



# Belmont Village of West Lake Hills Village NEWS



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

August 2016

## Our Team

### Executive Director

Donna Hermann

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### Director of Memory Care

#### Programming

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Executive Director, Donna Herman

## From the Director

### It's All About Brazil Month

As Donald Trump would say  
"It's HUGE!"

Brazil, officially known as Federative Republic of Brazil, is a country located in South America. It's the 5th largest country in the world and the largest country in South America. It's the 5th most populated country in the world and has the 8th largest economy in the world. The name of the country comes from the name of the tree called 'Brazil Wood'. In Portuguese, it is called *Brasil*. It is the largest Portuguese speaking country in the Americas and in the world. Brasilia is the capital city. The country has an estimated area of 5.290 million sq miles (The US is 3.086 mil sq mi.). The coastline spans 2,800 miles (more than twice the distance between Seattle and San Diego), and "The Christ Redeemer" statue located in Rio De Janeiro is one of the new seven wonders of the world.

*Jogos Olímpicos de Verão de 2016, the Games of the XXXI Olympiad*, known as **Rio 2016**, take place from **August 5th thru the 21st**. Record numbers of countries are participating in a record number of sports. More than 10,000 athletes from 206

countries, including first-time entrants Kosovo and South Sudan, are scheduled to take part. With 306 sets of medals, the games will feature 28 sports. Events will take place at 33 venues in the host city and at 5 venues in neighboring cities. Rio will become the first South American city to host the Summer Olympics. These will be the first games to be held in a Portuguese-speaking country, which happens to be the largest country in terms of Portuguese-speaking population. Additionally, these will be the first games held entirely during the host country's winter season.

Plans are in the works for **Employee Spirit Week August 8th – 12th**. We're incorporating some Brazilian- and Olympic-themed fun into the week along with a variety of other activities. We'll update you once we've finalized the schedule. We would love for residents and family members to join in the fun to help us recognize our wonderful employees.

**Save the date!** Sunday afternoon, **August 28th**, plans are in the works for a **Brazilian-themed celebration for you!** Friends and family are welcome, too, and we hope to see you all there.

Saude!

Donna



## Mark Your Calendar



### First Thursday

Assisted Living Activity Forum

### Second Tuesday

2:00 Resident Council

### Third Thursday

11:30 New Resident Welcome  
Lunch

### Last Wednesday

5:30 New Family Orientation  
6:30 *Families Together* Memory  
Care Support Group

### Last Friday

12:00 Birthday Party Luncheon  
1:30 Chat with the Chef

### Mondays at 3:00

Great Artists of the Italian  
Renaissance

*No era of artistic achievement is as renowned as the Renaissance. The supreme works created in Florence, Rome, Venice, and other Italian cities by such masters as Leonardo da Vinci, Botticelli, Michelangelo, Raphael, and Titian have never been equaled and have established a canon of beauty that pervades Western culture to this day.*

## Viva Brazil!

Sunday, August 28th

2:00 - 7:00 pm



2:00 - 4:00

Live entertainment, appetizers, cocktails, and camaraderie in the Great Room, Bistro, and on the patios, weather permitting.

4:30 - 7:00

A Special Chef Prepared Brazilian Themed Dinner will be served in Josephine's Kitchen.

Family members and neighbors are invited to Belmont Village to share this festive occasion with our residents and staff members.

**"Laughter Is the Best Medicine"**

## Laughter Yoga

2nd & 4th Wednesdays

10:30 am

Join Laughter Yoga Instructor Simone Monique Barnes, fellow residents, and staff members to stretch your laughter muscles. Family members are encouraged to join us for this super fun and healthy community activity.

## Carol Burnett Hour

Every Wednesday

2:00 pm

They don't make television like this anymore! It's laugh-out-loud comedy. Join us in Town Hall every Wednesday for a healthy dose of Carol Burnett laughter medicine.

{AUGUST} **HAPPINESS**  
**HAPPENS**  
MONTH

*Make it happen!*





## NURSES' CORNER

### 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 for 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. The Sit and Be Fit Exercise group also meets Monday through Friday at the Town Hall. We also have several exercise equipment available at the Center for Life Enhancement for the residents to use when supervised by a personal trainer.

### Playgrounds for Seniors

If you're thinking swing sets and slides, you'll either be disappointed or relieved. Most playgrounds for older people feature low-impact exercise equipment designed to promote flexibility, balance and coordination, along with areas

### Playgrounds for Seniors Continued ...

that promote community. But just like kids' playgrounds, they're meant to be fun.

As George Bernard Shaw famously said, "We don't stop playing because we grow old; we grow old because we stop playing."

"If you make it playful, people will enjoy themselves. It won't feel like a workout, and they'll want to come back," says Michael Cohen, the founder of Must Have Play, the first U.S. company dedicated to designing wellness playgrounds for seniors.

Senior playgrounds started cropping up about two decades ago in China, after a national law came into effect that mandated fitness programs for all ages. The idea spread to England, Japan, Finland, Japan, Germany, Canada and Spain. Barcelona now boasts more than 300 senior playground installations. The idea is just now taking off in the U.S.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	10:00 <span style="color: blue;">TH</span> Strength Training ♥ 10:30 <span style="color: blue;">TH</span> Brain Games ★ 1:30 <span style="color: purple;">BT</span> Chicken Foot ★ 1:30 <span style="color: red;">OT</span> Grocery Shopping 2:00 <span style="color: red;">PR</span> Poker ★ 2:00 <span style="color: red;">PR</span> Bridge ★ 3:00 <span style="color: blue;">TH</span> Lecture: Great Artists of the Italian Renaissance ★ 7:00 <span style="color: blue;">TH</span> Movie ●	10:00 <span style="color: blue;">TH</span> Flexibility & Balance ♥ 10:30 <span style="color: blue;">TH</span> Scattergories ★ 1:00 <span style="color: blue;">TH</span> Catholic Prayer Service ● 2:00 <span style="color: blue;">TH</span> Lecture: Explore the Grandeur and History of Our National Parks ★ 3:00 <span style="color: blue;">PL</span> Water Aerobics ♥ 7:00 <span style="color: blue;">TH</span> Movie ★	10:00 <span style="color: blue;">TH</span> Strength Training ♥ 10:30 <span style="color: blue;">TH</span> Trivia with Lucinda ★ 11:00 <span style="color: blue;">TH</span> Hangman ★ 1:00 <span style="color: blue;">WC</span> Blood Pressure Clinic ♥ 2:00 <span style="color: blue;">TH</span> Carol Burnett Hour ● 3:00 <span style="color: blue;">TH</span> Route 66: Armchair Travel Down America's Original Highway ★ 7:00 <span style="color: blue;">TH</span> Movie ★	10:00 <span style="color: blue;">TH</span> Flexibility & Balance ♥ 10:30 <span style="color: blue;">TH</span> Sports & Health Trivia ♥ 2:00 <span style="color: blue;">TH</span> Assisted Living Activity Forum ● 3:00 Lecture - Maya to Aztec: Ancient Mesoamerica Revealed cancelled today ★ 4:00 <span style="color: purple;">GR</span> Live Music Happy Hour ● 7:00 <span style="color: blue;">TH</span> Movie ●	10:00 <span style="color: blue;">TH</span> Chair Pilates ♥ 10:30 <span style="color: blue;">TH</span> Brain Games ★ 11:15 <span style="color: blue;">TH</span> Power for Parkinson's Exercise ♥ 2:00 <span style="color: purple;">GR</span> Chorus Rehearsal Cancelled for August ● 2:00 <span style="color: purple;">BT</span> Bridge ★ 2:00 <span style="color: red;">PR</span> Poker ★ 7:00 <span style="color: blue;">TH</span> Movie ●	10:00 <span style="color: blue;">TH</span> Trivia with Roger ★ 10:30 <span style="color: blue;">TH</span> Group Crossword ★ 2:30 <span style="color: red;">OT</span> Target & Walmart Shopping (Must RSVP) ✓ 3:00 <span style="color: blue;">TH</span> Bingo ★ 7:00 <span style="color: blue;">TH</span> Movie ★
7	8	9	10	11	12	13
8:30 <span style="color: red;">OT</span> Church Transportation Begins ● 9:30 <span style="color: blue;">TH</span> Riverbend Church Live Broadcast ● 11:00 <span style="color: blue;">TH</span> Church with Chaplain Gloria ● 2:30 <span style="color: red;">OT</span> Target & Walmart Shopping (Must RSVP) ✓ 3:30 <span style="color: purple;">GR</span> Live Music and Sunday Sundaes Happy Hour ★ 7:00 <span style="color: blue;">TH</span> Movie ●	10:00 <span style="color: blue;">TH</span> Strength Training ♥ 10:30 <span style="color: blue;">TH</span> Brain Games ★ 1:30 <span style="color: purple;">BT</span> Chicken Foot ★ 1:30 <span style="color: red;">OT</span> Grocery Shopping 2:00 <span style="color: red;">PR</span> Poker ★ 2:00 <span style="color: red;">PR</span> Bridge ★ 3:00 <span style="color: blue;">TH</span> Lecture: Great Artists of the Italian Renaissance ★ 7:00 <span style="color: blue;">TH</span> Movie ●	10:00 <span style="color: blue;">TH</span> Flexibility & Balance ♥ 10:30 <span style="color: blue;">TH</span> Scattergories ★ 1:00 <span style="color: blue;">TH</span> Catholic Prayer Service ● 2:00 <span style="color: blue;">TH</span> Lecture: Explore the Grandeur and History of Our National Parks ★ 2:00 <span style="color: blue;">TH</span> Resident Council 3:00 <span style="color: blue;">PL</span> Water Aerobics ♥ 7:00 <span style="color: blue;">TH</span> Movie ★	10:00 <span style="color: blue;">TH</span> Strength Training ♥ 10:30 <span style="color: blue;">TH</span> Laughter Yoga ● 11:00 <span style="color: blue;">TH</span> Hangman ★ 1:30 <span style="color: blue;">TH</span> Scripture Reading ● 2:00 <span style="color: blue;">TH</span> Carol Burnett Hour ● 3:00 <span style="color: blue;">TH</span> Route 66: Armchair Travel Down America's Original Highway ★ 7:00 <span style="color: blue;">TH</span> Movie ★	10:00 <span style="color: blue;">TH</span> Flexibility & Balance ♥ 10:30 <span style="color: blue;">TH</span> Sports & Health Trivia ★ 12:00 <span style="color: red;">OT</span> Assisted Living Outing ● 3:00 Lecture - Maya to Aztec: Ancient Mesoamerica Revealed cancelled today ★ 3:00 <span style="color: purple;">GR</span> Spirit Week -- Staff Member Parade of Nations ● 4:00 <span style="color: purple;">GR</span> Live Music Happy Hour ● 7:00 <span style="color: blue;">TH</span> Movie ●	10:00 <span style="color: blue;">TH</span> Chair Pilates ♥ 10:30 <span style="color: blue;">TH</span> Brain Games ★ 11:15 <span style="color: blue;">TH</span> Power for Parkinson's Exercise ♥ 2:00 <span style="color: purple;">GR</span> Chorus Rehearsal Cancelled for August ● 2:00 <span style="color: red;">PR</span> Poker ★ 2:00 <span style="color: purple;">BT</span> Bridge ★ 7:00 <span style="color: blue;">TH</span> Movie ●	10:00 <span style="color: blue;">TH</span> Trivia with Roger ★ 10:30 <span style="color: blue;">TH</span> Group Crossword ★ 2:30 <span style="color: red;">OT</span> Target & Walmart Shopping (Must RSVP) ✓ 3:00 <span style="color: blue;">TH</span> Bingo ★ 7:00 <span style="color: blue;">TH</span> Movie ★
14	15	16	17	18	19	20
8:30 <span style="color: red;">OT</span> Church Transportation Begins ● 9:30 <span style="color: blue;">TH</span> Riverbend Church Live Broadcast ● 11:00 <span style="color: blue;">TH</span> Church with Chaplain Gloria ● 2:30 <span style="color: red;">OT</span> Target & Walmart Shopping (Must RSVP) ✓ 3:30 <span style="color: purple;">GR</span> Live Music and Sunday Sundaes Happy Hour ★ 7:00 <span style="color: blue;">TH</span> Movie ●	10:00 <span style="color: blue;">TH</span> Strength Training ♥ 10:30 <span style="color: blue;">TH</span> Brain Games ★ 1:30 <span style="color: red;">OT</span> Grocery Shopping 1:30 <span style="color: purple;">BT</span> Chicken Foot ★ 2:00 <span style="color: red;">PR</span> Poker ★ 2:00 <span style="color: red;">PR</span> Bridge ★ 3:00 <span style="color: blue;">TH</span> Lecture: Great Artists of the Italian Renaissance ★ 7:00 <span style="color: blue;">TH</span> Movie ●	10:00 <span style="color: blue;">TH</span> Flexibility & Balance ♥ 10:30 <span style="color: blue;">TH</span> Scattergories ★ 1:00 <span style="color: blue;">TH</span> Catholic Prayer Service ● 2:00 <span style="color: blue;">TH</span> Lecture: Explore the Grandeur and History of Our National Parks ★ 3:00 <span style="color: blue;">PL</span> Water Aerobics ♥ 6:00 <span style="color: blue;">TH</span> Armchair Astronomy Lecture: Variable Stars -- Brighter and Dimmer ★ 7:00 <span style="color: blue;">TH</span> Movie ★	10:00 <span style="color: blue;">TH</span> Strength Training ♥ 10:30 <span style="color: blue;">TH</span> Trivia with Lucinda ★ 11:00 <span style="color: blue;">TH</span> Hangman ★ 2:00 <span style="color: blue;">TH</span> Carol Burnett Hour ● 3:00 <span style="color: blue;">TH</span> Route 66: Armchair Travel Down America's Original Highway ★ 7:00 <span style="color: blue;">TH</span> Movie ★	10:00 <span style="color: blue;">TH</span> Flexibility & Balance ♥ 10:30 <span style="color: blue;">TH</span> Sports & Health Trivia ♥ 11:30 <span style="color: blue;">TH</span> New Resident Welcome Luncheon ● 3:00 Lecture - Maya to Aztec: Ancient Mesoamerica Revealed cancelled today ★ 4:00 <span style="color: purple;">GR</span> Live Music Happy Hour ● 7:00 <span style="color: blue;">TH</span> Movie ●	10:00 <span style="color: blue;">TH</span> Chair Pilates ♥ 10:30 <span style="color: blue;">TH</span> Brain Games ★ 11:15 <span style="color: blue;">TH</span> Power for Parkinson's Exercise ♥ 2:00 <span style="color: purple;">GR</span> Chorus Rehearsal Cancelled for August ● 2:00 <span style="color: purple;">BT</span> Bridge ★ 2:00 <span style="color: red;">PR</span> Poker ★ 7:00 <span style="color: blue;">TH</span> Movie ●	10:00 <span style="color: blue;">TH</span> Trivia with Roger ★ 10:30 <span style="color: blue;">TH</span> Group Crossword ★ 2:30 <span style="color: red;">OT</span> Target & Walmart Shopping (Must RSVP) ✓ 3:00 <span style="color: blue;">TH</span> Bingo ★ 7:00 <span style="color: blue;">TH</span> Movie ★
21	22	23	24	25	26	27
8:30 <span style="color: red;">OT</span> Church Transportation Begins ● 9:30 <span style="color: blue;">TH</span> Riverbend Church Live Broadcast ● 11:00 <span style="color: blue;">TH</span> Church with Chaplain Gloria ● 2:30 <span style="color: red;">OT</span> Target & Walmart Shopping (Must RSVP) ✓ 3:30 <span style="color: purple;">GR</span> Live Music and Sunday Sundaes Happy Hour ★ 7:00 <span style="color: blue;">TH</span> Movie ●	10:00 <span style="color: blue;">TH</span> Strength Training ♥ 10:30 <span style="color: blue;">TH</span> Brain Games ★ 1:30 <span style="color: red;">OT</span> Grocery Shopping 1:30 <span style="color: purple;">BT</span> Chicken Foot ★ 2:00 <span style="color: red;">PR</span> Poker ★ 2:00 <span style="color: red;">PR</span> Bridge ★ 3:00 <span style="color: blue;">TH</span> Lecture: Great Artists of the Italian Renaissance ★ 7:00 <span style="color: blue;">TH</span> Movie ●	10:00 <span style="color: blue;">TH</span> Flexibility & Balance ♥ 10:30 <span style="color: blue;">TH</span> Scattergories ★ 1:00 <span style="color: blue;">TH</span> Catholic Prayer Service ● 2:00 <span style="color: blue;">TH</span> Lecture: Explore the Grandeur and History of Our National Parks ★ 3:00 <span style="color: blue;">PL</span> Water Aerobics ♥ 3:30 <span style="color: purple;">GR</span> Tiny Tails Pet Therapy ● 7:00 <span style="color: blue;">TH</span> Movie ★	10:00 <span style="color: blue;">TH</span> Strength Training ♥ 10:30 <span style="color: blue;">TH</span> Laughter Yoga ● 11:00 <span style="color: blue;">TH</span> Hangman ★ 1:30 <span style="color: blue;">TH</span> Scripture Reading ● 2:00 <span style="color: blue;">TH</span> Carol Burnett Hour ● 3:00 <span style="color: blue;">TH</span> Route 66: Armchair Travel Down America's Original Highway ★ 7:00 <span style="color: blue;">TH</span> Movie ★	10:00 <span style="color: blue;">TH</span> Flexibility & Balance ♥ 10:30 <span style="color: blue;">TH</span> Sports & Health Trivia ★ 11:00 <span style="color: red;">OT</span> Assisted Living Outing ● 3:00 Lecture - Maya to Aztec: Ancient Mesoamerica Revealed cancelled today ★ 4:00 <span style="color: purple;">GR</span> New Resident Welcome Party & Live Music Happy Hour ★ 7:00 <span style="color: blue;">TH</span> Movie ●	10:00 <span style="color: blue;">TH</span> Chair Pilates ♥ 10:30 <span style="color: blue;">TH</span> Brain Games ★ 11:15 <span style="color: blue;">TH</span> Power for Parkinson's Exercise ♥ 12:00 <span style="color: green;">JK</span> Birthday Party Luncheon ● 1:30 <span style="color: purple;">BT</span> Chat with Chef Mike 2:00 <span style="color: purple;">BT</span> Bridge ★ 2:00 <span style="color: purple;">GR</span> Chorus Rehearsal Cancelled for August ● 2:00 <span style="color: red;">PR</span> Poker ★ 7:00 <span style="color: blue;">TH</span> Movie ●	10:00 <span style="color: blue;">TH</span> Trivia with Roger ★ 10:30 <span style="color: blue;">TH</span> Group Crossword ★ 2:30 <span style="color: red;">OT</span> Target & Walmart Shopping (Must RSVP) ✓ 3:00 <span style="color: blue;">TH</span> Bingo ★ 7:00 <span style="color: blue;">TH</span> Movie ★
28	29	30	31			
8:30 <span style="color: red;">OT</span> Church Transportation Begins ● 9:30 <span style="color: blue;">TH</span> Riverbend Church Live Broadcast ● 11:00 <span style="color: blue;">TH</span> Church with Chaplain Gloria ● 2:00 <span style="color: purple;">GR</span> Viva Brazil Party ● 2:30 <span style="color: red;">OT</span> Target & Walmart Shopping (Must RSVP) ✓ 3:30 <span style="color: purple;">GR</span> Live Music and Sunday Sundaes Happy Hour ★ 7:00 <span style="color: blue;">TH</span> Movie ●	10:00 <span style="color: blue;">TH</span> Strength Training ♥ 10:30 <span style="color: blue;">TH</span> Brain Games ★ 1:30 <span style="color: purple;">BT</span> Chicken Foot ★ 1:30 <span style="color: red;">OT</span> Grocery Shopping 2:00 <span style="color: red;">PR</span> Bridge ★ 2:00 <span style="color: red;">PR</span> Poker ★ 3:00 <span style="color: blue;">TH</span> Lecture: Great Artists of the Italian Renaissance ★ 7:00 <span style="color: blue;">TH</span> Movie ●	10:00 <span style="color: blue;">TH</span> Flexibility & Balance ♥ 10:30 <span style="color: blue;">TH</span> Scattergories ★ 1:00 <span style="color: blue;">TH</span> Catholic Prayer Service ● 2:00 <span style="color: blue;">TH</span> Lecture: Explore the Grandeur and History of Our National Parks ★ 3:00 <span style="color: blue;">PL</span> Water Aerobics ♥ 7:00 <span style="color: blue;">TH</span> Movie ★	10:00 <span style="color: blue;">TH</span> Strength Training ♥ 10:30 <span style="color: blue;">TH</span> Trivia with Lucinda ★ 11:00 <span style="color: blue;">TH</span> Hangman ★ 2:00 <span style="color: blue;">TH</span> Carol Burnett Hour ● 3:00 <span style="color: blue;">TH</span> Route 66: Armchair Travel Down America's Original Highway ★ 5:30 <span style="color: blue;">TH</span> New Family Orientation 6:30 <span style="color: blue;">TH</span> Families Together: Family Member Support Group ● 7:00 <span style="color: blue;">TH</span> Movie ★			



**Bobby Fresch**  
Employee of the Month



**We Appreciate Bobby Because:**

- she anticipates the needs of our CoF residents, and is friendly, efficient, and goes way beyond what is required of her
- she is very energetic and gets the job done 110%
- she is self-motivated and is highly respected by her coworkers and the residents.

**Extra Mile**

**Tyler Garza**

Extra Mile Winner



Thank you, Tyler, for going the Extra Mile!  
We really appreciate you.



BV14'ers - Softball Team

**Introducing the BV14'ers**

A good time was had by all! Our awesome novice team finished the season with a perfect record - 0 wins and 8 losses! The big win was watching us pull together as a team over the course of the season. We're calling it Spring Training because we're ready now to play and win! A big thank you goes out to Coach Cross for recruiting team members and coordinating our practices and game schedule.

Thanks, Mike!!

BV14'ers: Mike and Tina Cross, James, Haylie, Tyler, Joey, Jessica and Phil Bradshaw, Zack, Jeana Hinch and Matt Porter, Joey, Shaconda, Melinda, David, Alex and Donna.



**Take Me Out of the Ballpark**

Next time you strike out at the company softball game, remember that you're still way ahead of old Mike Grady.

In 1899, New York Yankees Grady became a baseball legend by committing four errors on a single play.

Things started going awry when Grady bobbled an easy ground ball, letting the runner reach first base. When he threw to first anyway, the ball went wild, permitting the runner to advance past second and head for third.

At third base, Grady missed the throw from first, allowing the runner to head for home plate.

Finally getting hold of the ball, Grady fired it toward the catcher. But he missed his target entirely, sending the ball into the grandstand and permitting the runner to score.



## NEIGHBORHOOD SPOTLIGHT



Dr. Hill arranging flowers

Neighborhood residents are enjoying many refreshing activities as we stay cool this summer. Taste testing ice cream to find our favorites was by far the biggest hit of summer to date. We are also enjoying our backyard/patio on cool mornings. The gardeners among us are diligently keeping our tomato plants hydrated in anticipation of the tasty treats we will enjoy. The fun never stops with our Activity Assistants leading classes in music creation, naturally dying cloth with blueberries, watercolor painting, and flower arranging. If you need a break from the heat, please stop by Belmont and join our fun!



## CIRCLE OF FRIENDS SPOTLIGHT



This month in Circle of Friends, we began a guest lecture series with Belmont's caring and talented staff sharing the history of their homeland and the various aspects of their culture. Dallow delivered a captivating lecture on South Africa and also provided an in-depth look at her own country of Sierra Leone (Lion Mountain). Then we all joined in to learn a traditional African dance, Calypso!



The fun and learning continued with our PAL, Joan, from the island of Jamaica. Joan perfectly described the beauty, history, attractions, music and food of the enchanting "Pearl of the Caribbean." A sample of rice with pigeon peas and Jamaican chicken left us all begging for more! Our next guest speaker surprised us on Bastille Day! Bon jour!

## Birthday Party Luncheon

**Friday, August 26th**

**12:00 Noon**

**All Residents With Birthdays in August Are Invited to a Special Birthday Luncheon. You May Bring One Guest Free of Charge.**

Please RSVP by August 24th



### Resident Birthdays

- 8/08 Emily Lake
- 8/13 George Wentsch
- 8/15 Edna Rabe
- 8/19 Felix Burrus
- 8/19 Bette Jo Cluck
- 8/22 Regina Shimanek
- 8/24 Stuart Shipness
- 8/25 Anna Tetens
- 8/29 Charles Gilpin
- 8/31 Jean Howell

### Happy Birthday to Our Staff Members

#### Employee Birthdays

- 8/06 Carolyn Porter
- 8/06 Amy Lopez
- 8/16 Jerome Ntah
- 8/21 Bridget Sonpon



Birthday Party Lunch



CoF throws Nan a Surprise Party!



Nan and Anna dancing at the party.



Laughter Yoga with Instructor Simone Monique Barns. What a hoot! We even broke a sweat.



32 Beauties at Ladies' Lunch.



Rosemary shares her wedding memories with us at the Ladies' Lunch. What a special occasion.

# BELMONT *Village*

SENIOR LIVING  
WEST LAKE HILLS

4310 Bee Cave Road  
West Lake Hills, TX 78746

[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