



Belmont Village at Buckhead Village NEWS



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

January 2016

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Ronnie Shakir, Executive Director

“What we have once enjoyed deeply, we can never lose. All that we love deeply become part of us.” - Helen Keller

Join us as we look back and remember the lives of the family members we lost during 2015.

A Celebration Of Life

January 14th, 2016

1:30pm-3:00pm

Come Share Your Memories



We would like to thank everyone who donated items and their time for November's community outreach project! Our community was able to create and donate 27 blessing bags for the indigent population of the downtown Atlanta area! We would also like to thank those who have donated items to create baskets for our Public Safety Ally community outreach project for December!



Outreach Project Volunteers



Please join your peers for the Resident Council Meeting on January 26th at 3:30pm in Town Hall. What a great way to engage in planning your activities for February!!



Residents

- Jan. 6 Martha Mann
- Jan. 14 Emily Amato
- Jan. 29 Sheila Vaughn

Employees

- Jan. 8 Shalishia Lester
- Jan. 11 Garrett Riley
- Jan. 13 Brittany Grace
- Jan. 18 Shaunte Guthrie
- Jan. 26 Lillian Womble
- Jan. 27 Louise Blaisdell



It is a Belmont Village tradition to celebrate residents' birthdays each month with a special birthday luncheon. Each resident may bring one guest "on the house." This month's luncheon is on **Thursday, Jan. 28th, at 11:30 a.m.** Please note there will be an extra charge per additional guest and we **MUST** have your RSVP to the Concierge by noon on Friday, Jan. 22. Thank you!



National Senior League: Virtual Bowling

The NSL is a senior Wii bowling Internet based league and we are excited to be a part of it! We will have five teams consisting of 4 people representing our community and players will be placed in divisions based on their level of play. We will begin practice in January with play for the 2016 NSL State and Regional Championships to begin the week of Feb. 15. Please register with the Concierge if interested in competing!



Buckhead's Welcoming Committee

Please join us for the New Resident "Meet and Greet" on Monday, January 4, at 2:00 p.m., in the Great Room. We have several new residents who have joined our Belmont family. Enjoy some great fellowship and let us introduce our Welcoming Committee: Helen Nyimicz, Valjean Young, Eli Jacobs and Nancy Walker. They are available to answer questions and encourage participation in the activities within the community.

Employee of the Month



Employee of the Month

Shunte is one of Belmont's STAR employees. She became employed with the company on June 17, 2015. Shunte is a Lead PAL and was promoted because of her leadership, professionalism, hard work, and passion she has for the residents. We are forever grateful to have her on our team. Way to go, Shunte!!



Date Night!



All smiles!



Family Time!



Happy Thanksgiving!



My two favorite daughters!



Three beauties!!



I'm a lucky duck!!



Beautiful Smiles!



Come on... get closer!



My BEST Gal!



Three generations!!

Transportation

Please see the concierge to schedule your personal transportation needs (i.e., **doctors' appointments**).

Transportation is on a first-come, first-served basis and is offered within a 10-mile radius.

We need one week's notice for all appointments. If your family member needs someone to accompany them, it should be arranged with Yolanda one week prior to the appointment.

Mondays and Thursdays, the last appointment scheduled is no later than 2 p.m. The last pickup is at 3 p.m.

January's Senior Living Outings

Please register for all outings at the concierge desk.

- 1 Shopping at Publix
- 5 Jackson Fine Art Gallery
- 8 Shopping at Kroger
- 12 Shopping at Target
- 12 MidSing Fest at GSU
- 19 Shopping at Publix
- 26 High Museum of Art
- 29 Shopping at Target

Resident Services

Salon

Ms. Valerie is at Belmont Village on Monday and Thursday for hair and nail appointments. Make your appointment with the Concierge by calling (404) 252-6271.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					New Year's Day 1	2
					9:00 Walk-Fit 10:00 GR Indoor Bocce 10:45 TH Platinum Fitness 11:00 B Explore: Spanish 1:00 Shopping at Publix 2:00 B Mental Fitness: Commonynms & Word Puzzles 3:00 GR Mix & Mingle 6:00 B Bistro Bingo 6:15 T Shabbat Service Webcast	10:00 TH Lower Body Fitness 10:45 GR Chronicles and World News 1:00 CE Bible Study 1:30 B Community Bingo 2:30 B Brain Games: Word Games 3:30 B Mental Fitness: Math Minds 6:00 B Gin Rummy 6:30 T Night at the Cinema 6:30 T Cinema Night: <i>Rookie of the Year</i>
3	4	5	6	7	8	9
10:00 TH Upper Body Fitness Class 10:45 B Mental Fitness: Cranium Crunches 11:00 T Sunday Service- Methodist 2:00 GR Ice Cream Delights! 3:00 GR Bible Study - Mr. Clinton 3:30 B Brain Games: Boggle 6:00 B Bistro Bingo	10:00 TH Susan's Yoga Class 11:00 B Belmont Literary Society: Poetry Analysis 1:00 B Belmont Bakers: Red Velvet Cookie Cups 2:00 TH New Resident Meet and Greet 3:00 B Music Discovery: The Nutcracker 6:00 B BV Card Sharks: Pinochle	10:00 TH Fitness with Paxxon 10:30 Elliot Erwit Exhibit at the High 11:00 B Explore Spanish 2:30 T Wii Games: Bowling 3:00 GR Holy Spirit Catholic Communion Services 6:00 B Bistro Bingo 6:30 T Cinema Night: The Nutcracker	10:00 TH Jeff's Tai Chi Class 11:00 B Straight from the Headlines- Metro Section 3:00 B Brain Games: Sudoku 6:00 B BV Card Sharks: Bridge 6:30 T Cinema Night: October Sky	10:00 TH Fitness With Paxxon 11:00 B Brain Games: Zig Zags 1:00 BP 'The Green Thumb' Club 2:30 B Music Discovery: Build Your Own Drum 3:30 GR Sing-A-Longs with June 6:00 B Table Games: Scrabble 7:00 T NBA: ATL v. PHI	9:00 Walk-Fit 10:00 GR Indoor Bocce 10:45 TH Platinum Fitness 11:00 B Explore Spanish 2:00 B Mental Fitness: Commonynms & Word Puzzles 3:00 GR Mix & Mingle 6:00 B Bistro Bingo 6:15 T Shabbat Service Webcast	10:00 TH Lower Body Fitness 10:45 GR Chronicles and World News 1:00 CE Bible Study 2:30 B Mental Fitness: Cranium Crunches 3:30 B Mental Fitness: Math Minds 6:00 B Gin Rummy 6:30 T Night at the Cinema 6:30 T Cinema Night: <i>The Notebook</i>
10	11	12	13	14	15	16
10:00 TH Upper Body Fitness Class 10:45 B Mental Fitness: Cranium Crunches 11:00 T Sunday Service- Catholic 2:00 GR Ice Cream Delights! 3:00 GR Bible Study - Mr. Clinton 3:30 B Brain Games: Boggle 6:00 B Bistro Bingo	10:00 TH Susan's Yoga Class 11:00 B Belmont Literary Society: Short Story Critique 1:30 B Music Discovery: Michael Jackson's "Beat It" 3:00 GR Music Therapy with Glynis Leflore 6:00 B BV Card Sharks: Pinochle	10:00 TH Fitness with Paxxon 10:30 TH Health Chat with Jennifer 11:00 B Explore Spanish 1:00 Shopping at Target 2:30 B Wii Games: Bowling 3:00 MidSing! at GSU 6:00 B Bistro Bingo 6:30 T Cinema Night: Secretariat	10:00 TH Fitness With Paxxon 11:00 B Straight from the Headlines- Editorial Section 1:00 TH Painting With Piazzazz 3:00 B Bistro Games: Bridge Circle 6:00 B BV Card Sharks: Gin Rummy 6:30 T Cinema Night: Life of Pi	10:00 TH Fitness With Paxxon 11:00 B Brain Games: Words In Words 11:00 CE Parkinson's Support Group 1:30 B Creative Crafts with Charlotte 3:00 B Music Discovery: Drum Circle 6:00 CE Family Support Group 6:00 B Table Games: Scrabble 7:00 T NBA: CHI v. PHI	9:00 Walk-Fit 10:00 GR Indoor Bocce 10:45 TH Platinum Fitness 11:00 B Explore Spanish 1:00 Shopping at Kroger 2:00 B Mental Fitness: Commonynms & Word Puzzles 3:00 GR Mix & Mingle 6:00 B Bistro Bingo 6:15 T Shabbat Service Webcast	10:00 TH Lower Body Fitness 10:45 GR Chronicles and World News 1:00 CE Bible Study 1:30 B Community Bingo 2:30 B Brain Games: Word Games 3:30 B Mental Fitness: Math Minds 6:00 B Gin Rummy 6:30 T Cinema Night: <i>Forrest Gump</i>
17	Martin Luther King Jr. Day 18	19	20	21	22	23
10:00 TH Upper Body Fitness Class 10:45 B Mental Fitness: Cranium Crunches 11:00 T Sunday Service- Episcopalian 2:00 GR Ice Cream Delights! 3:00 GR Bible Study - Mr. Clinton 3:30 B Brain Games: Boggle 6:00 B Bistro Bingo	10:00 TH Lindy's Yoga Class 11:00 B Belmont Literary Society: Character Creation 1:00 B Belmont Bakers: Reese's Krispies 3:00 B Music Discovery: Simple Gifts 6:00 B BV Card Sharks: Pinochle	10:00 TH Fitness with Paxxon 11:00 B Explore Spanish 12:15 B Lunch & Learn w/ Bingo 1:30 Shopping at Publix 3:00 T Wii Games: Bowling 4:15 CE New Family Orientation 6:00 B Bistro Bingo 6:30 GR Dancing & Desserts	10:00 TH Fitness With Paxxon 11:00 B Straight from the Headlines-World News 3:00 B Brain Games: Sudoku 6:00 B Bistro Games: Bridge Circle 6:30 T Cinema Night: The Truman Show	10:00 TH Fitness With Paxxon 11:00 B Brain Games: Zig Zags 2:00 B Music Discovery: Scale to Greenwood Tree 3:30 B Craftivity: Greeting Card Wreath 6:00 B Table Games: Scrabble 8:00 T NBA: LAC v. CLE	9:00 Walk-Fit 10:00 GR Indoor Bocce 10:45 TH Platinum Fitness 11:00 B Explore Spanish 12:00 Men's Outing 2:00 B Mental Fitness: Commonynms & Word Puzzles 3:00 GR Mix & Mingle 6:00 B Bistro Bingo 6:15 T Shabbat Service Webcast	10:00 TH Lower Body Fitness 10:45 GR Chronicles and World News 1:00 CE Bible Study 2:30 B Mental Fitness: Cranium Crunches 3:30 B Mental Fitness: Math Minds 6:00 B Gin Rummy 6:30 T Night at the Cinema 6:30 T Cinema Night: <i>Catch Me If You Can</i>
24	25	26	27	28	29	30
10:45 B Mental Fitness: Cranium Crunches 11:00 T Sunday Service- Baptist 2:00 GR Ice Cream Delights! 3:00 GR Bible Study - Mr. Clinton 6:00 B Bistro Bingo	10:00 TH Lindy's Yoga Class 11:00 B Belmont Literary Society: Plot Development 1:00 B Culinarians with Guest Chef: Mary Douma! 3:00 TH Music Education: Dennis 6:00 B BV Card Sharks: Pinochle	10:00 TH Fitness with Paxxon 11:00 B Explore Spanish 1:00 T Wii Games: Bowling 2:30 GR Karaoke Crooners 3:30 TH Resident Council Meeting 6:00 B Bistro Bingo 6:30 T Cinema Night: Rocky Balboa	10:00 TH Fitness With Paxxon 11:00 B Straight from the Headlines- Sports Section 3:00 B Bistro Games: Bridge Circle 6:00 B BV Card Sharks: Gin Rummy 6:30 T Cinema Night: October Sky	10:00 TH Fitness With Paxxon 11:00 B Brain Games: Words-in-Words 11:00 CE Parkinson's Support Group 11:30 JK Resident Birthday Celebration 1:30 B Creative Crafts with Charlotte 3:00 GR Best of Broadway Recital 6:00 B Table Games: Scrabble 7:00 T NBA: ATL v. IND	9:00 Walk-Fit 10:00 GR Indoor Bocce 10:45 TH Platinum Fitness 11:00 B Explore Spanish 1:00 Shopping at Kroger 2:00 B Mental Fitness: Commonynms & Word Puzzles 3:00 GR Mix & Mingle 6:00 B Bistro Bingo 6:15 T Shabbat Service Webcast	10:00 TH Lower Body Fitness 10:45 GR Chronicles and World News 1:00 CE Bible Study 1:30 B Community Bingo 2:30 B Brain Games: Word Games 3:30 B Mental Fitness: Math Minds 6:00 B Gin Rummy 6:30 T Cinema Night: <i>Pride</i>
31						
10:00 TH Upper Body Fitness Class 11:00 T Sunday Service- Nondenominational 2:00 GR Ice Cream Delights! 3:30 B Brain Games: Boggle 6:00 B Bistro Bingo						



One Minute Chef

Join our guest Chef Mary Douma Jan. 25th at 1:00 p.m. in the Bistro as we learn how to prepare Quinoa Salads! Give us a few of your secrets and surprise us with you culinary skills!



Community News

Mix and Mingle Socials

- Jan. 1 Hugh Vaughan
- Jan. 8 Robert Meadows
- Jan. 15 Bitsyland Trio
- Jan. 22 Lisa Hearndon
- Jan. 29 Craig Gleason



May We Have This Dance?

We have some pretty fantastic dancers here in our community. Join us for some rug-cutting entertainment with Ben and Pam Thomas for **Dancing & Desserts** on Tuesday, Jan. 19, at 6:30 p.m. It's a perfect chance to get to know some of your fellow residents and have fun with your loved ones!

Word Search

Today's Category: Dick, Jane and Sally

R	C	S	M	V	B	L	L	E	W	O	P	1.	(Jane) Withers
I	W	I	T	H	E	R	S	D	A	S	T	2.	
D	G	W	T	R	D	D	K	G	U	R	T	3.	
E	D	Y	E	D	U	R	D	R	S	E	A	4.	
V	P	M	V	F	A	T	U	F	T	H	Y	5.	
N	A	A	A	L	F	O	H	I	E	T	W	6.	
I	U	N	C	S	M	O	S	E	N	O	B	7.	
T	L	S	D	Y	C	A	N	L	R	M	U	8.	
R	E	D	E	Y	V	S	R	D	D	S	T	9.	
U	Y	S	S	S	K	D	D	T	A	D	K	10.	
C	S	R	U	S	S	E	L	L	I	F	U	11.	
B	U	T	T	O	N	B	C	Q	Z	N	S	12.	
												13.	
												14.	
												15.	
												16.	
												17.	
												18.	
												19.	
												20.	

Word Search Solution:

1.	(Jane) Austen	11.	(Jane) Powell
2.	(Dick) Butkus	12.	(Sally) Ride
3.	(Dick) Button	13.	(Jane) Russell
4.	(Dick) Cavett	14.	(Jane) Seymour
5.	(Dick) Clark	15.	(Dick) Smothers
6.	(Jane) Curtin	16.	(Sally) Struthers
7.	(Sally) Field	17.	(Dick) Van Dyke
8.	(Jane) Fonda	18.	(Jane) Withers
9.	(Dick) Martin	19.	(Jane) Wyatt
10.	(Jane) Pauley	20.	(Jane) Wyman

Circle of Friends & Neighborhood



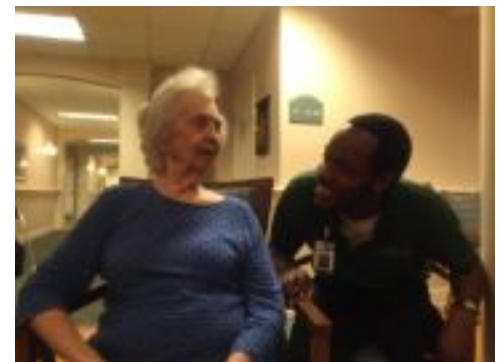
Lunch at the Marietta Fish Market!

Circle of Friends Outings and Events

- 6th- Lunch at Taki Restaurant (11:00am)
- 13th- Governor's Mansion tour (9:45am)
- 20th- Scenic Community Drive (1:00pm)
- 27th- Coffee & Desserts at Atlanta Bread Company (1:00pm)

The Neighborhood Outings & Events

- 1st -Winter Wonderland at Fernbank (10:30 am)
- 8th- Scenic Community Drive (10:30 am)
- 12th- Root Beer Float Social (2:00 pm)
- 15th- Scenic Community Drive (10:30 am)
- 22nd- Scenic Community Drive (10:30 am)
- 29th - World of Coca Cola (10:30 am)



Did you hear about the one...?



Healthy Lifestyle

Stop the Stress

Stress is any change that makes a physical, mental, or emotional factor that causes body or mental tension. Stress is different for every person. What one person considers stressful, another person may not. The symptoms of stress can disguise themselves in every aspect of our day-to-day lives. Stress affects the young as well as the young at heart.

Many health problems can be caused by stress; but stress can also make current health issues worse. Stress can make a person lose sleep (insomnia), cause depression, cause weight gain and also make digestive problems worse, causing diarrhea or constipation. Stress can appear in the body as pain of any kind and even knock down our immune system making us more susceptible to illness and infections.

Some symptoms of too much stress may include aches and pains, anxiety, memory problems or constant worrying. Emotional responses to stress may include moodiness, anger or feeling overwhelmed. Behavioral responses to stress may include sleeping too much or too little, feeling nervous or jumpy and eating too much or too little.

So what can we do about our stress?

Proper diet and exercise can help reduce one's stress. Reduce caffeine intake and increase water intake. Josephine's Kitchen has a variety of healthy food options to choose from. Decaffeinated tea and coffee are always available. Drink alcohol in moderation. See your community bulletin boards for an array of exercise programs to help you take control of your stress level.

Interested in trying more solitary pursuits to manage your stress? Try counting to yourself from 1 to 100. Go for a walk. You may try journaling about your stressors, or read something to make you laugh. Listening to music is a great stress reliever as is meditating.

If at anytime you feel that your stress is unbearable, or you find yourself growing depressed, please contact your doctor immediately.

Have a Healthy Social Life

Having meaningful relationships is important to not only your emotional health, but also your brain health. A Harvard School of Public Health study found that people with the most active social lives had the slowest rates of memory decline, according to www.HelpGuide.org. Join activities, volunteer, and stay in touch with friends.



Just like a daughter!



Happy, happy!!



We are family!!



A Christmas Carol



Whatcha cookin', Nancy?

Thanksgiving Dinner



Where's the turkey?



My sweet Mary!



We are family!!



You crack me up!



Together Time!



I love my Mama!

BELMONT *Village*

SENIOR LIVING
BUCKHEAD

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Atlanta, GA 30342

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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