

THE VILLAGE NEWS

(760) 436-8900

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

AUGUST 2020



When we say “surprise me,” we are obviously looking for something new or something to change. Well, we have had some changes around here, such as...

- Our Concierge has a Reservation Log for all of our outdoor visits and it fills up quickly (remember to get your temperature and register on Accushield for your name badge)
- Residents are eating in the Dining Room and loving Chef's new creations
- Weekly Outdoor Concerts, sometimes twice a week
- Wine Down Wednesdays to rival any Sommelier
- Daily Exercise classes that would impress Jack Lalane
- Challenging Paint Classes that even the novice can do
- Spiritual Wellness Classes to help you find a sense of peace, worship and prayer
- We have Scenic Drives everywhere and are careful with masks, 6 feet apart and two buses go at once!

THE DOG DAYS OF SUMMER



“Aloha and Mahalo” says Zeus

Summers in many places are so hot, they are “not fit for a dog.”

*“Dog Days bright and clear
Indicate a happy year;
But when accompanied by rain,
For better times, our hopes
are vain.”*

We have so much to look forward to this August:

- Watermelon Day - juicy deliciousness
- Purple Heart Day - We have One! So Proud!
- Hawaiian Day - Leis, Luau, Dancers!

I look forward to all of it!
Fondly, Sheryl

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Our Patriotic Couple...Georgia and Jerry in front of their FLAG!



RESIDENT BIRTHDAYS

Rosanne S.	1st
Barbara G.	4th
Sonia M.	5th
Regina B.	11th
Malcolm M.	13th
Dorothy P.	17th
Gisela A.	19th
Marilyn U.	24th
Georgia C.	26th
Sue M.	26th



EMPLOYEE BIRTHDAYS

Morgan P.	1st
Christine V.	1st
Kassandra M.	8th
Mary Jo H.	8th
Kyla D.	11th
Joshua S.	12th
Emily M.	14th
Ashley R.	19th
Catherine Q.	21st
Amina R.	25th
Valeria V.	27th
Aurianna B.	27th
Victoria V.	27th
Jazmin A.	30th
Maricruz T.	30th

HORSING AROUND! LOL!

Our Artist/Driver, Nancie, challenged the residents to paint a horse! They galloped to the chance!



Javier smiling behind the mask!

EMPLOYEE OF THE MONTH

Javier is a happy fun loving guy and it shows as he brings that positive attitude to work to brighten up the residents' day. He is one of our wonderful PALs in the Neighborhood. He is always there when you need him! Javier wants to attend nursing school and become a nurse and continue helping people. Javier is very close to his family and they are the most important part of his life. He looks up to his nephews and says they give him inspiration and hope for the future. Congratulations, Javier!

M^onth of the Pet



This is Benny. He is a mixed breed and the sweetest boy! He's my daughter's dog, but he's been keeping me company during this hard time. Benny was rescued from an abusive family, but we saved him and showed him that he could be loved unconditionally! I love it when he comes to stay. We go on walks and watch the birds sitting in the bird feeder outside my patio door! Bette G.



Dear Residents and Families,
Have you lost anything? I have a growing collection of jewelry, wallets, glasses, etc. I would love to find the owners. Please look around to see if you have misplaced anything. I just might have what you are searching for!

Fondly, Sheryl



BV CARDIFF TRANSPORTATION*

*NOTE ALL IS PENDING FOR THE TIME BEING

Monday

Shopping Trip
Neighborhood/COF Outings

Tuesday

Northbound Doctor Drives*

Wednesday

Shopping Trip
Outing Day
Village Outing
Walking Club

Thursday

Southbound Doctor Drives*

Friday

Shopping Trip
Neighborhood/COF Outings
Walking Club

Saturday

Walking Club
Scenic Ride
Village Outing

Sunday

Church Runs: Please sign up
Scenic Ride

LYFT

Concierge can call Lyft for you



Greg and Nancie standing by to DRIVE!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<p>9:30 TH Senior Strengthening DVD 🌿</p> <p>10:15 TH Chair Aerobics with Claudia 🌿</p> <p>12:30 P ADULT SWIM 🌿</p> <p>1:30 BR "How to Draw It!" 🌿</p> <p>1:30 SR Afternoon Matinee 🌿</p> <p>3:00 Scenic Drive ✓</p> <p>7:00 SR Evening Movie 🌿</p>
<p>2 8:00 SR St. John Catholic Mass Live Stream 🌿</p> <p>9:00 BR Senior Strengthening DVD 🌿</p> <p>10:00 SR Solana Beach Pres Service Live Stream 🌿</p> <p>12:30 TH Nondenominational Bible Study 🌿</p> <p>1:30 SR Sunday Matinee 🌿</p> <p>3:00 Scenic Drive 🌿</p> <p>7:00 SR Evening Movie 🌿</p>	<p>3 9:30 BR Stand and Be Fit 🌿</p> <p>10:15 BR ZUMBA Chair Aerobics 🌿</p> <p>11:00 BR Good News and Watermelons!! 🌿</p> <p>12:00 TF Knots of Love Knitting Circle 🌿</p> <p>1:30 O Music Appreciation: LIVE! 🌿</p> <p>3:00 Scenic Drive ✓</p> <p>7:00 SR Evening Movie 🌿</p>	<p>4 9:30 BR Flexibility Class 🌿</p> <p>10:15 O Get Fit with Claudia 🌿</p> <p>11:00 BR News Currents 🌿</p> <p>1:15 C BINGO 🌿</p> <p>3:00 BR Activity Chat with Clare</p> <p>7:00 SR Evening Movie 🌿</p>	<p>5 8:00 Grocery Lists to Concierge</p> <p>9:30 BR Balance and Be Fit 🌿</p> <p>10:15 O Cardio with Claudia 🌿</p> <p>11:00 L Spiritual Wellness with Clare 🌿</p> <p>12:30 P ADULT SWIM 🌿</p> <p>1:30 SR TED Talks with Robert 🌿</p> <p>3:00 BR Wine Down Wednesday ★</p> <p>7:00 SR Evening Movie 🌿</p>	<p>6 9:30 BR Flexibility Class 🌿</p> <p>10:15 O Get Fit with Claudia 🌿</p> <p>1:30 C BINGO 🌿</p> <p>2:30 TF Tech Assistance 🌿</p> <p>3:00 O Happy Hour 🌿</p> <p>7:00 SR Evening Movie 🌿</p>	<p>7 9:30 BR Chair Aerobics 🌿</p> <p>10:15 O Balance and Be Fit with Claudia 🌿</p> <p>12:30 P ADULT SWIM! 🌿</p> <p>1:30 SR Documentary: The Purple Heart 🌿</p> <p>2:30 TH Belmont Market Open</p> <p>3:00 BR Chat with Chef and DRC 🌿</p> <p>7:00 SR Evening Movie 🌿</p>	<p>8 9:30 TH Senior Strengthening DVD 🌿</p> <p>10:15 TH Chair Aerobics with Claudia 🌿</p> <p>12:30 P ADULT SWIM 🌿</p> <p>1:30 BR "How to Draw It!" 🌿</p> <p>1:30 SR Afternoon Matinee 🌿</p> <p>3:00 Scenic Drive ✓</p> <p>7:00 SR Evening Movie 🌿</p>
<p>9 8:00 SR St. John Catholic Mass Live Stream 🌿</p> <p>9:00 BR Senior Strengthening DVD 🌿</p> <p>10:00 SR Solana Beach Pres Service Live Stream 🌿</p> <p>12:30 TH Nondenominational Bible Study 🌿</p> <p>1:30 SR Sunday Matinee 🌿</p> <p>3:00 Scenic Drive 🌿</p> <p>7:00 SR Evening Movie 🌿</p>	<p>10 9:30 BR Stand and Be Fit 🌿</p> <p>10:15 BR ZUMBA Chair Aerobics 🌿</p> <p>11:00 BR Good News of the Week 🌿</p> <p>12:00 TF Knots of Love Knitting Circle 🌿</p> <p>1:30 O Music Appreciation: LIVE! 🌿</p> <p>3:00 Scenic Drive ✓</p> <p>7:00 SR Evening Movie 🌿</p>	<p>11 9:30 BR Flexibility Class 🌿</p> <p>10:15 O Get Fit with Claudia 🌿</p> <p>11:00 BR News Currents 🌿</p> <p>1:15 C BINGO 🌿</p> <p>3:00 TH Bubbles with Baubles and Beads Jewelry Class 🌿</p> <p>7:00 SR Evening Movie 🌿</p>	<p>12 8:00 Grocery Lists to Concierge</p> <p>9:30 BR Balance and Be Fit 🌿</p> <p>10:15 O Cardio with Claudia 🌿</p> <p>11:00 L Spiritual Wellness with Clare 🌿</p> <p>12:30 P ADULT SWIM 🌿</p> <p>1:30 SR TED Talks with Robert 🌿</p> <p>3:00 BR Wine Down Wednesday ★</p> <p>7:00 SR Evening Movie 🌿</p>	<p>13 9:30 BR Flexibility Class 🌿</p> <p>10:15 O Get Fit with Claudia 🌿</p> <p>1:30 C BINGO 🌿</p> <p>2:30 TF Tech Assistance 🌿</p> <p>3:00 O Happy Hour with Peter Seltser 🌿</p> <p>7:00 SR Evening Movie 🌿</p>	<p>14 9:30 BR Chair Aerobics 🌿</p> <p>10:15 O Balance and Be Fit with Claudia 🌿</p> <p>12:30 P ADULT SWIM! 🌿</p> <p>2:30 TH Belmont Market Open</p> <p>3:00 Art with Nancie 🌿</p> <p>7:00 SR Evening Movie 🌿</p>	<p>15 India Independence Day</p> <p>9:30 TH Senior Strengthening DVD 🌿</p> <p>10:15 TH Chair Aerobics with Claudia 🌿</p> <p>12:30 P ADULT SWIM 🌿</p> <p>1:30 BR "How to Draw It!" 🌿</p> <p>1:30 SR Travel to India 🌿</p> <p>3:00 Scenic Drive ✓</p> <p>7:00 SR Evening Movie 🌿</p>
<p>16 National Tell a Joke Day</p> <p>8:00 SR St. John Catholic Mass Live Stream 🌿</p> <p>9:00 BR Senior Strengthening DVD 🌿</p> <p>10:00 SR Solana Beach Pres Service Live Stream 🌿</p> <p>12:30 TH Nondenominational Bible Study 🌿</p> <p>1:30 SR Sunday Matinee 🌿</p> <p>3:00 Scenic Drive 🌿</p> <p>7:00 SR Evening Movie 🌿</p>	<p>17 9:30 BR Stand and Be Fit 🌿</p> <p>10:15 BR ZUMBA Chair Aerobics 🌿</p> <p>11:00 BR Good News of the Week 🌿</p> <p>12:00 TF Knots of Love Knitting Circle 🌿</p> <p>1:30 O Music Appreciation: LIVE! 🌿</p> <p>3:00 Scenic Drive ✓</p> <p>7:00 SR Evening Movie 🌿</p>	<p>18 Northbound Doctor Drives</p> <p>9:30 BR Flexibility Class 🌿</p> <p>10:15 O Get Fit with Claudia 🌿</p> <p>11:00 BR News Currents 🌿</p> <p>1:15 C BINGO 🌿</p> <p>3:00 TH Travel Log with Hernan 🌿</p> <p>7:00 SR Evening Movie 🌿</p>	<p>19 8:00 Grocery Lists to Concierge</p> <p>9:30 BR Balance and Be Fit 🌿</p> <p>10:15 O Cardio with Claudia 🌿</p> <p>11:00 L Spiritual Wellness with Clare 🌿</p> <p>12:30 P ADULT SWIM 🌿</p> <p>1:30 SR TED Talks with Robert 🌿</p> <p>2:00 TH Resident Meeting and Welcome Social 🌿</p> <p>3:00 BR Wine Down Wednesday ★</p> <p>7:00 SR Evening Movie 🌿</p>	<p>20 National Radio Day</p> <p>9:30 BR Flexibility Class 🌿</p> <p>10:15 O Get Fit with Claudia 🌿</p> <p>1:30 C BINGO 🌿</p> <p>1:30 SR Garrison Keillor Summer Soiree 🌿</p> <p>2:30 TF Tech Assistance 🌿</p> <p>3:00 O Happy Hour with Double Take 🌿</p> <p>7:00 SR Evening Movie 🌿</p>	<p>21 9:30 BR Chair Aerobics 🌿</p> <p>10:15 O Balance and Be Fit with Claudia 🌿</p> <p>12:00 Poetry with Fancy Nancie 🌿</p> <p>12:30 P ADULT SWIM! 🌿</p> <p>2:30 TH Belmont Market Open</p> <p>7:00 SR Evening Movie 🌿</p>	<p>22 9:30 TH Senior Strengthening DVD 🌿</p> <p>10:15 TH Chair Aerobics with Claudia 🌿</p> <p>12:30 P ADULT SWIM 🌿</p> <p>1:30 BR "How to Draw It!" 🌿</p> <p>1:30 SR Afternoon Matinee 🌿</p> <p>3:00 Scenic Drive ✓</p> <p>7:00 SR Evening Movie 🌿</p>
<p>23 8:00 SR St. John Catholic Mass Live Stream 🌿</p> <p>10:00 SR Solana Beach Pres Service Live Stream 🌿</p> <p>12:30 TH Nondenominational Bible Study 🌿</p> <p>1:30 SR Sunday Matinee 🌿</p> <p>3:00 Scenic Drive 🌿</p>	<p>24 National Peach Pie Day</p> <p>9:30 BR Stand and Be Fit 🌿</p> <p>11:00 BR Good News of the Week 🌿</p> <p>12:00 TF Knots of Love Knitting Circle 🌿</p> <p>1:30 O Music Appreciation: LIVE! 🌿</p> <p>3:00 Scenic Drive ✓</p>	<p>25 Northbound Doctor Drives</p> <p>9:30 BR Flexibility Class 🌿</p> <p>10:15 O Get Fit with Claudia 🌿</p> <p>11:00 BR News Currents 🌿</p> <p>1:15 C BINGO 🌿</p> <p>3:00 L Book Club Chat 🌿</p> <p>7:00 SR Evening Movie 🌿</p>	<p>26 8:00 Grocery Lists to Concierge</p> <p>9:30 BR Balance and Be Fit 🌿</p> <p>10:15 O Cardio with Claudia 🌿</p> <p>11:00 L Spiritual Wellness with Clare 🌿</p> <p>12:30 P ADULT SWIM 🌿</p> <p>1:30 SR TED Talks with Robert 🌿</p> <p>3:00 BR Wine Down Wednesday ★</p> <p>7:00 SR Evening Movie 🌿</p>	<p>27 Southbound Doctor Drives</p> <p>9:30 BR Flexibility Class 🌿</p> <p>10:15 O Get Fit with Claudia 🌿</p> <p>1:30 C BINGO 🌿</p> <p>2:30 TF Tech Assistance 🌿</p> <p>3:00 BR Hawaiian Flower Headpieces 🌿</p> <p>7:00 SR Evening Movie 🌿</p>	<p>28 Hawaiian Day</p> <p>9:30 BR Chair Aerobics 🌿</p> <p>10:15 O Balance and Be Fit with Claudia 🌿</p> <p>11:00 JK Island Luau Lunch ★</p> <p>1:00 O Sounds of Hawaii ★</p> <p>2:00 Hula and Tahitian Show ★</p> <p>2:30 TH Belmont Market Open</p> <p>7:00 SR Evening Movie 🌿</p>	<p>29 9:30 TH Senior Strengthening DVD 🌿</p> <p>10:15 TH Chair Aerobics with Claudia 🌿</p> <p>12:30 P ADULT SWIM 🌿</p> <p>1:30 BR "How to Draw It!" 🌿</p> <p>1:30 SR Afternoon Matinee 🌿</p> <p>3:00 Scenic Drive ✓</p> <p>7:00 SR Evening Movie 🌿</p>
<p>30 8:00 SR St. John Catholic Mass Live Stream 🌿</p> <p>10:00 SR Solana Beach Pres Service Live Stream 🌿</p> <p>12:30 TH Nondenominational Bible Study 🌿</p> <p>1:30 SR Sunday Matinee 🌿</p> <p>7:00 SR Evening Movie 🌿</p>	<p>31 9:30 BR Stand and Be Fit 🌿</p> <p>11:00 BR Good News of the Week 🌿</p> <p>12:00 TF Knots of Love Knitting Circle 🌿</p> <p>1:30 O Music Appreciation: LIVE! 🌿</p> <p>3:00 Scenic Drive ✓</p>					

IN-HOUSE SERVICES

Physical, Occupational and Speech

Therapy

ReHabCare

Located on L3,
in the Center for Life

Marketplace (TH)

Toiletries and Sundries
(open FRI 2:30 pm)

Optometry/Podiatry

Go to the 2nd Floor Wellness
Center for
sign-up and availability

Audiologist - Coastal Hearing (TF)

As needed see Wellness Center

Salon (3rd Floor)

OPENING SOON

Dry Cleaning

Pick up and drop off Monday
Please leave with the Concierge

Notary Public

On site, by appointment only

Terry the Dog Walker

Please call Terry at 760-753-6378



*We have become Hairstylists,
Colorists, and Manicurists ... but won't
give up our day jobs!!*



STRENGTHENING YOUR IMMUNE SYSTEM

The main job of the immune system is to fight infection and reduce the risk of contracting contagious diseases. There are many steps individuals can take to strengthen the immune system, and reinforce the body's defenses.

Follow a healthy diet.

Eat a healthy, nutrient-rich diet to help fight viruses. A diet rich in fruits, vegetables, nuts, and legumes contains vitamins and antioxidants that help boost the immune system, and promotes good health.

Get active.

Engaging in moderate exercise helps strengthen the immune system. Regular physical activity helps the body fight infections. Thirty minutes of physical activity three times a

week such as walking, swimming, and yoga are all good ways to stay active.

Get enough sleep.

Lack of sleep can suppress the immune system. It is important to get seven to nine hours of sleep per night. To help sleep better, keep your room dark, quiet and cool. Maintain a regular sleep-wake schedule to optimize the quality of your sleep.

Maintaining healthy stress levels.

Lowering your stress level is an important way to help the immune system. Chronic stress lowers your immune response, making you susceptible to illness. Take part in activities you enjoy such as reading, gardening, meditation, and exercise to manage and lower stress. Attend Music Classes and Spiritual Wellness Class to lift your spirits weekly!



CIRCLE OF FRIENDS: OLYMPICS 2020

The official summer Olympics may be cancelled but Circle of Friends will be holding our own summer Olympics. We are going to put our champions to the test with some fun backyard games. Whether it is decorating vases or painting a firework portrait, our artists never fail to shine.

Some of the photos are from last month's Father's Day celebration. To celebrate these special men we had delicious deli sandwiches with a nice cold beer (root beer that is). As for entertainment, Circle of Friends hosted Daddy-O-Games, a series of fun activities guaranteed to put a smile on everyone's face. We had our very own casino. We also had a "deer hunt" with our very own Suzanna sacrificing herself to be the deer. And, we cannot forget about every dads' favorite game ... GOLF!



Pong, Paint and Ceramics ...
Oh My!



Poker Faces!



THE VILLAGE SCENE



Robert working on Father's Day!



Fresh Air and Sunshine!



Sue and Mango visiting!



Happy Birthday Elizabeth!



The Original Frenchie!



Lisa Nail'd IT with Regina!

BELMONT *Village*

SENIOR LIVING

CARDIFF BY THE SEA

3535 Manchester Avenue
Cardiff By the Sea, CA 92007

RCFE Lic. 374603231

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

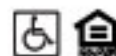
Atlanta - Buckhead and Johns Creek

Austin - Lakeway and West Lake Hills

Houston - West University and Hunters Creek



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