

THE VILLAGE NEWS



A PUBLICATION OF BELMONT VILLAGE FOR RESIDENTS, STAFF, FAMILY AND FRIENDS

OCTOBER 2020

SIMPLE WAYS TO STAY POSITIVE

Explore these activities while social distancing.

Connect with others. Call friends and family members for a chat, or make virtual visits using FaceTime or Skype. Online discussion groups and book clubs can also connect you with others.

Play games. Crosswords, word searches and jigsaw puzzles are great ways to pass the time and give your brain a workout. If you have access to a computer, tablet or smartphone, search for some online games.

Turn to entertainment. Spend some time getting lost in your favorite TV shows, movies, books and music.

Create. Sketching, coloring and crafting are some creative outlets that will keep your hands and mind busy.

Have a laugh. Tune in to a comedy for some chuckles, or go online to find funny videos and jokes.

Write. Jot down what's on your mind, whether it's a fond memory, goal or poem.

Stretch. Doing gentle stretches daily can help lift your mood and boost your energy.

Meditate. Take a few minutes each day to close your eyes and

focus on relaxed breathing.

A GREAT MIX

We would like to welcome all our new residents to our community. We're looking forward to getting to know each of you better over the next few months. We're sure you'll find that our services and amenities are made-to-order, and we encourage you to take advantage of them. For our renewals, we want to thank you for staying in the mix. Remaining at our community lets us know that you're pleased with the way things are going. As always, we want to hear your ideas and suggestions. Your thoughts give us an assortment of great ideas to work with. And by hearing your concerns, we are able to better serve you.



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Happy Birthday

RESIDENT B-DAYS

10/4	Mary Lyday
10/7	Rodna Seig
10/10	JoAnn Egeland
10/10	Catherine Mitchell
10/11	Kay Nunnally
10/26	Peggy Milstead
10/29	Winnie O'Brien

EMPLOYEE B-DAYS

10/1	Linda B.
10/9	Robin R.
10/9	Sharon K.
10/10	Albert M.
10/12	Linda R.
10/13	Cynthia G.
10/16	Keara A.
10/21	Mercy N.
10/28	Annisa S.
10/31	Lonniesha G.



WELCOME NANCY BORNMAN, COMMUNITY RELATIONS

Nancy Halverson Bornman is a native Houstonian. She attended the Kinkaid School from kindergarten through twelfth grade and graduated from the University of Texas at Austin with a Bachelor of Science in Organizational Communications and a minor in Spanish. Although Nancy has spent most of her life in Texas, she has also has lived in Southern California and Hawaii. She has been married for thirty years and has three daughters. In her free time, Nancy enjoys spending time outdoors with her family and her three energetic dogs.

Nancy has a background in marketing and public relations, and people and positivity are

her passions! She enjoys building relationships and is very excited to be a part of the Belmont Village West University family!





Resident Party



GOOD HYGIENE TIPS

One of the best ways to prevent illness is by practicing good personal hygiene. Take these steps to protect yourself:

Wash your hands well and often. Use soap and water and wash hands for at least 20 seconds, making sure to scrub the backs of your hands, between the fingers, your thumbs and your fingernails. This is especially important after coughing, sneezing, blowing your nose or being in a public space.

Use hand sanitizer if soap and water are not available. Be sure your hand sanitizer contains at least 60% alcohol. Cover all surfaces of your hands and rub them together for at least 20 seconds until they feel dry.

Avoid touching your face. Although it can be difficult and requires conscious effort, keep your hands away from your eyes, nose and mouth.

Follow proper etiquette when you sneeze or cough. Cover your nose and mouth with a tissue when you sneeze or cough. Throw away the tissue, then wash your hands well or use hand sanitizer. If you don't have a tissue, sneeze or cough into your elbow, not into your hands.



Out & About

ARMCHAIR TRAVEL: HILO, HAWAII

With more than 120 inches of rainfall per year, Hilo, on the Big Island of Hawaii, is one of the wettest cities in the U.S. All of that rain produces a stunning landscape in the form of lush rainforests, tropical plants and cascading waterfalls. The largest city on the island, Hilo is also known as the orchid capital of the world, due to its abundance of the elegant blooms.

Doctors' Appointments Days

Monday, Tuesday, Wednesday




If you require transportation to your appointment, please schedule it with the driver 48 hours in advance.

We cover an 8-10 mile radius for all appointments.

Appointments made on outing days (Thursdays and Fridays) are not guaranteed transportation.

TRAVEL TIP: CLEAN SWEEP

Keep a small packet of disinfecting wipes in your luggage, and when you check into a hotel room, wipe down door handles, the TV remote, light switches and other surfaces that may harbor germs that could make you sick.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			All Events Are Subject to Change			
<p>4</p> <p>9:30 TH Spiro Fitness: Joyous Movement</p> <p>10:30 GR Grab and Go Puzzle Packets 🍀</p> <p>1:00 TH Virtual Catholic Mass</p> <p>2:00 B Sweet Treat Sunday!</p> <p>3:30 GR 30 Minute Virtual Brain Boosters 🍀</p> <p>5:30 TH Sunday Evening Movie</p>	<p>5</p> <p>9:30 TH Health for Life Fitness Class</p> <p>10:15 TH Watch and Discuss: The Celtic World 🍀</p> <p>10:30 B A.M. Conundrums</p> <p>1:00 TH Core and Strength Training 🍀</p> <p>2:00 JK Sustain the Brain 🍀</p> <p>3:00 TH Wheel of Fortune 🍀</p> <p>6:00 B Jigsaw Puzzle Night</p> <p>6:00 TH Lakewood Church Virtual Bible Study</p>	<p>6</p> <p>9:30 TH Rise and Shine Full Body Fitness</p> <p>10:00 3F Bridge Club</p> <p>10:15 TH Watch and Discuss: The Celtic World 🍀</p> <p>10:30 B A.M. Conundrums</p> <p>1:00 TH Spiro Fitness: Seated FUNctional Fitness</p> <p>2:00 JK Common Bonds</p> <p>3:00 TH Wheel of Fortune 🍀</p> <p>6:30 TH Night at the Movies</p>	<p>7</p> <p>9:30 TH Rise and Shine Full Body Fitness</p> <p>10:15 GR Grab and Go Puzzle Packets</p> <p>10:15 TH Watch and Discuss: The Celtic World 🍀</p> <p>1:00 TH Core and Strength Training</p> <p>2:00 GR Categories: A Word Game 🍀</p> <p>3:00 TH Jeopardy! 🍀</p> <p>6:00 TH Downton Abbey: Season 1</p>	<p>1</p> <p>9:30 TH Health for Life Fitness Class</p> <p>10:15 TH Watch and Discuss: The Celtic World 🍀</p> <p>10:30 B A.M. Conundrums</p> <p>1:00 TH Spiro Fitness: Seated FUNctional Fitness</p> <p>2:30 JK Wine and Cheese Social ★</p> <p>3:30 GR Think Tank 🍀</p> <p>7:00 3F Game Night: Scrabble</p>	<p>2</p> <p>9:30 TH Rise and Shine Full Body Fitness</p> <p>10:15 TH Watch and Discuss: The Celtic World 🍀</p> <p>10:30 B A.M. Conundrums</p> <p>1:00 TH Core and Strength Training</p> <p>2:15 JK Brain Drain 🍀</p> <p>3:00 GR Words in Words 🍀</p> <p>4:30 TH Virtual Shabbat Service</p> <p>6:15 TH Downton Abbey: Season 1</p>	<p>3</p> <p>9:30 TH Morning Workout</p> <p>10:15 GR Mental Fitness Packets 🍀</p> <p>1:15 TH Bingo</p> <p>2:00 TH Popcorn and Movie!!!</p> <p>3:30 GR Fun Facts and Trivia with Sam</p> <p>5:30 CL Zen Coloring and Conversation</p> <p>7:00 CL Game Night: Resident Choice</p>
<p>11</p> <p>9:30 TH Spiro Fitness: Joyous Movement</p> <p>10:30 GR Grab and Go Puzzle Packets 🍀</p> <p>1:00 TH Virtual Catholic Mass</p> <p>2:00 B Sweet Treat Sunday!</p> <p>3:30 GR 30 Minute Virtual Brain Boosters 🍀</p> <p>5:30 TH Sunday Evening Movie</p>	<p>12</p> <p>Columbus Day</p> <p>9:30 TH Health for Life Fitness Class</p> <p>10:15 TH Watch and Discuss: The Celtic World 🍀</p> <p>10:30 B A.M. Conundrums</p> <p>1:00 TH Core and Strength Training 🍀</p> <p>2:00 JK Sustain the Brain 🍀</p> <p>3:00 TH Wheel of Fortune 🍀</p> <p>6:00 B Jigsaw Puzzle Night</p> <p>6:00 TH Lakewood Church Virtual Bible Study</p>	<p>13</p> <p>9:30 TH Rise and Shine Full Body Fitness</p> <p>10:00 3F Bridge Club</p> <p>10:15 TH Watch and Discuss: The Celtic World 🍀</p> <p>10:30 B A.M. Conundrums</p> <p>1:00 TH Spiro Fitness: Seated FUNctional Fitness</p> <p>2:30 TH Virtual History w/Mister McKinney ★</p> <p>3:30 TH Brain Drain 🍀</p> <p>6:30 TH Night at the Movies</p>	<p>14</p> <p>9:30 TH Rise and Shine Full Body Fitness</p> <p>10:15 GR Grab and Go Puzzle Packets</p> <p>10:15 TH Watch and Discuss: The Celtic World 🍀</p> <p>1:00 TH Core and Strength Training</p> <p>2:00 GR Categories: A Word Game 🍀</p> <p>3:00 TH Virtual Musical Concert by Rice University Students 🍀</p> <p>6:00 TH Downton Abbey: Season 1</p>	<p>15</p> <p>9:30 TH Health for Life Fitness Class</p> <p>10:15 TH Watch and Discuss: The Celtic World 🍀</p> <p>10:30 B A.M. Conundrums</p> <p>1:00 TH Spiro Fitness: Seated FUNctional Fitness</p> <p>2:30 JK Wine and Cheese Social ★</p> <p>3:30 GR Think Tank 🍀</p> <p>7:00 3F Game Night: Scrabble</p>	<p>16</p> <p>9:30 TH Rise and Shine Full Body Fitness</p> <p>10:15 TH Watch and Discuss: The Celtic World 🍀</p> <p>10:30 B A.M. Conundrums</p> <p>1:00 TH Core and Strength Training</p> <p>2:15 JK Brain Drain 🍀</p> <p>3:00 GR Words in Words 🍀</p> <p>4:30 TH Virtual Shabbat Service</p> <p>6:15 TH Downton Abbey: Season 1</p>	<p>17</p> <p>9:30 TH Morning Workout</p> <p>10:15 GR Mental Fitness Packets 🍀</p> <p>1:15 TH Bingo</p> <p>2:00 TH Popcorn and Movie!!!</p> <p>3:30 GR Fun Facts and Trivia with Sam</p> <p>5:30 CL Zen Coloring and Conversation</p> <p>7:00 CL Game Night: Resident Choice</p>
<p>18</p> <p>9:30 TH Spiro Fitness: Joyous Movement</p> <p>10:30 GR Grab and Go Puzzle Packets 🍀</p> <p>1:00 TH Virtual Catholic Mass</p> <p>2:00 B Sweet Treat Sunday!</p> <p>3:30 GR 30 Minute Virtual Brain Boosters 🍀</p> <p>5:30 GR Music of Harmony ★</p> <p>5:30 TH Sunday Evening Movie</p>	<p>19</p> <p>9:30 TH Health for Life Fitness Class</p> <p>10:15 TH Watch and Discuss: The Celtic World 🍀</p> <p>10:30 B A.M. Conundrums</p> <p>1:00 TH Core and Strength Training 🍀</p> <p>2:00 JK Sustain the Brain 🍀</p> <p>2:30 TH Virtual Judaic Program ★</p> <p>3:30 TH Wheel of Fortune 🍀</p> <p>6:00 B Jigsaw Puzzle Night</p> <p>6:00 TH Lakewood Church Virtual Bible Study</p>	<p>20</p> <p>9:30 TH Rise and Shine Full Body Fitness</p> <p>10:00 3F Bridge Club</p> <p>10:15 TH Watch and Discuss: The Celtic World 🍀</p> <p>10:30 B A.M. Conundrums</p> <p>1:00 TH Spiro Fitness: Seated FUNctional Fitness</p> <p>2:00 JK Common Bonds</p> <p>3:00 TH Virtual Health Talk w/Eppie ★</p> <p>6:30 TH Night at the Movies</p>	<p>21</p> <p>9:30 TH Rise and Shine Full Body Fitness</p> <p>10:15 GR Grab and Go Puzzle Packets</p> <p>10:15 TH Watch and Discuss: The Celtic World 🍀</p> <p>1:00 TH Core and Strength Training</p> <p>2:00 GR Categories: A Word Game 🍀</p> <p>3:00 GR Riddle Me Wednesday</p> <p>5:30 CF Virtual Family In-Touch Meeting</p> <p>6:00 TH Downton Abbey: Season 1</p>	<p>22</p> <p>9:30 TH Health for Life Fitness Class</p> <p>10:15 TH Watch and Discuss: The Celtic World 🍀</p> <p>10:30 B A.M. Conundrums</p> <p>1:00 TH Spiro Fitness: Seated FUNctional Fitness</p> <p>2:30 JK Wine and Cheese Social ★</p> <p>3:30 GR Think Tank 🍀</p> <p>7:00 3F Game Night: Scrabble</p>	<p>23</p> <p>9:30 TH Rise and Shine Full Body Fitness</p> <p>10:15 TH Watch and Discuss: The Celtic World 🍀</p> <p>10:30 B A.M. Conundrums</p> <p>1:00 TH Core and Strength Training</p> <p>2:15 JK Brain Drain 🍀</p> <p>3:00 GR Words in Words 🍀</p> <p>4:30 TH Virtual Shabbat Service</p> <p>6:15 TH Downton Abbey: Season 1</p>	<p>24</p> <p>9:30 TH Morning Workout</p> <p>10:15 GR Mental Fitness Packets 🍀</p> <p>1:15 TH Bingo</p> <p>2:00 TH Popcorn and Movie!!!</p> <p>3:30 GR Fun Facts and Trivia with Sam</p> <p>5:30 CL Zen Coloring and Conversation</p> <p>7:00 CL Game Night: Resident Choice</p>
<p>25</p> <p>9:30 TH Spiro Fitness: Joyous Movement</p> <p>10:30 GR Grab and Go Puzzle Packets 🍀</p> <p>1:00 TH Virtual Catholic Mass</p> <p>2:00 B Sweet Treat Sunday!</p> <p>3:30 GR 30 Minute Virtual Brain Boosters 🍀</p> <p>5:30 TH Sunday Evening Movie</p>	<p>26</p> <p>9:30 TH Health for Life Fitness Class</p> <p>10:15 TH Watch and Discuss: The Celtic World 🍀</p> <p>10:30 B A.M. Conundrums</p> <p>1:00 TH Core and Strength Training 🍀</p> <p>2:00 JK Sustain the Brain 🍀</p> <p>3:00 B Cooking Demo and Chat w/ Chef Jason 🍀</p> <p>6:00 B Jigsaw Puzzle Night</p> <p>6:00 TH Lakewood Church Virtual Bible Study</p>	<p>27</p> <p>9:30 TH Rise and Shine Full Body Fitness</p> <p>10:00 3F Bridge Club</p> <p>10:15 TH Watch and Discuss: The Celtic World 🍀</p> <p>10:30 B A.M. Conundrums</p> <p>1:00 TH Spiro Fitness: Seated FUNctional Fitness</p> <p>2:00 JK Brain Drain 🍀</p> <p>3:00 TH Resident Council 🍀</p> <p>6:30 TH Night at the Movies</p>	<p>28</p> <p>9:30 TH Rise and Shine Full Body Fitness</p> <p>10:15 GR Grab and Go Puzzle Packets</p> <p>10:15 TH Watch and Discuss: The Celtic World 🍀</p> <p>1:00 TH Core and Strength Training</p> <p>2:00 GR Categories: A Word Game 🍀</p> <p>2:00 CT Poker Club</p> <p>3:30 TH Wheel of Fortune 🍀</p> <p>6:00 TH Downton Abbey: Season 1</p>	<p>29</p> <p>9:30 TH Health for Life Fitness Class</p> <p>10:15 TH Watch and Discuss: The Celtic World 🍀</p> <p>10:30 B A.M. Conundrums</p> <p>1:00 TH Spiro Fitness: Seated FUNctional Fitness</p> <p>2:30 JK Wine and Cheese Social ★</p> <p>3:30 GR Think Tank 🍀</p> <p>7:00 3F Game Night: Scrabble</p>	<p>30</p> <p>9:30 TH Rise and Shine Full Body Fitness</p> <p>10:15 TH Watch and Discuss: The Celtic World 🍀</p> <p>10:30 B A.M. Conundrums</p> <p>11:45 JK Monthly Birthday Lunch</p> <p>1:00 TH Core and Strength Training</p> <p>2:15 JK Brain Drain 🍀</p> <p>3:00 TH Painting w/Jennifer 🍀</p> <p>4:30 TH Virtual Shabbat Service</p> <p>6:15 TH Downton Abbey: Season 1</p>	<p>31</p> <p>Happy Halloween</p> <p>9:30 TH Morning Workout</p> <p>10:15 GR Mental Fitness Packets 🍀</p> <p>1:15 TH Bingo</p> <p>2:00 TH Popcorn and Movie!!!</p> <p>3:30 GR Fun Facts and Trivia with Sam</p> <p>5:30 CL Zen Coloring and Conversation</p> <p>7:00 CL Game Night: Resident Choice</p>

Spiritual Corner

Virtual Catholic Mass

Sundays, 1 p.m. TH

Virtual Bible Study

Mondays, 6 p.m. TH

Virtual Shabbat Service

Fridays, 4:30 p.m. TH

Church Transportation

Sign up with the Concierge.

Communion is available upon request.

Resident Council

Resident Council is held on the last
Tuesday of the month
October 27, 2020
3pm Town Hall

Welcme New Residents

Welcome to all of our new residents
and families!

- New Resident Orientations
TBD



ASSOCIATE OF THE MONTH

Maria Godin has been a driver with Belmont Village-West University for 4 years. Maria graciously steps in as dining services help and concierge when needed. When not working, Maria enjoys shopping, rooting for any Texas team, and spending time with her family. What she likes most about her job is helping the residents and families. We thank you Maria for all that you do!

Circle of Friends & Neighborhood

CIRCLE OF FRIENDS NEWS

The month of September was packed with all things China - exploring topics related to travel to China. Circle of Friends immersed themselves in a variety of topics including modern Chinese history, Chinese culture, Chinese economy and Chinese festivals. Circle of Friends took a break from learning all about China to allow for time to celebrate Labor Day!



CONSIDER YOURSELF ONE OF US

Consider yourself part of the family, and welcome to the neighborhood. Those shouts of joy you just heard were from us. Our team wants you to know we are delighted that you chose to live in our community. If you have any questions, we are more than happy to answer them. Call anytime during office hours and you'll have an answer in no time. Thank you for making your home with us.



Health News

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.

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.

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.

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.

Tip No. 4: Exercise one step at a time. The most common excuse for not exercising on a regular basis is lack of time, so stop thinking of exercise as only planned activities and instead simply try to move more all day long. For most people, the majority of their calorie use during the day comes from these types of unstructured activities rather than a formal exercise plan. If you need a visual reminder, wear an inexpensive pedometer as a simple way to motivate yourself to take those steps. Remember that all activities count, and doing anything is better than doing nothing.

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.

Poetry Corner

“Love and scandal are the best sweeteners of tea.” —*Henry Fielding*

“There is a great deal of poetry and fine sentiment in a chest of tea.” —*Ralph Waldo Emerson*

“Drinking a daily cup of tea will surely starve the apothecary.” —*Chinese Proverb*

“There is no trouble so great or grave that cannot be much diminished by a nice cup of tea.” —*Bernard-Paul Heroux*

“All true tea lovers not only like their tea strong, but like it a little stronger with each year that passes.” —*George Orwell*

“You can never get a cup of tea large enough or a book long enough to suit me.” —*C.S. Lewis*

“If this is coffee, please bring me some tea; but if this is tea, please bring me some coffee.” —*Abraham Lincoln*

“My hour for tea is half-past five, and my buttered toast waits for nobody.” —*Wilkie Collins*



THE BELMONT SCENE



What's in the Chronicle today ladies?



Mr. Jerry enjoying wine and cheese.



The lovely Ms. Louise



Mr. Curtis performing for the residents



Ruth enjoying her sundae



A quick hello among friends

BELMONT *Village*

SENIOR LIVING

WEST UNIVERSITY

2929 W Holcombe Boulevard
Houston, TX 77025

ALF 030197

BELMONT VILLAGE COMMUNITIES

CALIFORNIA: Albany, Aliso Viejo, Burbank,
Calabasas, 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, Lincoln Park

SOUTHERN US: Memphis, Nashville, Louisville,
Dallas, Fort Lauderdale

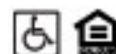
Atlanta - Buckhead and Johns Creek

Austin - Lakeway and West Lake Hills

Houston - West University and Hunters Creek



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