




# Belmont Village of Green Hills Village NEWS

  4206 Stammer Place • Nashville, TN 37215 • Phone 615-279-9100 • Fax 615-279-9622

*A Publication of Belmont Village for Residents, Staff, Family and Friends*

**August 2016**

## **Leadership Team**

### **Robin Crowell**

Executive Director  
(615) 279-9100 ext. 102  
rcrowell@belmontvillage.com

### **Buffy Clark**

Director of Resident  
Services/Nursing  
(615) 279-9100 ext. 107  
baclark@belmontvillage.com

### **Jill Kelton**

Community Relations  
(615) 279-9100 ext. 151  
jkelton@belmontvillage.com

### **Laurie Larson**

Community Relations  
(615) 279-9100 ext. 109  
llarson@belmontvillage.com

### **Laurie Evans**

Activity Program Coord.  
(615) 279-9100 ext. 104  
levans@belmontvillage.com

### **Christie Hendrich**

Memory Program Coordinator  
(615) 279-9100 ext. 107  
chendrich@belmontvillage.com

### **Nathan Frost**

Chef Manager  
(615) 279-9100 ext. 106  
nfrost@belmontvillage.com

### **Jamie Forster**

Human Resources Generalist  
(615) 279-9100 ext. 103  
jforster@belmontvillage.com

### **Terry Wallace**

Building Engineer  
(615) 279-9100 ext. 105  
twallace@belmontvillage.com



**Robin and Terry**

August is here and the heat is still topping the charts! I want to express my thanks to Terry Kellum and Lib Roller for the hard work they have done in planting our herbs and flowers on the patio beside Josephine's Kitchen. The iris garden is beautiful, too!

Our servers are being trained for a new Point of Sale service in Josephine's Kitchen. This will insure more accuracy with orders and timelines, and will enhance our accounting and inventory system of supplies and food.

Thank you to all the residents and families for your patience as we have recently made some improvements in our kitchen area with an upgraded floor. This has been upgraded to meet safety and dietary guidelines.

We are making Amazon Prime available to families who would like to order toiletries for your loved ones and have them delivered to Belmont Village. If you would like more information,

please contact Laurie Evans.

With the increasing number of men who have joined our Belmont family, we are pleased to announce additional activities geared for our guys! Some of these include a Car Club featuring antique and sports car "demos," Putt-Putt, Poker, Pool and "Tall Tales" Discussion, Men's Lunch Outing (R.O.M.E.O. Club - Retired Old Men Eating Out), and Men's Coffee and Current Events Discussion. We want you to join our ladies in all the various activities, too!

We can look forward to Viva Las Vegas on August 23. Casino Games will be held from 2:30pm to 5:30pm, cocktails served from 4:00pm to 5:00pm and a delicious Surf and Turf Dinner will be served as we enjoy a Vegas Dinner Show with the Kyle Turco Jazz Trio. See you there!





**Resident Birthdays**

- 8/1 John Russell
- 8/16 Irwin Green
- 8/19 Shirley Cassotti
- 8/21 Marjorie McFadin
- 8/22 Betty Eslick
- 8/24 Shirley Cameron
- 8/27 Katie Mott
- 8/30 James Brown
- 8/31 June Cooper



**Employee Birthdays**

- 8/7 Shanelle Sutton
- 8/7 David Quinones Mones
- 8/8 Mimi Defulber
- 8/20 Hirute Alega
- 8/28 Aster Beyin
- 8/28 Jeanette Johnson
- 8/30 Dorothy Mercy



**Employee of the Month ... Via Lewis**

Our Belmont Village August Employee of the Month is Via Lewis who has worked as a Pal for over 5 years. Via exemplifies a compassionate heart and great caregiving skills as she cares for our residents each day. Via has two small children whom she adores and always has a positive, gentle attitude. We appreciate your sweet spirit of love and care!



**Housekeeping and Maintenance Staff with Robin Crowell, E.D.**

**Thanks to Our Housekeeping and Maintenance Staff**

We want to express our appreciation to Terry Wallace, Building Engineer and his Maintenance and Housekeeping staff for the excellent job they are doing. This group of dedicated employees work together to keep our Belmont Village "home" beautiful, clean and safe. Thanks so much for your strong work ethic and professionalism!

FLOWER OF THE MONTH | AUGUST

*Gladiolus*  
Strength and beauty





## Physical Activity for Older Adults

Many people decrease their exercise as they age, but continuing to exercise has definite benefits for older people. Being fit is important to everyone. Flexibility and stretching, which help provide a full range of motion for muscles and joints, can help you function better. Everyday tasks that are difficult, such as getting up, walking, tying shoelaces or reaching to a shelf may become easier. When you stay flexible, you also keep a more natural walking pattern and decrease your chance of falling. Most flexibility that is seemingly lost through aging is caused not only by aging but also by inactivity or lack of movement. Aerobic exercise strengthens the heart and reduces the risk of coronary artery disease. It can also increase the amount of sleep you get at night and may reduce the time it takes to fall asleep.

Strengthening exercises can help you maintain your muscle, strengthen bones, and protect knees and other joints. These exercises may include resistance training, such as lifting weights, and weight bearing, such as walking, jogging or dancing.

Your physical activity does not have to be strenuous. Older adults can gain significant health benefits with a moderate amount of physical activity. This can be

done in longer sessions of moderately intense activities, such as walking or in shorter sessions of more vigorous activities, such as fast walking or stair walking. You can benefit from physical activity even if you think of yourself as elderly or you already have old age conditions, such as osteoarthritis or heart disease. Being more active may improve your quality of life and can prevent or delay disability.

It is advisable to talk to your doctor before starting a fitness program. You may have health problems that limit what you can do.

At Belmont Village, we have a Physical Fitness Program available for all residents with consents from their doctor. The program is coordinated by a personal trainer. Feel free to contact Justin Martin (Paxxon) with any questions regarding your fitness plan. We also have various exercise equipment available at the Center for Life Enhancement for the residents to use when supervised by a personal trainer. Also, we offer exercise and strengthening classes daily in the Town Hall.



## Transportation Schedule

### Sunday

Morning Church Transportation

### Monday

Doctors' Appointments

### Tuesday

Doctors' Appointments  
Bank Day and Outings

### Wednesday

Doctors' Appointments

### Thursday

Pharmacy and Outings

### Friday

Hair Appointments




### Saturday

Jewish Religious Services and  
Grocery Store

*Please schedule all transportation needs at least 48 hours (or more) in advance with the Concierge to provide the best service possible.*



Donna (Concierge) and Patricia (Driver)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>LIVING A LIFE WITH PURPOSE</b></p> <p>9:30 <span style="color: green;">■</span> TH *Exercise 4 Health ♻</p> <p>10:30 <span style="color: purple;">■</span> LC Bible Study w/ Harriet ♻</p> <p>1:00 <span style="color: red;">■</span> B Brain Workout ♻</p> <p>2:00 <span style="color: green;">■</span> TH *Safety and Balance Obstacle Course ♻</p> <p>3:00 <span style="color: green;">■</span> TH Old-Fashioned Board Games, Cards, and Snacks</p> <p>4:30 <span style="color: blue;">■</span> GR Checkers</p>	<p>1</p> <p>9:30 <span style="color: green;">■</span> TH *Exercise 4 Health ♻</p> <p>10:30 <span style="color: purple;">■</span> LC Bible Study w/ Harriet ♻</p> <p>1:00 <span style="color: red;">■</span> B Brain Workout ♻</p> <p>2:00 <span style="color: green;">■</span> TH *Safety and Balance Obstacle Course ♻</p> <p>3:00 <span style="color: green;">■</span> TH Old-Fashioned Board Games, Cards, and Snacks</p> <p>4:30 <span style="color: blue;">■</span> GR Checkers</p>	<p>2</p> <p>9:30 <span style="color: green;">■</span> TH *Exercise 4 Health ♻</p> <p>10:00 <span style="color: green;">■</span> TH Creative Writing &amp; Conversation</p> <p>1:30 <span style="color: green;">■</span> TH Joy of Laughter: Comedy of Carol Burnett ♻</p> <p>2:30 <span style="color: blue;">■</span> 3F Boot Camp: Cardio ♻</p> <p>3:00 <span style="color: purple;">■</span> LC Book Club</p> <p>6:30 <span style="color: green;">■</span> TH Bingo</p>	<p>3</p> <p>9:30 <span style="color: green;">■</span> TH *Exercise 4 Health ♻</p> <p>10:30 <span style="color: red;">■</span> B Men's Coffee and Current Events Discussion</p> <p>1:00 <span style="color: red;">■</span> B Brain Workout ♻</p> <p>2:00 <span style="color: blue;">■</span> 3F Recreational Games</p> <p>3:00 <span style="color: olive;">■</span> JK Wine, Cheese, and Music</p> <p>6:30 <span style="color: green;">■</span> TH "St. Matthew" Bible Study with Rev. Jay Pierce ♻</p>	<p>4</p> <p>9:30 <span style="color: green;">■</span> TH *Exercise 4 Health ♻</p> <p>10:30 Trip: Lunch and Movie ★</p> <p>2:00 <span style="color: green;">■</span> TH Stories of Reflection &amp; Inspiration with Kelsey ♻</p> <p>3:00 <span style="color: blue;">■</span> GR Community Outreach: Knitting Projects ♻</p> <p>4:00 <span style="color: green;">■</span> TH Ambassador Club ♻</p> <p>6:30 <span style="color: green;">■</span> TH Bingo</p>	<p>5</p> <p>9:30 <span style="color: green;">■</span> TH *Exercise 4 Health ♻</p> <p>10:45 <span style="color: purple;">■</span> LC Devotions</p> <p>11:30 <span style="color: olive;">■</span> JK AUGUST BIRTHDAY LUNCH (MUSIC by Bill Sleeter)</p> <p>2:00 <span style="color: green;">■</span> TH Memorial Service</p> <p>3:00 <span style="color: blue;">■</span> GR Music 4 Life: Dancercise ♻</p> <p>3:30 <span style="color: green;">■</span> TH Bingo (note afternoon time)</p>	<p>6</p> <p>9:30 <span style="color: green;">■</span> TH *Exercise 4 Health ♻</p> <p>10:00 Saturday Drive - (NH) ★</p> <p>10:30 <span style="color: blue;">■</span> 3F BV CHIME CHOIR with Carmen ♻</p> <p>1:00 Shopping at Walmart (back at 3:00pm)</p> <p>2:00 <span style="color: green;">■</span> TH Movie Matinee</p> <p>3:30 <span style="color: blue;">■</span> 3F Flower Arranging</p> <p>6:30 <span style="color: green;">■</span> TH Bingo</p>
<p>7</p> <p>9:30 <span style="color: blue;">■</span> 3F Exercise 4 Health</p> <p>10:00 <span style="color: green;">■</span> TH Morning Prayer Service</p> <p>2:00 Sunday Drive * 3:00 Ice Cream Social ★</p> <p>3:00 <span style="color: blue;">■</span> GR Ice Cream Social</p> <p>4:00 <span style="color: green;">■</span> TH Communion Service</p> <p>6:30 <span style="color: green;">■</span> TH Bingo</p>	<p>8</p> <p>9:30 <span style="color: green;">■</span> TH *Exercise 4 Health ♻</p> <p>10:30 <span style="color: purple;">■</span> LC Bible Study w/ Harriet ♻</p> <p>1:00 <span style="color: red;">■</span> B Brain Workout ♻</p> <p>2:00 <span style="color: green;">■</span> TH *Safety and Balance Obstacle Course ♻</p> <p>3:00 <span style="color: green;">■</span> TH Old-Fashioned Board Games, Cards, and Snacks</p> <p>4:30 <span style="color: blue;">■</span> GR Checkers</p>	<p>9</p> <p>9:30 <span style="color: green;">■</span> TH *Exercise 4 Health ♻</p> <p>10:00 <span style="color: green;">■</span> TH Mental Fitness Warm-Up ♻</p> <p>1:30 <span style="color: blue;">■</span> GR Joy of Laughter: Jokes and Coke Floats ♻</p> <p>2:30 <span style="color: green;">■</span> TH Boot Camp: Upper Body ♻</p> <p>3:00 <span style="color: purple;">■</span> LC Book Club</p> <p>3:30 <span style="color: green;">■</span> TH Creative Crafts: Ceramics ♻</p> <p>6:30 <span style="color: green;">■</span> TH Bingo</p>	<p>10</p> <p>9:30 <span style="color: green;">■</span> TH *Exercise 4 Health ♻</p> <p>10:30 <span style="color: green;">■</span> TH Trip: Romeo Club Lunch (Retired Old Men Eat Out)</p> <p>1:00 <span style="color: red;">■</span> B Brain Workout ♻</p> <p>2:00 <span style="color: blue;">■</span> 3F Recreational Games</p> <p>3:00 <span style="color: olive;">■</span> JK Wine, Cheese, and Music</p> <p>6:30 <span style="color: green;">■</span> TH "St. Matthew" Bible Study ♻</p>	<p>11</p> <p>9:30 <span style="color: green;">■</span> TH *Exercise 4 Health ♻</p> <p>10:30 Trip: Lunch at Rafferty's</p> <p>2:00 <span style="color: green;">■</span> TH Stories of Reflection &amp; Inspiration with Kelsey ♻</p> <p>3:00 <span style="color: blue;">■</span> GR Community Outreach: Knitting Projects ♻</p> <p>3:30 <span style="color: green;">■</span> TH Belmont Village Show Choir (rehearsal directed by Laurie) ♻</p> <p>6:30 <span style="color: green;">■</span> TH Bingo</p>	<p>12</p> <p>9:30 <span style="color: green;">■</span> TH *Exercise 4 Health ♻</p> <p>10:45 <span style="color: purple;">■</span> LC Devotions</p> <p>2:00 <span style="color: green;">■</span> TH Music 4 Life: Name That Tune with Laurie ♻</p> <p>2:30 <span style="color: green;">■</span> TH Community Outreach Project: Sack Meal for the Homeless</p> <p>6:30 <span style="color: green;">■</span> TH Bingo</p>	<p>13</p> <p>9:30 <span style="color: blue;">■</span> 3F *Exercise 4 Health ♻</p> <p>10:00 Saturday Drive - (NH) ★</p> <p>10:00 <span style="color: green;">■</span> TH Coffee Club with Speaker (pastries and fruit) ♻</p> <p>10:30 <span style="color: blue;">■</span> 3F BV CHIME CHOIR with Carmen ♻</p> <p>2:00 <span style="color: green;">■</span> TH Movie Matinee</p> <p>3:30 <span style="color: blue;">■</span> 3F Flower Arranging</p> <p>6:30 <span style="color: green;">■</span> TH Bingo</p>
<p>14</p> <p>9:30 <span style="color: blue;">■</span> 3F Exercise 4 Health</p> <p>10:00 <span style="color: green;">■</span> TH Morning Prayer Service</p> <p>2:00 Sunday Drive * 3:00 Ice Cream Social ★</p> <p>3:00 <span style="color: blue;">■</span> GR Ice Cream Social</p> <p>4:00 <span style="color: green;">■</span> TH Communion Service</p> <p>6:30 <span style="color: green;">■</span> TH Bingo</p>	<p>15</p> <p>9:30 <span style="color: green;">■</span> TH *Exercise 4 Health ♻</p> <p>10:30 <span style="color: purple;">■</span> LC Bible Study w/ Harriet ♻</p> <p>1:00 <span style="color: red;">■</span> B Brain Workout ♻</p> <p>2:00 <span style="color: green;">■</span> TH *Safety and Balance Obstacle Course ♻</p> <p>3:00 <span style="color: green;">■</span> TH Old-Fashioned Board Games, Cards, and Snacks</p> <p>4:30 <span style="color: blue;">■</span> GR Checkers</p>	<p>16</p> <p>9:30 <span style="color: green;">■</span> TH *Exercise 4 Health ♻</p> <p>10:00 <span style="color: green;">■</span> TH Creative Writing &amp; Conversation</p> <p>11:30 <span style="color: green;">■</span> TH RED HAT LUNCHEON ♻</p> <p>1:30 <span style="color: green;">■</span> TH Joy of Laughter: Kids' Funny Quotes and Popsicles ♻</p> <p>2:30 <span style="color: green;">■</span> TH Boot Camp: Lower Body ♻</p> <p>3:00 <span style="color: purple;">■</span> LC Book Club</p> <p>6:30 <span style="color: green;">■</span> TH Bingo</p>	<p>17</p> <p>9:30 <span style="color: green;">■</span> TH *Exercise 4 Health ♻</p> <p>10:30 <span style="color: purple;">■</span> LC Poker, Pool and "Tall Tales" With the Guys ♻</p> <p>1:00 <span style="color: red;">■</span> B Brain Workout ♻</p> <p>2:00 <span style="color: blue;">■</span> 3F Recreational Games</p> <p>3:00 <span style="color: olive;">■</span> JK Wine, Cheese, and Music</p> <p>6:30 <span style="color: green;">■</span> TH "St. Matthew" Bible Study with Rev. Jay Pierce ♻</p>	<p>18</p> <p>9:30 <span style="color: green;">■</span> TH *Exercise 4 Health ♻</p> <p>10:30 Trip: Lunch at Cracker Barrel</p> <p>2:00 <span style="color: green;">■</span> TH Stories of Reflection &amp; Inspiration with Kelsey ♻</p> <p>3:00 <span style="color: blue;">■</span> GR Community Outreach: Knitting Projects ♻</p> <p>3:30 <span style="color: green;">■</span> TH Resident Spotlight: Nancy Williams presents "Our Feathered Friends: Birds and Ducks" ♻</p> <p>6:30 <span style="color: green;">■</span> TH Bingo</p>	<p>19</p> <p>9:30 <span style="color: green;">■</span> TH *Exercise 4 Health ♻</p> <p>10:45 <span style="color: purple;">■</span> LC Devotions</p> <p>2:00 <span style="color: green;">■</span> TH Music 4 Life: Music Appreciation - 1940s Classics ♻</p> <p>3:00 <span style="color: blue;">■</span> GR My Hometown: A Resident's Story (and refreshments)</p> <p>6:30 <span style="color: green;">■</span> TH Bingo</p>	<p>20</p> <p>9:30 <span style="color: green;">■</span> TH *Exercise 4 Health ♻</p> <p>10:00 Saturday Drive - (NH) ★</p> <p>10:30 <span style="color: blue;">■</span> 3F BV CHIME CHOIR with Carmen ♻</p> <p>1:00 Shopping at Target (back by 3:00pm)</p> <p>2:00 <span style="color: green;">■</span> TH Movie Matinee</p> <p>3:30 <span style="color: blue;">■</span> 3F Flower Arranging</p> <p>6:30 <span style="color: green;">■</span> TH Bingo</p>
<p>21</p> <p>9:30 <span style="color: blue;">■</span> 3F Exercise 4 Health</p> <p>10:00 <span style="color: green;">■</span> TH Morning Prayer Service</p> <p>2:00 Sunday Drive * 3:00 Ice Cream Social ★</p> <p>3:00 <span style="color: blue;">■</span> GR Ice Cream Social</p> <p>4:00 <span style="color: green;">■</span> TH Communion Service</p> <p>6:30 <span style="color: green;">■</span> TH Bingo</p>	<p>22</p> <p>9:30 <span style="color: green;">■</span> TH *Exercise 4 Health ♻</p> <p>10:30 <span style="color: purple;">■</span> LC Bible Study w/ Harriet ♻</p> <p>1:00 <span style="color: red;">■</span> B Brain Workout ♻</p> <p>2:00 <span style="color: green;">■</span> TH *Safety and Balance Obstacle Course ♻</p> <p>3:00 <span style="color: green;">■</span> TH Old-Fashioned Board Games, Cards, and Snacks</p> <p>4:30 <span style="color: blue;">■</span> GR Checkers</p>	<p><b>Viva Las Vegas</b> 23</p> <p>9:30 <span style="color: green;">■</span> TH *Exercise 4 Health ♻</p> <p>10:00 <span style="color: green;">■</span> TH Mental Fitness Warm-Up ♻</p> <p>1:30 <span style="color: green;">■</span> TH Joy of Laughter: Erma Bombeck ♻</p> <p>2:30 <span style="color: blue;">■</span> GR Casino Games (2:30 - 5:30)</p> <p>4:00 <span style="color: red;">■</span> B Cocktail Party</p> <p>5:00 <span style="color: olive;">■</span> JK Vegas Dinner Show with Kyle Turco Jazz Trio (5:00 - 7:00)</p> <p>6:30 <span style="color: green;">■</span> TH Bingo</p>	<p>24</p> <p>9:30 <span style="color: green;">■</span> TH *Exercise 4 Health ♻</p> <p>10:30 <span style="color: purple;">■</span> LC Men's Car Club ♻</p> <p>1:00 <span style="color: red;">■</span> B Brain Workout ♻</p> <p>2:00 <span style="color: blue;">■</span> 3F Recreational Games</p> <p>3:00 <span style="color: olive;">■</span> JK Wine, Cheese, and Music</p> <p>6:30 <span style="color: green;">■</span> TH "St. Matthew" Bible Study with Rev. Jay Pierce ♻</p>	<p>25</p> <p>9:30 <span style="color: green;">■</span> TH *Exercise 4 Health ♻</p> <p>2:00 <span style="color: green;">■</span> TH Stories of Reflection &amp; Inspiration with Kelsey ♻</p> <p>3:00 <span style="color: blue;">■</span> GR Community Outreach: Knitting Projects ♻</p> <p>3:30 <span style="color: green;">■</span> TH Belmont Village Show Choir (rehearsal directed by Laurie) ♻</p> <p>6:30 <span style="color: green;">■</span> TH Bingo</p>	<p>26</p> <p>9:30 <span style="color: green;">■</span> TH *Exercise 4 Health ♻</p> <p>10:45 <span style="color: purple;">■</span> LC Devotions</p> <p>2:00 <span style="color: green;">■</span> TH Music 4 Life: Rhythm Circle ♻</p> <p>3:00 <span style="color: green;">■</span> TH Life Lessons Panel Discussion: Residents and Staff ♻</p> <p>6:30 <span style="color: green;">■</span> TH Bingo</p>	<p>27</p> <p>9:30 <span style="color: green;">■</span> TH *Exercise 4 Health ♻</p> <p>10:00 Saturday Drive - (NH) ★</p> <p>10:30 <span style="color: blue;">■</span> 3F BV CHIME CHOIR with Carmen ♻</p> <p>2:00 <span style="color: green;">■</span> TH Movie Matinee</p> <p>3:30 <span style="color: blue;">■</span> 3F Flower Arranging</p> <p>6:30 <span style="color: green;">■</span> TH Bingo</p>
<p>28</p> <p>9:30 <span style="color: blue;">■</span> 3F Exercise 4 Health</p> <p>10:00 <span style="color: green;">■</span> TH Morning Prayer Service</p> <p>2:00 Sunday Drive * 3:00 Ice Cream Social ★</p> <p>3:00 <span style="color: blue;">■</span> GR Ice Cream Social</p> <p>4:00 <span style="color: green;">■</span> TH Communion Service</p> <p>6:30 <span style="color: green;">■</span> TH Bingo</p>	<p>29</p> <p>9:30 <span style="color: green;">■</span> TH *Exercise 4 Health ♻</p> <p>10:30 <span style="color: purple;">■</span> LC Bible Study w/ Harriet ♻</p> <p>1:00 <span style="color: red;">■</span> B Brain Workout ♻</p> <p>2:00 <span style="color: green;">■</span> TH Resident Council ♻</p> <p>3:00 <span style="color: green;">■</span> TH Old-Fashioned Board Games, Cards, and Snacks</p> <p>4:30 <span style="color: blue;">■</span> GR Checkers</p>	<p>30</p> <p>9:30 <span style="color: green;">■</span> TH *Exercise 4 Health ♻</p> <p>10:00 <span style="color: green;">■</span> TH Intriguing Facts &amp; Trivia</p> <p>11:30 <span style="color: green;">■</span> TH MBA LUNCHEON &amp; Focus On Health Discussion ♻</p> <p>1:30 <span style="color: blue;">■</span> GR Joy of Laughter: Life's Embarrassing Moments ♻</p> <p>2:30 <span style="color: green;">■</span> TH Boot Camp: Cardio ♻</p> <p>3:00 <span style="color: purple;">■</span> LC Book Club</p> <p>6:30 <span style="color: green;">■</span> TH Bingo</p>	<p>31</p> <p>9:30 <span style="color: green;">■</span> TH *Exercise 4 Health ♻</p> <p>10:30 <span style="color: olive;">■</span> CY Putt-Putt With The Guys</p> <p>1:00 <span style="color: red;">■</span> B Brain Workout ♻</p> <p>2:00 <span style="color: blue;">■</span> 3F Recreational Games</p> <p>3:00 <span style="color: olive;">■</span> JK Wine, Cheese, and Music</p> <p>6:30 <span style="color: green;">■</span> TH "St. Matthew" Bible Study with Rev. Jay Pierce ♻</p>	<p><b>LIVING A LIFE WITH PURPOSE</b></p> 	<p><b>LIVING A LIFE WITH PURPOSE</b></p> 	<p><b>LIVING A LIFE WITH PURPOSE</b></p>



**AMBASSADOR CLUB**  
THURSDAY, August 4, at  
4:00 p.m. in Town Hall  
**RED HAT SOCIETY**  
TUESDAY, August 16, at  
11:30 a.m. in Town Hall  
**BELMONT VILLAGE SHOW**

**CHOIR**

Directed by Laurie Evans  
Rehearsals on Thursdays,  
August 11 & 25,  
3:30 p.m. in Town Hall

**CHIME CHOIR**

SATURDAYS

10:30 a.m. in Town Hall

**AUGUST BIRTHDAY  
LUNCH/MUSIC**

FRIDAY, August 5

11:00 a.m. - 1:00 p.m. in JK  
Musical Entertainment

**COFFEE CLUB & SPEAKER**

(pastries and fruit)

SATURDAY, August 13

10:00 a.m. in TH

**VIVA LAS VEGAS**

TUESDAY, August 23

Casino Games, Cocktails  
Surf and Turf Dinner

Music: Kyle Turco Jazz Trio

**RESIDENT COUNCIL  
MEETING**

MONDAY, August 29

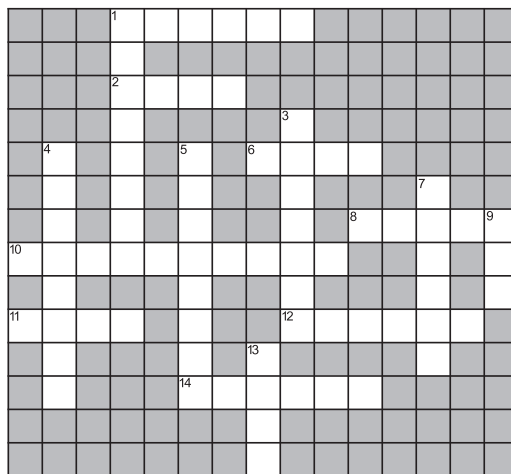
2:00 p.m. in Town Hall

**MBA LUNCHEON**

TUESDAY, August 30  
with Focus On Health  
Discussion

(Justin Martin)

11:30 a.m. in Town Hall



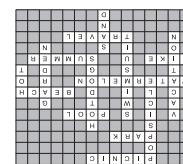
**August**  
Crosswords

**Down:**

1. Flavored ice
3. Hot sausages
4. Period of recreation
5. Garment used for swimming
7. Ornamental grounds
9. High degree of heat
13. Granular substance

**Across:**

1. Outing
2. Large public green area
6. Small area of still water
8. Sandy shore
10. Large melon-like fruit
11. Bicycle
12. Warmest season
14. A journey



**Circle of Friends and  
Neighborhood News**



**Kaylin and Marjorie do flower  
arrangements on Saturday  
afternoons**

The residents from our Neighborhood and Circle of Friends recently hosted an Art Show where all the proceeds benefited the Alzheimer's Association. Various art projects and pictures were displayed and sold for this worthy fundraising effort. We thank all those who attended and supported our resident artwork!

**MBA Club Fitness**

Come and exercise your mind and body! "Exercise 4 Health" is held daily at 9:30 a.m. and the following classes are led each day in the afternoon:

- Mondays - "Safety and Balance Obstacle Course" to improve coordination, strength and balance.
- Tuesdays - "Boot Camp" for cardio and strengthening.
- Wednesdays - "Recreational Therapy Games" emphasizing our fine motor skills, range of motion and strengthening.
- Thursdays - "Stories of Reflection and Inspiration" - reminiscing, strengthening memory and enhancing socialization skills.

"Brain Boosters/Trivia" and "Brain Workouts" help to improve memory skills, sequencing, and processing.



## **Music 4 Life Makes a Difference**

Research shows that music enriches the lives of people regardless of age. The many benefits include memory enhancement, improvement of social patterns and levels of participation, range of motion, processing skill, sequencing, relaxation, as well as sensory stimulation. People who suffer with depression, Parkinson's, strokes and other health-related conditions can gain a positive outlook on life and experience an improvement in moods of agitation, grief and anxiety. A sense of belonging and friendship can be felt by individuals who share in the musical experience together as they reminisce and remember songs that are related to meaningful "moments" throughout their lives (a high school dance, a childhood memory, wedding, etc.). Music is a language of the soul and it becomes evident as it brings joy, tears, healing, love and compassion to the surface. When a person cannot speak clearly as a result of a stroke or is diagnosed with Alzheimer's, music touches the heart and brain in a way which is amazing as words can be sung as they evoke a memory. At Belmont Village, we believe in the power of music and will be offering opportunities throughout the month including a series of

Music 4 Life activities (Dancercise, Name That Tune, Music Appreciation of 1940s Classics, Rhythm Circle), Chime Choir and the Belmont Village Show Choir, directed by Laurie Evans (which will begin this month with rehearsals for an upcoming Holiday Show in December). Music touches every part of the brain as it can be used in various ways to awaken not only the soul, but the heart and mind. Come and join us as we enjoy music together and see the impact it will make in our lives!

## **Living a Life With Purpose**

The Activity Calendar reflects the theme, "Living A Life With Purpose" as residents strive to live each day with vitality, dignity, joy, purpose and love. Opportunities for Learning, Laughter, Building of Friendships, Music, Volunteering and Community Service, Spiritual and Inspirational Studies, Men's Luncheons and Activities, Women's Luncheons and Activities, Intergenerational Panels with Residents and Staff, Mind and Physical Fitness and Leisure Events fill the days during the month of August. If you have some ideas to share, please contact Laurie Evans, Activities Program Director. Find joy in making new friends and "living a life with purpose" here at Belmont Village!

## **Paxxon Health Care**

Clinicians specializing in geriatrics with the goal of therapy to get you as strong and independent as possible!  
**Physical Therapy, Occupational Therapy, Speech Therapy**



## **Remember to Hydrate**

Staying hydrated is essential! Losing too much water from your body through sweat stresses your cardiovascular system and impairs performance and mental acuity. In the two hours before a workout, drink at least 16 ounces of water. During your workout, refresh with 5 to 10 ounces of water every 15 to 20 minutes. Continue to take in fluids after you're done exercising.



*Please schedule all transportation needs 48 hours or more in advance with the concierge to provide the best service possible.*

# Village Scene



Fashion Show: Kanai & Lata



Fashion Show: Clarice, Carol & Terry



Fashion Show model, Phyllis



Belmont Village Pals



Trip to Cheekwood Gardens



John enjoys Cheekwood ...

**BELMONT** *Village*  
SENIOR LIVING  
GREEN HILLS

4206 Stammer Place  
Nashville, TN 37215

ACLF Lic. 59  
[www.belmontvillage.com](http://www.belmontvillage.com)

## Belmont Village Communities

CALIFORNIA: Burbank, Encino,  
Hollywood, Rancho Palos Verdes,  
Westwood, Thousand Oaks, San Jose,  
Sunnyvale, San Diego, Cardiff by the Sea

ARIZONA: Scottsdale

CHICAGOLAND: Buffalo Grove,  
Geneva Road, Oak Park, Glenview

SOUTHERN US: Memphis, Nashville,  
Louisville, Atlanta—Buckhead and Johns Creek,  
Dallas, Austin, Houston—West University and  
Hunters Creek