



# Belmont Village of Thousand Oaks Village NEWS



3680 N Moorpark Rd. • Thousand Oaks, CA 91360 • Phone 805-496-9301 • Fax 805-496-9303

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

February 2016

## Staff Directory

### Our Community's Team

**Matt Stevenson**

Executive Director

mstevens@belmontvillage.com

**Christa Giraldo**

Director of Resident Care

cgiraldo@belmontvillage.com

**Angel Carrillo**

Community Relations

acarrillo@belmontvillage.com

**Shari Ross**

Community Relations

sjross@belmontvillage.com

**Natalia Worth**

Community Relations Assistant

nworth@belmontvillage.com

**Amanda Senger**

Memory Program Coordinator

asenger@belmontvillage.com

**Debbie Navaro**

Human Resource Generalist

dnavaro@belmontvillage.com

**Ray Rosales**

Building Engineer

rrosales@belmontvillage.com

**Aaron Kuntz**

Chef Manager

akuntz@belmontvillage.com

**Cindy Carbee**

Activity Program Coordinator

ccarbee@belmontvillage.com

## Matt Stevenson Executive Director

### Today Is the Most Important Day

*Finding the Motivation to Exercise*

We all understand that exercise is important for health and well-being. Recent research has shown that regular exercise can strengthen us both mentally and physically, leading to better mobility, reduced falls, and improved cognitive function. Most of us are committed to making fitness a regular part of our lives. But, sometimes, even good understanding and strong commitment aren't enough. We simply can't seem to motivate ourselves to exercise on a regular basis.

A lot of different reasons affect our ability to follow through on our good intentions. The following tips are designed to help us overcome excuses and get started on the path to a more physically active lifestyle:

**Tip No. 1: Exercise increases energy— it will not make you tired all the time.** Feeling too tired to exercise is a common excuse, but the lack of exercise may actually be to blame. Even normally active individuals who take a few weeks off from exercise begin to feel more sluggish,

lethargic, and unmotivated to exercise. Start standing up and moving around more frequently, and you'll likely feel re-energized instead of drained.

**Tip No. 2: If you don't use it, you lose it.** Poor health is another major barrier to exercise participation, but not one that you can't overcome. In fact, becoming more active actually improves your health in so many ways, even if it's ailing. Age itself may be considered an exercise barrier. What you don't use, you lose, though. So fight back and prevent some of the decline just by being physically active.

**Tip No. 3: Make exercise fun.** Take advantage of the fitness activities, support, and equipment at Belmont Village. Invite a friend to exercise with you— you'll be more motivated to keep the date if you know someone is counting on you, and you'll enjoy the activity more.

We can't change our past fitness performance, and we can't always control what tomorrow will bring, but we can make a difference today. By renewing our commitment to exercise each day, for one day, we can achieve a sense of accomplishment that will carry over to every aspect of our lives. Don't wait— commit to be fit today.



## Happy Birthday

### Resident Birthdays!

Feb. 2	Bud S.
Feb. 7	Gloria T.
Feb. 8	Phil M.
Feb. 9	Dorothy C.
Feb. 9	Anne D.
Feb. 11	Cynthia K.
Feb. 18	John M.
Feb. 19	Jane M.
Feb. 24	Dorothy W.
Feb. 25	Araksi B.
Feb. 27	Matsue M.

### Staff Birthdays!

Feb. 1	LaTonya J.
Feb. 4	Derrick M.
Feb. 13	Carla S.
Feb. 13	Libby S.
Feb. 14	Mercedes D.
Feb. 17	Eugene R.
Feb. 22	Amy R.



## Activities

### Some Great Activities

Try something new! Learn a little Spanish during *Fun with Spanish*. The class is only 30 minutes long and is truly a fun way to learn!

Some of our most popular activities are the discussion groups. Stay tuned to the daily schedule for special guest to join the discussion.

Cindy will conduct Canasta and Mah Jongg lessons this month. If you are new to the games, need a refresher, or already know how to play, come to class. We will form groups of four to play after the classes.

### Events You Won't Want to Miss in February

- February 7th, 2:30 p.m.: Super Bowl Tailgate Party
- February 8th, 3:00 p.m.: Learn about Chinese New Year and find out what your good fortune may be for 2016 the year of the Monkey
- February 11th, 2:30 p.m.: Mardi Gras Happy Hour
- February 14th, 3 p.m.: Valentine's Day with Gilmore Rizzo (the group we celebrated with on New Year's Eve)
- February 18th, 4:30 p.m.: Invite your friends and family to join us as we enjoy great food and music by the 17 piece band *The Seniors of Note!*
- February 28th: Find out during dinner which Residents won the Belmont Oscars!!

### Employee of the Month

Jennifer was born in Tuxtla Gutierrez Chiapas, Meixco. She has one older sister. She moved with her family to California when she was eight. She graduated from Pacifica High School in Oxnard. She has one son, Jesus, and he is two years old. He was her Christmas present, born on December 24th two years ago. She enjoys going to the mall and parks with her son. "Working at Belmont is like my 2nd family, from the outgoing staff to the kind residents."



Jennifer Aguilar



## Christa Giraldo Director of Resident Care Services



### Celebrate American Heart Month With Heart-Healthy Sweets

February is American Heart Month. Heart disease is the leading cause of death in the US and is a major cause of disability. Conditions that affect your heart include arrhythmia, heart failure, peripheral artery disease. High blood pressure, high cholesterol, obesity, diabetes, tobacco use, and second hand smoke are also risk factors associated with heart disease. **KNOW YOUR SIGNS AND SYMPTOMS:** some heart attacks are sudden and intense; others start slowly, with mild pain & discomfort. Signs that can mean heart attack is happening: chest

discomfort in the center of the chest that lasts more than a few minutes, or goes away and comes back; shortness of breath, with or without chest pain; cold sweats, nausea, or lightheadedness. Immediate medical attention can make all the difference when someone exhibits symptoms of heart attack or stroke. Be heart SMART. Exercise, eat foods low in saturated fats, low cholesterol, controlled salt and sugar. Protect your heart, while still keeping your favorite desserts close. Consider these tips: When shopping baked goods, look for the words "whole wheat" or "whole grain" listed first on the package ingredient list. Buy ground up flaxseeds and walnuts—a good source of omega-3 fatty acids and fiber. Use whole oats in your bread, cookies, and muffins—good source of soluble fiber, niacin, and folate. Use deep, richly colored berries. Fresh is best as it has no added sugar. Go, Go, Red!



### Transportation Schedule

Sun.	Church Runs Scenic Drive Play Outings
Mon.	COF Outing Local Errands
Tues.	Doctor App. Local Errands
Wed.	AL Outing or Scenic Drive
Thurs.	Doctor App. Local Errands
Fri.	Local Errands
Sat.	Neighborhood Scenic Drive Mall Outings Play Outings



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	<p>8:30 <b>B</b> Coffee &amp; Conversation Corner</p> <p>9:45 <b>TH</b> Morning Exercise 🌿</p> <p>10:30 <b>TH</b> Fun with Spanish 🌿</p> <p>1:30 <b>TH</b> Presidential Race 2016 🌿</p> <p>2:30 <b>CE</b> Advanced Balance Class 🌿</p> <p>3:30 <b>GR</b> Knitting with Araksi 🌿</p> <p>7:00 <b>GR</b> Horse Racing with Donnie</p> <p>7:30 <b>TH</b> Monday's Musical</p>	<p>9:45 <b>TH</b> Morning Exercise 🌿</p> <p>10:30 <b>B</b> Learn to play Mah Jongg</p> <p>12:00 <b>GR</b> Rick on Piano</p> <p>1:30 <b>TH</b> Short Story Discussion 🌿</p> <p>2:30 <b>TH</b> New Resident Orientation</p> <p>3:00 <b>B</b> Blackjack with Neil</p> <p>4:00 <b>Walking Club</b> ★</p> <p>7:00 <b>GR</b> Game Night with Donnie</p> <p>7:30 <b>TH</b> Terrific TV Tuesday</p>	<p>8:30 <b>Breakfast at IHOP &amp; Chumash Casino</b> ★</p> <p>9:45 <b>TH</b> Morning Exercise 🌿</p> <p>11:00 <b>JK</b> Two Truths and a Lie</p> <p>3:30 <b>GR</b> Scrabble with Rita</p> <p>4:30 <b>CE</b> Chair Dancing 🌿</p> <p>7:00 <b>B</b> Games with Sue! 🌿</p> <p>7:30 <b>TH</b> Movie</p>	<p>9:45 <b>TH</b> Morning Exercise 🌿</p> <p>10:30 <b>TH</b> Activity Chat</p> <p>11:00 <b>B</b> Learn to play Mah Jongg</p> <p>1:00 <b>TH</b> Bible Study 🌿</p> <p>2:30 <b>JK</b> Happy Hour with Bill Carter</p> <p>3:30 <b>B</b> Social Hour</p> <p>7:00 <b>GR</b> Casual Bingo</p> <p>7:30 <b>TH</b> Movie</p>	<p>9:45 <b>TH</b> Morning Exercise 🌿</p> <p>10:30 <b>TH</b> Spell-a-Thon 🌿</p> <p>11:00 <b>B</b> Learn to play Mah Jongg</p> <p>12:00 <b>GR</b> Rick on Piano</p> <p>1:00 <b>CE</b> Advanced Balance Class 🌿</p> <p>1:30 <b>TH</b> Craft: Monthly Door Decor 🌿</p> <p>2:00 <b>B</b> Poker</p> <p>3:30 <b>JK</b> Shabbat 🌿</p> <p>7:00 <b>GR</b> Group Crossword</p> <p>7:30 <b>TH</b> Movie</p>	<p>9:30 Camarillo Outlet Outing with Tammy ★</p> <p>9:45 <b>TH</b> Morning Exercise 🌿</p> <p>10:30 <b>GR</b> Cranium Crunches 🌿</p> <p>11:00 <b>JK</b> Two Truths and a Lie</p> <p>1:30 <b>TH</b> Hot Topic with Neil 🌿</p> <p>3:00 <b>B</b> Men's Social</p> <p>3:30 <b>TH</b> Bingo with Stefani</p> <p>7:00 <b>GR</b> Game Night</p> <p>7:30 <b>TH</b> Movie</p>
7	8	9	10	11	12	13
<p>9:45 <b>TH</b> Morning Exercise 🌿</p> <p>10:30 <b>GR</b> Finish That Line with Clara</p> <p>1:45 <b>TH</b> Music and Yoga with Linda 🌿</p> <p>2:30 <b>B</b> Super Bowl Tail Gate Party</p> <p>3:00 <b>TH</b> Belmont Choir</p> <p>7:00 <b>GR</b> Casual Bingo</p> <p>7:30 <b>TH</b> Documentary</p>	<p>8:30 <b>B</b> Coffee &amp; Conversation Corner</p> <p>9:45 <b>TH</b> Morning Exercise 🌿</p> <p>10:15 <b>TH</b> Music with Irby 🌿</p> <p>1:30 <b>TH</b> Presidential Race 2016 🌿</p> <p>2:30 <b>CE</b> Advanced Balance Class 🌿</p> <p>3:00 <b>TH</b> Talk: Chinese New Year 🌿</p> <p>3:30 <b>GR</b> Knitting with Araksi 🌿</p> <p>7:00 <b>GR</b> Horse Racing with Donnie</p> <p>7:30 <b>TH</b> Monday's Musical</p>	<p>9:45 <b>CE</b> Morning Exercise 🌿</p> <p>12:00 <b>GR</b> Rick on Piano</p> <p>1:30 <b>TH</b> Matinee Movie Club</p> <p>3:00 <b>B</b> Blackjack with Neil</p> <p>4:00 <b>Walking Club</b> ★</p> <p>7:00 <b>GR</b> Game Night with Donnie</p> <p>7:00 <b>TH</b> Dementia Support Group</p>	<p>9:45 <b>TH</b> Morning Exercise 🌿</p> <p>10:30 <b>TH</b> The Golden Pipers perform The Sound of Music</p> <p>11:00 <b>JK</b> Two Truths and a Lie</p> <p>11:00 <b>Lunch at PF Changs</b> ★</p> <p>3:30 <b>GR</b> Scrabble with Rita</p> <p>4:30 <b>CE</b> Chair Dancing 🌿</p> <p>7:00 <b>B</b> Games with Sue! 🌿</p> <p>7:30 <b>TH</b> Movie</p>	<p>9:45 <b>TH</b> Morning Exercise 🌿</p> <p>10:30 <b>TH</b> Resident Council Meeting</p> <p>1:00 <b>TH</b> Bible Study 🌿</p> <p>2:30 <b>JK</b> Mardi Gras Happy Hour with Mark Rosen</p> <p>3:30 <b>B</b> Social Hour</p> <p>4:00 <b>TH</b> Video Production 🌿</p> <p>7:00 <b>GR</b> Casual Bingo</p> <p>7:30 <b>TH</b> Movie</p>	<p>9:45 <b>TH</b> Morning Exercise 🌿</p> <p>10:30 <b>TH</b> Spell-a-Thon 🌿</p> <p>12:00 <b>GR</b> Rick on Piano</p> <p>1:00 <b>CE</b> Advanced Balance Class 🌿</p> <p>1:30 <b>TH</b> Paper Crafts with Jane 🌿</p> <p>2:00 <b>B</b> Poker</p> <p>3:30 <b>JK</b> Shabbat 🌿</p> <p>7:00 <b>GR</b> Group Crossword</p> <p>7:30 <b>TH</b> Movie</p>	<p>9:30 Target Center Outing ★</p> <p>9:45 <b>TH</b> Morning Exercise 🌿</p> <p>10:30 <b>GR</b> Cranium Crunches 🌿</p> <p>11:00 <b>JK</b> Two Truths and a Lie</p> <p>1:30 <b>TH</b> Hot Topic with Neil 🌿</p> <p>3:00 <b>B</b> Men's Social</p> <p>3:30 <b>TH</b> Bingo with Stefani</p> <p>7:00 <b>GR</b> Game Night</p> <p>7:30 <b>TH</b> Movie</p>
14	15	16	17	18	19	20
<p>9:45 <b>TH</b> Morning Exercise 🌿</p> <p>10:30 <b>GR</b> You Be the Judge with Clara</p> <p>1:45 <b>TH</b> Funtastic Fitness with Annette 🌿</p> <p>3:00 <b>JK</b> Valentine's Day with Gilmore Rizzo</p> <p>7:00 <b>GR</b> Casual Bingo</p> <p>7:30 <b>TH</b> Documentary</p>	<p><b>Presidents Day</b></p> <p>8:30 <b>B</b> Coffee &amp; Conversation Corner</p> <p>9:45 <b>TH</b> Morning Exercise 🌿</p> <p>10:30 <b>B</b> Learn to play Mah Jongg</p> <p>2:30 <b>CE</b> Advanced Balance Class 🌿</p> <p>2:30 <b>TH</b> Hearing Clinic with Ron</p> <p>3:30 <b>GR</b> Knitting with Araksi 🌿</p> <p>7:00 <b>GR</b> Horse Racing with Donnie</p> <p>7:30 <b>TH</b> Monday's Musical</p>	<p><b>Oujaba Wholesale in the Bistro</b></p> <p>9:45 <b>TH</b> Morning Exercise 🌿</p> <p>10:30 <b>B</b> Learn to play Mah Jongg</p> <p>12:00 <b>GR</b> Rick on Piano</p> <p>1:30 <b>TH</b> Short Story Discussion 🌿</p> <p>2:30 <b>B</b> Chef Chat 🌿</p> <p>3:00 <b>B</b> Blackjack with Neil</p> <p>4:00 <b>Walking Club</b> ★</p> <p>7:00 <b>GR</b> Game Night with Donnie</p> <p>7:30 <b>TH</b> Terrific TV Tuesday</p>	<p>9:45 <b>TH</b> Morning Exercise 🌿</p> <p>10:15 <b>TH</b> Low Vision Support Group 🌿</p> <p>11:00 <b>JK</b> Two Truths and a Lie</p> <p>1:00 <b>Matinee Movie Outing</b> ★</p> <p>3:30 <b>GR</b> Scrabble with Rita</p> <p>4:30 <b>CE</b> Chair Dancing 🌿</p> <p>7:00 <b>B</b> Games with Sue! 🌿</p> <p>7:30 <b>TH</b> Movie</p>	<p>9:45 <b>TH</b> Morning Exercise 🌿</p> <p>10:15 <b>TH</b> Beading with Laura</p> <p>1:00 <b>TH</b> Bible Study 🌿</p> <p>4:30 <b>Love Boat Community Event with The Seniors of Note Band</b></p> <p>7:00 <b>GR</b> Casual Bingo</p> <p>7:30 <b>TH</b> Movie</p>	<p>9:45 <b>TH</b> Morning Exercise 🌿</p> <p>10:30 <b>TH</b> Spell-a-Thon 🌿</p> <p>12:00 <b>GR</b> Rick on Piano</p> <p>1:00 <b>CE</b> Advanced Balance Class 🌿</p> <p>1:30 <b>TH</b> Craft 🌿</p> <p>2:00 <b>B</b> Poker</p> <p>3:30 <b>JK</b> Shabbat 🌿</p> <p>7:00 <b>GR</b> Group Crossword</p> <p>7:30 <b>TH</b> Movie</p>	<p>9:30 Oaks Mall Outing with Tammy ★</p> <p>9:45 <b>TH</b> Morning Exercise 🌿</p> <p>10:30 <b>GR</b> Cranium Crunches 🌿</p> <p>11:00 <b>JK</b> Two Truths and a Lie</p> <p>1:30 <b>TH</b> Hot Topic with Neil 🌿</p> <p>3:00 <b>B</b> Men's Social</p> <p>3:30 <b>TH</b> Bingo with Stefani</p> <p>7:00 <b>GR</b> Game Night</p> <p>7:30 <b>TH</b> Movie</p>
21	22	23	24	25	26	27
<p>9:45 <b>TH</b> Morning Exercise 🌿</p> <p>10:30 <b>GR</b> Finish That Line with Clara</p> <p>1:45 <b>TH</b> Music and Yoga with Linda 🌿</p> <p>3:00 <b>TH</b> Belmont Choir</p> <p>7:00 <b>GR</b> Casual Bingo</p> <p>7:30 <b>TH</b> Documentary</p>	<p>8:30 <b>B</b> Coffee &amp; Conversation Corner</p> <p>9:45 <b>TH</b> Morning Exercise 🌿</p> <p>10:30 <b>B</b> Learn to play Mah Jongg 🌿</p> <p>1:30 <b>TH</b> Presidential Race 2016 🌿</p> <p>2:30 <b>CE</b> Advanced Balance Class 🌿</p> <p>3:00 <b>TH</b> Clear Captions presentation</p> <p>3:30 <b>GR</b> Knitting with Araksi 🌿</p> <p>7:00 <b>GR</b> Horse Racing with Donnie</p> <p>7:30 <b>TH</b> Monday's Musical</p>	<p>9:45 <b>TH</b> Morning Exercise 🌿</p> <p>12:00 <b>GR</b> Rick on Piano</p> <p>1:30 <b>TH</b> Matinee Movie Club</p> <p>3:00 <b>B</b> Blackjack with Neil</p> <p>4:00 <b>Walking Club</b> ★</p> <p>7:00 <b>TH</b> Dementia Support Group</p> <p>8:00 <b>JK</b> Silent Movie with Rick on Piano: Safety First</p>	<p>9:45 <b>TH</b> Morning Exercise 🌿</p> <p>10:00 <b>Bingo at the Pleasant Valley Senior Center</b> ★</p> <p>11:00 <b>JK</b> Two Truths and a Lie</p> <p>1:00 <b>TH</b> Drum Circle 🌿</p> <p>3:30 <b>GR</b> Scrabble with Rita</p> <p>4:30 <b>CE</b> Chair Dancing 🌿</p> <p>7:00 <b>B</b> Games with Sue! 🌿</p> <p>7:30 <b>TH</b> Movie</p>	<p>9:45 <b>TH</b> Morning Exercise 🌿</p> <p>11:00 <b>B</b> Learn to play Mah Jongg</p> <p>1:00 <b>TH</b> Bible Study 🌿</p> <p>2:30 <b>JK</b> Happy Hour with Mark Cole</p> <p>3:30 <b>B</b> Social Hour</p> <p>7:00 <b>GR</b> Casual Bingo</p> <p>7:30 <b>TH</b> Movie</p>	<p>9:45 <b>TH</b> Morning Exercise 🌿</p> <p>10:30 <b>TH</b> Spell-a-Thon 🌿</p> <p>11:00 <b>B</b> Learn to play Mah Jongg</p> <p>12:00 <b>GR</b> Rick on Piano</p> <p>1:00 <b>CE</b> Advanced Balance Class 🌿</p> <p>1:30 <b>TH</b> Watercolors 🌿</p> <p>2:00 <b>B</b> Poker</p> <p>3:30 <b>JK</b> Shabbat 🌿</p> <p>7:00 <b>GR</b> Group Crossword</p> <p>7:30 <b>TH</b> Movie</p>	<p>9:30 Target Center Outing ★</p> <p>9:45 <b>TH</b> Morning Exercise 🌿</p> <p>10:30 <b>GR</b> Cranium Crunches 🌿</p> <p>11:00 <b>JK</b> Two Truths and a Lie</p> <p>1:30 <b>TH</b> Hot Topic with Neil 🌿</p> <p>3:00 <b>B</b> Men's Social</p> <p>3:30 <b>TH</b> Bingo with Stefani</p> <p>7:00 <b>GR</b> Game Night</p> <p>7:30 <b>TH</b> Movie</p>
28	29					
<p>9:45 <b>TH</b> Morning Exercise 🌿</p> <p>10:30 <b>GR</b> You Be the Judge with Clara</p> <p>1:45 <b>TH</b> Funtastic Fitness with Annette 🌿</p> <p>3:00 <b>TH</b> Belmont Choir</p> <p>4:30 <b>JK</b> And The Winner Is...Special Oscar Themed Dinner</p> <p>7:00 <b>GR</b> Casual Bingo</p> <p>7:30 <b>TH</b> Documentary</p>	<p>8:30 <b>B</b> Coffee &amp; Conversation Corner</p> <p>9:45 <b>TH</b> Morning Exercise 🌿</p> <p>10:15 <b>TH</b> Music with Irby 🌿</p> <p>1:30 <b>TH</b> Presidential Race 2016 🌿</p> <p>2:30 <b>CE</b> Advanced Balance Class 🌿</p> <p>3:30 <b>GR</b> Knitting with Araksi 🌿</p> <p>7:00 <b>GR</b> Horse Racing with Donnie</p> <p>7:30 <b>TH</b> Monday's Musical</p>					



**Dementia Support Group  
Feb. 9th & 23rd, 7 p.m.**

This free bimonthly support group is held on the second and fourth Tuesday evenings and is presented by the Alzheimer's Association and Coast Caregiver Resource Center. It is open to caregivers, families, and friends of loved ones with various dementias caused by Alzheimer's, Lewy Body, Parkinson's, vascular, stroke, brain injury, or cancer.

Light refreshments are served. Meetings take place in Town Hall on the 2nd floor. To RSVP, or for more info, contact facilitator Carolyn Kopp, MS, CCRC Family Consultant, at (805) 492-0601.





# Circle of Friends & Neighborhood



**Amanda Senger**  
Memory Program  
Coordinator

## Circle of Friends

Many new faces are joining the Circle of Friends group this month. We have two new Enrichment Leaders joining an already fabulous team. Brittney will be working with our COF group and Dejuan who will work with our Neighborhood groups. Please join me in welcoming them to Thousand Oaks! If you haven't heard the news yet, Hailee our wonderful Enrichment Leader of 1 year has taken a position at Belmont's Hollywood community as their new Memory Programs

Coordinator. It is a great opportunity for Hailee! She will be greatly missed by everyone at Thousand Oaks but we are excited for her new adventures in Hollywood!



## Neighborhood News

This year, along with staying physically fit, our second and fourth floor Neighborhoods will focus on being socially and mentally fit. There will be new entertainment groups at Happy Hours this year. They will join the already fabulous cast of performers that we have visiting the Neighborhoods. The residents are looking forward to hearing the wonderful live music, dancing and enjoying the company of each other.



## Circle of Friends Outings

- Monday, February 1st: Japanese Garden Outing (bus leaves at 12:20)
- Monday, February 8th: Sunlife Organics Juice and Smoothies (bus leaves at 12:00)
- Monday, February 15th: Lunch Outing to Lazy Dog Café (bus leaves at 10:45)
- Monday, February 22nd: Getty Museum in Malibu (bus leaves at 12:15)
- Monday, February 29th: Scenic Drive (bus leaves at 12:20)



# The Village Scene



**BELMONT** *Village*  
SENIOR LIVING  
THOUSAND OAKS

3680 N Moorpark Rd  
Thousand Oaks, CA 91360  
RCFE Lic. 565801746

Phone 805-496-9301  
Fax 805-496-9303  
[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