

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 Dasmarrinas Business Office Manager
Ashley Yarman Marketing Director
Heather Flores Activities Director
Tony Filinow Maintenance Supervisor
Crystal Manzo Maintenance Office Admin
Heather Stelpstra Accounting Assistant
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

June 2021

Greetings From the Executive Director

Summer is here, Mayflower! Warmer daytime weather and cooler summer evenings makes it a beautiful time to enjoy some fresh air. Whether sitting out on your patio or going for a walk around the community, you can always make new friends by simply saying hello to a "neighbor". Activities and Events are also starting to return here at Mayflower, so make sure to check your Gazettes and weekly menus for the most up-to-date information on how to join in! Keeping one's mind, body and soul healthy and active is beneficial for everyone.

-- Briana Larkin



Father's Day "Food Fair"

"A Father is someone you look up to, no matter how tall you grow!" - Unknown.

To celebrate all the wonderful fathers, grandfathers, uncles, brothers or sons here at Mayflower, we invite you to join us for a fun Father's Day Food Fair Event. Friday, June 18th, from 12:00 pm to 3:00 pm, come see us out at our Outdoor Dining Area/Courtyard for your choice of Funnel Cake, Popcorn or a giant warm Pretzel with cheese sauce. And a refreshing cocktail to wash it all down? You got it! Hope to see you there.

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



June 14th is National Flag Day and also the start of National Flag Week. In celebration of this day/event, you are invited to paint your very own flag which you can display in your window, door or right inside your very own apartment. Each resident will get to paint a rectangular canvas with any flag design they wish to create. It could be a family creed/symbol, an American flag or even a floral summertime flag; the choice is yours! Those who wish to join their Activities Director can call the office to place their reservation. An \$8 payment to hold one's reservation is due no later than Tuesday, June 8th.
Date: Monday, June 14th, 2021
Time: 1:00 pm
Where: Craft Room or MPR
(Pending number of reservations).



Game Room Reservations

Do you miss playing a friendly game of Pool, a hand of Poker, or maybe a couple rounds of

Canasta? Starting June 1st, residents may call the office to make reservations for the game room! Your health and safety is our priority, so reservations will be limited to no more than 4 individuals at a time. Masks are required throughout duration of reservation and a quick temperature screening upon entry will be required.

Reservations can be made for any Monday - Friday between 9:00 am and 5:00 pm (our regular office business hours).



The Fitness Center & Library are also available for use upon reservation! Our Mini Mart is also available for in-person shopping (one at a time) during its regularly scheduled hours. Please call office for more information or to make reservations.



Maintenance Calls

A friendly reminder to please call the maintenance direct line for all work orders that need to be placed for your apartment or any communal property spaces.
(661) 943 - 2523.

If for any reason you cannot get hold of maintenance first, then call the office so we can assist you in the matter.



Swamp Cooler Reminders

- *Open two windows about two inches to cross ventilate.
 - *Turn the cooler switch to "pump mode" for 10-15 minutes to saturate the cooler pads.
 - *In very hot weather, about 90° or higher, turn on your swamp cooler in the morning while the weather is still cool. If you turn it on in already hot weather, it will take longer to cool your apartment.
- *Stay Cool Mayflower***



Father's Day Trivia

- 1) Who invented Father's Day?
- 2) Since when has Father's Day been officially celebrated?
- 3) Calvin Coolidge made Father's Day a National Event in what year?
- 4) What is the official flower of Father's Day?
- 5) What percentage of Americans celebrate or acknowledge Father's Day?

Once you have all the answers to our Father's Day Trivia questions, simply jot them down and place them into an envelope with your name & apartment number on it. The first person to turn in the most correct answers wins a free meal, including a dessert, from our café.

Winner will be announced in the next Gazette, so stay tuned!



"Father's Day"

Monday, June 7th, 2021

Father of the Bride

Monday, June 14th, 2021

Mrs. Doubtfire

Monday, June 21st, 2021

Field of Dreams

Monday, June 28th, 2021

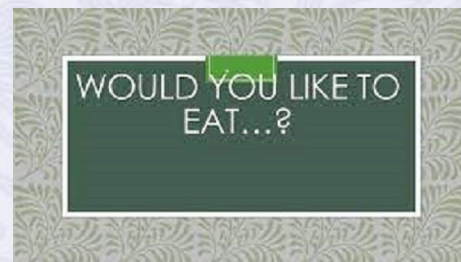
Father of the Bride Part II



Monday Movie Matinees

June's Monday Matinees

Starting Tuesday, June 1st, residents can come to the office and make reservations for the month of June's "Father's Day Movie Matinees." The first showing will be Monday, June 7th, 2021. To maintain proper social distancing, spaces are limited and there will be two showings every Monday, **11 am & 2 pm**. Masks are required during all showtimes.



Mayflower Café Menu Suggestions

Please help us out, Mayflower! We would like to hear some of your favorite meals that you would like to see featured in our Mayflower Café. It could be a current favorite menu item, something from a surrounding restaurant, or even a family recipe passed down for generations. Your input and feedback is important to us. Please call or come by the office to tell us your great meal ideas so we may better serve our community.



Don't forget, our Mayflower Café will feature a delicious Father's Day Special on Sunday, June 20th, 2021.

This Special Includes:

Pan Seared Steak with a Red Wine Sauce,
Baked Potato,
Veggies,
Roll &
Chocolate Cake

Cost is \$18.25 + tax
\$1.00 for delivery

***Happy Father's Day
Mayflower***

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
As a Reminder! All Activities Mayflower Residents partake in must adhere to all CDC recommendations to reduce the spread of COVID-19, such as: - staying home when you are sick. - wearing masks in public settings. - following proper social distancing guidelines (maintaining at least 6 ft. of distance between individuals).	As a Reminder! In response to the Covid-19 pandemic, all trips, activities, and events for the month of June are currently cancelled. Trips, activities, and events will resume as soon as we receive notification that it is safe to do so. *All events are subject to change*	1 9:00 MP Food Bank FF 11:00 MP Catholic Mass	2 10:00 BP The Morning Stretch! EE 11:00 MP AV Reach Bible Study	3 11:00 MP Hope Chapel Bible Study 4:30 MP The Church of Jesus Christ of Latter Day Saints Bible Study	4 National Doughnut Day 8:00 MC Coffee & Donuts☕	5 
6 	7 This Date in History! Did you know? On June 7th, 1775, The United Colonies officially changed their name to the United States. Also on this day in 1955, "The \$64,000 Question" Premiered on television.	8 9:00 MP Food Bank FF 11:00 MP Catholic Mass	9 10:00 BP The Morning Stretch! EE 11:00 MP AV Reach Bible Study	10 11:00 MP Hope Chapel Bible Study 4:30 MP The Church of Jesus Christ of Latter Day Saints Bible Study	11 8:00 MC Coffee & Donuts☕	12 
13 	14 1:00 CR June Craft - Paint a Flag	15 9:00 MP Food Bank FF 11:00 MP Catholic Mass	16 10:00 BP The Morning Stretch! EE 11:00 MP AV Reach Bible Study	17 11:00 MP Hope Chapel Bible Study 4:30 MP The Church of Jesus Christ of Latter Day Saints Bible Study	18 8:00 MC Coffee & Donuts☕	19 
20 	21 	22 9:00 MP Food Bank FF 11:00 MP Catholic Mass	23 10:00 BP The Morning Stretch! EE 11:00 MP AV Reach Bible Study	24 11:00 MP Hope Chapel Bible Study 4:30 MP The Church of Jesus Christ of Latter Day Saints Bible Study	25 8:00 MC Coffee & Donuts☕	26 
27 All Events Are Subject to Change	28 	29 9:00 MP Food Bank FF 11:00 MP Catholic Mass	30 10:00 BP The Morning Stretch! EE 11:00 MP AV Reach Bible Study		Garden of Beauty Salon 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.	Reservations! Don't Forget! You may now enjoy time inside our Fitness Center, Library, or Game Room by booking a reservation. You may call the office Mon - Fri during regular business hours to place reservations. (661) 943 - 3228

***** 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!

David Navarette
Patricia Comeau
John Bercik
Noel Rivera
Keitha Reynolds
Jose & Rosa Gomez
Sam & Kelly McKnight



All Mayflower's Church Services and Bible Study programs are reopened for in-person services. To maintain proper social distancing guidelines and capacity limits set in the current Health Officer Order, residents must call the office to reserve their spot to attend all church services and programs.

We thank you for your cooperation in this matter.

Catholic Church Info

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

Hope Chapel Info

Please contact Anita or Wanda
(661) 943 - 1074

AV Reach Info

Mayflower Resident Liaison
Wanda Fox

The Church of Jesus Christ of Latter Day Saints Info

Mayflower Resident Liaisons
Karen & Bruce Day

FATHER'S DAY

Catholic Mass

St. Junipero Serra Church:
Tuesday Catholic Mass
11:00 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!

Bible Study Calendar

Quartz Hill UCC Bible Class
Every Sunday morning at
10:30 am in the MPR

Hope Chapel Bible Study Group

Every Thursday at 11:00 am in the MPR

The Church of Jesus Christ of Latter Day Saints

Every Thursday at 4:30 pm in the MPR
by Karen & Bruce Day

AV Reach Bible Study

Every Wednesday at 11:00 am in the MPR



Happy Birthday Mayflower Residents!

06/01	Glen White
	Denise Neal
06/02	Sarah Guerrero
	Sydney Looper
06/05	Deanna Schelske
	Rosetta McKenzie
06/06	Hallie Conley
06/08	Ellen Schomberg
06/09	Bobbie Evans
	Teresa Garcia
	Carolyn Laudig
06/10	Tony Estonilo
06/12	Carmel Rowles
	Marlene Kelley
	Gary Stephens
06/13	Barbara Maley
	Philip Draine
	Laurie Entley
06/15	Kathy Whitehall
06/17	Barbara Johnson
	Joseph Gonzales
06/20	John Chavez
06/21	Iris Mears
	Vicki Schmidt
06/25	Suzanne Brower
	Henrietta Lewis
06/29	Lee Staton-Lara

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!



FVMG Cares About You Staying Fit!

If you exercise regularly, you are likely to have lower cholesterol levels, lower blood pressure and lower your risk of heart disease. Although some of these things are inevitable, a little bit of exercise can go a long way. It can help you combat stress, enhance your vitality and sense of physical well being. Exercise benefits your body in many ways; for example:

YOUR SKIN - Receives a better flow of blood making you look healthier.

YOUR HEART - Becomes stronger, improving circulation throughout your body.

YOUR LUNGS - Are able to take in more oxygen, increasing the supply to all parts of the body.

YOUR JOINTS - Are kept mobile reducing stiffness over the long term.

YOUR MUSCLES - Become stronger and more efficient at using oxygen, enabling them to keep working for longer periods of time.

The weather is great for taking walks and playing with your grandchildren. These are good ways to start getting fit!

Give us a call here at First Valley (661) 943 - 6455, so that we can get you physically back on track!





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HAPPY Father's Day



Famous Father

- 1) Duke Kahanamoku
- 2) James Naismith
- 3) Joseph Haydn
- 4) Charles Babbage
- 5) Hippocrates
- 6) James Madison

Field of Contribution

- A) Father of Basketball
- B) Father of the U.S. Constitution
- C) Father of the Computer
- D) Father of Medicine
- E) Father of Surfing
- F) Father of the Symphony

ENTERTAINMENT TRIVIA

Influential 'Fathers'

History often bestows the title of "father" to men whose inventions or influence in a particular field have made a lasting impact on the world. See if you can connect each man to his title.

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