

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 10:30 a.m. - 4 p.m.

Your Friendly Staff - Mayflower I

| | |
|----------------|--------------------------|
| Briana Larkin | Executive Director |
| Ian Dasmarinas | Business Office Manager |
| Ashley Yarman | Marketing Director |
| Ashley Lopez | Restaurant Manager |
| Heather Flores | Activities Director |
| Tony Filinow | Maintenance Supervisor |
| Crystal Manzo | Maintenance Office Admin |
| 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

September 2021

Greetings From the Executive Director

It is time for our Annual Resident Appreciation BBQ! The most anticipated event of the year, this event is our way of saying THANK YOU to you, our residents, for your continued residency. At this time, due to the continuous and steady increase of Covid cases in the Antelope Valley, this event is scheduled as a Pick-up & Go event at our Beautiful Berry Park. Please see the Activity Spotlight for information. I hope to see you all there.

-- Briana Larkin



Activity Spotlight

Let's Get Ready to BBQ! Friday, September 17th, we will be serving up some delicious lip smacking BBQ, refreshing beverages, and playing some wonderful toe-tapping tunes for our FREE Pick-up & Go Resident Appreciation BBQ!

Time: 12:00 - 3:00pm

Where: Berry Park

*We ask that residents please call the office and RSVP as soon as possible; as limited spaces will be available on a first-come, first-serve basis.

As a reminder, this BBQ is for Mayflower residents only.

MAYFLOWER TREASURES DONATION CENTER

Treasures Hours:

(Mon - Weds) 9 a.m. - 12 p.m.

TREASURES FURNITURE

Call for Appointment
(661) 943-0348

PIONEER CLUB ACTIVITIES AND NEWS

Let's Play Bingo!

Tuesday, 5:00 pm

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

Saturday Nickel Bingo

12:30 pm Most Saturdays, See Calendar.

Coffee & Donuts

Saturdays, 8:30 a.m. in the Café.

Treasures 1st Saturday Sale!

Saturday, September 4th

National Play Doh Day

Thursday, September 16th is National Play Doh Day. What better way to celebrate the fond memories of one of our favorite childhood pastimes than by making our very own Play-Doh. Come on down to the office and reserve your spot for this month's craft by Friday, September 10th. This month's craft is FREE. Make sure to wear clothes that you can get messy because we are going to mix and color our Play-doh hearts until they are content.

When: Thursday, September 16th

Time: 10:00 am - 12:00 pm

Where: Craft Room or MPR
(pending reservations)



Autumn Entertainment

What goes great with eating a wonderful meal at our Mayflower Café on the first day of Autumn? How about some musical entertainment brought to you by one of Mayflower's favorite musical entertainers! Dean Dobbins will be here to play some wonderful music for the first day of the fall!

When: Weds., September 22nd

Time: 12:00 - 1:00 pm



Mayflower Gardens would like to remind residents and guests to please wear their masks at all times while visiting our center. Covid cases are on the rise and we do not wish to see activities/events canceled. Forgot your mask at home? Just ask the staff and we will provide you with one!



National Pepperoni Pizza & Punch Day

National Pepperoni Pizza Day and National Punch Day are celebrated on September 20th. Come on down to the Café to pick up a slice of pepperoni pizza and a glass of fruit punch while enjoying some good company with friends and family. A Free slice of pizza you say, "It don't get much cheddar than this!"

Date: Monday, September 20th

Time: 2:00 - 4:00 pm

Where: Café

Get the
FLU  **SHOT**
not the flu!

Don't forget, if you have not already signed up for our flu shot clinic for Friday, September 3rd, you still have time. Please call the office so that we may add you to the interest list. The flu shot clinic will take place in our Mayflower Café from 10:00 am to 1:00 pm and is sponsored by Walgreen's pharmacy. To ensure a faster speed of service, residents are asked to please have their Identification and Medical Insurance cards readily available at the clinic time.



Starting Wednesday, September 1st, residents can come to the office and sign up for all our Monday Matinees for the month. Spaces are limited & we ask that reservations are made at least 24hrs in advance.

Showtimes: 11 am & 2 pm

Complimentary Popcorn & Drinks will be served

"Classic Family & Romantic Comedies"

Monday, September 6th, 2021

"Rumor Has It"

Monday, September 13th, 2021

"It's Complicated"

Monday, September 20th, 2021

"Because I Said So"

Monday, September 27th, 2021

"Two Weeks Notice"



AGING CARE: Non - Contact Wheelchair Tune-up Clinic

Medicare and Medi-Cal want your equipment to be in good working order to keep you safe, and so does Mayflower Gardens!

So come on down Friday, September 10th, with your manual or electric wheelchair/scooter to have it assessed and adjusted for free. This is a no-contact tune-up clinic provided by: AGING CARE.

Aging Care Tune-up Clinic Includes:

- Power Wheelchair & Scooter Assessments and Adjustments
- Manual Wheelchair Assessments and Adjustments
- Medicare Equipment Benefits Updates

When: Friday, September 10th

Where: Café

Time: 10:30 a.m. - 1:00 pm approx.

Please come by the office to sign up for this clinic no later than Tuesday, September 7th.



Once you find all the correct answers to our "Month of September" Trivia Game, simply jot them down and place them in an envelope with your name & apartment number on it. The **first** resident to turn in the most correct answers wins a free meal, including a dessert, from our café. Winner will be announced in the October Gazette, so be on the lookout!

Month of September Trivia

1.) September comes from the Latin word, _____ meaning "seven."





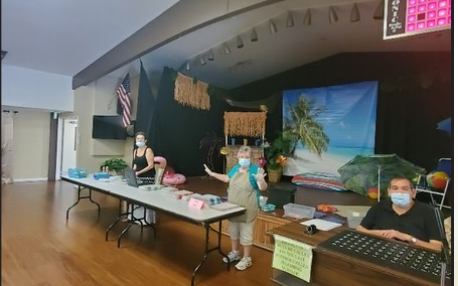

This being that originally, September was the seventh month of the Roman Calendar.

2.) The first Monday in September is _____.

3.) The birth flowers for the month of September are _____ & _____.

4.) In September of 1962, which president brought forth a \$5.4 billion proposal to initiate the "Space Program?"

5.) September's Full moon is also called _____.

| 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 while you are indoors regardless of vaccination status. |  | Garden of Beauty Salon Don't forget Mayflower Residents, the "Garden of Beauty" salon is located right here on our campus and 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. | ¹ 9:00 MO Monday Matinee Sign-ups Begin 10:00 GR Advanced Planning Services 10:00 MP The Morning Stretch! 3:00 BC Lancaster Library: Pickup & Holds Service 5:00 MC Line Dancing | ² 9:00 GR Chair Exercises 11:00 MP Hope Chapel Bible Study 1:00 HT 10¢ Bingo 1:30 GR Scrabble | ³ 9:00 MC Flu Shot Clinic 9:00 MP Food Bank 3:30 MP Ukulele from the Heart | ⁴ 8:00 TS First Saturday Sale 9:00 MC Coffee & Donuts 9:00 MC Crafters Club 12:30 MC Nickel Bingo |
| Saturday Coffee & Donuts Returns ⁵  | ⁶ 9:00 MP TOPS Weight Loss 11:00 MT Monday Matinee - "Rumor Has It" 12:30 GR Pinochle 5:30 MC Ballroom Dancing | ⁷ 9:00 GR Chair Exercises 10:00 MP Catholic Mass 4:30 MC Tuesday Night Bingo | ⁸ 10:00 MP The Morning Stretch! 11:00 MP Resident Meeting 3:00 BC Lancaster Library: Pickup & Holds Service 5:00 MC Line Dancing | ⁹ 9:00 GR Chair Exercises 11:00 MP Hope Chapel Bible Study 1:00 HT 10¢ Bingo 1:30 GR Scrabble | ¹⁰ 9:00 MP Food Bank 10:30 MC Aging Care: Non-Contact Wheel Chair Tune-up Clinic 3:30 MP Ukulele from the Heart | ¹¹ 9:00 MC Coffee & Donuts 9:00 MC Crafters Club 12:30 MC Nickel Bingo |
| Infamous Mayflower Karaoke  ¹² | ¹³ 9:00 MP TOPS Weight Loss 11:00 MT Monday Matinee - "It's Complicated" 12:30 GR Pinochle 5:30 MC Ballroom Dancing | ¹⁴ 9:00 GR Chair Exercises 10:00 MP Catholic Mass 4:30 MC Tuesday Night Bingo | ¹⁵ 10:00 GR Advanced Planning Services 10:00 MP The Morning Stretch! 3:00 BC Lancaster Library: Pickup & Holds Service 5:00 MC Line Dancing | ¹⁶ 9:00 GR Chair Exercises 10:00 CR September Craft: Play-Doh 11:00 MP Hope Chapel Bible Study 1:00 HT 10¢ Bingo 1:30 GR Scrabble | ¹⁷ 9:00 MP Food Bank 12:00 BP Pick-up & Go: Annual Resident Appreciation BBQ 3:30 MP Ukulele from the Heart | ¹⁸ 9:00 MC Coffee & Donuts 9:00 MC Crafters Club 12:30 MC Nickel Bingo |
| Congratulations, Doris Lindquist!  ¹⁹ | ²⁰ 9:00 MP TOPS Weight Loss 11:00 MT Monday Matinee - "Because I Said So" 12:30 GR Pinochle 2:00 MC Pepperoni Pizza Day 5:30 MC Ballroom Dancing | ²¹ 9:00 GR Chair Exercises 10:00 MP Catholic Mass 4:30 MC Tuesday Night Bingo | ²² 10:00 MP The Morning Stretch! 12:00 MC Dean Dobbins - Lunch Performance 3:00 BC Lancaster Library: Pickup & Holds Service 5:00 MC Line Dancing | ²³ 9:00 GR Chair Exercises 11:00 MP Hope Chapel Bible Study 1:00 HT 10¢ Bingo 1:30 MP Dayle McIntosh - Vision Loss Support Group 1:30 GR Scrabble | ²⁴ 9:00 MP Food Bank 3:00 MC Karaoke 3:30 MP Ukulele from the Heart | ²⁵ 9:00 MC Coffee & Donuts 9:00 MC Crafters Club 12:30 MC Nickel Bingo |
| Bingo Has Returned...Finally!  ²⁶ | ²⁷ 9:00 MP TOPS Weight Loss 11:00 MT Monday Matinee - "Two Weeks Notice" 12:30 GR Pinochle 5:30 MC Ballroom Dancing | ²⁸ 9:00 GR Chair Exercises 10:00 MP Catholic Mass 4:30 MC Tuesday Night Bingo | ²⁹ 10:00 GR Advanced Planning Services 10:00 MP The Morning Stretch! 3:00 BC Lancaster Library: Pickup & Holds Service 5:00 MC Line Dancing | ³⁰ 9:00 GR Chair Exercises 11:00 MP Hope Chapel Bible Study 1:00 HT 10¢ Bingo 1:30 GR Scrabble |  | As a Reminder! Activities and Events are starting to return here at Mayflower Gardens. However, at this time, off-campus trips are still currently canceled. Trips will return as soon as we get notification that is safe to do so. *All events are subject to change* |

***** 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 Our New
Residents Here at
Mayflower Gardens!**

Edna McCallion
Virginia Day
Ann Sutherland



Our Doors Are Open

All Mayflower's Church Services
and Bible Study programs are
open for in-person services. To
continue our efforts in reducing
the spread of Covid-19, all
residents must wear masks
indoors regardless of their
vaccination status.
Thank You.

Catholic Church Info

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

Hope Chapel Info

Please contact Anita or Wanda
(661) 943 - 1074



**Mayflower Gardens Bible
Study Calendar**

**Hope Chapel Bible Study
Group**

Every Thursday at 11:00 am in
the MPR

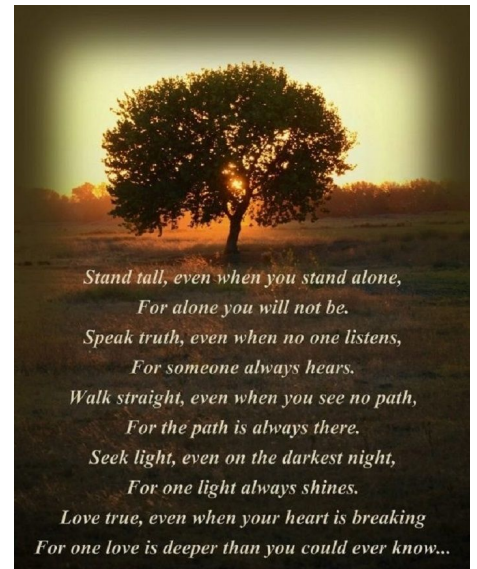
Catholic Mass

St. Junipero Serra Church:
Tuesday Catholic Mass
10:00 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!*

**A Poem for
Encouragement
and Strength**





Happy Birthday Mayflower Residents!

| | |
|-------|---|
| 09/01 | Betty McCrillis |
| 09/02 | Sandra Midgley Margaret Gedrose |
| 09/03 | Veronica Lovett Eli Colvin Darryl Pursley |
| 09/07 | Janice Arnold |
| 09/09 | Richard Derrico |
| 09/11 | Kelly McKnight |
| 09/13 | Patricia Comeau |
| 09/14 | Jean Massey Diana Wright Josie Macadangdang |
| 09/15 | Elizabeth Brown James Jones |
| 09/19 | Empress Collins Linda Ross |
| 09/20 | JoAnne Ferrarini Nancy Miller |
| 09/21 | Mary Cathy Heximer Oscar Rodas |
| 09/25 | BettyAnn Avery |
| 09/26 | Alona De Guzman |
| 09/28 | Bonnie Weber Mary Beltran |
| 09/29 | Diana Cohen |



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.



Managing Stress

Stress is part of being human, and it can help motivate you to get things done. Even high stress from serious illness, job, a death in the family, or a painful life event can be a natural part of life. You may feel down or anxious, and that's normal too for a while. Exercise. Exercise is one of the most important things you can do to combat stress. ...

Consider supplements. Several supplements promote stress and anxiety reduction. ...

Light a candle. ...

Reduce your caffeine intake. ...

Write it down. ...

Chew gum. ...

Spend time with friends and family. ...

Laugh.

Contact First Valley Medical Group we can help with many tips Maribel at (661) 524 - 7905



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HONOR PATRIOT DAY

Sept. 11



National Day of Service and Remembrance



NATIONAL ASSISTED LIVING WEEK®
SEPTEMBER 12-18, 2021