

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 Carvalho Café Manager
Charmaine Langley Activities Director
Tony Filinow Maintenance Supervisor
John Mancini Accounting Assistant
Ashley Yarman 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 (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

*Be Strong because things will get better. It might
be stormy now but it never rains forever.*

October 2019

Greetings From the Executive Director

Here it comes: The air is crisp; the trees are changing color; the days are getting shorter. Time to dig out your favorite sweater and go for a walk in the community. Fall is upon us again! It'll be time for football and Thanksgiving turkeys before you know it! We hope you can take some time out and enjoy some of the fun activities we have planned this season.

-Briana Larkin

ACTIVITY SPOTLIGHT



*Be ready to howl and party from 6pm to 9pm
with scary pumpkins, vampires and spirits
by Halloween's moonlight.*

Date: Saturday, October 26th

Time: 6pm - 9pm

Price: Per person - \$13

Place: Mayflower's Scary Pumpkin Café

Menu: Lasagne, Rolls, Salads and

Dessert

Entertainment: Ricky from "Rat Pack Ricky" who will perform various samplings of music from the "Great American Songbook."

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, October 5th
8:00am - 12:00pm
Great Sales on Saturdays.
50% off on 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*

Please remember to RSVP for ALL Activities, events and trips. Main sign-ups are held the first business day morning of each month. Thereafter you may sign up in Treasures from Monday through Wednesday from 8am to 12pm. Remember that the office cannot accept any cash, so if you come to sign up after Treasures is closed, bring a check or money order. Thank you for your cooperation.

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

EXOTIC FELINE COMPOUND IN ROSAMOND



Come join us as we admire the rare and exotic felines. Afterward we can stop for a quick meal at a local restaurant.

Comfortable shoes are suggested.

Date: Thursday, October 10th

Leave center at 10am

Price: Entrance fee \$12.00

Bring extra money for meal.

LA ZOO

It's time to go on our safari to the LA Zoo where we can learn about all the beautiful wild animals. There are many places inside the zoo to choose for lunch.

Date: Thursday, October 24th

Cost: \$18.00 + extra for lunch

Leave center at 9:00am - 5pm



BUS TRIPS & ALL ACTIVITIES

*Sign up for OCTOBER Events,
ALL Activities and NOVEMBER
Bus Trips Starting
TUESDAY, October 1st,
in person in the café. Fees must
be paid at time of sign-up.
Monday-Friday only*

Lancaster Beauty School



You are invited to help support our future Beauticians of Lancaster. We will be spending a relaxing, therapeutic morning at Lancaster Beauty School having Manis or Pedis or both. Ice cream at Baskin Robbins after!!!

Date: Thurs., November 7th

Time: Leave center at 9am

Price: Manis \$3.50 & Pedis \$8

Disneyland



Coming soon!!!

Date: Thurs., Nov. 21st

Time: Leaving center at 8am

Leaving the park: 6-7pm

Price: \$129 per person

*Motorized Wheelchair available
for rent at Disneyland*

Movies Celebrating Superheroes



Tuesday, October 8th
"Aquaman"

Tuesday, October 15th
"Captain Marvel"

Friday, October 25th
"Shazam"

Wednesday, October 30th
"Avengers, End Game"

All movies starts at 1pm promptly.

Spooktacular Doggie Costume Contest

Date: Thursday, October 31st

Time: 1:30pm

Treats and refreshments will be served.

Great prizes for you and your furry pet.

Come on down for a *Doggone Good Time!*



Everybody welcome!!

High Desert Medical Group Senior Expo

High Desert Medical Group will be presenting their 29th Annual Senior Expo "Seas the Day"

Please Join us!

Thursday, October 17th

9am to 3pm

Antelope Valley Fairgrounds

Bus Leaves Mayflower Gardens:

8:30am

10:00am

11:30am

Return trips to be determined by your driver the day of the event.

Entrance fee is free.

Please sign up.

Celebrating Fall With Pumpkin Spice



What better way to celebrate fall. Join us for a pumpkin spice latte or other coffees and donuts.

Date: Friday, October 11th

Time: 12:30pm

Cost: \$5

TIPSEE ARTIST - PAINTING CRAFT



Let your artistic inner self shine bright! Mary, from Tipsee Artist, will be assisting us in creating our own beautiful fall sunset painting pictured above while sipping on a chilled glass of wine.

The classes are designed to allow a beginner or novice painter a chance to create their very own work of art. **No experience required.** It's a lot of fun and very relaxing. Join us for the fun!!!

Tipsee Artist is FUN art not Fine art. 2 hours of step by step entertainment painting.

\$25 per person incl. Canvas, paint, brushes, easels and more. Wine and snacks will also be provided.

Date: Wed., Oct. 9th

Time: 2 - 4pm

Venue: MPR



With increased healthcare costs and a rapidly increasing percentage of uninsured women, many simply cannot afford the cost of screening tests. These women are at a significantly higher risk of dying from breast cancer if later diagnosed.

That's why National Breast Cancer Foundation, NBCF, provides free mammograms to women across the United States through their network of hospitals. They are now joining hands with people around the world to provide breast cancer education.

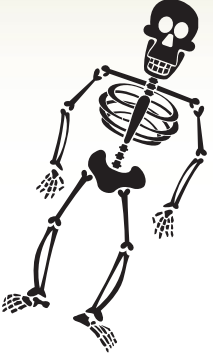
We at Mayflower Gardens would like to give a contribution and we would appreciate you, our residents, helping us in this very important cause.


As October is Breast Cancer Awareness Month we will be selling pink ribbons for \$2 on the day of sign-ups as well as Monday - Wednesday, 8am to 1pm in the Treasures. We are also inviting you to wear pink on October 18th. Please support us in a KFC lunch on the day.

*

Date: Friday, Oct. 18th
Time: 12pm

Cost: \$8 incl. 2 pieces of chicken, 1 side & drink

Sunday	Monday	Tuesday
	MAYFLOWER BEAUTY SALON: Full Service Salon at Reasonable Rates Right Here on Campus. Hair Cuts, 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	Chair Exercise 1 9:00am... Game Room . Catholic Mass 10:00am... MPR/Chapel Sign Ups 8:30am In Café Tuesday Night Bingo 4:30pm... Café \$15 Buys One of Each Game See Page 2 For Details
QH Congregational UCC 6 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-Th	TOPS: Weight Loss 7 9:00am... MPR . Grace Resources Food Giveaway 11:30 am MPR . Pinochle 12:00pm... Game Rm . Ballroom Dancing 5:30pm... Café .	Chair Exercise 8 9:00am... Game Room . Catholic Mass 10:00am... MPR/Chapel Matinee 1pm "Aquaman" Tuesday Night Bingo 4:30pm... Café \$15 Buys One of Each Game See Page 2 For Details
QH Congregational UCC 13 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-Th	TOPS: Weight Loss 14 9:00am... MPR . Grace Resources Food Giveaway 11:30 am MPR . Pinochle 12:00pm... Game Rm . Ballroom Dancing 5:30pm... Café .	Chair Exercise 15 9:00am... Game Room . Catholic Mass 10:00am... MPR/Chapel Matinee 1pm "Captain Marvel" Tuesday Night Bingo 4:30pm... Café \$15 Buys One of Each Game See Page 2 For Details
QH Congregational UCC 20 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-Th	TOPS: Weight Loss 21 9:00am... MPR . Grace Resources Food Giveaway 11:30 am MPR . Pinochle 12:00pm... Game Rm . Ballroom Dancing 5:30pm... Café .	Chair Exercise 22 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 27 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-Th	TOPS: Weight Loss 28 9:00am... MPR . Grace Resources Food Giveaway 11:30 am MPR . Pinochle 12:00pm... Game Rm . Ballroom Dancing 5:30pm... Café .	Chair Exercise 29 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 2 10 - 11am In MPR Michelle Advance Funeral 10am Canasta 12noon... Game Room AV Bookmobile 1-2:30pm... Behind Café Matinee - 1pm Line Dancing Class 5pm ... Café	Chair Exercise 3 9am... Game Rm . NO BUS TODAY . Hope Chapel Bible Study 11:00am... MPR/Chapel 10c Bingo 1pm At Harshfield . Scrabble 1:30 In Game Room	Food Bank 4 . . . Crafty Friday 1pm Venue TBA Toilet Paper Pumpkins . Poker 5:00pm...Game Room .	Coffee & Donuts 5 8:00am... Café . Treasures Saturday Sale 8am - 12pm . . Nickel Bingo 12:30pm In Café . .
Tai Chi 9 10 - 11am In MPR Resident Meeting 11am In MPR Canasta 12noon... Game Room Tipsee Artist 2 - 4pm In MPR AV Bookmobile 1-2:30pm... Behind Café Line Dancing Class 5pm ... Café	Chair Exercise 10 9am... Game Rm Trip: Exotic Feline 10am . Hope Chapel Bible Study 11:00am... MPR/Chapel . 10c Bingo 1pm At Harshfield . Scrabble 1:30 In Game Room	No Food Bank 11 . . Coffee Bar & Donuts 12:30pm TLC Questions & Answers 1pm . Poker 5:00pm...Game Room . .	Coffee & Donuts 12 8:00am... Café . Savory Saturday Palmdale Walmart Leave 11am . Nickel Bingo 12:30pm In Café . .
Tai Chi 16 10 - 11am In MPR Michelle Advance Funeral 10am Canasta 12noon... Game Room NO AFTERNOON BUS AV Bookmobile 1-2:30pm... Behind Café . Line Dancing Class 5pm ... Café	Chair Exercise 17 9am... Game Rm Hope Chapel Bible Study 11:00am... MPR/Chapel 10c Bingo 1pm At Harshfield Senior Expo 8:30am 10am 11:30am Scrabble 1:30 In Game Room	Food Bank 18 . . Breast Cancer Awareness Fundraiser KFC Lunch 12pm In Café . Poker 5:00pm...Game Room . .	Coffee & Donuts 19 8:00am... Café . . . Nickel Bingo 12:30pm In Café . . .
Tai Chi 23 10 - 11am In MPR Canasta 12noon... Game Room AV Bookmobile 1-2:30pm... Behind Café Line Dancing Class 5pm ... Café . Night Out 5pm Marie Callender's	Chair Exercise 24 9am... Game Rm LA Zoo Trip 9am Hope Chapel Bible Study 11:00am... MPR/Chapel 10c Bingo 1pm At Harshfield Vision Loss 1:30 In MPR Scrabble 1:30 In Game Room	No Food Bank 25 . . . Matinee 1pm "Shazam" . Poker 5:00pm...Game Room . .	Coffee & Donuts 26 8:00am... Café . Savory Saturday Walmart Palmdale Leave 11am . No Nickel Bingo . Halloween Party 6 - 9pm "Haunted Harvest"
Tai Chi 30 10 - 11am In MPR Michelle 10am Tony Dettore - Entertainer 12 To 1pm In Café Canasta 12noon... Game Room Matinee 1pm "Avengers Endgame" AV Bookmobile 1-2:30pm... Behind Café Line Dancing Class 5pm	Chair Exercise 31 9am... Game Rm Hope Chapel Bible Study 11:00am... MPR/Chapel 10c Bingo 1pm At Harshfield Halloween Doggie Parade 1:30pm In Front of Admin Scrabble 1:30 In Game Room .	Please note that Mayflower Gardens is not affiliated with nor guarantees services from our advertisers.	

IN CASE OF EMERGENCY

*** 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

Too Loud?

It's perfectly all right to
politely ask your neighbor to
"keep it down," or "lower the
volume." After all, they may not
know they're bothering you. But
remember to also be polite if
your neighbor asks you to keep
it down. Be courteous and keep
your stereos, televisions and
conversations at a reasonable
volume.

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 family
and friends of those we lost
recently, May the memories keep
you going.*

BIBLE STUDIES FOR OCTOBER

QH UCC

Bible Class every Sunday
morning at

10:30am in the MPR.

Women & Men Fellowship on
Sunday, October 27th, at

10:30am at Chapel.

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

PASTOR'S MESSAGE

From the beginning of
creation, God made light and
darkness and he separated them
one from another. He made day
and night and He made good
and evil, order and chaos,
understanding and ignorance,
wisdom and foolishness, life
and death. Now science tells us
that darkness is merely the
absence of light. You cannot
burn a light that makes the
room dark. This holds true also
in the spiritual world. Evil and
Death exist where there is no
goodness of life. Therefore as
Christians we must have the
light of Jesus in our life. We
must fill our minds with the

word of God. We must do good
works and we must be full of
love because only the positive
things have any reality in
themselves.

****Rev. Roger Plessen****

Communion ...

... will be served during Morning
Worship Service, Oct. 6th, from
9am to 10:30am in our Chapel.

Communion will be served at
MFG Convalescent Hospital
Wednesday, Oct. 16th, from
10:30am to 11am.

*

Quartz Hill Congregational
UCC-Mayflower Church
Church Office: 661-722-2961



10/01 Lillian McBurney
Edward Deford
10/02 Gerda Schmoltz
Ralph Bradford
Harriet Trejo
10/03 Tony Lyons
10/04 Cheryl Taylor
Cheryl Raedeke
Kimberly Stock
Helene Ashby
10/05 Sheila Williams
Roy Montana
10/06 Larry Jarrett
10/07 Shirley Martin
Arline Lewis
Paula Smillie
Carol Perkins
10/09 James Aikin
10/10 Pam Carlyle
10/12 Ione Gross
Kay Meindel
10/14 Phyllis Gillis
10/15 Patricia Graves
Ingrid Schutz
10/17 Dee Black
Marcella Jacobs
Pauline Thomas
10/18 John Forte
10/19 Ron Smillie
Glenda LaMothe
10/20 Larry Brancato
10/21 Connieerika Sedano
Robert Marder
Richard Tullgren
10/24 Keyhandokt Shahbakhti
10/25 Dwight Lopez
Stephanie Schmidt
Wanda Grieco
10/26 Margaret Duncan
Duane Svoboda

10/27 Dale Heinrichs
10/28 Charles Brown
Audrey Stone
Mary Heath
10/29 David Probstfeld
Jennifer Davis
10/30 La Verne Herbert
Clark Nichols
David Prim
Louis Moore
Gordon Fraser
10/31 June Authier
Ernesto Arriaga Aguilar

*Happy Birthday,
Your birth flower is the Marigold.
In Victorian times a gift of
Marigolds would secretly mean
"I am thinking of you"*



Crafty Friday

Toilet Paper Pumpkins
Date: Friday, October 4th
Time: 1pm
Cost: \$4



HEALTH & FITNESS CORNER



OCTOBER IN SEASON PRODUCE LIST

Broccoli	Apples
Lettuce	Cranberries
Pumpkins	Grapes
Spinach	Pomegranates
Sweet Potatoes	
Winter Squash	

FITNESS PROGRAM FOR OCTOBER

DVD Chair Exercises:
Every Tuesday and Thursday
morning
9am to 10am in Game Room.

*

Tai Chi: MPR
Every Wednesday morning
10am to 11am.

SEMINARS

**Michele's Advance Planning
Services**

Oct. 2nd at 10am
Oct. 16th at 10am
Oct. 30th at 10am

**TLC INSURANCE - JANET
PIERSON**

Friday, October 11th at 1pm
in the Café. Janet will be
handing out pies and free
answers to any questions you
have on healthcare.

Vision Loss Support Group
Thursday, Oct. 24th



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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(661) 726-3303

For (661) 726-3367

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

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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