

# THE VILLAGE NEWS

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



NOVEMBER 2020



Clint Strickland, Executive Director

guidelines implemented to ensure our safety, we encourage residents to get out of their rooms, socialize and join activities.

We continue to be overwhelmed by your kind words and support.

-Clint Strickland, Executive Director



## GREETINGS ...

Residents, friends and families!

As you know, we have made major changes around the building since last month. With family visitation and so much activity within the community, we are beginning to feel like our old selves again. It feels great to experience some sense of normalcy and we are grateful to be able to move in such a positive direction for our residents and families.

The building is alive and it feels great to hear chatter and laughter in the halls again. The dining room is open and working to become the hub of fellowship that it once was. As we continue to observe



Treat cart for our Caregivers during Assisted Living Week



## Staff Directory



- Clint Strickland  
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- Alex DelCastillo  
**Chef Manager**  
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- Jessica Bradshaw  
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**Director of Sales**  
dmelgar@belmontvillage.com

**BELMONT Village**  
SENIOR LIVING



# Happy Birthday

## RESIDENT BIRTHDAYS

Elinor Shahan	November 1
Rebecca Schmidt	November 1
Annabelle Loyd	November 2
Chuck Radoy	November 8
Tony Jackson	November 22

## BIRTHDAY LUNCHEON

The Resident Birthday Lunch is back! Residents who have birthdays in November are invited to join us in Josephine's Kitchen on Sunday, Nov. 29, for a special birthday meal!

## EMPLOYEE BIRTHDAYS

Missy H. (PAL)	11/10
Emily L. (PAL)	11/11
Jamirelys V. (PAL)	11/22
Amythyst T. (PAL)	11/29
Domingo H. (PAL)	11/30



## MARSHA MCADAMS, HOUSEKEEPER



Congratulations to Marsha, our November Team Member of the Month! Marsha is relatively new to the Lakeway team, and an absolute delight. Everyone she comes in contact with raves about her amazingly positive energy and focus on customer service. Marsha does an amazing job and we are so fortunate to have her!

# Josephine's Kitchen

## IT'S TIME TO DINE AT JOSEPHINE'S!!

We are happy to announce that Josephine's Kitchen is open every day for breakfast, lunch and dinner! Residents are encouraged to enjoy all meals in the dining room in an open seating, 'first come/first served' style format. Please observe the following meal times:

- Breakfast: 7-9 AM
- Lunch: 11 AM-2 PM
- Dinner: 4-7 PM



## Just for Fun



### PIZZA PICNIC & FUNDRAISER W/ TONY C'S

Last month we satisfied our pizza cravings while raising money for the Alzheimer's Association. All you can eat pizza from Tony C's and root beer floats were exactly what the doctor ordered! The residents raised close to \$200!! Way to go!



*Ian & Anita enjoy a few slices*



*Gary & The Nichols give a stamp of approval*

### OKTOBERFEST CELEBRATION & LUNCH



*The dining staff!*



*Jean cheers with a good German beer*



*Mary, Patti & Sallie enjoying good company*



## Welcome New Residents

### NEW RESIDENT MIXER!



*Marion, Jan and Pat filling out their "Let's Mingle BINGO" cards*



*Guests of honor, Connie & Eldon*



*Mina & Nancy getting to know the Houfs*



*Jean mingling with new residents*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30 <span style="color: red;">TH</span> Sunday Mass Live Stream 11:00 <span style="color: blue;">SR</span> Sunday Service Live Stream w/ The Lakeway Church 2:00 <span style="color: red;">TH</span> BINGO w/ Friends 2:00 <span style="color: blue;">SR</span> Giant Crossword Challenge 3:00 <span style="color: green;">B</span> Ice Cream Sundae Cart 7:00 <span style="color: blue;">SR</span> Movie	2 10:00 <span style="color: red;">TH</span> Strength & Balance Workout w/ Dani 1:30 <span style="color: blue;">SR</span> Brain Boost Challenge 2:00 <span style="color: red;">TH</span> Bible Study w/ Bill Soileau 2:00 <span style="color: blue;">SR</span> Early Music Origins w/ Olli on Zoom 2:30 <span style="color: blue;">P</span> Aqua Cardio w/ Friends 2:30 <span style="color: red;">SR</span> Book Club & Beyond... "A Man Called Ove" by Fredrik Backman 7:00 <span style="color: blue;">SR</span> Movie	3 10:00 <span style="color: red;">TH</span> Seated Strength Training w/ Chelsea 1:30 <span style="color: blue;">SR</span> Brain Boost Challenge 2:30 <span style="color: blue;">P</span> Aqua Cardio w/ Friends 3:30 <span style="color: blue;">SR</span> Giant Crossword Challenge 7:00 <span style="color: blue;">SR</span> Movie	4 10:00 <span style="color: red;">TH</span> Strength & Balance Workout w/ Dani 1:30 <span style="color: blue;">SR</span> Brain Boost Challenge 2:30 <span style="color: blue;">P</span> Aqua Cardio w/ Friends 3:30 <span style="color: green;">B</span> Mexican Train Dominoes 3:30 <span style="color: blue;">SR</span> <b>The Great Courses Series</b> 7:00 <span style="color: blue;">SR</span> Movie	5 10:00 <span style="color: red;">TH</span> Seated Strength Training w/ Chelsea 11:00 <span style="color: red;">SR</span> Rosary w/ Jim Mathis 1:00 <span style="color: blue;">SR</span> Armchair Astronomy Zoom Session w/ Ken Van Lew 1:30 <span style="color: blue;">SR</span> Brain Boost Challenge 2:30 <span style="color: blue;">P</span> Aqua Cardio w/ Friends 3:30 <span style="color: green;">B</span> Afternoon Cocktail Cart 7:00 <span style="color: blue;">SR</span> Movie	6 11:00 <span style="color: red;">TH</span> Yoga Thrive Zoom Session w/ Dayna 2:30 <span style="color: blue;">P</span> Aqua Cardio w/ Friends 3:30 <span style="color: blue;">SR</span> <b>The Great Courses Series</b> 7:00 <span style="color: blue;">SR</span> Friday Nights on Broadway!	7 1:00 <span style="color: blue;">SR</span> Midday Matinee Movie 3:30 <span style="color: blue;">SR</span> Giant Crossword Challenge 3:30 <span style="color: blue;">SR</span> <b>The Great Courses Series</b> 7:00 <span style="color: blue;">SR</span> "Residents' Choice" Movie
8 8:30 <span style="color: red;">TH</span> Sunday Mass Live Stream 11:00 <span style="color: blue;">SR</span> Sunday Service Live Stream w/ The Lakeway Church 1:30 <span style="color: red;">GR</span> New Resident Reception 2:00 <span style="color: red;">TH</span> BINGO w/ Friends 2:00 <span style="color: blue;">SR</span> Giant Crossword Challenge 3:00 <span style="color: green;">B</span> Ice Cream Sundae Cart 7:00 <span style="color: blue;">SR</span> Movie	9 10:00 <span style="color: red;">TH</span> Strength & Balance Workout w/ Dani 1:30 <span style="color: blue;">SR</span> Brain Boost Challenge 2:00 <span style="color: red;">TH</span> Bible Study w/ Bill Soileau 2:30 <span style="color: blue;">P</span> Aqua Cardio w/ Friends 2:30 <span style="color: red;">SR</span> Book Club & Beyond... "A Man Called Ove" by Fredrik Backman 7:00 <span style="color: blue;">SR</span> Movie	10 10:00 <span style="color: red;">TH</span> Seated Strength Training w/ Chelsea 1:30 <span style="color: blue;">SR</span> Brain Boost Challenge 2:00 <span style="color: green;">B</span> Bon Appétit W/ Chef Alex 2:30 <span style="color: blue;">P</span> Aqua Cardio w/ Friends 3:30 <span style="color: blue;">SR</span> Giant Crossword Challenge 7:00 <span style="color: blue;">SR</span> Movie	11 <b>Veterans Day</b> 10:00 <span style="color: red;">TH</span> Strength & Balance Workout w/ Dani 11:30 <span style="color: green;">GP</span> Veterans Day Luncheon 2:00 <span style="color: blue;">SR</span> Cultures of Texas w/ OLLI on Zoom 2:30 <span style="color: blue;">P</span> Aqua Cardio w/ Friends 3:30 <span style="color: green;">B</span> Mexican Train Dominoes 3:30 <span style="color: blue;">SR</span> <b>The Great Courses Series</b> 7:00 <span style="color: blue;">SR</span> Movie	12 10:00 <span style="color: red;">TH</span> Seated Strength Training w/ Chelsea 11:00 <span style="color: red;">SR</span> Rosary w/ Jim Mathis 1:30 <span style="color: blue;">SR</span> Brain Boost Challenge 2:30 <span style="color: blue;">P</span> Aqua Cardio w/ Friends 2:30 <span style="color: blue;">SR</span> Socrates Cafe Zoom Session w/ Brian Hill 3:30 <span style="color: green;">B</span> Afternoon Cocktail Cart 7:00 <span style="color: blue;">SR</span> Movie	13 11:00 <span style="color: red;">TH</span> Yoga Thrive Zoom Session w/ Dayna 2:30 <span style="color: blue;">P</span> Aqua Cardio w/ Friends 2:30 <span style="color: blue;">EP</span> LT Bookmobile Visit 3:30 <span style="color: blue;">SR</span> <b>The Great Courses Series</b> 7:00 <span style="color: blue;">SR</span> Friday Nights on Broadway!	14 1:00 <span style="color: blue;">SR</span> Midday Matinee Movie 3:30 <span style="color: blue;">SR</span> Giant Crossword Challenge 3:30 <span style="color: blue;">SR</span> <b>The Great Courses Series</b> 7:00 <span style="color: blue;">SR</span> "Residents' Choice" Movie
15 8:30 <span style="color: red;">TH</span> Sunday Mass Live Stream 11:00 <span style="color: blue;">SR</span> Sunday Service Live Stream w/ The Lakeway Church 2:00 <span style="color: red;">TH</span> BINGO w/ Friends 2:00 <span style="color: blue;">SR</span> Giant Crossword Challenge 3:00 <span style="color: green;">B</span> Ice Cream Sundae Cart 7:00 <span style="color: blue;">SR</span> Movie	16 10:00 <span style="color: red;">TH</span> Strength & Balance Workout w/ Dani 1:30 <span style="color: blue;">SR</span> Brain Boost Challenge 2:00 <span style="color: red;">TH</span> Bible Study w/ Bill Soileau 2:30 <span style="color: blue;">P</span> Aqua Cardio w/ Friends 2:30 <span style="color: red;">SR</span> Book Club & Beyond... "A Man Called Ove" by Fredrik Backman 7:00 <span style="color: blue;">SR</span> Movie	17 10:00 <span style="color: red;">TH</span> Seated Strength Training w/ Chelsea 1:30 <span style="color: blue;">SR</span> Brain Boost Challenge 2:30 <span style="color: blue;">P</span> Aqua Cardio w/ Friends 2:30 <span style="color: blue;">SR</span> Resident Council Zoom Meeting 3:30 <span style="color: blue;">SR</span> Giant Crossword Challenge 7:00 <span style="color: blue;">SR</span> Movie	18 10:00 <span style="color: red;">TH</span> Strength & Balance Workout w/ Dani 1:30 <span style="color: blue;">SR</span> Brain Boost Challenge 2:00 <span style="color: blue;">SR</span> Short History & Discussion of the US Supreme Court w/ OLLI on Zoom 2:30 <span style="color: blue;">P</span> Aqua Cardio w/ Friends 3:30 <span style="color: green;">B</span> Mexican Train Dominoes 3:30 <span style="color: blue;">SR</span> <b>The Great Courses Series</b> 7:00 <span style="color: blue;">SR</span> Movie	19 10:00 <span style="color: red;">TH</span> Seated Strength Training w/ Chelsea 11:00 <span style="color: red;">SR</span> Rosary w/ Jim Mathis 1:00 <span style="color: blue;">SR</span> Armchair Astronomy Zoom Session w/ Ken Van Lew 1:30 <span style="color: blue;">SR</span> Brain Boost Challenge 2:30 <span style="color: blue;">P</span> Aqua Cardio w/ Friends 3:30 <span style="color: green;">B</span> Afternoon Cocktail Cart 4:00 <span style="color: blue;">JK</span> Thanksgiving Dinner 7:00 <span style="color: blue;">SR</span> Movie	20 11:00 <span style="color: red;">TH</span> Yoga Thrive Zoom Session w/ Dayna 2:30 <span style="color: blue;">P</span> Aqua Cardio w/ Friends 3:30 <span style="color: blue;">SR</span> <b>The Great Courses Series</b> 7:00 <span style="color: blue;">SR</span> Friday Nights on Broadway!	21 1:00 <span style="color: blue;">SR</span> Midday Matinee Movie 3:30 <span style="color: blue;">SR</span> Giant Crossword Challenge 3:30 <span style="color: blue;">SR</span> <b>The Great Courses Series</b> 7:00 <span style="color: blue;">SR</span> "Residents' Choice" Movie
22 8:30 <span style="color: red;">TH</span> Sunday Mass Live Stream 11:00 <span style="color: blue;">SR</span> Sunday Service Live Stream w/ The Lakeway Church 2:00 <span style="color: red;">TH</span> BINGO w/ Friends 2:00 <span style="color: blue;">SR</span> Giant Crossword Challenge 3:00 <span style="color: green;">B</span> Ice Cream Sundae Cart 7:00 <span style="color: blue;">SR</span> Movie	23 10:00 <span style="color: red;">TH</span> Strength & Balance Workout w/ Dani 1:30 <span style="color: blue;">SR</span> Brain Boost Challenge 2:00 <span style="color: red;">TH</span> Bible Study w/ Bill Soileau 2:30 <span style="color: blue;">P</span> Aqua Cardio w/ Friends 2:30 <span style="color: red;">SR</span> Book Club & Beyond... "A Man Called Ove" by Fredrik Backman 7:00 <span style="color: blue;">SR</span> Movie	24 10:00 <span style="color: red;">TH</span> Seated Strength Training w/ Chelsea 1:30 <span style="color: blue;">SR</span> Brain Boost Challenge 2:30 <span style="color: blue;">P</span> Aqua Cardio w/ Friends 3:30 <span style="color: blue;">SR</span> Giant Crossword Challenge 7:00 <span style="color: blue;">SR</span> Movie	25 10:00 <span style="color: red;">TH</span> Strength & Balance Workout w/ Dani 1:30 <span style="color: blue;">SR</span> Brain Boost Challenge 2:30 <span style="color: blue;">P</span> Aqua Cardio w/ Friends 3:30 <span style="color: green;">B</span> Mexican Train Dominoes 3:30 <span style="color: blue;">SR</span> <b>The Great Courses Series</b> 7:00 <span style="color: blue;">SR</span> Movie	26 <b>Thanksgiving</b> 10:00 <span style="color: red;">TH</span> Seated Strength Training w/ Chelsea 11:00 <span style="color: red;">SR</span> Rosary w/ Jim Mathis 1:30 <span style="color: blue;">SR</span> Brain Boost Challenge 2:30 <span style="color: blue;">P</span> Aqua Cardio w/ Friends 3:30 <span style="color: green;">B</span> Afternoon Cocktail Cart 7:00 <span style="color: blue;">SR</span> Movie	27 11:00 <span style="color: red;">TH</span> Yoga Thrive Zoom Session w/ Dayna 2:30 <span style="color: blue;">P</span> Aqua Cardio w/ Friends 2:30 <span style="color: blue;">EP</span> LT Bookmobile Visit 3:30 <span style="color: blue;">SR</span> <b>The Great Courses Series</b> 7:00 <span style="color: blue;">SR</span> Friday Nights on Broadway!	28 1:00 <span style="color: blue;">SR</span> Midday Matinee Movie 3:30 <span style="color: blue;">SR</span> Giant Crossword Challenge 3:30 <span style="color: blue;">SR</span> <b>The Great Courses Series</b> 7:00 <span style="color: blue;">SR</span> "Residents' Choice" Movie
29 8:30 <span style="color: red;">TH</span> Sunday Mass Live Stream 11:00 <span style="color: blue;">SR</span> Sunday Service Live Stream w/ The Lakeway Church 2:00 <span style="color: red;">TH</span> BINGO w/ Friends 2:00 <span style="color: blue;">SR</span> Giant Crossword Challenge 3:00 <span style="color: green;">B</span> Ice Cream Sundae Cart 7:00 <span style="color: blue;">SR</span> Movie	30 10:00 <span style="color: red;">TH</span> Strength & Balance Workout w/ Dani 1:30 <span style="color: blue;">SR</span> Brain Boost Challenge 2:00 <span style="color: blue;">SR</span> A Mature Person's Guide to the Opera w/ OLLI on Zoom 2:00 <span style="color: red;">TH</span> Bible Study w/ Bill Soileau 2:30 <span style="color: blue;">P</span> Aqua Cardio w/ Friends 2:30 <span style="color: red;">SR</span> Book Club & Beyond... "A Man Called Ove" by Fredrik Backman 7:00 <span style="color: blue;">SR</span> Movie					

## Resources at a Glance

### CONCIERGE SERVICES

Located on the first floor in the Great Room, the Concierge is available to assist you with a variety of services, such as:

- transportation requests
- outing reservations
- guest meal tickets
- placing maintenance work orders

### THE SALON

The full-service salon is located on the second floor and is open to all residents. Enjoy a full menu of services, including manicures, pedicures, haircuts and color treatments. To make an appointment, visit the Salon on the 2nd floor.

### CENTER FOR LEARNING

Visit the library located on the 2nd floor, where residents can check out books, enjoy the use of our community computers, or lounge on the Center For Learning Patio.

### CENTER FOR LIFE ENHANCEMENT

The Fitness Center is located on the Garden Level and is open 24 hours a day/7 days a week. Physical therapy is available.



## Resident Council

### BOARD OF DIRECTORS

President	Dick Nichols
Vice President	Pat Alexander
Treasurer	Mina Park
Secretary	Gary Beard
Director at Large	Bill Soileau

The Resident Council will meet  
on the  
**3rd Tuesday of each month**  
2:00 PM  
Zoom Virtual Meeting  
Screening Room & Town Hall

### AMBASSADORS

Mina Park  
George Wagner  
Jean Lockhart  
Jan Matamoros

## What's Cooking



### BON APPÉTIT WITH CHEF ALEX

Join us in the Bistro on the **2nd Tuesday of each month** as Chef Alex DelCastillo of Josephine's Kitchen wows us with his distinct culinary techniques! Bring your questions & feedback!!

## Circle of Friends & Neighborhood



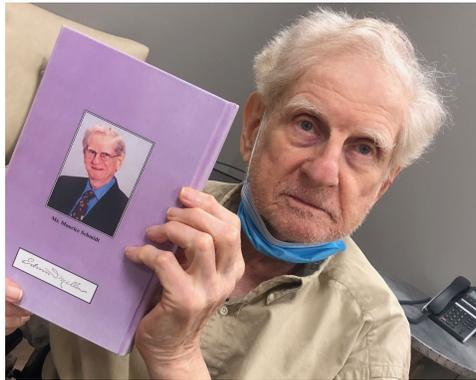
*Doodle is everyone's pet*



*COF wrapping up an outdoor workout w/ Nicholette*



*Busting out to get ice cream*



*Maurice looking like his younger self after a fresh haircut*



*Frances had a blast at her 106th birthday celebration*



*Janet enjoying her new place!*



*Say cheese, Beverly!*

## Health News

### WAKE UP YOUR METABOLISM

As we age, our muscle mass decreases and our metabolism naturally slows down. A slower metabolism means that shedding those extra pounds around the waist can be tough. A few lifestyle changes can help rev up a slow metabolism. Always check with your doctor before beginning any diet or fitness program. Here are some tips from [WebMD.com](http://WebMD.com):

**Exercise regularly.** Strength training, such as lifting light weights, helps build lean muscle mass and will boost metabolic activity. To burn even more calories, mix in cardiovascular exercise such as walking or swimming.

**Eat.** Consuming several smaller, healthy meals a day will keep your metabolism active and help you feel fuller longer. Pack your meals with lean proteins and whole-grain carbohydrates. Start each day with a nutritious breakfast. Studies indicate that those who eat breakfast regularly are more successful at keeping weight off than those who skip it.

**Get your vitamins.** Vitamins B and C may boost metabolism. Check with your doctor to make sure any supplements you take are compatible with prescription medications.

# STILL HOME & HEALTHY! :-)



*Dianne making a masterpiece*



*Betsy having fun at the new resident mixer*



*Michele is so creative!*



*Gene loves a good craft class.*



*The Hills are so cool!*



*Maria is all dressed up for the Oktoberfest themed lunch.*

## BELMONT *Village*

SENIOR LIVING

LAKEWAY

107 Bella Montagna Cir  
Lakeway, TX 78734

### 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

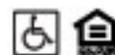
Atlanta - Buckhead and Johns Creek

Austin - Lakeway and West Lake Hills

Houston - West University and Hunters Creek



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



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