



Belmont Village at West University VillageNEWS

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

August 2016

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A Note From Rachelle

It is time for the Summer Olympics once again. It is always a very exciting time. The Olympic games are an opportunity for the entire world to come together and celebrate something we have in common: amazing athletes. I always get very excited. There is something about those trumpets when the Olympic song starts that makes me well up with pride.

This year the Olympics will begin on August 5th and will be held in Brazil. The Brazilian government has been working tirelessly to prepare for the 2016 Olympics. During this tumultuous time in our world the Olympic Games gives us all the opportunity to pull together and cheer.

Of course, we all have our favorite sports to watch. I always loved watching the gymnasts as a child, but as I have grown older I enjoy the track and field events. This year should be particularly exciting for both track and field and swimming. We have many American athletes who are not just breaking records, but they are shattering records.

In the 2016 Olympics, we will once again see 18 Gold Olympic Medalist, Michael Phelps going for the gold. Michael and his Olympic teammates should be ready to shine in August.

The Olympics are being broadcast on NBC, which is channel 12 on Comcast Cable. Let's all root for the Americans as they go for the gold.



Olympics Fun Facts

- The early Olympic Games were celebrated as a religious festival from 776 B.C. until 393 A.D., when the games were banned for being a pagan festival. In 1894, a French educator, Baron Pierre de Coubertin, proposed a revival of the ancient tradition, and thus the modern-day Olympic Summer Games were born.
- The United States has won more medals (2,189) at the Summer Games than any other country.
- The five Olympic rings represent the five major regions of the world – Africa, the Americas, Asia, Europe and Oceania, and every national flag in the world includes one of the five colors, which are blue, yellow, black, green, and red.



Resident Birthdays

08/09	Herman Reynolds
08/10	Christopher Anthony
08/10	Edward Owen
08/12	Shirley Kerr
08/18	Mickey Howard
08/19	Annette Jordan
08/20	Mary Benson
08/22	Norma Riggins
08/31	Lucy Hack
08/31	Paul Wishnow

Employee Birthdays

08/04	DeAndra Langford
08/10	Allyisa Clennon
08/11	Erica Goodman
08/23	Wanda Dean
08/25	Samantha Lewis
08/27	Mary Oludele
08/27	Dontya Brazil
08/31	Denise Clark



Friday, August 26

Hey, August Birthdays. Join us at 11:45 a.m. in Josephine's Kitchen for a special Monthly Birthday Lunch! If you would like to join us and have a guest come, please RSVP at the Concierge desk. You can invite up to two guests to join us. We look forward to celebrating your special day with you!



Let the Games Begin!

The games of the XXXI Olympiad are held this month in Rio de Janeiro and we are bringing a taste of the Olympics to West U.

August 5- 21

During the two weeks, we will have Olympic-sized challenges, travel to Brazil for our Travelogue, and even get a taste of Brazil at Texas de Brazil for our lunch outing of the month, and a special Brazilian-themed dinner prepared by Josephine's Kitchen staff.

Let the games begin with our opening ceremony on **Thursday, August 4th 2:00 p.m. Town Hall**



Annual Summer Luau

The coladas are frozen, the theme is set. We're having a luau you'll never forget. Please dress up Hawaiian, as you've done in the past, for a night that will be a tropical blast!

Mark your calendars for our Annual Luau!

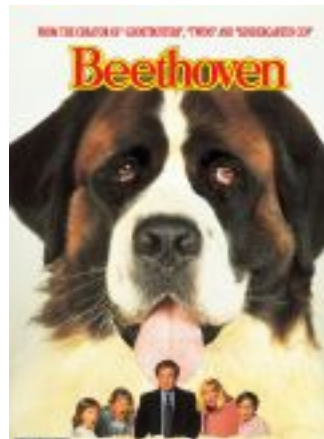
**Thursday, Aug. 25,
4:30-6:30 p.m.**

Come and watch the Pele's Polynesian dancers do the Hulacan Tropical!

R.S.V.P. to the Concierge at (713) 592-9200

Mahalo!

BELMONT MOVIE NIGHT



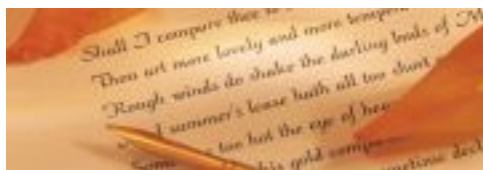
In honor of Dog (and Cat) Days of Summer, this month we will be showing a beloved comedy of gigantic proportions. This lovable dog stole the hearts of many back in 1992 when it made over \$57 million at the box office. A slobbering St. Bernard becomes the center of attention for a loving family, but must contend with a dog-napping veterinarian and his henchmen.

**Tuesday, August 23
6:00 p.m. Great Room**



Attention all pet lovers! Belmont Village is partnering up with the Houston SPCA for a pet-friendly fundraiser. During the month of August, we will have a bin in the Great Room to collect items needed for the shelter. Please see the Concierge for a copy of the items needed.

Thank you for your support! Join us for a barking good time on **Tuesday, August 23rd @ 2:30 p.m. in Town Hall** for a Yappy Hour with our furry friends here at the community and those who visit us. Amazing folks from *Natural Pawz* will be here to provide the fun, games and of course...TREATS!



Printing History & Calligraphy

Charles Criner from the Printing Museum will be at West U to talk about the museum and its dedication to promoting, preserving, and sharing print history, communication, and art. We will also get a chance to learn different calligraphy styles. **Wed, Aug. 24 @ 1:30 p.m.**

First Responders Appreciation Day



Please join us in showing our support for the Houston police officers. We value what they do to serve and protect our residents.

**Thursday, August 4
2:30 p.m. Great Room**



Eat Healthy Monthly Bread Tasting

How would you like to try different varieties of fresh baked gourmet bread?

Once a month we will make a loaf in our bread maker and every month will be a different flavor. Once the bread is baked, join us in the afternoon for a delicious tasting of our harvest and trivia.

**Wholesome Potato Bread
Sunday, August 21st
11:00 Bread Makers (B)
2:00 Eat Happy Bread Tasting and Trivia (GR)**



Out & About



Enjoying lunch at Saltgrass with our friends from Hunters Creek.

Breakfast at The Egg and I

Friday, August 5
Departure: 8:30 a.m.
Cost of Breakfast

Lunch at Texas de Brazil

Friday, August 12
Departure: 10:30a.m.
Cost: \$30 Lunch a la carte

Wicked at Hobby Centre

Saturday, August 13
Departing at 1:00 p.m.

Studio Movie Grill



Friday, August 19
Departure: TBA
Ticket: \$6 and Cost of Lunch

Pinot's Palette

Friday, August 26
Departure: 10:15 a.m.
Two hour class-\$45



Lunch at Saltgrass Steak House.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>9:30 TH Dancercise 10:00 CL BV Book Worms Book Club 🌿 11:30 JK New Resident Lunch 1:30 TH Got Balance? 🌿 2:00 TH Giving Back To The Community: SEARCH Project 🌿 3:00 GR Jeopardy 🌿 4:00 GR This Week in History (Concierge) 6:00 GR Bible Stories 6:00 GR Jigsaw Puzzle Night</p>	<p>2</p> <p>9:00 P Water Aerobics 9:30 TH Tai Chi 10:00 B Marketplace Open 10:00 B Rummikub with Marie 1:30 TH Body Fitness 🌿 2:15 TH Craft: Olympic Centerpieces 6:30 TH Main Feature Movie Night</p>	<p>3</p> <p>9:30 TH Sit & Be Fit 10:00 B Board Games with Marie 1:30 TH Mad Potter Pottery 🌿 3:00 TH MBA Club Meeting 🌿 7:00 TH Bible Study</p>	<p>4</p> <p>First Responders Appreciation Day! 9:30 TH Sit & Be Fit 10:00 TH Tai Chi with Simone ★ 10:00 CL Audio Book Club 🌿 1:30 TH Body Fitness 🌿 2:30 TH First Responders Appreciation Celebration 3:00 GR Wine and Cheese Social 6:00 TH Movie Plex Night (Ch. 149)</p>	<p>5</p> <p>Let the Games Begin! 8:30 O Breakfast at The Egg & I 9:30 TH Tai Chi 10:00 B Phase Ten with Marie 11:00 JK Celebrating Brazil Themed Lunch 2:00 CF Netflix Movie of the Week 4:30 TH Shabbat Service 7:00 TH Watch The Opening Ceremonies on NBC</p>	<p>6</p> <p>9:30 TH Sit & Be Fit 10:00 B Morning Bridge Group 1:15 TH Bingo 2:00 Shopping @ Target 2:00 GR Word Search Challenge Packet 3:30 CT Poker 7:00 TH Hallmark Channel Movie Night</p>
<p>7</p> <p>9:30 TH Chair Yoga 10:00 B Coffee Club 1:00 CF Church Service 1:30 CT Poker 1:30 Scenic Drive 2:00 GR Trivia w/ Concierge 3:15 GR Sing Along with Henry 7:00 TH PBS Masterpiece Mystery</p>	<p>8</p> <p>Olympic Games Today! 9:30 TH Dancercise 10:00 CL BV Book Worms Book Club 🌿 1:30 TH Got Balance? 🌿 2:00 TH Golden Years Theater 🌿 3:00 TH Olympic Event- Archery 4:00 GR This Week in History (Concierge) 6:00 GR Jigsaw Puzzle Night 6:00 GR Bible Stories</p>	<p>9</p> <p>Olympic Games Today! 9:00 P Water Aerobics 9:30 TH Tai Chi 10:00 B Marketplace Open 10:00 B Rummikub with Marie 1:30 TH Body Fitness 🌿 2:00 TH Presentation by Robert Landau ★ 3:00 TH Olympic Event- Bike Challenge 6:30 TH Main Feature Movie Night</p>	<p>10</p> <p>9:30 TH Sit & Be Fit 10:00 B Board Games with Marie 10:30 CL New Resident Orientation 1:00 TH Welcoming Committee Meeting 2:00 TH Art for All with Lisa 🌿 3:15 TH Front Porch Travels: Brazil 🌿 7:00 TH Bible Study</p>	<p>11</p> <p>Olympic Games Today! 9:30 TH Sit & Be Fit 10:00 CL Audio Book Club 🌿 11:00 CL Computer Class 🌿 1:30 TH Body Fitness 🌿 2:00 TH Olympic Event- Pole Vault 3:00 GR Wine and Cheese Social 6:00 TH Movie Plex Night (Ch. 149)</p>	<p>12</p> <p>9:30 TH Movement To Music with Alice ★ 10:00 O Lunch at Texas de Brazil 10:00 B Phase Ten with Marie 2:00 GR Music w/ Bob 4:30 TH Shabbat Service 7:00 TH History Channel Watch and Learn</p>	<p>13</p> <p>9:30 TH Sit & Be Fit 10:00 B Morning Bridge Group 1:00 O Special Outing: Wicked @ Hobby Center 1:15 TH Bingo 2:00 GR Word Search Challenge Packet 3:30 CT Poker 7:00 TH Hallmark Channel Movie Night</p>
<p>14</p> <p>9:30 TH Chair Yoga 10:00 B Coffee Club 1:00 CF Church Service 1:30 Scenic Drive 1:30 CT Poker 2:00 GR Trivia w/ Concierge 3:15 GR Sing Along with Henry 7:00 TH PBS Masterpiece Mystery</p>	<p>15</p> <p>Olympic Games Today! 9:30 TH Dancercise 10:00 CL BV Book Worms Book Club 🌿 1:30 TH Got Balance? 🌿 2:00 TH Judaic Program 🌿 3:00 TH Olympic Event- Sailing 4:00 GR This Week in History (Concierge) 6:00 GR Bible Stories 6:00 GR Jigsaw Puzzle Night</p>	<p>16</p> <p>Olympic Games Today & NASA Speaker 9:00 P Water Aerobics 9:30 TH Tai Chi 10:00 B Rummikub with Marie 10:00 B Marketplace Open 1:30 TH Body Fitness 🌿 2:00 TH Todd Sullivan with NASA: JUNO on Jupiter ★ 3:00 TH Olympics Event- Wii Tennis 6:30 TH Main Feature Movie Night</p>	<p>17</p> <p>9:30 TH Sit & Be Fit 10:00 B Board Games with Marie 1:30 GR Puppy Therapy 2:00 CL Health Education 🌿 2:30 B Belmont Culinaricians 🌿 7:00 TH Bible Study</p>	<p>18</p> <p>Olympic Games Today! 9:30 TH Sit & Be Fit 10:00 CL Audio Book Club 🌿 1:30 TH Body Fitness 🌿 2:00 TH Olympic Event- Shot Put 3:00 GR Wine and Cheese Social 6:00 TH Movie Plex Night (Ch. 149)</p>	<p>19</p> <p>9:30 TH Tai Chi 10:00 B Phase Ten with Marie 12:00 O Studio Movie Grill: TBA 2:00 CF Netflix Movie of the Week 4:30 TH Shabbat Service 7:00 TH History Channel Watch and Learn</p>	<p>20</p> <p>9:30 TH Sit & Be Fit 10:00 B Morning Bridge Group 10:30 TH Food Facts w/ Dr. Betty 🌿 1:15 TH Bingo 2:00 Shopping @ Walmart 2:00 GR Word Search Challenge Packet 3:30 CT Poker 7:00 TH Hallmark Channel Movie Night</p>
<p>21</p> <p>Belmont's Bread & Butter 9:30 TH Chair Yoga 11:00 B Bread Makers 1:00 CF Church Service 1:30 CT Poker 1:30 Scenic Drive 2:00 GR Eat Healthy Fresh Bread and Trivia 3:15 GR Sing Along with Henry 7:00 TH PBS Masterpiece Mystery</p>	<p>22</p> <p>9:30 TH Dancercise 10:00 CL BV Book Worms Book Club 🌿 1:30 TH Got Balance? 🌿 2:00 TH Golden Years Theater 🌿 3:00 TH Closing Ceremonies- Medals and Recognitions 4:00 GR This Week in History (Concierge) 6:00 GR Bible Stories 6:00 GR Jigsaw Puzzle Night</p>	<p>23</p> <p>Dog (and Cats) Days of Summer Yappy Hour 9:00 P Water Aerobics 9:30 TH Tai Chi 10:00 B Rummikub with Marie 10:00 B Marketplace Open 1:30 TH Body Fitness 🌿 2:30 TH Belmont Furry Friends Yappy Hour 3:30 TH Chicken Soup for the Pet Soul 6:00 GR Belmont Movie Night</p>	<p>24</p> <p>Calligraphist & Historian Charles Criner 9:30 TH Sit & Be Fit 10:00 B Board Games with Marie 1:30 TH Special Presentation with Charles Criner from the Printing Museum ★ 3:00 TH Brush To Canvas with Katie 🌿 7:00 TH Bible Study</p>	<p>25</p> <p>Summer Luau! 9:30 TH Sit & Be Fit 10:00 TH Tai Chi with Simone ★ 10:00 CL Audio Book Club 🌿 11:00 CL Computer Class 🌿 1:30 TH Body Fitness 🌿 4:30 GR Annual Luau Party with Themed Dinner and Polynesian Dancers 🌿 6:00 TH Movie Plex Night (Ch. 149)</p>	<p>26</p> <p>9:30 TH Movement To Music with Alice ★ 10:00 B Phase Ten with Marie 10:15 O Art Class @ Pinot's Palette 11:45 JK Monthly Birthday Lunch 2:00 CF Netflix Movie of the Week 4:30 TH Shabbat Service 7:00 TH History Channel Watch and Learn</p>	<p>27</p> <p>9:30 TH Sit & Be Fit 9:45 GR Paw-sitive Pets Visit 10:00 B Morning Bridge Group 1:15 TH Bingo 2:00 Shopping @ Marshalls/Ross 2:00 GR Word Search Challenge Packet 2:00 Shopping @ Whole Foods 3:30 CT Poker 7:00 TH Hallmark Channel Movie Night</p>
<p>28</p> <p>9:30 TH Chair Yoga 10:00 B Coffee Club 1:00 CF Church Service 1:30 Scenic Drive 1:30 CT Poker 2:00 GR Trivia w/ Concierge 3:15 GR Sing Along with Henry 7:00 TH PBS Masterpiece Mystery</p>	<p>29</p> <p>9:30 TH Dancercise 10:00 CL BV Book Worms Book Club 🌿 1:30 TH Got Balance? 🌿 3:00 B Bon Appétit! 🌿 3:30 B Chat w/ the Chef 4:00 GR This Week in History (Concierge) 6:00 GR Jigsaw Puzzle Night 6:00 GR Bible Stories</p>	<p>30</p> <p>9:00 P Water Aerobics 9:30 TH Tai Chi 10:00 B Rummikub with Marie 10:00 B Marketplace Open 1:30 TH Body Fitness 🌿 2:00 TH Brain Games 🌿 3:00 TH Resident Council 🌿 6:30 TH Main Feature Movie Night</p>	<p>31</p> <p>9:30 TH Sit & Be Fit 10:00 B Board Games with Marie 2:00 GR Entertainment with Leah Stonum 3:00 TH Healthy Learning 🌿 7:00 TH Bible Study</p>	<p>Points of Interest for August ~Belmont Olympics Celebrations ~Dogs (and Cats) Days of Summer Donation Collection ~Belmont Furry Friends Celebration with Natural Pawz ~Annual Summer Luau ~Special Art Class @ Pinot's Palette</p>	<p>Transportation Monday, Tuesday, Wednesday Doctor Appointments and Errands Thursday Circle of Friends Outing Friday Assisted Living Outing Saturday Neighborhood Outing and Shopping Sunday Church Transportation and Scenic Drives Please make your appointments with the driver 72 hours in advance.</p>	



Spiritual Corner

Church Service

Sundays, 1 p.m.

Circle of Friends Room

Bible Study

Wednesdays, 7 p.m.

Town Hall

Shabbat Service

Fridays, 4:30 p.m.

Church Transportation

Sign up with the Concierge.

Communion available upon request.

Resident Council

Helen Copeland - President

The Resident Council meetings are held on the last Tuesday of the month at 3:00 p.m. Next meeting will be held on

Tuesday, August 30.

Welcome New Residents

Welcome to Belmont Village, where the days go rolling by! Down through the halls you'll wander, where friends will call your name.

Welcome, we're glad you came!

**New Resident Lunch
Monday, August 1.**



EMPLOYEE OF THE MONTH

Congratulations to Albert, our Employee of the Month. He has been nominated because of his willingness to go the extra mile to provide outstanding care for our residents. He puts forth an extra effort into everything that he does and is always pitching in and helping others. His positive and upbeat attitude is an excellent indicator of his love for his job. Thank you, Albert, for everything that you do for our residents.

Circle of Friends & Neighborhood



COF Mandala Project!

The word mandala is a Sanskrit word that roughly translates to "circle." As an art form, humans have created mandalas for thousands of years, in both Eastern and Western cultures. Janis Shea, daughter of resident Ruth Shea, is generously donating both her time and talent each month, to guide us in creating our own mandalas. The level of creativity and enjoyment present during our first session was truly

magical. Stop by the COF room to see our designs!



Starting the day off right with activities in the Neighborhood.

July was a fun month in the Neighborhood. We celebrated the 4th with BBQ and singing every patriotic song we could think of. Later in the month, we set up an assembly line, of sorts, and made our afternoon snack of franks and beans. Each resident had their own job and we all decided that the food tastes even better when we work to make it ourselves!



Tea With Ms. Texas

A big thank you to Ms. Texas, Lereca Monik, for spending time with us and shedding a light on seniors. Ms. Texas was here to help us celebrate the Longest Day Alzheimer's Foundation celebration.



Ms. Texas 2016



Ms. Texas and Ruby.



Ronda and Helen enjoying the photo opportunity.



Bill and Linda with Lereca.



Even Bruister got one-on-one time with Ms. Texas.



Mr. Wolfe welcoming Ms. Texas to Belmont.



Life Long Friends, Ladies and Lunch!



Barbara Sadof hosted her LIFE LONG friends for lunch on the LONGEST DAY! Thank you Barbara for choosing Belmont to help you celebrate your friendship. We look forward to many more gatherings like this one!



Dirty Mouth? Clean It Up!

This month offers no room for foul mouth odors. Aug. 6 is Fresh Breath Day, and teeth across the nation are cheering us on to take care of our dental hygiene. Bacteria that live in our mouths cause bad breath. Feasting on food particles, the bacteria create sulfur compounds that give breath its nasty smell. Here are a few tips to prepare yourself for the halitosis war:

Drink up. A dry mouth creates the ideal home for bacteria. Certain activities, such as exercising and smoking, can dry the mouth. By drinking, we stimulate saliva flow and wash away food particles.

Swish, swish. Conventional mouthwashes are good at masking odors, but chlorine dioxide mouthwashes directly attack the sulfur compounds responsible for bad breath.

Incredible and edible. A new study, according to *WebMD.com*, suggests a daily dose of yogurt can fend off offensive odors. Researchers found eating 6 ounces a day reduced levels of odor-causing compounds.

The Belmont Scene



Jo and Carolyn wearing purple for the Longest Day.



Full house for yet another wonderful presentation by Robert.



Enid dancing the night away.



Our Belmont Culinarians, Ruby and Jo Ann, trying out sweet sesame cookies that we baked.



The ladies are ready for some fun!



Fondue for 2? How about for 6?

BELMONT *Village*

SENIOR LIVING
WEST UNIVERSITY

2929 W. Holcombe Blvd.
Houston, TX 77025

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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