



# Belmont Village at West University VillageNEWS

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

June 2016

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## A Note From Rachelle



### Hurricane Season

Hurricane season starts on June 1, and we need to make sure we are well prepared. The tropics in the Gulf of Mexico have been pretty quiet the last several years, but one thing that previous storms taught us is that we can never be too prepared. If we do have a hurricane this year, we will be well prepared as a community. However, it is critically important that everyone prepares individually as well. Make sure you keep the following items on hand during this hurricane season.

- A minimum of two flashlights
- Plenty of batteries for the flashlights
- A case of bottled water
- Comfortable shoes
- Extra blankets
- Peanut butter and tuna fish
- Bread and crackers
- Emergency contact list

There are a couple of things that you need to keep in mind. If we have a storm and lose power, you will not have power in your room. There is also a possibility

that you will not have sufficient running water to take a shower. During the storm, we would have less staff than usual, so we would have to scale back some of our activities and some of our routine tasks. The good news is that we would do everything we can to keep you safe and fed.

We work very hard as a community to prepare for major storms. I feel confident that we will be as prepared as possible in the case that we have a storm. Please let me know if you have any questions. Be safe!



## Not Just for Dads

With Father's Day just around the corner, look for deals on tools and other handy gift items. Whether you're buying for Dad or simply need a few items for your own toolbox, June is a good month to pick up a new hammer, wrench or screwdriver set.

## Sun Safety

Sunscreen is not the only thing to remember when you spend time outdoors this summer. A wide-brimmed hat and sunglasses will help shield you from the sun's UV rays.



## Resident Birthdays

06/02	Harriet Hokanson
06/05	Marjorie Fisher
06/10	Lynn Squires
06/11	Joyce Parker
06/12	Marie Gerety
06/19	Fred Lentjes
06/20	Carol Gallo
06/21	Al Ueckert
06/23	Shirley Frank
06/25	Noe Kawer
06/30	Sue Johnson

## Employee Birthdays

06/06	Angela Okureva
06/08	Love Gokeme
06/11	Jennifer James
06/15	Joe Ann Martin-Morris
06/23	Bodio McDermott
06/25	Matthew Jones
06/25	Derrek Douse
06/27	Toni Malone
06/30	Samantha Alridge



**Friday, June 24**

*Hey, June 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!*



## June Is National Weddings Month

This June, we would like to celebrate love and marriage.

During the last week of June, we will have a display of all of your wedding photos to celebrate the National Weddings Month.

If you would like to have your wedding photo displayed, please bring it to Katie in the Center for Learning (3rd Floor) or to the Concierge desk by June 15. Please have your name or apartment number with the picture.

## Tea With Ms. Texas



Lereca Monik, Ms. Texas 2016

Would you like to meet and have tea with Ms. Texas? Here is your chance! Lereca Monik is coming by Belmont Village on her Texas tour. She will talk about her pageant experience, her accomplishments and answer any questions you might have. Come have a cup of tea with Ms. Texas on  
**Monday, June 20 @ 3:00 p.m.**

## BELMONT MOVIE NIGHT



In honor of National Weddings Month, we will watch a romantic comedy that has won the hearts of many, "My Best Friend's Wedding." When she receives word that her longtime platonic pal Michael O'Neal is getting married to debutante Kimberly Wallace, food critic Julianne Potter realizes her true feelings for Michael -- and sets out to sabotage the wedding.

**Cast: Julia Roberts, Dermot Mulroney, Cameron Diaz**

**Tuesday, June 14 @ 6:00 p.m.**



# Volunteer Corner

## Project Linus

Project Linus provides love, a sense of security, warmth, and comfort to children who are seriously ill, traumatized, or otherwise in need, through the gift of new, handmade blankets, and afghans, lovingly created by volunteer "blanketeers."

Join us to make no sew blankets for this wonderful cause!

**Monday, June 6th**  
**2 p.m. Town Hall**



## Father's Day Cookout!

**Sunday, June 19**

Join us for some famous Josephine's Kitchen BBQ brisket and smoked sausage to celebrate Father's Day. Lunch will be served from 11 a.m. to 1 p.m. Please make your reservations with the Concierge.



# Health & Wellness

## Poll Reveals Exercise Reduces Arthritis Pain

People with arthritis who exercise regularly have less joint pain than those who exercise less often, according to an Arthritis Foundation (AF) poll. Eighty-one percent of people with arthritis who exercise three or more days per week reported they are virtually joint-pain free, compared to 66 percent who exercise two or fewer days per week.

Dr. Patience White, AF's chief public health officer, says, "Although the temptation may be to stay inactive to avoid aggravating the condition, by being physically active people with arthritis can actually improve their quality of life. Simply walking can reduce joint pain and stiffness, build muscles around the joints and improve overall health, enabling people with arthritis to experience fewer limitations and lead a fuller life."

Physical activity also promotes weight loss. "For people above their ideal weight, losing as little as 11 pounds decreases the risk of painful knee osteoarthritis," White says.



# Out & About



Houston Museum of Natural Science, Ancient Egypt exhibit.

### Bellaire Nature Center Tour

Friday, June 3

Departure: 1:15 p.m.

Cost: \$5

### Russo's New York Pizzeria

Friday, June 10

Departure: 10:30 a.m.

Cost of Lunch

### ROMEOs at Union Kitchen (Retired Old Men Eating Out)

Friday, June 17

Departure: 10:30 a.m.

Cost of Lunch

### Greenway Movie Theater: TBA

Friday, June 24

Departure: TBA

Cost of Ticket



Play Ball! We had a great time at the Rice Owls baseball game.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Marketplace Hours</b> Marketplace is Open Tuesdays 10:00 a.m.- 11:00 a.m.</p>	<p><i>Transportation</i> 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>	<p><b>BOOK CLUB</b> Belmont Village Book Worms Book Club will meet <b>every Monday morning @ 10 a.m.</b> You will receive several chapters at a time. Then on Mondays we will get together to discuss and receive the next set of chapters.</p>	<p>9:30 <span style="color: blue;">TH</span> Sit &amp; Be Fit 10:00 <span style="color: blue;">B</span> Board Games with Marie 1:30 <span style="color: blue;">B</span> Mad Potter Pottery 🌿 3:00 <span style="color: red;">GR</span> Music with Julia Waller★ 7:00 <span style="color: blue;">TH</span> Bible Study</p>	<p>9:30 <span style="color: blue;">TH</span> Sit &amp; Be Fit 10:00 <span style="color: blue;">TH</span> Tai Chi with Simone★ 10:00 <span style="color: purple;">CL</span> Audio Book Club 🌿 1:30 <span style="color: blue;">TH</span> Body Fitness 🌿 2:00 <span style="color: grey;">CT</span> Games with Volunteer 3:00 <span style="color: red;">GR</span> Wine and Cheese Social 6:45 <span style="color: blue;">TH</span> Movie Night with Howard</p>	<p>9:30 <span style="color: blue;">TH</span> Movement to Music with Alice★ 10:00 <span style="color: purple;">CL</span> MBA Club Meeting 🌿 1:15 <span style="color: green;">O</span> Bellaire Nature Center 2:00 <span style="color: red;">CF</span> Friday Matinee 4:30 <span style="color: blue;">TH</span> Shabbat Service 6:45 <span style="color: blue;">TH</span> Movie Night with Howard</p>	<p>9:30 <span style="color: blue;">TH</span> Sit &amp; Be Fit 10:00 <span style="color: blue;">B</span> Morning Bridge Group 1:15 <span style="color: blue;">TH</span> Bingo 2:00 Shopping @ Target 2:00 <span style="color: red;">GR</span> Word Search Challenge Packet 3:30 <span style="color: grey;">CT</span> Poker 6:45 <span style="color: blue;">TH</span> Movie Night with Howard</p>
<p>5 9:30 <span style="color: blue;">TH</span> Chair Yoga 10:00 <span style="color: blue;">B</span> Coffee Club 1:00 <span style="color: red;">CF</span> Church Service 1:30 <span style="color: grey;">CT</span> Penny Poker 1:30 Scenic Drive 2:00 <span style="color: red;">GR</span> Trivia w/ Concierge 3:00 <span style="color: red;">GR</span> Kataoka Violin School Concert★ 6:45 <span style="color: blue;">TH</span> Movie Night with Howard</p>	<p>6 <b>First of Ramadan Begins at Sundown</b> 9:30 <span style="color: blue;">TH</span> Dancercise 10:00 <span style="color: purple;">CL</span> BV Book Worms Book Club: All the Light We Cannot See 🌿 11:30 <span style="color: blue;">JK</span> New Resident Lunch 1:30 <span style="color: blue;">TH</span> Got Balance? 🌿 2:00 <span style="color: blue;">TH</span> Project Linus 🌿 3:00 <span style="color: blue;">TH</span> About Ramadan 🌿 4:00 This Week in History (Concierge) 6:00 <span style="color: red;">GR</span> Bible Stories 6:45 <span style="color: blue;">TH</span> Movie Night with Howard</p>	<p>7 9:00 <span style="color: blue;">P</span> Water Aerobics 9:30 <span style="color: blue;">TH</span> Tai Chi 10:00 <span style="color: blue;">B</span> Rummikub with Marie 10:00 <span style="color: blue;">B</span> Marketplace Open 1:30 <span style="color: blue;">TH</span> Body Fitness 🌿 2:30 <span style="color: red;">GR</span> Zoo Mobile★ 6:45 <span style="color: blue;">TH</span> Movie Night with Howard</p>	<p>8 9:30 <span style="color: blue;">TH</span> Sit &amp; Be Fit 10:00 <span style="color: blue;">B</span> Board Games with Marie 10:30 <span style="color: purple;">CL</span> New Resident Orientation 1:00 <span style="color: blue;">TH</span> Welcoming Committee Meeting 1:45 <span style="color: blue;">TH</span> Brush to Canvas with Katie 🌿 3:15 <span style="color: blue;">TH</span> Front Porch Travels Alaska: Denali National Park 🌿 7:00 <span style="color: blue;">TH</span> Bible Study</p>	<p>9 9:30 <span style="color: blue;">TH</span> Sit &amp; Be Fit 10:00 <span style="color: purple;">CL</span> Audio Book Club 🌿 11:00 <span style="color: purple;">CL</span> Computer Class 🌿 1:30 <span style="color: blue;">TH</span> Body Fitness 🌿 2:00 <span style="color: blue;">TH</span> Think Tank 🌿 3:00 <span style="color: red;">GR</span> Wine and Cheese Social 6:45 <span style="color: blue;">TH</span> Movie Night with Howard</p>	<p>10 9:30 <span style="color: blue;">TH</span> Movement To Music with Alice★ 10:00 <span style="color: blue;">B</span> Phase Ten with Marie 10:30 <span style="color: green;">O</span> Russo's New York Pizzeria 2:00 <span style="color: red;">GR</span> Music w/ Bob 4:30 <span style="color: blue;">TH</span> Shabbat Service 6:45 <span style="color: blue;">TH</span> Movie Night with Howard</p>	<p>11 9:30 <span style="color: blue;">TH</span> Sit &amp; Be Fit 10:00 <span style="color: blue;">B</span> Morning Bridge Group 1:15 <span style="color: blue;">TH</span> Bingo 2:00 Shopping @ Dollar Store 2:00 <span style="color: red;">GR</span> Word Search Challenge Packet 3:30 <span style="color: grey;">CT</span> Poker 6:45 <span style="color: blue;">TH</span> Movie Night with Howard</p>
<p>12 9:30 <span style="color: blue;">TH</span> Chair Yoga 10:00 <span style="color: blue;">B</span> Coffee Club 1:00 <span style="color: red;">CF</span> Church Service 1:30 Scenic Drive 1:30 <span style="color: grey;">CT</span> Penny Poker 2:00 <span style="color: red;">GR</span> Trivia w/ Concierge 3:15 <span style="color: red;">GR</span> Sing Along with Henry 6:45 <span style="color: blue;">TH</span> Movie Night with Howard</p>	<p>13 9:30 <span style="color: blue;">TH</span> Dancercise 10:00 <span style="color: purple;">CL</span> BV Book Worms Book Club: All the Light We Cannot See 🌿 1:30 <span style="color: blue;">TH</span> Got Balance? 🌿 2:00 <span style="color: blue;">TH</span> Golden Years Theater: Senior Skits 🌿 3:00 <span style="color: blue;">JK</span> Celebrate National Iced Tea Month 4:00 This Week in History (Concierge) 6:00 <span style="color: red;">GR</span> Bible Stories 6:45 <span style="color: blue;">TH</span> Movie Night with Howard</p>	<p>14 <b>Flag Day</b> 9:00 <span style="color: blue;">P</span> Water Aerobics 9:30 <span style="color: blue;">TH</span> Tai Chi 10:00 <span style="color: blue;">B</span> Marketplace Open 10:00 <span style="color: blue;">B</span> Rummikub with Marie 1:30 <span style="color: blue;">TH</span> Body Fitness 🌿 2:00 <span style="color: red;">CF</span> Moment in Time with Robert Landau★ 3:00 <span style="color: red;">GR</span> Music with Julia Waller★ 6:00 <span style="color: red;">GR</span> Belmont Movie Night</p>	<p>15 9:30 <span style="color: blue;">TH</span> Sit &amp; Be Fit 10:00 <span style="color: blue;">B</span> Board Games with Marie 1:30 <span style="color: red;">GR</span> Puppy Therapy 2:00 <span style="color: purple;">CL</span> Health Education 🌿 2:30 <span style="color: blue;">B</span> Belmont Culinarians: Caramel Cashew Bars 🌿 7:00 <span style="color: blue;">TH</span> Bible Study</p>	<p>16 9:30 <span style="color: blue;">TH</span> Sit &amp; Be Fit 10:00 <span style="color: purple;">CL</span> Audio Book Club 🌿 1:30 <span style="color: blue;">TH</span> Body Fitness 🌿 2:00 <span style="color: blue;">TH</span> Think Tank 🌿 3:00 <span style="color: red;">GR</span> Wine and Cheese Social 6:45 <span style="color: blue;">TH</span> Movie Night with Howard</p>	<p>17 9:30 <span style="color: blue;">TH</span> Tai Chi 10:00 <span style="color: blue;">B</span> Phase Ten with Marie 10:30 <span style="color: green;">O</span> ROMEOs at Union Kitchen 2:00 <span style="color: red;">GR</span> Music with Julia Waller★ 4:30 <span style="color: blue;">TH</span> Shabbat Service 6:45 <span style="color: blue;">TH</span> Movie Night with Howard</p>	<p>18 9:30 <span style="color: blue;">TH</span> Sit &amp; Be Fit 10:00 <span style="color: blue;">B</span> Morning Bridge Group 10:30 <span style="color: blue;">TH</span> Food Facts w/ Dr. Betty 🌿 1:15 <span style="color: blue;">TH</span> Bingo 2:00 Shopping @ Walmart 2:00 <span style="color: red;">GR</span> Word Search Challenge Packet 3:30 <span style="color: grey;">CT</span> Poker 6:45 <span style="color: blue;">TH</span> Movie Night with Howard</p>
<p>19 <b>Father's Day!</b> 9:30 <span style="color: blue;">TH</span> Chair Yoga 11:00 <span style="color: blue;">JK</span> Father's Day Cookout! 1:00 <span style="color: red;">CF</span> Church Service 1:30 Scenic Drive 1:30 <span style="color: grey;">CT</span> Penny Poker 2:00 <span style="color: red;">GR</span> Trivia w/ Concierge 3:15 <span style="color: red;">GR</span> Sing Along with Henry 6:45 <span style="color: blue;">TH</span> Movie Night with Howard</p>	<p>20 <b>Summer Begins</b> 9:30 <span style="color: blue;">TH</span> Dancercise 10:00 <span style="color: purple;">CL</span> BV Book Worms Book Club: All the Light We Cannot See 🌿 1:30 <span style="color: blue;">TH</span> Got Balance? 🌿 2:00 <span style="color: blue;">TH</span> Judaic Program 🌿 3:00 <span style="color: blue;">TH</span> Tea with Ms. Texas★ 4:00 This Week in History (Concierge) 6:00 <span style="color: red;">GR</span> Bible Stories 6:45 <span style="color: blue;">TH</span> Movie Night with Howard</p>	<p>21 9:00 <span style="color: blue;">P</span> Water Aerobics 9:30 <span style="color: blue;">TH</span> Tai Chi 10:00 <span style="color: blue;">B</span> Rummikub with Marie 10:00 <span style="color: blue;">B</span> Marketplace Open 1:30 <span style="color: blue;">TH</span> Body Fitness 🌿 2:30 <span style="color: blue;">TH</span> Art for All with Lisa 🌿 6:45 <span style="color: blue;">TH</span> Movie Night with Howard</p>	<p>22 9:30 <span style="color: blue;">TH</span> Sit &amp; Be Fit 10:00 <span style="color: blue;">B</span> Board Games with Marie 2:00 <span style="color: red;">GR</span> Entertainment with Faith Gugenheim 3:00 <span style="color: red;">GR</span> Music with Julia Waller★ 7:00 <span style="color: blue;">TH</span> Bible Study</p>	<p>23 9:30 <span style="color: blue;">TH</span> Sit &amp; Be Fit 10:00 <span style="color: purple;">CL</span> Audio Book Club 🌿 10:00 <span style="color: blue;">TH</span> Tai Chi with Simone★ 11:00 <span style="color: purple;">CL</span> Computer Class 🌿 1:30 <span style="color: blue;">TH</span> Body Fitness 🌿 2:00 <span style="color: blue;">TH</span> Think Tank 🌿 3:00 <span style="color: red;">GR</span> Wine and Cheese Social 6:45 <span style="color: blue;">TH</span> Movie Night with Howard</p>	<p>24 9:30 <span style="color: blue;">TH</span> Movement To Music with Alice★ 10:00 <span style="color: blue;">B</span> Phase Ten with Marie 11:45 <span style="color: blue;">JK</span> Monthly Birthday Lunch 12:00 <span style="color: green;">O</span> Greenway Movie Theater 2:00 <span style="color: red;">CF</span> Friday Matinee 4:30 <span style="color: blue;">TH</span> Shabbat Service 6:45 <span style="color: blue;">TH</span> Movie Night with Howard</p>	<p>25 9:30 <span style="color: blue;">TH</span> Sit &amp; Be Fit 9:45 <span style="color: red;">GR</span> Paw-sitive Pets Visit 10:00 <span style="color: blue;">B</span> Morning Bridge Group 1:15 <span style="color: blue;">TH</span> Bingo 2:00 <span style="color: red;">GR</span> Word Search Challenge Packet 3:30 <span style="color: grey;">CT</span> Poker 6:45 <span style="color: blue;">TH</span> Movie Night with Howard</p>
<p>26 9:30 <span style="color: blue;">TH</span> Chair Yoga 10:00 <span style="color: blue;">B</span> Coffee Club 1:00 <span style="color: red;">CF</span> Church Service 1:30 <span style="color: grey;">CT</span> Penny Poker 1:30 Scenic Drive 2:00 <span style="color: red;">GR</span> Trivia w/ Concierge 3:15 <span style="color: red;">GR</span> Sing Along with Henry 6:45 <span style="color: blue;">TH</span> Movie Night with Howard</p>	<p>27 9:30 <span style="color: blue;">TH</span> Dancercise 10:00 <span style="color: purple;">CL</span> BV Book Worms Book Club: All the Light We Cannot See 🌿 1:30 <span style="color: blue;">TH</span> Got Balance? 🌿 2:00 <span style="color: blue;">TH</span> Golden Years Theater 🌿 3:00 <span style="color: blue;">B</span> Bon Appetit! 🌿 3:30 <span style="color: blue;">B</span> Chat w/ the Chef 4:00 This Week in History (Concierge) 6:00 <span style="color: red;">GR</span> Bible Stories 6:45 <span style="color: blue;">TH</span> Movie Night with Howard</p>	<p>28 9:00 <span style="color: blue;">P</span> Water Aerobics 9:30 <span style="color: blue;">TH</span> Tai Chi 10:00 <span style="color: blue;">B</span> Rummikub with Marie 10:00 <span style="color: blue;">B</span> Marketplace Open 1:30 <span style="color: blue;">TH</span> Body Fitness 🌿 2:00 <span style="color: blue;">TH</span> Brain Games- Motion Commotion 🌿 3:30 <span style="color: blue;">TH</span> Resident Council 🌿 6:45 <span style="color: blue;">TH</span> Movie Night with Howard</p>	<p>29 9:30 <span style="color: blue;">TH</span> Sit &amp; Be Fit 10:00 <span style="color: blue;">B</span> Board Games with Marie 1:30 <span style="color: red;">GR</span> Houston's Young Artists Concert★ 3:00 <span style="color: blue;">TH</span> Healthy Learning 🌿 7:00 <span style="color: blue;">TH</span> Bible Study</p>	<p>30 9:30 <span style="color: blue;">TH</span> Sit &amp; Be Fit 10:00 <span style="color: purple;">CL</span> Audio Book Club 🌿 1:30 <span style="color: blue;">TH</span> Body Fitness 🌿 2:00 <span style="color: blue;">TH</span> Think Tank 🌿 3:00 <span style="color: red;">GR</span> Wine and Cheese Social 6:45 <span style="color: blue;">TH</span> Movie Night with Howard</p>	<p><b>June Weather Love</b> Have you heard these June weather sayings?  <ul style="list-style-type: none"> <li>June, damp and warm, does a farmer no harm.</li> <li>A good rain in June sets all in tune.</li> <li>A wet June makes a dry September.</li> </ul> </p>	<p><b>Seasonal ABCs</b> I is for served over Ice C is for Cool and refreshing E is for Endless varieties D is for summer's Drink T is for flavored to your Taste E is for Either sweetened or unsweetened A is for an Added slice of lemon</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 3:30 p.m. Next meeting will be held on

**Tuesday, June 28**

## 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, June 6**



### EMPLOYEE OF THE MONTH

Congratulations to our May Employee of the Month, Marietta Clark!

Marietta joined the Belmont team 14 months ago and works full time as a PAL in the Neighborhood. In recent months, she truly come into her own, receiving many accolades from residents and families. Marietta's favorite thing about working here is taking care of her residents. When not at work, she enjoys going to church and shopping. Thank you, Marietta, and keep up the good work!

## Circle of Friends & Neighborhood



COF outing to McGovern Centennial Gardens

For May, the Circle of Friends theme was "A Month of Travel." We learned about each of the states where Belmont communities are found, as well as the country of Spain. We also had the opportunity to talk about our own travels around the US and the globe. It was astonishing to consider the many thousands of

miles that we have collectively traveled!



Mother's Day celebration in the Neighborhood!

In the Neighborhood, we celebrated Mother's Day in style and made sure that all of our moms had a special day. Some of our daily themes in May included "Classic Cars," "National Teacher's Day," and "Remember the Titanic." We also harvested (and enjoyed) our first homegrown tomatoes of the season...delicious! We look forward to enjoying more of our herbs and veggies soon.



# Ladies DAY

Last month, the ladies went out for a special Mother's Day treat. We went to Bliss Day Spa to get our manicures and pedicures, followed by a delicious lunch at Olive Garden. We all had a lovely day being pampered.



Linda and Jo Ann enjoying their manicures.



Barbara is all smiles.



Waiting for our turn to get pampered.



Sandi enjoyed her pedicure.



Lunch was superb. We all had a wonderful time.

## Belmont Village Book Worms Book Club



Our book club is back in session with an upgrade. Starting in June, the Belmont Village Book Worms will meet every Monday. Several chapters will be passed out at that time. The following Monday we will discuss what we read and receive the following chapters.

Our next book is *All the Light We Cannot See*

**Monday, June 6 @ 10:00 a.m.  
Center for Learning (3rd Floor)**

## Resident Spotlight



### Welcome Shirley Frank!

Shirley was born in the small town of O'Fallon in Illinois. She married her high school sweetheart and moved to Houston for his job. They were married for almost 50 years!

They had two beautiful daughters and now Shirley is a proud grandma of four grandkids.

Shirley has a very vibrant and social personality. She loves to cook and play dominoes. She is a big fan of old movies and big band music. Shirley loves to help and is always looking for new and exciting things to do. She is always on the move doing something fun, but if you can't find her, check her room, she might be watching *Dancing with the Stars*, of which she is a big fan!

Welcome to Belmont Village, Shirley!

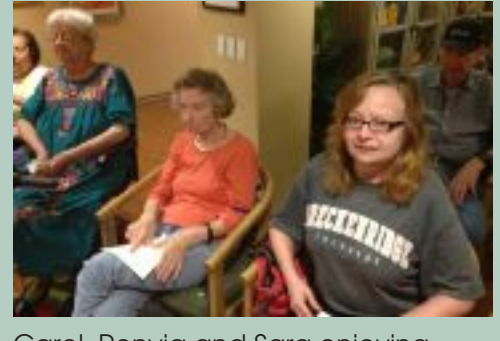
# The Belmont Scene



Our very own Kentucky Derby racing game.



We had a full house for Robert's look at behind the scenes of the opera!



Carol, Renvia and Sara enjoying Chef's Bon Appetit avocado, mango, and crab salad!



Making our very own derby hats!



Residents working hard on their art projects during Art for All with Lisa.



Dora working on her masterpiece.

**BELMONT** *Village*

SENIOR LIVING  
WEST UNIVERSITY

2929 W. Holcombe Blvd.  
Houston, TX 77025

ALF 030197  
[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