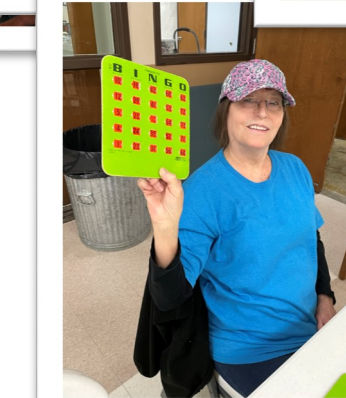
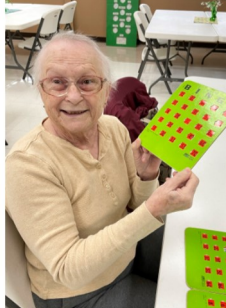


VILLAGE VOICE

Mardi Gras Lunch & Bingo



St Patrick's Lunch & Bingo

VILLAGE VOICE



Tammy Talk Spring is Here

Spring has arrived! Everything is starting to grow and bloom and the weather is, ahhhh!, so much warmer. I'm so excited! The Amazing Race is this month! We have had a great sign up so far! I am also excited about the Olympics in May! What a great way to dust off winter and get back to good weather and sunshine! I'm really hoping that we can get some record numbers at the pool this

year. It's here for your relaxation and vitamin D therapy. It's just a nice way to unwind and enjoy time with friends. So, I hope that more of you will enjoy it. It is very nice. Leslie noticed that the fence might need some paint. I myself like the weathered look, but, I was out numbered in the office. Soooo, I guess we will paint it this year. This month's Spot light goes out to Jennifer! I'm very thankful for Jennifer. She does a wonderful job! She has managed to hold down two different positions here for a while now. She is not only the receptionist, but is also, assistant to accounting. I know that when Jennifer is at the desk, that I don't have to worry about a thing! She truly is a blessing to Westminster Village. Thank you Jennifer for all your hard work and dedication! The spot light this month will also go to our amazing housekeeping department. If you hadn't had Margie and Julia come tackle your home and whip it into shape, then you are missing out! This dynamic duo can do anything! They have worked together before as manager and assistant manager of housekeeping at the Holiday Inn. I knew they could tackle even the toughest jobs here knowing the standards they had to follow with a chain hotel. They had to follow some tough guidelines there and knocked out every challenge with ease! I'm very proud of these ladies with their professionalism and dedication to the residents here at Westminster Village. Then there is Carrie. This woman has transformed the Ramey Center and has made it her personal mission to make sure that it is beautiful for the residents. Carrie can handle anything I throw her way and I hope she knows how much I appreciate her and depend on her. I don't know how she does the floors the way she does. I have tried. I have failed. She will get your wood floors looking like glass!

Carrie had had a lot of loss in her family since she has been here with us, but you wouldn't know it. She is so strong that no matter the loss, she keeps going and remains positive through it all. Carrie is truly an inspiration. Stay tuned each month as I feature more employees in the "Employee Spotlight".

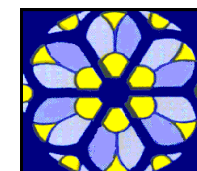
I appreciate all of my Staff. Last quarter we were the winner of the Chamber Small Biz/industry of the Quarter. That automatically nominated us for the annual award. The chamber Banquet will be April 21 and we have been told to be there in the event that we win! Please wish us luck!

If you have a neighbor that you would like to put in the "Good Neighbor Spotlight" let me know. You can call the office at 532-4100 and leave me a message or email me at executivedirector@wmv.org.

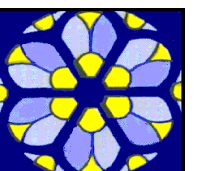
Our lawn care service has started for the season. Please be mindful of them with your yard decorations and please keep them contained to your flowerbeds and not scattered throughout your yard. It's quicker and easier for them and keeps them on schedule and it protects your belongings too. Also, with water hoses. Please understand that they WILL NOT be held responsible for broken yard ornaments if they are not contained in your flowerbeds. This will also include yard lamps on either side of walk ways. If you would like to schedule any landscaping, please feel free to call the office and we will put you in contact with Weirzba Lawn Care for an estimate if you want more than mowing, edging, weeding and blowing which is what they are contracted to do for Westminster Village. There are however, some services that we can provide for you with a work order called in. For example: large limb removal, some leaf removal etc.

I can't wait to start the Spring with the most important part of Westminster Village and that is YOU!

God Bless us All,
Tammy Swanson,
Executive Director



Our Mission Statement
Westminster Village is committed to providing an environment that encourages and enables our residents to enjoy life to the maximum of their capabilities in a



**May the Fourth
Be With YOU!**

**May 4th
12 Noon**



**STAR
WARS**

**Lunch and Party...
Dress up as your favorite
Star Wars Character
Lunch will
be
out**

**of this world
with delicious food from a galaxy
far far away!
Sign Up!**



**Hairy Hoth Dogs or Hutt Dogs
Han Solo Burgers
with Princess Leia Buns
Chewbacca Chips & Blip
May the 4th Be With You Cupcakes
Vader Ade - Yoda Sodas**



**Lets watch the weather and
plan to go see the Redbirds in
April on Wednesday the 20th.
Game starts at 11:05 AM.
We will leave at 9:30 AM**

**Game ticket and trip fee \$20
We will eat at the Ball Park.
Dutch treat.**

BEYOND Van Gogh

The Immersive Experience

**Let's go see the Beyond Van Gogh
Experience Friday, May 20th.
We will schedule our time.**

Sign Up!

What is Beyond Van Gogh?

Beyond Van Gogh is a new truly immersive experience. While other shows use virtual reality or still images, our show breaks barriers by incorporating both still and moving art. Masterpieces, now freed from frames, come alive, appear, and disappear, flow across multi-surfaces, the minutia of details titillating our heightened senses. The show is projected on every surface around you, this makes you feel as though you have stepped directly into a Van Gogh painting. We accompany the show with a beautiful score and include many other surprises!

All tickets are non-refundable,

**Adult Timed Entry (Ages 11+): \$36.99
Senior(65 & older) Timed Entry: \$32.99**

LOCATION Graceland Exhibition Center
DURATION The visit will take around 1 hour

**Sign Up & Lets plan a time on
Friday, May 20th.**



**Spring Clean
Up Friday, April 22nd
8 to 9:30 a.m.**

We will meet at the Ramey Center at 8 a.m. Clean-Up from the Blytheville Water Works to June Gosnell Road to Louisiana to Village. We will go to the McDonalds for breakfast. Sign up at the front desk to be a volunteer.



Move-In Anniversaries

Jim & Debbie Ellis	13 years
Edward Brownlee	12 years
Reba Clower	9 years
Jerome Gardner	9 years
Beverly Trusky	5 years
Cathy Daniels	4 years
Donald & Nina Dunlap	4 years
Art & Debra Prince	3 years
Gregory Davis	2 years
Johnnie Stubbs	2 years
Dickie & Nita Reams	1 year

New Residents

Jeanneene Smith Beamon
Catherine Walker
Daniel & Connie Bromley
Mark & Teresa Moss



Resident Services News



I am excited about all the activities that are planned for the coming months. The Amazing Race and Senior Olympics along with all of our resident trip activities in April and May. The Redbirds Game and the May the Fourth Be with You lunch on May 4th.

The Beyond Van Gogh sounds like it will be an amazing experience to see and hear. We will also plan to eat in Memphis when we go see the Moving art work of Van Gogh. So sign up for Beyond Van Gogh trip Friday, May 20th. We will schedule our time.

Come join us for coffee and all the other activities. It good for you to be active and make new friends and neighbors here at Westminster Village.

God bless Westminster Village.

Kendall Berry,
Resident Services Director



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APRIL

April Birthdays

5th Patty Guttridge
7th Valerie Carr
8th Donald Dunlap
8th Gloria Smith
12th Loretta Heard
12th Donna Clayton
12th Verdo Young, Jr
15th Annie Campbell
20th Tim Anderson
20th Shirley Coleman
22nd Susan Person

Employee

1st Julia Dominguez



BINGO

Birthday & Move-In
Anniversary Celebration
Tuesday, April 19th
At 3:00 PM
In the Ramey Center



Morning Exercise with Peggy

Mondays and Thursdays
9 a.m. in the Ramey Center Gym. Bring a bottle of water for hydration.



**Stretch & Stress Relief with
Peggy on Mondays & Thursdays at
11:45. in the Ramey Center Gym.**



Don't forget about the 11/12 program. Earn more interest than you can get from the bank! Call the accounting office for more information about this program.

*April is
Poetry Month*



Library News

The library wants to remind you that April is National Poetry Month. Stop by the library and check out some poetry.

Easter is April 17th. We want to wish everyone happy Easter. Hope you enjoy Easter with family and friends. Come enjoy the Village Library.

Happy Reading from the library volunteers:

Doris Marks, Loretta Heard, Eileen Thurman, Donna Clayton, Nancy Frame, Emma Burns, and Beverly Trusky.



Book Club



The Westminster Village Book Club will meet on Wednesday, April 6th at 2 PM in the Library..

The book to be discussed is **“The Glass Woman”** by Caroline Lea



Everyone is invited to attend.

Faith In Action

Faith in Action offers the following services:
Light Housekeeping - Respite Care - Local Transportation
- Letter Writing - Telephone Reassurance.

If you need a ride you must have an application on file and give 24-hour notice. Please call 532-1501 for more information.

SPECIAL OLYMPICS

AREA 13 SUMMER GAMES
MONDAY, APRIL 11th
GOSNELL HIGH SCHOOL TRACK
10 to 12
VOLUNTEERS NEEDED...

CONCESSION STAND

FANS IN THE STANDS

Lets make big plans to help with this important local event! Join us at the Gosnell concession stand to help cook the hot dogs and hamburgers.

We also need volunteers to help prepare the food bags in the concession for the students.

Sign up with the front desk.

Special Olympics



Wednesday Lunch Trips

April 6th 11 AM Roundhouse in Caruthersville

April 13th 11 AM
The Grange in Wilson

April 27th 11 AM El Acapulco

May 4th 12 Noon
Star Wars Lunch RC

Sign Up!

Pink Palace Trip

Lunch & Imax Movie in Memphis 9:30AM
Friday, April 8th. 2 IMAX Movies \$16
or one for \$9

DINOSAURS OF ANTARCTICA 3D 1:00PM

Fri, Apr 8, 2022 1:00PM CDT | Giant Screen Theater

Dinosaurs of Antarctica tells the story of a changing environment at the bottom of the world. In ancient times, dinosaurs and other prehistoric creatures roamed freely in a lush landscape. Over millions of years, geologic forces caused massive changes, completely altering the terrain. Today, the continent of Antarctica holds the evidence of that ancient world, frozen beneath its ice and snow. As the climate changes again, melting Antarctic ice is allowing scientists to discover the remains of the past including the fossils of those distinctive dinosaurs like Cryolophosaurus and Glacialisaurus.

And Into America's WILD

From the Academy Award®-nominated producers of the acclaimed hit film National Parks Adventure comes Into America's Wild, an unforgettable cross-country adventure into the hidden wonders of the natural world.

A non-stop ride via kayak, bike, train, hot air balloon, zipline, kiteboard, hiking boots and more, Into America's Wild visits some of the most beautiful but untamed landscapes of America, from the lush coastline of Oregon and the wilds of Alaska to the ancient canyons of the Southwest and the rolling hills of the Appalachian Trail. Setting out on this journey are three trailblazers – astronaut John Herrington, Alaskan pilot and youth advocate Ariel Tweto, and long-distance hiker Jennifer Pharr Davis – who share a passion for connecting people to experiences in the wild. As they wind their way through the scenic byways, ancient homelands, secret gems and hidden trails that form the natural tapestry of America, viewers will discover the special human connection we all share with nature.

Narrated by Morgan Freeman

Sign up with the front desk we will buy our tickets on Tuesday the 5th.



Mae's



GO WOW!

Women of Westminster Meeting
Saturday, April 16th 10 AM Ramey Center
We would like to invite all ladies join WOW.
Bring a small snack to share.

Remember, you can always find the most current Village Voice in full color online at: <http://www.wmv.org/newsletter>

My new Spring project is to go through my Mom's cookbook collection. I thought this would be a simple project, but I soon discovered the random, beautiful cursive writing by my mom and my grandmother – recipes stuck in between the pages - written on notepaper, recipe cards, on the back of envelopes and notes in the margins of most of these old cookbooks.

A collection of worn and faded, mostly spiral bound cookbooks from little churches and groups. These cookbooks are like old photographs that take you back to people, places and special memories.

My Mom and my grandmother believed in crispy fried chicken, fluffy biscuits, thick gravy and flaky pie crusts. I know my grandmother has an apron over her wings in heaven where she is baking her legendary cherry and lemon meringue pies, coconut cakes and chocolate fried pies. My grandmother taught me to keep ingredients on stand by at any time to put together a pot roast and

vegetables, chicken & dumplings or chicken spaghetti ,ready to go to take to a neighbor who was going through a "rough patch", who was sick, had a death in the family or had a new baby.

I found the recipe card for my grandmother's rum balls. She had perfected the recipe years ago and never did need the recipe in front of her to prepare the dozens of rum balls that she rolled up between Thanksgiving and Christmas. The recipe card did get a lot of wear and tear each holiday season because she had to take it with her on her annual trip to the liquor store that we had to make since there is not one in her little town. My grandmother made up rum balls as gifts for most of Monroe County and she would take her list of rum ball recipients along with her handwritten recipe in an envelope to the liquor store and show the multiplication of the ¼ cup of rum times the number of batches she planned to make. She wanted to make sure the liquor store employees knew that she was only using the rum for cooking and not drinking.

I found the red velvet cake recipe handwritten on an index card and used as a bookmark in the most worn cookbook of the collection. It was faded and had a smudge of blue food coloring across the page. The recipe asked for a bottle and a half of McCormick red food coloring. I remember back to the Easter when my grandmother allowed me to make what was supposed to be a red velvet sheet cake. Red was fine – but I decided to substitute blue food coloring instead. My grandmother came home to find my blue creation cooling on the kitchen counter but she was not at all impressed with my twist on her recipe – in fact she hid the food coloring way back on the highest shelf in her kitchen after that so

I could not go too far away from her recipe again.

Nothing beats a tried and true old fashioned recipe – one that's been handed down from a relative that reminds you of someone special, or immediately takes you back to childhood. Family recipes tell a story. This Easter I am not only going to attempt my mom's lattice topped strawberry rhubarb pie – I am going to taste it...I never would take a bite of this pie because no one could convince me that the rhubarb was not pink celery.

No convection ovens, air-fryers, insta-pots or fancy mixers were needed. Think about the heirloom recipes in your family and let them take you back to the simple gatherings in kitchens and dining rooms of the past as you welcome spring. Happy Easter!

Leslie Acred, Marketing Director



Senior Olympic Games April

2 PM Monday, April 25th @ Ramey Center - Opening Ceremony & Horse Shoes _____

2 PM Tuesday, April 26th @ Ramey Center - Clothes Pins Competition _____

2 PM Wednesday, April 27th @ Ramey Center - Nerf Gun Battle Competition _____

2 PM Thursday, April 28th @ Ramey Center - Bowling W/ Soda Bottles _____

Senior Olympic Games May

2 PM Tuesday, May 3rd @ Ramey Center - Corn Hole Competition _____

2 PM Wednesday, May 4th @ Ramey Center - Frisbee Throw Competition _____

2 PM Friday, May 6th @ Ramey Center - Paper Airplane Competition _____

2 PM Monday, May 9th @ Ramey Center - Jenga Competition _____

2 PM Tuesday, May 10th @ Ramey Center - Matchbox Car Racing _____

2 PM Thursday, May 12th @ Ramey Center - Ball Throw Competition _____

2 PM Friday, May 13th @ Ramey Center - Color Separation Competition _____

2 PM Monday, May 16th @ Ramey Center - Checkers Competition _____

12 noon Wednesday, May 18th Olympics Closing Awards & Pizza Lunch RC _____



Bunco



Love the new lights!!



Westminster Village
AmazonSmile Foundation
October 1 to December 31, 2021

Total Donations \$ 17.77



Lets Go fishin....Friday. June 3rd at 8 AM.
You pay for your lunch and the fish you catch.
We will eat at the Dairy Queen after fishin...
Sign up with front desk.

Accounting News

I am looking forward to some warmer weather, as I am sure all of you are too.

Please come see me anytime in the office for all your accounting needs. I love seeing you when you come in, as I do not have the opportunity to see you very much otherwise.

We do offer direct deposit for your rent. Sign up at the office, just bring in a voided check and we will give you a form to fill out and it will be worry free for you from then on. It's just that easy.

Also, don't forget to take advantage of the 11/12 Program we offer to our Westminster Village residents. Prepay your rent for 11 months and the 12th month is FREE. This is a great deal and I enclose this flyer with your statements each month which explains the savings.

Angela Hollins, Accounting Director



Maintenance News

Spring is in the air with all of it's beautiful colors and fresh growth. This also means air conditioning season is slowly approaching. Once the temperatures reach 75 degrees and above, we will begin any necessary maintenance on our AC's. We will begin manicuring our lawns in April. Be sure to call the office and turn in any work orders as they arise so that we can address all of your needs as quickly as possible.



Butch Sanders
Environmental Services Director

Remember the help line is there if you have a maintenance emergency after hours call the HELP LINE 623-4119

Administration / Human Resources News

The Amazing Race

Life it seems is just one long amazing race. Sometimes we come out the winner and sometimes we lose. Sometimes we fall in the middle of the pack where we are perfectly content just to know that we didn't lose. Life is sometimes a competition with our neighbors. The ole "keeping up with the Jones" adage. Here at Westminster Village we decided to turn life's amazing race into a competition. Teams of two will compete against each other in an amazing race competition on April 12 beginning at 2 p.m. at the Ramey Center. If you are interested in participating, contact the office and sign up.

Also, the spring senior Olympics is in the works. Keep a look out for your April & May calendar for dates and times of Olympic events.

And, remember if you don't want to participate come out and be a cheerleader for the ones that do participate.

Cindy Williamson,
Administrative Director



Spring Into Spring

Well it's that time of the year when we get excited about the warmer weather and sunshine. This means walking, golfing, swimming, exercise, spring cleaning,... etc. We have lots of empty seats for more residents to come to exercise class.

According to "Preventive Medicine" magazine older adults who incorporate strength training into their exercise at least twice a week decrease their risk of death. That is because muscle strength training can make your muscles and bones stronger, improve joint health and help maintain a healthy weight and reduce your risk of falls and fractures. Increased strength can also help build confidence in your everyday life. Carrying groceries, climbing stairs and other activities will begin to be much easier once you add strength to your workout.

The First step is to get cleared by your physician to participate in an exercise class. Second step is to come to class and learn to start small and slowly increase your weights and repetitions. Practice the movements without weights to start with making sure you don't experience pain.

When the pool opens we will start our water aerobics classes back in addition to our exercise classes.

Exercise classes at the Ramey Center are on Monday and Thursday mornings at 9:00. Stretch classes meet at 11:45 on the same days. When Water Aerobics begin the stretch classes will stop and we will meet at the pool at 11:30.

Socialization is also a big part of a longer, healthier life. I hope to see more smiling faces in our classes as the warmer temps and sunnier days approach.

Yours in wellness,
Peggy



Thunder Bayou Golf Course
is ranked # 4 in the state of Arkansas Call Tony, Van or Ron for more information. 532-2621.

The Advisory Committee : Loretta Heard, Mary Dyer, Annie Campbell, Gary Walker, Beverly Trusky, Mel Wagner, Gary and Patty Guttridge.

Westminster Village Directors

Tammy Swanson	Executive Director
Cindy Williamson	Administrative
Leslie Acred	Marketing
Kendall Berry	Resident Services
Butch Sanders	Environmental Services
Angela Hollins	Accounting
Peggy Kenner	Wellness Nurse

Board Members

Beth Fitzgerald, Tom Henry,
David King, Roger Oldham,
Janet Robertson, Bill Sullivan,
Pastor Mike Wey, Glen Whitener

Board of Directors

President	Pastor Mike Wey
Vice President	Janet Robertson
Secretary/Treasurer	Roger Oldham

**Westminster Village is a 501(c)3
non-profit corporation**

Westminster Village of the Mid-South
Active Adult Community
5215 Southside Drive
Blytheville, AR 72315
(870) 532-4100

**Don't forget about the 11/12 program.
Earn more interest than you can get from the bank!
Call the accounting office for more information about
this program.**



Village Voice April 2022

Sun

Mon

Tue

Wed

Thu

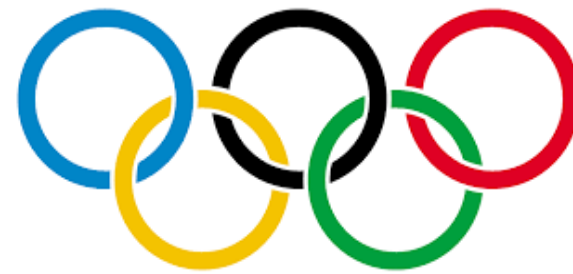
Fri



Sat

White Elephant 11 to 3 White Elephant 11 to 3

ANC - Arkansas Northeastern College
CH - Craft Hut
RC - Ramey Center
VT - Village Trail



1
6 PM Mexican Train Dominoes RC

2

3

4

9 AM Exercise Class RC
Wellness Clinic 10AM - 11:30 PM
11:45 Stretch & Stress Relief -RC
5:30 Tops

5

6

11 AM Roundhouse
in Caruthersville Sign Up!
2 PM Book Club RC pg 10

7

9 AM Exercise Class RC
10 AM Coffee RC
Activity Meeting

Wellness Clinic 10 AM - 11:30
11:45 Stretch & Stress Relief -RC
2 PM Crafty Ones

8

9:30 AM Lunch &
Pink Palace Imax Movie
in Memphis
Pg 3 Sign Up!

6 PM Mexican Train Dominoes RC

9

10

11

10 AM Pg 10
Special Olympics



9 AM Exercise Class RC
Wellness Clinic 10AM - 11:30 PM
11:45 Stretch & Stress Relief -RC
5:30 Tops

12

2:00
Amazing Race
RC pg 8



13

11 AM The Grange in Wilson
Sign Up!

14

9 AM Exercise Class RC
10 AM Coffee RC
Charles Moody

Wellness Clinic 10 AM - 11:30
11:45 Stretch & Stress Relief -RC

15

Office Closed for
Good Friday

6 PM Mexican Train Dominoes RC

16

Women of Westminster
Meeting
10 AM Ramey Center
Pg 3

17



Easter Sunday

18

9 AM Exercise Class RC
Wellness Clinic 10AM - 11:30 PM
11:45 Stretch & Stress Relief -RC

5:30 Tops

19

3 PM Birthday & Move-in
Bingo Party RC - pg 3



20



9:30 AM
Memphis Redbirds Game Pg 2

21

9 AM Exercise Class RC
10 AM Coffee RC
Bean Bag Baseball

Wellness Clinic 10 AM - 11:30
11:45 Stretch & Stress Relief -RC

2 PM Crafty Ones

22

Spring Clean Up
8 a.m. RC
Sign Up! pg 2

6 PM Mexican Train Dominoes RC

23

24

25

9 AM Exercise Class RC
Wellness Clinic 10AM - 11:30 PM
11:45 Stretch & Stress Relief -RC
2 pm Senior Olympics
Opening Ceremony
& Horse Shoes Village Trail
5:30 Tops



26



2 PM Senior Olympics
Clothes Pins RC

27

11 AM El Acapulco Sign Up!



2 PM Senior Olympics
Nerf Gun Battle RC

28

9 AM Exercise Class RC
10 AM Coffee RC
Bring a relic day

Wellness Clinic 10 AM - 11:30
11:45 Stretch & Stress Relief -RC



2 pm Senior Olympics
Bowling w/ Soda Bottles RC

29

6 PM Mexican Train Dominoes RC

30