



Belmont Village of Rancho Palos Verdes VillageNEWS



5701 Crestridge Road • Rancho Palos Verdes, CA 90275 • Phone 310-377-9977 • Fax 310-377-4499

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

November 2014

Our Team

Judith Uy-Villaruz

Executive Director

(310) 377-9977 x 102

Rene Navarrette

Human Resource Coord.

(310) 377-9977 x 103

Tess Berry

Activity Program Coord.

(310) 377-9977 x 104

David Alvarez

Building Engineer

(310) 377-9977 x 105

Anthony Rodriguez

Chef Manager

(310) 377-9977 x 106

Terese Campbell

Community Relations

(310) 377-9977 x 108

Jacqueline Marquez

Community Relations

(310) 377-9977 x 107

Nerissa Lagmay, R.N.

Dir. of Resident Care

(310) 377-9977 x 109

Melissa Lusby

Memory Program Coord.

(310) 377-9977 x 121



The management Team!

Judi's Notes:

On Veterans Day, we pay tribute to the men and women who have served and who continue to serve our country in the armed forces.

Take a moment on Nov. 11 to honor those heroes whose dedication has kept our liberties intact. Also, join us for a Veterans Day lunch at 11:30 a.m. on Nov. 11. If you are a veteran, we'd like to thank you for your courage and service.

I would again like to thank all who completed the satisfaction surveys. Your input helps shape the programs and activities we have for our residents. The deadline is Nov. 6, so if you haven't filled one out, there is still some time. We would love to hear from you.

Also, in the next few weeks you will be receiving a letter from our Resident Council President Lou Sutherland regarding the Employee Appreciation Fund. Because we ask that you do not tip staff throughout the year, this is an effort to make it fair and also show your appreciation for the work the team does. So keep an eye out for his letter.

This year, Thanksgiving is Thursday, Nov. 27. The word

"thank" is defined as "to show or express appreciation or gratitude to, as by saying 'thank you'."

"Thankfulness," then, is the feeling or expression of such thanks. But that description truly doesn't give justice to the emotions that swell up from our hearts when we truly feel thankful for the people in our lives who we love, cherish and appreciate.

During this month of Thanksgiving, give some thought to the people for whom you are most thankful, both now and in the past.

The entire team would like to wish our residents a very happy Thanksgiving. We hope all of you enjoy good food and the company of friends and family this Thanksgiving.

Sincerely,
Judith Uy-Villaruz
Executive Director





Resident November Birthdays

Sue Makita	4
Laurine Varrial	4
Fred Schorr	7
Marilyn Campbell	8
Elizabeth Hill	17
Babara DeCurtis	20
Jean Friedman	21
Alice Berk	24
Geneva Cooney	24
Donald Davis	27
Andre Martin	27
Lily Minc	27



Happy Birthday, Andre!

November's Birthday Lunch!

November's Birthday Lunch
will be on Tuesday, Nov. 4, at
11:30 a.m. JK!

Employee November Birthdays

Myla Ledesma	1
Grace Fabia	3
Daniela Vera	15
Anna Liza Vanderhoof	15
Diana Ramos	16
Gracia Barov	19
Elizabeth Ancheta	23
Judith Uy-Villaruz	28



Thankful for Everything in NOVEMBER!

We have a lot to be thankful for and are ready to show our appreciation in a GRAND way! Be sure to join us for the following events taking place this month:

Tuesday, Nov. 11,
from 11:30 a.m. to 1 p.m. (JK)
"A Thankful Veterans Day BBQ"

Thursday, Nov. 20,
from 2 to 3 p.m. (GR)
"Belmont's Annual Auction"

Thursday, Nov. 27,
from 11:30 a.m. to 1 p.m. (JK)
"A Thanksgiving Feast"



Julius E. Castillo

Employee of the Month!

Julius E. Castillo Guzman is being acknowledged for his hard work, loyalty, enthusiasm, teamwork skills, and for hanging in there and helping assist all the residents with their transportation needs. This is not an easy job. Being a driver takes a lot of energy and patience and Julius has what it takes to get the job done. Julius has been in the role of community driver since July 2011. Please join us in thanking Julius for doing such a wonderful job!

November Outings:

Wednesday, Nov. 5
Peninsula Drop-offs

Thursday, Nov. 6
Ports O'Call Waterfront

Thursday, Nov. 13
Shopping Trip to South Bay Galleria

Wednesday, Nov. 19
Peninsula Drop-offs

Tuesday, Nov. 18
Autry National Center

Monday, Nov. 24
Movie Outing!



Avenue Italy Lunch Outing!



New Activities!

As always, I strive to make our activity program new, exciting and challenging all at the same time.

In doing this, I have added the following new activities starting in November:

Every other month on Saturday
TBA at 1:15 p.m. in the Town Hall:

Rubber Block Printing

On the 1st and 3rd Saturdays at
2:30 p.m. in the Town Hall:

Wii Exercise

Belmont Buck Auction!

Are you ready to spend your Belmont Bucks?!! Well, now is your chance! We will have a real, live Belmont Buck Auction on Thursday, Nov. 20, at 1 p.m. in the GR. Right before the holidays ... perfect time to purchase great gifts for your family and friends.



Going, going ... SOLD!!!



A Thanksgiving Feast!

Join us on Thursday, Nov. 27, from 11:30 a.m. to 1 p.m. for a yummy-filled *Thanksgiving Feast with entertainment!* Family and friends welcome!

In order to accommodate everyone, we ask that you please call and make a reservation at (310) 377-9977.

Also, be sure to join us for the following "Thanksgiving" activities on Thanksgiving Day:

8 a.m. (TH)

Macy's Thanksgiving Parade

11 a.m. (TH)

Turkey Trot Exercise

2 p.m. (TH)

Bingo

3:30 p.m. (TH)

Documentary: "Dive! Living off America's Waste!"



UCLA Lecture:

Since your skin plays such an important role in protecting your body, you should keep it as healthy as you can.

Join us on Thursday, Nov. 13, at 5:30 to 7 p.m. for a discussion about "*Tips for Healthier Skin.*"



Welcome UCLA!

SAVE THE DATE

A Winter Wonderland Night at Belmont Village on Thursday, Dec. 11, from 5 to 7:30 p.m.

Mark your calendars for our annual Casino Night themed around the holidays. Join us for a fun-filled evening and a chance to try your hand at an assortment of casino games, including poker, blackjack, roulette and more!



Weekly Events

Mondays

Tai Chi 9:30
Boot Camp 10:15
Poker 11:00
What's Cooking? 2:45
Trivia w/ Fritz 6:15

Tuesdays

Sit & Be Fit 9:30
French Class 11:00
Think Tank 1:00
Current Events 2:30
Bingo 3:30

Wednesdays

Rhythmic 9:30
Short Story Time 2:00
The Word Game 3:00

Thursdays

Stand & Be Fit 9:30
Boot Camp 10:00
Crossword 1:30

Fridays

Balls & Bands 9:30
Texas Hold 'Em 11:00
Bible Study 1:30
Happy Hour 3:30

Saturdays

Exercise w/Vyrel 9:30
CVS drop off 10:00
Musical Trivia 1:15
High Tea 3:30

Sundays

Worship 10:00
Communion 10:30
History Class 1:00

**Evening Movie OR
News Nightly**

Sunday

 **November**

2
10:00 Worship (3rd Back Parlor)
10:30 Communion (TH)
* 1:00 There & Back History Class (TH)
* 2:30 Think Tank (TH)
3:30 Champagne &
Entertainment: "Jusstuss" (GR)
6:30 Evening Movie OR News (TH)

9
10:00 Worship (3rd Back Parlor)
10:30 Communion (TH)
* 1:00 There & Back History (TH)
* 2:30 Think Tank (TH)
3:00 Bingo (TH)
6:30 Evening Movie OR News (TH)

16
10:00 Worship (3rd Back Parlor)
10:30 Communion (TH)
* 1:00 There & Back History Class (TH)
* 2:30 Think Tank (TH)
3:30 Champagne &
Entertainment (GR)
6:30 Evening Movie OR News (TH)

23/30
10:00 Worship (3rd Back Parlor)
10:30 Communion (TH)
* 1:00 There & Back History Class (TH) 23rd
* 1:00 Technology Class (TH) 30th
* 2:30 Think Tank (TH) 23/30th
3:00 Bingo (TH) 23rd/30th
6:30 Evening Movie OR News (TH)

Monday

3
* 9:30 Thai Chi (TH)
* 10:15 Boot Camp (TH)
11:00 Poker W/ Siam (TH)
* 1:30 Table Tennis (TH)
* 2:45 Sharpen Your Senses (TH)
* **3:30 MBA Meeting (TH)**
* 6:15 Trivia W/ Fritz (GR)
7:30 Evening Movie OR News (TH)

10
* 9:30 Dancercise (TH)
* 10:00 Boot Camp (TH)
11:00 Poker W/ Siam (TH)
* 1:15 Categories (TH)
* 2:45 What's Cooking?! (TH)
* 6:15 Trivia W/ Fritz (GR)
7:30 Evening Movie OR News (TH)

17
* 9:30 Thai Chi (TH)
* 10:15 Boot Camp (TH)
11:00 Poker W/ Siam (TH)
* 1:30 Table Tennis (TH)
* 2:45 Sharpen Your Senses (TH)
* 6:15 Trivia W/ Fritz (GR)
7:30 Evening Movie OR News (TH)

24
* 9:30 Dancercise (TH)
* 10:00 Boot Camp (TH)
11:00 Poker W/ Siam (TH)
1:00 Movie Outing TBD
* 1:15 Categories (TH)
* 2:45 What's Cooking?! (TH)
* 6:15 Trivia W/ Fritz (GR)
7:30 Evening Movie OR News (TH)

Tuesday

Give Thanks


4
* 9:30 Sit & Be Fit (TH)
* 10:00 FAB Fitness (TH)
10:45 Computer Assist (CFL)
* 11:00 French Class (TH)
11:30 October Birthday Lunch (JK)
* 1:00 Think Tank (TH)
* 1:30 Activity Chat (TH)
2:00 Marketplace (JK)
* 2:30 Current Events
3:30 Bingo (TH)

11
* 9:30 Sit & Be Fit (TH)
* 10:00 FAB Fitness (TH)
10:45 Computer Assist (CFL)
* 11:00 French Class (TH)
11:30 Veterans Day BBQ (JK)
* 1:00 Think Tank (TH)
2:00 Marketplace (JK)
* **2:30 Resident Council (TH)**
3:30 Bingo (TH)
6:30 Evening Movie OR News (TH)

18
* 9:30 Sit & Be Fit (TH)
* 10:00 FAB Fitness (TH)
10:45 Computer Assist (CFL)
* 11:00 French Class (TH)
1:00 Autry Museum Outing!
* 1:00 Think Tank (TH)
2:00 Marketplace (JK)
* 2:30 Current Events
3:30 Bingo (TH)
6:30 Evening Movie OR News (TH)

25
* 9:30 Sit & Be Fit (TH)
* 10:00 FAB Fitness (TH)
10:45 Computer Assist (CFL)
* 11:00 French Class (TH)
* 1:00 Think Tank (TH)
2:00 Marketplace (JK)
3:30 Bingo (TH)
6:30 Evening Movie OR News (TH)

November 2014

Wednesday	Thursday	Friday	Saturday
			* 9:30 Movement Exercise W/1 Vyrel (TH) 10:00 CVS Drop-Off * 10:30 Blackjack W/ Siam (TH) * 1:15 Sensory & Stimulus (TH) * 2:30 Dominoes (2nd Floor Bk Parlor) 3:30 High Tea W/ "Rose Marie!" (GR) 6:30 Evening Movie OR News (TH)
5 * 9:30 Rhythmic Exercise (TH) * 10:00 Yoga (TH) 11:00 Peninsula Drop-offs! * 1:00 Paint Class (TH) * 3:00 Word Game W/ Wine & Cheese! (GR) 6:30 Evening Movie (TH)	* 9:30 Shimmy Shape Up (TH)6 * 10:00 Bootcamp (TH) * 11:00 Foreign Language Academy: Italian (TH) 11:30 Ports O'Call Lunch Outing! * 1:30 Large Crossword (GR) * 2:30 Strength, Balance and Flexibility (TH) 6:30 Evening Movie OR News (TH)	7 * 9:30 Balls & Bands (TH) * 11:00 Texas Hold Em' (TH) * 1:30 Bible Study (TH) * 2:45 BAM (TH) 3:30 Happy Hour W/ Entertainment by "Marla Jones!" 6:30 Evening Movie Netflix (TH)	* 9:30 Movement Exercise W/8 Vyrel (TH) 10:00 CVS Drop-Off * 10:30 Blackjack W/ Siam (TH) * 1:15 Musical Trivia W/Ronnie (TH) * 2:30 Dominoes (2nd Floor Bk Parlor) 3:30 High Tea W/ "Joyce Garro!" (GR) 6:30 Evening Movie OR News
12 * 9:30 Rhythmic Exercise (TH) * 10:00 Yoga (TH) * 1:15 Beading Class (TH) * 2:00 Afternoon Poker Delight (2nd Back Parlor) * 3:00 Word Game W/ Wine & Cheese! (GR) 6:30 Evening Movie (TH)	* 9:30 Stand & Be Fit (TH) 13 * 10:00 Bootcamp (TH) * 11:00 Foreign Language Academy: Italian (TH) 1:00 Shopping Outing: South Bay Galleria! * 1:30 Large Crossword (GR) 2:45 Documentary (TH) * 5:30-7:30 UCLA Lecture (TH) 6:30 Evening Movie OR News (TH)	14 * 9:30 Balls & Bands (TH) * 11:00 Texas Hold Em' (TH) * 1:30 Bible Study (TH) * 2:45 BAM (TH) 3:30 Happy Hour W/ Entertainment by "Tony Detorre!" 6:30 Evening Movie Netflix (TH)	* 9:30 Movement Exercise W/5 Vyrel (TH) 10:00 CVS Drop-Off * 10:30 Blackjack (TH) * 1:15 Rubber Block Printing (GR) * 2:30 Dominoes (2nd Back Parlor) 3:30 High Tea W/ "Ronnie Jayne" (GR) 6:30 Evening Movie OR News
19 * 9:30 Rhythmic Exercise (TH) * 10:00 Yoga (TH) 11:00 Peninsula Drop-Offs! * 1:00 Paint Class (TH) * 3:00 Word Game W/ Wine & Cheese! (GR) 6:30 Evening Movie (TH)	20 * 9:30 Shimmy Shape Up (TH) * 10:00 Bootcamp (TH) * 11:00 Foreign Language Academy: Italian (TH) 1:30 Belmont Auction (GR) * 2:30 Strength, Balance and Flexibility (TH) 6:30 Evening Movie OR News (TH)	21 * 9:30 Balls & Bands (TH) * 11:00 Texas Hold Em' (TH) * 1:30 Coping W/Change (TH) * 2:45 BAM (TH) 3:30 Happy Hour W/ Entertainment by "Mike Chamberlin!" 6:30 Evening Movie Netflix (TH)	* 9:30 Movement Exercise W/2 Vyrel (TH) 10:00 CVS Drop-Off * 10:30 Blackjack W/ Siam (TH) * 1:15 Sensory & Stimulus (TH) * 2:30 Dominoes (2nd Floor Bk Parlor) 3:30 High Tea W/ "Clarence Ulrich!" (GR) 6:30 Evening Movie OR News (TH)
26 * 9:30 Rhythmic Exercise (TH) * 10:00 Yoga (TH) 11:00 Peninsula Drop-Offs! * 1:15 Beading Class (TH) * 2:00 Afternoon Poker Delight (2nd Back Parlor) * 3:00 Word Game W/ Wine & Cheese! (GR) 6:30 Evening Movie (TH)	Happy Thanksgiving! 27 * 10:30 Turkey Trot Exercise (TH) * 11:00 Foreign Language Academy: Italian Class (TH) 11:30 Thanksgiving Feast W/Entertainment! (JK) 2:00 Bingo (TH) 3:00 Documentary (TH) 6:30 Evening Movie OR News	28 * 9:30 Balls & Bands (TH) * 11:00 Texas Hold Em' (TH) * 1:30 Bible Study (TH) * 2:45 BAM (TH) 3:30 Happy Hour W/ Entertainment Cancelled! 6:30 Evening Movie Netflix (TH)	* 9:30 Movement Exercise29 W/Jessica (TH) 10:00 CVS Drop-Off * 10:30 Blackjack W/ Siam (TH) * 1:15 Sensory & Stimulus (TH) * 2:30 Dominoes (2nd Floor Bk Parlor) 3:30 High Tea W/ "Jimmy Brewster!" (GR) 6:30 Evening Movie OR News (TH)



Poetic Nonsense

There was an old lady who
moved to the zoo.
She had scads of money and
nothing to do.

She lavished prime rib on the
lions and bears.
Bought slacks for the monkeys
layettes for their heirs.

She set up a shop for fast cuts
and blow dries; shave and a
haircut two bits for the guys.

She established a contest to
choose a Miss Zoo.
It was won by a gangling
glamorous GNU.

She left her vast fortune to
maintain their care and they
smile from inside at the "Jungle
out there."

By: Resident, Barbara Berry

Thank you!

Mealtimes

Breakfast: 7-9 a.m.

Lunch: 11 a.m.-1 p.m.

Dinner: 4:30-7 p.m.

*Due to limited space in Josephine's
Kitchen, we request parties of five
or more to please inform a
manager.*



Thank you for supporting
the Alzheimer's Walk,
Robertal!

Neighborhood News:

For a change of scenery, we joined the Alzheimer's Walk in Long Beach. On Saturday, Oct. 18, several Belmont Village employees and friends joined with other families and friends associated with the Alzheimer's Association. It was an incredible demonstration of how Alzheimer's has affected our community. Through our Casual for a Cause and Let's Table Alzheimer's fundraisers, we were able to donate a sizable amount toward Alzheimer's research.

Circle of Friends

Our Circle of Friends always has a fun time for Halloween. Two years ago, we dressed up as hippies. Last year, we were pirates. This year, we were all Waldo- from the popular books "Where's Waldo." Our group really gets into the spirit of holidays and seems to always be having a fun time. We had a great time painting our shirts with red stripes. Look for our Waldo pictures in next month's newsletter! Who knew that our group would look so dashing in black glasses and striped beanies???

As always, our outings were amazing as well. We visited the pumpkin patch and carved our own pumpkins. Afterwards, we saved the seeds to roast them! Family, feel free to join an outing with your loved one!



Fumi, taking a break to smile!



Grace, keeping our Circle of Friends fit!



Nerissa's Corner:

Tips for a Thinner Thanksgiving
Did you know that most people gain at least a pound during the holiday, some even gain more.

The good news is with a little knowledge, you can indulge yourself in traditional holiday fare and still enjoy a guilt-free Thanksgiving feast.

Get Active: Boost the frequency of your fitness routine the weeks ahead of the feast. Take a walk early Thanksgiving day and then again after dinner if you are up to it.

Eat Breakfast: Start your day with a healthy breakfast, preferably one with protein and fiber. This will allow you to be more sensible later in the day during the "big feast."

Best Bets on the Table: White turkey meat, plain vegetables, roasted sweet potatoes, mashed potatoes and non-fat gravy tend to be the best bets because they are lower in fat and calories.

Skip the Seconds and Leftovers:
Try to resist the temptation to go back for second helpings or leftovers.

Sincerely,
Nerissa Lagmay, Director of
Resident Care



Veterans Day!

November is the month when we take the time to remember those who have served our country and sacrificed so much in order to keep us safe and free.

The eleventh hour of the eleventh day of the eleventh month is the time set aside by many countries to commemorate and honor veterans.

In the United States, it is a federal holiday celebrated with parades and other activities. Once known as Armistice Day, it was officially proclaimed Veterans Day in 1954 by President Dwight Eisenhower.

Join us for a Veterans Day Lunch on Tuesday, Nov. 11, from 11 a.m. to 1 p.m. in the JK.



Thank you for serving our country,
Hayward!

Welcome New Residents

As you encounter unfamiliar faces in the coming weeks, we'd like to ask your help in welcoming them to our community.

George Hughes

Helen Hogan

We would like to invite you to join us for our **New Resident Subway Social on Monday, Nov. 17, at 11:30 a.m. in the Town Hall.**

This will be a great way for us to introduce ourselves and get to know you better.

*Sincerely,
The Welcome Committee*



Drusilla enjoying our ice cream social!

Showing Our Support on "Pay for Pink" Wednesdays!



Fighting for the Cure!



Helping raise awareness!



Supporting National Breast Cancer Awareness Month!



Keep the Faith!



Peggy, a breast cancer survivor!



5701 Crestridge Road
Rancho Palos Verdes, CA 90275

RCFE Lic. 198204246
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



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