



Belmont Village of Rancho Palos Verdes Village NEWS

  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

April 2015

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Our Management Team

Judi's Notes:

I am happy to announce the six year Anniversary of Belmont Village's MBA Club. The Club offers a fun, interactive way to meet your personal, mental and physical fitness goals through mind/body awareness (MBA). Recent studies have indicated that a combination of specially designed activities that engage mind, body and spirit contribute to a healthy brain and overall well-being. This is the foundation of our MBA Club.

The program offers a cross-section of activities that take the needs of the whole person into account for a holistic approach to wellness, including:

- Specially designed "mental workouts"
- Specific physical fitness
- Spiritual and creative pursuits
- Designed "brain foods" for nutritional guidance

To identify MBA specific activities and foods, look for activities underlined on your monthly activity calendar and the MBA Club logo shown below on your Josephine's Kitchen menu. MBA Club membership is free of charge and includes:

- Personal trainer to provide a complete mental fitness pre-assessment, establish individual goals, and to track progress on a personal worksheet
 - Fitness workbook for storing goal sheets and class materials
 - Fun, supportive monthly MBA Club meetings to share experiences, give encouragement and receive feedback
 - Official MBA Club T-shirt and lapel pin
 - Quarterly outings free of charge to entice one's membership
- To learn more about the MBA Club, please contact your Activity Program Coordinator, Kimberly Sanchez.

With spring here, we can start thinking of spring cleaning. Did you know that most recycling centers will not accept your old videotapes, CDs or DVDs? Yet, if you toss them in the garbage, they can take up to 450 years to decompose in a landfill. Instead, donate these items to ACT (Alternative Community Training), a nonprofit agency that employs people with disabilities. For more information visit: www.ActRecycling.org



Birthday Lunch
Tuesday, April 7, at
12 p.m. in JK!

April Resident Birthdays!

Lea Lowe	1
Raymond Berg	3
Leonard Lawson	5
Hilda Martin	5
James Quinn	8
Lawrence Ivins	13
Betty Van Acker	14
Stephan Smith	17
Robert Gorman	21
Bartley McManus	22
Michiko Sakayeda	24
Elsie Collins	25
John Mitchell	30

Employee April Birthdays!

Elvie Narte	1
Fiti Faaituala	4
Jessica Patterson	5
Jayson Edra	11
Alyssa Luzi	12
Wendeline Mallari	15
Elizabeth Shateri	20
Ivan Velasquez	21
Rebeca Aleman	22
Nancy Munoz	25
Erika Arias	28
Roxana Padilla	29
Sharon Syfers	30



Happy Anniversary

Belmont's 11th Anniversary Celebration

Thursday, April 16
4 - 6:30 p.m.

The management, staff and residents of Belmont Village of RPV cordially invite you to help us celebrate our 11th year of serving seniors and families. Join us to sip champagne and enjoy a fabulous meal and desserts. Take a walk down memory lane with festive music from the Blue Breeze Band and hear classic hits.

Please mark your calendar and celebrate with us by calling
(310) 377-9977



Donabel B. Shepard

March Employee of the Month!
We are honoring Donabel Shepard as our Employee of the Month for March. Donabel has been assisting our residents as a Private and Assisted Living PAL since July 2011. Donabel performs her duties with outstanding Customer Service skills. She always goes far beyond what is expected of her and she is a great team player. The residents are very happy with the care she provides and she is a pleasure to work alongside. Thank you, Donabel!

Easter Lunch at Belmont Village!

Come join us for an Easter Lunch and Entertainment by Vick Moraga!

Sunday, April 5
11:30 a.m. - 1:00 p.m.
Josephine's Kitchen!

Invite your friends & family for this joyous occasion!

Guests, please R.S.V.P at the concierge desk.





Activities to Consider

Balance Exercise Class

Improve your balance and coordination through our new balance exercise class. Having good balance is important for many activities we do every day, such as walking and going up and down the stairs. Exercises that improve balance can help prevent falls and accidents. A loss of balance can occur when standing or moving suddenly. Often we are not fully aware that we may have weak balance until we try balance exercises.

Come join the balance exercise class every 1st and 3rd Tuesday of the month at 9:30 a.m. in Town Hall

Art Class

Tap into your creative skills! Paint, draw or create new pieces of art & crafts projects you can take home or make for a friend or family member. Art Classes will be held the

1st and 3rd Wednesday of the month in Town Hall at 1:30 p.m.



45th Earth Day!

The first **Earth Day** was on April 22, 1970 when 20 million Americans shared their concerns regarding an individual's important role in the environment. This led to the U.S Environmental Protection Agency and the Clean Air, Clean Water & Endangered Species Acts. Today, 192 countries participate in Earth Day activities and help create awareness on the consequences of polluting. Communities all over the world organize Earth Day events or even a small activities that can make a difference and protect our planet. Here in our community, we will celebrate Earth day by having an "Earth Saving Scavenger Hunt" and create terrariums. Scavenger lists will be at the concierge on **Wednesday, April 22.**

Outings in April!

Wednesday, April 1
Ports O' Call
San Pedro, CA

Thursday, April 2
Getty Villa
Malibu, CA

Wednesday, April 8
Peninsula Drop-offs

Wednesday, April 15
Bluewater Grill
Redondo Beach, CA

Wednesday, April 22
Peninsula Drop-offs

Thursday, April 30
AMC Theaters
Rolling Hills, CA



Fu Yuan Low Restaurant!



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
 Art Class 1:30
 The Word Game 3:00

Thursdays

Stand & Be Fit 9:30
 Boot Camp 10:00
 Think Tank 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



Monday



Tuesday



Sunday	Monday	Tuesday
Happy Easter! 5 10:00 Worship (3rd Back Parlor) 10:30 Communion (TH) 11:30 Easter Lunch! (JK) Entertainment W/ Vick Moraga * 1:00 There & Back History Class (TH) * 2:00 Think Tank (TH) 6:30 Evening Movie or News (TH)	6 * 9:30 Tai Chi (TH) * 10:15 Boot Camp (TH) 11:00 Poker (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)	7 * 9:30 Balance Exercise (TH) * 10:00 FAB Fitness (TH) 10:45 Computer Assist (CFL) * 11:00 French Class (TH) 11:30 April Birthday Lunch! (JK) 1:15 Activity Chat (TH) 2:00 Marketplace (JK) * 2:30 Current Events (TH) 3:30 Bingo (TH) 6:30 Evening Movie or News
12 10:00 Worship (3rd Back Parlor) 10:30 Communion (TH) * 1:00 There & Back History Class (TH) * 2:30 Think Tank (TH) 3:00 Bingo (TH) 6:30 Evening Movie or News (TH)	13 * 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)	14 * 9:30 Sit & Be Fit (TH) * 10:00 FAB Fitness (TH) 10:45 Computer Assist (CFL) * 11:00 French Class (TH) * 1:15 Think Tank (TH) 2:00 Marketplace (JK) 2:30 Resident Council (TH) 3:30 Bingo (TH) 6:30 Evening Movie or News (TH)
19 10:00 Worship (3rd Back Parlor) 10:30 Communion (TH) * 1:00 There & Back History Class (TH) * 2:00 Think Tank (TH) 3:00 Bingo (TH) 6:30 Evening Movie or News (TH)	20 * 9:30 Tai Chi (TH) * 10:15 Boot Camp (TH) 11:00 Poker (TH) * 1:30 Table Tennis (TH) * 2:45 Sharpen Your Senses (TH) * 6:30 Trivia W/Fritz (GR) 7:30 Evening Movie OR News (TH)	21 Oujabah Boutique * 9:30 Balance Exercise (TH) * 10:00 FAB Fitness (TH) 10:45 Computer Assist (CFL) * 11:00 French Class (TH) 1:15 E-Book Presentation (TH) 2:00 Marketplace (JK) * 2:30 Current Events (TH) 3:30 Bingo (TH) 6:30 Evening Movie or News (TH)
26 10:00 Worship (3rd Back Parlor) 10:30 Communion (TH) * 1:00 There & Back History Class (TH) * 2:00 Think Tank (TH) 4:30 Formal Meal W/ Entertainment by Jerry P. (JK) 6:30 Evening Movie or News (TH)	27 * 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)	28 * 9:30 Sit & Be Fit (TH) * 10:00 FAB Fitness (TH) 10:45 Computer Assist (CFL) * 11:00 French Class (TH) * 1:15 Think Thank (TH) 2:00 Marketplace (JK) * 2:30 Chef Chat (JK) 3:30 Bingo (TH) 6:30 Evening Movie OR News (TH)

April 2015

Wednesday	Thursday	Friday	Saturday
<p>April Fools' Day! 1</p> <p>* <u>9:30 Zumba Exercise (TH)</u> * <u>10:00 Yoga (TH)</u></p> <p>11:30 Lunch Outing: Port's O Call</p> <p>* <u>1:30 Art Class (TH)</u> 2:00 Poker (2nd Back)</p> <p>* <u>3:00 Paper Plate Exercise (TH)</u> * <u>3:00 Word Game W/ Wine & Cheese! (GR)</u></p>	<p>* <u>9:30 Shimmy Shape Up (TH)</u> 2 9:45 Outing: Getty Villa in Malibu</p> <p>* <u>10:15 Bootcamp (TH)</u> * <u>11:00 Foreign Language Academy: Italian (TH)</u> * <u>1:30 Think Tank (TH)</u> * <u>3:00 Strength, Balance and Flexibility (TH)</u></p> <p>6:30 Evening Movie <u>OR</u> News (TH)</p>	<p>3</p> <p>* <u>9:30 Balls & Bands (TH)</u> * <u>11:00 Texas Hold Em' (TH)</u> * <u>1:30 Bible Study (TH)</u> * <u>2:45 Senior Strength (TH)</u> 3:30 Happy Hour W/ Entertainment by "Sharon Fotch!"</p> <p>6:30 Evening Movie (TH)</p>	<p>4</p> <p>9:30 Movement Exercise W/ Vyrel (TH)</p> <p>10:00 CVS Drop-Off</p> <p>10:30 Blackjack W/Siam (TH) * <u>1:15 Sensory & Stimulus (TH)</u> 2:30 Dominoes (2nd Back) 3:30 High Tea W/ "Joyce Garro" (GR) 6:30 Evening Movie (TH)</p>
<p>8</p> <p>* <u>9:30 Zumba Exercise (TH)</u> * <u>10:00 Yoga (TH)</u></p> <p>11:00 Peninsula Drop-Offs! 11:00 Creative Writing (TH) * <u>1:15 Beading Class (TH)</u></p> <p>* <u>3:00 Paper Plate Exercise (TH)</u> * <u>3:00 Word Game W/ Wine & Cheese! (GR)</u> 6:30 Evening Movie (TH)</p>	<p>9</p> <p>* <u>9:30 Stand & Be Fit (TH)</u> * <u>10:00 Bootcamp (TH)</u> * <u>11:00 Foreign Language Academy: Italian (TH)</u></p> <p>1:30 Resident of the Month 15 Minutes of Fame! (TH)</p> <p>* <u>3:00 Strength, Balance, & Flexibility</u> 6:30 Evening Movie <u>OR</u> News (TH)</p>	<p>10</p> <p>* <u>9:30 Balls & Bands (TH)</u> * <u>11:00 Texas Hold Em' (TH)</u> * <u>1:30 Bible Study (TH)</u> * <u>2:45 Senior Strength (TH)</u> 3:30 Happy Hour W/ Entertainment by "Steve Waddington!"</p> <p>6:30 Evening Movie (TH)</p>	<p>11</p> <p>9:30 Movement Exercise W/ Vyrel (TH)</p> <p>10:00 CVS Drop-Off</p> <p>10:30 Blackjack W/Siam (TH) * <u>1:15 Musical Trivia (TH)</u> 2:30 Dominoes (2nd Back) 3:30 High Tea W/ "Clarence Ulrich" (GR) 6:30 Evening Movie (TH)</p>
<p>15</p> <p>* <u>9:30 Zumba Exercise (TH)</u> * <u>10:00 Yoga (TH)</u> * <u>1:30 Art Class (TH)</u> 2:00 Poker (2nd Back)</p> <p>* <u>3:00 Paper Plate Exercise (TH)</u> * <u>3:00 Word Game W/ Wine & Cheese! (GR)</u></p> <p>4:30 Dinner Outing: Bluewater Grill 6:30 Evening Movie (TH)</p>	<p>6</p> <p>* <u>9:30 Shimmy Shape Up (TH)</u> * <u>10:00 Bootcamp (TH)</u> * <u>11:00 Foreign Language Academy: Italian (TH)</u> * <u>1:30 Think Tank (TH)</u> * <u>3:00 Strength, Balance and Flexibility (TH)</u></p> <p>4:00 Belmont's 11th Anniversary Party! 6:30 Evening Movie <u>OR</u> News (TH)</p>	<p>17</p> <p>* <u>9:30 Balls & Bands (TH)</u> * <u>11:00 Texas Hold Em' (TH)</u> * <u>1:30 Bible Study (TH)</u> * <u>2:45 Senior Strength (TH)</u> 3:30 Happy Hour W/ Entertainment by "Tony D. !"</p> <p>6:30 Evening Movie (TH)</p>	<p>18</p> <p>9:30 Movement Exercise W/ Vyrel (TH)</p> <p>10:00 CVS Drop-Off</p> <p>10:30 Blackjack W/Siam (TH) * <u>1:15 Sensory & Stimulus (TH)</u> 2:30 Dominoes (2nd Back) 3:30 High Tea W/ "Jahan" (GR) 6:30 Evening Movie (TH)</p>
<p>Earth Day! 22</p> <p>* <u>9:30 Zumba Exercise (TH)</u> * <u>10:00 Yoga (TH)</u> * <u>Creative Writing (TH)</u></p> <p>11:00 Peninsula Drop-offs! * <u>1:15 Beading Class (TH)</u> * 2:15 Make a Terrarium! (Patio)</p> <p>* <u>3:00 Paper Plate Exercise (TH)</u> 6:30 Evening Movie <u>OR</u> News</p>	<p>23</p> <p>* <u>9:30 Stand & Be Fit (TH)</u> * <u>10:00 Bootcamp (TH)</u> * <u>11:00 Foreign Language Academy: Italian (TH)</u> 1:30 <u>Safety Fraud Prevention (TH)</u> * <u>3:00 Strength, Balance & Flexibility (TH)</u></p> <p>6:30 Evening Movie <u>OR</u> News (TH)</p>	<p>24</p> <p>* <u>9:30 Balls & Bands (TH)</u> * <u>11:00 Texas Hold Em' (TH)</u> * <u>1:30 Bible Study (TH)</u> * <u>2:45 Senior Strength (TH)</u> 3:30 Happy Hour W/ Entertainment by "Maria Jones!"</p> <p>6:30 Evening Movie (TH)</p>	<p>25</p> <p>9:30 Movement Exercise W/ Vyrel (TH)</p> <p>10:00 CVS Drop-Off</p> <p>10:30 Blackjack W/Siam (TH) * <u>1:15 Women's History Class (TH)</u> 2:30 Dominoes (2nd Back) 3:30 High Tea W/ "George Rossi" (GR) 6:30 Evening Movie (TH)</p>
<p>29</p> <p>Butterfly Boutique (GR)</p> <p>* <u>9:30 Zumba Exercise (TH)</u> * <u>10:00 Yoga (TH)</u> 11:00 Creative Writing (TH) * <u>1:15 Beading Class (TH)</u></p> <p>* <u>3:00 Paper Plate Exercise (TH)</u> Resident Social 2:30 (Patio) 6:30 Evening Movie (TH)</p>	<p>30</p> <p>* <u>9:30 Shimmy Shape Up (TH)</u> * <u>10:15 Bootcamp (TH)</u></p> <p>Movie Outing Time TBD</p> <p>* <u>11:00 Foreign Language Academy: Italian (TH)</u> * <u>1:30 Think Tank (TH)</u> * <u>3:00 Strength, Balance and Flexibility (TH)</u></p> <p>6:30 Evening Movie <u>OR</u> News (TH)</p>	 <p>All Designated MBA Activities Are Underlined in the Calendar</p>	



April's Formal Meal!

Join us for our monthly Formal Meal on Sunday, April 26, from 4:30 to 7 p.m. in Josephine's Kitchen.

Residents have voted and selected the following as the menu:

Appetizer: Shrimp Cocktail
Entrée: Roasted Lamb Chops
Dessert: Rhubarb Pie
and of course Champagne!

Be sure to dress your best! Enjoy this wonderful night with great food and beautiful live music playing in the background.



Cheers, Marty!



Circle of Friend enjoying an afternoon snack!

Circle of Friends News

Circle of Friends enjoyed fun outings. We visited the PV Art Center and learned about Paul Jean Martel, a "Post Impressionist." It was amazing to see COF residents interacting and talking about the art pieces. After the tour, we stopped to have coffee and cake at the Stripe Café. Circle of Friends also started a new cooking class every Wednesday afternoon where they cook & learn about food and how it benefits our body systems. We also celebrated St. Patrick's Day by looking for the pot of gold outside and enjoyed the beautiful weather.

Neighborhood News

Lot's of new things are happening in the Neighborhood. We start out every day with different feel-good activities in the first hour of the day.

- Monday : Hand massage day
- Tuesday : Hair styling day
- Wednesday : Makeup day
- Thursday : Nails day
- Friday: Dress up day
- Saturday and Sunday : Relaxing / Sensory Activities

The neighborhood residents also started a regular exercise routine. We walk in the morning and in the afternoon as part of our daily exercise, especially during warm weather. We celebrated St. Patrick's Day by baking lots of green cookies. Our residents enjoyed the smell of baked cookies and cupcakes throughout the week. The most rewarding part

was when we ate the baked goods as an afternoon snack with coffee or tea.

The Neighborhood also has entertainment for the residents to enjoy live music every week. A fun activity coming up for Easter is our egg hunt. Children from the local community and our staff's children will be invited to join the neighborhood to help our residents find hidden eggs! We want to continue to make the Neighborhood residents as part of our family and continue to learn and have fun.



Yummy baked goods!



Nerissa's Notes

The month of April is best known for Easter, Earth Day, or April Fools' Day. Behind the more popular events, we also dedicate the month of April for Garlic Day on April 19, Public Health Week on the first week, Cancer Control Month, and many more.

An ancient Greek physician used to prescribe garlic to treat a variety of medical conditions and the benefits are now confirmed by modern science. Garlic is known to help prevent and reduce the severity of common illness like the flu and common cold. Other benefits from garlic include improving Cholesterol levels, which may lower the risk of heart disease, helping prevent dementia due to its antioxidants, improving athletic performance, and above all, garlic is easy to include in the diet and tastes delicious! This ancient Greek physician once said "Let food be thy medicine, and medicine be thy food." This physician is best known as Hippocrates.

With garlic part of our healthy diet, we are now a step closer to reducing our chances of developing cancer. Other actions to reduce the risk of cancer include not smoking, getting regular exercise, and limiting alcohol consumption and sun exposure. So for Public Health Week, let us promote wellness by encouraging healthy behaviors.

Resident Spotlight

Resident of the Month & 15 Minutes of Fame!

This month we have selected a resident is for 15 Minutes of Fame Spotlight. For the month of April, Dr. Elsie Collins has been chosen as our Resident of the Month! Get to know Dr. Elsie Collins' career, hometown of New York and the rest of her journey in Town Hall on **Thursday, April 9, at 1:30 p.m.**



Dr. Elsie Collins, April's Resident of the Month

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.

Harold & Anna Veronica McDonnell

Stephan & Margaret Smith

David & Suebelle Verity

Bartley McManus

Nancy Elaine Sefanides

Anna Rose Schindele

We would like to invite you to join us for our **New Resident Social on Wednesday, April 29, at 2:30 p.m.**

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

*Sincerely,
The Welcome Committee*

Many Fun March Outings!



African American History Museum



Learning the history of Rancho Palos Verdes



Enjoying family style Chinese dinner



Whale watching at Point Vicente



Josephine & Dru on a COF lunch outing!



Avenue Italy Outing!



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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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