



EAR ACCUPUNCTURE & SEEDING WITH JENNY BRANCO WELLNESS

Friday November 6th / 6:30PM / Hillcrest Clubhouse

Our first Mayfair Wellness Series event is just around the corner. We're excited to kick things off with a unique and relaxing experience right here in the Hillcrest Village Clubhouse!

Feeling stressed, exhausted, overwhelmed, or struggling with sleep, headaches, tension, digestion, or hormonal changes? Join Jenny Branco, BSN, RN, IHP, AAT, for a restorative wellness experience designed to help your body relax, release tension, and restore balance.

Ear acupuncture targets specific points on the ear to help calm the nervous system, reduce stress, promote relaxation, and support overall wellbeing. Participants may experience improved sleep, better mood, reduced tension, and a greater sense of calm.

Ear seeding uses tiny beads placed on specific points of the ear to provide gentle stimulation for several days. With more than 200 points on the ear, treatments can be customized to address concerns such as stress, sleep, energy, cravings, digestion, headaches, hormonal symptoms, and more.

Jenny combines her experience in conventional healthcare, Functional Medicine, and nervous system-focused wellness to provide a personalized and supportive experience.

Residents, friends, and family are welcome! Choose from two options:

Ear Acupuncture + Ear Seeding – \$75 per person

Limited to 11 participants | Begins at 6:30 PM

Ear Seeding Only – \$35 per person

No participant limit | Begins at 7:00 PM

Whether you're looking to relieve stress, address specific concerns, or simply enjoy a little relaxation, this is an experience you won't want to miss!

Please call or stop by our office to sign up and pay no later than October 30th.

New! Sports Night

Calling all sports fans! Based on resident feedback, we're switching things up and replacing Movie Night with Sports Night! If you're looking to get out of your apartment, catch a game, and enjoy the company of your neighbors, we hope you'll join us! Our first gathering will be ***Friday, October 23rd at 7:30 PM for the Celtics vs the Portland Trailblazers***, followed by ***Sunday, December 27th at 1:00 PM for the Patriots vs the New York Jets***. Both events will be held at the **Hillcrest Village Clubhouse** and are open to all Mayfair residents. No need to sign up, just show up! Feel free to bring your favorite food, snacks, and beverages and settle in for some fun! While Movie Night didn't generate the interest we had hoped for, we're always happy to try something new. We welcome your suggestions for future activities and events. After all, these gatherings are for YOU! Be sure to follow our social media pages for additional Sports Night announcements, as some games may fall between newsletter editions!

GAME NIGHT Friday, November 20th / 6:30PM / Hillcrest Clubhouse

Get ready for some friendly competition and good company at our new resident event, Game Night! This casual, resident-driven gathering is all about connecting with your neighbors over a little fun and a little friendly rivalry. Feel free to bring your favorite board game or card game to share, but don't worry if you don't have one on hand — there will always be plenty of options to choose from. No signups, no pressure, just show up, pull up a chair, and enjoy the evening. Snacks and drinks are welcome, so bring along whatever you're craving to munch on or sip while you play. Game Night will be held bi-monthly on the third Friday of the month, with our first session kicking off on Friday, November 20th at 6:30 PM in the Hillcrest Village Clubhouse. All Mayfair residents are welcome to join, regardless of which community you call home. We can't wait to see you there!

MAYFAIR COMMUNITY POTLUCK – Friday December 18th / 6PM / Putnam Village Clubhouse

Our resident-driven Community Potlucks are a wonderful opportunity to gather with neighbors, share delicious food, and enjoy great company! Held on the third Friday of every other month, these gatherings alternate between the Hillcrest Village and Putnam Village clubhouses. All residents, regardless of which property you live in, are welcome. Simply bring a dish to share, along with your own plates, utensils, and anything needed to serve your contribution. Homemade or store-bought, all dishes are welcome! The goal is simply to relax, socialize, and enjoy an evening with friends and neighbors.

No sign-up required — just show up! We hope you'll join us for another evening of good food and great company!

THE NOTEBOOK Sunday, February 14th / 6:30PM / PPAC

What better way to celebrate Valentine's Day than with a beautiful love story? Mayfair Realty is excited to offer residents, friends, and family the opportunity to enjoy a special Valentine's Day evening at the Providence Performing Arts Center to see *The Notebook*, the unforgettable Broadway musical!

Based on the bestselling novel by Nicholas Sparks that inspired the beloved film, *The Notebook* tells the touching love story of Allie and Noah, two people from different worlds whose love endures through life's many challenges. Filled with beautiful music, heartfelt moments, and powerful performances, this romantic production is the perfect way to celebrate the holiday with someone special!

We've reserved a block of *20 tickets at a deeply discounted price of just \$40.50 per person!* Looking for the perfect Valentine's Day gift? These tickets make a wonderful gift for your sweetheart, a friend, or someone special in your life! Tickets are limited and available on a first-come, first-served basis. Please call or stop by our office to sign up and submit payment no later than January 4th. Don't miss this opportunity to enjoy a memorable Valentine's Day evening at the theatre at an exceptional price!

PARKER'S MAPLE BARN & AVERILL HOUSE WINERY Thursday, March 25th / 9:30AM – 4:45PM

After a long New England winter, what better way to welcome spring than with a delightful day trip to beautiful New Hampshire? Join the Mayfair Mavericks as we trade the winter blues for a day filled with delicious food, a little shopping, wine tasting, and wonderful company! It's the perfect opportunity to get out, enjoy a change of scenery, and spend a fun-filled day with friends and neighbors.

Our first stop is *Parker's Maple Barn in Mason, New Hampshire*, where we'll enjoy a delicious, hearty brunch featuring fresh maple syrup, maple ham, pancakes, eggs, and more! Known for its charming country atmosphere and delicious maple specialties, Parker's is a wonderful place to experience a true taste of New England. After brunch, we'll have time to browse their country store, where you can shop for maple treats and other goodies to bring home.

Next, we'll head to *Averill House Vineyard in Brookline, New Hampshire*, a family-owned winery nestled in a beautifully restored 1830s barn. Here, we'll enjoy a tour and wine tasting while learning about the winery and sampling some of its offerings. It's a lovely way to spend a spring afternoon before heading home!

Looking for a unique holiday gift? Why not give someone special the gift of a wonderful experience instead of another sweater or gift card? This spring getaway makes a thoughtful holiday gift and gives the recipient something fun to look forward to after the winter months!

The cost is \$130 per person, and friends and family are welcome! Our motorcoach will depart from Putnam Road promptly at 9:30 AM, so we encourage everyone to arrive a little early. We anticipate returning at approximately 4:45 PM. To reserve your seat, please call or stop by the Mayfair Realty office to sign up and submit payment no later than

February 20th. Full payment is required at the time of booking, and the trip is non-refundable. Don't miss this wonderful opportunity to welcome spring with the Mayfair Mavericks!

NETWORK WITH YOUR NEIGHBORS

- We are paying a \$500 referral fee for sending a qualified renter to Mayfair. The referral fee will be credited to your rent the month after the new resident moves in. Please be sure to remind your friend or family member to let us know you referred them when they call.
- Our next Mayfair Book Club meeting will be held on **Wednesday, December 2nd at 7:00 PM** in the Putnam Village Clubhouse. We'll be discussing *Heart of a Stranger: An Unlikely Rabbi's Story of Faith, Identity, and Belonging* by Angela Buchdahl. New members are always welcome! If this will be your first meeting, please call the office to let us know you'll be joining us.
- Upcoming ***Coffee Connection*** dates: November 14th, December 9th, January 13th. Coffee Connection always takes place at the Hillcrest Village Clubhouse, on the second Wednesday of each month, and is open to all residents. We hope to see you there!
- As a reminder all Mayfair properties are SMOKE AND VAPE FREE. This applies to the buildings as well as the grounds.