

THE VILLAGE NEWS

(760) 436-8900

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

FROM OUR EXECUTIVE DIRECTOR

This time of year is one of my favorites. It is a time of year to gather with family and friends to give thanks for our many blessings. This year, of course, is different than any other. I think it is as important as ever to cherish family and friends. With that said, we need to be mindful of how we gather or celebrate together. Turkey dinners, cranberries, candied yams, stuffing, mashed potatoes, pumpkin pie, football games and family gatherings are all commonly associated with our annual celebration of giving thanks. Indeed, the staple foods of a traditional Thanksgiving dinner will not only feed your holiday appetite, but their nutrients can also nourish your brain. The meal's centerpiece, turkey, contains an amino acid used to produce dopamine, a chemical that improves mental alertness and memory, bread crusts often used in stuffing are rich in antioxidants, and the side dish cranberries are also packed with them. Research suggests that antioxidants stave off brain aging and enhance cognitive function. In America, we all know that our Thanksgiving Day

tradition began in August of 1620, when the Mayflower set sail from Southampton, England. Her 102 passengers were to become some of the founding pilgrims of our nation. More than half of these original pilgrims did not survive the first, long, bleak New England winter. The survivors built homes, planted crops, and began friendships with local Indian tribes. After reaping their first harvest in the fall of 1621, the pilgrims dedicated a day for thanking God for the bounty with which He had blessed them. Their governor William Bradford commented, "Thus out of small beginnings greater things have been produced by His hand that made all things of nothing, and gives being to all things that are." So, as we reflect on the many reasons we have come together in this Belmont community, I am thankful for all of you. I hope everyone gets some time to relax and rejuvenate their soul, as this has been a challenging ride for all this year, but I believe we must look at the positive things in our lives and give thanks to all the good things.

Happy Thanksgiving,
Everyone!
Ashley



NOVEMBER 2020

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RESIDENT NOVEMBER BIRTHDAYS

Joyce N.	5th
Bob R.	9th
Anita A. 102!!!	11th
Steve H.	23rd
Sharon G.	26th
Bill B.	27th



EMPLOYEE BIRTHDAYS

Faith S., Daisy S.	2nd
Catalina L., Vanessa B.	3rd
Erika C.	4th
Jose H.	5th
Nancie L.	7th
Melissa D., Kim T.	8th
Rubi L.	9th
Jackie T.	11th
Monica M.	13th
Arcelia B.	18th
Willie J.	27th
Nataly M.	29th
Kristine P.	30th

NEW FACES ...



... IN NEW PLACES!

Welcome Teri to our Human Resources! She brings years of experience with her to create a culture of fun for our employees. She is a mother of five and has three grandkids! She has a wonderful husband, and they have many family get-togethers!

Welcome to our new Chef in Town! Raymond is here to bring years of experience and assistance. He left Pala Casino to be with us. He feels very fortunate to be here. In his free time, he relaxes in his yard, watches the hummingbirds and reads!

Our latest edition to the Belmont Village Cardiff Family is Tanner Ryan Eldridge. He entered the world on July 16 and weighed 8 lbs. 7 oz. He is the second son of Melissa in our Sales and Marketing Dept. We are so happy for you all!



Juan Carlos always smiling!

EMPLOYEE OF THE MONTH

Congratulations to our Pal Juan Carlos, who has been with us here at Cardiff since 2012! Juan Carlos says, "I work in the Neighborhood, and it has been an honor to care for our seniors overnight. My goal is to serve our seniors with the best care. When I'm not working at Belmont, I spend my time with my beautiful family. I'm very happy to come to work each night; I work with a great team." He is a father to two beautiful daughters aged 15 and 17!

Thank you, Juan Carlos, from all of us!

OUR WWII HEROES!

We are truly the “Home of the Brave” here at Belmont Village Cardiff! We are so proud to be the home of six World War II Veterans including 23 other Resident Veterans and three Employee Veterans!

Thank you for serving our country and protecting our freedoms. Today and every day we are grateful for your sacrifices.



Coke (Army) and Greg (Marines) Band of Brothers!



Amy (Coast Guard) and Nataly smiling all the time!



Robert (Air Force)



Steve (Air Force, Navy, Merchant Marines)



John (Navy)

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daylight Saving Time Ends! 1 8:00 SR St. John Catholic Mass Live Stream 9:00 GR Altar Display for Dia De Los Muertos 9:00 L3 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 Opera	9:30 L3 Stand and Be Fit 10:15 L3 ZUMBA Vibes with Emily! 11:00 L3 Good News of the Week 11:00 GR Walkabout Belmont 12:30 TF Knots of Love Knitting Circle 1:30 O Music Appreciation: Mozart's Music 3:00 Scenic Drive 7:00 SR Evening Movie	Election Day! 3 9:30 L3 Resistance Bands Training 10:15 O Get Fit with Claudia 11:00 L3 Election Watch 11:00 GR Walkabout Belmont 1:15 C BINGO 2:30 L3 Activity Chat with Clare 3:00 L3 Chat with Chef and DRC 7:00 SR Evening Movie: Wizard of OZ!	8:00 GR Grocery Lists to Concierge 9:30 L3 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 L3 Wine Down Wednesday 7:00 SR Evening Movie	9:30 L3 Resistance Bands Training 10:15 O Get Fit with Claudia 11:00 L Poetry with Nancie! 11:00 GR Walkabout Belmont 1:30 C BINGO 3:00 O George on the Accordion and Beers! 7:00 SR Evening Movie	National Nacho Day 6 9:30 L3 Chair Aerobics 10:15 O Balance and Be Fit with Claudia 11:00 GR Walkabout Belmont 1:30 L3 Art with Nancie! 2:30 TH Belmont Market Open 3:00 GR Nachopalooza! 7:00 SR Evening Movie	9:30 TH Senior Strengthening DVD 10:15 TH Chair Aerobics with Claudia 11:00 GR Walkabout Belmont 1:15 L3 BINGO 1:30 SR KPBS Series: Flesh and Blood 3:00 Scenic Drive 7:00 SR Evening Movie
8:00 SR St. John Catholic Mass Live Stream 9:00 L3 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 Opera	9:30 L3 Stand and Be Fit 10:15 L3 ZUMBA Vibes with Emily! 11:00 L3 Good News of the Week 11:00 GR Walkabout Belmont 12:30 TF Knots of Love Knitting Circle 1:30 O Music Appreciation: Musical Salute to American Veterans 3:00 Scenic Drive 7:00 SR Evening Movie	245th Birthday of the USMC 10 9:30 L3 Resistance Bands Training 10:15 O Get Fit with Claudia 11:00 L3 News Currents 11:00 GR Walkabout Belmont 1:15 C BINGO 3:00 O Special Celebration! 7:00 SR Evening Movie	Veterans Day 11 8:00 GR Grocery Lists to Concierge 9:30 L3 Balance and Be Fit 10:15 O Cardio with Claudia 11:00 L Spiritual Wellness with Clare 11:00 GR Walkabout Belmont 1:30 O Veterans Day Tribute with Robert 3:00 L3 Wine Down Wednesday 7:00 SR Evening Movie	9:30 L3 Resistance Bands Training 10:15 O Get Fit with Claudia 11:00 TF Tech Assistance 11:00 GR Walkabout Belmont 1:30 C BINGO 3:00 O "Sweethearts of Swing" Veterans Celebration 7:00 SR Evening Movie	World Kindness Day 13 9:30 L3 Chair Aerobics 10:15 O Balance and Be Fit with Claudia 11:00 GR Walkabout Belmont 2:30 TH Belmont Market Open 3:00 GR Random Acts of Kindness Spree! 7:00 SR Evening Movie	Diwali Celebration 14 9:30 TH Senior Strengthening DVD 10:15 TH Chair Aerobics with Claudia 11:00 GR Diwali Celebration 11:00 GR Walkabout Belmont 1:15 L3 BINGO 1:30 SR KPBS Series: Flesh and Blood 3:00 Scenic Drive 7:00 SR Evening Movie
8:00 SR St. John Catholic Mass Live Stream 9:00 L3 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 Opera	9:30 L3 Stand and Be Fit 10:15 L3 ZUMBA Vibes with Emily! 11:00 L3 Good News of the Week 11:00 GR Walkabout Belmont 12:30 TF Knots of Love Knitting Circle 1:30 O Music Appreciation: Camille Saint-Saens 3:00 Scenic Drive 7:00 SR Evening Movie	World Peace Day 17 9:30 L3 Resistance Bands Training 10:15 O Get Fit with Claudia 11:00 L3 News Currents 11:00 GR Walkabout Belmont 1:15 C BINGO 3:00 L3 Travelogue with Hernan 7:00 SR Evening Movie	8:00 GR Grocery Lists to Concierge 9:30 L3 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 2:30 O Resident Meeting and Welcome Social 7:00 SR Evening Movie	International Men's Day 19 9:30 L3 Resistance Bands Training 10:15 O Get Fit with Claudia 11:00 O Men's Luncheon! 11:00 GR Walkabout Belmont 1:30 C BINGO 3:00 O Happy Hour Beer Tasting! 7:00 SR Evening Movie	9:30 L3 Chair Aerobics 10:15 O Balance and Be Fit with Claudia 11:00 GR Walkabout Belmont 2:30 TH Belmont Market Open 3:00 TF Ping-Pong with Greg! 7:00 SR Evening Movie	9:30 TH Senior Strengthening DVD 10:15 TH Chair Aerobics with Claudia 11:00 GR Walkabout Belmont 1:15 L3 BINGO 1:30 SR KPBS Series: Flesh and Blood 3:00 Scenic Drive 7:00 SR Evening Movie
8:00 SR St. John Catholic Mass Live Stream 9:00 L3 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 Opera	9:30 L3 Stand and Be Fit 10:15 L3 ZUMBA Vibes with Emily! 11:00 L3 Good News of the Week 11:00 GR Walkabout Belmont 12:30 TF Knots of Love Knitting Circle 1:30 O Music Appreciation: Thanksgiving Notes Live Music! 3:00 Scenic Drive 7:00 SR Evening Movie	9:30 L3 Resistance Bands Training 10:15 O Get Fit with Claudia 11:00 L3 News Currents 11:00 GR Walkabout Belmont 1:15 C BINGO 3:00 L Book Club Chat 7:00 SR Evening Movie	8:00 GR Grocery Lists to Concierge 9:30 L3 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 B Chat with Ashley with Wine Down WED 7:00 SR Evening Movie	Thanksgiving 26 9:30 L3 Thanksgiving Day NFL Games 10:15 O Get Fit with Claudia 11:00 JK Sounds of the Season with AI 11:00 JK Thanksgiving Day Feast! 11:00 GR Walkabout Belmont 2:00 L3 Turkey BINGO 3:00 O Documentary: Jacques Pepin Thanksgiving Celebration 7:00 SR Evening Movie	Happy November Birthdays 27 9:30 L3 Chair Aerobics DVD 10:15 O Balance and Be Fit with Claudia 11:00 GR Resident Birthday Lunch 11:00 GR Walkabout Belmont 1:30 L3 Holiday Decor Design! 2:30 TH Belmont Market Open 3:00 TF Ping-Pong with Greg! 7:00 SR Evening Movie	9:30 TH Senior Strengthening DVD 10:15 TH Chair Aerobics with Claudia 11:00 GR Walkabout Belmont 1:15 L3 BINGO 1:30 SR KPBS Series: Flesh and Blood 3:00 Scenic Drive 7:00 SR Evening Movie
Advent Begins! 29 8:00 SR St. John Catholic Mass Live Stream 9:00 L3 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 Opera	9:30 L3 Stand and Be Fit 10:15 L3 ZUMBA Vibes with Emily! 11:00 L3 Good News of the Week 11:00 GR Walkabout Belmont 12:30 TF Knots of Love Knitting Circle 1:30 O Music Appreciation: Johann Sebastian Bach 3:00 Scenic Drive 7:00 SR Evening Movie					

IN-HOUSE SERVICES

Physical, Occupational and Speech

Therapy

ReHabCare

Located on L3, in the GYM

Marketplace (TH)

Toiletries and Sundries

Let us know what you Need!

Optometry/Podiatry

Go to the 2nd Floor Wellness

Center for

sign-up and availability

Audiologist - Coastal Hearing (TF)

Michaela will be coming every

Tuesday at 11:00pm

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



THE TORREY PINE

The Torrey Pine is a rare and critically endangered pine tree growing only in San Diego County and on Santa Rosa Island, off the Coast of Santa Barbara. We have two young ones in our parking lot, and to the left of us are eight mature ones! Just a few miles south of us is the Torrey Pines State Reserve, 2,000 acres of one of the wildest stretches of land on the southern California Coast. It consists of a plateau with cliffs overlooking Torrey Pines State Beach and a lagoon that is vital to migrating birds. Cheers, MacD

STAYING HEALTHY AND HAPPY “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 far 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 all alone. Schedule phone calls or Zoom Calls with loved ones; the front desk can help with that! Ask your **Activities Program Coordinator Clare** if there are activities that you can help with. Give to others and put a smile on their faces.

Maintain healthy habits. Try

to stick to a healthy diet: Get plenty of fruits, vegetables and protein and keep the sweets and 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. Stop in to your **Center For Life Enhancement (CFLE)** and talk to the Wellness director about exercise suggestions.

Let the sunshine in. At this time of year, daylight is in short supply, which can add to gloomy feelings. Step out in the San Diego sunshine to help prevent low moods or try sitting in a sunny window every morning and throughout the day. We are so blessed to have so many sunny days!

Relax, enjoy and celebrate!

THERE IS NO MASKING OUR ENTHUSIASM!

Behind our masks are smiles and grins from ear to ear!



THE VILLAGE SCENE



Susan with her new coif!



Jeanie hiding in fall!



Willemina wins at BINGO!



Sonja welcoming fall with smiles!



Judy and her fox!



Crazy Hair Day Nataly and Nancie!

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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