



Belmont Village at Buckhead Village NEWS



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

July 2016

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Clint Strickland, Executive Director

Celebrate America's Birthday

Members of the Second Continental Congress adopted the final draft of the Declaration of Independence on July 4, 1776.

In the years following the Revolutionary War, July Fourth would be marked with speeches, military events, parades and fireworks.

In 1941, Congress declared July Fourth a federal holiday.

Ask your grandchildren how they plan to celebrate the Fourth of July. Tell them how you celebrated at their age. Most municipalities do not allow people to set off their own fireworks, but it used to be a common practice.

Share with your grandchildren special memories you have of the holiday: potluck picnics, baseball games or a trip to the beach. Maybe you won a watermelon eating contest!



Below you will find an a listing of this month's activities!

July 1st- Mix & Mingle with Hugh Vaughan 3:00pm

July 7th- Sing-a-long with June 3:30pm

July 8th- Mix & Mingle with Bitsyland Trio 3:00pm

July 9th- Traditional Christian Service 2:00pm

July 13th- Fiddle Music with Katie Gregory 3:00pm

July 15th- Mix & Mingle with Craig Gleason 3:00pm

July 16th- Hymns & Guitar with Lawrence Langston 10:00am

July 19th- Peaceful Harbor Nondenominational Service 11:00am

July 19th- Dancing & Desserts with Ben & Pam 6:30pm

July 22nd- Mix & Mingle with Clark Brown 3:00pm

July 26th- Capstone Hospice: Finding Your Spiritual Strength 11:00am

July 26th- Karaoke Crooners 2:30pm

July 28th- Resident Birthday Celebration with Mary Jackson 11:30am

July 29th- Mix & Mingle with AJ Entertainment 3:00pm



Residents

- July 3 Bill Clinton
- July 3 Valjean Young
- July 9 Tom Reiner
- July 15 Edith Lebovitz
- July 17 June Foster
- July 17 Yvette Schwartz
- July 22 Sarah Keenan
- July 31 Joyce Kiser

Employees

- July 7 Ashlee Sikes
- July 11 Allison Ellis
- July 14 Faydra Williams
- July 31 Dustin Dennis



It is a Belmont Village tradition to celebrate residents' birthdays each month with a special birthday luncheon. Each resident may bring one guest "on the house." This month's luncheon is on **Thursday, July 28th, at 11:30 a.m.** Please note there will be an extra charge per additional guest. We **MUST** have your RSVP to the Concierge by noon on Friday, July 22nd. Thank you!

The "State" Fair Is Coming to Belmont

State Fair season is in full swing here at Belmont Village and we will be hosting this year's annual fair on Saturday, August 6th! Lunch will be served fair style from 11:00-12:30pm with games from 1:00pm- 3:00 pm and a Juggler beginning at 3:00pm.



Friendly competition. You'll see a spectacular showcase of our prize winning "Cows" see calendar for cow decorating days open to Family, Friends, and Employees.

Carnival games. Step right up and show off your throwing arm at the dunk tank, ring toss and other carnival styled games!

We hope to see you there!



Buckhead's Welcoming Committee

Please join us for the New Resident "Meet and Greet" on Wednesday, July 6th, at 3:00p.m, in the Great Room. We have several new residents who have joined our Belmont family. Enjoy some great fellowship and let us introduce our Welcoming Committee: Helen Nyimicz, Valjean Young, Eli Jacobs, Ina Fishman and Nancy Walker. They are available to answer questions and encourage participation in the activities within the community.

Employee of the Month



Darrius Jones, Concierge

Darrius is the true definition of a "Great and Dedicated Employee"! He is always willing to go above and beyond. Darrius is the face of Belmont when you arrive and he always greets you with a wonderful smile. Darrius is great with the residents and is very patient, loving, as well as kind. He ensures their needs are met and that they feel at home at all times!

GREAT JOB, DARRIUS, AND THANK YOU FOR ALWAYS PUTTING OUR RESIDENTS FIRST!!



Mmmm...mmm...good!



Lunch is on Who?



Time with my Favorite Girl!



Switch Places...Sorry!



Such Beautiful Music!



Chihuly in the Garden!



All Smiles!



Fun times in the Garden!



Creating my Masterpiece!

Transportation

Please see the concierge to schedule your personal transportation needs (i.e., **doctors' appointments**).

Transportation is on a first-come, first-served basis and is offered within a 10-mile radius.

We need one week's notice for all appointments. If your family member needs someone to accompany them, it should be arranged with Theresa one week prior to the appointment.

Mondays and Thursdays, the last appointment scheduled is no later than 2 p.m. The last pickup is at 3 p.m.

Resident Services



July Senior Living Outings

- 5 Shopping at Kroger
- 15 Comedy Show
- 19 World of Coca-Cola
- 26 Shopping at Target
- 30 Mary Poppins: The Play

Salon

Ms. Valerie is at Belmont Village on Mondays and Thursdays for hair appointments, with nails on Fridays. Make your appointment with the Concierge by calling (404) 252-6271.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					10:00 ■ TH Wii Games: Tennis 10:45 ■ TH Platinum Fitness 1:30 ■ B Craftivity with Camille Berger 3:00 ■ GR Mix & Mingle with Hugh Vaughan 6:00 ■ B Table Games: Who Wants to Be A Millionaire 6:15 ■ TH Shabbat Service Webcast	10:00 ■ TH Lower Body Fitness 10:45 ■ GR Chronicles and World News 1:00 ■ CE Bible Study 2:30 ■ B Brain Games: Anagram Puzzles 3:30 ■ B Mental Fitness: Math Minds 6:00 ■ B Community Bingo 6:30 ■ TH Cinema Night: Moondance Alexander
3	Independence Day 4	5	6	7	8	9
10:00 ■ TH Upper Body Fitness Class 10:00 ■ TH Baptist Church Webcast 10:45 ■ B Mental Fitness: Crossword Challenge 2:00 ■ GR Ice Cream Delights! 3:00 ■ GR Reflections Discussion Group 3:30 ■ GR Intro to Sketching with Darrius 6:00 ■ B Bistro Bingo 6:30 ■ TH Cinema Night: Catch & Release	10:00 ■ TH Lindy's Yoga Class 11:00 ■ CO Belmont Bakers: Banana Splits 1:30 ■ CO Belmont Literary Society: Stories of Patriotism 3:00 ■ GR 4th of July Social with Debra Peterson 6:00 ■ B BV Card Sharks: Uno 7:00 ■ TH MLB: Tigers v. Indians	10:00 ■ TH Fitness with Paxxon 11:00 ■ CO Wii Games: Bowling 1:00 ■ Outing: Shopping at Kroger 3:00 ■ CO Holy Spirit Catholic Communion Services 6:00 ■ B Bistro Bingo 6:30 ■ CO Cinema Night: What's Eating Gilbert Grape	10:00 ■ TH Fitness With Paxxon 11:00 ■ CO What's Happening Locally? 1:30 ■ CO Cow Decorating Session 3:00 ■ GR New Resident Meet and Greet 6:00 ■ B BV Card Sharks: Gin Rummy	10:00 ■ TH Whoga with Dr. Amy Josephson 11:00 ■ CL Tech Savvy: My Gait Computers 1:30 ■ CO Culinarians with Guest Chef Doris Ortlip 3:30 ■ GR Sing-A-Longs with June 6:00 ■ B Table Games: Boggle 7:00 ■ TH Cinema Night: The Karate Kid	10:45 ■ TH Platinum Fitness 11:00 ■ TH Wii Games: Baseball 1:30 ■ B Brain Games: Sudoku 3:00 ■ GR Mix & Mingle with the Bitsyland Trio 6:15 ■ TH Shabbat Service Webcast 6:30 ■ CO Open to All: Cow Decorating Time	10:00 ■ TH Lower Body Fitness 10:45 ■ GR Chronicles and World News 1:00 ■ CE Bible Study 2:00 ■ GR Traditional Christian Service with 1st Alliance Church 3:00 ■ CO Open to All: Cow Decorating Session 6:00 ■ B BV Card Sharks: Phase 10 6:30 ■ TH Cinema Night: Hotel for Dogs
10	11	12	13	14	15	16
10:00 ■ TH Catholic Church Webcast 10:00 ■ TH Upper Body Fitness Class 11:00 ■ GR Mental Fitness: Mad Libs 2:00 ■ GR Ice Cream Delights! 3:00 ■ GR Reflections Discussion Group 3:30 ■ B Brain Games: Trivial Pursuit 6:00 ■ B Bistro Bingo 6:30 ■ TH Cinema Night: Love Happens	10:00 ■ TH Lindy's Yoga Class 11:00 ■ B Belmont Literary Society: Patriotic Poems 1:30 ■ B Table Games: Sorry 3:00 ■ B Absentee Voting Application Session 6:00 ■ B BV Card Sharks: Gin Rummy 7:00 ■ TH Cinema Night: Touching Wild Horses	10:00 ■ TH Fitness with Paxxon 11:00 ■ TH Wii Games: Bowling 1:30 ■ TH Heart Health Chat with Paxxon Healthcare 6:00 ■ B Bistro Bingo 6:30 ■ CO Cinema Night: Footloose	10:00 ■ TH Fitness With Paxxon 11:00 ■ B What's Happening in Entertainment? 1:00 ■ B Painting with Pizazz 3:00 ■ GR Music Therapy with Katie Gregory 6:00 ■ B BV Card Sharks: Poker 6:30 ■ CO Open to All: Cow Decorating Time	10:00 ■ TH Fitness With Paxxon 11:00 ■ CL Tech Savvy: My Gait Computers 11:00 ■ CE Parkinson's Support Group 1:30 ■ B Creative Crafts with Charlotte 3:00 ■ B Table Games: Sorry 6:00 ■ CE Family Support Group 6:30 ■ B Table Games: Yahtzee	9:00 ■ AL Outing: Comedy Show 10:45 ■ TH Platinum Fitness 11:00 ■ CO Cow Decorating Session 1:30 ■ CO Wii Games: Tennis 3:00 ■ GR Mix & Mingle with Craig Gleason 6:00 ■ B Table Games: Who Wants to Be A Millionaire 6:15 ■ TH Shabbat Service Webcast	10:00 ■ TH Lower Body Fitness 10:00 ■ GR Hymns & Guitar with Lawrence Langston 1:00 ■ CE Bible Study 2:30 ■ GR Chronicles and World News 3:30 ■ B Mental Fitness: Math Minds 6:00 ■ B Community Bingo 6:30 ■ TH Cinema Night: Facing the Giants
17	18	19	20	21	22	23
10:00 ■ TH Presbyterian Church Webcast 10:00 ■ TH Upper Body Fitness Class 2:00 ■ GR Ice Cream Delights! 3:00 ■ GR Reflections Discussion Group 3:30 ■ GR Intro to Sketching with Darrius 6:00 ■ B Bistro Bingo 6:30 ■ TH Cinema Night: No Reservations	10:00 ■ TH Lindy's Yoga Class 11:00 ■ CO Belmont Bakers: Orange Creamsicle Bars 1:30 ■ CO Belmont Literary Society: The Star Spangled Banner 3:00 ■ CO Historical Discovery: Motives to Revolt 6:00 ■ B BV Card Sharks: Uno 7:00 ■ TH Cinema Night: Notting Hill	10:00 ■ TH Fitness with Paxxon 10:00 ■ Outing: World of Coca-Cola 1:30 ■ CO Wii Games: Bowling 3:00 ■ CO Peaceful Harbor Nondenominational Service 4:15 ■ CE New Family Orientation 6:00 ■ B Bistro Bingo 6:30 ■ GR Dancing & Desserts with Ben & Pam	10:00 ■ TH Fitness With Paxxon 11:00 ■ CO What's Happening Locally? 1:30 ■ CO Chat with the Chef 3:00 ■ CO Cow Decorating Session 6:00 ■ B BV Card Sharks: Gin Rummy	10:00 ■ TH Fitness With Paxxon 11:00 ■ CL Tech Savvy: My Gait Computers 11:00 ■ CE Parkinson's Support Group 1:30 ■ B Craftivity: DIY Stress balls 3:00 ■ B Table Games: Scrabble 6:00 ■ B Table Games: Boggle	10:45 ■ TH Platinum Fitness 11:00 ■ CO Wii Games: Golf 1:30 ■ CO Brain Games: Sudoku 3:00 ■ GR Mix & Mingle with Clark Brown 6:15 ■ TH Shabbat Service Webcast 6:30 ■ CO Open to All: Cow Decorating Time	10:00 ■ TH Lower Body Fitness 10:45 ■ GR Chronicles and World News 1:00 ■ CE Bible Study 2:30 ■ B Mental Fitness: Brain Teasers 3:30 ■ B Mental Fitness: Math Minds 6:00 ■ B BV Card Sharks: Phase 10 6:30 ■ TH Cinema Night: Letters to God
24	25	26	27	28	29	30
10:00 ■ TH Upper Body Fitness Class 2:00 ■ GR Ice Cream Delights! 3:00 ■ GR Reflections Discussion Group 6:00 ■ B Bistro Bingo 6:30 ■ TH Cinema Night: Michael	10:00 ■ TH Lindy's Yoga Class 11:00 ■ CO Belmont Literary Society: Interpreting the Constitution 1:30 ■ CO Science Discovery: Electric Potatoes 3:00 ■ TH Music Education with Dennis Goodman 6:00 ■ B BV Card Sharks: Gin Rummy 7:00 ■ TH Cinema Night: About a Boy	10:00 ■ TH Fitness with Paxxon 11:00 ■ CO Finding Your Spiritual Strength 1:00 ■ Outing: Shopping at Target 1:30 ■ CO Wii Games: Bowling 2:30 ■ GR Karaoke Crooners 3:00 ■ GR Resident Council Meeting 6:00 ■ B Bistro Bingo 7:00 ■ TH MLB: Cubs v. White Sox	10:00 ■ TH Fitness With Paxxon 11:00 ■ CO What's Happening Locally? 1:30 ■ CO Intro to Sketching 3:00 ■ CO Table Games: Scrabble 6:00 ■ B BV Card Sharks: Poker 6:30 ■ CO Open to All: Cow Decorating Time	10:00 ■ TH Fitness With Paxxon 11:00 ■ CE Parkinson's Support Group 11:30 ■ JK Resident Birthday Celebration with Mary Jackson 1:30 ■ B Creative Crafts with Charlotte 3:00 ■ CO Table Games: Yahtzee 6:30 ■ B Table Games: Sorry	10:00 ■ TH Wii Games: Tennis 10:45 ■ TH Platinum Fitness 11:00 ■ CO Cow Decorating Session 1:30 ■ B Mental Fitness: Word Games 3:00 ■ GR Mix & Mingle with AJ Ent. 6:00 ■ B Table Games: Who Wants to Be A Millionaire 6:15 ■ TH Shabbat Service Webcast	10:00 ■ TH Lower Body Fitness 10:45 ■ GR Chronicles and World News 1:00 ■ CE Bible Study 2:00 ■ Outing: Mary Poppins the Play 2:30 ■ B Brain Games: Anagram Puzzles 3:30 ■ B Mental Fitness: Math Minds 6:00 ■ B Community Bingo 6:30 ■ TH Cinema Night: Life as a House
31						
10:00 ■ TH Baptist Church Webcast 10:00 ■ TH Upper Body Fitness Class 2:00 ■ GR Ice Cream Delights! 3:30 ■ GR Intro to Sketching with Darrius 6:00 ■ B Bistro Bingo						



**What's
Cooking**

Chat With the Chef

Come join our Chef Anthony as he shares his culinary wonders! This month's Chat with the Chef will be held Wednesday, July 20th, at 1:30pm!



Mix and Mingle Socials

- July 1 Hugh Vaughan
- July 8 Bistyland Trio
- July 15 Craig Gleason
- July 22 Clark Brown
- July 29 AJ Ent.



Culinarians

Come Join our Guest Chef, Doris Ortlip as she teaches us how to make No Bake Cheesecake with Berries on Thursday, July 7th, at 1:30pm!



Just Hanging Around!

Circle of Friends Outings

- 6th- Social in the Park 1:00 pm
- 13th- Tour of the Anne Frank Museum 1:00 pm
- 20th- Lunch at Chili's Grill 10:30 am
- 27th- Jimmy Carter Presidential Library 10:00 am



Got Chikin?

Neighborhood Outings

- 1st- Scenic Community Drive 10:30 am
- 8th- Picnic in the Park 10:30 am
- 12th- Scenic Community Drive 10:30 am



Got it Made in the Shade!

- 15th- Snow Cone Cool Down Social 1:00 pm
- 22nd- Bowling at Stars-n-Strikes 10:30 am
- 23rd- Fiesta Nachos and Piñata 1:00 pm
- 29th- Scenic Community Drive 10:30 am



Mind Exercise Games for Seniors

The brain is a complex organ that, like other muscles in the body, elderly seniors need to keep stimulated by exercising the brain with games and crafts in order to enhance the growth and development of new nerve cells and neural function. Exercising the brain helps:

- Reduce loss of gray matter (the nuts and bolts of memory)
- Promotes neurogenesis (development of new brain cells)
- Improves attention spans and the ability to concentrate
- Strengthens brain synapses (communication pathways)
- Increases blood flow (more oxygen means healthier cells)



Okay, so who doesn't want to increase brain function, regardless of age? Exercising the brain or mind can be achieved in a number of ways, including but not limited to:

- Engage in 'Thinking Games' – Such as crossword puzzles, Sudoku or chess

- Learn a new skill – This can be a language, a hobby or a concept. The more challenging, the better. Take up painting. Learn the piano. Take a community class on crime scene investigation. Do something to stimulate, activate and exercise your brain to think in new ways.
- Create a scrapbook – this type of elder activity helps rebuild memories and memory skills that may have gotten rusty over the years
- Socialize! – Socializing or group activity for the elderly is a mental activity! Engage in social interactions at least weekly, more frequently if possible
- Laugh! – Laughter really is one of the best medicines around. A good belly laugh every day helps to release dopamine, that 'feel good' hormone in the brain. Laughter also helps stimulate the brain and enhances learning



Just for Fun

Patriotic Pinwheel

Celebrate the Fourth of July with this easy, breezy craft.

Materials:

- Scissors
- Red patterned paper
- Blue patterned paper
- Glue
- Pencil
- Round push-pin
- Clothespin

Directions:

Cut a 5-inch square out of both the red paper and the blue paper. Glue the squares back to back and let dry.



With a pencil, lightly draw diagonal lines from corner to corner on one side of the square. Make a 3-inch cut along each line. Fold every other point toward the center of the square and glue in place.

Push the push-pin through the center of the pinwheel and through the end of the clothespin. Clip your pinwheel to a basket or flowerpot for some patriotic spirit!

Happenings in the Neighborhood



Free Hugs!



Making New Friends!



May I join you?



Two Peas in a Pod!



Happy, Happy Birthday!



Having a Great Day!

BELMONT *Village*
SENIOR LIVING
BUCKHEAD

5455 Glenridge Drive NE
Atlanta, GA 30342

PC Lic. 60030281
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