

## Belmont Village Scene



Another successful cocktail hour!



Residents enjoying live entertainment



Circle of Friends on a lunch outing



Krys and Dorothy



Marcia and Al during lunch



Gerene singing with the birds



# Belmont Village of San Jose

# VillageNEWS

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

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### Our Team

#### Andrew Lee

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#### Jacquelyn Ratuita

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#### Josue Dominguez

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### Andrew's Corner

It is with great pleasure that we introduce Mr. Andrew Lee as our new Executive Director of Belmont Village San Jose! Andrew started his new position on July 6, and brings with him a wealth of experience in working with seniors and their families.

Mr. Lee is a seasoned professional who has been in high profiled positions throughout his career. After serving as the Chief Financial Officer of the Reformed Church in America (National Headquarters in NYC), he transitioned into the world of senior care. His entry into senior care was working as the CEO and Executive Director of the Holland Christian Home in New Jersey. Most recently he was the Executive Director of Bethany Home, a multi-level care retirement community located in Central California.

Andrew has financial and operational expertise that no doubt contributes to his ability to think critically with a vision for the broad picture. He combines empathetic feelings with logical business acumen that have become a trademark of his leadership. In his words, "My passion is to build relationships with people ... the people I serve, the people I manage, and the

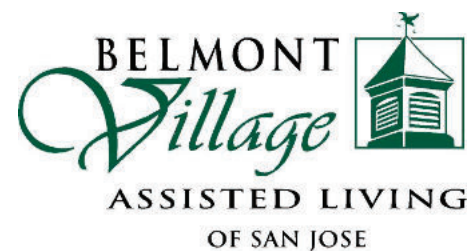
people I work for."

On a more personal note, Andrew grew up in Western Michigan. He will always be a fan of the Detroit sports teams. In 1992, he met the love of his life, Cathy James, and was married in the Marble Collegiate Church in New York City. Andrew and Cathy are recent empty-nesters, having twin daughters in college, and an adult son who still resides in New York City. They are actively looking to move into the San Jose area, and praying their house in Modesto sells soon!

Please join us in welcoming Andrew to Belmont Village Senior Living!



Newly Appointed Executive Director:  
**Andrew Lee**



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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





### Fitness Corner

#### Benefits of Stationary Bike

- Offers comfort, support and stability.
- Low-impact cardio workout while reducing injury risk.
- Gentle strength training to improve muscle strength, flexibility, posture and balance.
- Works the abdominal, gluteal and hamstring muscles, helping to reduce lower back pain.
- Natural pain reliever and mood lifter due to the endorphins released during aerobic activity.
- **CDC recommendations:** 2 hr. 30 min. of activity every week that is approximately 30 minutes every day for five days of the week.
- Visit "Center for Life Enhancement" on the 4th Floor (Monday – Friday: 8:00 a.m.–3:30 p.m.) and a staff member can orient you on how to use the Stationary Bike.

Source: Center for Disease Control and Prevention.



### Neighborhood and Circle of Friends News

We are inviting you to come, visit and make a purchase at our Arts and Crafts Boutique presented by our artistic and creative residents and staff from the Circle of Friends and Neighborhood. The boutique will open from October 1-7 and will be located on the first floor. We will hand out flyers on the opening day for the boutique's specific times. Your support and donation will help us reach our monetary goal to fund studies and research for the fight against Alzheimer's disease.

I want you in our team! At Walk to End Alzheimer's, each participant joins in our Promise Garden Ceremony by holding a flower to represent their reason for walking. Blue flowers represent someone with the disease, purple represent those who have lost

someone, yellow is for caregivers and orange is for those who support the vision of a world without Alzheimer's. Together, these colors symbolize the power of the movement to end this devastating disease. I will be holding a yellow flower and I invite you to join me! Along with the other walkers, we will create a powerful and meaningful garden.

The team will be at The Walk on October 10/Saturday, Arena Green San Jose, CA 95113

Registration at 8am Ceremony at 9:30am Walk at 10:00am Route Length: 3 miles and 1 mile option

To register, visit [alz.org/walk](http://alz.org/walk) page, join us and/or make a donation under "Belmont Village of San Jose" Team.

Thank you for your support!



### \*\*Upcoming Events and Activities\*\*



#### Take Me Out to the Ball Game!

##### Attention Residents!!!

We will be going on a special outing to watch the Oakland Athletics play the Baltimore Orioles on Aug. 5. We will be viewing the game from our own private suite. Food and drinks will be catered and we will have our own private bathroom.

Seats are extremely limited and are filling up fast.

**There is only a total of 14 seats available (two designated for residents who are wheelchair bound)**

Sign up ASAP and don't miss this fun outing.

#### Resident Meeting

All are welcome to our monthly Resident Meetings. Please join us on **August 19 at 1:30 p.m.** as we discuss anything and everything related to Belmont Village.

### Cocktail Hour

Summer is in full swing, and what better way to celebrate than enjoying the beautiful weather with some food and cocktails. Be on the lookout for Cocktail Hour invites! Hope to see you all there.



### Healthful Bites

Come learn about various food and how they can affect our bodies with Rehab Care during our Healthful Bites activity

**When: Every Tuesday**

**Time: 3:00 p.m.**

**Where: Town Hall**



### Arts and Crafts

Be sure to check out Ceramics Class every 2nd and 4th Mondays @ 1:30 p.m. and every Friday (except the first Friday of every Month) @ 10:30 a.m. in Town Hall

### \*\*MBA EVENTS\*\*

#### MBA Meeting

Tuesday, August 4, at 3:30 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

TBD

See Dailies for location and time



Sriymao Khath, Cook

#### Chef Demo With Josue

TBD

See Dailies for location and time



Josue Dominguez, Executive Chef



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>***All activities are subject to change. Please see the Daily Activity sheets for changes.***</p>	<p>Aug. 24 &amp; 31 (Cont'd.) 6:15 <span style="color: red;">GR</span> Poker Night</p>	<p>Aug. 23 &amp; 30 (Cont'd.) 6:30 <span style="color: red;">GR</span> Bingo</p>				<p>9:30 <span style="color: blue;">TH</span> Senior Yoga w/ Rachel <span style="color: black;">♥</span>                      1:00 <span style="color: red;">B</span> Bridge Class <span style="color: green;">♣</span>                      1:30 <span style="color: blue;">O</span> Scenic Drive <span style="color: black;">★</span>                      2:30 <span style="color: blue;">O</span> Scenic Drive <span style="color: black;">★</span>                      3:00 <span style="color: green;">JK</span> Bev on the Piano Performs                      6:30 <span style="color: blue;">TH</span> Movie Night</p>
<p>2 9:30 <span style="color: blue;">O</span> Church Outing <span style="color: black;">★</span>                      10:30 <span style="color: red;">GR</span> Memory Card Game <span style="color: green;">♣</span>                      1:30 <span style="color: blue;">O</span> Scenic Drive <span style="color: black;">★</span>                      2:00 <span style="color: green;">JK</span> Peninsula Banjo Band Performs                      2:30 <span style="color: blue;">O</span> Scenic Drive <span style="color: black;">★</span>                      6:30 <span style="color: red;">GR</span> Bingo</p>	<p>3 9:30 <span style="color: blue;">TH</span> Feel the Burn <span style="color: black;">♥</span>                      10:00 <span style="color: blue;">O</span> Shopping: CVS &amp; Banks <span style="color: black;">★</span>                      1:00 <span style="color: red;">G</span> Balance Therapy <span style="color: black;">♥</span>                      2:30 <span style="color: red;">GR</span> Math Minds <span style="color: green;">♣</span>                      3:00 <span style="color: green;">JK</span> Musical Bingo <span style="color: green;">♣</span>                      6:15 <span style="color: red;">GR</span> Poker Night</p>	<p>4 9:30 <span style="color: blue;">TH</span> Belmont Boot Camp <span style="color: black;">♥</span>                      10:00 <span style="color: green;">JK</span> Sing-a-long                      1:15 <span style="color: blue;">TH</span> Bingo                      2:30 <span style="color: blue;">TH</span> Healthful Bites <span style="color: green;">♣</span>                      3:00 <span style="color: blue;">TH</span> Mind Your Mind <span style="color: green;">♣</span>                      3:30 <span style="color: blue;">TH</span> MBA Meeting <span style="color: green;">♣</span>                      6:15 <span style="color: red;">GR</span> Card Games</p>	<p>5 9:30 <span style="color: blue;">TH</span> Feel the Burn <span style="color: black;">♥</span>                      10:30 <span style="color: blue;">O</span> Out to watch Oakland A's VS Baltimore Orioles <span style="color: black;">★</span>                      2:30 <span style="color: blue;">TH</span> Circuit Training <span style="color: black;">♥</span>                      3:00 <span style="color: red;">GR</span> Stitch Circle <span style="color: green;">♣</span>                      6:15 <span style="color: red;">GR</span> Blackjack</p>	<p>6 9:30 <span style="color: blue;">TH</span> Belmont Boot Camp <span style="color: black;">♥</span>                      10:00 <span style="color: red;">GR</span> Wellness Walk <span style="color: black;">♥</span>                      11:30 <span style="color: green;">JK</span> Welcome Wagon                      1:15 <span style="color: blue;">TH</span> Bingo                      2:30 <span style="color: blue;">TH</span> Exercise Class <span style="color: black;">♥</span>                      3:00 <span style="color: green;">JK</span> Wine &amp; Cheese w/ Entertainment                      6:15 <span style="color: red;">GR</span> Card Games                      6:30 <span style="color: blue;">TH</span> Space Seminar <span style="color: green;">♣</span></p>	<p>7 9:30 <span style="color: blue;">TH</span> Feel the Burn <span style="color: black;">♥</span>                      10:30 <span style="color: blue;">TH</span> Catholic Mass <span style="color: green;">♣</span>                      1:00 <span style="color: blue;">TH</span> Spanish Class <span style="color: green;">♣</span>                      1:30 <span style="color: red;">G</span> Circuit Training <span style="color: black;">♥</span>                      1:45 <span style="color: green;">JK</span> Young at Heart Performs                      3:00 <span style="color: red;">B</span> Bridge Class <span style="color: green;">♣</span>                      3:00 <span style="color: blue;">O</span> Scenic Drive <span style="color: black;">★</span>                      6:15 <span style="color: red;">GR</span> Card Games</p>	<p>8 9:30 <span style="color: blue;">TH</span> Senior Yoga w/ Rachel <span style="color: black;">♥</span>                      10:00 <span style="color: blue;">O</span> Shopping: Dollar Tree <span style="color: black;">★</span>                      1:00 <span style="color: red;">B</span> Bridge Class <span style="color: green;">♣</span>                      1:30 <span style="color: blue;">O</span> Scenic Drive <span style="color: black;">★</span>                      2:30 <span style="color: blue;">O</span> Scenic Drive <span style="color: black;">★</span>                      3:00 <span style="color: green;">JK</span> Angel the Harpist Performs                      6:30 <span style="color: blue;">TH</span> Movie Night</p>
<p>9 9:30 <span style="color: blue;">O</span> Church Outing <span style="color: black;">★</span>                      10:30 <span style="color: red;">GR</span> Memory Card Game <span style="color: green;">♣</span>                      1:30 <span style="color: blue;">O</span> Scenic Drive <span style="color: black;">★</span>                      2:00 <span style="color: blue;">TH</span> Movie Matinee                      2:30 <span style="color: blue;">O</span> Scenic Drive <span style="color: black;">★</span>                      6:30 <span style="color: red;">GR</span> Bingo</p>	<p>10 9:30 <span style="color: blue;">TH</span> Feel the Burn <span style="color: black;">♥</span>                      10:00 <span style="color: blue;">O</span> Shopping: CVS &amp; Banks <span style="color: black;">★</span>                      1:00 <span style="color: red;">G</span> Balance Therapy <span style="color: black;">♥</span>                      1:30 <span style="color: blue;">TH</span> Ceramics Class <span style="color: green;">♣</span>                      2:30 <span style="color: red;">GR</span> Math Minds <span style="color: green;">♣</span>                      6:15 <span style="color: red;">GR</span> Poker Night</p>	<p>11 9:30 <span style="color: blue;">TH</span> Belmont Boot Camp <span style="color: black;">♥</span>                      10:00 <span style="color: green;">JK</span> Sing-a-long                      1:15 <span style="color: blue;">TH</span> Bingo                      2:30 <span style="color: blue;">TH</span> Healthful Bites <span style="color: green;">♣</span>                      3:00 <span style="color: blue;">TH</span> Mind Your Mind <span style="color: green;">♣</span>                      3:30 <span style="color: blue;">TH</span> Sit and be Fit <span style="color: black;">♥</span>                      6:15 <span style="color: red;">GR</span> Card Games</p>	<p>12 9:30 <span style="color: blue;">TH</span> Feel the Burn <span style="color: black;">♥</span>                      10:00 <span style="color: blue;">O</span> Shopping: Walgreens &amp; Banks <span style="color: black;">★</span>                      1:30 <span style="color: blue;">O</span> Out to the Movies <span style="color: black;">★</span>                      2:30 <span style="color: blue;">TH</span> Circuit Training <span style="color: black;">♥</span>                      3:00 <span style="color: red;">GR</span> Stitch Circle <span style="color: green;">♣</span>                      3:00 <span style="color: blue;">TH</span> Current Events                      6:15 <span style="color: red;">GR</span> Blackjack</p>	<p>13 9:30 <span style="color: blue;">TH</span> Belmont Boot Camp <span style="color: black;">♥</span>                      10:00 <span style="color: red;">GR</span> Wellness Walk <span style="color: black;">♥</span>                      10:30 <span style="color: blue;">TH</span> Catholic Services <span style="color: green;">♣</span>                      1:15 <span style="color: blue;">TH</span> Bingo                      2:30 <span style="color: blue;">TH</span> Exercise Class <span style="color: black;">♥</span>                      3:00 <span style="color: green;">JK</span> Wine &amp; Cheese w/ Entertainment                      6:15 <span style="color: red;">GR</span> Card Games</p>	<p>14 9:30 <span style="color: blue;">TH</span> Feel the Burn <span style="color: black;">♥</span>                      10:30 <span style="color: blue;">TH</span> Ceramics Class <span style="color: green;">♣</span>                      1:00 <span style="color: blue;">TH</span> Spanish Class <span style="color: green;">♣</span>                      1:30 <span style="color: red;">G</span> Circuit Training <span style="color: black;">♥</span>                      2:00 <span style="color: green;">JK</span> Brad Bryant Performs                      3:00 <span style="color: red;">B</span> Bridge Class <span style="color: green;">♣</span>                      3:00 <span style="color: blue;">O</span> Scenic Drive <span style="color: black;">★</span>                      6:15 <span style="color: red;">GR</span> Card Games</p>	<p>15 9:30 <span style="color: blue;">TH</span> Senior Yoga w/ Rachel <span style="color: black;">♥</span>                      10:00 <span style="color: blue;">O</span> Shopping: Target <span style="color: black;">★</span>                      1:00 <span style="color: red;">B</span> Bridge Class <span style="color: green;">♣</span>                      1:30 <span style="color: blue;">O</span> Scenic Drive <span style="color: black;">★</span>                      2:30 <span style="color: blue;">TH</span> Bible Study <span style="color: green;">♣</span>                      2:30 <span style="color: blue;">O</span> Scenic Drive <span style="color: black;">★</span>                      3:00 <span style="color: red;">GR</span> Furry Friends Visit                      6:30 <span style="color: blue;">TH</span> Movie Night</p>
<p>16 9:30 <span style="color: blue;">O</span> Church Outing <span style="color: black;">★</span>                      10:30 <span style="color: red;">GR</span> Memory Card Game <span style="color: green;">♣</span>                      1:30 <span style="color: blue;">O</span> Scenic Drive <span style="color: black;">★</span>                      2:00 <span style="color: blue;">TH</span> Movie Matinee                      2:30 <span style="color: blue;">O</span> Scenic Drive <span style="color: black;">★</span>                      6:30 <span style="color: red;">GR</span> Bingo</p>	<p>17 9:30 <span style="color: blue;">TH</span> Feel the Burn <span style="color: black;">♥</span>                      10:00 <span style="color: blue;">O</span> Shopping: CVS &amp; Banks <span style="color: black;">★</span>                      1:00 <span style="color: red;">G</span> Balance Therapy <span style="color: black;">♥</span>                      2:30 <span style="color: red;">GR</span> Math Minds <span style="color: green;">♣</span>                      3:00 <span style="color: green;">JK</span> Carol Thorson Performs                      6:15 <span style="color: red;">GR</span> Poker Night</p>	<p>18 9:30 <span style="color: blue;">TH</span> Belmont Boot Camp <span style="color: black;">♥</span>                      10:00 <span style="color: green;">JK</span> Sing-a-long                      1:15 <span style="color: blue;">TH</span> Bingo                      2:30 <span style="color: blue;">TH</span> Healthful Bites <span style="color: green;">♣</span>                      3:00 <span style="color: blue;">TH</span> Mind Your Mind <span style="color: green;">♣</span>                      3:30 <span style="color: blue;">TH</span> Sit and be Fit <span style="color: black;">♥</span>                      6:15 <span style="color: red;">GR</span> Card Games</p>	<p>19 9:30 <span style="color: blue;">TH</span> Feel the Burn <span style="color: black;">♥</span>                      10:00 <span style="color: blue;">O</span> Shopping: Walgreens &amp; Banks <span style="color: black;">★</span>                      11:30 <span style="color: blue;">O</span> Out to Lunch <span style="color: black;">★</span>                      1:30 <span style="color: blue;">TH</span> Resident Meeting                      2:30 <span style="color: blue;">TH</span> Circuit Training <span style="color: black;">♥</span>                      3:00 <span style="color: red;">GR</span> Stitch Circle <span style="color: green;">♣</span>                      3:30 <span style="color: green;">JK</span> Ken Sosa Performs                      6:15 <span style="color: red;">GR</span> Blackjack</p>	<p>20 9:30 <span style="color: blue;">TH</span> Belmont Boot Camp <span style="color: black;">♥</span>                      10:00 <span style="color: red;">GR</span> Wellness Walk <span style="color: black;">♥</span>                      10:30 <span style="color: blue;">TH</span> Catholic Services <span style="color: green;">♣</span>                      1:15 <span style="color: blue;">TH</span> Bingo                      2:30 <span style="color: blue;">TH</span> Exercise Class <span style="color: black;">♥</span>                      3:00 <span style="color: green;">JK</span> Wine &amp; Cheese w/ Entertainment                      6:15 <span style="color: red;">GR</span> Card Games                      6:30 <span style="color: blue;">TH</span> Space Seminar <span style="color: green;">♣</span></p>	<p>21 9:30 <span style="color: blue;">TH</span> Feel the Burn <span style="color: black;">♥</span>                      10:30 <span style="color: blue;">TH</span> Ceramics Class <span style="color: green;">♣</span>                      1:00 <span style="color: blue;">TH</span> Spanish Class <span style="color: green;">♣</span>                      1:30 <span style="color: red;">G</span> Circuit Training <span style="color: black;">♥</span>                      2:00 <span style="color: green;">JK</span> Paulette Renee Performs                      3:00 <span style="color: blue;">O</span> Scenic Drive <span style="color: black;">★</span>                      3:00 <span style="color: red;">B</span> Bridge Class <span style="color: green;">♣</span>                      6:15 <span style="color: red;">GR</span> Card Games</p>	<p>22 9:30 <span style="color: blue;">TH</span> Senior Yoga w/ Rachel <span style="color: black;">♥</span>                      10:00 <span style="color: blue;">O</span> Shopping: Dollar Tree <span style="color: black;">★</span>                      1:00 <span style="color: red;">B</span> Bridge Class <span style="color: green;">♣</span>                      1:30 <span style="color: blue;">O</span> Scenic Drive <span style="color: black;">★</span>                      2:30 <span style="color: blue;">O</span> Scenic Drive <span style="color: black;">★</span>                      3:00 <span style="color: green;">JK</span> Mark Watson Performs                      6:30 <span style="color: blue;">TH</span> Movie Night</p>
<p>23 9:30 <span style="color: blue;">O</span> Church Outing <span style="color: black;">★</span>                      10:30 <span style="color: red;">GR</span> Memory Card Game <span style="color: green;">♣</span>                      1:30 <span style="color: blue;">O</span> Scenic Drive <span style="color: black;">★</span>                      2:00 <span style="color: blue;">TH</span> Movie Matinee                      2:30 <span style="color: blue;">O</span> Scenic Drive <span style="color: black;">★</span></p>	<p>24 9:30 <span style="color: blue;">TH</span> Feel the Burn <span style="color: black;">♥</span>                      10:00 <span style="color: blue;">O</span> Shopping: CVS &amp; Banks <span style="color: black;">★</span>                      1:00 <span style="color: red;">G</span> Balance Therapy <span style="color: black;">♥</span>                      1:30 <span style="color: blue;">TH</span> Ceramics Class <span style="color: green;">♣</span>                      2:30 <span style="color: red;">GR</span> Math Minds <span style="color: green;">♣</span></p>	<p>25 9:30 <span style="color: blue;">TH</span> Belmont Boot Camp <span style="color: black;">♥</span>                      10:00 <span style="color: green;">JK</span> Sing-a-long                      1:15 <span style="color: blue;">TH</span> Bingo                      2:30 <span style="color: blue;">TH</span> Healthful Bites <span style="color: green;">♣</span>                      3:00 <span style="color: blue;">TH</span> Mind Your Mind <span style="color: green;">♣</span>                      3:30 <span style="color: blue;">TH</span> Sit and be Fit <span style="color: black;">♥</span>                      6:15 <span style="color: red;">GR</span> Card Games</p>	<p>26 9:30 <span style="color: blue;">TH</span> Feel the Burn <span style="color: black;">♥</span>                      10:00 <span style="color: blue;">O</span> Shopping: Walgreens &amp; Banks <span style="color: black;">★</span>                      11:00 <span style="color: blue;">O</span> Out to San Francisco <span style="color: black;">★</span>                      2:30 <span style="color: blue;">TH</span> Circuit Training <span style="color: black;">♥</span>                      3:00 <span style="color: blue;">TH</span> Current Events <span style="color: green;">♣</span>                      3:00 <span style="color: red;">GR</span> Stitch Circle <span style="color: green;">♣</span>                      6:15 <span style="color: red;">GR</span> Blackjack</p>	<p>27 9:30 <span style="color: blue;">TH</span> Belmont Boot Camp <span style="color: black;">♥</span>                      10:00 <span style="color: red;">GR</span> Wellness Walk <span style="color: black;">♥</span>                      10:30 <span style="color: blue;">TH</span> Catholic Services <span style="color: green;">♣</span>                      1:15 <span style="color: blue;">TH</span> Bingo                      2:30 <span style="color: blue;">TH</span> Exercise Class <span style="color: black;">♥</span>                      3:00 <span style="color: green;">JK</span> Wine &amp; Cheese w/ Entertainment                      6:15 <span style="color: red;">GR</span> Card Games</p>	<p>28 9:30 <span style="color: blue;">TH</span> Feel the Burn <span style="color: black;">♥</span>                      10:30 <span style="color: blue;">TH</span> Ceramics Class <span style="color: green;">♣</span>                      11:30 <span style="color: green;">JK</span> Birthday Luncheon                      1:00 <span style="color: blue;">TH</span> Spanish Class <span style="color: green;">♣</span>                      1:30 <span style="color: red;">G</span> Circuit Training <span style="color: black;">♥</span>                      2:00 <span style="color: green;">JK</span> Steven Gary Performs                      3:00 <span style="color: blue;">O</span> Scenic Drive <span style="color: black;">★</span>                      3:00 <span style="color: red;">B</span> Bridge Class <span style="color: green;">♣</span>                      6:15 <span style="color: red;">GR</span> Card Games</p>	<p>29 9:30 <span style="color: blue;">TH</span> Senior Yoga w/ Rachel <span style="color: black;">♥</span>                      10:00 <span style="color: blue;">O</span> Shopping: Walmart <span style="color: black;">★</span>                      1:00 <span style="color: red;">B</span> Bridge Class <span style="color: green;">♣</span>                      1:30 <span style="color: blue;">O</span> Scenic Drive <span style="color: black;">★</span>                      2:30 <span style="color: blue;">O</span> Scenic Drive <span style="color: black;">★</span>                      3:00 <span style="color: green;">JK</span> Rick Rekoon Performs                      6:30 <span style="color: blue;">TH</span> Movie Night</p>
<p>30 9:30 <span style="color: blue;">O</span> Church Outing <span style="color: black;">★</span>                      10:30 <span style="color: red;">GR</span> Memory Card Game <span style="color: green;">♣</span>                      1:30 <span style="color: blue;">O</span> Scenic Drive <span style="color: black;">★</span>                      2:00 <span style="color: blue;">TH</span> Movie Matinee                      2:30 <span style="color: blue;">O</span> Scenic Drive <span style="color: black;">★</span></p>	<p>31 9:30 <span style="color: blue;">TH</span> Feel the Burn <span style="color: black;">♥</span>                      10:00 <span style="color: blue;">O</span> Shopping: CVS &amp; Banks <span style="color: black;">★</span>                      1:00 <span style="color: red;">G</span> Balance Therapy <span style="color: black;">♥</span>                      2:30 <span style="color: red;">GR</span> Math Minds <span style="color: green;">♣</span>                      3:30 <span style="color: purple;">MP</span> Marketplace Opens</p>					





**Resident Birthdays**

Paul Spiros ..... August 8  
Yasuko Takaki ..... August 9  
Yvonne Steinfeld ..... August 11  
Gerene Bagnatori ..... August 13  
Andrew Jimenez ..... August 19  
Anne Biagini ..... August 26

**August Birthday Lunch**

Please join us on  
Friday, August 28,  
at 11:30 a.m.  
in Josephine's Kitchen.



**Employee Birthdays**

Annette Petty ..... August 4  
Clarissa Chavez ..... August 8  
Wilda Carvalho ..... August 11  
Ricardo Tuazon ..... August 12  
Melanie Guray ..... August 12  
Kimia  
Sedaghat-Sian ..... August 13  
Allan Villanueva ..... August 17  
Daniel Rodriguez ..... August 18  
Shadey Arias ..... August 19  
Bernadino Salamat ..... August 20  
Jan Charlie Paran ..... August 23  
Melissa Quinonez ..... August 26  
Alberto Caliolio ..... August 27



**Highlights From  
Veteran's Event**



Belmont Village would like to give a special and heartfelt thank you to all of our residents who served in our armed forces to protect this country.



Niza Sanchez, LVN

**Employee of the Month**

Our employee for the month is Niza Sanchez. Niza is one of our outstanding nurses, and she has been with Belmont Village for almost four years. She is known for her willingness to help the residents in any way and her pleasant personality. When she is not at work, she enjoys trying new cuisines and singing karaoke. Congratulations Niza!

**Welcome to Belmont  
Village**

Dale Buchholz  
Doris Colyvas  
Marion Schomburg

**Welcome Wagon  
Orientation and Lunch**

Join us on  
**Thursday, August 6, at 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.**



**DRCS News**

**Depression in Older Adults**

The changes that often come in later life, the death of loved ones, increased isolation, and medical problems can lead to depression. Its effects go far beyond mood. It impacts your energy, sleep, appetite, and physical health. However, depression is not an inevitable part of aging.

**Signs and symptoms of depression include:** sadness, fatigue, abandoning or losing interest in hobbies, social withdrawal and isolation, weight loss or loss of appetite, sleep disturbance (difficulty falling asleep, oversleeping, or daytime sleeplessness), loss of self-worth, increased use of alcohol or other drugs, fixation on death, suicidal thoughts or attempts.

**Managing Depression**

It is a myth to think that after a certain age you can't learn new skills, try new activities, or make fresh lifestyle changes. The truth is that the human brain never stopped changing, so older adults are just as capable. Overcoming often involves finding new things you enjoy, learning to adapt to change, staying physically and socially active, and feeling connected to your community and loved ones. If you are depressed, you may not want to do anything or see anybody. But isolation and inactivity only makes depression worse.

Older adults should focus on exercising, connecting with others face to face whenever possible, getting enough sleep (7 to 9 hours), maintaining a healthy diet, participating in activities, consider taking care of a pet, learning a new skill, and creating opportunities to laugh.



Eloisa Abayan, Director of Resident Care Services



**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

*Please schedule transportation at the concierge desk. Transportation is on a first-come, first-served basis. \*\*Monday mornings, Tuesday and Thursday are designated doctor days.*



Angelica Banda, Driver