

# THE VILLAGE NEWS



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

DECEMBER 2020

## From the Desk of...



### JAMES ARP

Hello, and Happy December! It's hard to believe we are in the last month of 2020. I think we all need to take time to reflect and rejoice about our progress in adaptability. The world around us has needed to exercise patience, understanding, flexibility and resiliency. 2020 has certainly been a curveball, but we all learned that throw, and knocked it out of the park. But, before we usher in a new year, let's focus on this month: December. The first Sunday in December we are going to host our 2020-version, resident holiday party dinner. Executive Chef, Jean Yves, and his team will show off their culinary brilliance once again and dazzle us all with a palate-full of goodness. We hope you all will

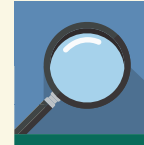
enjoy this festive evening on December 6, 2020.

During our last resident council meeting, we discussed how residents can show their appreciation of our wonderful staff. As most of you are aware, because Belmont Village has a no-tipping policy, an employee appreciation fund was established to provide a way for you and your family to thank our nonmanagement employees. Many have already contributed in 2020 to the appreciation fund and will remain available to contribute until December 11, 2020. If you wish to contribute, please drop off a check (no cash, please) to the second floor Admin office. Thank you for showing your appreciation of our wonderful Team!

Have a wonderful and joyous Holiday Season, everyone. Stay safe and take care of one another, and get ready for 2021.



*Enjoying the crisp, fall air during glass art class!*



## STAFF DIRECTORY

### Westwood Management Team

#### James Arp

Executive Director

jarp@belmontvillage.com

#### Zara Khatchatrian

Interim Director of Resident Care

zkhatcha@belmontvillage.com

#### Susan Berger

Sales and Marketing Director

sberger@belmontvillage.com

#### Chris Miller

Interim Community Relations

cmiller@belmontvillage.com

#### Naomi Mark

Memory Programs Coordinator

nmark@belmontvillage.com

#### Miquelle Bagley

Activity Programs Coordinator

mbagley@belmontvillage.com

#### Payam Ansari

Human Resource Generalist

pansari@belmontvillage.com

#### Jean Yves Etesse

Chef Manager

jettesse@belmontvillage.com

#### Greg Crosby

Dining Room Manager

gcrosby@belmontvillage.com

#### Summer Rosario

Dining Room Manager

srosario@belmontvillage.com

#### Carlos Guzman

Interim Building Engineer

cguzman@belmontvillage.com

Contact Number (310) 475-7501

BELMONT *Village*

SENIOR LIVING  
WESTWOOD



## HAPPY BIRTHDAYS

### RESIDENT BIRTHDAYS

- 14 Grace Cohen
- 14 Marshall Gelfand
- 14 Harold Mills
- 14 Dora Rosenberg
- 24 Noel Riley Fitch

### EMPLOYEE BIRTHDAYS

- 2 Chris Miller
- 2 Alexis Mazariegos-Ramon
- 3 Patti Fields
- 5 Christian Cortes
- 6 Sherylee Lino
- 8 Emma Sample
- 8 Angeles Santiago
- 12 Bun Oeng
- 13 Jose Vaca Orozco
- 13 Arlyn Torres
- 13 Destiny Salas
- 15 Glenda Aniporda
- 16 Shena Aitchinson
- 16 Shnarria Pacheco
- 19 Ahmand Basamah
- 24 Janeth Vela
- 25 Princess Chavez
- 27 Mark Iheanachor
- 28 Sharon Person
- 30 Luis Sosa
- 30 Norbertine Kabwanga
- 30 Crystal Thays
- 30 Simone Scott
- 30 Jose Inita
- 31 Mutiara Sukantri



## Employee of the Month



### KAYLA MCDONALD

Congratulations, Kayla! Thank you for being so sweet toward our residents. The extra efforts you take to be constantly kind and empathetic do not go unnoticed. Our families and residents acknowledge your friendliness toward others, and your colleagues love having you on their team!

## Above and Beyond



### LAKESHA JEFFERSON

Congratulations, Lakesha! Lakesha was nominated by her coworkers and supervisors for the Extra Mile award. She always has a cheerful and positive attitude. She is a great team player and goes above and beyond to help others. We are so thankful to have you as a leader on the NH team!

## Bringing families TOGETHER

Belmont Village now has a Convenient Family Mobile App!

Download the Spectrio Share app to learn about our daily activities, menus, and see photos of your favorite resident!

ASK US FOR DETAILS!





spectrio  
SHARE

**SHARE Life | SHARE News | SHARE Info**



## HEALTH & WELLNESS

### DIRECTOR OF RESIDENT CARE & SERVICES- HEALTH HINTS

The holiday season is supposed to be a time of celebration with family and friends. Unfortunately, many people for many reasons suffer from “Holiday Blues.”

This can affect more than just your mood; it can seriously affect your health. Make it brighter by putting plans in place to add more joy to those tricky weeks! Stay connected. Even if your family is absent, you do not have to spend the holidays alone. Schedule phone calls with loved ones (your care team can help).

Ask your Activities Program Coordinator (APC) if there are activities that you can help with or even plan. Volunteer through your place of worship if you have one. Give to others and put a smile on their faces. Maintain healthy habits. Try to stick to a healthy diet with plenty of fruits, vegetables and protein, and keep sweets and fatty treats to the absolute must-haves.

Also, be sure to get adequate sleep. Research suggests that people are less inclined to be sociable and feel lonely when

they are sleep deprived. Be active. Exercise is a great antidote for depression. Go outdoors for a daily walk. If the weather makes that impossible, try some easy exercises like walking in place.

Stop into your Center For Life Enhancement (CFLE) and talk to the wellness director for exercise suggestions. If you’re up to it, join a scenic drive and take in the decorations. Let the sun shine in. At this time of year, daylight is in short supply, which can add to gloomy feelings. To help prevent low moods, try sitting in a sunny window every morning and throughout the day. Relax, enjoy and celebrate!



### TO YOUR HEALTH: SIP SOME SOUP

Chicken soup is often a go-to meal when someone is sick with a cold or flu, and science can explain why. Chicken soup is full of protein, vitamins and antioxidants that boost the immune system, and a University of Nebraska study found that the ingredients have a mild anti-inflammatory effect. Plus, the steam from a bowl of hot soup can clear congestion. While it won’t actually cure your cold, chicken soup can ease the symptoms and help you feel better.

## What’s **NEW!** New?

### A NEW NEWSLETTER!

This December’s Newsletter will be the last BV Newsletter of its kind. We are going digital! We are partnering with “Spectrio Share,” an app available on your smart phone for free. Users will love being able to find daily menus, activity offerings, updates and more all in one place. Residents who utilize the app can choose to opt in to reminder notifications for appointments or activities they want to attend. Paper copies of the daily schedule will still be available at the Concierge desk and Wellness Centers.

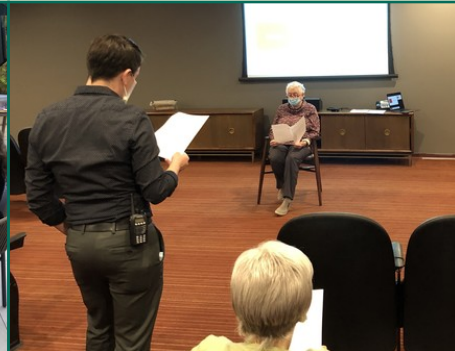


## Out & About

We require a minimum of two business days’ notice to schedule transportation for medical and dental appointments, but kindly request that you please provide as much notice as possible. As soon as you make the appointment, please fill out a transportation request form, send us an e-mail, or call the Concierge desk.

Transportation request forms can be found on the Concierge desk, located on the first floor to the right of the west elevators. The direct line is (310) 234-3044.

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday



| Sunday  | Monday   | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday   |
|---|--|--|--|---|---|--|
| <p>9:15 <span style="color: brown;">TH</span> Sit 'n' Be Fit 🌿</p> <p>10:00 <span style="color: red;">SR</span> Opera Club Screening 🌿</p> <p>10:15 <span style="color: brown;">TH</span> Sit 'n' Be Fit 🌿</p> <p>1:00 <span style="color: red;">SR</span> Opera Club Screening 🌿</p> <p>3:00 <span style="color: blue;">CR</span> Brain Games 🌿</p> <p><b>4:00 Community Holiday Celebration ★</b></p> <p>7:00 <span style="color: red;">SR</span> At the Movies</p>   | <p>9:15 <span style="color: brown;">TH</span> Boot Camp 🌿</p> <p>10:15 <span style="color: brown;">TH</span> Boot Camp 🌿</p> <p><b>11:00 CR Creative Writing Class 🌿</b></p> <p><b>1:00 PP Glass Art 🌿</b></p> <p>3:00 <span style="color: red;">SR</span> TED Talks &amp; Discussion 🌿</p> <p>4:00 <span style="color: red;">SR</span> At the Movies</p> <p>6:30 <span style="color: red;">SR</span> At the Movies</p>  | <p>9:15 <span style="color: brown;">TH</span> Balance and Mobility 🌿</p> <p>10:15 <span style="color: brown;">TH</span> Balance and Mobility 🌿</p> <p>11:00 <span style="color: blue;">CR</span> Poker</p> <p><b>1:30 SR Adventures with Doug</b></p> <p><b>2:30 PP Beading with Lyn 🌿</b></p> <p><b>3:30 PP Beading with Lyn 🌿</b></p> <p>4:00 <span style="color: red;">SR</span> At the Movies</p> <p>6:30 <span style="color: red;">SR</span> At the Movies</p> <p>7:00 <span style="color: purple;">ZO</span> Families of Alzheimer's Support Group 🌿</p>   | <p>9:15 <span style="color: brown;">TH</span> Boot Camp 🌿</p> <p>10:15 <span style="color: brown;">TH</span> Boot Camp 🌿</p> <p>11:00 <span style="color: red;">SR</span> Kahoot Trivia 🌿</p> <p><b>2:00 SR Current Events with Margot 🌿</b></p> <p>3:00 <span style="color: green;">GR</span> Technology Assistance 🌿</p> <p>4:00 <span style="color: red;">SR</span> At the Movies</p> <p>6:30 <span style="color: red;">SR</span> At the Movies</p>   | <p>9:15 <span style="color: brown;">TH</span> Balance and Mobility 🌿</p> <p>10:15 <span style="color: brown;">TH</span> Balance and Mobility 🌿</p> <p><b>11:00 CR Poetry Workshop 🌿</b></p> <p>1:30 <span style="color: blue;">CR</span> Mental Fitness 🌿</p> <p>3:00 <span style="color: red;">SR</span> Jeopardy 🌿</p> <p>4:00 <span style="color: red;">SR</span> At the Movies</p> <p>6:30 <span style="color: red;">SR</span> At the Movies</p>  | <p>9:15 <span style="color: brown;">TH</span> Boot Camp 🌿</p> <p>10:15 <span style="color: brown;">TH</span> Boot Camp 🌿</p> <p>11:00 <span style="color: lightblue;">CL</span> Think Tank Discussion 🌿</p> <p><b>2:00 PP Alfresco Musical Entertainment ★</b></p> <p>3:30 <span style="color: blue;">CR</span> Shabbat Services</p> <p>4:00 <span style="color: red;">SR</span> At the Movies</p> <p>6:30 <span style="color: red;">SR</span> At the Movies</p>                                      | <p>9:15 <span style="color: brown;">TH</span> Sit 'n' Be Fit 🌿</p> <p>10:15 <span style="color: brown;">TH</span> Sit 'n' Be Fit 🌿</p> <p>11:00 <span style="color: blue;">CR</span> Blackjack</p> <p>1:00 <span style="color: red;">SR</span> Documentary Series</p> <p>2:00 <span style="color: red;">SR</span> Bingo for Bucks</p> <p>3:30 <span style="color: green;">GR</span> Technology Assistance 🌿</p> <p>4:00 <span style="color: red;">SR</span> At the Movies</p> <p>6:30 <span style="color: red;">SR</span> At the Movies</p>  |
| <p>9:15 <span style="color: brown;">TH</span> Sit 'n' Be Fit 🌿</p> <p>10:00 <span style="color: red;">SR</span> Opera Club Screening 🌿</p> <p>10:15 <span style="color: brown;">TH</span> Sit 'n' Be Fit 🌿</p> <p>1:00 <span style="color: red;">SR</span> Opera Club Screening 🌿</p> <p><b>2:00 PP Alfresco Musical Entertainment ★</b></p> <p>4:00 <span style="color: red;">SR</span> At the Movies</p> <p>6:30 <span style="color: red;">SR</span> At the Movies</p>  | <p>9:15 <span style="color: brown;">TH</span> Boot Camp 🌿</p> <p>10:15 <span style="color: brown;">TH</span> Boot Camp 🌿</p> <p>11:00 <span style="color: blue;">CR</span> Mental Fitness 🌿</p> <p><b>1:30 PP Clay with Ana Session 1 🌿</b></p> <p><b>2:30 PP Clay with Ana Session 2 🌿</b></p> <p>4:00 <span style="color: red;">SR</span> At the Movies</p> <p>6:30 <span style="color: red;">SR</span> At the Movies</p>  | <p>9:15 <span style="color: brown;">TH</span> Balance and Mobility 🌿</p> <p>10:15 <span style="color: brown;">TH</span> Balance and Mobility 🌿</p> <p>11:00 <span style="color: blue;">CR</span> Poker</p> <p><b>1:30 ZO Resident Council ★</b></p> <p>4:00 <span style="color: red;">SR</span> At the Movies</p> <p>6:30 <span style="color: red;">SR</span> At the Movies</p> <p>7:00 <span style="color: purple;">ZO</span> Families of Alzheimer's Support Group 🌿</p>   | <p>9:15 <span style="color: brown;">TH</span> Boot Camp 🌿</p> <p>10:15 <span style="color: brown;">TH</span> Boot Camp 🌿</p> <p>11:00 <span style="color: red;">SR</span> Kahoot Trivia 🌿</p> <p><b>1:00 PL Art Technique Instruction 🌿</b></p> <p><b>2:00 SR Current Events with Margot 🌿</b></p> <p>3:00 <span style="color: green;">GR</span> Technology Assistance 🌿</p> <p>4:00 <span style="color: red;">SR</span> At the Movies</p> <p>6:30 <span style="color: red;">SR</span> At the Movies</p> | <p><b>Hanukkah Begins</b></p> <p>9:15 <span style="color: brown;">TH</span> Balance and Mobility 🌿</p> <p>10:15 <span style="color: brown;">TH</span> Balance and Mobility 🌿</p> <p><b>11:00 CR Poetry Workshop 🌿</b></p> <p>1:30 <span style="color: blue;">CR</span> Mental Fitness 🌿</p> <p>3:00 <span style="color: red;">SR</span> Jeopardy 🌿</p> <p>4:00 <span style="color: red;">SR</span> At the Movies</p> <p><b>4:00 GR Hanukkah Celebration ★</b></p> <p>6:30 <span style="color: red;">SR</span> At the Movies</p> | <p>9:15 <span style="color: brown;">TH</span> Boot Camp 🌿</p> <p>10:15 <span style="color: brown;">TH</span> Boot Camp 🌿</p> <p>11:00 <span style="color: lightblue;">CL</span> Think Tank Discussion 🌿</p> <p><b>2:00 PP Alfresco Musical Entertainment ★</b></p> <p><b>4:00 SR Shabbat Services</b></p> <p>6:30 <span style="color: red;">SR</span> At the Movies</p>   | <p>9:15 <span style="color: brown;">TH</span> Sit 'n' Be Fit 🌿</p> <p>10:15 <span style="color: brown;">TH</span> Sit 'n' Be Fit 🌿</p> <p>11:00 <span style="color: red;">SR</span> Documentary Series</p> <p>1:00 <span style="color: red;">SR</span> Documentary Series</p> <p>2:00 <span style="color: red;">SR</span> Bingo for Bucks</p> <p>3:30 <span style="color: green;">GR</span> Technology Assistance 🌿</p> <p>4:00 <span style="color: red;">SR</span> At the Movies</p> <p>6:30 <span style="color: red;">SR</span> At the Movies</p>  |
| <p>9:15 <span style="color: brown;">TH</span> Sit 'n' Be Fit 🌿</p> <p>10:00 <span style="color: red;">SR</span> Opera Club Screening 🌿</p> <p>10:15 <span style="color: brown;">TH</span> Sit 'n' Be Fit 🌿</p> <p>1:00 <span style="color: red;">SR</span> Opera Club Screening 🌿</p> <p><b>2:00 PP Alfresco Musical Entertainment ★</b></p> <p>4:00 <span style="color: red;">SR</span> At the Movies</p> <p>6:30 <span style="color: red;">SR</span> At the Movies</p>  | <p>9:15 <span style="color: brown;">TH</span> Boot Camp 🌿</p> <p>10:15 <span style="color: brown;">TH</span> Boot Camp 🌿</p> <p>11:00 <span style="color: blue;">CR</span> Mental Fitness 🌿</p> <p><b>1:30 PP Clay with Ana Session 1 🌿</b></p> <p><b>2:30 PP Clay with Ana Session 2 🌿</b></p> <p>4:00 <span style="color: red;">SR</span> At the Movies</p> <p>6:30 <span style="color: red;">SR</span> At the Movies</p>  | <p>9:15 <span style="color: brown;">TH</span> Balance and Mobility 🌿</p> <p>10:15 <span style="color: brown;">TH</span> Balance and Mobility 🌿</p> <p>11:00 <span style="color: blue;">CR</span> Poker</p> <p><b>1:30 SR Adventures with Doug</b></p> <p><b>2:30 PP Beading with Lyn 🌿</b></p> <p>3:00 <span style="color: lightblue;">CL</span> Book Club 🌿</p> <p><b>3:30 PP Beading with Lyn 🌿</b></p> <p>4:00 <span style="color: red;">SR</span> At the Movies</p> <p>6:30 <span style="color: red;">SR</span> At the Movies</p> <p>7:00 <span style="color: purple;">ZO</span> Families of Alzheimer's Support Group 🌿</p> | <p>9:15 <span style="color: brown;">TH</span> Boot Camp 🌿</p> <p>10:15 <span style="color: brown;">TH</span> Boot Camp 🌿</p> <p>11:00 <span style="color: red;">SR</span> Kahoot Trivia 🌿</p> <p><b>1:30 SR Sandbrook History Sessions 🌿</b></p> <p>3:00 <span style="color: green;">GR</span> Technology Assistance 🌿</p> <p>4:00 <span style="color: red;">SR</span> At the Movies</p> <p>6:30 <span style="color: red;">SR</span> At the Movies</p>   | <p>9:15 <span style="color: brown;">TH</span> Balance and Mobility 🌿</p> <p>10:15 <span style="color: brown;">TH</span> Balance and Mobility 🌿</p> <p><b>11:00 CR Poetry Workshop 🌿</b></p> <p>1:30 <span style="color: blue;">CR</span> Mental Fitness 🌿</p> <p>3:00 <span style="color: red;">SR</span> Jeopardy 🌿</p> <p>4:00 <span style="color: red;">SR</span> At the Movies</p> <p>6:30 <span style="color: red;">SR</span> At the Movies</p>  | <p><b>Last Night of Hanukkah</b></p> <p>9:15 <span style="color: brown;">TH</span> Boot Camp 🌿</p> <p>10:15 <span style="color: brown;">TH</span> Boot Camp 🌿</p> <p>11:00 <span style="color: lightblue;">CL</span> Think Tank Discussion 🌿</p> <p><b>2:00 PP Alfresco Musical Entertainment ★</b></p> <p>3:30 <span style="color: blue;">CR</span> Shabbat Services</p> <p>4:00 <span style="color: red;">SR</span> At the Movies</p> <p>6:30 <span style="color: red;">SR</span> At the Movies</p> | <p>9:15 <span style="color: brown;">TH</span> Sit 'n' Be Fit 🌿</p> <p>10:15 <span style="color: brown;">TH</span> Sit 'n' Be Fit 🌿</p> <p>11:00 <span style="color: blue;">CR</span> Blackjack</p> <p>1:00 <span style="color: red;">SR</span> Documentary Series</p> <p>2:00 <span style="color: red;">SR</span> Bingo for Bucks</p> <p>3:30 <span style="color: green;">GR</span> Technology Assistance 🌿</p> <p>4:00 <span style="color: red;">SR</span> At the Movies</p> <p>6:30 <span style="color: red;">SR</span> At the Movies</p>  |
| <p>9:15 <span style="color: brown;">TH</span> Sit 'n' Be Fit 🌿</p> <p>10:00 <span style="color: red;">SR</span> Opera Club Screening 🌿</p> <p>10:15 <span style="color: brown;">TH</span> Sit 'n' Be Fit 🌿</p> <p>1:00 <span style="color: red;">SR</span> Opera Club Screening 🌿</p> <p><b>2:00 PP Alfresco Musical Entertainment ★</b></p> <p>3:00 <span style="color: blue;">CR</span> Brain Games 🌿</p> <p>4:00 <span style="color: red;">SR</span> At the Movies</p> <p>6:30 <span style="color: red;">SR</span> At the Movies</p> | <p>9:15 <span style="color: brown;">TH</span> Boot Camp 🌿</p> <p>10:15 <span style="color: brown;">TH</span> Boot Camp 🌿</p> <p>11:00 <span style="color: blue;">CR</span> Creative Writing Class 🌿</p> <p><b>1:00 PP Glass Art 🌿</b></p> <p>3:00 <span style="color: red;">SR</span> TED Talks &amp; Discussion 🌿</p> <p>4:00 <span style="color: red;">SR</span> At the Movies</p> <p>6:30 <span style="color: red;">SR</span> At the Movies</p>   | <p>9:15 <span style="color: brown;">TH</span> Balance and Mobility 🌿</p> <p>10:15 <span style="color: brown;">TH</span> Balance and Mobility 🌿</p> <p>11:00 <span style="color: blue;">CR</span> Poker</p> <p>1:30 <span style="color: lightblue;">CL</span> What's The Verdict? 🌿</p> <p><b>2:30 PP Beading with Lyn 🌿</b></p> <p><b>3:30 PP Beading with Lyn 🌿</b></p> <p>4:00 <span style="color: red;">SR</span> At the Movies</p> <p>6:30 <span style="color: red;">SR</span> At the Movies</p> <p>7:00 <span style="color: purple;">ZO</span> Families of Alzheimer's Support Group 🌿</p>                                  | <p>9:15 <span style="color: brown;">TH</span> Boot Camp 🌿</p> <p>10:15 <span style="color: brown;">TH</span> Boot Camp 🌿</p> <p>11:00 <span style="color: red;">SR</span> Kahoot Trivia 🌿</p> <p><b>1:00 PL Art Technique Instruction 🌿</b></p> <p><b>2:00 SR Current Events with Margot 🌿</b></p> <p>3:00 <span style="color: green;">GR</span> Technology Assistance 🌿</p> <p>4:00 <span style="color: red;">SR</span> At the Movies</p> <p>6:30 <span style="color: red;">SR</span> At the Movies</p> | <p><b>Christmas Eve</b></p> <p>9:15 <span style="color: brown;">TH</span> Balance and Mobility 🌿</p> <p>10:15 <span style="color: brown;">TH</span> Balance and Mobility 🌿</p> <p>1:30 <span style="color: blue;">CR</span> Mental Fitness 🌿</p> <p>3:00 <span style="color: red;">SR</span> Jeopardy 🌿</p> <p>4:00 <span style="color: red;">SR</span> At the Movies</p> <p>6:30 <span style="color: red;">SR</span> At the Movies</p>   | <p><b>Christmas</b></p> <p>9:15 <span style="color: brown;">TH</span> Boot Camp 🌿</p> <p>10:15 <span style="color: brown;">TH</span> Boot Camp 🌿</p> <p>11:00 <span style="color: red;">SR</span> Matinee Movie</p> <p>1:00 <span style="color: red;">SR</span> Matinee Movie</p> <p>3:00 <span style="color: red;">SR</span> Holiday Kahoot 🌿</p> <p>4:00 <span style="color: red;">SR</span> At the Movies</p> <p>6:30 <span style="color: red;">SR</span> At the Movies</p>                        | <p>9:15 <span style="color: brown;">TH</span> Sit 'n' Be Fit 🌿</p> <p>10:15 <span style="color: brown;">TH</span> Sit 'n' Be Fit 🌿</p> <p>11:00 <span style="color: blue;">CR</span> Blackjack</p> <p>1:00 <span style="color: red;">SR</span> Documentary Series</p> <p>1:00 <span style="color: red;">SR</span> Documentary Series</p> <p>2:00 <span style="color: red;">SR</span> Bingo for Bucks</p> <p>3:30 <span style="color: green;">GR</span> Technology Assistance 🌿</p> <p>4:00 <span style="color: red;">SR</span> At the Movies</p> <p>6:30 <span style="color: red;">SR</span> At the Movies</p> |
| <p>9:15 <span style="color: brown;">TH</span> Sit 'n' Be Fit 🌿</p> <p>10:00 <span style="color: red;">SR</span> Opera Club Screening 🌿</p> <p>10:15 <span style="color: brown;">TH</span> Sit 'n' Be Fit 🌿</p> <p>1:00 <span style="color: red;">SR</span> Opera Club Screening 🌿</p> <p><b>2:00 PP Alfresco Musical Entertainment ★</b></p> <p>3:00 <span style="color: blue;">CR</span> Brain Games 🌿</p> <p>4:00 <span style="color: red;">SR</span> At the Movies</p> <p>6:30 <span style="color: red;">SR</span> At the Movies</p> | <p>9:15 <span style="color: brown;">TH</span> Boot Camp 🌿</p> <p>10:15 <span style="color: brown;">TH</span> Boot Camp 🌿</p> <p>11:00 <span style="color: blue;">CR</span> Mental Fitness 🌿</p> <p><b>1:30 PP Clay with Ana Session 1 🌿</b></p> <p><b>2:30 PP Clay with Ana Session 2 🌿</b></p> <p>3:00 <span style="color: red;">SR</span> TED Talks &amp; Discussion 🌿</p> <p>4:00 <span style="color: red;">SR</span> At the Movies</p> <p>6:30 <span style="color: red;">SR</span> At the Movies</p> | <p>9:15 <span style="color: brown;">TH</span> Balance and Mobility 🌿</p> <p>10:15 <span style="color: brown;">TH</span> Balance and Mobility 🌿</p> <p>11:00 <span style="color: blue;">CR</span> Poker</p> <p><b>1:30 SR Adventures with Doug</b></p> <p><b>2:30 PP Beading with Lyn 🌿</b></p> <p><b>3:30 PP Beading with Lyn 🌿</b></p> <p>4:00 <span style="color: red;">SR</span> At the Movies</p> <p>6:30 <span style="color: red;">SR</span> At the Movies</p> <p>7:00 <span style="color: purple;">ZO</span> Families of Alzheimer's Support Group 🌿</p>   | <p>9:15 <span style="color: brown;">TH</span> Boot Camp 🌿</p> <p>10:15 <span style="color: brown;">TH</span> Boot Camp 🌿</p> <p>11:00 <span style="color: red;">SR</span> Kahoot Trivia 🌿</p> <p><b>2:00 SR Current Events with Margot 🌿</b></p> <p>3:00 <span style="color: green;">GR</span> Technology Assistance 🌿</p> <p>4:00 <span style="color: red;">SR</span> At the Movies</p> <p>6:30 <span style="color: red;">SR</span> At the Movies</p>   | <p>9:15 <span style="color: brown;">TH</span> Balance and Mobility 🌿</p> <p>10:15 <span style="color: brown;">TH</span> Balance and Mobility 🌿</p> <p><b>11:00 CR Poetry Workshop 🌿</b></p> <p>1:30 <span style="color: blue;">CR</span> Mental Fitness 🌿</p> <p>3:00 <span style="color: red;">SR</span> Jeopardy 🌿</p> <p>4:00 <span style="color: red;">SR</span> At the Movies</p> <p>6:30 <span style="color: red;">SR</span> At the Movies</p>  |   |  |

## RESIDENT SERVICES

### Maintenance Services

Please see the Concierge for a work order.

### Concierge Services

Assistance with local appointments and transportation.

9:00 AM-5:00 PM daily.

Phone number: (310) 475-7501.

### Dry Cleaning

Please see receptionist to arrange for delivery and pickup with an outside vendor.

### Dermatology\*

Available monthly: Please see Wellness Center to schedule an appointment with the doctor.

### PT/OT/Speech Therapy

Available in CLFE (gym) on 1st floor: See a RehabCare therapist for an appointment.

### Daily Activity Schedule

Provide your email address at the Concierge desk to receive programming information and schedule for the next day.

### Salon

A full-service salon is located on the second floor, providing hair and nail services.

### Podiatry\*

Available monthly: Please see Wellness Center to schedule an appointment with the doctor.

### Marketplace

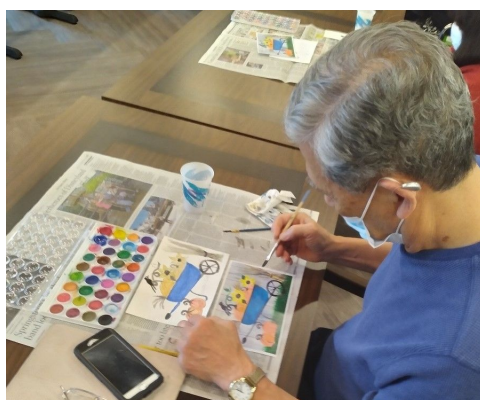
Toiletries, snacks, and household products: Please see receptionist. Requests for specific items are taken through the Concierge desk.

## MEMORY PROGRAM UPDATE

Season's greetings! Even in uncertain times, we always strive to provide wonderful program options for our Neighborhood and Circle of Friends residents! We are continuing to offer entertainments seven days a week in the Neighborhood. We added seasonal crafts such as soap making, ornament decorating, and jewelry making.

We are also excited to announce our collaboration with TimeOut UCLA! We are offering an intergenerational program starting in January to provide social engagement with a student seeking to work in healthcare. Please let Miquelle or Naomi know if you'd like to sign up yourself or your loved one for this program!

With grateful appreciation for allowing us to care for your loved one, we send you the warmest wishes for the Holidays!



*Our residents enjoy learning how to paint with watercolors in our art program!*



*Erleen connects weekly with Brandon, whom she met from our UCLA volunteer program!*



*Morley shows off a painting he created on a balloon!*



## HAPPY HANUKKAH!

We'll kick off the festival of lights with a Hanukkah party complete with a Klezmer band before gathering around the menorah to light the first candle and hear the prayer on **Thursday, December 10**. Rabbi Ira will lead holiday services in the Screening Room on the evening of **Friday, December 11**. Every night of Hanukkah at 4:30pm, we will gather again to light the menorah, with interested residents being invited to lead others in the Hanukkah Blessings.



## WELCOME 2021!

For New Year's, prepare for a party fit for royalty! Enjoy a delicious dinner prepared by Chef Jean Yves before descending into a New Year's-themed, multilocation party featuring live music! End the night with a champagne toast at EST midnight.



## CHRISTMAS AND CHRISTMAS EVE

We'll kick off the celebrations with the decoration of a special tree that a small group of residents and staff can join together to "spruce" up! On Christmas Eve, enjoy festive, musical entertainment before settling down for a lovely dinner in Josephine's Kitchen and a holiday-themed movie in the Screening Room. The next morning, arise to a delicious, Christmas day lunch, followed by entertainment by fan-favorite musicians. Merry Christmas to all!: **Thursday the 24th and Friday the 25th**.

## CURRENT EVENTS WITH MARGOT

Back by popular demand, Margot Reiner will resume leading residents in lively discussions of all things current events and politics. Welcome back, Margot!: **Wednesdays 2:00pm-4:00pm in the Screening Room**



## RESIDENT COUNCIL

### RESIDENT COUNCIL

Resident Council will be held on **Tuesday, December 8th at 1:30 PM on Zoom**. Once again, we will broadcast the meeting to a variety of locations where residents can gather in small groups. Alternatively, residents will be provided the Zoom information to join the virtual meeting from their own apartment.

Residents who wish to bring a topic to the Council's attention will be asked to submit their comments one of two ways. Handwritten or anonymous notes can be placed in the secure box on the Concierge desk. Alternatively, residents can contact the specific council member that acts as a liaison to the relevant member of the management team.

**Nancy Davis: Board Chair**

Phone: (310) 948-9360

E: nancyjeandavis1@gmail.com

**Lucille Polachek: Vice Chair**

Phone: (424) 369-5731

E: lupolachek@gmail.com

**Ginny Kruger: Dining Room**

Phone: (310) 871-0897

E: gkruger60@gmail.com

**Paul Kester: Kitchen Services**

Phone: (310) 234-0920

E: plkester@verizon.com

**Eleanor Lawrence: Building**

Phone: (310) 266-0762

E: lawrence.elliem@gmail.com

**Laura Dvoskin: Resident Care**

Phone: (310) 963-0268

E: lauratovbvd@gmail.com

# VILLAGE SCENE



*Studying Marc Chagall's dreamy painting style by the pool*



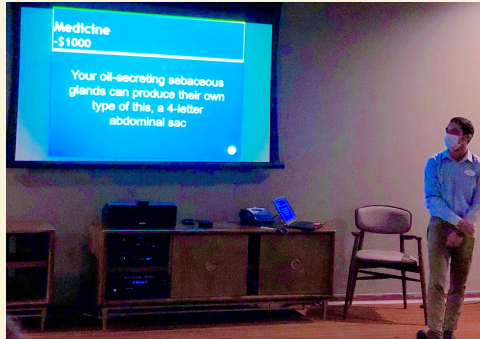
*Celebrating the return of Acting Class with Chris!*



*We love to see these glamorous (and safe!) face mask looks!*



*We were thrilled to host Jewish Journal editor David Suissa for a poolside chat!*



*Resident quiz master Brandon loves hosting Jeopardy and Kahoot Trivia!*



*Cheers to this dynamic duo who stole the show with their matching costumes!*

## BELMONT *Village*

SENIOR LIVING

WESTWOOD

10475 Wilshire Boulevard  
Los Angeles, CA 90024

RCFE Lic. 197607761

### 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



[belmontvillage.com](http://belmontvillage.com)



©2020 BELMONT VILLAGE, L.P.