

JUNE 2017

Belmont Manor Newsletter

Belmont Manor Nursing & Rehabilitation Center, 34 Agassiz Avenue, Belmont, MA 02478



Celebrating June with Our Special Trellis Room Events

Belmont Garden Club

June 5th at 2:30 PM

**June Birthday Party with
Billy Pezzulo**

June 8th at 2:30 PM

Belmont Manor Auction

June 9th at 3:00 PM

**Father's Day Evening
Barbecue for Families**

June 16th at 5:30 PM

Art Matters Presentation

June 23rd at 10:30 AM

**Music & Dance with Jon
Mansfield**

June 28th at 10:30 AM

The Beginning of Summer is Finally on it's Way ~

The Belmont Garden Club visits us throughout the year with wonderful floral projects to work on with our residents. The room is always filled with beautiful flowers & great conversation!



Celebrating Memorial Day!

Station 4 had a wonderful family barbecue this month with live entertainment and great food!



Noticing Your Senses!

June 24 will find us tasting, seeing, hearing, smelling, and touching on Celebration of the Senses Day. The concept of the five senses was made popular by the Greek philosopher Aristotle, who believed that these senses are what give our brain information about the world around us. Yet, if we define a sense as something that informs us of the world around us, scientists insist that there are far more than just five senses. Scientists categorize balance, pain, proprioception (knowing where our hands and feet are even with our eyes closed), our sense of hot and cold, our sense of hunger or fullness after a meal, and our perception of the passing time to be distinct senses in and of themselves. And then there are the more “magical” senses. Some people claim the ability to “feel” the emotions of others. Others “see” future events. Still others “hear” the thoughts in other people’s heads. While there is no scientific evidence to corroborate these senses, no one is exactly sure to what limits the human senses can stretch.

It’s Finally Cookout Season!!

Belmont Manor holds a wonderful tradition of hosting lunchtime cookouts on many Fridays throughout the summer! They start at 12:00 PM. Don’t forget to RSVP if you are planning on attending with your loved ones!!



Cookout Schedule:

- June 9th
- June 23rd
- June 30th
- July 14th
- July 21st
- August 4th
- August 18th
- August 25th
- September 1st
- September 8th

A New Resident Helps us Look Back in Belmont's History and to these Smiling Faces of 1976.

Resident, *Evelyn Shumsky*, recently moved into Belmont Manor and shared with us a scrapbook of her experiences directing performances by the Belmont Junior Light Opera Company.

Generations of Families Join us for our Regular Activities.



Belmont Manor resident, David Mortensen sits here enjoying a wonderful music performance with his daughter and grandson. Families & friends of residents are always welcome and encouraged to join in activities!

New Exercise Program in June!

Starting on June 15th~

*Thursdays at 2:30 PM
in the Trellis Room!*



Retired Physical Therapist from Belmont Manor, Donna Traunstein will be teaching a new weekly exercise class~

“Stretch & Strengthen”

Come and try the class out!

Happy Birthday to Our Residents

- 6-1 Mary T.
- 6-12 June K.
- 6-16 Helen D.
- 6-17 Shirley L.
- 6-22 Johannes S.
- 6-22 Frances R.
- 6-23 Jeannette L.
- 6-25 George G.



Happy Birthday to Our Staff

- 6-1 Micheline F.
- 6-2 Kerri Ann C.
- 6-3 Caroline B.
- 6-5 Jami K. S.
- 6-6 Pascal G.
- 6-9 Senait B.
- 6-11 Fabienne P.
- 6-13 Annet A.
- 6-16 Sachi G.
- 6-16 Kedar C.
- 6-20 Stewart K.
- 6-26 Rose Marie C.
- 6-26 Carline C.
- 6-26 Farhat U.
- 6-28 Berthony R.
- 6-28 Reyjad D.

June Birthdays

In astrology, those born between June 1–20 are Twins of Gemini. Twins have two distinct and alluring sides to their personality: sociable and ready for fun, or serious and thoughtful. Sometimes they feel as if one half is missing, so they forever seek new friends. Those born between June 21–30 are Cancer's Crabs. Kind and protective, Crabs love to nurture others. While they may be emotional, they are never soft. Cancers are tenacious in their pursuit of harmony at home and in the workplace.

Marilyn Monroe (actress) – June 1, 1926
Allen Ginsberg (poet) – June 3, 1926
Tom Jones (singer) – June 7, 1940
Jacques Cousteau (explorer) – June 11, 1910
Venus Williams (tennis pro) – June 17, 1980
Roger Ebert (film critic) – June 18, 1942
Chet Atkins (guitarist) – June 20, 1924
Meryl Streep (actress) – June 22, 1949
Pearl S. Buck (writer) – June 26, 1892
Mel Brooks (actor) – June 28, 1926
Mike Tyson (boxer) – June 30, 1966

Father's Day Barbecue Dinner



Our Belmont Manor Gentlemen & their Families Are Invited!



Great Music & Great Food!!



Join us on Friday, June 16th

From 5:30-7:00 PM

Please **RSVP** with the Receptionist!