

# THE VILLAGE NEWS



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

OCTOBER 2020

## JEANNE'S JOURNAL

It is absolutely my most favorite time of the year! I love everything about fall (except pumpkin spice lattes-I am not a coffee drinker so I do not follow that craze). I do love fall weather, clothing and most of all decorations. Even despite all that is going on this year, I am keeping my fall spirit, am working hard at home, and work to make sure every nook and cranny has a pumpkin or some other piece of holiday decor for this beautiful season. Fall makes me happy and let us face it: we all need to do all that we can especially right now to be happy.

Fall is also when we hold our annual Basket Raffle. Every year, each Belmont Village manager creates a basket. The basket typically depicts a "favorite thing" or theme for that particular manager. Themed baskets may include a favorite hobby, sport, food, etc. This year, we also have many vendors/friends of Belmont Village who have been extremely generous by donating additional baskets for our raffle.

The baskets will be on display beginning November 1st. Tickets to win the baskets are \$2 per ticket or six tickets for \$10. The

baskets will be raffled off the week of November 23rd and winners will be contacted by telephone. In keeping with current safety protocols, the baskets will be "socially distanced" throughout the Great Room and Lounge. This will allow residents and guests to view the baskets while also maintaining the appropriate social distance. We will also show our baskets on the Belmont Village Facebook page.

Every year we select a beneficiary for the proceeds from our Basket Raffle. At Belmont Village, we continue to have a strong desire to help support the **Alzheimer's Association** and their never-ending efforts to fund research and subsequently a possible cure. Your participation and support of our annual Basket Raffle will help us to raise money toward this important cause.

The Basket Raffle has been a much-loved long-standing fall tradition at our Belmont Village community. We love creating the baskets for the winners to enjoy. Most of all, we love the spirit of helping someone else!



## MANAGEMENT TEAM

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## HAPPY BIRTHDAYS

### RESIDENTS

- 10/3 Louise Burke
- 10/6 Jinny Irons
- 10/6 Lorraine Tun
- 10/10 Phyllis Mokszycki
- 10/16 Dorothy Czech
- 10/18 Barbara Howard
- 10/19 David Hilgenberg - 105
- 10/20 Millie Perri
- 10/21 Kathleen Haugh
- 10/21 Maxine Rollins
- 10/22 Marit Bartlett
- 10/22 Edmund Blum
- 10/24 Dwight Esau
- 10/24 Ernie Pessel
- 10/25 Joseph Wark
- 10/26 Trudy Reid
- 10/27 Nancy Coffin
- 10/27 Roger Petty
- 10/28 Elizabeth Vaughn
- 10/30 Ted Kisiel

### BIRTHDAY LUNCH

Friday, October 30, 11:30 a.m.

### DAVID TURNS 105!

Birthday Wine and Cheese

Wednesday, October 14 @ 2:30



### SAVE THE DATE!



### HIPPIE HALLOWEEN CAR PARADE

Saturday, October 31

2:00 pm - 3:30 pm

Families are invited to decorate their *"love"* cars and dress up *"Hippie"* style for the car parade around the Belmont *"Woodstock"* grounds.

Sign up for this socially distanced event! Open to all ages! Spread the *"peace & love."*  
RSVP to Karen (630) 510-2509  
kmcardle@belmontvillage.com

## Welcome New Residents

- Marge Gosden - #128
- Carole Leifheit - #118
- Shirley Weirzbach - #107
- Herb Weirzbach - #107

We are glad to have you as a part of our Belmont family and to also be a part of your family. As a token of our appreciation, a small gift will be delivered to your apartment every day during your first 10 days. Enjoy!



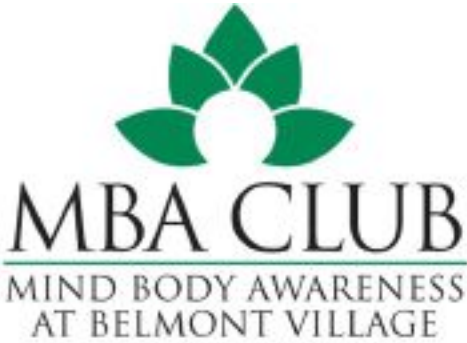
### OCTOBERFEST

Sunday, October 4

11:00 am - 1:00 pm



*Evelyn's family's 5th great-grandchild gender reveal. Evelyn was right, "It's a Boy."*



## WORD FOR OCTOBER: DISCOVER

This month, we honor Columbus and his success when he set out to “discover” a new world. Curiosity and a quest for knowledge motivate us to uncover hidden truths. Do what Merriam-Webster’s dictionary describes as “**to obtain sight or knowledge of for the first time.**” Whether it’s a path of self-discovery or a search for specific information, challenge yourself to “discover” uncharted territory in some aspect of your life, by joining us in writing a memoir of this Covid pandemic world we share.

What have we learned about ourselves during these last few months? MBA members are encouraged to write a “**Covid Memoir.**”

### Memoir Writing

Monday, October 19  
2:00 pm

Tuesday, October 20  
2:00 pm

### Memoir Cover Page

Thursday, October 22  
2:00 pm

*Supplies and formats provided.*

## THANKS FOR THE MEMORIES

Today, many seniors decide to leave something important behind for their children and grandchildren—not an heirloom or money, but a slice of the past in their memoirs. Here are some tips to telling your own story.

**Anyone can do it.** If writing is not for you, then try tape recording. A family member can help transcribe the tape later.

**Keep it short.** Don’t feel like you have to turn out a magnum opus. A few short recollections can say as much as a longer work, and you’ll be able to share the results much faster.

**Overcome writer’s block.** Try starting with something vivid or unusual rather than ordinary.

**Where were you when ...** Your perspective on historical events can fascinate younger generations. Friends your age will enjoy these stories that unite you with their lives as well.

**Join a group.** Find other like-minded seniors who want to put down their life stories in words. A group is great for support and feedback, and will help you remain dedicated to telling your story.



What challenges are we having to face? What have we learned about ourselves during this pandemic? What changes have we made or are we making that will have improved our character? What do I want my family to know about the sacrifices we have had to make? Answer these questions and more in your COVID Memoir. **RSVP to Karen (630) 510-2509** for supplies or with any questions.



### Catholic Service Viewing

Sunday @ 11:00 am  
Town Hall

### Catholic Services Viewing

Channel 119

7 am – 8 am

11 am – 12 pm

6 pm – 7 pm

### Holy Name Cathedral

9:30-10:00 - Channel 7

### Mercy Home for Boys

Sunday 9:30-10:00 - Channel 9

### Service with Father Richard

Sundays, 10:15 a.m., Library

### Bible Study Verses - Library

Mondays, 10:30 a.m.

### Rosary - Library

Fridays, 10:00 a.m.

### Inspirational Readings

Sunday 6:00 pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MBA Discovery Month!</b> Join us on MBA "Discovery Days" throughout the month of October. Learn something new and have fun! Participate in all 10 Discovery Days for a delicious catered lunch. <b>Call Karen @ (630) 510- 2509 to receive a Discovery Day Credential.</b>		<b>MBA CLUB for Mind Body Awareness</b> *Self directed, research based program for more active residents. *Residents choose from designated, brain healthy foods on our menu. *Brain and body boosting activities noted on daily calendars so residents can make smart choices. *Residents can set and track personal goals.		<b>Discovery Day!</b> 1 9:00 <span style="color: blue;">TH</span> Boxing Moves 🌿 9:30 <span style="color: blue;">TH</span> 6 Box Warm-up Fitness 🌿 1:30 <span style="color: blue;">TH</span> Balance Stretch 🌿 <b>2:00 <span style="color: purple;">JK</span> Discover - The Arts</b> 🌿 3:30 <span style="color: purple;">3H</span> Walking Fitness Club 6:00 <span style="color: red;">GR</span> Seek & Find Puzzle 6:00 Virtual Resident and Family Support Group	<b>Discovery Day!</b> 2 9:00 <span style="color: blue;">TH</span> Therapy Fitness 🌿 10:00 <span style="color: red;">L</span> Rosary with Resident Leader† 1:30 <span style="color: blue;">TH</span> Weekend Pump Up! 🌿 2:30 <span style="color: red;">GR</span> Chronicle Mental Fitness 3:30 <span style="color: purple;">3H</span> Walking Fitness Club 6:00 <span style="color: red;">GR</span> Food for Thought Search	<b>Discovery Day!</b> 3 9:30 <span style="color: blue;">TH</span> Exercise in Spanish 🌿 1:00 <span style="color: blue;">O</span> Scenic Drive ✓ 2:30 <span style="color: blue;">TH</span> Spanish Word Search Translation 3:30 <span style="color: purple;">3H</span> Walking Fitness Club 6:00 <span style="color: green;">B</span> National Geographic - Park Exploration Series
<b>Oktoberfest</b> 4 9:00 -11:00am Church Service Viewing† 10:15 <span style="color: red;">L</span> Services with Father Richard† <b>11:00 -1:00 pm Oktoberfest Luncheon with Live Music</b> ★ 1:30 <span style="color: blue;">HP</span> Parlor Bingo *check daily schedule for your parlor time 3:30 <span style="color: purple;">3H</span> Walking Fitness Club 6:00 <span style="color: red;">GR</span> Inspirational Short Story †	<b>Discovery Day!</b> 5 9:00 <span style="color: blue;">TH</span> Sit & Weight 🌿 9:45 <span style="color: red;">L</span> Bible Study Verses† 1:30 <span style="color: purple;">JK</span> Think Tank Booklets 🌿 <b>2:30 <span style="color: purple;">LO</span> Discover "Kokology"</b> 🌿 3:30 <span style="color: purple;">3H</span> Walking Fitness Club 6:00 <span style="color: red;">GR</span> Mind Over Matter Search	<b>Discovery Day!</b> 6 9:00 <span style="color: blue;">TH</span> Tai Chi Exercise 🌿 9:30 <span style="color: blue;">TH</span> TED Talks 10:15 <span style="color: red;">L</span> Virtual Shopping with Driver ✓ 1:30 <span style="color: green;">B</span> Fresh Floral Arranging <b>2:30 <span style="color: purple;">LO</span> Discover the iPad</b> ✓ 3:30 <span style="color: purple;">3H</span> Walking Fitness Club 6:00 <span style="color: red;">GR</span> Chronicle 6-Box	<b>Discovery Day!</b> 7 9:00 <span style="color: blue;">TH</span> Paxxon Flex Fit 🌿 9:30 <span style="color: blue;">TH</span> Wacky Word Fitness 1:30 <span style="color: blue;">TH</span> Belmont Players 🌿 1:30 <span style="color: blue;">O</span> Fitness Stretch Outside 2:30 <span style="color: purple;">JK</span> Wine & Cheese ✓ 3:30 <span style="color: purple;">3H</span> Walking Fitness Club 6:00 <span style="color: red;">GR</span> 3 Card Bingo	<b>Discovery Day!</b> 8 9:00 <span style="color: blue;">TH</span> Boxing Moves 🌿 9:30 <span style="color: blue;">TH</span> 6 Box Warm-up Fitness 🌿 10:00 <span style="color: purple;">LO</span> Zoom Book Club 🌿 1:30 <span style="color: blue;">TH</span> Balance Stretch 🌿 2:00 <span style="color: purple;">JK</span> Creative Endeavors 🌿 3:30 <span style="color: purple;">3H</span> Walking Fitness Club 6:00 <span style="color: red;">GR</span> Seek & Find Puzzle	<b>Discovery Day!</b> 9 9:00 <span style="color: blue;">TH</span> Therapy Fitness 🌿 10:00 <span style="color: red;">L</span> Rosary with Resident Leader† 1:30 <span style="color: blue;">TH</span> Weekend Pump Up! 🌿 2:30 <span style="color: red;">GR</span> Chronicle Mental Fitness 3:30 <span style="color: purple;">3H</span> Walking Fitness Club 6:00 <span style="color: red;">GR</span> Food for Thought Search	<b>Discovery Day!</b> 10 9:30 <span style="color: blue;">TH</span> Exercise in Spanish 🌿 <b>10:00 <span style="color: blue;">TH</span> Discover - Spanish Chronicle Translation Workshop</b> 🌿 1:00 <span style="color: blue;">O</span> Scenic Drive ✓ 2:30 <span style="color: blue;">TH</span> Spanish Word Search Translation 3:30 <span style="color: purple;">3H</span> Walking Fitness Club 6:00 <span style="color: green;">B</span> National Geographic - Park Exploration Series
<b>Discovery &amp; Columbus Day!</b> 11 9:00 -11:00am Church Service Viewing† 10:15 <span style="color: red;">L</span> Services with Father Richard† 1:30 <span style="color: blue;">HP</span> Parlor Bingo *check daily schedule for your parlor time 2:30 <span style="color: purple;">JK</span> Ukulele Performance 3:30 <span style="color: purple;">3H</span> Walking Fitness Club 6:00 <span style="color: red;">GR</span> Inspirational Short Story †	<b>Discovery &amp; Columbus Day!</b> 12 9:00 <span style="color: blue;">TH</span> Sit & Weight 🌿 9:45 <span style="color: red;">L</span> Bible Study Verses† <b>1:30 <span style="color: purple;">JK</span> Discover Columbus Think Tank</b> 🌿 2:30 <span style="color: purple;">JK</span> Chat with the Chef Demo 🍳 3:30 <span style="color: purple;">3H</span> Walking Fitness Club 6:00 <span style="color: red;">GR</span> Mind Over Matter Search	<b>Discovery Day!</b> 13 9:00 <span style="color: blue;">TH</span> Tai Chi Exercise 🌿 9:30 <span style="color: blue;">TH</span> TED Talks 10:15 <span style="color: red;">L</span> Virtual Shopping with Driver ✓ 1:30 <span style="color: green;">B</span> Fresh Floral Arranging 2:30 <span style="color: red;">L</span> Jeopardy 🌿 3:30 <span style="color: purple;">3H</span> Walking Fitness Club 6:00 <span style="color: red;">GR</span> Chronicle 6-Box	<b>Discovery Day!</b> 14 9:00 <span style="color: blue;">TH</span> Paxxon Flex Fit 🌿 9:30 <span style="color: blue;">TH</span> Wacky Word Fitness <b>10:30 <span style="color: blue;">TH</span> Paxxon Educational Presentation</b> 📺 1:30 <span style="color: blue;">TH</span> Belmont Players 🌿 1:30 <span style="color: blue;">O</span> Fitness Stretch Outside <b>2:30 <span style="color: purple;">JK</span> Wine &amp; Cheese with Guest of Honor David</b> ✓ 3:30 <span style="color: purple;">3H</span> Walking Fitness Club 6:00 <span style="color: red;">GR</span> 3 Card Bingo	<b>Discovery Day!</b> 15 9:00 <span style="color: blue;">TH</span> Boxing Moves 🌿 9:30 <span style="color: blue;">TH</span> 6 Box Warm-up Fitness 🌿 1:30 <span style="color: blue;">TH</span> Balance Stretch 🌿 <b>2:00 <span style="color: green;">B</span> Discover - Culinary Arts</b> 🌿 3:30 <span style="color: purple;">3H</span> Walking Fitness Club 4:00 - 4:45pm Supper Club - 1st seating 🍴 5:00 -5:45pm Supper Club - 2nd seating 🍴 6:00 -6:45pm Supper Club - 3rd seating 🍴 6:00 <span style="color: red;">GR</span> Seek & Find Puzzle 6:00 Virtual Resident and Family Support Group	<b>Discovery Day!</b> 16 9:00 <span style="color: blue;">TH</span> Therapy Fitness 🌿 10:00 <span style="color: red;">L</span> Rosary with Resident Leader† 1:30 <span style="color: blue;">TH</span> Weekend Pump Up! 🌿 2:30 <span style="color: red;">GR</span> Chronicle Mental Fitness 3:30 <span style="color: purple;">3H</span> Walking Fitness Club 6:00 <span style="color: red;">GR</span> Food for Thought Search	<b>Discovery Day!</b> 17 9:30 <span style="color: blue;">TH</span> Exercise in Spanish 🌿 1:00 <span style="color: blue;">O</span> Scenic Drive ✓ 2:30 <span style="color: blue;">TH</span> Spanish Word Search Translation 3:30 <span style="color: purple;">3H</span> Walking Fitness Club 6:00 <span style="color: green;">B</span> National Geographic - Park Exploration Series
<b>David's 105th Birthday!!!</b> 18 9:00 -11:00am Church Service Viewing† 10:15 <span style="color: red;">L</span> Services with Father Richard† 1:30 <span style="color: blue;">HP</span> Parlor Bingo *check daily schedule for your parlor time 2:30 <span style="color: purple;">JK</span> Nostalgia Musical 3:30 <span style="color: purple;">3H</span> Walking Fitness Club 6:00 <span style="color: red;">GR</span> Inspirational Short Story †	<b>David's 105th Birthday!!!</b> 19 9:00 <span style="color: blue;">TH</span> Sit & Weight 🌿 9:45 <span style="color: red;">L</span> Bible Study Verses† <b>12:00 <span style="color: purple;">JK</span> David's 105th Birthday Luncheon</b> ★ 1:30 <span style="color: purple;">JK</span> Think Tank Booklets 🌿 <b>2:30 <span style="color: red;">L</span> Discover - My Memoir Part I</b> 🌿 3:30 <span style="color: purple;">3H</span> Walking Fitness Club 6:00 <span style="color: red;">GR</span> Mind Over Matter Search	<b>Discovery Day!</b> 20 9:00 <span style="color: blue;">TH</span> Tai Chi Exercise 🌿 9:30 <span style="color: blue;">TH</span> TED Talks 10:15 <span style="color: red;">L</span> Virtual Shopping with Driver ✓ <b>1:30 <span style="color: green;">B</span> Discover - Floraculture</b> 🌿 <b>2:00 <span style="color: red;">L</span> My Memoir - Part II</b> 🌿 3:30 <span style="color: purple;">3H</span> Walking Fitness Club 6:00 <span style="color: red;">GR</span> Chronicle 6-Box	<b>Discovery Day!</b> 21 9:00 <span style="color: blue;">TH</span> Paxxon Flex Fit 🌿 9:30 <span style="color: blue;">TH</span> Wacky Word Fitness 1:30 <span style="color: blue;">TH</span> Belmont Players 🌿 1:30 <span style="color: blue;">O</span> Fitness Stretch Outside 2:30 <span style="color: purple;">JK</span> Wine & Cheese ✓ 3:30 <span style="color: purple;">3H</span> Walking Fitness Club 6:00 <span style="color: red;">GR</span> 3 Card Bingo	<b>Discovery Day!</b> 22 <b>8:00 <span style="color: purple;">JK</span> Newcomers' Orientation Breakfast</b> 🍳 9:00 <span style="color: blue;">TH</span> Boxing Moves 🌿 9:30 <span style="color: blue;">TH</span> 6 Box Warm-up Fitness 🌿 10:00 <span style="color: purple;">LO</span> Zoom Book Club 🌿 1:30 <span style="color: blue;">TH</span> Balance Stretch 🌿 <b>2:00 <span style="color: purple;">JK</span> My Memoir Cover - Part III</b> 🌿 3:30 <span style="color: purple;">3H</span> Walking Fitness Club 6:00 <span style="color: red;">GR</span> Seek & Find Puzzle	<b>Discovery Day!</b> 23 9:00 <span style="color: blue;">TH</span> Therapy Fitness 🌿 10:00 <span style="color: red;">L</span> Rosary with Resident Leader† 1:30 <span style="color: blue;">TH</span> Weekend Pump Up! 🌿 2:30 <span style="color: red;">GR</span> Chronicle Mental Fitness 3:30 <span style="color: purple;">3H</span> Walking Fitness Club 6:00 <span style="color: red;">GR</span> Food for Thought Search	<b>Discovery Day!</b> 24 9:30 <span style="color: blue;">TH</span> Exercise in Spanish 🌿 1:00 <span style="color: blue;">O</span> Scenic Drive ✓ 2:30 <span style="color: blue;">TH</span> Spanish Word Search Translation 3:30 <span style="color: purple;">3H</span> Walking Fitness Club 6:00 <span style="color: green;">B</span> National Geographic - Park Exploration Series
<b>Woodstock Sunday</b> 25 9:00 -11:00am Church Service Viewing† 10:15 <span style="color: red;">L</span> Services with Father Richard† 1:30 <span style="color: blue;">HP</span> Parlor Bingo *Check daily schedule for your parlor time <b>2:30 <span style="color: blue;">TH</span> "The Making Of Woodstock" documentary</b> ★ 3:30 <span style="color: purple;">3H</span> Walking Fitness Club 6:00 <span style="color: red;">GR</span> Inspirational Short Story †	<b>Discovery Day!</b> 26 9:00 <span style="color: blue;">TH</span> Sit & Weight 🌿 9:45 <span style="color: red;">L</span> Bible Study Verses† 1:30 <span style="color: purple;">JK</span> Think Tank Booklets 🌿 <b>2:30 <span style="color: blue;">TH</span> Discover YouTube "Can't Stop the Feeling" Chair Dance</b> 🌿 3:30 <span style="color: purple;">3H</span> Walking Fitness Club 6:00 <span style="color: red;">GR</span> Mind Over Matter Search	<b>Discovery Day!</b> 27 9:00 <span style="color: blue;">TH</span> Tai Chi Exercise 🌿 9:30 <span style="color: blue;">TH</span> TED Talks 10:15 <span style="color: red;">L</span> Virtual Shopping with Driver ✓ 1:30 <span style="color: green;">B</span> Fresh Floral Arranging 2:00 <span style="color: purple;">JK</span> Resident Council with Vice President Lenore Maglin 🍷 3:30 <span style="color: purple;">3H</span> Walking Fitness Club 6:00 <span style="color: red;">GR</span> Chronicle 6-Box	<b>Discovery Day!</b> 28 9:00 <span style="color: blue;">TH</span> Paxxon Flex Fit 🌿 9:30 <span style="color: blue;">TH</span> Wacky Word Fitness <b>1:30 <span style="color: blue;">TH</span> Discover - Tableau Drama</b> 🌿 1:30 <span style="color: blue;">O</span> Fitness Stretch Outside <b>2:30 <span style="color: purple;">JK</span> "The '60s" Wine &amp; Cheese</b> ✓ 3:30 <span style="color: purple;">3H</span> Walking Fitness Club 6:00 <span style="color: red;">GR</span> 3 Card Bingo	<b>MBA Discovery Luncheon</b> 29 9:00 <span style="color: blue;">TH</span> Boxing Moves 🌿 9:30 <span style="color: blue;">TH</span> 6 Box Warm-up Fitness 🌿 <b>12:00 <span style="color: blue;">TH</span> MBA Discovery Luncheon</b> 1:30 <span style="color: blue;">TH</span> Balance Stretch 🌿 <b>2:00 <span style="color: green;">B</span> Creative Endeavors - Tie Dye</b> 🌿 3:30 <span style="color: purple;">3H</span> Walking Fitness Club 6:00 <span style="color: red;">GR</span> Seek & Find Puzzle	<b>Discovery Day!</b> 30 9:00 <span style="color: blue;">TH</span> Therapy Fitness 🌿 10:00 <span style="color: red;">L</span> Rosary with Resident Leader† <b>11:30 <span style="color: purple;">JK</span> Birthday Luncheon</b> 🍷 1:30 <span style="color: blue;">TH</span> Weekend Pump Up! 🌿 2:30 <span style="color: red;">GR</span> Chronicle Mental Fitness 3:30 <span style="color: purple;">3H</span> Walking Fitness Club 6:00 <span style="color: red;">GR</span> Food for Thought Search	<b>Happy Hippie Halloween</b> 31 9:30 <span style="color: blue;">TH</span> Exercise in Spanish 🌿 <b>11:00 -1:00 pm Hippies' Luncheon</b> <b>2:00 -3:30pm "Woodstock" Halloween Parade</b> ★ 3:30 <span style="color: purple;">3H</span> Walking Fitness Club 6:00 <span style="color: green;">B</span> National Geographic - Park Exploration Series

## EMPLOYEE BIRTHDAYS

10/3	Romel P.
10/5	Sani A.
10/5	Saurabh R.
10/6	Gerardo M.
10/12	Ulugoy R.
10/14	Zhuljeta D.
10/16	Shinymol K.
10/18	Ruth C.
10/30	Rosalie E.



## EMPLOYEE ANNIVERSARIES

19 years	JD P.
18 years	Jose C.
14 years	Jocelyn D.
13 years	Ozra G.
11 years	Roy D. R.
5 years	Jeremy B.
4 years	Brigette O.
3 years	Mark P.
2 years	Catherine T.
1 year	Gulchekhira S.
1 year	Ulugoy R.



## Memory Care Neighborhood

It's all about October, pumpkins, and Halloween this month. Our calendar is full of fun. Here are a few of our days ahead.

### October Madness

October IQ Brainwaves

### Pumpkin Picking Day

A Pumpkin Life Cycle Craft

### Great Pumpkin Day

Pumpkin Coffeecake Tasting

### October Daze

"O" and "OO" Words

### Halloween

Spooky Word Hunt



## Circle of Friends & Neighborhood

### OCTOBER THEME:

#### Travel to Australia

Throughout the month, our Circle of Friends Residents will learn about Australian History and create an Aboriginal mask. On Aussie Outback day, we will learn about Outback animals and play animal Jeopardy.

During Aussie Art and Culture, we will make a boomerang and learn about Aboriginal Art. During our Brainwaves program, we will learn about Australian Cuisine.

Did I mention we will do a meditation while listening to Aboriginal poetry? And our favorite part about "visiting" Australia is singing the Kookabura Song!



## HEALTH & WELLNESS

### SIMPLE WAYS TO STAY POSITIVE

Explore these seven listed activities while social distancing. Stay connected and have fun!

**1. Connect with others.** Call friends and family members for a chat, make virtual visits using FaceTime or Skype. Join a book club.

#### Zoom Book Club

**October 8 & 22 @ 10:00 am**

**2. Play games.** Crosswords, word searches and jigsaw puzzles are great ways to pass the time and give your brain a workout. If you have access to a computer, tablet or smartphone, search for some online games.

#### Think Tank Booklets

**Monday @ 1:00 pm**

**3. Turn to entertainment.** Spend some time getting lost in your favorite TV shows, movies, books and music.

#### Wine and Cheese

**Every Wednesday @ 2:30 pm**

**4. Create.** Sketching, coloring and crafting are some creative outlets that will keep your hands and mind busy.

#### Art and Creative Endeavors

**Thursday @ 2:00 pm**

**5. Write.** Jot down what's on your mind, whether it's a fond memory, goal or poem.

#### "My Memoir"

**October 19 & 20 @ 2:00 pm**

**6. Stretch.** Doing gentle stretches daily can help lift your mood and boost your energy.

#### Balance Stretch

**Thursday @ 1:00 pm**

**7. Meditate.** Take a few minutes each day to focus on relaxed breathing.

#### Tai Chi Classes & Meditation

**Tuesday @ 9:00 am & 9:45 am**



### TRAIN YOUR BRAIN WITH TAI CHI

The centuries-old martial art of tai chi, which combines gentle physical movement with elements of meditation, boasts several brain-related benefits. Research has shown that seniors who regularly practiced the focused, low-impact movements and deep breathing used in tai chi had increased brain volume and improved memory and thinking skills.

### DO SOMETHING NEW

Whether it's a new activity, friend, food or simply learning a new word, *bringing something different into your world can enhance brain health and enrich your life. Try something new.*

#### October Discovery Days

**1, 5, 6, 10, 12, 15, 19, 20, 26, 28**

Mark your calendar and "discover" something new.

### RESIDENT SERVICES

#### Laboratory Services

#### Dental Services

#### Podiatry Services

Dr. Robin Pastore, D.P.M.

Dr. Elizabeth Pacocha

#### Physiatry Services

Courtney Trainor, PA

#### Audiologist Services

Dr. Sheri Billings, Aud F-AAA from the Hearing Doctors.

Services are offered by appointment.

Please contact Nicole Motycka for more information. 630-510-2523

[mmotycka@belmontvillage.com](mailto:mmotycka@belmontvillage.com)



#### Paxxon Exercise Program

Monday - Friday

#### Monday

9:00 AM Sit & Weight

#### Tuesday

9:00 AM Tai Chi

#### Wednesday

9:00 AM Paxxon Fitness

1:30 PM Fitness Stretch Outside

#### Thursday

9:00 AM Boxing Moves

1:30 PM Balance Stretch

#### Friday

9:00 AM Therapy Fitness

1:30 PM Pump It Up



# THE BELMONT WORLD'S FAIR SCENE



Maxine receives 2nd place ribbon for sewing handiwork entry.



Joanne 1st place, 2nd place and 3rd place ribbons for her entries



Dick is awarded 2nd place and 3rd place ribbons for his woodworking



Marian receives 1st place ribbon for her crewel embroidery entry.



Dr. David and Grace both ribbon winners at our Belmont World's Fair



Liz wins 1st place ribbons for her calligraphy and watercolor entries

## BELMONT *Village*

SENIOR LIVING

GENEVA ROAD

545 Belmont Lane  
Carol Stream, IL 60188

SC Lic. 47845

### 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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