

# THE VILLAGE NEWS

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

DECEMBER 2020



## FROM THE DESK OF



## NEW NEWSLETTER

**Nancy Nelson**  
Executive Director

A New Newsletter! This Newsletter, December 2020, will be the last BV Newsletter of its kind. We are going digital! Both residents and families will enjoy a new, modern newsletter and calendar through an app called "Spectrio Share", available on your smart phone for free. Don't worry if you don't have one--residents will still have access to calendars and schedules in the building! This new platform will allow family members to see activity

participation, communicate with their loved ones at BV, see live schedule updates, and more. We are excited to take this next step together and be able to better connect our residents and families.

## 'TIS THE SEASON TO REMEMBER

The holiday season is a time not only to enjoy family and friends, but also to recall great memories of past gatherings. Share your favorite holiday memories with your friends. How were your get-togethers similar or different?

- Many families have traditions they repeat every year. What traditions do you remember from your childhood? How about as a parent? What was your favorite tradition?
- Food is a big part of many holiday events. What types of meals did you prepare or eat during the holidays? What was your favorite dish? What was your least favorite?
- People often travel during the holiday season. Did you celebrate holidays at your own home or someone else's? Did you ever take a special holiday vacation?



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## HEALTH & WELLNESS

### IT'S THE HOLIDAYS! YUM!

It is that time of year again when we start celebrating the holidays, and often, that means eating all those delicious foods we've come to expect and love-in abundance. After all, you may only get them at this time of year. However, as one gets older, their metabolism slows and they don't need as much food to maintain good health. Following, are some tips to help you enjoy all the fabulous foods that the holidays offer, without experiencing the effects that those foods can have on you.

Continue to drink plenty of water. Water not only helps to flush toxins and cleanse the body, but it helps to make you feel full if you drink some prior and during the meal.

Avoid heavy meals, especially at night. Instead of taking a nap after a large indulgence of food, take a stroll. It helps with digestion and just feels good.

Maintain your sleep pattern. Often, we end up staying up much later than usual, but this can wear on the body and will make you feel more fatigued during quality time with friends and relatives.

Watch the salt and carbohydrate intake. Who

doesn't love a good roll or two? Enjoy a little, but realize that overindulgence of both of these things can lead to pain and swelling in joints and muscles.

Lastly, enjoy the time of the Season! Bringing joy to others with a smile, is a gift we can all give. Happy Holidays!

### BRAIN BENDER: WINDOW WORDS

Helen woke up one morning to discover that it had snowed overnight, leaving her window frosted over with condensation. Using her finger, she wrote the word "SNOWING" on the window. She then crossed out the letter "N" to create the word "SOWING." She continued crossing out one letter at a time, creating a new word each time. Finally, she had a one-letter word remaining.

Can you determine the words Helen made, and in what order?

*(Answer: Snowing, sowing, swing, wing, win, in, I. Or: Snowing, sowing, owing, wing, win, in, I.)*

### A FRUITFUL NEW YEAR

To fill up on good luck, some revelers welcome the New Year by gobbling up grapes. The Spanish tradition of eating 12 grapes, one for each month of the year ahead, dates to around the 1900s and increasingly has become part of holiday celebrations around the world.

## Save the Date



### KEEP YOUR PETS SAFE THIS WINTER

Winter arrives in December, so prepare yourself with the following tips to keep your pets safe and warm this season.

During chilly weather, pets should be kept inside as much as possible. If it's too cold for you, it's too cold for them. Never leave your pets unattended in a vehicle, as the temperature inside can dip to freezing within minutes.

When you do take your pets outside, give them the proper gear to keep them safe. Short-haired dogs and cats may need animal sweaters. Both dogs and cats can benefit from pet-friendly balms that protect their paws from cold, icy and salted sidewalks. After returning indoors, wipe your pets' feet to remove substances such as de-icing chemicals.

Be aware of how cold weather can affect your pets. Frigid temps can worsen arthritis in pets, and ailments such as diabetes, heart disease and kidney disease can make animals more vulnerable to the cold. Very young and very old pets also are more susceptible to having health concerns related to cold weather. If problems arise, don't hesitate to contact your veterinarian.

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



## HONORING OUR VETERANS

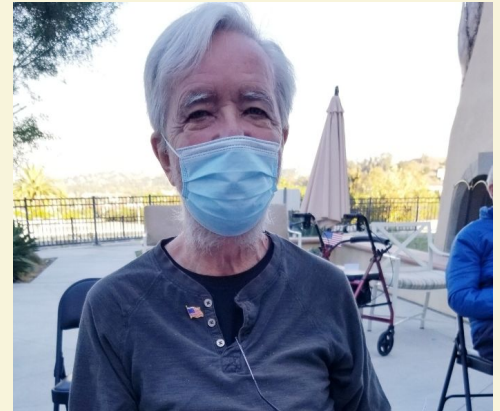
We took some time this past Veterans Day to honor those who served. We interviewed all of our Veterans here at Belmont and put together a program accompanied by music, drinks, and special snacks. It was truly a special day. If you would like a copy of the program, please contact Andre the Activities Coordinator. Enjoy the Photos!!



★ ★ ★ Veterans Day ★ ★ ★



# HONORING OUR VETERANS



## BELMONT *Village*

SENIOR LIVING

CALABASAS

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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

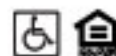
Atlanta - Buckhead and Johns Creek

Austin - Lakeway and West Lake Hills

Houston - West University and Hunters Creek



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