

THE VILLAGE NEWS



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

NOVEMBER 2020



FROM THE DESK OF



Nancy Nelson
Executive Director

Happy November and an early Happy Thanksgiving. I looked up the meaning of gratitude recently (I really AM a fun person...and don't usually spend much time in the dictionary) and found that the word GRATITUDE means "the quality of being thankful; readiness to show appreciation for and to return kindness." Gratitude is a QUALITY, not just an action. A quality of being thankful implies that a person can develop it. We can become a more thankful person. I'm assuming that it's a

quality that needs some practice and some repeated usage before others can see it in my life. What better time to practice than the present...right now. I'll start it, and you jump in....

I'm so thankful for my family who allows me to be myself and become a better person thru failure and successes.

I'm grateful for our Belmont family, who trusts us to care for their most important people: mom, dad, wife, husband. What an honor.

I'm so thankful for the chance to live in America, but primarily California where the sun always shines and opportunities abound off of every freeway exit!

I'm thankful for iced tea, warm chocolate chip cookies, mashed potatoes and filet mignon.

Now, it's your turn...What are you grateful for? (pause and make a verbal list of 4 items)

I wish you all a wonderful Thanksgiving, gratitude-giving season. We've all survived 8 months of COVID, a challenging presidential election and fire season...a lot to be thankful for!



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RESIDENTS

- Nov. 3 Bert M.
- Nov. 5 Bert K.
- Nov. 8 William S.
- Nov. 11 Janet S.
- Nov. 13 Wayne T.
- Nov. 15 Mary Anne F.
- Nov. 18 Mary B.
- Nov. 21 Donna H.
- Nov. 30 Rosalie C.

STAFF BIRTHDAYS

- Nov. 9 Susana A.
- Nov. 13 Sharon K.
- Nov. 14 Heather P.
- Nov. 15 Jaime C.
- Nov. 18 Irene K.
- Nov. 18 Vianca G.
- Nov. 22 Salvador M.
- Nov. 29 Priscilla S.
- Nov. 29 Phia C.





HEALTH & WELLNESS

SHOO THE BLUES

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 in to 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.



Save the Date



FAMOUS FACES BORN IN NOVEMBER

Nov. 1, 1986: Penn Badgley
 Nov. 3, 1949: Anna Wintour
 Nov. 11, 1986: Jon Batiste
 Nov. 14, 1974: Chip Gaines
 Nov. 25, 1971: Christina Applegate
 Nov. 26, 1975: DJ Khaled
 Nov. 29, 1976: Anna Faris

HISTORIC HOCKEY MOMENT

On Nov. 15, 1950, Arthur Dorrington signed a contract with New Jersey’s Atlantic City Sea Gulls, becoming the first Black professional hockey player in the U.S. After leading the team to a league championship in 1951, Dorrington played for several other minor league teams before retiring from sports and becoming a law enforcement officer.

CELEBRATE THE SPARS

In November 1942, the U.S. Coast Guard Women’s Reserve was created. Throughout the remaining years of World War II, more than 10,000 women served in the reserve, which was known as the SPARs, an acronym of the Coast Guard motto, “*Semper Paratus, Always Ready.*”

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:30 TH Funtastic Fitness 1:30 MT Sunday Lecture Series with Pam! 2:00 MT Matinee Showing of Daily Movie 3:30 GR Sunday Entertainment with Neil Dorval 7:00 MT Sunday Night Documentary Series	2 9:30 TH Sit and Be Fit 10:00 GR Morning Walk with Andre 10:30 BO Brain Exercise with Andre 2:00 PL Aquasize with Marg 2:00 MT Matinee Showing of Daily Movie 3:00 TH Blackjack in Town Hall 7:00 MT Monday Night Movie	3 9:30 TH Sit and Be Fit 10:00 GR Morning Walk with Andre 10:30 TH Technology Help 1:30 MT Wellness with Pam: Healthy Topics 2:00 PL Aqua Fit with Katie 2:00 MT Matinee Showing of Daily Movie 3:00 TH Better Balance with Jenny! 4:00 TH Cultivations: Bible Study with Clarence 4:00 BO Rummikub 7:00 MT Tuesday Night Movie	4 9:30 TH Sit and Be Fit 10:00 TH Balance Class with RehabCare 10:00 GR Morning Walk with Andre 1:30 PL Aqua Fit with Katie 1:30 TH Spanish Class! 2:00 MT Matinee Showing of Daily Movie 7:00 MT Wednesday Night Movie	5 9:30 TH Sit and Be Fit 10:00 GR Morning Walk with Andre 10:30 MT Meditation and Relaxation Guided by UCLA 1:30 TH Chair Yoga with Jenny 2:00 MT Matinee Showing of Daily Movie 2:00 PL Pool open 2:30 TH Hot Topic 2:30 3P Weekly Card Games 3:30 GR Happy Hour with Maximo Mancuso 7:00 MT Thursday Night Movies	6 9:30 TH Sit and Be Fit 10:00 GR Morning Walk with Andre 2:00 PL Aquasize with Marg 2:00 MT Matinee Showing of Daily Movie 3:00 BO Game Day: Poker 4:00 TH Shabbat Services 7:00 MT Meet Me at the Movies	7 9:30 TH Sit and Be Fit 1:30 BO Bingo in the Bistro!! 2:00 MT Matinee Showing of Daily Movie 2:30 BO Rummikub 3:00 GR Music by the Fireplace 7:00 MT Saturday Night at the Movies
8 10:30 TH Funtastic Fitness 1:30 MT Sunday Lecture Series with Pam! 2:00 MT Matinee Showing of Daily Movie 3:30 GR Sunday Entertainment with Neil Dorval 7:00 MT Sunday Night Documentary Series	9 9:30 TH Sit and Be Fit 10:00 GR Morning Walk with Andre 2:00 PL Aquasize with Marg 2:00 MT Matinee Showing of Daily Movie 3:00 TH Blackjack in Town Hall 7:00 MT Monday Night Movie	10 9:30 TH Sit and Be Fit 10:00 GR Morning Walk with Andre 10:30 TH Technology Help 10:30 BO Therapeutic Coloring 1:30 MT Wellness with Pam: Healthy Topics 2:00 TH Activity Planning Meeting 2:00 PL Aqua Fit with Katie 2:00 MT Matinee Showing of Daily Movie 3:00 TH Better Balance with Jenny! 4:00 TH Cultivations: Bible Study with Clarence 4:00 BO Rummikub 7:00 MT Tuesday Night Movie	11 Veterans Day 9:30 TH Sit and Be Fit 10:00 TH Balance Class with RehabCare 10:00 GR Morning Walk with Andre 1:00 GR Outing to The Autry Museum of the Great West 1:30 PL Aqua Fit with Katie 1:30 TH Spanish Class! 2:00 MT Matinee Showing of Daily Movie 7:00 MT Wednesday Night Movie	12 9:30 TH Sit and Be Fit 10:00 GR Morning Walk with Andre 10:30 MT Meditation and Relaxation Guided by UCLA 1:30 TH Chair Yoga with Jenny 2:00 MT Matinee Showing of Daily Movie 2:00 PL Pool open 2:30 3P Weekly Card Games 3:30 GR Happy Hour with Maximo Mancuso 7:00 MT Thursday Night Movies	13 9:30 TH Sit and Be Fit 10:00 GR Morning Walk with Andre 10:30 TH Wii Sports! 2:00 PL Aquasize with Marg 2:00 MT Matinee Showing of Daily Movie 4:00 TH Shabbat Services 7:00 MT Meet Me at the Movies	14 9:30 TH Sit and Be Fit 1:30 BO Bingo in the Bistro!! 2:00 MT Matinee Showing of Daily Movie 2:30 BO Rummikub 3:00 GR Music by the Fireplace 7:00 MT Saturday Night at the Movies
15 10:30 TH Funtastic Fitness 1:30 MT Sunday Lecture Series with Pam! 2:00 MT Matinee Showing of Daily Movie 3:30 GR Sunday Entertainment with Neil Dorval 7:00 MT Sunday Night Documentary Series	16 9:30 TH Sit and Be Fit 10:00 GR Morning Walk with Andre 10:30 BO Brain Exercise with Andre 2:00 PL Aquasize with Marg 2:00 MT Matinee Showing of Daily Movie 3:00 TH Blackjack in Town Hall 7:00 MT Monday Night Movie	17 9:30 TH Sit and Be Fit 10:00 GR Morning Walk with Andre 10:30 TH Technology Help 1:30 MT Wellness with Pam: Healthy Topics 2:00 TH All Resident Meeting 2:00 PL Aqua Fit with Katie 2:00 MT Matinee Showing of Daily Movie 3:00 TH Better Balance with Jenny! 4:00 TH Cultivations: Bible Study with Clarence 4:00 BO Rummikub 7:00 MT Tuesday Night Movie	18 9:30 TH Sit and Be Fit 10:00 TH Balance Class with RehabCare 10:00 GR Morning Walk with Andre 1:30 PL Aqua Fit with Katie 1:30 TH Spanish Class! 2:00 MT Matinee Showing of Daily Movie 7:00 MT Wednesday Night Movie	19 9:30 TH Sit and Be Fit 10:00 GR Morning Walk with Andre 10:30 MT Meditation and Relaxation Guided by UCLA 1:30 TH Chair Yoga with Jenny 2:00 MT Matinee Showing of Daily Movie 2:00 PL Pool open 2:30 TH Hot Topic 2:30 3P Weekly Card Games 3:30 GR Happy Hour 7:00 MT Thursday Night Movies	20 9:30 TH Sit and Be Fit 10:00 GR Morning Walk with Andre 2:00 PL Aquasize with Marg 2:00 MT Matinee Showing of Daily Movie 4:00 TH Shabbat Services 7:00 MT Meet Me at the Movies	21 9:30 TH Sit and Be Fit 11:00 TH Canvas Painting Event 1:30 BO Bingo in the Bistro!! 2:00 MT Matinee Showing of Daily Movie 2:30 BO Rummikub 3:00 GR Music by the Fireplace 7:00 MT Saturday Night at the Movies
22 10:30 TH Funtastic Fitness 1:30 MT Sunday Lecture Series with Pam! 2:00 MT Matinee Showing of Daily Movie 3:30 GR Sunday Entertainment with Neil Dorval 7:00 MT Sunday Night Documentary Series	23 9:30 TH Sit and Be Fit 10:00 GR Morning Walk with Andre 2:00 PL Aquasize with Marg 2:00 MT Matinee Showing of Daily Movie 3:00 TH Blackjack in Town Hall 7:00 MT Monday Night Movie	24 9:30 TH Sit and Be Fit 10:00 GR Morning Walk with Andre 10:30 TH Technology Help 10:30 BO Therapeutic Coloring 1:30 MT Wellness with Pam: Healthy Topics 2:00 PL Aqua Fit with Katie 2:00 MT Matinee Showing of Daily Movie 3:00 TH Better Balance with Jenny! 4:00 TH Cultivations: Bible Study with Clarence 4:00 BO Rummikub 7:00 MT Tuesday Night Movie	25 9:30 TH Sit and Be Fit 10:00 TH Balance Class with RehabCare 10:00 GR Morning Walk with Andre 1:30 PL Aqua Fit with Katie 1:30 TH Spanish Class! 2:00 MT Matinee Showing of Daily Movie 7:00 MT Wednesday Night Movie	26 Thanksgiving 9:30 TH Sit and Be Fit 10:00 GR Morning Walk with Andre 10:30 MT Meditation and Relaxation Guided by UCLA 1:30 TH Chair Yoga with Jenny 2:00 MT Matinee Showing of Daily Movie 2:00 PL Pool open 2:30 3P Weekly Card Games 3:30 GR Happy Hour with Tatjana 7:00 MT Thursday Night Movies	27 9:30 TH Sit and Be Fit 10:00 GR Morning Walk with Andre 10:30 TH Wii Sports! 12:00 JK Birthday Luncheon 2:00 PL Aquasize with Marg 2:00 MT Matinee Showing of Daily Movie 4:00 TH Shabbat Services 7:00 MT Meet Me at the Movies	28 9:30 TH Sit and Be Fit 1:30 BO Bingo in the Bistro!! 2:00 MT Matinee Showing of Daily Movie 2:30 BO Rummikub 3:00 GR Music by the Fireplace 7:00 MT Saturday Night at the Movies
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FALL FESTIVAL FUN!



TRANSPORTATION SCHEDULE

MONDAY, TUESDAY AND THURSDAY

8:30 AM - 4:30 PM

Doctor Appointments

WEDNESDAY

Assisted Living Outings

Doctors appointments

Afternoon Local Shopping as available

FRIDAY

Circle of Friends Outing

SATURDAY

AM Neighborhood Scenic Drive

Afternoon Local Shopping

SUNDAY

8:30 am - 4:30 pm

Places of Worship

Afternoon Local Shopping.



FIRST EVER ALZHEIMER'S WALK IN CALABASAS!!!

We had such a blast walking for a Cure! We are still collecting donations; if you would like to donate, reach out to Andre or Cassandra :) Enjoy the photos!



THE BELMONT SCENE



BELMONT *Village*

SENIOR LIVING

CALABASAS

24141 Ventura Blvd
Calabasas, CA 91302

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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