!"</p>	
		<p>VITAS Healthcare 661-942-3595 Antelope Valley's Local Choice for Hospice Care</p>	<p>Vitas Healthcare Can Help! 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! 800-938-4827 VITAS Healthcare</p>			

***** 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

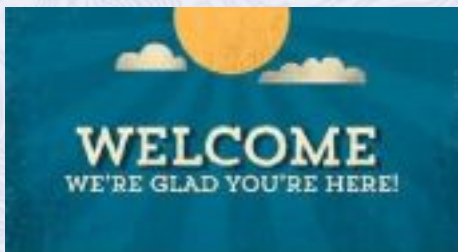
Maintenance Emergency
661-943-2523, 24 hours

Mayflower II

Maintenance Emergency
661-722-8383

Harshfield

Maintenance Emergency
661-718-1775



Welcome New Residents!

Eugene Fox
Richard Reeve
Mary Martinez
Jane Boucher
Roxie Small
Sydney Looper
Aiko Pennington
Nancy Cashen
Glenda Fort

Welcome to Mayflower!

In Response to the Covid-19 outbreak, all Church Services and Bible Study programs are currently postponed for the month of June.

Catholic Mass

St. Junipero Serra Church:

Tuesday Catholic Mass

10:00am in Mayflower MPR

Catholic Church Info

Mayflower Resident Liaison

Miik "Mikey" Miller

661-448-7494



Bible Study Calendar

Quartz Hill UCC

Bible Class every Sunday morning at 10:30am in the MPR

*

Hope Chapel Bible Study Group every Thursday at 11 am in the MPR

*

The Church of Jesus Christ of Latter Day Saints every Thursday at 4:30pm in the MPR by Karen & Bruce Day

*

AV Reach Bible Study every Wednesday at 11am in the MPR

Many Churches are providing services online. Please contact your Church to find out if & how you can attend online!

Wonderful Salvation

People of all types want to be saved, either to have a purpose in life or be delivered from their troubles. Some want to find new careers or relationships and others want to be delivered from hunger, sickness, persecution or loneliness. So salvation can be toward a new situation or away from a present situation.

To Christians, Jesus is their salvation. In fact, the Hebrew name for Jesus means salvation. From the beginning of Christianity, people have found their deliverance and better lives in Jesus Christ.

- Pastor Roger Plessen



The Women's Fellowship-
10:30am Sunday, June ??th in the Chapel.

The Men's Fellowship-
10:30am Sunday, June ??th, in the Chapel.

Communion-

During Morning Worship Service, June ??th at 9:00-10:30am in the Chapel & June ??th at 10:30-11-MFG

Convalescent Hospital

Quartz Hill Congressional UCC-Mayflower Church

Rev. Roger Plessen

(661) 722 - 2961 Church Office

Happy Birthday!

06/01 Donald Hanson
 06/01 Glen White
 06/02 Sarah Guerrero
 06/03 Christy Kidd
 06/04 Valdemar Silguero
 06/05 Rosetta McKenzie
 06/05 Deanna Schelske
 06/06 Hallie Conley
 06/06 Mary Brown
 06/07 Sonia Easley
 06/07 Cathy Hamilton
 06/08 Ellen Schomberg
 06/09 Teresa Garcia
 06/09 Carroll Olney
 06/09 Carolyn Laudig
 06/09 Barbara Evans
 06/10 James Barker
 06/10 Tony Estonilo
 06/12 Carol Kelley
 06/12 Carmel Rowles
 06/12 Gary Stephens
 06/13 Barbara Maley
 06/13 Philip Draine
 06/15 Bera Cockrell
 06/15 Kathleen Whitehall
 06/17 Louise Watson
 06/17 Joseph Gonzales
 06/17 Barbara Johnson
 06/18 Ruth Sperling
 06/19 Roberta Zibble
 06/19 Mary Martinez
 06/20 John Chavez
 06/21 Verna Kassan
 06/21 Iris Mears
 06/22 Linnia Salinas
 06/22 Kenneth Howard
 06/23 Kerrill Perkins
 06/24 Angela Hall
 06/25 Ida Shaffner
 06/25 Sonja Lewis
 06/25 Suzanne Brower
 06/25 Henrietta Lewis

Happy Birthday! (cont.)

06/26 Charles Gill
 06/27 Monouchehr Shahbakhti
 06/29 Isiah Hall
 06/29 Lee Staton-Lara
 06/30 Aurthur Warren

June Birthstone - Pearl



"Pearl" is derived from the latin word "pirum," meaning pear, which is the shape that many pearls take on naturally when they grow. In Ancient China, it was believed that the pearl protected from fire and fire-breathing dragons. In Europe, they represent purity, modesty and chastity.



In Season Produce for June

Corn * Apricots
 Lettuce * Blueberries
 Cantaloupe* Cherries
 Peaches * Strawberries
 MmmMmm Good!

Covering the Antelope and Santa Clara Valleys
HEALTH INSURANCE
All Major Health Carriers
 Janet Pierson 661-212-9171
 P.O. Box 1076, Azusa, CA 91706
 janet@janetpierson.com
TLC INSURANCE
 The Life Connection

Angela McClain
 Territory Sales Manager
 CK Ranching Inc.
 1 Park Plaza, Suite 930
 Irvine, CA 92614
 AngelaMcClain@corp.comfortkings.com
 cell: (949) 348-4377
 toll free: (888) 498-5850
CKLife
 for comfort & security
 www.CKLife.com

VITAS
 Healthcare
 661-942-3595

Elite Carpet Care, Inc.
Commercial & Residential Cleaning
 Richard Alestine
 Carpet Technician/Driver
 Truck Mounted Equipment
 Residential & Commercial
 Licenses & Insured
 (661) 722-6800

MICHELE'S
 ADVANCE FUNERAL &
 CREMATION ASSISTANCE
 PLEASE CALL WITH ANY QUESTIONS
 OR TO SCHEDULE AN APP. IN PERSON
 WE CAN MEET AT THE OFFICE OR
 WHERE YOU ARE MOST COMFORTABLE

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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Cookbook

- 1) "Back to the Kitchen"
- 2) "It's All Easy"
- 3) "Cravings: Hungry for More"
- 4) "Pull Up a Chair"
- 5) "Food, Health and Happiness"
- 6) "Around the Table"

Celebrity Author

- A) Oprah Winfrey
- B) Chrissy Teigen
- C) Tiffani Thiessen
- D) Freddie Prinze Jr.
- E) Martina McBride
- F) Gwyneth Paltrow

ENTERTAINMENT TRIVIA

Full of Flavor

Celebrity chefs often release cookbooks, but so do celebrities who just like to cook. See if you can match the cookbook to the celebrity who enjoys spending time in the kitchen.

Answers: 1) D; 2) F; 3) B; 4) C; 5) A; 6) E

Important Reminder:

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

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Mayflower Gardens June Fitness Programs &

Resident Reminders:

June Fitness

*

DVD Chair Exercises:

Every Tuesday & Thursday at 9am - 10am

*

Tai Chi:

Every Wednesday Morning 10am-11am

*

Seminars:

Low Vision Support Group:

Third Thursday every month

*

Michele's Advance Planning Services:

First & Third Wednesday every month

*

Important Reminders from the Maintenance Office:

Resident garden areas are located directly in front of each apartment. Some apartments, especially end and some corner units, may not have front garden space.

Garden Plantings should be in harmony with the general landscaping of the area and must be maintained by the resident. If you cannot or do not wish to maintain your garden space, please contact Maintenance for options. Management reserves the right to remove any plant that is inappropriate to the area.

Also, if you have an issue in your apartment, please call in a Work Order to the Maintenance Department first: (661) 943 - 2523. Our dispatcher, Crystal "Chris," will create and track the order. Please do not stop maintenance or office staff while they are walking by; the message may not get back to the office or Chris! Thank you for your cooperation!