



Belmont Village of Rancho Palos Verdes Village NEWS

5701 Crestridge Road • Rancho Palos Verdes, CA 90275 • Phone 310-377-9977 • Fax 310-377-4499

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

November 2015

Our Team

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Our Management Team

Judi's Notes:

On Veterans Day, we pay tribute to the men and women who have served and continue to serve our country in the armed forces. Take a moment on Nov. 11th to honor those heroes whose dedication has kept our liberties intact. Also, join us for Veterans Day lunch at 11:30 a.m. on Nov. 11th. If you are a veteran, we'd like to thank you for your courage and service.

I would again like to thank all who completed the satisfaction surveys. Your input helps shape the programs and activities we have for our residents. The deadline is Nov. 6, so if you haven't filled out one, there is still some time. We would love to hear from you!

Also, in the next few weeks you will be receiving a letter from our Resident Council President, Shirley Winter, regarding the Employee Appreciation Fund. Because we ask that you do not tip staff throughout the year, this is an effort to make it fair and also show your appreciation for the work the team does. So keep an eye out for her letter.

This year, Thanksgiving is Thursday, Nov. 26th. The word "thank" is defined as "to show or

express appreciation or gratitude to, as by saying thank you." "Thankfulness" then, is the feeling or expression of such thanks. But that description truly doesn't give justice to the emotions that swell up from our hearts when we truly feel thankful for the people in our lives who we love, cherish and appreciate. During this month of Thanksgiving, give some thought to the people for whom you are most thankful, both now and in the past.

The entire team would like to wish our residents a very happy Thanksgiving. We hope all of you enjoy good food and the company of friends and family this Thanksgiving.

Sincerely,
Judith Uy-Villaruz
Executive Director





Birthday Cake Celebration for Residents & Employees
Tuesday, Nov. 3rd at 12 p.m. in Josephine's Kitchen!

November Resident Birthdays!

John Gebhard	Nov 2
Sue Makita	Nov 4
Laurine Varrial	Nov 4
Vivian Page	Nov 5
Marilyn Kurt	Nov 8
Virginia Fischer	Nov 10
Harold McDonnell	Nov 19
Anna Barbra Decurti	Nov 20
Jean Igawa	Nov 23
Alice Berk	Nov 24
Gloria Caruso	Nov 25
Donald Davis	Nov 27
Lily Minc	Nov 27



Employee November Birthdays

Myla Ledesma	Nov 1
Grace Fabia	Nov 3
Marianne Prado	Nov 5
Victor Rodriguez	Nov 7
Anna Liza Vanderhoof	Nov 15
Diana Valladares	Nov 16
Gracia Baroy	Nov 19
Elizabeth Ancheta	Nov 23
Judith Uy-Villaruz	Nov 28
Arnacal Medina	Nov 29



Betty at the Infinity Fashion Show!



Peggy's lovely fashion attire!



Joan walking the runway!



To residents, family, friends and staff: Happy Thanksgiving!

We would like to celebrate this day with a grand Thanksgiving feast!

Please join us on Thursday, November 26th, from 11:00 - 1:00 p.m. in Josephine's Kitchen!

Special Entertainment by Jose Chong from 11:30 - 1:00 p.m.



Tom Christian Calanas

Employee of the Month

Tom joined our dementia & assisted living team back in October 2014. He has helped out in many areas of our community as a Private PAL and a Dementia PAL for 3rd and 2nd Shift. Tom is committed to his assignments, he is always professional, he can be trusted in always giving excellent care to all our residents and he always has a very positive attitude at all times. Tom has also been recognized as an outstanding team player. Thank you, Tom, & congratulations!

Activities

Bingo!!

For all you Bingo lovers!! We will now be having Bingo every Sunday at 2:45 p.m. in Town Hall.

Fun Fact:

Bingo can be traced back to a lottery game called "Il Giuoco del Lotto d'Italia" played in Italy in 1530.



Red Hat Society Tea Party! Meet us this month on Nov. 18!

Activity Chat & MBA Meeting Schedule Change

Because we have had better participation on Mondays, Activity Chats it will be permanently moved to the first Monday of every month at 2:30 p.m. Join us every month to discuss the calendar's highlights and to give us your feedback regarding the activities, instructors and entertainers.



Western Museum of Flight Outing

The Western Museum of Flight has historic aircraft, many of which were built in Southern California, but also has an extensive collection of historic photographs and blueprints. The museum has rare aircraft, including one of only two Northrop YF-23 stealth fighter prototypes. Also on display is a Northrop YF-17 Cobra, a lightweight fighter which was the basis for the heavier Boeing (originally McDonnell-Douglas) F/A-18 Hornet currently used by the United States Navy and Marine Corps. They also display the Grumman F-14 Tomcat and a Northrop JB-1 (one of only three JB-1s flying wings remaining).

Join us on Nov. 12th at 10 a.m. Admission is \$5. Please sign up at the front desk

Out & About

Lunch Outing Red Onion
November 4th 11 am

COF/Enrichment Group Outing
AMC Theaters
November 5th TBD

COF/Enrichment Group Outing
Autry Museum
November 10th 10 a.m.

Peninsula Drop-Offs
November 11th 11 am

Western Museum of Flight Outing
November 12th 10 am

Dinner Outing Blue Water Grill
November 18th 4 pm

COF/Enrichment Group Outing
Baskin Robbins
November 19th 1 pm

Peninsula Drop-Offs
November 24th 11 am

COF/Enrichment Group Outing
Birthday Luncheon
November 25th 11 am

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>9:00 TH Devotional/Communion Service ✓</p> <p>10:00 3B Worship</p> <p>10:30 TH Communion</p> <p>1:00 TH There & Back History 🌿</p> <p>2:45 TH Bingo</p> <p>6:30 TH Armchair Astronomy</p>	<p>2</p> <p>9:30 TH Tai Chi 🌿</p> <p>10:15 TH Boot Camp 🌿</p> <p>11:00 TH Poker</p> <p>1:30 GR Categories 🌿</p> <p>2:30 TH Activity Chat & MBA Meeting</p> <p>6:15 GR Trivia W/ Fritz 🌿</p> <p>7:30 TH Evening Movie or News</p>	<p>3</p> <p>9:30 TH Balance Exercise 🌿</p> <p>10:00 TH Coordination Boot Camp 🌿</p> <p>10:45 CL Computer Assist 🌿</p> <p>11:00 TH French Class 🌿</p> <p>12:00 JK Birthday Lunch!</p> <p>1:15 TH Think Tank 🌿</p> <p>2:00 JK Marketplace</p> <p>3:30 TH Bingo</p> <p>6:30 TH Evening Movie or News</p>	<p>4</p> <p>9:30 TH Zumba Chair Exercise 🌿</p> <p>10:00 TH Yoga 🌿</p> <p>11:00 Red Onion Lunch Outing</p> <p>1:30 TH Art Class 🌿</p> <p>3:00 GR Word Game W/ Wine & Cheese 🌿</p> <p>3:00 TH Balance Exercise 🌿</p> <p>6:30 TH Evening Movie or News</p>	<p>5</p> <p>9:30 TH Shimmy Shape Up 🌿</p> <p>10:15 TH Boot Camp 🌿</p> <p>11:00 TH Italian Class 🌿</p> <p>1:00 COF/Enrichment Outing</p> <p>2:00 TH Knitting & Crochet 🌿</p> <p>3:00 TH Strength, Balance & Flexibility 🌿</p> <p>6:30 TH Evening Movie or News</p>	<p>6</p> <p>9:30 TH Balls & Bands 🌿</p> <p>11:00 TH Texas Hold 'Em</p> <p>1:30 TH Bible Study 🌿</p> <p>2:45 TH Senior Strength 🌿</p> <p>3:30 GR Happy Hour W/ Tony D.</p> <p>6:30 TH Evening Movie</p>	<p>7</p> <p>9:30 TH Movement Exercise W/ Vyrel 🌿</p> <p>10:00 CVS Drop-Off</p> <p>10:30 TH Blackjack W/ Siam</p> <p>1:15 TH Sensory & Stimulus 🌿</p> <p>3:30 GR High Tea W/ Armando</p> <p>6:30 TH Evening Movie</p>
<p>8</p> <p>10:00 3B Worship</p> <p>10:30 TH Communion</p> <p>1:00 TH There & Back History 🌿</p> <p>2:00 TH Think Tank 🌿</p> <p>3:00 TH Bingo</p> <p>6:30 TH Armchair Astronomy</p>	<p>9</p> <p>9:30 TH Sit & Be Fit 🌿</p> <p>10:00 TH Boot Camp 🌿</p> <p>11:00 TH Poker</p> <p>1:30 TH Table Tennis 🌿</p> <p>2:30 TH What's Cooking?! 🌿</p> <p>6:15 GR Trivia W/ Fritz 🌿</p> <p>7:30 TH Evening Movie or News</p>	<p>10</p> <p>9:30 TH Sit & Be Fit 🌿</p> <p>10:00 TH FAB Fitness 🌿</p> <p>10:45 CL Computer Assist 🌿</p> <p>11:00 TH French Class 🌿</p> <p>1:00 COF/Enrichment Outing</p> <p>1:15 TH Think Tank 🌿</p> <p>2:00 JK Marketplace</p> <p>2:30 TH Resident Council</p> <p>3:30 TH Bingo</p> <p>6:30 TH Evening Movie or News</p>	<p>11</p> <p>Veterans Day</p> <p>9:30 TH Zumba Chair Exercise 🌿</p> <p>10:00 TH Yoga 🌿</p> <p>11:00 TH Creative Song Writing Class 🌿</p> <p>11:00 Peninsula Drop-Offs</p> <p>11:30 JK Veterans Day Lunch</p> <p>1:15 TH Jewelry Making 🌿</p> <p>3:00 GR Word Game W/ Wine & Cheese 🌿</p> <p>3:00 TH Balance Exercise 🌿</p> <p>6:30 TH Evening Movie or News</p>	<p>12</p> <p>9:30 TH Sit & Be Fit 🌿</p> <p>10:00 Western Museum of Flight Outing</p> <p>10:00 TH Walk Fit 🌿</p> <p>11:00 TH Italian Class 🌿</p> <p>2:00 TH Knitting & Crochet 🌿</p> <p>3:00 TH Strength, Balance & Flexibility 🌿</p> <p>6:30 TH Evening Movie or News</p>	<p>13</p> <p>9:30 TH Balls & Bands 🌿</p> <p>11:00 TH Texas Hold 'Em</p> <p>1:30 TH Bible Study 🌿</p> <p>2:45 TH Senior Strength 🌿</p> <p>3:30 GR Happy Hour W/ Marla Jones</p> <p>6:30 TH Evening Movie</p>	<p>14</p> <p>9:30 TH Movement Exercise W/ Vyrel 🌿</p> <p>10:00 CVS Drop-Off</p> <p>10:30 TH Blackjack W/ Siam</p> <p>1:15 TH Musical Trivia 🌿</p> <p>3:30 GR High Tea W/ Clarence Ulrich</p> <p>6:30 TH Evening Movie</p>
<p>15</p> <p>9:00 TH Devotional/Communion Service ✓</p> <p>10:00 3B Worship</p> <p>10:30 TH Communion</p> <p>1:00 TH There & Back History 🌿</p> <p>2:45 TH Bingo</p> <p>3:30 GR Champagne & Entertainment W/ Joyce Garro</p> <p>6:30 TH Armchair Astronomy</p>	<p>16</p> <p>9:30 TH Tai Chi 🌿</p> <p>10:15 TH Boot Camp 🌿</p> <p>11:00 TH Poker</p> <p>1:15 TH Drum Circle 🌿</p> <p>2:30 TH Sharpen Your Senses 🌿</p> <p>6:15 GR Trivia W/ Fritz 🌿</p> <p>7:30 TH Evening Movie or News</p>	<p>17</p> <p>9:30 TH Balance Exercise 🌿</p> <p>10:00 TH Coordination Boot Camp 🌿</p> <p>10:45 CL Computer Assist 🌿</p> <p>11:00 TH French Class 🌿</p> <p>1:15 TH Think Tank 🌿</p> <p>2:00 JK Marketplace</p> <p>3:30 TH Bingo</p> <p>6:30 TH Evening Movie or News</p>	<p>18</p> <p>9:30 TH Zumba Chair Exercise 🌿</p> <p>10:00 TH Yoga 🌿</p> <p>11:00 TH Red Hat Society Meeting ✓</p> <p>1:30 TH Art Class 🌿</p> <p>3:00 GR Word Game W/ Wine & Cheese 🌿</p> <p>3:00 TH Balance Exercise 🌿</p> <p>4:00 Blue Water Grill Dinner Outing</p> <p>6:30 TH Evening Movie or News</p>	<p>19</p> <p>9:30 TH Shimmy Shape Up 🌿</p> <p>10:15 TH Boot Camp 🌿</p> <p>11:00 TH Italian Class 🌿</p> <p>1:00 COF/Enrichment Outing</p> <p>2:00 TH Knitting & Crochet 🌿</p> <p>3:00 TH Strength, Balance & Flexibility 🌿</p> <p>6:30 TH Evening Movie or News</p>	<p>20</p> <p>9:30 TH Balls & Bands 🌿</p> <p>11:00 TH Texas Hold 'Em</p> <p>1:30 TH Bible Study 🌿</p> <p>2:45 TH Senior Strength 🌿</p> <p>3:30 GR Happy Hour W/ Tatijana</p> <p>6:30 TH Evening Movie</p>	<p>21</p> <p>9:30 TH Movement Exercise W/ Vyrel 🌿</p> <p>10:00 CVS Drop-Off</p> <p>10:30 TH Blackjack W/ Siam</p> <p>1:15 TH Sensory & Stimulus 🌿</p> <p>2:30 TH Thanksgiving Pot Plant W/ Isabelle ✓</p> <p>3:30 GR High Tea W/ Rose Marie</p> <p>6:30 TH Evening Movie</p>
<p>22</p> <p>10:00 3B Worship</p> <p>10:30 TH Communion</p> <p>1:00 TH There & Back History 🌿</p> <p>2:45 TH Bingo</p> <p>3:30 GR Champagne & Entertainment W/ JusstUss</p> <p>6:30 TH Armchair Astronomy</p>	<p>23</p> <p>9:30 TH Sit & Be Fit 🌿</p> <p>10:00 TH Boot Camp 🌿</p> <p>11:00 TH Poker</p> <p>1:30 TH Table Tennis 🌿</p> <p>2:30 GR Categories 🌿</p> <p>6:15 GR Trivia W/ Fritz 🌿</p> <p>7:30 TH Evening Movie or News</p>	<p>24</p> <p>9:30 TH Sit & Be Fit 🌿</p> <p>10:00 TH Coordination Boot Camp 🌿</p> <p>10:00 TH FAB Fitness 🌿</p> <p>10:45 CL Computer Assist 🌿</p> <p>11:00 TH French Class 🌿</p> <p>1:00 COF/Enrichment Outing</p> <p>1:15 TH Think Tank 🌿</p> <p>2:00 JK Marketplace</p> <p>2:30 TH Chef Chat</p> <p>3:30 TH Bingo</p> <p>6:30 TH Evening Movie or News</p>	<p>25</p> <p>9:30 TH Zumba Chair Exercise 🌿</p> <p>10:00 TH Yoga 🌿</p> <p>11:00 TH Creative Song Writing Class 🌿</p> <p>11:00 Peninsula Drop-Offs</p> <p>1:15 TH Jewelry Making 🌿</p> <p>3:00 TH Balance Exercise 🌿</p> <p>3:00 GR Word Game W/ Wine & Cheese 🌿</p> <p>6:30 TH Evening Movie or News</p>	<p>26</p> <p>Thanksgiving</p> <p>11:30 JK Thanksgiving Special Lunch W/ Jose Chong</p> <p>6:30 TH Evening Movie or News</p>	<p>27</p> <p>9:30 TH Balls & Bands 🌿</p> <p>11:00 TH Texas Hold 'Em</p> <p>1:30 TH Bible Study 🌿</p> <p>2:45 TH Senior Strength 🌿</p> <p>3:30 GR Happy Hour W/ Marla Jones</p> <p>6:30 TH Evening Movie</p>	<p>28</p> <p>9:30 TH Movement Exercise W/ Vyrel 🌿</p> <p>10:00 CVS Drop-Off</p> <p>10:30 TH Blackjack W/ Siam</p> <p>1:15 TH Rubber Block Printing 🌿</p> <p>3:30 GR High Tea W/</p> <p>6:30 TH Evening Movie</p>
<p>29</p> <p>10:00 3B Worship</p> <p>10:30 TH Communion</p> <p>1:00 TH There & Back History 🌿</p> <p>2:45 TH Bingo</p> <p>6:30 TH Armchair Astronomy</p>	<p>30</p> <p>9:30 TH Tai Chi 🌿</p> <p>10:15 TH Boot Camp 🌿</p> <p>11:00 TH Poker</p> <p>1:30 GR Sharpen Your Senses 🌿</p> <p>6:15 GR Trivia W/ Fritz 🌿</p> <p>7:30 TH Evening Movie or News</p>					



**Featured
Pet**



Irv is having fun with the therapy dog, Oliver!



Jodi showing some love!



Oliver having fun with everyone!



Wild Wild West Day!

Neighborhood News!

Neighborhood residents are reminiscing October's fun-filled days, such as our "Wild Wild West Day" to our "Halloween Party" where residents grandchildren and staff children came to do "Trick or Treating." Neighborhood residents had a great time handing out candies and seeing all the children with their customs.

November is here and we want to show our appreciation! Mondays is our cooking class and residents will be giving away baked goods to our staff, thanking them for all the care they do to our neighborhood residents.

Circle of Friends News

Circle of Friends has so much to be thankful for this month because of last month's festivities. Circle of Friends had a great time going on many outings and just enjoying the warm weather. Circle of Friends residents are learning French, Spanish, Japanese and Australian languages every week. Our goal of learning new things every week has been accomplished!

November is a very exciting month for our Circle of Friends. We are going to celebrate a "Thanksgiving Luncheon" in our very own COF room. We will also visit the "Autry Museum" and meet some of our Native American Indian artists to learn about their culture, arts and music. Circle of Friends and family are always welcome to come and join us!



Circle of Friends at the Aquarium of the Pacific.



Enjoying the oceanfront view at Point Vicente!



Nerissa's Notes:

Tips for a Thinner Thanksgiving
Gaining weight during the holiday season is a national pastime. Did you know that most people gain at least a pound during the holiday, some even gain more. Worst is most people keep that weight on permanently. The good news is with a little knowledge, you can indulge yourself in traditional holiday fare and still enjoy a guilt-free Thanksgiving feast. After all, being stuffed is a good idea only if you are a turkey.

Get Active: Eat less and exercise more during the holidays to prevent weight gain. Boost the frequency of your fitness routine the weeks ahead of the feast. Take a walk early Thanksgiving day and then again after dinner if you are up to it. It is a wonderful way for families to get physical and enjoy the holiday at the same time.

Eat Breakfast: Eating a small meal in the morning may give you more control over your hunger. Start your day with a healthy breakfast, preferably one with protein and fiber which may help take the edge off your cravings and allow you to be more sensible

later in the day during the "big feast."

Watch your Portions: Before filling up your plate, evaluate the buffet table and decide what you're going to choose. Don't squander your calories on foods that you can have all year long. Indulge with *small* portions of holiday favorites so you can enjoy your traditional favorites.

Best Bets on the Table: White turkey meat, plain vegetables, *roasted* sweet potatoes, mashed potatoes and *defatted* gravy tend to be the best bets because they are lower in fat and calories.

Skip the Seconds and Leftovers: Try to resist the temptation to go back for second helpings or leftovers. You are less likely to overeat and have more room for a delectable dessert. But only one slice of that pumpkin pie!!!



Nerissa Lagmay, RN
Director of Resident Care

Welcome
New Residents

Welcome new residents! We are so happy you are here, and if there is anything we can do to make your transition here any easier, please let us know.

New Residents:

Sam Osamu Fujikawa

Arthur & Margaret Horner

Nancy Williams

We would like to invite you to our Resident Social on Nov. 23 at 2:30 p.m. in Town Hall.



One of our newest residents, Joyce, is feeding the birds!



Dressing Up for National Assisted Living Week!



Super Hero Day with Joe!



The Neighborhood on Sports Day!



1950s Poodle Skirts & Bright Clothes!



Pumpkin Patch Outing!



Sophie, Dru, Pauline & Harvey!



Feeding the animals!

BELMONT *Village*

SENIOR LIVING
RANCHO PALOS VERDES

5701 Crestridge Road
Rancho Palos Verdes, CA 90275

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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



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