

THE VILLAGE NEWS

(760) 436-8900

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



OCTOBER 2020

FROM OUR EXECUTIVE DIRECTOR



I would like to take the time to thank everyone for a lovely welcome to Belmont Village Cardiff by the Sea. If I haven't met you yet, I look forward to meeting you. It has always been a dream for my family to relocate to the San Diego area and be closer to family.

I was born and raised in Michigan and moved out to Arizona following graduation at Eastern Michigan University in 2009. I started working for Belmont in 2012. I have worked in Arizona, Texas, and California with Belmont and look forward to settling down here in San Diego. I have a beautiful baby girl (2 years old), Harper Irelynn, who is my world and have

another one on the way due this January. I look forward to exploring the area, and enjoying more time in the fresh air. I love to travel and explore the city I live in.

I look forward to meeting all the staff, residents and their family members. My office is in the administrative office on the second floor, so please stop by; my door is always open.

In September we celebrated National Assisted Living Week. Thank you to the heroic staff, for your hard work, dedication, and grace during this time. Thank you for coming to work each day and serving our residents. The employees at Belmont Village Cardiff by the Sea are truly essential. The leadership team greatly appreciates each and every one of you.

In September we were thrilled to resume dining, indoor and outdoor visitations with safety protocols in place. There is nothing more special than visiting with our loved ones. It is nice to welcome you all back to the community.



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BV CARDIFF'S ESSENTIALS!



Ariana and Nancie cooling off with Popsicles from Dave!

KEEP CALM AND CELEBRATE OCTOBER BIRTHDAYS

OCTOBER RESIDENT BIRTHDAYS

Nancy S.	2nd
Coke C.	6th
Janilee S.	6th
Marilyn V.	6th
Don S.	7th
Barbara M.	10th
Lou S.	20th
Sophie S.	21st
Ann H.	22nd
Dick R.	24th
Rose C.	27th

EMPLOYEE BIRTHDAYS

Mark A.	3rd
Ashley C.	4th
Mikaela A.	12th
Lilia P.	12th
Chelsea M.	15th
Clare H.	17th
Ariana B.	23rd
Karla M.	25th
Mai S.	25th
Yesenia R.	25th

ROCKTOBER ... !

October 1

Oktoberfest/Birthday Party!

For all those Birthdays that went unnoticed due to COVID, here is your day! We will have George, the Accordion Player, and Beer, Wine and Pretzels. Come let us Celebrate You!

October 2

Crazy Hair Fashion Show

We all know what COVID did to our Hair...let's celebrate it and show off! We will help "Lift" you up in the Salon! You will Rock the Runway!

October 21

Resident Meeting

We Need to Meet and Greet and Treat Ourselves after a Long Dry Spell! Come meet your Resident Council Leaders and Our New Residents and Share in the Camaraderie of our Cardiff Community!



October 17

WALK TO END ALZHEIMER'S

While we are disappointed we can't be in person this year due to COVID, we are excited about the flexibility the virtual Walk4ALZ brings. We can start the walk at any time from anywhere.

October 22

Yappy Hour Dog Show

It's our Annual Yappy Hour Dog Show and it falls on National Make a Dog's Day! Bring your dog and walk them on the "catwalk"!

October 31

Halloween Sock Hop



"WHY DO FOOLS FALL IN LOVE?"



Daddy Michael and sweet Kaylani

EMPLOYEE OF THE MONTH

We are so happy to Congratulate Michael, our Med Tech, as the Employee of the Month. He has been working here in BV Cardiff for 5 years and has enjoyed every minute of it. Michael is always running and willing to help all in need. He enjoys going on vacation and spending time with his family. He has one daughter, Kaylani, and she is 5 years old. His plan for the future is to work for a hospital and help those in need. He is currently going to school to be a Certified Medical Assistant.

FROM WORRIERS TO WARRIORS!

“The **definition** of a **warrior** is someone who stands up and fights for what they believe in using plenty of courage and skill. The **definition** of a **worrier** is someone who is inclined to **worry**, someone who constantly doubts and underestimates themselves.” Here at Cardiff we have No Time to Worry! We are busy with Exercising, Walking, Painting, Decorating, Music Class, Wine Class, Good News (no bad news), Spiritual Wellness Class, Knitting Gifts, and much more. Our residents are schooling us in resilience! The program with UCSD proved our residents can survive through tough circumstances and still come out smiling on the other end!

We are back to families visiting outside and in! Please call the Concierge to schedule your visit!



CARDIFF KOOK



A famous or infamous statue of a surfer named the Magic Carpet Ride is what all know as the Cardiff Kook. The nickname of the Cardiff Kook comes from the derogatory slang for a wannabe surfer and reflects the low opinion that the local surfers have of the sculpture!

The sculpture began to attract pranksters who dress the surfer in various attire and costumes and at times, backdrops. The list of such pranks is extensive, often coordinated with the current events.

While technically classified as vandalism, some declare these acts “Art” and it has been a boom for tourism trade.

There is hardly a Belmont Scenic Ride that does not include a drive by of the Kook. The Belmont drivers are always up for a Kook drive by. Look out for the costumes on the Kook for Halloween!

Cheers, MacD

BV CARDIFF TRANSPORTATION*

*NOTE ALL IS PENDING (please refer to the Daily Schedule)

Monday

Walking Club
Neighborhood/COF Scenic Drives
IL/AL Scenic Drive

Tuesday

Walking Club
Northbound Doctor Drives

Wednesday

Walking Club
Personal Shopping Day
Village Scenic Drive

Thursday

Walking Club
Southbound Doctor Drives

Friday

Walking Club
Neighborhood/COF Scenic Drives

Saturday

Walking Club
IL/AL Scenic Ride

Sunday

Walking Club
IL/AL Scenic Drive

LYFT

Concierge can call Lyft for you

ALZ FUNDRAISER!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>National Taco Day 4</p> <p>8:00 SR St. John Catholic Mass Live Stream 🌿 9:00 BR Senior Strengthening DVD 🌿 10:00 SR Solana Beach Pres Service Live Stream 🌿 11:00 GR Walkabout Belmont 🌿 12:30 TH Nondenominational Bible Study 🌿 1:30 SR Sunday Matinee - Opera 🌿 3:00 Scenic Drive 🌿 7:00 SR The Metropolitan Opera 🌿</p>	 <p>9:30 BR Stand and Be Fit 🌿 10:15 BR ZUMBA Chair Aerobics 🌿 11:00 BR Good News of the Week 🌿 11:00 GR Walkabout Belmont 🌿 12:00 TF Knots of Love Knitting Circle 🌿 1:30 O Music Appreciation 🌿 3:00 Scenic Drive ✓ 7:00 SR Evening Movie 🌿</p>	 <p>Northbound Doctor Drives 6</p> <p>9:30 BR Flexibility Class 🌿 10:15 O Get Fit with Claudia 🌿 11:00 BR News Currents 🌿 11:00 GR Walkabout Belmont 🌿 1:15 C BINGO 🌿 1:30 SR Travel-ish Shows! 🌿 3:00 BR Art with Nancie! 🌿 7:00 SR Evening Movie 🌿</p>	 <p>8:00 GR Grocery Lists to Concierge 9:30 BR Balance and Be Fit 🌿 10:15 O Cardio with Claudia 🌿 11:00 L Spiritual Wellness with Clare 🌿 11:00 GR Walkabout Belmont 🌿 1:30 SR TED Talks with Robert 🌿 3:00 BR Wine Down Wednesday ★ 7:00 SR Evening Movie 🌿</p>	<p>OKTOBERFEST/ Birthday Party! 1</p> <p>9:30 BR Flexibility Class 🌿 10:15 O Get Fit with Claudia 🌿 11:00 GR Walkabout Belmont 🌿 1:15 C BINGO 🌿 3:00 O Oktoberfest/Birthday Party ★ 7:00 SR Evening Movie 🌿</p>	<p>Crazy Hair Day 2</p> <p>9:30 BR Chair Aerobics 🌿 10:15 O Balance and Be Fit with Claudia 🌿 11:00 GR Walkabout Belmont 🌿 12:00 S Crazy Hairdos! ★ 2:30 TH Belmont Market Open 3:00 O Crazy Hair Fashion Show ★ 3:00 P Water Aerobics/FREE SWIM 🌿 7:00 SR Evening Movie 🌿</p>	<p>9:30 TH Senior Strengthening DVD 🌿 10:15 TH Chair Aerobics with Claudia 🌿 11:00 GR Walkabout Belmont 🌿 1:15 BR BINGO NEW! 🌿 1:30 BR "How to Draw It!" 🌿 1:30 SR Afternoon Matinee 🌿 3:00 Scenic Drive ✓ 7:00 SR Evening Movie 🌿</p>
<p>National Clergy Appreciation Day 11</p> <p>8:00 SR St. John Catholic Mass Live Stream 🌿 9:00 BR Senior Strengthening DVD 🌿 10:00 SR Solana Beach Pres Service Live Stream 🌿 11:00 GR Walkabout Belmont 🌿 12:30 TH Nondenominational Bible Study 🌿 1:30 SR Sunday Matinee - Opera 🌿 3:00 Scenic Drive 🌿 7:00 SR The Metropolitan Opera 🌿</p>	<p>Columbus Day 12</p> <p>9:30 BR Stand and Be Fit 🌿 10:15 BR ZUMBA Chair Aerobics 🌿 11:00 BR Good News of the Week 🌿 11:00 GR Walkabout Belmont 🌿 12:00 TF Knots of Love Knitting Circle 🌿 1:30 O Music Appreciation 🌿 3:00 Scenic Drive ✓ 7:00 SR Evening Movie 🌿</p>	<p>Northbound Doctor Drives 13</p> <p>9:30 BR Flexibility Class 🌿 10:15 O Get Fit with Claudia 🌿 11:00 BR News Currents 🌿 11:00 GR Walkabout Belmont 🌿 1:15 C BINGO 🌿 1:30 SR Travel-ish Shows! 🌿 3:00 TH Bubbles with Baubles and Beads Jewelry Class 🌿 7:00 SR Evening Movie 🌿</p>	<p>8:00 GR Grocery Lists to Concierge 9:30 BR Balance and Be Fit 🌿 10:15 O Cardio with Claudia 🌿 11:00 L Spiritual Wellness with Clare 🌿 11:00 GR Walkabout Belmont 🌿 1:30 SR TED Talks with Robert 🌿 3:00 BR Wine Down Wednesday ★ 7:00 SR Evening Movie 🌿</p>	<p>Southbound Doctor Drives 15</p> <p>9:30 BR Flexibility Class 🌿 10:15 O Get Fit with Claudia 🌿 11:00 GR Walkabout Belmont 🌿 1:15 C BINGO 🌿 2:00 TF Tech Assistance 🌿 3:00 O Happy Hour with Celeste 🌿 7:00 SR Evening Movie 🌿</p>	<p>9:30 BR Chair Aerobics 🌿 10:15 O Balance and Be Fit with Claudia 🌿 11:00 GR Walkabout Belmont 🌿 2:30 TH Belmont Market Open 3:00 P Water Aerobics/FREE SWIM 🌿 7:00 SR Evening Movie 🌿</p>	<p>Walk to End Alzheimer's! 17</p> <p>9:30 TH Senior Strengthening DVD 🌿 10:15 TH Chair Aerobics with Claudia 🌿 11:00 GR Walkabout Belmont 🌿 1:15 BR BINGO NEW! 🌿 1:30 BR "How to Draw It!" 🌿 1:30 SR Afternoon Matinee 🌿 3:00 Scenic Drive ✓ 7:00 SR Evening Movie 🌿</p>
<p>8:00 SR St. John Catholic Mass Live Stream 🌿 9:00 BR Senior Strengthening DVD 🌿 10:00 SR Solana Beach Pres Service Live Stream 🌿 11:00 GR Walkabout Belmont 🌿 12:30 TH Nondenominational Bible Study 🌿 1:30 SR Sunday Matinee - Opera 🌿 3:00 Scenic Drive 🌿 7:00 SR The Metropolitan Opera 🌿</p>	<p>9:30 BR Stand and Be Fit 🌿 10:15 BR ZUMBA Chair Aerobics 🌿 11:00 BR Good News of the Week 🌿 11:00 GR Walkabout Belmont 🌿 12:00 TF Knots of Love Knitting Circle 🌿 1:30 O Music Appreciation 🌿 3:00 Scenic Drive ✓ 7:00 SR Evening Movie 🌿</p>	<p>Northbound Doctor Drives 20</p> <p>9:30 BR Flexibility Class 🌿 10:15 O Get Fit with Claudia 🌿 11:00 BR News Currents 🌿 11:00 GR Walkabout Belmont 🌿 1:15 C BINGO 🌿 1:30 SR Travel-ish Shows! 🌿 3:00 TH Paint and Prosecco with Nancie 🌿 7:00 SR Evening Movie 🌿</p>	<p>Nat'l Pumpkin Cheesecake Day! 21</p> <p>8:00 GR Grocery Lists to Concierge 9:30 BR Balance and Be Fit 🌿 10:15 O Cardio with Claudia 🌿 11:00 L Spiritual Wellness with Clare 🌿 11:00 GR Walkabout Belmont 🌿 1:30 SR TED Talks with Robert 🌿 2:00 TH Resident Meeting - Join Us! 🌿 3:00 BR Wine Down Wednesday ★ 7:00 SR Evening Movie 🌿</p>	<p>Nat'l Make a Dog's Day! 22</p> <p>9:30 BR Flexibility Class 🌿 10:15 O Get Fit with Claudia 🌿 11:00 GR Walkabout Belmont 🌿 1:15 C BINGO 🌿 2:00 TF Tech Assistance 🌿 3:00 O Yappy Hour-Dog Show! 🌿 7:00 SR Evening Movie 🌿</p>	<p>National Boston Creme Pie Day 23</p> <p>9:30 BR Chair Aerobics 🌿 10:15 O Balance and Be Fit with Claudia 🌿 11:00 GR Walkabout Belmont 🌿 2:30 TH Belmont Market Open 3:00 P Water Aerobics/FREE SWIM 🌿 7:00 SR Evening Movie 🌿</p>	<p>9:30 TH Senior Strengthening DVD 🌿 10:15 TH Chair Aerobics with Claudia 🌿 11:00 GR Walkabout Belmont 🌿 1:15 BR BINGO NEW! 🌿 1:30 BR "How to Draw It!" 🌿 1:30 SR Afternoon Matinee 🌿 3:00 Scenic Drive ✓ 7:00 SR Evening Movie 🌿</p>
<p>8:00 SR St. John Catholic Mass Live Stream 🌿 9:00 BR Senior Strengthening DVD 🌿 10:00 SR Solana Beach Pres Service Live Stream 🌿 11:00 GR Walkabout Belmont 🌿 12:30 TH Nondenominational Bible Study 🌿 1:30 SR Sunday Matinee - Opera 🌿 3:00 Scenic Drive 🌿 7:00 SR The Metropolitan Opera 🌿</p>	<p>National Mincemeat Day! 26</p> <p>9:30 BR Stand and Be Fit 🌿 10:15 BR ZUMBA Chair Aerobics 🌿 11:00 BR Good News of the Week 🌿 11:00 GR Walkabout Belmont 🌿 12:00 TF Knots of Love Knitting Circle 🌿 1:30 O Music Appreciation 3:00 GR Mince Pies and Christmas Ale! 🌿 7:00 SR Evening Movie 🌿</p>	<p>Northbound Doctor Drives 27</p> <p>9:30 BR Flexibility Class 🌿 10:15 O Get Fit with Claudia 🌿 11:00 BR News Currents 🌿 11:00 GR Walkabout Belmont 🌿 1:15 C BINGO 🌿 1:30 SR Travel-ish Shows! 🌿 3:00 L Book Club Chat 🌿 7:00 SR Evening Movie 🌿</p>	<p>Nat'l Chocolate Day 28</p> <p>8:00 GR Grocery Lists to Concierge 9:30 BR Balance and Be Fit 🌿 10:15 O Cardio with Claudia 🌿 11:00 L Spiritual Wellness with Clare 🌿 11:00 GR Walkabout Belmont 🌿 1:30 SR TED Talks with Robert 🌿 3:00 BR Tea Talk with Ashley! 🌿 7:00 SR Evening Movie 🌿</p>	<p>Southbound Doctor Drives 29</p> <p>9:30 BR Flexibility Class 🌿 10:15 O Get Fit with Claudia 🌿 11:00 GR Walkabout Belmont 🌿 1:15 C BINGO 🌿 2:00 TF Tech Assistance 🌿 3:00 O Happy Hour with Double Take 🌿 7:00 SR Evening Movie 🌿</p>	<p>Happy October Birthdays! 30</p> <p>9:30 BR Chair Aerobics 🌿 10:15 O Balance and Be Fit with Claudia 🌿 11:00 JK Resident Birthday Lunch ★ 11:00 GR Walkabout Belmont 🌿 2:30 TH Belmont Market Open 3:00 P Water Aerobics/FREE SWIM 🌿 7:00 SR Evening Movie 🌿</p>	<p>Halloween Sock Hop 31</p> <p>9:30 TH Senior Strengthening DVD 🌿 10:15 TH Chair Aerobics with Claudia 🌿 10:30 GR Sock Hop Accessories ★ 1:15 BR BINGO NEW! 🌿 1:30 BR "How to Draw It!" 🌿 1:30 SR Afternoon Matinee 🌿 2:45 O Sock Hop with Peter Seltser ★ 7:00 SR Evening Movie 🌿</p>

IN-HOUSE SERVICES

Physical, Occupational and Speech

Therapy

ReHabCare

Located on L3, in the GYM

Marketplace (TH)

Toiletries and Sundries

Optometry/Podiatry

Go to the 2nd Floor Wellness

Center for

sign-up and availability

Audiologist - Coastal Hearing (TF)

As needed see Wellness Center

Dry Cleaning

Pick up and drop off Monday

Please leave with the Concierge

Notary Public

On site, by appointment only

with Robert

Terry the Dog Walker

Please call Terry at 760-753-6378

Salon (3rd Floor)

WE ARE OPEN!

Our new Stylist is Haley and

appointments can be made on

MON, WED and FRI

BV CARDIFF SALON IS OPEN FOR BUSINESS!



Make your appt with Haley!



BREAST CANCER AWARENESS MONTH

In countries all over the world, October is marked as Breast Cancer Awareness month to help increase attention and support to the disease. We still have quite a way to go to bring this disease to the forefront of everyone's attention. As this time of the year rolls around, it is a great reminder to practice these preventative measures for cancer and in order to maintain good health:

- **Maintain a healthy weight:** The American Cancer Society recommends you stay at a healthy weight by balancing your food intake and physical activity. Choose healthy options when ordering food and always try to regulate portion control.

- **Be physically active:** Regular exercise can lower the risk of breast cancer, such as going on a walk every day, swimming, exercise class, yoga class, and just keeping active.
- **Eat your fruits & vegetables** – and avoid too much alcohol: A healthy diet can help lower the risk of breast cancer. Try to eat a lot of fruits and vegetables and keep alcohol at moderate levels or lower.
- **Don't smoke:** Smoking can lower quality of life and cause at least 15 cancers – including breast cancer.

Although there are a few preventative measures you can take, it is always a good idea to go in for a screening yearly. Take time this month to be aware, support the cause, and get informed!

NEIGHBORHOOD NOTES...

Mereani does it again! She challenged the residents in the NBH to write a song about the beautiful Bird of Paradise growing in their lovely Garden. They all rose to the challenge and it is truly a work of art and wonderful composition.

(Please sing to the tune of "Edelweiss")

BIRD OF PARADISE

Bird of Paradise
Bird of Paradise

Every Morning we Greet you
Tall and Bright
Orange and Light

Every Morning you Inspire us
Blossom of Joy

That you Bloom for us
Bloom for us with Happiness

Bird of Paradise
Bird of Paradise

Bless our Friends here Forever!



ALOHA FROM THE NEIGHBORHOOD

They are very busy in the Neighborhood these days. Since they couldn't go to Hawaii ... Hawaii came to them! After making Leis and dressing in their finest Muumuus and Hawaiian shirts ... it was time to party!



Bobby and his Blue Hawaiian Lei!



Janet had many flowers to choose from!



Carole getting ready for the Luau!



Hawaii ... here we come!



Liana and her Dancers Hula!



Florence in an Aloha State of Mind!

ESSENTIALS JUST WANNA HAVE FUN!



THE VILLAGE SCENE



Tamiko in Bubbles, Baubles and Beads!



Sharon LOVES Watermelon! LOL!



Happy Hour with Parasols!



Eugene and Son visit!



Gisela and Anne Marie got Game!



Bonnie and Her Loving Blessings!

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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