



# Belmont Village at Scottsdale

# VillageNEWS

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

November 2015

## Our Team

### Executive Director

Tim Cowen  
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### Director of Resident Care Services

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### Community Relations

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### Community Relations

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### Activity Programs Coordinator

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### Memory Programs Coord.

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### Building Engineer

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### Chef/Manager

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## Tim's Corner

### Thanksgiving 2015

November already ... yikes, where did the year go? *The wondrous season of Thanksgiving has always been my favorite.* It's a special time when we reach beyond ourselves and give thanks for life's blessings.

From Thanksgiving through the end-of-the-year, our senses are heightened and our awareness of the needs of those around us becomes more acute. The world shakes off its 'me-first' attitude and genuinely thinks about helping others. Of course, there should be no 'season' for giving thanks ... *it is a lifestyle more than a time of year!* This is a delightful month when we share unique foods, give special remembrance for friends, and reflect upon the past, as well as the upcoming year. What are your traditional favorite foods? Would you believe that every Thanksgiving, our table always included 'creamed celery and mom's special recipe for black-bottom pie'?!

Being able to maintain an 'attitude of gratitude' is a real gift! Years ago, I remember Art Linkletter interviewing a very elderly man. He asked him the secret of his happy countenance and longevity. The old fellow looked at Linkletter and said,

"Sonny, I only have two teeth left in my mouth *and every morning I thank God that those two teeth are opposite each other!*" I don't think anything can trump having a thankful attitude.

*Many of you have commented about the above-and-beyond caring attitude of our staff. And that's why we're here.*

*I am thankful ...  
for you ...  
for our staff ...  
and for people who care!*

Have a great November ... be safe and if we can assist you in any way, please let us know.



## Happy Thanksgiving From Belmont Village Scottsdale

Tim Cowen, Charmaine Roberts, Christy Edwards, Emily Unale, Steve Frye, Sarah Speratos, Travis Vierthaler, Janina Phiano, Ashley Marcellus & Carrie Valverde





**Resident Birthdays**

- 02 Joel S.
- 07 Ramona R.
- 9 Millie L.
- 11 Dorothy L.
- 14 John A.
- 16 Grace I.
- 23 Shirley P.
- 26 Dorothy M.
- 26 Jeanne S.
- 28 Joyce J.

**Employee Birthdays**

- 08 Vanessa S. (Act. Asst.)
- 12 Baylie M. (Server)
- 13 John W. III (Act Asst.)
- 27 Christy E. (Sales)
- 27 David L. (Cook)



Our awesome kitchen staff gave Angela quite a surprise!

**Employee of the Month**



**Congratulations to Vanessa Shultz.** She has been a part of our team in many ways for over 2 years. She most recently was promoted to Activity Assistant yet still helps out where needed in other areas. Being a big team player makes Vanessa well deserving of this award. She also recently graduated from Arizona State University with her Bachelor of Arts in Education in both Elementary and Special Education. Keep up the great work, Vanessa!



Family and Friends, join us for our wonderful Thanksgiving Buffet. Please RSVP with the concierge at (480) 945-3600. Adults \$23.00 & Children \$12.00



**Outings for November**

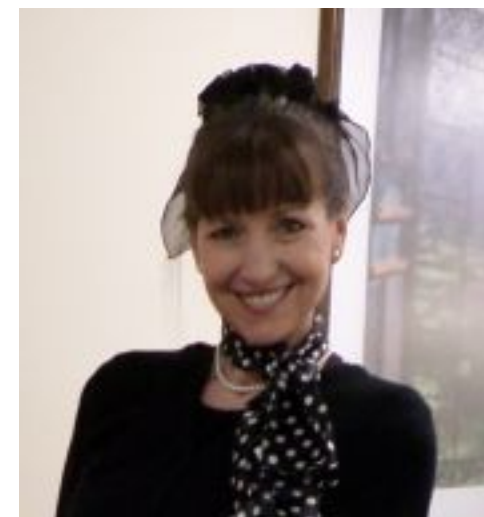
- Nov. 4th:** We are going to Turf Paradise. We will watch the horses race around the track and enjoy all that the facility has to offer us.
- Nov. 11th:** Happy Veterans Day! We will go out for a movie today. Showtime and movie title will be posted within a week of departure.
- Nov. 18th:** We will enjoy lunch at the Rainforest Café inside the Paradise Valley mall. This fun experience will allow us to experience the sights and sounds of the jungle.
- Nov. 25th:** We will enjoy this outing at the Phoenix Zoo. Autumn is officially here so a nice picnic lunch will be provided. Then, we will see all the zoo has to offer while sitting inside the tram.

**Outings subject to change this month.**

**Team Member Spotlight**



Congratulations and best wishes to **Ashley Marcellus**, our wonderful Memory Programs Coordinator. Ashley is one of only two Belmont employees (out of approximately 3,000!) who was recently selected and promoted to be an **Executive Director in Training (EDIT)**. The training program will take approximately one year to complete. In mid-November, Ashley and her husband, Adam, will move to Houston, Texas. She will work at Belmont Village Hunters Creek. Following that, they will move to Los Angeles for six months while she works with the Executive Director at Belmont Village in Westwood. Ashley is a Belmont 'star' and we are thrilled for this opportunity for her. Ashley has been with Belmont for almost four years and she will be missed! Watch the daily calendar; in early November we'll host a thank-you and best wishes reception for Ashley. As you'll read in other parts of this newsletter, it's gratifying to see so many fine Belmont employees promoted from within our ranks. Recent promotions have included Janina Phinao (Memory Programs Coordinator), Charmaine Roberts (Community Relations), Bruce Allen (Activity Assistant)! Congrats to all!



**Charmaine Roberts.** After she excelled in her role as an Activity Assistant, an opportunity arose for her to show us her talent in Community Relations. Charmaine is already hard at work planning her first event. A program that will showcase our award winning Circle of Friends activity program. **Hosted by our regional Memory Program Coordinator, Fernanda Maor, on November 5th at 5:00 p.m.**



**Bruce Allen.** After working hard as one of our evening concierges, an opportunity came about for him to show off his certification in caregiving. After a year of caregiving, he was promoted again to Activity Assistant within the Circle of Friends. His talents & education have shown through in this role & we are happy to have him on our team.



Billy and his family had a wonderful time at the Rosh Hashanah service.



Doris is proud to show off her work.



Barbara and John danced during Happy Hour.



Elaine & Frank



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Church Transportation</b> 1 8:45 <span style="background-color: #800000; color: white; padding: 2px;">B</span> Jewish Prayer Service 🌿 9:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Tai Chi 🌿 1:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Sunday Movie Documentary 1:45 <span style="background-color: #808080; color: white; padding: 2px;">GR</span> Pet therapy with Taka the dog ★ 2:00 <span style="background-color: #808080; color: white; padding: 2px;">GR</span> Large Crossword Puzzle 3:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Black Jack 4:00 <span style="background-color: #0070C0; color: white; padding: 2px;">CL</span> Jigsaw Puzzles 6:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Evening Movie	<b>Errands 1:00 -4:00 p.m.</b> 2 9:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Sit & Be Fit 🌿 10:00 <span style="background-color: #0070C0; color: white; padding: 2px;">CL</span> Computer Class 10:00 <span style="background-color: #800000; color: white; padding: 2px;">B</span> Monica's Clothing Alterations 1:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Bingo 1:30 <span style="background-color: #0070C0; color: white; padding: 2px;">CL</span> Bible Study 🌿 3:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Welcome Tea ★ 3:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Poker 3:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Bridge 6:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Evening Movie	<b>Dr. Appointments</b> 3 9:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Sit & Be Fit 🌿 10:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Have a Ball with Nancy 🌿 1:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Kings in the Corner 1:00 <span style="background-color: #800000; color: white; padding: 2px;">B</span> Free Glasses Repair 1:30 <span style="background-color: #800000; color: white; padding: 2px;">3</span> Mahjong 3:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Drum Circle with a Didgeridoo 🌿 4:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Wii Bowling 6:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Evening Movie	4 9:00 Guinea Pig pet therapy all day ★ 9:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Sit & Be Fit 🌿 10:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Catholic Communion 🌿 10:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Skip-Bo- Card Game 11:00 Outing: Turf Paradise 1:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Afternoon Matinee Movie 4:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Pinochle Card Game 4:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Blackjack 4:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Jeopardy 🌿 6:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Evening Movie 6:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Bingo	<b>Dr. Appointments</b> 5 9:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Sit & Be Fit 🌿 11:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Kings in the Corner 2:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Bridge 2:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Movies Matter 3:00 <b>A Day in the Life (For family only)★</b> 3:00 <span style="background-color: #808080; color: white; padding: 2px;">GR</span> Happy Hour with Keith Wells★ 4:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Trivia 6:00 <span style="background-color: #92D050; color: white; padding: 2px;">LP</span> Evening Movie	6 9:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Sit & Be Fit 🌿 10:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> The Daily Chronicle ★ 10:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Parkinson's Exercise Class 🌿 1:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Kings in the Corner 2:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Art Class 🌿 3:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Hand and Foot card game 4:00 <span style="background-color: #808080; color: white; padding: 2px;">GR</span> Scattergories 4:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Wii Bowling 6:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Evening Movie	7 9:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Yoga 🌿 10:00 <span style="background-color: #800000; color: white; padding: 2px;">B</span> Coffee Chat 10:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Kirk Studio for the valley's youth will perform ★ 10:15 <span style="background-color: #800000; color: white; padding: 2px;">3</span> Mahjong 1:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Scrabble 2:00 <span style="background-color: #808080; color: white; padding: 2px;">GR</span> Afternoon Entertainment with Lynne Haesler★ 3:15 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Kings in the corner 6:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Evening Movie
<b>Church Transportation</b> 8 9:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Tai Chi 🌿 1:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Sunday Movie Documentary 1:30 <span style="background-color: #808080; color: white; padding: 2px;">GR</span> The Shane Stewart Show (music)★ 2:00 <span style="background-color: #808080; color: white; padding: 2px;">GR</span> Large Crossword Puzzle 3:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Black Jack 4:00 <span style="background-color: #0070C0; color: white; padding: 2px;">CL</span> Jigsaw Puzzles 6:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Evening Movie	<b>Errands 1:00 -4:00 p.m.</b> 9 9:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Sit & Be Fit 🌿 10:00 <span style="background-color: #0070C0; color: white; padding: 2px;">CL</span> Computer Class 1:30 <span style="background-color: #0070C0; color: white; padding: 2px;">CL</span> Bible Study 🌿 1:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Bingo 3:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Poker 3:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Bridge 4:00 <span style="background-color: #808080; color: white; padding: 2px;">GR</span> MBA Club Meeting 🌿 6:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Evening Movie	<b>Dr. Appointments</b> 10 9:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Sit & Be Fit 🌿 10:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Have a Ball with Nancy 🌿 1:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Kings in the Corner 1:00 <span style="background-color: #800000; color: white; padding: 2px;">B</span> Hearing Aid Checks ★ 1:30 <span style="background-color: #800000; color: white; padding: 2px;">3</span> Mahjong 3:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Mr. 5ft 18" 🌿 4:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Wii Bowling 6:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Evening Movie	<b>Veterans Day</b> 11 9:00 Guinea Pig pet therapy all day ★ 9:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Sit & Be Fit 🌿 10:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Skip-Bo- Card Game 10:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Catholic Communion 🌿 1:00 Outing: Movie TBA 1:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Afternoon Matinee Movie 4:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Blackjack 4:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Pinochle Card Game 6:00 <span style="background-color: #92D050; color: white; padding: 2px;">LP</span> Evening Movie: Good Morning Vietnam 6:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Bingo	<b>Dr. Appointments</b> 12 9:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Sit & Be Fit 🌿 10:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Humour Hour 🌿 11:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Kings in the Corner 2:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Bridge 3:00 <span style="background-color: #808080; color: white; padding: 2px;">GR</span> Happy Hour with Dave Swaim★ 4:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Trivia 6:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Evening Movie	13 9:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Sit & Be Fit 🌿 10:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> The Daily Chronicle ★ 10:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Parkinson's Exercise Class 🌿 1:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Kings in the Corner 1:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Opera with Bruce Pulk 🌿 2:00 <span style="background-color: #800000; color: white; padding: 2px;">CC</span> Pictionary 3:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Hand and Foot card game 3:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Resident Meeting 4:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Wii Bowling 6:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Evening Movie	14 7:30 Departure for Alzheimer's walk 9:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Yoga 🌿 10:00 <span style="background-color: #800000; color: white; padding: 2px;">B</span> Coffee Chat 10:15 <span style="background-color: #800000; color: white; padding: 2px;">3</span> Mahjong 10:30 Outing: AZ Broadway Theatre: West Side Story 1:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Scrabble 2:00 <span style="background-color: #808080; color: white; padding: 2px;">GR</span> Afternoon Entertainment with Les Koel★ 3:15 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Kings in the corner 6:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Evening Movie
<b>Church Transportation</b> 15 8:45 <span style="background-color: #800000; color: white; padding: 2px;">B</span> Jewish Prayer Service 🌿 9:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Tai Chi 🌿 1:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Debra Lee's art class ★ 1:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Sunday Movie Documentary 1:45 <span style="background-color: #808080; color: white; padding: 2px;">GR</span> Pet therapy with Taka the dog ★ 2:00 <span style="background-color: #808080; color: white; padding: 2px;">GR</span> Large Crossword Puzzle 3:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Black Jack 4:00 <span style="background-color: #0070C0; color: white; padding: 2px;">CL</span> Jigsaw Puzzles 6:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Evening Movie	<b>Errands 1:00 -4:00 p.m.</b> 16 9:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Sit & Be Fit 🌿 10:00 <span style="background-color: #0070C0; color: white; padding: 2px;">CL</span> Computer Class 10:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Artsy Smartsy★ 1:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Bingo 1:30 <span style="background-color: #0070C0; color: white; padding: 2px;">CL</span> Bible Study 🌿 3:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Poker 3:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Bridge 6:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Evening Movie	<b>Dr. Appointments</b> 17 9:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Sit & Be Fit 🌿 10:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Have a Ball with Nancy 🌿 1:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Kings in the Corner 1:30 <span style="background-color: #800000; color: white; padding: 2px;">3</span> Mahjong 3:30 <span style="background-color: #808080; color: white; padding: 2px;">GR</span> Paul Sherman on Piano★ 4:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Wii Bowling 6:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Evening Movie	18 9:00 Guinea Pig pet therapy all day ★ 9:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Sit & Be Fit 🌿 10:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Skip-Bo- Card Game 10:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Catholic Communion 🌿 11:00 Lunch Outing: Rainforest Cafe 1:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Afternoon Matinee Movie 4:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Pinochle Card Game 4:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Blackjack 6:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Evening Movie 6:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Bingo	<b>Dr. Appointments</b> 19 9:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Sit & Be Fit 🌿 10:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Art & Crafts 11:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Kings in the Corner 1:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Who Am I? 🌿 2:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Bridge 3:00 <span style="background-color: #808080; color: white; padding: 2px;">GR</span> Happy Hour with Todd on Accordion★ 4:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Spiritual Activity 🌿 6:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Evening Movie	20 9:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Sit & Be Fit 🌿 10:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> The Daily Chronicle ★ 10:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Parkinson's Exercise Class 🌿 1:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Kings in the Corner 3:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Hand and Foot card game 4:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Wii Bowling 6:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Evening Movie	21 9:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Yoga 🌿 10:00 <span style="background-color: #800000; color: white; padding: 2px;">B</span> Coffee Chat 10:15 <span style="background-color: #800000; color: white; padding: 2px;">3</span> Mahjong 1:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Scrabble 2:00 <span style="background-color: #808080; color: white; padding: 2px;">GR</span> Afternoon Entertainment with MJ Moore★ 3:15 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Kings in the corner 6:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Evening Movie
<b>Church Transportation</b> 22 9:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Tai Chi 🌿 1:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Sunday Movie Documentary 2:00 <span style="background-color: #808080; color: white; padding: 2px;">GR</span> Large Crossword Puzzle 3:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Black Jack 4:00 <span style="background-color: #0070C0; color: white; padding: 2px;">CL</span> Jigsaw Puzzles 6:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Evening Movie	<b>Errands 1:00 -4:00 p.m.</b> 23 9:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Sit & Be Fit 🌿 10:00 <span style="background-color: #0070C0; color: white; padding: 2px;">CL</span> Computer Class 1:30 <span style="background-color: #0070C0; color: white; padding: 2px;">CL</span> Bible Study 🌿 1:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Bingo 2:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Jewish Service with Hannah 🌿 3:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Poker 3:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Bridge 6:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Evening Movie	<b>Dr. Appointments</b> 24 9:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Sit & Be Fit 🌿 10:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Have a Ball with Nancy 🌿 1:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Kings in the Corner 1:30 <span style="background-color: #800000; color: white; padding: 2px;">3</span> Mahjong 4:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Wii Bowling 6:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Evening Movie	25 9:00 Guinea Pig pet therapy all day ★ 9:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Sit & Be Fit 🌿 10:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Skip-Bo- Card Game 10:00 Outing: Phoenix Zoo 10:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Catholic Communion 🌿 1:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Afternoon Matinee Movie 4:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Blackjack 4:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Pinochle Card Game 4:30 <span style="background-color: #808080; color: white; padding: 2px;">GR</span> Flute Music ★ 6:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Evening Movie 6:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Bingo	<b>Thanksgiving</b> 26 9:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Sit & Be Fit 🌿 11:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Kings in the Corner 11:00 <span style="background-color: #0070C0; color: white; padding: 2px;">CL</span> Thanksgiving Buffet 1:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> What Am I? 🌿 2:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Bridge 4:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Large Crossword Puzzle 6:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Evening Movie	27 9:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Sit & Be Fit 🌿 10:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Parkinson's Exercise Class 🌿 10:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> The Daily Chronicle ★ 12:00 <span style="background-color: #0070C0; color: white; padding: 2px;">CL</span> Resident Monthly Birthday Party 1:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Kings in the Corner 3:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Hand and Foot card game 4:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Wii Bowling 6:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Evening Movie	28 9:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Yoga 🌿 10:00 <span style="background-color: #800000; color: white; padding: 2px;">B</span> Coffee Chat 10:15 <span style="background-color: #800000; color: white; padding: 2px;">3</span> Mahjong 1:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Scrabble 2:00 <span style="background-color: #4B0082; color: white; padding: 2px;">OP</span> Family Portraits (\$25.00) 2:00 <span style="background-color: #808080; color: white; padding: 2px;">GR</span> Afternoon Entertainment with Anna Chepikova★ 3:15 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Kings in the corner 6:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Evening Movie
<b>Church Transportation</b> 29 9:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Tai Chi 🌿 1:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Sunday Movie Documentary 1:45 <span style="background-color: #808080; color: white; padding: 2px;">GR</span> Pet therapy with Taka the dog ★ 2:00 <span style="background-color: #808080; color: white; padding: 2px;">GR</span> Large Crossword Puzzle 3:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Black Jack 4:00 <span style="background-color: #0070C0; color: white; padding: 2px;">CL</span> Jigsaw Puzzles 6:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Evening Movie	<b>Errands 1:00 -4:00 p.m.</b> 30 9:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Sit & Be Fit 🌿 10:00 <span style="background-color: #0070C0; color: white; padding: 2px;">CL</span> Computer Class 1:30 <span style="background-color: #0070C0; color: white; padding: 2px;">CL</span> Bible Study 🌿 1:30 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Bingo 3:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Poker 3:00 <span style="background-color: #008000; color: white; padding: 2px;">HP</span> Bridge 4:00 <span style="background-color: #808080; color: white; padding: 2px;">GR</span> Welcome Committee Meeting 6:00 <span style="background-color: #800000; color: white; padding: 2px;">TH</span> Evening Movie	<b>Funny Ha Ha</b> Two blondes fell down a hole. One said, "It's dark in here isn't it?" The other replied, "I don't know; I can't see."	RSVP your guests for our Thanksgiving Buffet (480) 945-3600	Calendar is subject to change. Please view our daily activity sheets for changes		





## TRANSPORTATION

### Monday

9:30 a.m. NH Scenic Drive  
1-4 p.m. Errands

### Tuesday

8:30 a.m.-3:30 p.m.  
Doctor Appointments

### Wednesday

Assisted Living Outing Day  
Check Calendar

### Thursday

8:30 a.m.-3:30 p.m.  
Doctor Appointments

### Friday

COF Outing Day  
Check Calendar

### Saturday

9 a.m.-4 p.m. Errands

### Sunday

8 a.m.-Noon  
Church Transportation

## Free Monthly Glasses Repair

i2iOptique  
14144 N 100th St Suite 110  
Scottsdale, AZ 85260  
Store : 480-767-3450  
Fax : 480-767-3305  
www.i2ioptique.com

FaceBook:  
www.facebook.com/i2ioptique  
Twitter :

www.twitter.com/i2ioptique  
Comes first Tuesday of every month. Meet in the Bistro on the first floor and bring your glasses.



## Family Portraits

We have teamed up with a photographer to capture a memory that will last a lifetime.

**On November 28th, from 2:00-4:00 p.m.,** we will have an indoor and outdoor setting for family portraits. Furry family members are welcome to join! So gather your loved ones, don your best ... now smile!

The cost is \$25.00 for (1) 8x10, (1) 5x7, (1) 4x6 and a CD of all images taken.

Please sign up with the concierge. We will have live entertainment from 2:00-3:00 in our Great Room. Shine Phinao will be our photographer and will ask for the families by name in the order they have signed up.

## From the Desk of Emily Unale, DRCS, R.N.

### Tips for a Thinner Thanksgiving

Gaining weight during the holiday season is a national pastime. Did you know that most people gain at least a pound during the holiday, some even gain more. Worst is most people keep that weight on permanently.

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:** Eat less and exercise more during the holidays to prevent weight gain. 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. It is a wonderful way for families to get physical and enjoy

the holiday at the same time.

**Eat Breakfast:** Eating a small meal in the morning may give you more control over your hunger. Start your day with a healthy breakfast, preferably one with protein and fiber which may help take the edge off your cravings and 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 defatted 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. You are less likely to overeat and have more room for a delectable dessert. But only one slice of that pumpkin pie!!!

## News from the Memory Program Coordinator



Hi, my name is Janina Phinao. (Just ask me how to pronounce it, because it's a bit tricky.) I am happy to be living and working in Scottsdale and to call it home again. A "few" years ago, soon after graduating from the University, I moved to India to volunteer with a non-profit for an open-ended year. That one year turned into almost 8! During that time, I married the love of my life and we worked together for a large non-profit where I was the editor of the organization's bi-lingual magazine, managed and taught communications courses for a wide range of ages, worked with after school programming and organized conferences/events. The job enabled us to travel to India and to different countries, where we experienced diverse cultures and met incredible people, definitely enriching our lives. Since moving back to Scottsdale, I have been working as an Activity Assistant in the Circle of Friends.

To say I enjoy the work would be an understatement. I have found a profession that I am passionate about growing in every day.

Belmont is a place full of interesting life stories and I look forward to continuing to hear and learn from them. It is a privilege to work with such a diverse staff and to be a part of serving the Belmont Village residents through the memory care programs. Ashley has left a wonderful example to follow and I think we can agree she will be missed. Truly, I look forward to serving the Belmont community as the Memory Programs Coordinator.

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Every month the Circle of Friends residents participate in gardening club. Their latest project was homemade Chia people. Each one turned out unique in its own way, depending on how the residents styled the faces. But no matter how they designed them, everyone was excited when they began to grow "hair" (grass). The residents found a lot of joy with their garden creation and are excited to start planning the next garden club.



Dear Belmont Residents, Families, Staff and Peers,  
You have truly been a pleasure to work with in the past three and a half years. Work truly isn't the right word because it never felt like work. My days here at Belmont Village Scottsdale have been filled with so many smiles, laughter, and memories; thank you for these. Belmont Village Scottsdale will always be "home" to me and I will take each and every one of you with me in my heart as I continue on in my new role with Belmont Village. I am excited to grow with Belmont as an Executive Director in Training. I hope our paths will someday cross again. I couldn't be happier to leave the Memory Programs in the best of hands with Janina, a former Circle of Friends Activity Assistant. She will thrive in her new role as Memory Programs Coordinator. I will leave you with my favorite quotes from Belmont Village Scottsdale by Dorothy, a beloved resident, "I love you dearly most sincerely," and "I will miss you dearly most sincerely."  
**Sincerely, Ashley Marcellus**



Toyota and Herb will miss Ashley



# Village Scene



Dorothy, Barbara, Jeanne & Kathy



Frank with his P.A.L.s



Kathy loved the craft class



Vanessa, Janina, Maybelle & Grace



John, Bud & Cliff on Saguaro Lake



Joanne and Aloe relaxed together

**BELMONT** *Village*  
SENIOR LIVING  
SCOTTSDALE

13850 N. Frank Lloyd Wright Blvd.  
Scottsdale, AZ 85260  
Lic. AL8622C

Tel: (480) 945-3600  
Fax: (480) 945-3676  
[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

