




Belmont Village of Thousand Oaks Village NEWS

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

February 2015

Our Community's Team

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Director's Corner

**Matt Stevenson,
Executive Director**



I hope everybody is ready for a busy and exciting month. February is the shortest month of the year, but that doesn't mean we will have a shortage of exciting things happening in the community.

We have officially kicked off our new fitness initiative and we had great participation in January. We are adding new exercise classes and fitness options in February, so continue to check the calendar and activity boards for information on our programming.

On Feb. 12 we are hosting a special Valentine's Day event—A

Love Boat-themed dinner, dance and marriage vow renewal. We will have a 16-piece big band performing throughout the event.

On Valentine's Day we will have a local dance team perform, then a champagne dinner with a special performance by a harpist.

Chinese New Year on the 19th will be celebrated with delicious food and a magic show. We will also be hosting a Mardi Gras party this month with Dave Winstone's musical trio on the 17th!

For more information on all of the great excitement this month, please check the activity boards or contact the concierge.





Happy
Birthday




Resident Birthdays!

Feb. 2	Budrick S.
Feb. 7	Gloria T.
Feb. 8	Phil M.
Feb. 9	Dorothy C.
Feb. 9	Anne D.
Feb. 11	Cynthia K.
Feb. 12	Monte G.
Feb. 18	John M.
Feb. 19	Jane M.
Feb. 24	Dorothy W.
Feb. 25	Araksy B.

Staff Birthdays!

Feb. 13	Elizabeth S.
Feb. 14	Mercedes D.
Feb. 17	Eugene R.



Activity Highlights!

Hot Topic

If you have an opinion you'd like to discuss or are intrigued by others' opinions, join us for our Hot Topic debates.

Here are the topics for February:

- Feb. 9: Is Jerry Brown a Good Governor?
- Feb. 23: Police Accountability

Debates will be in Town Hall at 1 p.m.

**Sunday Paper
Current Events**

In a more casual setting, join Ed in the Bistro to discuss the current happenings in the Sunday paper. Grab a cup of coffee and gather your thoughts for this popular discussion.

**Groundhog Day
Feb. 2**



**It's Just Me and
My Shadow!**

Take a walk on the first floor hall of our building and see which shadows you recognize. Profile silhouettes will be on display of some residents and others!

Cooking Demonstrations

This month we will make and taste chocolate art and delicious dips! You can come as a spectator or be hands on as we prepare wonderful, tasty things!



Employee of the Month, Sara Wells

Sara Wells was born in Long Bottom, Ohio, on a farm. She has four brothers and seven sisters. She has two wonderful adult children, whom she is very proud of. Her son is in the Air Force, and her daughter is a makeup artist and writer who is getting married in May. In the picture to the left, Sara is wearing her beautiful dress for the wedding. "I enjoy the friendships I have with residents—their company, learning about them, the stories they tell. That's why I do this. The residents have so much to offer; you just have to take time to listen." Good job, Sara!



Christa Giraldo Director of Resident Care Services



Eat Red With Heart Health

February is American Heart Month. Let us celebrate with "Eat Red with Heart Health."

It's time to amend that "apple a day" aphorism. Tomatoes and cranberries keep the doctor away, too. New research shows that incorporating these three red, round fruits into your daily diet can reduce your risk of heart disease by as much as 40 percent. A heart-healthy diet is always the first step in treating high cholesterol or high blood pressure. Fortunately, these antioxidant-rich fruits (apples, tomatoes, cranberries) are as tasty as they are healthy.

TOMATOES: A new study by Tufts University in Boston showed that eating lycopene-rich foods

such as tomatoes more than five times a week over an 11-year period reduced coronary disease risk by 26 percent.

APPLES: An apple a day can reduce LDL (bad cholesterol) by as much as 40 percent according to a new small Ohio State University study. Be sure to munch on the fruit, rather than drink juice, as the peels house the most antioxidants.

CRANBERRIES: Drinking three cups of cranberry juice daily can raise HDL (good) cholesterol levels by 10 percent and reduce heart disease by 40 percent, a study at the University of Scranton in Pennsylvania showed. Plus, this juice decreased diet-caused atherosclerosis (clogging of the arteries) by preventing plaque from forming.

GO, GO, RED



Exercise Options

Sit and Be Fit

Choreographed exercise routine to music by Gene Kelly, Frank Sinatra and others. Focuses on shoulders, arms, thighs, range of motion and stamina.

30-Minute Workout and Morning Exercise

These sitting-exercise classes offer a variety of exercises focusing on the entire body.

Your Level Workout

This standing or sitting class has two instructors so that you can choose what works best for you. Remember my motto: "Don't overdo it ... but don't under-do it!"

Funtastic Fitness With Annette

This upbeat class will use a variety of tools and a variety of exercises!

Music and Yoga With Linda

Get fit while you play musical instruments, reflect and breath. This supports a well-rounded exercise regimen.

Walking Club

Walk your pace at a local park. The trails are flat and smooth, and there are plenty of benches to rest on as you go.



Calendar Key

First Floor

- GR Great Room
- JK (T) Josephine's Kitchen (Terrace)
- CE (T) Center for Life Enhancement (Terrace)
- B Bistro
- CA Computer Area

Second Floor

- TH (T) Town Hall

Transportation Schedule

- Sun Church Runs
Local Errands before 3 p.m.
- Mon COF Outing
Local Errands
- Tues Doctor App.
Local Errands
Scenic Drive afternoon
- Wed AL Outing
Local Errands
- Thurs Doctor App.
Local Errands
- Fri Local Errands
- Sat Neighborhood
Scenic Drive
Local errands



Sunday	Monday	Tuesday
<p style="text-align: right;">1</p> <p>9:30 Morning Exercise <i>TH</i> 10:15 Finish That Line <i>GR</i> 2:00 <u>Funtastic Fitness With Annette</u> <i>TH</i> 3:00 <u>Sunday Paper Current Events With Ed</u> <i>B</i> 6:30 Play Rummikub <i>GR</i> 7:30 Sunday Night Documentary <i>TH</i></p>	<p style="text-align: right;">2</p> <p>Groundhog Day</p> <p>Shadow Trivia 1st Fl Hall 9:30 <u>Sit and Be Fit</u> <i>TH</i> 10:15 <u>Music With Irby</u> <i>TH</i> 11:30 Rick, Pianist <i>GR</i> 1:00 <u>Video Production</u> <i>TH</i> 2:00 Your Level Workout <i>CE</i> 3:45 <u>Knitting With Araski</u> <i>GR</i> 6:45 Play Acey Deucey <i>GR</i> 7:30 Monday's Musical <i>TH</i></p>	<p style="text-align: right;">3</p> <p>9:30 30 Minute Workout <i>TH</i> 10:15 Activity Planning Meeting <i>TH</i> 1:00 <u>Fun With Spanish</u> <i>TH</i> 2:00 Your Level Workout-Core <i>CE</i> 3:00 Blackjack <i>B</i> 7:00 Wii Bowling <i>GR</i> 7:00 Terrific TV Tuesday <i>TH</i></p>
<p style="text-align: right;">8</p> <p>Latest Fashion With Saidh <i>B</i></p> <p>9:30 Morning Exercise <i>TH</i> 10:15 You Be the Judge <i>GR</i> 2:00 <u>Music and Yoga With Linda</u> <i>TH</i> 3:00 <u>Sunday Paper Current Events With Ed</u> <i>B</i> 6:30 Play Rummikub <i>GR</i> 7:30 Sunday Night Documentary <i>TH</i></p>	<p style="text-align: right;">9</p> <p>9:30 <u>Sit and Be Fit</u> <i>TH</i> 10:15 <u>Cooking Demonstration: Chocolate Art</u> <i>TH</i> 1:00 Hot Topic Debate: Is Jerry Brown a Good Governor? <i>TH</i> 2:00 <u>Your Level Workout</u> <i>CE</i> 3:45 <u>Knitting With Araski</u> <i>GR</i> 6:45 Play Acey Deucey <i>GR</i> 7:30 Monday's Musical <i>TH</i></p>	<p style="text-align: right;">10</p> <p>9:30 30 Minute Workout <i>TH</i> 10:15 New Resident Orientation <i>TH</i> 1:00 <u>Fun With Spanish</u> <i>TH</i> 2:00 Your Level Workout-Core <i>CE</i> 3:00 Blackjack <i>B</i> 7:00 Wii Bowling <i>GR</i> 7:00 Support Group <i>TH</i></p>
<p style="text-align: right;">15</p> <p>9:30 Morning Exercise <i>TH</i> 10:15 Finish That Line <i>GR</i> 2:00 <u>Funtastic Fitness With Annette</u> <i>TH</i> 3:00 <u>Sunday Paper Current Events With Ed</u> <i>B</i> 6:30 Play Rummikub <i>GR</i> 7:30 Sunday Night Documentary <i>TH</i></p>	<p style="text-align: right;">16</p> <p>Presidents' Day</p> <p>9:30 <u>Sit and Be Fit</u> <i>TH</i> 10:15 Music With Irby <i>TH</i> 11:30 Rick, Pianist <i>GR</i> 1 Presidential Team Trivia <i>TH</i> 2:00 <u>Your Level Workout</u> <i>CE</i> 2:30 Hearing Clinic <i>TH</i> 3:45 <u>Knitting With Araski</u> <i>GR</i> 6:45 Play Acey Deucey <i>GR</i> 7:30 Monday's Musical <i>TH</i></p>	<p style="text-align: right;">17</p> <p>9:30 30 Minute Workout <i>TH</i> 10:15 Resident Council Meeting <i>TH</i> 1:00 <u>Fun With Spanish</u> <i>TH</i> 2:00 Your Level Workout <i>CE</i> 2:30 Mardi Gras Party With Dave Winstone Trio <i>JK</i> 3:30 Blackjack <i>B</i> 7:00 Wii Bowling <i>GR</i> 7:00 Terrific TV Tuesday <i>TH</i></p>
<p style="text-align: right;">22</p> <p>9:30 Morning Exercise <i>TH</i> 10:15 You Be the Judge <i>GR</i> 2:00 <u>Music and Yoga With Linda</u> <i>TH</i> 3:00 <u>Sunday Paper Current Events With Ed</u> <i>B</i> 6:30 Play Rummikub <i>GR</i> 7:30 Sunday Night Documentary <i>TH</i></p>	<p style="text-align: right;">23</p> <p>9:30 <u>Sit and Be Fit</u> <i>TH</i> 10:15 <u>Cooking Demonstration: Delicious Dips</u> <i>TH</i> 11:30 Rick on Piano <i>GR</i> 1:00 Hot Topic Debate: Police Accountability <i>TH</i> 2:00 <u>Balance Class</u> <i>CE</i> 3:45 <u>Knitting With Araski</u> <i>GR</i> 6:45 Play Acey Deucey <i>GR</i> 7:30 Monday's Musical <i>TH</i></p>	<p style="text-align: right;">24</p> <p>9:30 30 Minute Workout <i>TH</i> 10:15 Mind Body Awareness Mtg & Activity <i>TH</i> 1:00 <u>Fun With Spanish</u> <i>TH</i> 2:00 Your Level Workout-Core <i>CE</i> 3:00 Blackjack <i>B</i> 7:00 Wii Bowling <i>GR</i> 7:00 Dementia Support Group <i>TH</i></p>
<p>Sign up with the concierge for all outings, errands and doctor appointments 48 hours in advance so that your transportation needs can be efficiently accommodated. Please note the calendar is subject to change. Changes will be noted on the daily activity sheets and posted each day.</p>		

February 2015

Wednesday	Thursday	Friday	Saturday
<p>9:30 30 Minute Workout <i>TH</i> 4 9:30 Ventura County Museum Outing 11-1 <i>Two Truths and a Lie Staff Edition JK</i> 2:00 Chair Dancing <i>TH</i> 3:30 Scrabble With Rita <i>GR</i> 4:30 <i>Two Truths and a Lie Solution JK</i> 7:00 Casual Bingo <i>GR</i> 7:30 Movie <i>TH</i></p>	<p>9:00 Eucharistic Minister <i>TH</i> 5 9:30 30 Minute Workout <i>TH</i> 10:15 Learn to Play Canasta <i>TH</i> 1:00 Computer Class <i>CA</i> 2:15 Happy Hour With Stu and Laurie JK 3:30 <u>Walking Club Park Outing</u> <i>GR</i> 7:00 Horse Racing With Donnie <i>GR</i> 7:30 Movie <i>TH</i></p>	<p>9:30 30 Minute Workout <i>TH</i> 6 1:00 Bible Study With Joan 1:00 Water Colors With Cap and Kitty TH 2:30 Balance Class <i>CE</i> 3:30 Shabbat <i>TH</i> 7:00 Play Bocce Ball <i>GR</i> 7:30 Movie <i>TH</i></p>	<p>9:30 Morning Exercise <i>TH</i> 7 10:15 <u>Group Crossword</u> <i>GR</i> 11-1 2 Truths and a Lie <i>JK</i> 2:00 Music and Choir Class <i>TH</i> 3:30 Bingo With Tammy <i>TH</i> 4:30-7 Two Truths and a Lie Solution <i>JK</i> 7:00 Wheel of Fortune <i>GR</i> 7:30 Nightly Movie <i>TH</i></p>
<p>9:30 30 Minute Workout <i>TH</i> 11 11:00 PF Changs Lunch Outing 11-1 <i>Two Truths and a Lie Staff Edition JK</i> 3:30 Scrabble With Rita <i>GR</i> 4:30 <i>Two Truths and a Lie Solution JK</i> 7:00 Casual Bingo <i>GR</i> 7:30 Movie <i>TH</i></p>	<p>9:00 Eucharistic Minister <i>TH</i> 12 9:30 30 Minute Workout <i>TH</i> 10:15 Learn to Play Canasta <i>TH</i> 1:30 Flower Arranging With Tammy <i>TH</i> 2:30 <u>Walking Club Park Outing</u> 4:30 Love Boat Valentine Event 7:00 Horse Racing <i>GR</i> 7:30 Movie <i>TH</i></p>	<p>9:30 Sit and Be Fit <i>TH</i> 13 10:15 Spell-a-thon <i>TH</i> 1:00 Bible Study With Joan <i>TH</i> 1:30 Make Valentines B 2:30 Your Level Workout CE 3:30 Shabbat <i>TH</i> 7:00 Play Bocce Ball <i>GR</i> 7:30 Movie <i>TH</i></p>	<p>Valentine's Day 14 9:30 Morning Exercise <i>TH</i> 10:15 <u>Group Crossword</u> <i>GR</i> 2:30 Pam Rossi's Dance Team <i>JK</i> 3:30 Bingo With Tammy <i>TH</i> 4:30-7 Special Valentine's Day Dinner With Paige, Harpist 7:00 Wheel of Fortune <i>GR</i> 7:30 Nightly Movie <i>TH</i></p>
<p>9:00 Ash Wednesday 18 Eucharistic Minister <i>TH</i> 9:30 30 Minute Workout <i>TH</i> 10:00 Chumash Casino Outing 11-1 <i>Two Truths and a Lie Staff Edition JK</i> 3:30 Scrabble With Rita <i>GR</i> 7:00 Casual Bingo <i>GR</i> 7:30 Movie <i>TH</i></p>	<p>Chinese New Year 19 9:00 Eucharistic Minister <i>TH</i> 9:30 30 Minute Workout <i>TH</i> 10:15 Beading With Laura <i>TH</i> 1:00 Computer Class <i>CA</i> 2:15 Special Chinese New Year Happy Hour JK 3:30 <u>Walking Club Outing</u> <i>GR</i> 7:00 Horse Racing <i>GR</i> 7:30 Movie <i>TH</i></p>	<p>9:30 30 Minute Workout <i>TH</i> 20 1:00 Bible Study With Joan 1:00 Water Colors With Cap and Kitty TH 2:30 Balance Class <i>CE</i> 3:30 Shabbat <i>TH</i> 7:00 Play Bocce Ball <i>GR</i> 7:30 Movie <i>TH</i></p>	<p>9:30 Morning Exercise <i>TH</i> 21 10:15 <u>Group Crossword</u> <i>GR</i> 11-1 2 Truths and a Lie <i>JK</i> 2:00 Music by Heritage Home Conservatory TH 3:30 Bingo With Tammy <i>TH</i> 4:30-7 Two Truths and a Lie Solution <i>JK</i> 7:00 Wheel of Fortune <i>GR</i> 7:30 Nightly Movie <i>TH</i></p>
<p>9:30 30 Minute Workout <i>TH</i> 25 TBD Matinee Movie Outing 11-1 <i>Two Truths and a Lie Staff Edition JK</i> 1:00 Drum Circle <i>TH</i> 3:30 Scrabble With Rita <i>GR</i> 4:30 <i>Two Truths and a Lie Solution JK</i> 7:00 Casual Bingo <i>GR</i> 7:30 Movie <i>TH</i></p>	<p>9:00 Eucharistic Minister <i>TH</i> 26 9:30 30 Minute Workout <i>TH</i> 10:15 Learn to Play Canasta <i>TH</i> 1:00 Computer Class <i>CA</i> 2:15 Happy Hour With Roger Reed JK 3:30 <u>Walking Club Park Outing</u> <i>GR</i> 7:00 Horse Racing <i>GR</i> 7:30 Movie <i>TH</i></p>	<p>9:30 Sit and Be Fit <i>TH</i> 27 10:15 Spell-a-thon <i>TH</i> 11-1 February Birthday Luncheon JK 1:00 Bible Study With Joan <i>TH</i> 1:00 Play Last Word Game B 2:30 Your Level Workout CE 3:30 Shabbat <i>TH</i> 7:00 Play Bocce Ball <i>GR</i> 7:30 Movie <i>TH</i></p>	<p>9:30 Morning Exercise <i>TH</i> 28 10:15 <u>Group Crossword</u> <i>GR</i> 11-1 2 Truths and a Lie <i>JK</i> 2:00 Music and Choir Class <i>TH</i> 3:30 Bingo With Tammy <i>TH</i> 4:30-7 Two Truths and a Lie Solution <i>JK</i> 7:00 Wheel of Fortune <i>GR</i> 7:30 Nightly Movie <i>TH</i></p>



All Designated MBA Activities Are Underlined in the Calendar

February



Circle of Friends Outings

- Monday, Feb. 2: Picnic at a local park (bus leaves at 10:45)
- Friday, Feb. 13: Museum Outing to Leonis Adobe Museum (bus leaves at 12:20)
- Monday, Feb. 16: Lunch outing at Waypoint Café (bus leaves at 10:30)
- Monday, Feb, 23: Seabee Museum (bus leaves at 12:20)



Circle of Friends

This month we are continuing to stay healthy and happy for 2015! With the new health initiative, we have implemented many new ways to keep our minds and bodies healthy. First we have added another weekly exercise class. We will also be starting a dancercise routine. Dance exercise is an aerobic activity that burns calories, works the heart muscle and is appropriate for any age and level of fitness. Dance requires constant movement at your own pace, which elevates the heart rate to

pump oxygen faster through your blood. This is what makes it aerobic, or cardiovascular. Doing aerobics can help improve your energy levels, reduce risk of high blood pressure, heart disease and diabetes, strengthen your heart and improve your overall mood. The American Council on Exercise suggests that dancing for aerobic fitness also can help improve your memory.





EXTRA Neighborhood News



The Neighborhood is sticking with the theme of 2015 to be physically fit. We have exercise class every day, and it's often taught by the physical therapy team. We are also going to be nutritionally fit. Belmont Village's Dietitian, Nancy Graves, RDN, visited the community in January. She taught the staff many things about nutrition and the diabetic diet. We've taken her suggestions and implemented them into our program. Belmont provides well-balanced and nutritious meals and snacks for our residents daily. We meet the specific dietary needs of each resident to promote quality of life, prevent malnutrition and weight loss, and ensure safe food handling.

**Dementia Support Group
Feb. 10 & 24, 7 p.m.**

Presented by the Alzheimer's Association and Coast Caregiver Resource Center. This support

group is open to caregivers, families and friends of loved ones with various dementias in Town Hall on the 2nd floor. To RSVP or for more info, contact facilitator Carolyn Kopp, MS, CCRC Family Consultant, at (805) 492-0601.



Puppy Love!



Village Scene



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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

