

# THE VILLAGE NEWS



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

NOVEMBER 2020

## JEANNE'S JOURNAL

*"There are three ways to ultimate success. The first way is to be kind. The second way is to be kind. The third way is to be kind."* —Fred Rogers

With the holiday season almost here, please allow me the honor of bringing to your attention a day of celebration that may possibly be a little less familiar to you. World Kindness Day is Friday, November 13, and it is National Cardigan Day, too! Fred Rogers is one of my heroes. I value and believe in his simple philosophy of kindness. It is no coincidence that World Kindness Day and National Cardigan Day fall on the same day. I invite you to not only don your favorite cardigan but to go out of your way as well to spread some kindness on November 13.

As you know, I have been an Executive Director for a long time. Navigating through the COVID-19 pandemic has been one of the most challenging professional experiences I have ever had. Without a doubt, the ability to endure some extremely difficult days was made possible because of the kindness of my Belmont family. Your ongoing messages of kindness, support and

encouragement continue to bring great meaning to both my team and me.

While I am not sure what the future holds, I am certain that kindness will make every day brighter. We will navigate through our "new normal" together. Spreading kindness as we journey together will absolutely make our travels better. Get your favorite cardigan sweater ready and plan to join us on Friday, November 13, as we celebrate being kind!

*"Imagine what our real neighborhoods would be like if each of us offered just one kind word to another person."* —Fred Rogers



Please wear your cardigan on World Kindness Day **Friday, November 13!**

## MANAGEMENT TEAM

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## EMPLOYEE B-DAYS

11/1	Justine T.
11/1	Lucy C.
11/6	Lisa H.
11/10	Nikko B.
11/15	Bill M.
11/17	Elizabeth A.
11/20	Mary Jane V.
11/22	Daryl P.
11/22	Julieta T.
11/25	Jose C.
11/27	Virginia J.
11/28	Alamie S.
11/29	Isabella K.

## EMPLOYEE ANNIVERSARIES

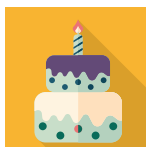
6 years	Joan B.
5 years	Julieta T.
3 years	Vanessa R.
3 years	Hermella Z.
2 years	Rosalie E.
2 years	Saurabh R.

## EMPLOYEE OF THE MONTH: JOSE

Cooking for 140 residents and 120 employees is never an easy job. Mix in a pandemic and the need to quickly convert dining room service to room deliveries can be a recipe for disaster. With Jose on the culinary team, nothing has been impossible!



*Jose Castillo*



## HAPPY BIRTHDAYS

### RESIDENTS

11/15	Richard Demski
11/17	Carole Leifheit
11/18	Peggy Sandford
11/21	Maria Garza
11/22	Marit Bartlett
11/23	Paul Boecler
11/24	Melvin Storm
11/25	Juanita Thomas
11/26	Mary Wagner
11/26	Herb Wierzbach

### BIRTHDAY LUNCH

Residents' birthdays are special, and we celebrate them with a special lunch and a banana split!



## Welcome New Residents

Larry Runnion - #326  
Barbara Stevens - #321  
Paul Boecler - #214

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!

### NEWCOMERS' SOCIAL

Meet new neighbors and share life stories over pizza and cocktails. Bring a photo to share and enjoy getting to know new Belmont friends.

**Tuesday, November 17**  
**2:15 pm**  
**Josephine's Kitchen**

Jose's exceptional teamwork approach has helped to keep our kitchen team feeling upbeat and positive. Jose is a role model for the "can do" spirit. He puts his heart and soul into his work and it shows in everything he does.

If you can't find Jose cooking up something delicious in the kitchen, you will find him out in Josephine's Kitchen visiting with residents. Jose loves the residents of Belmont Village, and to ensure they are happy with their dining choices, he checks in with them on a regular basis to solicit their feedback.

Jose truly exemplifies what it means to go "The Extra Mile." We are so proud of Jose and grateful for his many contributions to our team. We are grateful to have him on our Belmont Team for 18 years and salute him for his exceptional efforts! Congratulations, Jose!



We salute each of our United States Veterans and thank you for your service to our country.

**Edmund Blum**

Army, PFC

**Richard Demski**

Army, Corporal

**Father Arno Dennerlein**

Army, SPEC 3

**Luther Drury**

Army, 1st Sergeant

**Dwight Esau**

Army, SPEC 4

**David Hilgenberg - WWII**

Air Force, Sergeant

**Arthur Kalish - WWII**

Army, Engineer

**John Mullaghy**

Army, Private First Class

**Ernest Pessel - WWII**

Navy Air Corps, Tail Gunner

**George Ponsolle**

Marines, Tech Sergeant

**Larry Runnion**

Air Force, E4

**Merrill Skinner**

Navy, Seaman 2nd Class

**James Smith - WWII**

Army, Private 1st Class

**Alden Sunquist - WWII**

Army, Medical Corps.

**Robert Usiak**

Air Force, Sergeant

**Richard Vaughn**

Army, Cook SPEC 1st Class

**Russel Wagner**

Army, Private SPEC 5

**Joseph Wark**

Navy, 1st Class Petty Officer

**John Westby**

Army, Corporal SPEC 3

**Knox Williams**

Army Reserves

**Robert Zwartz**

Army, Corporal



## PATRIOTIC WEEK

Sunday 11/8–Saturday 11/14

**Sunday November 8**

**2:00 pm JK Dining**

World War II Radio Musical

**Monday November 9**

**2:00 pm JK Dining**

Quilts of Valor Presentation

**Tuesday November 10**

**1:30 pm Bistro**

Patriotic Fresh Floral

**2:15 pm JK Dining**

Veterans Pizza Party

**Wednesday November 11**

**9:00 am JK Dining**

Veterans Breakfast

**Thursday November 12**

**2:00 pm Town Hall**

Flanders Fields Poppy Art

**Friday November 13**

**10:30 am Library**

Rosary and Veterans Prayers

**Saturday November 14**

**6:00 pm Bistro**

“This is THE ARMY” DVD

## Spiritual Corner

**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 Resident Father**

**Richard**

Sundays, 10:15 a.m., Library

**Bible Verses w/resident leader**

Mondays, 10:30 a.m. - Library

**Rosary with Resident Barb I.**

Fridays, 10:00 a.m. Library

**Inspirational Readings**

Sunday 6:15 pm

## TRANSPORTATION SERVICE



Our complimentary, 7-mile radius transportation service to medical appointments can be arranged by submitting a **Transportation**

**Request Form** with our Concierge.

Appointment days are Monday, Wednesday, Thursday and Friday: 9:00 am–2:30 pm.

*Please arrange transportation 48 hours in advance.*



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>1</p> <p>10:15 <span style="color: red;">L</span> Service with Father Richard</p> <p>1:30 <span style="color: blue;">O</span> Scenic Drive ✓</p> <p>3:00 <span style="color: red;">GR</span> 3-card Bingo</p> <p>3:30 <span style="color: purple;">3H</span> Walking Fitness Club</p> <p>6:15 <span style="color: red;">GR</span> Inspirational Short Story †</p>	<p>2</p> <p>9:15 <span style="color: blue;">TH</span> &amp; 10:00 Sit &amp; Weight(s) 🌿</p> <p>10:30 <span style="color: red;">L</span> Bible Verses †</p> <p>1:30 <span style="color: brown;">JK</span> Think Tank Booklets 🌿</p> <p>2:30 <span style="color: red;">L</span> Ministry in Africa with Merrill ★</p> <p>3:30 <span style="color: purple;">3H</span> Walking Fitness Club</p> <p>6:15 <span style="color: red;">GR</span> Mind Over Matter Search</p>	<p>3</p> <p><b>National Sandwich Day!</b></p> <p>8:00 It's Election Day and our "Vote by Mail" ballots are in!!! We had over 70 Belmont Voters! Way to go!</p> <p>9:15 <span style="color: blue;">TH</span> &amp; 10:00 Tai Chi Exercise 🌿</p> <p>10:30 <span style="color: green;">B</span> TED Talks ☐</p> <p>11:00 <span style="color: blue;">TH</span> Jimmy John's Sandwich Order Out ★</p> <p>1:30 <span style="color: green;">B</span> Fresh Floral Arranging</p> <p>2:30 <span style="color: brown;">JK</span> Election Day Trivia 🌿</p> <p>3:30 <span style="color: purple;">3H</span> Walking Fitness Club</p> <p>6:15 <span style="color: red;">GR</span> Word Mining</p>	<p>4</p> <p>9:15 <span style="color: blue;">TH</span> &amp; 10:00 Paxxon Flex Fit 🌿</p> <p>9:45 <span style="color: blue;">TH</span> &amp; 10:00 Wacky Word Fitness</p> <p>1:30 <span style="color: red;">L</span> Belmont Players 🌿</p> <p>2:30 <span style="color: brown;">JK</span> Wine &amp; Cheese Social ✓</p> <p>3:30 <span style="color: purple;">3H</span> Walking Fitness Club</p> <p>6:15 <span style="color: red;">GR</span> 3 Card Bingo</p>	<p>5</p> <p>9:15 <span style="color: blue;">TH</span> &amp; 10:00 Boxing Moves 🌿</p> <p>1:30 <span style="color: blue;">TH</span> Balance Stretch 🌿</p> <p>2:30 <span style="color: red;">GR</span> Chronicle 6 Box 🌿</p> <p>3:30 <span style="color: purple;">3H</span> Walking Fitness Club</p> <p>6:00 Virtual Resident and Family Support Group</p> <p>6:15 <span style="color: red;">GR</span> Seek &amp; Find Puzzle</p>	<p>6</p> <p>9:15 <span style="color: blue;">TH</span> Therapy Fitness 🌿</p> <p>10:00 <span style="color: blue;">TH</span> Parkinson's Exercise</p> <p>10:00 <span style="color: red;">L</span> Rosary with Resident Leader Barb †</p> <p>1:30 <span style="color: blue;">TH</span> Weekend Pump Up! 🌿</p> <p>2:30 <span style="color: red;">GR</span> Chronicle Mental Fitness</p> <p>3:30 <span style="color: purple;">3H</span> Walking Fitness Club</p> <p>6:15 <span style="color: red;">GR</span> Food for Thought Search</p>	<p>7</p> <p>9:30 <span style="color: blue;">TH</span> Ejercicid (Exercise) Spanish Program with Martin 🌿</p> <p>1:00 <span style="color: blue;">O</span> Scenic Drive ✓</p> <p>2:30 <span style="color: blue;">TH</span> Spanish Word Search Translation</p> <p>3:30 <span style="color: purple;">3H</span> Walking Fitness Club</p> <p>6:15 <span style="color: green;">B</span> "I Love Lucy" Reruns</p>	
<p>8</p> <p><b>Patriotic Sunday</b></p> <p>10:15 <span style="color: red;">L</span> Service with Father Richard</p> <p>2:00 <span style="color: brown;">JK</span> WWII Radio Show Musical ★</p> <p>3:00 <span style="color: red;">GR</span> 3-card Bingo</p> <p>3:30 <span style="color: purple;">3H</span> Walking Fitness Club</p> <p>6:15 <span style="color: red;">GR</span> Inspirational Short Story †</p>	<p>9</p> <p><b>Patriotic Monday</b></p> <p>9:15 <span style="color: blue;">TH</span> &amp; 10:00 Sit &amp; Weight(s) 🌿</p> <p>10:30 <span style="color: red;">L</span> Bible Verses †</p> <p>2:00 <span style="color: brown;">JK</span> Quilts of Valor Presentation to our Veterans ♥</p> <p>3:30 <span style="color: purple;">3H</span> Walking Fitness Club</p> <p>6:15 <span style="color: red;">GR</span> Mind Over Matter Search</p>	<p>10</p> <p><b>Patriotic Tuesday</b></p> <p>9:15 <span style="color: blue;">TH</span> &amp; 10:00 Tai Chi Exercise 🌿</p> <p>10:30 <span style="color: green;">B</span> TED Talks ☐</p> <p>1:30 <span style="color: green;">B</span> Patriotic Floral Arranging</p> <p>2:15 <span style="color: brown;">JK</span> Veterans Social ★</p> <p>3:30 <span style="color: purple;">3H</span> Walking Fitness Club</p> <p>6:15 <span style="color: red;">GR</span> Word Mining</p>	<p>11</p> <p><b>Veterans Day</b></p> <p>9:00 <span style="color: brown;">JK</span> Veterans Breakfast ★</p> <p>9:15 <span style="color: blue;">TH</span> &amp; 10:00 Paxxon Flex Fit 🌿</p> <p>10:30 <span style="color: blue;">TH</span> Paxxon Educational Presentation 🗓</p> <p>2:30 <span style="color: brown;">JK</span> Wine &amp; Cheese Social ✓</p> <p>3:30 <span style="color: purple;">3H</span> Walking Fitness Club</p> <p>6:15 <span style="color: red;">GR</span> 3 Card Bingo</p>	<p>12</p> <p><b>Patriotic Thursday</b></p> <p>9:15 <span style="color: blue;">TH</span> &amp; 10:00 Boxing Moves 🌿</p> <p>10:00 <span style="color: blue;">TH</span> Zoom Book Club ☐</p> <p>1:30 <span style="color: blue;">TH</span> Balance Stretch 🌿</p> <p>2:30 <span style="color: brown;">JK</span> Flanders Fields Poppy Watercolor ★</p> <p>3:30 <span style="color: purple;">3H</span> Walking Fitness Club</p> <p>6:15 <span style="color: red;">GR</span> Seek &amp; Find Puzzle</p>	<p>13</p> <p><b>Patriotic Friday &amp; Wear Your Cardigan Day!</b></p> <p>9:15 <span style="color: blue;">TH</span> Therapy Fitness 🌿</p> <p>10:00 <span style="color: blue;">TH</span> Parkinson's Exercise</p> <p>10:00 <span style="color: red;">L</span> Rosary and Veterans Prayers with Resident Leader Barb †</p> <p>1:30 <span style="color: blue;">TH</span> Weekend Pump Up! 🌿</p> <p>2:30 <span style="color: red;">GR</span> Chronicle Mental Fitness</p> <p>3:30 <span style="color: purple;">3H</span> Walking Fitness Club</p> <p>6:15 <span style="color: red;">GR</span> Food for Thought Search</p>	<p>14</p> <p><b>Patriotic Saturday</b></p> <p>9:30 <span style="color: blue;">TH</span> Ejercicid (Exercise) Spanish Program with Martin 🌿</p> <p>1:00 <span style="color: blue;">O</span> Scenic Drive ✓</p> <p>2:30 <span style="color: blue;">TH</span> Spanish Word Search Translation</p> <p>3:30 <span style="color: purple;">3H</span> Walking Fitness Club</p> <p>6:00 <span style="color: green;">B</span> "This is The Army" Movie</p>	
<p>15</p> <p>10:15 <span style="color: red;">L</span> Service with Father Richard</p> <p>1:30 <span style="color: blue;">O</span> Scenic Drive ✓</p> <p>3:00 <span style="color: red;">GR</span> 3-card Bingo</p> <p>3:30 <span style="color: purple;">3H</span> Walking Fitness Club</p> <p>6:15 <span style="color: red;">GR</span> Inspirational Short Story †</p>	<p>16</p> <p>9:15 <span style="color: blue;">TH</span> &amp; 10:00 Sit &amp; Weight(s) 🌿</p> <p>10:30 <span style="color: red;">L</span> Bible Verses †</p> <p>1:30 <span style="color: brown;">JK</span> Think Tank Booklets 🌿</p> <p>2:30 <span style="color: blue;">TH</span> Dance, Dance, Dance 🌿</p> <p>3:30 <span style="color: purple;">3H</span> Walking Fitness Club</p> <p>6:15 <span style="color: red;">GR</span> Mind Over Matter Search</p>	<p>17</p> <p>9:15 <span style="color: blue;">TH</span> &amp; 10:00 Tai Chi Exercise 🌿</p> <p>10:30 <span style="color: green;">B</span> TED Talks ☐</p> <p>1:30 <span style="color: green;">B</span> Fresh Floral Arranging</p> <p>2:15 <span style="color: brown;">JK</span> Newcomers' Social 🗓</p> <p>3:30 <span style="color: purple;">3H</span> Walking Fitness Club</p> <p>6:15 <span style="color: red;">GR</span> Word Mining</p>	<p>18</p> <p>9:15 <span style="color: blue;">TH</span> &amp; 10:00 Paxxon Flex Fit 🌿</p> <p>9:45 <span style="color: blue;">TH</span> &amp; 10:00 Wacky Word Fitness</p> <p>1:30 <span style="color: red;">L</span> Belmont Players 🌿</p> <p>2:30 <span style="color: brown;">JK</span> Wine &amp; Cheese Social ✓</p> <p>3:30 <span style="color: purple;">3H</span> Walking Fitness Club</p> <p>6:15 <span style="color: red;">GR</span> 3 Card Bingo</p>	<p>19</p> <p>9:15 <span style="color: blue;">TH</span> &amp; 10:00 Boxing Moves 🌿</p> <p>9:45 <span style="color: blue;">TH</span> &amp; 10:00 6 Box Mental Warmup 🌿</p> <p>1:30 <span style="color: blue;">TH</span> Balance Stretch 🌿</p> <p>2:00 <span style="color: blue;">TH</span> Virtual Sip and Watercolors ☐</p> <p>3:30 <span style="color: purple;">3H</span> Walking Fitness Club</p> <p>4:00 -6:45 pm Supper Club 🗓</p> <p>6:00 Virtual Resident and Family Support Group ☐</p> <p>6:15 <span style="color: red;">GR</span> Seek &amp; Find Puzzle</p>	<p>20</p> <p>9:15 <span style="color: blue;">TH</span> Therapy Fitness 🌿</p> <p>10:00 <span style="color: blue;">TH</span> Parkinson's Exercise</p> <p>10:00 <span style="color: red;">L</span> Rosary with Resident Leader Barb †</p> <p>1:30 <span style="color: blue;">TH</span> Weekend Pump Up! 🌿</p> <p>2:30 <span style="color: red;">GR</span> Chronicle Mental Fitness</p> <p>3:30 <span style="color: purple;">3H</span> Walking Fitness Club</p> <p>6:15 <span style="color: red;">GR</span> Food for Thought Search</p>	<p>21</p> <p>9:30 <span style="color: blue;">TH</span> Ejercicid (Exercise) Spanish Program with Martin 🌿</p> <p>1:00 <span style="color: blue;">O</span> Scenic Drive ✓</p> <p>2:30 <span style="color: blue;">TH</span> Spanish Word Search Translation</p> <p>3:30 <span style="color: purple;">3H</span> Walking Fitness Club</p> <p>6:15 <span style="color: green;">B</span> "I Love Lucy" Reruns</p>	
<p>22</p> <p>10:15 <span style="color: red;">L</span> Service with Father Richard</p> <p>1:30 <span style="color: blue;">O</span> Scenic Drive ✓</p> <p>3:00 <span style="color: red;">GR</span> 3-card Bingo</p> <p>3:30 <span style="color: purple;">3H</span> Walking Fitness Club</p> <p>6:15 <span style="color: red;">GR</span> Inspirational Short Story †</p>	<p>23</p> <p>9:15 <span style="color: blue;">TH</span> &amp; 10:00 Sit &amp; Weight(s) 🌿</p> <p>10:30 <span style="color: red;">L</span> Bible Verses †</p> <p>1:30 <span style="color: brown;">JK</span> Think Tank Booklets 🌿</p> <p>2:30 <span style="color: red;">L</span> Google on iPhone, iPad, Laptop or Computer ✓</p> <p>3:30 <span style="color: purple;">3H</span> Walking Fitness Club</p> <p>6:15 <span style="color: red;">GR</span> Mind Over Matter Search</p>	<p>24</p> <p>9:15 <span style="color: blue;">TH</span> &amp; 10:00 Tai Chi Exercise 🌿</p> <p>10:30 <span style="color: green;">B</span> TED Talks ☐</p> <p>1:30 <span style="color: green;">B</span> Fresh Floral Arranging</p> <p>2:00 <span style="color: brown;">JK</span> Resident Council with Vice President Lenore Maglin 🗓</p> <p>3:30 <span style="color: purple;">3H</span> Walking Fitness Club</p> <p>6:15 <span style="color: red;">GR</span> Word Mining</p>	<p>25</p> <p>9:15 <span style="color: blue;">TH</span> &amp; 10:00 Paxxon Flex Fit 🌿</p> <p>9:45 <span style="color: blue;">TH</span> &amp; 10:00 Wacky Word Fitness</p> <p>2:30 <span style="color: brown;">JK</span> Wine &amp; Cheese Social ✓</p> <p>3:30 <span style="color: red;">GR</span> Bingo Outlet 🗓</p> <p>3:30 <span style="color: purple;">3H</span> Walking Fitness Club</p> <p>6:15 <span style="color: red;">GR</span> 3 Card Bingo</p>	<p>26</p> <p><b>Thanksgiving</b></p> <p>10:00 <span style="color: red;">L</span> Thanksgiving Prayer Service †</p> <p>1:30 <span style="color: blue;">TH</span> Holiday Movie - Trains, Planes and Automobiles</p> <p>2:30 <span style="color: red;">GR</span> Chronicle 6 Box</p> <p>3:30 <span style="color: purple;">3H</span> Walking Fitness Club</p> <p>6:15 <span style="color: red;">GR</span> Seek &amp; Find Thanksgiving</p>	<p>27</p> <p>9:15 <span style="color: blue;">TH</span> Therapy Fitness 🌿</p> <p>10:00 <span style="color: blue;">TH</span> Parkinson's Exercise</p> <p>10:00 <span style="color: red;">L</span> Rosary with Resident Leader Barb †</p> <p>1:30 <span style="color: blue;">TH</span> Weekend Pump Up! 🌿</p> <p>2:30 <span style="color: red;">GR</span> Chronicle Mental Fitness</p> <p>3:30 <span style="color: purple;">3H</span> Walking Fitness Club</p> <p>6:15 <span style="color: red;">GR</span> Food for Thought Search</p>	<p>28</p> <p>9:30 <span style="color: blue;">TH</span> Ejercicid (Exercise) Spanish Program with Martin 🌿</p> <p>1:00 <span style="color: blue;">O</span> Scenic Drive ✓</p> <p>2:30 <span style="color: blue;">TH</span> Spanish Word Search Translation</p> <p>3:30 <span style="color: purple;">3H</span> Walking Fitness Club</p> <p>6:15 <span style="color: green;">B</span> "I Love Lucy" Reruns</p>	
<p>29</p> <p>10:15 <span style="color: red;">L</span> Service with Father Richard</p> <p>1:30 <span style="color: blue;">O</span> Scenic Drive ✓</p> <p>3:00 <span style="color: red;">GR</span> 3-card Bingo</p> <p>3:30 <span style="color: purple;">3H</span> Walking Fitness Club</p> <p>6:15 <span style="color: red;">GR</span> Inspirational Short Story †</p>	<p>30</p> <p>9:15 <span style="color: blue;">TH</span> &amp; 10:00 Sit &amp; Weight(s) 🌿</p> <p>10:30 <span style="color: red;">L</span> Bible Verses †</p> <p>1:30 <span style="color: brown;">JK</span> Think Tank Booklets 🌿</p> <p>2:30 <span style="color: brown;">JK</span> Culinary Arts Program 🌿</p> <p>3:30 <span style="color: purple;">3H</span> Walking Fitness Club</p> <p>6:15 <span style="color: red;">GR</span> Mind Over Matter Search</p>	 <p><b>FALL BACK 1 HOUR</b></p>		<p>Daylight Saving Time Ends on Sunday, November 1st</p> <p>Set your clocks <b>BACK</b> one hour before going to bed on <b>Saturday, October 31st.</b></p>	 <p><i>Thank You</i> <b>VETERANS</b></p>	<p><b>MBA CLUB for Mind Body Awareness</b></p> <p>*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.</p>	 <p><b>MBA CLUB</b> MIND BODY AWARENESS AT BELMONT VILLAGE</p>



## GIVE IN TO GRATITUDE

It's tradition to show your appreciation for others on Thanksgiving, but don't let your displays of gratitude end when dinner is over. Here are some other ways to express your thankfulness for all the good things in your life:

**Volunteer.** Finding a cause that resonates with you is the first step to giving back. Volunteering at your local community or youth center, or at events in your area, such as local charity runs, is a great way to actively show your support.

**Donate.** Take canned goods or other nonperishable items to a homeless shelter or food kitchen to ensure that others can enjoy a Thanksgiving meal, as well.

**Reflect.** Alone, or with family and friends, take a few minutes to reflect on all the blessings in your life. Whether big or small, remembering all that you have to be thankful for will encourage you to pay it forward this holiday season.



## Circle of Friends & Neighborhood

### Circle of Friends November Theme

#### Native Americans & Pilgrims

This month we will be learning all about Native Americans and Pilgrims. Below are a few of our daily subjects and what we may be doing.

**Brainwaves:** History of First People, Squanto Biography, Sand Painting Math

**Craft:** Paper Canoe, Bead Work, Basket Weaving

**Mental Workout:** Immigrant Journeys, Algonquin Poetry, Wampanoag Daily Life

**Class Time:** Indian Sign Language, International Customs, Cooking Corn Cakes

**Meditation:** Dancing to The Beat, Indian Picture Writing, Drum Circle

November is a busy month in the Neighborhood. We will learn about turkeys and Thanksgiving. Here are a few examples of our turkey days ahead!

On "**Get Ready for Turkey Day,**" we will learn facts about the turkey. *Did you know that the ballroom dance known as the turkey trot was named for the short jerky steps a turkey makes?*

On "**It's Almost Turkey Day,**" we will learn how to draw a turkey using sketching skills and then paint our turkey.

On "**Thanksgiving Day,**" we will talk about the first feast and together share a feast of our own. Of course, lots of turkey will be enjoyed. *Gobble! Gobble!*





## HEALTH & WELLNESS

### MAKE A CHOICE TO FIGHT DIABETES

Every **November**, the American Diabetes Association encourages the public to learn more about diabetes and the risks associated with the disease. It is estimated that 7 percent of the U.S. population has diabetes and that 6.2 million are undiagnosed. Diabetes has been linked with many other diseases and health complications such as heart disease, stroke, high blood pressure, blindness and kidney disease. Ways to prevent diabetes complications include: glucose control, blood pressure control, control of blood lipids, and preventive care for eyes, kidneys and feet. It's important to have regular blood pressure and blood sugar checks and maintain a healthy lifestyle. For more detailed information, consult your physician or [www.diabetes.org](http://www.diabetes.org) and join the fight against this disease.



### SUPER FOOD: PUMPKIN

Pumpkin isn't just pretty. It's packed with nutrients, too. The flesh of the orange orb is rich in beta-carotene, which the body converts to vitamin A. Vitamin A boosts the immune system, promotes healthy eyesight and may help reverse skin damage caused by the sun. Pumpkin also is a good source of vitamins C and E and minerals potassium and magnesium, as well as heart-healthy fiber.



### PUMPKIN IN THE KITCHEN

#### Pumpkin Spice Latte

In a saucepan, combine 3 cups low-fat milk, 3/4 cup pumpkin puree, 1/3 cup brown sugar, 1/2 teaspoon ground cinnamon, 1/4 teaspoon ground ginger, and 1/8 teaspoon ground nutmeg. Cook over medium heat, stirring constantly, until steaming. Add mixture to freshly brewed coffee and stir. Top with whipped cream and cinnamon. *Sounds deliciously yummy. Let's try it!*

**Monday, November 30th**  
**2:30 pm**  
**Josephine's Kitchen**

### 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

9:15 AM Sit & Weight(s) 1

10:00 AM Sit & Weight(s) 2

#### Tuesday

9:15 AM Tai Chi 1

10:00 AM Tai Chi 2

#### Wednesday

9:15 AM Paxxon Fitness 1

10:00 AM Paxxon Fitness 2

#### Thursday

9:15 AM Boxing Moves 1

10:00 AM Boxing Moves 2

1:30 PM Balance Stretch

#### Friday

9:15 AM Therapy Fitness

10:00 AM Parkinson's Exercise

1:30 PM Pump It Up



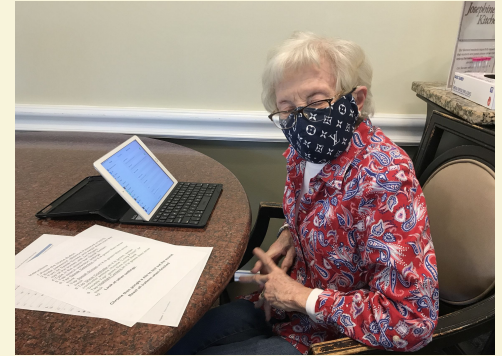
# THE BELMONT SCENE



Lead flower designer, Juanita, and assistant, Grace, create masterpieces.



Resident, Becky, leads us through Kokology, "the game of self-discovery."



Peggy during iPad class changing settings



Champion Jeopardy player, Penney, wins big with \$11,800 "Belmont Bucks."



Joanne and Lorraine create "Pumpkin Cheesecake" desserts in Culinary Class.



David celebrates his 105th birthday. Check out his party on our Facebook page!

## 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



[belmontvillage.com](http://belmontvillage.com)



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