



Belmont Village at Johns Creek VillageNEWS

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

August 2016

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Leaving a Legacy



August is "What Will Be Your Legacy? Month." Have you ever thought about what kind of legacy you will leave? You probably have

already made a bigger impact in the lives of your loved ones than you realize. Here are some ways you can continue to build a legacy that future generations will appreciate and cherish.

Knowledge, skills and hobbies. Consider teaching a family member or friend something you're passionate about, whether it's sewing, gardening, woodworking or bird-watching. Whenever they participate in that same activity, they will remember you introducing them to it and the time spent together.

Recipes. Food brings people together, and every family has traditional favorites. Write down the recipes you're known for so your loved ones will have them for years to come and think of you when enjoying them.

A positive attitude. Everybody faces challenges in life, but you can set a good example by embracing change and always looking for a silver lining. Treat every day as a gift, and let others

see you enjoy both big and small blessings.

Love and kindness. Perhaps the biggest legacy you can leave behind is showing others how much you care. Volunteering at a charity, giving comforting hugs or simply being a good friend are all ways to leave a legacy of love.

Best wishes to *Ruth Fretwell, Patti Evans, Betty Redmon, Lily Alewine, Leona Brown, Bo Davidson* and *Patti Evans* who are celebrating birthdays this month.

August is the time of the year when summer begins to draw to a close, kids go back to school, traffic picks up again, schedules get busy and our annual Belmont Village Luau takes place. Please put on your best Hawaiian party attire and join us for a luau on Aug. 18, from 11 a.m. to 1 p.m., for great fun, food, festive music and, yes, hula dancing. Hope to see you there.

Mahalo,

Jan Boatright



What a Legacy!

Elvis (Mark Pitt) & J. Ray Batson



August Birthday Luncheon

It's a Belmont Village tradition to celebrate resident birthdays each month with a special birthday luncheon.

This month's luncheon is Friday, August 26, at 11:30 a.m.

Each resident may bring one guest *on the house*. Please note, there will be an extra charge per additional guest, and we **MUST** have your RSVP by Monday, August 22.



Resident Birthdays

8/4	Ruth Fretwell
8/8	Patti Evans
8/17	Betty Redmon
8/18	Lily Alewine
8/20	Leona Brown
8/31	Bo Davidson

Employee Birthdays

8/1	Delores Gray
8/1	Ron Bowers
8/2	Jeanne St. Fleur
8/5	Leslie Sowders
8/17	Mercedes Summerville
8/17	Maria Singh
8/18	Rose Allen
8/20	Jessica Butler



5 Things About: Butterflies

- Butterflies can be found fluttering around every continent except Antarctica.
- The insects feed on nectar and pollen from flowers.
- They taste with their feet—that's where their taste receptors are located.
- A butterfly's two eyes have 6,000 lenses each.
- Their wings are actually transparent & covered with thousands of tiny scales. Light reflecting off the scales creates the colors & patterns we see that are so beautiful to the eye.



The Power of Flowers

You've probably heard the old saying "Stop and smell the roses." Researchers confirm that taken literally, it's good advice. The scent of fresh flowers or floral scents in general can boost your mood, lower stress and even encourage friendliness. If you don't favor these fragrances, simply taking in the color of flowers can kindle positive emotions. Pastel-colored varieties tend to make people feel more relaxed, while bold colors are energizing.

FLOWER OF THE MONTH | AUGUST

Gladiolus

*Strength and
beauty*





Welcome New Residents



Carol H.



Rosie D.

What's New?

You Be the Judge

Join us for a new weekly program on Thursdays at 3:15 P.M. in the Parlor 300 where you can express your opinions in a small group discussion on worldly topics of today's times. You too have a strong voice to be heard in a safe place among your peers. Who knows where the discussion will lead? You must come to find out!

Wine and Cheese Socials



Join us for great entertainment every Friday at 3 p.m.

- 8/5 Alan Weisenberg
- 8/12 Kayla Taylor
- 8/19 Gary Squires
- 8/26 Tommy McKnight



Out & About

- 8/1 Lunch Bunch to Secreto
- 8/3 Shopping at Publix
- 8/5 Shopping at Dollar Tree
- 8/8 Dinner at Stoney River
- 8/10 Shopping at Kroger
- 8/15 Lunch at Alessio's
- 8/17 Shopping at Publix
- 8/22 Lunch at Red Lobster
- 8/24 Shopping at Kroger
- 8/29 Lunch at P'tree Diner
- 8/31 Shopping at Publix



Josephine's Kitchen

Breakfast 7-9 a.m.
 Lunch 11 a.m.-1 p.m.
 Dinner 4:30-7 p.m.
 Guest Meals:
 Adults- \$12; Children- \$6

Beauty Salon Services

Maureen Watson, our Belmont beautician, is here every Tuesday, Wednesday, Thursday and Friday. Please sign up at the front activity table.
 Anna Ball, manicurist, is here every other Wednesday offering manicures and pedicures.

Doctors' Appointments

Scheduled transportation is provided to doctors' appointments on TUESDAY and THURSDAY between 10 a.m. and 3 p.m. Please schedule with the concierge two days in advance so that we may better serve all residents.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>BACK TO SCHOOL!</p>	<p>1</p> <p>10:15 AR Muscles Matter 11:00 O Lunch Bunch to Secreto Kitchen & Bar (fresh farm to table/southern)★ 11:00 AR Rummikub Club 1:00 P3 Old Time Radio Program 3:00 AR Tennis Tournament 7:00 AR Movie Theater Time</p>	<p>2</p> <p>Full Moon 10:15 AR Muscles Matter 11:00 P3 Remembering School Days 1:00 P1 Bridge Club 1:00 P3 Rosary w/ Eileen 2:00 AR Bingo for Bucks 3:30 AR Word Aerobics w/ Judy 7:00 P3 Phase 10 7:00 AR Movie Theater Time</p>	<p>3</p> <p>10:00 O Shopping at Publix 11:00 AR Rummikub Club 1:00 AR Chat with the Chef 2:15 AR BV Boot Camp 3:30 AR Lit, Wit and Wisdom w/ Carol 7:00 AR Movie Theater Time</p>	<p>4</p> <p>10:15 AR BV Boot Camp 11:00 AR Paxxon Vitals♥ 1:00 P1 Bridge Club 1:30 AR Trivia Challenge 2:00 AR Bingo for Bucks 3:15 P3 You Be The Judge 7:00 AR Movie Theater Time 7:00 P3 Phase 10</p>	<p>5</p> <p>10:15 AR Muscles Matter 10:45 GR Perimeter Pet Pals Visit 11:00 P3 Bible Study 12:45 O Shopping at the Dollar Tree 1:30 AR Bananagrams (scrabble) 3:00 AR Wine & Cheese: Alan Weisenberg✓ 7:00 AR Movie Theater Time</p>	<p>6</p> <p>10:15 AR Sit and Stretch 11:00 AR Tabletop Games 1:00 AR Rummikub Club 2:00 AR Bingo w/ Sanjay 7:00 AR Movie Theater Time</p>
<p>7</p> <p>10:30 AR Catholic Communion w/ St. Brendan Church 2:00 AR Bingo 3:30 AR Chapel Service 7:00 AR Movie Theater Time</p>	<p>8</p> <p>10:15 AR Muscles Matter 11:00 AR Rummikub Club 1:00 P3 Old Time Radio Program 3:00 AR "T" Time for Indoor Golf 4:45 O Dinner at Stoney River Steakhouse 7:00 AR Movie Theater Time</p>	<p>9</p> <p>10:15 AR Muscles Matter 11:00 AR Baking Club w/ Kathi 1:00 P1 Bridge Club 1:00 P3 Rosary w/ Eileen 2:00 AR Bingo for Bucks 3:00 AR Memory Lane: Accordion by Nick & Guitar by Mike✓ 7:00 P3 Phase 10 7:00 AR Movie Theater Time</p>	<p>10</p> <p>10:00 O Shopping at Kroger 11:00 AR Rummikub Club 12:00 AR Men's Luncheon 1:30 AR August Jeopardy w/ Ellen 3:30 AR Lit, Wit and Wisdom w/ Carol 7:00 AR Movie Theater Time</p>	<p>11</p> <p>10:15 AR BV Boot Camp 11:00 AR Art Class w/ Michelle 1:00 P1 Bridge Club 1:30 AR Trivia Challenge 2:00 AR Bingo for Bucks 3:15 P3 You Be The Judge 7:00 P3 Phase 10 7:00 AR Movie Theater Time</p>	<p>12</p> <p>10:15 AR Muscles Matter 11:00 P3 Bible Study 1:30 AR Bananagrams (scrabble) 3:00 AR Wine & Cheese: Kayla Taylor✓ 7:00 AR Movie Theater Time</p>	<p>13</p> <p>10:15 AR Sit and Stretch 11:00 AR Tabletop Games 1:00 AR Rummikub Club 2:00 AR Bingo w/ Sanjay 7:00 AR Movie Theater Time</p>
<p>14</p> <p>10:30 AR Catholic Communion w/ St. Brendan Church 2:00 AR Bingo 3:30 AR Chapel Service 7:00 AR Movie Theater Time</p>	<p>15</p> <p>10:15 AR Muscles Matter 11:00 AR Rummikub Club 11:00 O Lunch Bunch to Alessio's Restaurant & Pizza★ 1:00 P3 Old Time Radio Program 3:00 AR Tennis Tournament 7:00 AR Movie Theater Time</p>	<p>16</p> <p>10:15 AR Muscles Matter 11:00 AR Scrapbooking w/ Kathi 1:00 P3 Rosary w/ Eileen 1:00 P1 Bridge Club 2:00 AR Bingo for Bucks 3:30 AR Word Aerobics w/ Judy 7:00 P3 Phase 10 7:00 AR Movie Theater Time</p>	<p>17</p> <p>10:00 O Shopping at Publix 11:00 AR Rummikub Club 1:00 AR Painting Class w/ Anita 1:15 JK Luau Decorating 2:15 AR BV Boot Camp 3:30 AR Lit, Wit and Wisdom w/ Carol 7:00 AR Movie Theater Time</p>	<p>18</p> <p>10:15 AR BV Boot Camp 11:00 JK Hawaiian Luau Luncheon● 1:00 P1 Bridge Club 2:00 AR Bingo for Bucks 3:15 P3 You Be The Judge 7:00 AR Movie Theater Time 7:00 P3 Phase 10</p>	<p>19</p> <p>10:15 AR Muscles Matter 11:00 P3 Bible Study w/ Danny 1:30 AR Bananagrams (scrabble) 3:00 AR Wine & Cheese: Gary Squires✓ 7:00 AR Movie Theater Time</p>	<p>20</p> <p>10:15 AR Sit and Stretch 11:00 AR Tabletop Games 1:00 AR Rummikub Club 2:00 AR Bingo w/ Sanjay 7:00 AR Movie Theater Time</p>
<p>21</p> <p>10:30 AR Catholic Communion w/ St. Brendan Church 2:00 AR Bingo 3:30 AR Chapel Service 7:00 AR Movie Theater Time</p>	<p>22</p> <p>10:15 AR Muscles Matter 10:30 O Lunch Bunch to Red Lobster (seafood)★ 11:00 AR Rummikub Club 1:00 P3 Old Time Radio Program 3:00 GR Sugar Pet Therapy 3:30 AR Let's Play Corn Hole 7:00 AR Movie Theater Time</p>	<p>23</p> <p>10:15 AR Muscles Matter 11:00 AR Baking Club w/ Kathi 1:00 P3 Rosary w/ Eileen 1:00 P1 Bridge Club 2:00 AR Bingo for Bucks 7:00 P3 Phase 10 7:00 AR Movie Theater Time</p>	<p>24</p> <p>10:00 O Shopping at Kroger 11:00 AR Rummikub Club 1:30 AR Activity Planning Meeting 2:15 AR BV Boot Camp 7:00 AR Movie Theater Time</p>	<p>25</p> <p>10:15 AR BV Boot Camp 11:00 AR Arts & Crafts w/ Charlotte 1:00 P1 Bridge Club 1:30 AR Trivia Challenge 2:00 AR Bingo for Bucks 3:15 P3 You Be The Judge 7:00 P3 Phase 10 7:00 AR Movie Theater Time</p>	<p>26</p> <p>10:15 AR Muscles Matter 11:00 P3 Bible Study 11:30 AR Resident Birthday Luncheon 1:30 AR Bananagrams (scrabble) 3:00 AR Wine & Cheese: Tommy McKnight✓ 7:00 AR Movie Theater Time</p>	<p>27</p> <p>10:15 AR Sit and Stretch 11:00 AR Tabletop Games 1:00 AR Rummikub Club 1:15 GR 4 the Love of Piano/Flute/Guitar Concert ✓ 3:00 AR Bingo w/ Sanjay 7:00 AR Movie Theater Time</p>
<p>28</p> <p>10:30 AR Catholic Communion w/ St. Brendan Church 1:15 GR 4 the Love of Piano/Flute/Guitar Concert✓ 3:30 AR Chapel Service 7:00 AR Movie Theater Time</p>	<p>29</p> <p>10:15 AR Muscles Matter 11:00 AR Rummikub Club 11:00 O Lunch Bunch to Peachtree Diner (Alpharetta)★ 1:00 P3 Old Time Radio Program 3:00 AR Tennis Tournament 7:00 AR Movie Theater Time</p>	<p>30</p> <p>10:15 AR Muscles Matter 11:00 AR Scrapbooking w/ Kathi 1:00 P3 Rosary w/ Eileen 1:00 P1 Bridge Club 2:00 AR Bingo for Bucks 3:00 AR Resident Council Meeting 7:00 AR Movie Theater Time 7:00 P3 Phase 10</p>	<p>31</p> <p>10:00 O Shopping at Publix 11:00 AR Rummikub Club 1:00 AR BV Boot Camp 3:30 P3 Lit, Wit and Wisdom w/ Carol 7:00 AR Movie Theater Time</p>	<p>Marketplace Open Monday, Wednesday and Friday 10:30 a.m.- 11:00 a.m.</p>	<p>Please remember to submit your choice for Employee of the Month for September within the first week of August.</p>	



EXTRA Neighborhood
News

- Music w/ Mr. Li every Monday at 2:30 p.m.
- Wine & Cheese every Fri., at 2 p.m. w/ Live Entertainment
- Paxxon Therapy Exercise, every Tues., at 9:45 a.m.
- Scenic Drive, every Wed., at 2 p.m.
- Bible Study w/ Chuck Rowland, every Fri., at 9:30 a.m.
- Church Service w/ Reverend Ray Batson, every Sun., at 2 p.m.



Phyllis M., daughter & granddaughter



Mary C., Jean S. & Marguerite T. enjoying the live music

SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.

Each column of 9 numbers must include all digits 1 through 9 in any order.

Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

8	4	5	9	7	2	6	1	3
9	7	6	1	5	8	3	4	2
1	3	8	6	4	7	5	2	9
6	5	3	8	5	1	9	7	4
5	9	1	4	3	7	2	6	8
7	8	2	6	9	1	5	4	3
4	6	7	5	1	9	3	8	2
2	6	7	5	1	9	3	8	2
3	8	2	7	8	4	6	9	5

1		4						5
					3			
	2		6	1		7		4
4					9		8	
		2		3		1		
	6		5					9
6		7		9	8			2
			3					
	1					5		8



Margaret D. at the Hawaiian Luau



Alan C. & son



Coral F. & daughter



Norvelle C. pretty in pink



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 helps 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 chances 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 muscles, 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 lead by an instructor for 45 minute sessions Monday through Friday in the activity room. You may also utilize one of the exercise videos provided by us on your own time or on Saturday mornings in the activity room on our large flat screen television. Some videos available to you include Tai Chi and Sit & Stretch. We also have exercise equipment available at the Center for Life Enhancement for use when supervised by a personal trainer.

Employee of the Month



Greta Moore

Greta Moore, LPN, has been with our community since May 2013. Her exceptional nursing skills and great attention to detail help ensure our resident care department flows smoothly. The residents and staff are very complimentary of her caring demeanor and vast knowledge.

Greta's 3 years of dedicated service have proven that she is a treasured asset to our Belmont Village Family! Keep up the fantastic work, Greta!



Pat M. celebrating another fabulous birthday w/ her son & grandson at Belmont Village

Belmont Village Scene



Helen M. & Bobbi C.



Mozell I.



Diane F. & Annisteen P.



Leona & Bobby B. & daughter



Alma F. & daughters



Pat H. & Bunny L.

BELMONT *Village*

SENIOR LIVING
JOHNS CREEK

4315 Johns Creek Parkway
Suwanee, GA 30024

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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