



Belmont Village of Hunters Creek Village NEWS



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

July 2016

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Ronnie Shakir, Executive Director

Let Freedom Ring!

On July 2, 1776, the Second Continental Congress, assembled in Philadelphia, voted to approve a motion calling for separation from Great Britain. The words of the resolution were added to the Declaration of Independence, and on July 4, the declaration was formally adopted. In a letter to his wife on July 3rd, John Adams wrote that the country's impending day of independence should be commemorated "with Pomp and Parade, with Shews, Games, Sports, Guns, Bells, Bonfires and Illuminations from one End of this Continent to the other from this Time forward forever more." The first fireworks were set off on July 4, 1777, in Philadelphia.

On July 8, 1776, the first public reading of the declaration was held in Philadelphia's Independence Square. A fictional story written in the 1840s suggested that the bell now

known as the Liberty Bell was rung that day to bring the people together. Band music and the ringing of bells accompanied the event.

More than any other holiday, Independence Day unifies our country. Citizens put aside their differences and remember our many reasons for national pride. "From sea to shining sea," our abundant natural resources support and inspire us. Our diverse populations are the source of our collective strength. Our freedoms and ideals are an inspiration for people around the globe. This Independence Day, we hope that you will experience the full meaning of this special event.

At Belmont Village, Hunters Creek, patriotism is very much a part of our culture. From passionate debates in the Bistro to celebrations and solemn memorials for our veterans, it is evident that being American is important to all of us. As our activity and enrichment programs begin to focus on international travel, we will take time in July to celebrate our own country in all of its diverse richness. We welcome anyone who has stories, pictures, recipes or memorabilia you would like to share. Our village revolves around our residents, but our families help keep us connected to the world around us.



Employee of the Month

Belmont Village, Hunters Creek is pleased to announce that Carla Ayuketah has been named as our July Employee of the Month. Carla was born in Cameroon, West Africa and came to the United States 14 years ago. When Carla came to the U.S. she lived in Chicago and then Houston, where she was re-certified as a nurse. She has been a CNA and a Rehab nurse.

Carla was led to nursing when her mother was sick. She felt that the caregiver could have done better. She always tries to do the right thing and says her passion is in assisting others. It is in those times that, "her conscience is clear and she can have peace."

In the evening when I go home, I can hear her singing gospel music softly as she organizes the medicines. Her presence is a blessing.

Resident Spotlight



Bob Southwell was raised in Michigan and was running the family farm at the age of 14. He graduated from Michigan State and soon joined the Navy in their OCS program. He served in Korea and Italy where he opened and

ran a club for servicemen.

Back in the States, Bob ran private country clubs in Indiana where he met his lovely wife of 59 years, Barbara. They had 3 children: Brian, Brent and Karla, & then moved to Houston where he served as General Manager of Houston Country Club for 20 years. He also wrote a 6 page newsletter for managers and club board members for 20 years. Following his career at HCC, he started his own consulting and private club placement business. He mentored many young men who became General Managers at the country's finest clubs. They honored Bob and Barbara with a surprise dinner several years ago.

Bob has always been a caregiver for his parents, siblings, children and wife, and now, grandchildren. He came to live at Belmont Village in 2014 and is a beloved resident. So proud of you, sir!



Party on the Patio - 4th of July Celebration

Monday, July 4th at 11:00 p.m.

Belmont Village, Hunter's Creek

BBQ, Music and Games

resv with the concierge (713) 781-1505



Circle of Friends & Neighborhood

We are introducing a new program to the community called **Around the World at Hunters Creek**, where each month we will be traveling to a new country. This month we are "visiting" and learning about Mexico. We will be having dance performances, Mexican themed dishes, and mariachi bands. Dawn Giblin has been teaching Neighborhood residents about Mexico City. They learned it is the most populated city in the world and has 44 boroughs. They also made flags and learned about religion and culture. On Monday, Ana's husband, Carlos, made the very best guacamole ever. We will be learning to salsa dance, make beautiful paper flowers, and have a Taco Tuesday and Fiesta Night. Ole!

We have added a lovely new Enrichment Leader, Grecia, to our program. Her enthusiasm and dedication to the residents has been tremendous since joining the team.

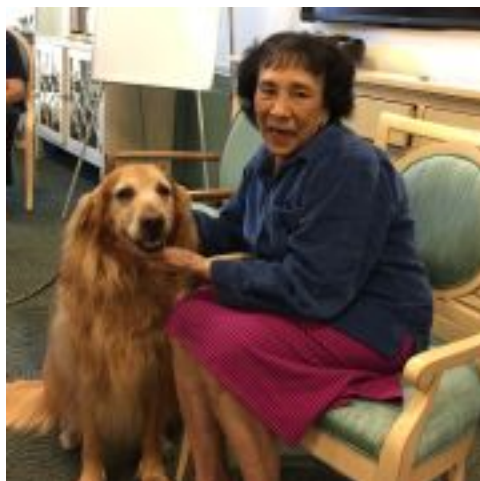
Love and energy abound in our village.



Pat P. and her lovely daughters - such beautiful smiles!



Rosette dancing with Larry J. High times in the Great Room!



Teresita enjoying a Faithful Paws visit.



Janet I. and family.



Simone Olivier & her dance group, Dandelion, perform for COF.



Dandelion Troupe and residents.



Love that beautiful smile, Bhakti!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					9:45 TH Exercise with Ruhee: Balance ♣ 10:30 O Local Outing: The Printing Museum 1:00 PT Gardening-Summer Pruning ♣ 1:45 TH Belmont Boys' Club with Steve Carnahan ♥ 2:30 PA Fabric Women of Friday: Knit or look at quilt ♥ 4:30 TH Shabbat ★ 6:30 TH Friday Night Popcorn and Movie Classics ♥	9:00 PT Walk the Walk with Arturo ♥ 10:15 BT Coffee, Daily Chronicles, and Puzzles 10:30 O Scenic Outing NH (Board at 10:30) 1:30 BT Pokeno with Arturo 2:30 O Local Shopping 3:30 TH Afternoon Music with Jane Vandiver 6:30 TH Saturday Night with "Seinfeld" ♥
3	4	5	6	7	8	9
8:30 O Church-Take and Pickup 10:00 BT Coffee and Noteworthy News 10:00 TH St. Luke's UMC followed by Catholic Service at 10:30 – Comcast Ch. 53 1:30 CF Church Service and hymns with Tami Heinrich. Communion served 2:30 O Sunday Sightseeing 4:00 BT Bingo with Arturo! 7:00 TH PBS Masterpiece Theatre	Independence Day 9:30 PL Exercise: Morning Exercise ♥ 10:30 TH Mary Ann Weber-Guest Speaker, Houston Audubon Society ♣ 11:00 JK Fourth of July BBQ ★ 1:30 GR Bill Parish: Celebrating with Patriotic Music ♥ 3:00 TH Outside Games, Free Swim or Movie in Town Hall "1776" ♥ 6:30 TH Patriotic Shows and coverage around US 7:00 O Bus Trip to see fireworks at ROCC	In Touch 9:45 TH "Tai Chi" with Simone ♣ 10:30 TH Think Tank: Executive Reasoning ♣ 11:00 TH PT Barnum Day-"The Golden Age of Circus"-complete with animal crackers! ♥ 1:30 BT Belmont Brokers: Happy Birthday Wall Street Journal! Economic Highlights: follow your favorite stock ♣ 2:30 CL Bridge Buddies and Afternoon Refreshments 3:00 TH Drama: Mary Margaret Mann- "A Patriot's Heart" ★ 6:30 TH Tuesday Night Action Movie	9:45 TH Exercise: Boot Camp w/Ruhee 10:30 TH Computer Basics and Beyond ♣ 11:00 TH Name That Tune! 2:00 CL Bible Study with Scott Endress, Chapelwood UMC ♥ 3:30 GR Wine and Cheese Social: Rodney Rasberry ★ 6:30 TH Wednesday Movie: "Apollo 13"	9:45 TH Volleyball with COF and AL ♥ 10:30 TH Bill Phillips: Storytelling "Story Forum"-based on "The Moth" ♥ 1:00 CL Bible Study based on book by Mike Knapp 1:30 TH Belmont Bread Makers ★ 2:00 CL Book Club: All the Light You Cannot See ♣ 2:30 BT Belmont Bridge Buddies ★ 3:00 JK Armchair Travel: The Pacific Northwest ♣ 4:00 BT Parlor Games: Scrabble and Kings in the Corner ♥ 6:30 TH Comedy Movie Night	9:45 TH Exercise with Ruhee: Balance ♣ 10:30 O Outing: St. Anne's Catholic Church 1:00 PT Gardening-Summer Pruning ♣ 1:45 TH Belmont Boys' Club with Steve Carnahan ♥ 3:00 TH Art and Acrylics ♥ 4:30 TH Shabbat ★ 6:30 TH Friday Night Popcorn and Movie Classics ♥	9:00 PT Walk the Walk with Arturo ♥ 10:15 BT Coffee, Daily Chronicles, and Puzzles 10:30 O Scenic Outing NH (Board at 10:30) 1:30 BT Bingo with Arturo 2:30 O Local Shopping 3:30 TH Afternoon Music with Maurice Daugherty 6:30 TH Saturday Night with "Seinfeld" ♥
10	11	12	13	14	15	16
8:30 O Church-Take and Pickup 10:00 TH St. Luke's UMC followed by Catholic Service at 10:30 – Comcast Ch. 53 10:00 BT Coffee and Noteworthy News 1:30 CF Sunday Church with Thomas Harper, Pastor, St. Luke's UMC ♥ 2:30 O Sunday Sightseeing 7:00 TH PBS Masterpiece Theatre	Mary Ann Weber-Guest Speaker 9:30 PL Exercise: Morning Exercise ♥ 10:30 TH Mary Ann Weber-Guest Speaker, Houston Audubon Society ♣ 2:00 BT Sport Recap with Ronnie ♥ 3:00 TH Blueberry Muffin Making- in celebration of blueberry month 3:00 GR Sing-A-Long: Come One, Come All! ♥ 4:00 TH Yul Brynner and his famous role as the King of Siam 6:30 TH Monday Movie "The King and I"	9:45 TH "Tai Chi" with Simone ♣ 10:30 TH Think Tank: Executive Reasoning ♣ 1:00 CL Chicken Soup for the Soul ♥ 1:30 BT Belmont Brokers: follow your favorite stock 2:30 CL Bridge Buddies and Afternoon Refreshments 3:30 TH SUPER BINGO!! ♥ 6:30 TH Tuesday Night Action Movie	9:45 TH Exercise: Boot Camp w/Ruhee 10:30 TH Computer Basics and Beyond ♣ 11:00 TH Wheel of Fortune with Jamaal ♣ 2:00 TH Spiritual: Catholic Communion with Sister Ginny from St. Michael's ♥ 3:30 GR Wine and Cheese Social: Faith Gugenheim ★ 6:30 TH Wednesday Movie: "Apollo 13"	9:45 TH Volleyball with COF and AL ♥ 10:30 TH Bill Phillips: Storytelling "Story Forum"-based on "The Moth" ♥ 1:00 CL Bible Study based on book by Mike Knapp 1:30 TH Belmont Bread Makers ★ 2:00 CL Book Club: All the Light You Cannot See ♣ 2:30 TH Girlfriends' Gathering: Summer Flower Arranging ♥ 2:30 BT Belmont Bridge Buddies ★ 3:30 TH Exploring Southwest Culture ♥ 6:30 TH Comedy Movie Night	9:45 TH Exercise with Ruhee: Balance ♣ 10:30 O Rice University Farmers' Market 1:00 PT Gardening-Summer Pruning ♣ 1:45 TH Belmont Boys' Club with Steve Carnahan ♥ 3:00 TH Art: Remember Rembrandt today-birth anniversary ♥ 4:30 TH Shabbat ★ 6:30 TH Friday Night Popcorn and Movie Classics ♥	9:00 PT Walk the Walk with Arturo ♥ 10:15 BT Coffee, Daily Chronicles, and Puzzles 10:30 O Scenic Outing NH (Board at 10:30) 1:30 BT Pokeno with Arturo 2:30 O Local Shopping 3:30 TH Afternoon Music with Theresa Behenna 6:30 TH Saturday Night with "Seinfeld" ♥
17	18	19	20	21	22	23
8:30 O Church-Take and Pickup 10:00 BT Coffee and Noteworthy News 10:00 TH St. Luke's UMC followed by Catholic Service at 10:30 – Comcast Ch. 53 1:30 CF Sunday Vesper with Grace Presbyterian ★ 2:30 O Sunday Sightseeing 4:00 BT Pokeno with Arturo 7:00 TH PBS Masterpiece Theatre	9:30 PL Exercise: Morning Exercise ♥ 10:30 TH Mary Ann Weber-Guest Speaker, Houston Audubon Society ♣ 11:00 TH Republican National Convention: Most Memorable Moments ★ 1:30 TH Dominoes after lunch 2:00 TH Nelson Mandela's Birthday: life and times of this amazing man 3:00 TH Sing-A-Long: Come One, Come All! ♥ 6:30 TH Documentary "National Parks: America's Greatest Idea"	Residents' Council 9:45 TH "Tai Chi" with Simone ♣ 10:30 TH Think Tank: Executive Reasoning ♣ 11:00 TH Full Moon Day- according to Farmer's Almanac ♥ 1:30 TH Resident Council 2:30 CL Bridge Buddies and Afternoon Refreshments 3:30 TH SUPER BINGO!! ♥ 6:30 TH Tuesday Night Action Movie	9:45 TH Exercise: Boot Camp w/Ruhee 10:30 TH Computer Basics and Beyond ♣ 11:00 TH Man on the Moon Day! 1:00 TH Cookbook Club ♥ 2:00 CL Bible Study with Scott Endress, Chapelwood UMC ♥ 3:30 GR Wine and Cheese Social: Jim Connors ★ 6:30 TH Wednesday Movie: "Apollo 13"	9:45 TH Volleyball with COF and AL ♥ 10:30 TH Bill Phillips: Storytelling "Story Forum"-based on "The Moth" ♥ 12:00 JK Captain's Table with Ronnie ★ 1:00 CL Bible Study based on book by Mike Knapp 1:30 TH Belmont Bread Makers ★ 2:30 TH Bridge Buddies 2:30 BT Belmont Bridge Buddies ★ 3:30 TH Armchair Travel: The Gulf Coast 6:30 TH Comedy Movie Night	NASA Speaker 9:45 TH Exercise with Ruhee: Balance ♣ 10:30 O Rienzi House Tour with Andrew ★ 1:00 PT Gardening-Summer Pruning ♣ 1:45 TH Belmont Boys' Club-NASA speaker ♥ 3:00 TH "Jeopardy with Jamaal"-Alex Trebek born on this day 4:30 TH Shabbat ★ 6:30 TH Sundance Film Festival Friday: "Residents' Selection"	9:00 PT Walk the Walk with Arturo ♥ 10:00 GR Pets: Faithful Paws 10:15 BT Coffee, Daily Chronicles, and Puzzles 10:30 O Scenic Outing NH (Board at 10:30) 1:30 BT Bingo with Arturo! 2:30 O Local Shopping 3:30 GR Music with Party of Two ♥ 6:30 TH Saturday Night with "Seinfeld" ♥
24	25	26	27	28	29	30
8:30 O Church-Take and Pickup 1:30 CF Church Service and Communion with Rev. Jim Berggren ★ 2:30 O Sunday Sightseeing 7:00 TH PBS Masterpiece Theatre	9:30 PL Exercise: Morning Exercise ♥ 10:30 TH Mary Ann Weber-Guest Speaker, Houston Audubon Society ♣ 11:00 TH Democratic National Convention Meets: Most Memorable Convention Moments 1:30 BT Scrabble and More 3:00 TH Sing-A-Long: Come One, Come All! ♥ 4:00 BT Happy Birthday Louise Brown: debate ethical dilemmas of IVF 6:30 TH Documentary "National Parks: America's Greatest Idea"	Chat With Chef 9:45 TH "Tai Chi" with Simone ♣ 10:30 TH Think Tank: Executive Reasoning ♣ 1:00 CL Armchair Travel: New York, New York ♥ 1:30 BT Chat with our Chef ♣ 2:30 CL Bridge Buddies and Afternoon Refreshments 3:30 TH SUPER BINGO!! ♥ 4:30 BT Parlor Games Before Dinner 6:30 TH Tuesday Night Action Movie	9:45 TH Exercise: Boot Camp w/Ruhee 10:30 TH Computer Basics and Beyond ♣ 11:00 TH Set up Facebook or Google Accts 2:00 CL Bible Study with Scott Endress, Chapelwood UMC ♥ 3:30 GR Wine and Cheese Social: Ivory Touch ★ 6:30 TH Wednesday Movie: "Apollo 13"	9:45 TH Volleyball with COF and AL ♥ 10:30 TH Bill Phillips: Storytelling "Story Forum"-based on "The Moth" ♥ 1:00 CL Bible Study based on book by Mike Knapp 1:30 TH Belmont Bread Makers ★ 2:00 CL Book Club: All the Light You Cannot See ♣ 2:30 BT Belmont Bridge Buddies ★ 3:30 TH Girlfriends' Gathering-resident jewelry making demonstration ♥ 6:30 TH Comedy Movie Night	9:45 TH Exercise with Ruhee: Balance ♣ 11:00 O Local Outing: Lunch Bunch ♥ 1:00 PT Gardening-Summer Pruning ♣ 1:45 TH Belmont Boys' Club with Steve Carnahan ♥ 3:00 TH Hot Fudge Sundae Day-make your own! ♥ 4:30 TH Shabbat ★ 6:30 TH Friday Night Popcorn and Movie Classics ♥	9:00 PT Walk the Walk with Arturo ♥ 10:15 BT Coffee, Daily Chronicles, and Puzzles 10:30 O Scenic Outing NH (Board at 10:30) 1:30 BT Bingo with Arturo ★ 2:30 O Local Shopping 3:30 GR Music with Maurice Daugherty ♥ 6:30 TH Saturday Night with "Seinfeld" ♥
31						
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Out & About

July 2016 Outings

July 8, 10:30 am - The Printing Museum - Located in Houston's vibrant Montrose District, The Printing Museum is dedicated to promoting, preserving, and sharing print history, communication, and art.

July 15, 10:30 am - St. Anne's Catholic Church- like the great churches of the Middle Ages, St. Anne's is a beautiful structure which speaks to the faithful of their Christian heritage. It is also a wonderful school and vibrant community.

July 22, 10:30 am - Rice University Farmers' Market - The merging of Houston Farmers' Market and Rice University created a market with the goal of making locally grown food available and providing a marketplace for local farmers, and a thriving meeting place for the community.

July 29, 11:00 am - Rienzi House Tour with Andrew - Rienzi, the MFAH house museum for European decorative arts and paintings has a substantial collection of European decorative arts, paintings, furnishings, porcelain, and miniatures.



Walter Peine. It's great to be 100!

Spiritual Corner

Sunday Vesper Service

1st Sunday, Vesper Service

1:30 p.m. (COF)

Pastor Tami Heinrich,
Chapelwood UMC

2nd Sunday, 1:30 p.m. (COF)

Pastor Thomas Harper
St. Luke's UMC

3rd Sunday 1:30 p.m. (COF)

looking for a volunteer

4th Sunday 1:30 p.m. (COF)

Pastor Jim Berggren
Holy Cross Lutheran

Bible Study

Wednesday, 1:30 p.m. (CFL)

Pastor Scott Endress

Catholic Communion

Wednesday, 2:00 p.m. (TH)

Sister Ginny

St. Michael's Catholic Church

Aaron Drizin, DMCP Friday, 4:30 p.m. (TH) Shabbat Shalom!



Every Friday at 4:30 pm in the Town Hall, residents gather to hold a service of Shabbat. Warm hearts recite passages from the Torah and light candles as they share challah bread and kosher wine. It is a sweet and solemn way to wind up the week. All residents are welcome at this open table. We love it when Aaron wears his yarmulke! Thanks to Robert Sasso, Laurie Zarrow and Marsha Bernstein for their help.



Health & Wellness

Mind Exercise Games for Seniors

The brain is a complex organ that, like other muscles in the body, elderly people need to keep stimulated by exercising it 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:

Learning a new skill. This can be a language, a hobby or a concept. 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.

Creating 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.

Engage in “Thinking Games” – such as crossword puzzles, Sudoku or chess.



Exercising the brain with a parachute activity.



Interactive music matters -- Bill B. at the bongos!



Our Resident Birthday Party will be held on Friday, July 29, from 1 to 2 p.m. in Josephine's Kitchen.

Resident Birthdays

7/01	Patricia B.
7/01	Peggy G.
7/02	Betty H.
7/05	Anne B.
7/07	Rena O.
7/09	Charles F.
7/15	Oberian L.
7/18	Joan L.
7/20	Donal J.
7/21	Ronald K.
7/23	Harriet F.
7/26	Frances O.
7/28	Mary Lew C.
7/30	Robert S.

Employee Birthdays

7/02	Perez Membreno
7/06	Nicole Jordan
7/13	Glenna Hernandez
7/17	Sandra Cuellar
7/21	Adelaja, Basirat
7/28	Rosette Cabanero
7/29	Maria Thomas
7/30	Alexandria Gonzalez
7/30	Kenia Trinidad de Cruz

Resident Council

Resident Council will meet on Tuesday, July 12, at 1:30 p.m. in the Town Hall. Join us!

Our Residents Are the Life of Our Village!



Big Boy, Biggio, is too the best!



Kelly O, June Employee of the Month



Maureen & Robert G. enjoying music



Lester and Martha R. -- welcome!



Jane Vandiver singing to Walter P.



Armand H. and his daughter, Ann.

BELMONT *Village*
SENIOR LIVING
HUNTERS CREEK

7667 Woodway Dr
Houston, TX 77063

Lic. #106016
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