

February 2019

Belmont Manor Newsletter

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



Celebrating February with Our Special Events

February Birthday Party
February 1st

**New Entertainer~ Erika
Lehnensgroi Performs Opera**
February 5th

Cooking Presentation with Rebecca
February 11th

**Notables Women's A Cappella
Group Performs**
February 13th

Valentine's Day Party!
February 13th

Valentine's Day Couple's Dinner
February 14th

Art Matters Presentation
February 22nd

New Violinist Performs~ Kathryn
February 26th

Join us as we Celebrate Valentine's Day this Month ~

February 13th at 2:30 PM ~

*Our Valentine's Day Party for all residents!
Families are welcome to join us for tasty
Valentine's Day treats and punch.*



February 14th at 5:30 PM ~

*We will be hosting a special Valentine's Day
Couple's Dinner for all the couples at Belmont
Manor. It should be a very romantic evening!
Please RSVP.*



Celebrating Chinese New Year

We will be celebrating Chinese New Year all throughout the first week of February. Learning about China through an interactive travelogue, learning Chinese Zodiac symbols, creating Chinese lanterns and learning more about the Year of the Pig! We are also having a special Trellis Room Dining Chinese New Year's Lunch!



Xin nián kuài lè! That means “Happy New Year” in Chinese. February 5 ushers in the Year of the Pig, a very auspicious year in Chinese culture. Why does the pig represent wealth and good fortune? Perhaps the chubbiness of the pig indicates prosperity. Or maybe it is because wild boars are known to be fearless and will run headlong into any situation, usually winning out in the end. With pigs held in such high esteem, it may be surprising to learn that the pig is the very last animal of the Chinese zodiac and the legend concerning the pig is not very flattering.

The Chinese New Year's celebration lasts not for one day, but for two whole weeks. There are many traditions and superstitions to observe. For example, on New Year's Day, it is commonplace to set off firecrackers, yet it is forbidden to sweep because you may sweep away good luck. Two days later is the Day of the Rat, the day when rats were created. On this day, people leave out crumbs of grain or crackers to share with rats. Celebrations continue to February 19, which culminates in the five-day-long Lantern Festival. The displaying of lanterns is a major event, and one of the most popular pastimes of the Lantern Festival is guessing at lantern riddles. Riddles are written on lanterns, and the answers to these riddles often involve blessings for the family and good fortune, reinforcing the major themes of the Chinese New Year.

Belmont Manor's Tai Chi Class is for the Mind, Body & Spirit

Donna, retired physical therapist, leads this weekly Tai Chi group on Wednesdays at 2:30 PM. Join us!!



Come Tour our Rotating Art Exhibit



Every month on Station three there is a rotating art gallery displayed following different artists and themes. Every painting has a written description of the artwork, its story and the artist's inspiration.



This month's theme is Art by the Sea exploring a wide range of artists and eras. Maybe the gallery will bring on warmer weather!



Don't Miss the Performances of Two New Entertainers this Month

February 5th ~ Opera Singer Erika Lehnen Sgroi



February 26th ~ Violinist Kathryn Skudera



Shabbat Services at the Manor

Residents of all faiths are joining in on Marjie's special Shabbat Service. Marjie joined us last year and has been a gift for our residents.



Happy Birthday to our Residents

2-4 Morton B.
2-5 Albert S.
2-17 Phyllis L.
2-18 Thomas C.
2-18 John B.
2-21 Dan P.
2-23 Helen O.
2-25 Sarah K.



Happy Birthday to our Staff

2-4 Marcia C.
2-6 Marie J.
2-7 Marie J.
2-10 M.Ketty D.
2-12 Marie D.
2-12 Souvenise D.
2-13 Osner B.
2-14 Christine D.
2-14 Fabienne S.
2-15 Dahyana D.
2-18 Jacqueline M.
2-20 Micheline G.
2-20 Myriame C.
2-22 Mireille J.
2-26 Leslie D.
2-26 Charles J.
2-27 Jean M.
2-28 Stacy C.

February Birthdays

In astrology, those born between February 1–19 are Water Bearers of Aquarius. Water Bearers are deep-thinking intellectuals, unafraid of exploring outlandish ideas. Their strong sense of community makes them good friends and valuable team members. Those born from February 19–28 are the slippery Fish of Pisces. Selfless Pisces are very wise and empathetic, making them always willing to help others. These deep emotions also make Pisces talented artists and good friends.

Clark Gable (actor) – February 1, 1901
Red Buttons (comedian) – February 5, 1919
Babe Ruth (ballplayer) – February 6, 1895
Jules Verne (author) – February 8, 1828
Jimmy Durante (actor) – February 10, 1893
Galileo Galilei (astronomer) – February 15, 1564
Cybill Shepherd (actress) – February 18, 1950
Patty Hearst (kidnapee) – February 20, 1954
Olave Baden-Powell (guide) – February 22, 1889
Steve Jobs (innovator) – February 24, 1955
Fats Domino (musician) – February 26, 1928

Save the Date...Station 4 Families



Special Mardi Gras Dinner for our Station 4 Residents and their Families:

March 7th at 5:30 PM
In the Trellis Room

There will be delicious food with a New Orleans's twist! Come and enjoy the jazz music as well.

It will be a night to remember!

Invitations to follow.