

THE VILLAGE NEWS

(760) 436-8900

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



DECEMBER 2020

HAPPY HOLIDAYS!



This time of year is always a favorite. This year, more than ever the holiday spirit is in. I have seen people putting up their Christmas trees in early November, and I love it! I believe with the challenging year the world had, everyone is ready for a positive change and we are hopeful the holidays can fill our hearts with lots of joy. At Belmont Village, we celebrate the holiday season as soon and as long as we possibly can. We are blessed to be able to celebrate with the attitudes of earlier generations for old-fashioned fun.

We know the many ways we can keep holidays joyful and yet keep them simple. We can bake from scratch, make our own holiday cards, share old

memories, listen to holiday music, drive around to look at Christmas lights or fill our bellies with seasonal favorites. Last and most importantly, the holidays are a wonderful time to give back to others. I am forever grateful for the staff at Belmont Village. The employees continue to give their hearts and dedication each day to the residents. As you can see in the photo below, we do have heroes working here! If you would like to give to the employee holiday fund and need more details on it please reach out to me directly. This year brought many difficulties, but I do believe there are so many blessing still amongst us.

I hope you find time to reflect on all the good still amongst us this holiday season. We treasure our residents, staff, and families.

Happy Holidays to All! May you be healthy and safe this holiday season.

Love, Ashley



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Bobby Salutes!



RESIDENT BIRTHDAYS

Ross W.	8th
Marion Y.	8th
Larry M.	20th
Joan R.	23rd
Mary K.	28th

EMPLOYEE BIRTHDAYS

Javier R.	2nd
Francisco V.	3rd
Lee V.	5th
Marlene S.	5th
Tanya B.	5th
Dara T.	7th
Alexandra M.	13th
Celina C.	15th
Jorje J.	18th
Jioly D.	20th
Luz V.	27th



Larry is Pinned and it's his Birthday Month!

CHRISTMAS MUSIC

“Santa Music associated with Christmas is thought to have its origins in 4th century Rome and, Christmas Carols, in the English language, first appeared in 1426. In the 16th century, various carols are still sung to this day, including “O Christmas Tree,” “God Rest You Merry, Gentlemen” and “Twelve Days of Christmas,” first emerged.

While most Christmas Songs, prior to 1930, were traditional character, the Great Depression brought a stream of songs of American origin aimed at children. These songs included, such tunes as “Rudolph the Red Nosed Reindeer” and “Santa Claus is Coming to Town”... also came the sentimental songs “Have Yourself a Merry Little Christmas” and “White Christmas” of which remains the best selling single of all time! Slàinte MacD



BV CARDIFF CAROLS

December 4

Clarinet Holiday Concert

December 7

Handel including “The Messiah”

December 8

Tree Lighting with the Sounds of Celeste

December 10

Jewish Composers with Hanukkah Music

December 14

A Renaissance Christmas Performance

December 24

A Trip Down Christmas Lane Sing-a Long

December 28

Tchaikovsky Ballets



Luz Photobombed by Meagan!

EMPLOYEE OF THE MONTH

Congratulations to our Employee of the Month ... Luz! Luz has been with Belmont Cardiff for over five years. She began as a Server then onto a Cook and then a PAL! She changes hats and aprons every day and is very adept in all she does. She is calm, reassuring and peaceful with all of the residents. On her time off she enjoys reading, hiking and playing with the dogs. We are so proud and blessed to have her here! Congratulations Luz!

OUR VETERANS SALUTE

Comfort & Peace Hospice honored our 29 veterans with words, music and pins for their service. We are so blessed to have them with us!



FINDING JOY...



Ruth Pet-Sitting Zico



Friends Decking the Halls!



Ruth Exercising with Coffee!

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



Coast Guard Amy is Pinned!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Northbound Doctor Drives 1 9:30 BR Hand Weight Training 10:15 O Get Fit with Claudia 11:00 BR DID YOU KNOW...? 11:00 Walkabout Belmont 1:15 C BINGO 3:00 BR Paint and Prosecco with Nancie 7:00 SR Evening Movie	2 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 1:30 SR TED Talks with Robert 3:00 BR HOLIDAY SPIRITS 7:00 SR Evening Movie	3 9:30 BR Hand Weight Training 10:15 O Get Fit with Claudia 10:30 TF CYBERSHOPPING 11:00 Walkabout Belmont 2:00 B "Holiday Nails and Cocktails" 3:00 C BINGO 7:00 SR Evening Movie	4 National Crazy Sock Day 9:30 BR Chair Aerobics 10:15 O Balance and Be Fit with Claudia 1:30 BR "How to Draw It!" with Nancie 2:30 TH Belmont Market Open 3:00 GR Clarinet Holiday Concert 7:00 SR Evening Movie	5 9:30 TH Senior Strengthening DVD 10:15 TH Chair Aerobics with Claudia 11:00 Walkabout Belmont 1:15 BR BINGO 1:30 SR Matinee: "It's a Wonderful Life" 3:00 SR Scenic Drive 7:00 SR Evening Movie
St. Nicholas Day 6 9:00 BR Senior Strengthening DVD 10:00 SR Solana Beach Presbyterian Service Live Stream 10:00 BR St. John Catholic Mass Live Stream 11:00 Walkabout Belmont 12:30 TH Nondenominational Bible Study 1:00 TH Santa's Sweethearts LIVE! 3:00 Scenic Drive 7:00 SR Evening Movie	Pajama Breakfast 7 8:00 JK Pajama Breakfast 9:30 BR Resistance Band Training 10:15 BR ZUMBA Vibes with Emily! 11:00 BR Good News...it wasn't all Bad! 12:00 TF Knots of Love Knitting Circle 1:30 Music Appreciation: Handel 3:00 Scenic Drive 7:00 SR Movie: "Pearl Harbor"	Northbound Doctor Drives 8 9:30 BR Hand Weight Training 10:15 O Get Fit with Claudia 11:00 BR DID YOU KNOW...? 11:00 Walkabout Belmont 1:15 C BINGO 3:00 GR Tree Lighting with the Sounds of Celeste! 7:00 SR Evening Movie	9 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 1:30 SR TED Talks with Robert 3:00 BR HOLIDAY SPIRITS 7:00 SR Evening Movie	10 Hanukkah 9:30 BR Hand Weight Training 10:15 O Get Fit with Claudia 10:30 TF CYBERSHOPPING 11:00 Walkabout Belmont 3:00 GR Jewish Composers with Holiday Music! 4:00 GR Lighting of the Menorah 4:00 Traditional Hanukkah Dinner 7:00 SR Evening Movie	11 9:30 BR Chair Aerobics 10:15 O Balance and Be Fit with Claudia 1:30 BR "How to Draw It!" with Nancie 2:30 TH Belmont Market Open 4:00 GR Lighting of the Menorah 7:00 SR Evening Movie	12 9:30 TH Senior Strengthening DVD 10:15 TH Chair Aerobics with Claudia 11:00 Walkabout Belmont 1:15 BR BINGO 1:30 SR Matinee: "Fiddler on the Roof" 3:00 SR Scenic Drive 4:00 GR Lighting of the Menorah 7:00 SR Evening Movie
13 9:00 BR Senior Strengthening DVD 10:00 SR Solana Beach Presbyterian Service Live Stream 10:00 BR St. John Catholic Mass Live Stream 11:00 Walkabout Belmont 12:30 TH Nondenominational Bible Study 1:30 SR Series: "The Great Christmas Light Fight" 3:00 Scenic Drive 4:00 GR Lighting of the Menorah 7:00 SR Evening Movie	14 9:30 BR Resistance Band Training 10:15 BR ZUMBA Vibes with Emily! 11:00 BR Good News...it wasn't all Bad! 12:00 TF Knots of Love Knitting Circle 1:30 Music Appreciation: A Renaissance Christmas Performance! 3:00 Scenic Drive 4:00 GR Lighting of the Menorah 7:00 SR Evening Movie	15 National Wear Your Pearls Day 9:30 BR Hand Weight Training 10:15 O Get Fit with Claudia 11:00 BR DID YOU KNOW...? 11:00 Walkabout Belmont 1:15 C BINGO 3:00 TH Bubbles with Baubles and Beads 4:00 GR Lighting of the Menorah 7:00 SR Evening Movie	16 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 1:00 SR TED Talks with Robert 2:00 JK Resident Meeting and Welcome Social 4:00 GR Lighting of the Menorah 7:00 SR Evening Movie	17 Nutcracker Sweet 9:30 BR Hand Weight Training 10:15 O Get Fit with Claudia 10:30 TF CYBERSHOPPING 11:00 Walkabout Belmont 1:15 BR Holiday BINGO! 1:30 O Happy Hour 4:00 JK Holiday Dinner "Nutcracker Sweet" 4:00 GR Lighting of the Menorah 7:00 SR Evening Movie	18 UGLY SWEATER DAY and Contest 9:30 BR Chair Aerobics 10:15 O Balance and Be Fit with Claudia 1:30 BR "How to Draw It!" with Nancie 2:30 TH Belmont Market Open 4:00 GR Lighting of the Menorah 7:00 SR Evening Movie	19 9:30 TH Senior Strengthening DVD 10:15 TH Chair Aerobics with Claudia 11:00 Walkabout Belmont 1:15 BR BINGO 1:30 SR Matinee: "Grinch" 3:00 SR Scenic Drive 7:00 SR Evening Movie
20 9:00 BR Senior Strengthening DVD 10:00 SR Solana Beach Presbyterian Service Live Stream 10:00 BR St. John Catholic Mass Live Stream 11:00 Walkabout Belmont 12:30 TH Nondenominational Bible Study 1:30 SR Series: "The Great Christmas Light Fight" 3:00 Scenic Drive 7:00 SR Evening Movie	21 Winter Begins! LOL 9:30 BR Resistance Band Training 10:15 BR ZUMBA Vibes with Emily! 11:00 BR Good News...it wasn't all Bad! 12:00 TF Knots of Love Knitting Circle 1:30 Music Appreciation: Holiday Sing-A-Long! 3:00 Scenic Drive 7:00 SR Evening Movie	22 Northbound Doctor Drives 9:30 BR Hand Weight Training 10:15 O Get Fit with Claudia 11:00 BR DID YOU KNOW...? 11:00 Walkabout Belmont 1:15 C BINGO 3:00 L Book Club Chat 7:00 SR Evening Movie	23 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 1:30 SR TED Talks with Robert 3:00 BR HOLIDAY SPIRITS 7:00 SR Evening Movie	24 National Eggnog Day 9:30 BR Hand Weight Training 10:15 O Get Fit with Claudia 10:30 TF CYBERSHOPPING 11:00 Walkabout Belmont 1:30 A Trip Down Christmas Lane with Celeste! 3:00 C BINGO 7:00 SR Evening Movie	25 Christmas 9:30 BR Senior Strengthening DVD 10:15 O Balance and Be Fit with Claudia 11:00 JK Christmas Brunch 11:00 Sounds of Christmas with Al 1:30 SR Movie: Little Women 3:00 GR Walkabout Belmont 7:00 SR Movie: "White Christmas"	26 National Thank You Day! 9:30 TH Senior Strengthening DVD 10:15 TH Chair Aerobics with Claudia 11:00 Walkabout Belmont 1:15 BR BINGO 1:30 SR Afternoon Matinee 3:00 SR Scenic Drive 7:00 SR Evening Movie
27 National Fruitcake Day 9:00 BR Senior Strengthening DVD 10:00 SR Solana Beach Presbyterian Service Live Stream 10:00 BR St. John Catholic Mass Live Stream 11:00 Walkabout Belmont 12:30 TH Nondenominational Bible Study 1:30 SR Series: "The Great Christmas Light Fight" 3:00 Scenic Drive 7:00 SR Evening Movie	28 December Birthdays 9:30 BR Resistance Band Training 10:15 BR ZUMBA Vibes with Emily! 11:00 JK Resident Birthday Lunch 12:00 TF Knots of Love Knitting Circle 1:30 Music Appreciation: Tchaikovsky 3:00 Scenic Drive 7:00 SR Evening Movie	29 Northbound Doctor Drives 9:30 BR Hand Weight Training 10:15 O Get Fit with Claudia 11:00 BR DID YOU KNOW...? 11:00 Walkabout Belmont 1:15 C BINGO 3:00 TF Tech Assistance 7:00 SR Evening Movie	30 National Bacon Day 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 1:30 SR TED Talks with Robert 3:00 BR HOLIDAY SPIRITS 7:00 SR Evening Movie	31 Noon Year's Eve! 9:30 BR Hand Weight Training 10:15 O Get Fit with Claudia 11:00 JK Noon Year's Eve Surf and Turf! 11:00 Walkabout Belmont 1:30 Noon Year's Eve Celebration with Peter Seltser! 3:00 BR Bowl Games! 7:00 SR Evening Movie		PLEASE REMEMBER... All Events Are Subject to Change

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 other

Tuesday at 1:30pm

Dry Cleaning

Pick up and drop off Monday

Please leave with the Concierge

Terry the Dog Walker

Please call Terry at 760-753-6378

Salon (3rd Floor)

Our new Stylist is Haley and

appointments can be made on

MON, WED and FRI

WE PRACTICE WHAT WE PREACH

Team Cardiff wearing masks and social distancing! We thank you for trusting us with your loved ones and send you sweet, healthy wishes for the New Year!



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!



SO MUCH TO DO...

We are keeping Busy and Safe and Healthy!



Donna made her Lariat Masterpiece in Bubbles, Baubles and Beads!



Ariana and Estevan Return to the '50s!



Carol Wines Down on Wednesdays!



Our Knots of Love Knitting group were so busy knitting pumpkins for our Display in the Dining Room! What a Talented Group of Gals!!!



Carol All Cozy visiting Family!



Dining at a Distance Outside!!



Best Buds toasting with Bud!

OUR CUP RUNNETH OVER...



Cozy Couple... Georgia and Jerry enjoying last bits of Sunshine during Happy Hour!!



Jim enjoying Subs and Beer in the Sunshine!



Bea...utiful!

THE VILLAGE SCENE



Carol is Mrs. Claus!



Steve and Bobby Saluted!



Saluting Hal!



Nancy Honoring the Marines!



Robert in Pinned and Saluted!



Mamu and Subi (son) at Diwali!

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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