



Our Team

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Scott's Corner

In light of our entering the "season of giving," I began to research the history of giving in different faiths and civilizations. One of the interesting histories I discovered in a New York Times article was that of the Jewish tradition of the "tzedakah" (a Hebrew word that is translated as "charity" in English). In the Old Testament, the tzedakah was a box that was used to collect donations to fund the repair of the First Temple in Jerusalem. Further understanding about this tradition can be learned from the writings of Maimonides, a preeminent medieval Jewish philosopher and Torah scholar. Maimonides taught that there are "Eight Levels of Giving" including the following:

- Giving an interest-free loan to a person in need; forming a partnership with a person in need; giving a grant to a person in need; finding a job for a person in need; so long as that loan, grant, partnership, or job results in the person no longer living by relying upon others.

- Giving tzedakah anonymously to an unknown recipient via a person (or public fund) which is trustworthy, wise, and can perform acts of tzedakah with your money in a most impeccable fashion.
- Giving tzedakah anonymously to a known recipient.
- Giving tzedakah publicly to an unknown recipient.
- Giving tzedakah before being asked.
- Giving adequately after being asked.
- Giving willingly, but inadequately.
- Giving "in sadness" - it is thought that Maimonides was referring to giving because of the sad feelings one might have in seeing people in need (as opposed to giving because it is a religious obligation; giving out of pity).



December Birthdays

Resident Birthdays

Dec. 1	Nicole Amon
Dec. 4	Doria Stanton
Dec. 5	Jack Hitchcock
Dec. 7	Hal Mandel
Dec. 8	Nancy Wirt
Dec. 10	Marjorie Carpenter
Dec. 13	Ann LaTorre
Dec. 19	Eselia Koch
Dec. 19	Anne Sutherland
Dec. 20	Julia Reese
Dec. 22	Lorraine Gullo
Dec. 24	Shirley Byle
Dec. 24	Jack Guio
Dec. 30	Irene Fulton
Dec. 31	Barney Byle

December Birthday Lunch

Please join us on
 Friday, Dec. 27,
 at 11:30 a.m.,
 in Josephine's Kitchen.

Employee Birthdays

Dec. 1	Margaret Bulger
Dec. 4	Erick Angel
Dec. 4	Patricia Reyes
Dec. 9	Erica Aranda
Dec. 9	Nhat-Ha Nguyen
Dec. 9	Mary Sanchez
Dec. 11	Mariela Morales
Dec. 12	Jayson Fernandez
Dec. 20	Christian Ramirez
Dec. 21	Demetrio Diaz Ortiz
Dec. 21	Delilah Haro
Dec. 26	William Colter III
Dec. 28	Scott Ambrose
Dec. 31	Crystal Vasquez

Scott's Corner Continued

Although I am not of Jewish faith, as I read about tzedakah I couldn't help but think about ways in which I could be more charitable in my giving to those in need. This holiday season, I would invite each of us to look for ways in which we can participate in the season of giving. I submit that regardless of our physical or financial situation, we can find ways to give to those around us. Whether it be through a kind word and a smile or a donation to those in need, I am confident that as we make the effort to give this season, we will not only bring happiness to those in need but we will see an increase of happiness in our own lives.

Happy Holidays,
 Scott

Welcome to Belmont Village!

Nicole Amon
 Bill Colesberry
 Linda Larsen
 Edna James
 Annette (Wilma) Forrester
 Arthur Messinger
 Mary Zappia
 Joseph Cardoza

Welcome Wagon Orientation and Lunch

Join us on
 Thursday, Dec. 5, 11 a.m.
Orientation: 7 Fl.
 11:30 a.m. **Luncheon:**
Josephine's Kitchen
 **All new residents and Welcome Committee members are invited to lunch.



Christian Ramirez,
 Housekeeper

Employee of the Month

Belmont Village would like to acknowledge Christian Ramirez as its Employee of the Month for the month of December. Christian is one of our beloved housekeepers and has been a part of the Belmont Village family for two-and-a-half years. In her free time, Christian enjoys spending time with her family, hiking, bike riding and being outdoors. Let's all congratulate Christian for this well-deserved accomplishment. Congratulations, Christian!



****Upcoming Events and Activities****



Christmas in the Park

Let's get into the Christmas spirit by visiting Christmas in the Park on Dec. 18 at 10:30 a.m. Sign up at the front desk. Space is limited.



San Jose Christmas in the Park

Belmont Village's own Circle of Friends and Neighborhood designed trees that will be displayed in Christmas in the Park. Make sure to visit from Nov. 23 to Jan. 1.



Holiday Party

'Tis the Season

Please join us for great food and live entertainment on Dec. 19, 5-7 p.m. in Josephine's Kitchen.

****All guests please RSVP with the front desk by Dec. 14****Space is limited.



Happy New Year!

3...2...1...Happy New Year!!!

Let's bring in the New Year with a New Year's Eve Countdown in Josephine's Kitchen at 12 p.m.



****MBA EVENTS****

MBA Meeting

Monday, Dec. 2, at 3 p.m.
Town Hall

MBA Activities

Remember: All MBA activities are underlined on the monthly calendar.

Please see Ray Mercado, Activity Programs Coordinator, for information on joining the MBA Club.

****Chef News****

Chef Chat

Tuesday, Dec. 31, at 10:30 a.m.
Town Hall



Crystal and Marcia

Chef Demo With Josue

Tuesday, Dec. 3, at 3 p.m.
Town Hall



Josue Dominguez, Executive Chef



Calendar Key

GR=Great Room
(First Floor)

JK=Josephine's
Kitchen (First Floor)

LC=Learning Center
(Fifth Floor)

CFLE=Center for
Life Enhancement
(Fourth Floor)

5th=Beauty Salon

6th=Town Hall (TH)

7th=Bistro



Spiritual Offerings

Catholic Mass
Catholic Service
Bible Study



Sunday

Monday

Tuesday

	1	2	3
	9:30 Church Outings-O 10:30 Brain Trivia-1st 1:30 Scenic Drive-O 1:30 Scrabble-1st 2:00 Movie Matinee-6th 2:30 Scenic Drive-O 6:30 Bingo-1st	9:30 Feel the Burn-6th 10:30 Word Games-1st 1:00 Shopping: CVS & Banks-O 1:30 Circuit Training-4th 2:00 Coffee Chat-1st 3:30 Math Minds-6th 6:30 Poker Night-1st	9:30 Belmont Bootcamp-6th 10:00 Singing the Classics-1st 10:30 Uno Card Game-1st 1:15 Bingo-6th 2:30 Healthful Bites-6th 3:00 Chef Demo W/ Josue-6th 6:30 Card Games-1st
	8 9:30 Church Outings-O 10:30 Memory Card Game-1st 1:30 Scenic Drive-O 1:30 Scrabble-1st 2:00 Movie Matinee-6th 2:30 Scenic Drive-O 6:30 Bingo-1st	9 9:30 Feel the Burn-6th 10:30 Jenga-1st 1:00 Shopping: CVS & Banks-O 1:30 Circuit Training-4th 2:00 Coffee Chat-1st 3:30 Math Minds-6th 6:30 Poker Night-1st	10 9:30 Belmont Bootcamp-6th 10:00 Singing the Classics-1st 10:30 Uno Card Game-1st 11:30 MBA Luncheon-7th 1:15 Bingo-6th 2:30 Healthful Bites-6th 3:00 Blanket Making Craft-6th 6:30 Card Games-1st
	15 9:30 Church Outings-O 10:30 Brain Trivia-1st 1:30 Scenic Drive-O 1:30 Scrabble-1st 2:00 Movie Matinee-6th 2:30 Scenic Drive-O 6:30 Bingo-1st	16 9:30 Feel the Burn-6th 10:30 Word Games-1st 1:00 Shopping: CVS & Banks-O 1:30 Circuit Training-4th 2:00 Coffee Chat-1st 3:30 Math Minds-6th 6:30 Poker Night-1st	17 9:30 Belmont Bootcamp-6th 10:00 Singing the Classics-1st 10:30 Uno Card Game-1st 1:15 Bingo-6th 2:30 Healthful Bites-6th 3:00 Mind Your Mind-6th 3:30 Dancercise-6th 6:30 Card Games-1st
	22 9:30 Church Outings-O 10:30 Memory Card Game-1st 1:30 Scenic Drive-O 1:30 Scrabble-1st 2:00 Movie Matinee-6th 2:30 Scenic Drive-O 6:30 Bingo-1st	23 9:30 Feel the Burn-6th 10:30 Hot Chocolate by the Fire-1st 1:00 Shopping: CVS & Banks-O 1:30 Circuit Training-4th 2:00 Coffee Chat-1st 3:00 Circle of Friends Christmas Concert-J/K 6:30 Poker Night-1st	24 9:30 Belmont Bootcamp-6th 10:00 Singing the Classics-1st 10:30 Uno Card Game-1st 1:15 Bingo-6th 2:30 Healthful Bites-6th 3:00 Christmas Cookie Decorating-6th 6:30 Card Games-1st
	29 9:30 Church Outings-O 10:30 Brain Trivia-1st 1:30 Scenic Drive-O 1:30 Scrabble-1st 2:00 Movie Matinee-6th 2:30 Scenic Drive-O 6:30 Bingo-1st	30 9:30 Feel the Burn-6th 10:30 Word Games-1st 1:00 Shopping: CVS & Banks-O 1:30 Circuit Training-4th 2:00 Coffee Chat-1st 3:30 Math Minds-6th 6:30 Poker Night-1st	31 9:30 Belmont Bootcamp-6th 10:00 Singing the Classics-1st 10:30 Chef Chat-6th 12:00 New Year's Eve Countdown-J/K 1:15 Bingo-6th 2:30 Healthful Bites-6th 3:00 Mind Your Mind-6th 3:30 Dancercise-6th 6:30 Card Games-1st

December 2013

Wednesday	Thursday	Friday	Saturday
<p>4</p> <p>9:30 Feel the Burn-6th 10:30 Shopping- Walgreens & Banks-O 11:00 Out to Lunch-O 1:30 Book Club W/ Delilah-6th 2:30 Balance Therapy-6th 3:00 <u>Stitch Circle W/ Eloisa & Nancy-1st</u> 6:30 Blackjack-1st</p>	<p>5</p> <p>9:30 Belmont Bootcamp-6th 10:30 Catholic Services-6th 11:30 Welcome Wagon-J/K 1:15 Bingo-6th 2:30 Exercise Class-6th 3:00 Wine & Cheese W/ Alligator Performance-1st 6:30 Card Games-1st</p>	<p>6</p> <p>9:30 Feel the Burn-6th 10:30 Catholic Mass-6th 1:00 Spanish Class W/ Margaret-6th 1:30 Circuit Training-4th 2:00 YAHP Performance-1st 2:30 Snacks in the Great Room-1st 3:00 Bridge Class-7th 3:00 Scenic Drive-O 6:30 Card Games-1st</p>	<p>7</p> <p>9:30 Senior Yoga W/ Rachel-6th 10:30 Shopping: Trader Joe's-O 10:30 <u>Sudoku-1st</u> 1:30 Scenic Drive-O 2:30 Scenic Drive-O 3:00 Snack W/ Rick Rekoon Performance-1st 7:00 Movie Night</p>
<p>11</p> <p>9:30 Feel the Burn-6th 10:30 Shopping- Walgreens & Banks-O 1:00 Out to Movies-O 1:30 Music Appreciation W/ Scott-6th 2:30 Balance Therapy-6th 3:00 <u>Stitch Circle W/ Eloisa & Nancy-1st</u> 6:30 Blackjack-1st</p>	<p>12</p> <p>9:30 Belmont Bootcamp-6th 10:30 Catholic Services-6th 11:30 Men's Luncheon-6th 1:15 Bingo-6th 2:30 Exercise Class-6th 3:00 Wine & Cheese W/ Carol Thorsen Performance 6:30 Card Games-1st</p>	<p>13</p> <p>9:30 Feel the Burn-6th 1:00 Spanish Class W/ Margaret-6th 1:30 Circuit Training-4th 2:00 Benny Brussell Performance-1st 2:30 Snacks in the Great Room-1st 3:00 Bridge Class-7th 3:00 Scenic Drive-O 6:30 Card Games-1st</p>	<p>14</p> <p>9:30 Senior Yoga W/ Rachel-6th 10:30 Shopping: Safeway-O 10:30 <u>Sudoku-1st</u> 1:30 Scenic Drive-O 2:30 Scenic Drive-O 3:00 Snack W/ Bev on the Piano Performance-1st 7:00 Movie Night</p>
<p>18</p> <p>9:30 Feel the Burn-6th 10:30 Shopping- Walgreens & Banks-O 10:30 Christmas in the Park-O 1:30 Resident Meeting-6th 2:30 Balance Therapy-6th 3:00 <u>Stitch Circle W/ Eloisa & Nancy-1st</u> 3:30 Ken Sosa Performance-J/K 6:30 Blackjack-1st</p>	<p>19</p> <p>9:30 Belmont Bootcamp-6th 10:30 Catholic Services-6th 1:15 Bingo-6th 2:30 Exercise Class-6th 3:00 Wine & Cheese W/ Kimberlye Gold Performance-1st 5:00 Holiday Party-J/K</p>	<p>20</p> <p>9:30 Feel the Burn-6th 1:00 Spanish Class W/ Margaret-6th 1:30 Circuit Training-4th 2:00 Gaylen George Performance-1st 2:30 Snacks in the Great Room-1st 3:00 Bridge Class-7th 3:00 Scenic Drive-O 6:30 Card Games-1st</p>	<p>21</p> <p>9:30 Senior Yoga W/ Rachel-6th 10:30 Shopping: Target-O 10:30 <u>Sudoku-1st</u> 1:30 Scenic Drive-O 2:30 Scenic Drive-O 3:00 Furry Friends-1st 7:00 Movie Night</p>
<p>25</p> <p>Christmas 9:30 Feel the Burn-6th 10:30 Shopping: Walgreens & Banks 2:30 Balance Therapy-6th 3:00 <u>Stitch Circle W/ Eloisa & Nancy-1st</u> 3:30 Francisco Performance-J/K 6:30 Blackjack-1st</p>	<p>26</p> <p>9:30 Belmont Bootcamp-6th 1:15 Bingo-6th 2:30 Exercise Class-6th 3:00 Wine & Cheese W/ YAHP Performance-1st 6:30 Card Games-1st</p>	<p>27</p> <p>9:30 Feel the Burn-6th 11:30 Birthday Luncheon-J/K 1:00 Spanish Class W/ Margaret-6th 1:30 Circuit Training-4th 2:00 Mark Watson Performance-1st 2:30 Snacks-1st 3:00 Bridge Class-7th 3:00 Scenic Drive-O 6:30 Card Games-1st</p>	<p>28</p> <p>9:30 Senior Yoga W/ Rachel-6th 10:30 Shopping: Dollar Tree-O 10:30 <u>Sudoku-1st</u> 1:30 Scenic Drive-O 2:30 Scenic Drive-O 3:00 Snack W/ Angel the Harpist Performance-1st 7:00 Movie Night</p>

*** All Activities Are Subject to Change. Please See Daily Calendar for Changes. ***



All Designated MBA Activities Are Underlined in the Calendar





Past Highlights



Our Halloween costume winner, Daniel, and Marcia on Halloween



Circle of Friends News



We invite you to come hear some beautiful holiday music. On Dec. 23 at 3 p.m, the Circle of Friends Choir will perform Christmas and seasonal favorites. Family and friends are invited to attend and cheer on their favorite singer. For more information, please contact Nancy Bess at nbess@belmontvillage.com or at (408) 984-4767.

Neighborhood News

Come visit the Belmont Village Neighborhood tree at Christmas in the Park. The tree will be displayed until Jan 1, 2014. Neighborhood residents are very excited to go visit the tree filled with ornaments they created. We will have outings to Christmas in the Park on Dec. 2 and 9.





DRCS News

It's the holidays! Yum!

It is that time of year again when we start celebrating the holidays, and often, that means eating all those delicious foods we've come to expect and love in abundance. After all, we may only get them at this time of year.

However, as one gets older, our metabolism slows and we don't need as much food to maintain good health. Following are some tips to help you enjoy all the fabulous foods that the holidays offer, without experiencing the effects that those foods can have on you.

Continue to drink plenty of water. Water not only helps to flush toxins and cleanse the body, but it helps to make you feel full if you drink some prior to and during the meal.

Avoid heavy meals, especially at night. Instead of taking a nap after a large indulgence of food, take a stroll. It helps with digestion and just feels good.

Maintain your sleep pattern. Often, we end up staying up much later than usual, but this can wear on the body and will make you feel more fatigued during quality time with friends and relatives.

Watch the salt and carbohydrate intake. Who doesn't love a good roll, or two? Enjoy a little, but realize that overindulgence of both of these things can lead to pain and

swelling in joints and muscles.

Lastly, enjoy the time you have with friends and family during this special time! Quality relationships and sharing of our lives is what it is all about and this season is a wonderful time to experience that. Happy Holidays!



Resident Services

Fitness Center Hours

Monday-Friday
8:30 a.m.-4 p.m.

Beauty Shop Hours With Rachel

Tuesday: 10 a.m.-1 p.m.
Wednesday: 9 a.m.-4 p.m.
Friday: 9 a.m.-4 p.m.

Full-Service Salon

Including cuts (for men and women), color, shampoo, set, permanents and manicures

Transportation



Daniel Rodriguez, Driver

Schedule transportation at the Concierge Desk. Transportation is a first-come, first-served basis.

***Mon. mornings, Tues. and Thurs. are designated doctor days.*



Angelica Banda, Driver

Belmont Village Scene



Pat and Connie



Gary and Edie on a lunch outing



The Bingo crowd



Tanisha, Alberta, Barney and Shirley enjoying a trip to the donut shop



Anita and Eloisa gardening



Peggy enjoying an afternoon snack



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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 (2013), Austin (2014),

Houston—West University and Hunters Creek (2014)