



# Belmont Village at Cardiff by the Sea Village NEWS

  3535 Manchester Ave • Cardiff By The Sea, CA 92007 • Tel 760-436-8900 • Fax 760-436-8911

*A Publication of Belmont Village for Residents, Staff, Family and Friends*

**September 2014**

## **Our Team**

### **Sadie Harness**

*Executive Director x101*  
sharness@belmontvillage.com

### **Melissa Lopez**

*Director of Resident Care x102*  
mlopez@belmontvillage.com

### **Kristen Van Middlesworth**

*Activity Programs Coord. x107*  
kvanmidd@belmontvillage.com

### **Neisha Scales**

*Memory Programs Coord. x123*  
jscales@belmontvillage.com

### **Erik Fredrikson**

*Human Resources Generalist x103*  
efredrik@belmontvillage.com

### **Don Callahan**

*Building Engineer x128*  
dcallahan@belmontvillage.com

### **David Soto**

*Chef Manager x120*  
dsoto@belmontvillage.com

### **Melissa Wood**

*Sales and Marketing x104*  
mwood@belmontvillage.com

### **Paula Lemkuil**

*Sales and Marketing x105*  
plemkuil@belmontvillage.com

### **Barbara Shockley**

*Sales and Marketing x105*  
bshockley@belmontvillage.com



## **Sadie's Corner**

September is Healthy Aging Month. Belmont Village promotes healthy aging by offering a variety of fitness and exercise classes. In late August we rolled out a new fitness initiative—a **Strength and Balance class** on Thursdays at 1 p.m. The trainers from Live 2B Healthy are here weekly to help increase strength, improve balance and decrease muscle atrophy. They are taking baseline data initially, and will retest participants quarterly to monitor results. We did a trial class and had good feedback. We hope to see you on Thursdays in the Town Hall at 1 p.m.!

The Luau was a big success. Next year we plan to improve the luau by making it cloudy outside. Ha! Ha! We'd like to find umbrellas that work for everyone—so they don't block the view of the people in the back rows, and still provide shade. Half of the crowd watching was shielded by the shade of the building, the other half really loved the sunshine. Thank you to those family members who joined us for the annual summer Luau.

Batter up! Belmont Village is sponsoring a local softball team made up of Belmont Village staff members. We currently have 28 people on the team, aptly named

**The Village People.** We encourage attendance! The games are every Tuesday night—though the times vary. The ballpark is less than a mile away, just down Santa Fe Road on Lake Street. If you are interested in cheering on your favorite staff member, please sign up at the front desk for a ride to watch the **Sept. 2 game at 6:15 p.m.** They are short but sweet—only one hour long! And the bus will happily return you early if you find the bleachers as uncomfortable as the rest of us do!

Mark your calendars for **Thursday, Oct. 9**—Belmont Village will host a Fall Festival. The Bayou Brothers Band will perform and we will have a variety of other fun activities for you and your family members. The dinner will be themed. Details to follow.

**Many thanks and happy September!**



The Belmont Village softball team!  
Go Team "Village People"



### Happy Hour

9/4 BLUE ZONE GROUP  
 9/11 COWBOY JACK  
 9/18 GIL ALCANTAR  
 9/25 MUSICSTATION

### Salon Hours

9 a.m.–4 p.m., Tuesday through Friday, Located on 3rd Floor. Please schedule directly with the Salon. (760) 632-4667.

### Monthly Support

“Support” resources are open to all—drop-in and free.

Optometry/Podiatry are by appointment only via our nurses (Wellness Center, 2nd Floor).

#### Bereavement Support Group

Tuesdays,

10:15 a.m., (CR, L2)

#### Hearing Aid Support

Second & Fourth Thursdays,

3 p.m., (CR, L2)

#### Alzheimer’s Support

Third Thursday, 1:30 p.m.

(CR, L2)

#### Podiatrist In-House

Third Thursday,

10 a.m. Assisted and

Independent Living (CR, L2)

1:30 p.m. Neighborhood

#### Parkinson’s Support

First Wednesday,

1 p.m. (TH)

## September Outings

Tues., Sept. 2, at 5:45 p.m.:

### Belmont Village Softball

Come and cheer on your favorite staff members at the Cardiff Sports Park.



Wed., Sept. 3, at 1 p.m.:

### Land and Sea Tour

This 90-minute tour of San Diego will take us through the city sights and then will take us on the water to see the harbor.



Sat., Sept. 6, at 2:30 p.m.:

### Greek Festival

Located next door at the Greek Church. There will be food, music and church tours!

Wed., Sept. 10, at 11:15 a.m.:

### Tony’s Jacal Restaurant

Robert’s Spanish class will be practicing their Spanish at lunch!

We encourage all residents to attend!

Fri., Sept. 12, at 10:15 a.m.:

### Carlsbad Forum

We have gotten a few requests for shopping at the Forum. They have a big variety of great shops!

Wed., Sept. 17, at 4:30 p.m.:

### Dinner with Robert

This month we will be going to Fish House Vera Cruz in Carlsbad.

Wed., Sept. 24, TBD:

### Movie Outing

We will choose the movie closer to the date. Suggestions welcome.



Helen and one of our new residents, Martin G.

## Employee of the Month

Please join me in giving our assisted living PAL, Helen, a round of applause! Helen was born in Liberia, and due to social and political turmoil, Helen and her family found themselves fleeing war-torn Liberia. Once in California, Helen and her family decided to stay. She lives here in Cardiff, where she raised her son named Luther, who now resides in Santa Barbara. Helen enjoys spending time with family, friends and relaxing activities. Helen is known for her patience, kindness and love for helping others. Great job, Helen!



## Did You Know?

Column by Ginny and Sophie

Have you ever thought about the common expressions or “sayings” that we use every day in our conversations? We did, and we wondered where they originated and what was the original meaning. Here are a few examples:

“**Sleep Tight**” was originally sleep well, and came from Shakespeare’s time, when mattresses were secured on bed frames by ropes. The ropes were tightened to create a firmer bed.

“**Rub the Wrong Way**” means to irritate, bother or annoy someone. This phrase came from colonial America, where servants were required to wet-rub and dry-rub the oak-board floors each week. Doing it against the grain caused streaks to form, making the wood look awful and irritating the homeowner.

“**No Spring Chicken**” refers to someone who is past their prime. This term comes from New England chicken farmers who generally sold their chickens in the spring, so the chickens born in the springtime yielded better earnings than the chickens that survived the winter. Sometimes, farmers tried to sell old birds for the price of a new spring chicken. Clever buyers complained that the fowl was “no spring chicken” and the term was born.

“**Go the Whole Nine Yards**” means to try one’s best. World War II fighter pilots received a 9-yard chain of ammunition, so when a pilot used all of his ammunition on one target, he gave it “the whole 9 yards.”

“**Give the Cold Shoulder**” is a nonverbal way of letting someone know they aren’t welcome. Although today it is considered a rude gesture, it was actually regarded as a polite gesture in medieval England. After a feast, the host would let his guests know it was time to leave by giving them a cold piece of meat from the shoulder of beef, mutton or pork.

“**Eating Humble Pie**” refers to making an apology and suffering humiliation along with it. During the Middle Ages, the lord of a manor would hold a feast after hunting, and would receive the finest cut of meat for himself. Those of lower standing were served a pie filled with the entrails and innards, known as “umbles.” Therefore, receiving “umble pie” was considered humiliating because it informed others in attendance of the guest’s lower status.

“**Butter Someone Up**” means to flatter someone. This comes from an ancient Indian custom involving throwing balls of clarified butter at statues of gods in order to seek favor.

How many can you remember?

## Life’s Great at the Coast



What a cute bunny you make, **Virginia B.!**



**Merryll C. and Jeannine A.** welcoming one of our newest residents, **Anne-Marie R.**



**Anita A.**, that dog is huge!



Happy Birthday, **Norma H.**



**Sunday**

**Monday**

**Tuesday**

<p style="text-align: center;"><b>SEPTEMBER</b></p>	<p>9:00 Stand &amp; Be Fit (GYM) <b>1</b>  <b>9:30 Shopping</b>            9:45 Sit &amp; Be Fit (TH)  <b>10:15 Music Appreciation (SR)</b>            10:30 Aqua Aerobics (POOL)  <b>11-1 Labor Day BBQ</b>  <b>1:00 Chair Tai Chi (SR)</b>  <b>2:30 Mystery Ride</b>            4:00 Randi Sings (GR)            6:30 Wii Bowling (TH)            7:00 Evening Movie (SR)</p>	<p><b>Northbound Doctor Drives</b> <b>2</b>            9:00 Stand &amp; Be Fit (GYM)            9:45 Sit &amp; Be Fit (TH)  <b>10:30 Sharpen Senses (TH)</b>            1:15 BINGO (TH)  <b>3:15 Activity Chat/MBA (TH)</b>  <b>5:45 Outing: Watch &amp; Cheer on the Belmont Village Softball Team</b>            7:00 Evening Movie (SR)</p>
<p><b>8:30 Church Runs</b> <b>7</b>            10:30 Crossword/Trivia (GR)  <b>11:00 Nondenominational Bible Study (TH)</b>            1:00 Daily Movie (SR)  <b>1:30 MYSTERY RIDE</b>            3:00 Mu Phi Epsilon Musicians Perform (GR)            7:00 Evening Movie (SR)</p>	<p>9:00 Stand &amp; Be Fit (GYM) <b>8</b>  <b>9:30 Shopping</b>            9:45 Sit &amp; Be Fit (TH)            10:15 Music Appreciation (SR)            10:30 Aqua Aerobics (POOL)  <b>2:00 Beginning Art Class (TH)</b>            3:30 Chair Tai Chi (SR)            6:30 Wii Bowling (TH)            7:00 Evening Movie (SR)</p>	<p><b>Northbound Doctor Drives</b> <b>9</b>            9:00 Stand &amp; Be Fit (GYM)            9:45 Sit &amp; Be Fit (TH)  <b>10:30 Sharpen Senses (TH)</b>            1:15 BINGO (TH)            2:00 Computer Tutor (CFL)  <b>3:15 Welcome Social: Meet the New Residents (TH)</b>            7:00 Evening Movie (SR)</p>
<p><b>8:30 Church Runs</b> <b>14</b>  <b>10:05 Temple Children Visit (GR)</b>            10:30 Crossword/Trivia (GR)  <b>11:00 Nondenominational Bible Study (TH)</b>            1:00 Daily Movie (SR)  <b>1:30 MYSTERY RIDE</b>            3:00 Rose at the Piano (GR)            7:00 Evening Movie (SR)</p>	<p>9:00 Stand &amp; Be Fit (GYM) <b>15</b>  <b>9:30 Shopping</b>            9:45 Sit &amp; Be Fit (TH)            10:15 Music Appreciation (SR)            10:30 Aqua Aerobics (POOL)  <b>1:30 Current Events (SR)</b>            3:15 Chair Tai Chi (SR)            6:30 Wii Bowling (TH)            7:00 Evening Movie (SR)</p>	<p><b>Northbound Doctor Drives</b> <b>16</b>            9:00 Stand &amp; Be Fit (GYM)            9:45 Sit &amp; Be Fit (TH)  <b>10:30 Sharpen Senses (TH)</b>            1:15 BINGO (TH)            2:00 Computer Tutor (CFL)  <b>3:00 Osher: An Overview of Artists' Methods and Materials (SR)</b>            7:00 Evening Movie (SR)</p>
<p><b>8:30 Church Runs</b> <b>21</b>            10:30 Crossword/Trivia (GR)  <b>11:00 Nondenominational Bible Study (TH)</b>            1:00 Daily Movie (SR)            1:30 Ceramics Class (TH)  <b>3:00 MYSTERY RIDE</b>            7:00 Evening Movie (SR)</p>	<p>9:00 Stand &amp; Be Fit (GYM) <b>22</b>  <b>9:30 Shopping</b>            9:45 Sit &amp; Be Fit (TH)            10:15 Music Appreciation (SR)            10:30 Aqua Aerobics (POOL)  <b>2:00 Laughing W/Robert (TH)</b>  <b>3:15 Coffee Klatch W/Sadie (B)</b>            6:30 Wii Bowling (TH)            7:00 Evening Movie (SR)</p>	<p><b>Northbound Doctor Drives</b> <b>23</b>            9:00 Stand &amp; Be Fit (GYM)            9:45 Sit &amp; Be Fit (TH)  <b>10:30 Sharpen Senses (TH)</b>            1:15 BINGO (TH)            2:00 Computer Tutor (CFL)  <b>3:00 Hooray for Hollywood (SR)</b>            7:00 Evening Movie (SR)            7:00 Peter Seltser Entertains (G)</p>
<p><b>8:30 Church Runs</b> <b>28</b>            10:30 Crossword/Trivia (GR)  <b>11:00 Nondenominational Bible Study (TH)</b>            1:00 Daily Movie (SR)  <b>1:30 Jewelry Class (TH)</b>            3:00 Mike at the Piano (GR)            7:00 Evening Movie (SR)</p>	<p>9:00 Stand &amp; Be Fit (GYM) <b>29</b>  <b>9:30 Shopping</b>            9:45 Sit &amp; Be Fit (TH)            10:15 Music Appreciation (SR)            10:30 Aqua Aerobics (POOL)  <b>2:00 The History Guy: Remembering 9/11 (SR)</b>            3:15 Chair Tai Chi (SR)            6:30 Wii Bowling (TH)            7:00 Evening Movie (SR)</p>	<p><b>Northbound Doctor Drives</b> <b>30</b>            9:00 Stand &amp; Be Fit (GYM)            9:45 Sit &amp; Be Fit (TH)  <b>10:30 Sharpen Senses (TH)</b>            1:15 BINGO (TH)            2:00 Computer Tutor (CFL)  <b>3:30 Book Club Chat (C)</b>            7:00 Evening Movie (SR)</p>

**Days to**

**Remember**

Doctor Trips

Tuesdays (North)

Thursdays (South)

Optometrist

As Scheduled (WC)

Podiatrist

Third Thursday (C)

Hearing Aid Care

Second & Fourth

Thursdays (C)

Dry Cleaning

Pickup/Drop-off: 8 a.m.

Mondays

and Thursdays

Church Runs

Sundays 8:30-Noon

**Belmont Key**

1st Floor

B—Bistro

TH—Town Hall

JK—Josephine's Kitchen

D/R Patio—Behind JK

GR—Great Room

2nd Floor

WC—Wellness Center

CFL—Center

for Learning

3rd Floor

S—Salon

COF—Circle of Friends

L2 Floor

C—Club Room

SR—Screening Room

L—Library

L3 Floor

P—Pool

CFLE —Center for

Life Enhancement

# September 2014

Wednesday	Thursday	Friday	Saturday
<p>9:00 Stand &amp; Be Fit (GYM) <b>3</b></p> <p><b>9:30 Shopping</b></p> <p>9:45 Sit &amp; Be Fit (TH)</p> <p><b>10:30 Cultural Studies (TH)</b></p> <p>10:30 Spanish Class (SR)</p> <p><b>1:00 San Diego Land &amp; Sea Tour</b></p> <p>3:30 Scrabble (GR)</p> <p><b>6:45 Late Night Bingo (TH)</b></p> <p>7:00 Evening Movie (SR)</p>	<p><b>Southbound Doctor Drives 4</b></p> <p>9:00 Stand &amp; Be Fit (GYM)</p> <p>9:45 Sit &amp; Be Fit (TH)</p> <p>10:15 Balance Chair Yoga (TH)</p> <p><b>1:00 Balance &amp; Strength (TH)</b></p> <p>1:30 Knitting Club (B)</p> <p><b>3:00 Happy Hour (B)</b></p> <p><b>"Blue Zone Group"</b></p> <p>7:00 Evening Movie (SR)</p>	<p><b>5</b></p> <p>9:00 Stand &amp; Be Fit (GYM)</p> <p>9:45 Sit &amp; Be Fit (TH)</p> <p>10:30 Aqua Aerobics (POOL)</p> <p><b>1:30 Bridge (TH Foyer)</b></p> <p>4:00 Armchair Astronomy (SR)</p> <p>4:30 Shabbat Blessings (TH)</p> <p>7:00 Evening Movie (SR)</p>	<p><b>6</b></p> <p><b>9:15 WALKING CLUB</b></p> <p><b>10:30 SHOPPING</b></p> <p>1:00 Daily Movie (SR)</p> <p>1:15 BINGO (TH)</p> <p><b>2:30 Outing: Greek Festival</b></p> <p>3:00 Sheldon at the Piano (GR)</p> <p>4:00 Communion Room Visits</p> <p>7:00 Evening Movie (SR)</p>
<p>9:00 Stand &amp; Be Fit (GYM) <b>10</b></p> <p><b>9:30 Shopping</b></p> <p>9:45 Sit &amp; Be Fit (TH)</p> <p><b>11:15 Spanish Class Lunch Outing: Tony's Jacal (EVERYONE IS WELCOME TO COME!)</b></p> <p>2:00 Chair Tai Chi (SR)</p> <p>3:00 Spanish W/ Robert (SR)</p> <p>7:00 Evening Movie (SR)</p>	<p><b>Southbound Doctor Drives 11</b></p> <p>9:00 Stand &amp; Be Fit (GYM)</p> <p>9:45 Sit &amp; Be Fit (TH)</p> <p>10:15 Balance Chair Yoga (TH)</p> <p>1:00 Balance &amp; Strength (TH)</p> <p><b>1:30 Knitting Club (B)</b></p> <p><b>3:00 Happy Hour (B)</b></p> <p><b>"Cowboy Jack"</b></p> <p>7:00 Evening Movie (SR)</p>	<p><b>12</b></p> <p>9:00 Stand &amp; Be Fit (GYM)</p> <p>9:45 Sit &amp; Be Fit (TH)</p> <p><b>10:15 Outing: Shopping at the Forum</b></p> <p>10:30 Aqua Aerobics (POOL)</p> <p><b>1:30 Bridge (TH Foyer)</b></p> <p>3:00 Nancy's Taste &amp; Learn (TH)</p> <p>4:30 Shabbat Blessings (TH)</p> <p>7:00 Evening Movie (SR)</p>	<p><b>13</b></p> <p><b>9:15 WALKING CLUB</b></p> <p><b>10:30 MYSTERY RIDE</b></p> <p>1:00 Daily Movie (SR)</p> <p>1:15 BINGO (TH)</p> <p><b>2:30 SHOPPING</b></p> <p>3:00 Marsha at the Piano (GR)</p> <p>4:00 Communion Room Visits</p> <p>7:00 Evening Movie (SR)</p>
<p><b>17</b></p> <p>9:00 Stand &amp; Be Fit (GYM)</p> <p><b>9:30 Shopping</b></p> <p>9:45 Sit &amp; Be Fit (TH)</p> <p><b>10:30 Cultural Studies (TH)</b></p> <p>1:00 Spanish W/Robert (SR)</p> <p><b>2:00 Resident Council (SR)</b></p> <p>3:00 Music W/Jeff (SR)</p> <p><b>4:30 Outing: Dinner W/Robert</b></p> <p>7:00 Evening Movie (SR)</p>	<p><b>Southbound Doctor Drive 18</b></p> <p>9:00 Stand &amp; Be Fit (GYM)</p> <p>9:45 Sit &amp; Be Fit (TH)</p> <p>10:15 Balance Chair Yoga (TH)</p> <p>1:00 Balance &amp; Strength (TH)</p> <p><b>1:30 Knitting Club (B)</b></p> <p><b>3:00 Happy Hour (B)</b></p> <p><b>"Gil Alcantar"</b></p> <p>7:00 Evening Movie (SR)</p>	<p><b>19</b></p> <p>9:00 Stand &amp; Be Fit (GYM)</p> <p>9:45 Sit &amp; Be Fit (TH)</p> <p>10:30 Aqua Aerobics (POOL)</p> <p>12:30 Balance W/Krissy (TH)</p> <p><b>1:30 Bridge (TH Foyer)</b></p> <p>2:30 Animal Visits (GR)</p> <p>3:15 Chat W/the Chef (JK)</p> <p>4:30 Shabbat Blessings (TH)</p> <p>7:00 Evening Movie (SR)</p>	<p><b>20</b></p> <p><b>9:15 WALKING CLUB</b></p> <p><b>10:30 MYSTERY RIDE</b></p> <p>1:00 Daily Movie (SR)</p> <p>1:15 BINGO (TH)</p> <p><b>2:30 SHOPPING</b></p> <p>3:15 The History Lady (TH)</p> <p>4:00 Communion Room Visits</p> <p>7:00 Evening Movie (SR)</p>
<p><b>Rosh Hashanah Begins at Sundown 24</b></p> <p>9:00 Stand &amp; Be Fit (GYM)</p> <p><b>9:30 Shopping</b></p> <p>9:45 Sit &amp; Be Fit (TH)</p> <p><b>10:30 Spanish W/Robert (SR)</b></p> <p><b>MOVIE OUTING TBD</b></p> <p>3:30 Rosh Hashanah Music (GR)</p> <p>4:30 Rosh Hashanah Din. (JK)</p> <p>7:00 Evening Movie (SR)</p>	<p><b>25</b></p> <p>9:00 Stand &amp; Be Fit (GYM)</p> <p>9:45 Sit &amp; Be Fit (TH)</p> <p>10:15 ZOO Animal Encounter (TH)</p> <p>1:00 Balance &amp; Strength (TH)</p> <p>2:00 Dr. Nasar (TH)</p> <p><b>1:30 Knitting Club (B)</b></p> <p><b>3:00 Happy Hour (B)</b></p> <p><b>"MusicStation"</b></p> <p>4:30 Marine Visit (JK)</p> <p>7:00 Evening Movie (SR)</p>	<p><b>Rosh Hashanah Ends 26</b></p> <p>9:00 Stand &amp; Be Fit (GYM)</p> <p>9:45 Sit &amp; Be Fit (TH)</p> <p>10:30 Aqua Aerobics (POOL)</p> <p>11:15 Birthday Lunch (JK)</p> <p>12:30 Balance W/ Krissy (TH)</p> <p><b>1:30 Bridge (TH Foyer)</b></p> <p>3 Nancy's Taste &amp; Learn (TH)</p> <p>4:30 Shabbat Blessings (TH)</p> <p>7:00 Evening Movie (SR)</p>	<p><b>27</b></p> <p><b>9:15 WALKING CLUB</b></p> <p><b>10:30 MYSTERY RIDE</b></p> <p>1:00 Daily Movie (SR)</p> <p>1:15 BINGO (TH)</p> <p><b>2:30 SHOPPING</b></p> <p>3:00 Vincent at the Piano (GR)</p> <p>4:00 Communion Room Visits</p> <p>7:00 Evening Movie (SR)</p>



All Designated MBA Activities Are Underlined in the Calendar

This calendar is a forecast of activities, and is thus subject to change. The most current activity listing is on the daily handout at the Front Desk. If you sign up for an outing, please plan to attend, as applicable ticket costs will be charged to your room. Thank you.



REMEMBRANCE DAY



## September Celebrations!



### Resident Birthdays

2nd	Hal B.
2nd	Latif D.
5th	Carolyn G.
6th	Jean M.
8th	Hugh Maxwell
14th	Betty M.
19th	Maxine B.
19th	Bob K.
20th	Ann M.
25th	Doris P.

### Employee Birthdays

2nd	Jessica M.
6th	Nancy B.
8th	Brandon G.
10th	Ronda C.
20th	David R.
21st	Andrea W.
22nd	Paula L., Corinna B.
24th	Diana L.
25th	Neisha S.
26th	Melissa L.
29th	Chris P., Jasia V.
30th	Cindy S.

### Employee Anniversaries

5 yrs.	Willy J.
3 yrs.	Jessica M.
3 yrs.	Sara A.
2 yrs.	Debra H.
2 yrs.	Nancy P.



## Balance and Strength Class

We invite our residents to come and try it! This class is covered by health plans enrolled in Silver Sneakers Fitness, so invite your friends!

### IN THIS CLASS, YOU WILL:

- Enjoy a 45-minute exercise class focused on maintaining balance and muscle strength
- Receive a fitness assessment
- Learn tips for staying fit at any age
- Learn about muscle groups and how to best engage them daily
- Plus, exercises to take with you

## Nurse's Note

### Benefits of Therapeutic Massage for Elderly People

Elderly massage offers numerous benefits to our senior citizens, which can help to improve their health and well-being. Massaging an older adult is different than massaging the younger population, and the massage therapist needs to be knowledgeable of the physiological changes that occur in the aging body. Massage techniques, like pressure, are different, and there must be sensitivity shown to the receivers to ensure the massage is comfortable as well as effective. When we age, we become less active, which contributes to the reduction of the quality of life experienced by many of our senior citizens. Studies have shown that elderly massage therapy can have significant benefits in managing

the effects of aging such as arthritis.

Benefits of elderly massage:

- Useful in the treatment of Alzheimer's patients. It has shown to facilitate relaxation and communication.
- Massage helps increase range of motion.
- Promotes natural joint lubrication, which is important for arthritis sufferers.
- Helps to increase strength and muscle coordination.
- Boosts natural energy levels and mental awareness.
- Improves posture by reducing muscle tension.
- This has the added benefit of assisting seniors with a higher quality of rest, and helps them sleep deeper and longer.
- Can have a profound calming effect.



## Neighborhood News



Neighborhood was joined by Circle of Friends on the Walking Club!

In the Neighborhood we have a Men’s Club that takes place throughout the month. This month we will be adding a Women’s Club that will be at the same time as the Men’s Club! The Women’s Club will include a cooking class, jewelry class and gardening class. These interactive and therapeutic activities will bring back positive memories for the residents. Also this month, we will continue to have an off-campus Walking Club, along with scheduled outings. The residents enjoy being able to go and enjoy the San Diego sun! I want to end with saying how wonderful it was to speak and/or meet with some family members this past month! I was able to learn and understand the residents better after having the individual meetings that I did. It is very important to me to keep the lines of communication open with the families of the residents, so please don’t hesitate to call or stop by to see me!

## Circle of Friends

There were a few new additions to the Circle of Friends schedule for the month of August! The first addition is a cooking class that will be led by the Activity Assistant. This class is meant to be a fun but therapeutic activity for the residents. Everyone is more than welcome to come and taste test! Another addition is the new great Healthy-2-B-Fit strength and balance exercise class. This class brings in a personal instructor once a week that works with the Circle of Friends. These exercises are meant to increase strength, balance and flexibility, while enjoying good music and having fun with their peers. What is so great and unique about this program is that it tracks the resident’s progress. This month the instructor will be taking their baseline measurements, to be compared to the next measurements, which will be taken in three months. We hope to see some great numbers from our Circle of Friends residents!



Ross W. and Cindy taking fun “photo booth” pictures

## September Highlights

Wed., Sept. 3, at 6:45 p.m.:

### Late Night Bingo

Try your luck during this added day of bingo fun!

Thursdays in Sept. at 1 p.m.:

### Balance and Strength

Instructors will keep track of your progress and give you exercises that will help you maintain balance that you can do at home!

Mon., Sept. 8, at 2 p.m.:

### Beginning Art Class

You don’t have to be Monet to try your hand at this art class. She takes you step by step to create a masterpiece!

Mon., Sept. 15, at 1:30 p.m.:

### Current Events

We will discuss what’s going on in the world around us and get your take on some issues we face.

Mon., Sept. 22, at 2 p.m.:

### Laughing with Robert

This activity will brighten up your day and bring a smile to your face! Hey, they always said laughter is the best medicine.

Tues., Sept. 23, at 3 p.m.:

### Hooray for Hollywood

Explore the scandal and intrigue associated with the stars and starlets of “Old Hollywood.”

## Word of the Month

*Welcome*—Admitted or received gladly and cordially.

# The Village Scene



Bill D. showing off his artwork!



Residents participating in a drum circle!



Welcoming **Jack** and **Jackie G.** to Belmont Village!



**Geneve S.**, **Ginny M.** and **Robert** enjoying lunch at the Green Dragon Tavern in Carlsbad.



Happy Birthday, **Florence B.**



**Irving F.** and his son enjoying the "Day at the Races" in Del Mar.



3535 Manchester Ave  
Cardiff By The Sea, CA 92007  
760-436-8900

RCFE Lic. 374603231  
[www.belmontvillage.com](http://www.belmontvillage.com)

## Belmont Village Communities

**CALIFORNIA:** Burbank, 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

**SOUTHERN US:** Memphis, Nashville, Louisville, Atlanta—Buckhead and Johns Creek, Dallas, Austin, Houston—West University and Hunters Creek



© 2014 Belmont Village, L.P. All content herein and published by Belmont Village