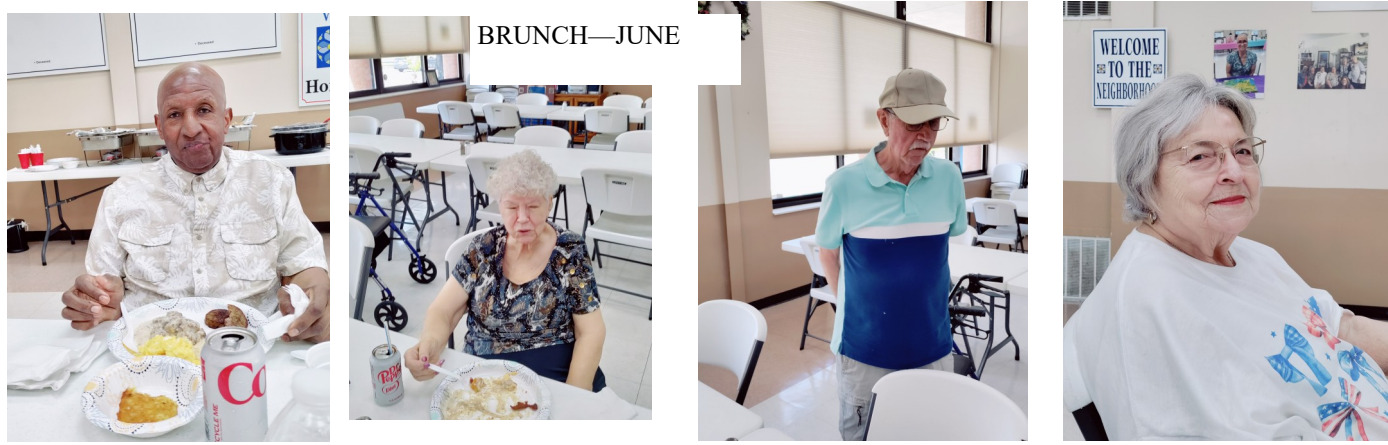


THE VILLAGE VOICE



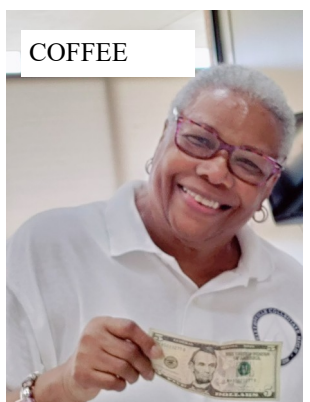
BRUNCH—JUNE



MOVE-IN/BIRTHDAY BINGO, JUNE, 2026



MOVIE NIGHT



COFFEE



PANCAKE BREAKFAST FOR FATHER'S DAY

THE VILLAGE VOICE

Tammy Talk



It's firecracker season! America is 250 years old and there are bound to be many celebrations. Here are some fun facts about the 4th of July!

My youngest granddaughter Mila Adeline Swanson was born July 4th 2025. She was roughly 8 hours old when I got to the hospital and we've been inseparable ever since!

Here are some other fun facts I searched for on-line:
Independence Day marks the adoption of the Declaration of Independence on **July 4, 1776**, though the Continental Congress actually voted for independence on **July 2, 1776**.

Three U.S. presidents—John Adams, Thomas Jefferson, and James Monroe—died on July 4, while **Calvin Coolidge** was born on this date.

The **Liberty Bell** rings **13 times** each Independence Day, representing the original 13 colonies.

The **American flag** has **50 stars** for the states and **13 stripes** for the original colonies; the 50-star version was adopted on **July 4, 1960**.

Nathan's Hot Dog Eating Contest has been held every Fourth of July since **1972** in **Coney Island, New York**.

The first 4th of July celebration at the **White House** occurred during **Thomas Jefferson's** presidency.

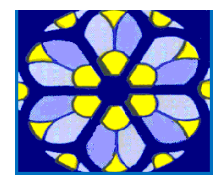
Massachusetts was the first state to declare the Fourth of July an official holiday, and it became a **paid federal holiday in 1938**.

Approximately **150 million hot dogs** are consumed on the Fourth of July each year according to the National Hot Dog & Sausage Council.

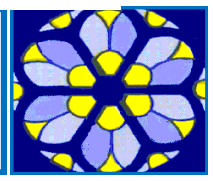
If you have been considering joining Silver Sneakers, let this be your sign to c'mon and do it! You'll make new friends, enjoy fun music and most importantly, keep yourself mobile! You may say "I've never been one to exercise." Me too, and now I teach it and I love it! My body needs the stretching, strength building and the balance that it offers. My body is mad at me when I miss it for any reason. Did I mention, it's free?

The Beauty Shop at Westminster Village is taking appointments every Friday from 1pm to 5pm-ish. If I can get more clients I may start at 9 a.m. It's another great amenity that Westminster Village has to offer. We also have a little white elephant in the shop to help our White Elephant sales. So if you don't need hair services, come see what I have so far at the Beauty Shop. To make an appointment to get your hair done or shop, just call me at 870-623-4537.

Executive Director,
Tammy Swanson



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 relaxed atmosphere of security, comfort and dignity.



Thursday, July 2nd
Christmas in July
12 Noon RC
Ham, Potato Salad, Hawaiian Rolls,
Deviled Eggs, Salad,
Cakes and Pies

Tuesday, July 14th
Tuesday Night at the Movies
5:30 PM RC
National Treasure

REMEMBER WHEN

Thursday, July 3rd
OFFICE CLOSED

Thursday, July 16th
Coffee/Games 10 AM RC



Saturday, July 4th
INDEPENDENCE DAY

Tuesday, July 21st
Move-in/Birthday Bingo
2 PM RC
Everyone is welcome!



Wednesday, July 8th
Westminster Book Club
2 PM Heard-Marks Library

Wednesday, July 22nd
Leave RC at 10:00 AM to
go to Grecian in Dyersburg

Thursday, July 9th
Coffee/Games 10 AM RC

Thursday, July 23rd
Crafty Ones 2 PM CH

Thursday, July 9th
Crafty Ones 2 PM CH

Tuesday, July 28th
Movie 2:00 PM RC

Tuesday, July 14th
Advisory Committee 10 AM RC

Thursday, July 30th
Coffee/Game 10 AM RC

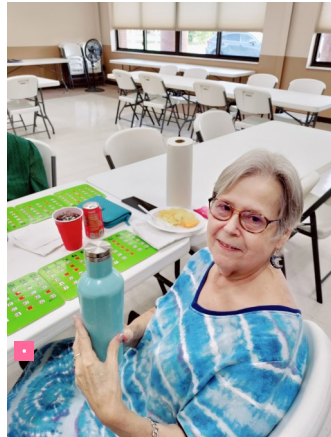
PLEASE SIGN UP FOR EVENTS
Door Prizes awarded to Residents
and Their Paid Guests

Friday, July 31st
Ice Cream Social 5:30 PM RC





CRAFTY ONES



GAME NIGHT

Coming to a Coffee Room Near you!



July Birthdays

- 2nd Russ Childers
- 8th Gloria Jean Williams
- 10th Wolfgang Porter
- 11th Johnnie Mizer
- 13th Katie Davenport
- 26th Fontella Falls
- 28th Pearline Valentine
- 31st Leroy Tate

Employee July Birthdays

- 24th Clayton Finley
- 28th Butch Sanders

July Move-In Anniversaries

- Diane Somers 23 Years
- Johnnie Mizer & Charlie Wimbley 16 Years
- Dottie Keane 8 Years
- Harold Sudbury 8 Years
- Arthur & Pearl Arnold 7 Years
- Tony & Shirley Coleman 6 Years
- Kerri McCleod 3 Years
- Jim McMiller 3 Years
- Charlotte Brown 2 Years

Westminster Village Directors

- Tammy Swanson, Executive Director
- Leslie Acred, Marketing Director
- Whitney Herron, Accounting Director
- Cindy Williamson, Administrative Director
- Adam Whitmire, Environmental Services Director

Board Members

- President, Janet Robertson
 - Vice President, Beth Fitzgerald
 - Secretary/Treasurer, Roger Oldham
 - Jeremy Bennett, David King, Jake Ritchey, Gary Swain, Willie Williams
- Westminster Village is a 501(c)3 non-profit corporation



The Westminster Village
BOOK CLUB
 July 8th 2:00 PM
 Heard-Marks
 Library
Blue Sisters

By

Coco Mellors

Library News

The Heard-Marks Village Library is a special treasure for our Village! With thousands of books to choose from, as well as a place for residents to relax and read.

Let that good book take you to places you've never been. Imagine yourself as the hero in the story. Residents are free to go to the library any time.

Happy Reading from the Library Volunteers!



The Advisory Committee:

Frank Coll, Merrill Frame, Sandra Harris, Phyllis McClendon, Vicki Schrimsher, Reverend Johnnie Williams
 The Advisory Committee serves as a voice for the residents of Westminster Village.
 The Advisory Committee meets at 10:00 AM the **second Tuesday** of the month.

Don't miss out on events.

Please sign up!

American Red Cross Blood Drive
Wednesday, August 5th
12—4 PM RC
Sign up at the Office



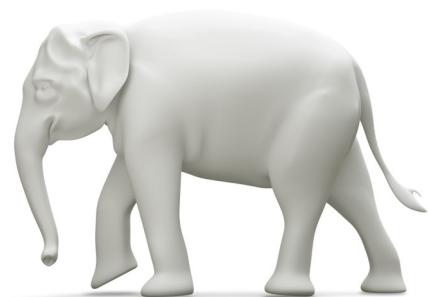
Tuesday Night at the Movies
August 11th
5:30 PM RC
National Treasure



Move-In/Birthday Bingo
Tuesday, August 18th
2 PM RC



Due to the heat, many events are being put on hold. Check to see what activities we're having during these summer months. Lunch at the Mississippi County Senior Center is on the books, as well as some other trips out to eat.



THE WHITE ELEPHANT
Friday's 9 to 2 / Saturday's 10 to 3
We look forward to everyone coming out to visit and enjoy shopping in the White Elephant. Thank you, Mary Westbrook for volunteering. More volunteers are needed. See Mary Dyer. Remember, we accept donations.

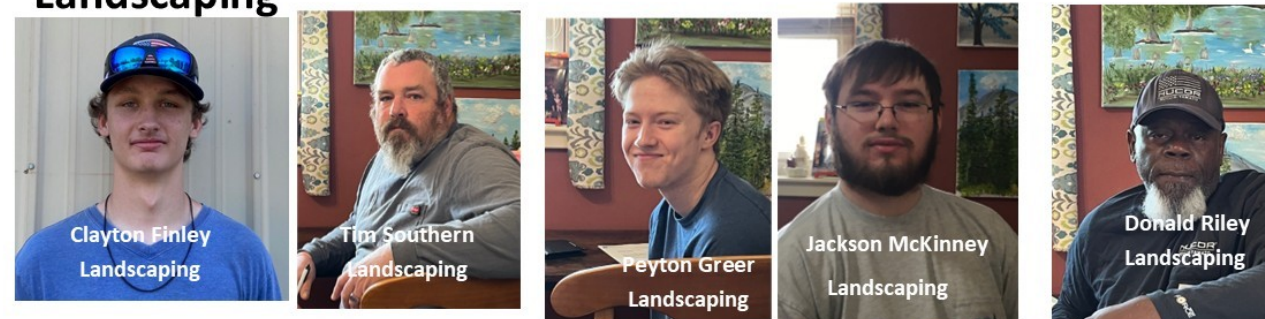
Maintenance Department



Security



Landscaping



HOUSEKEEPING





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4 7 8	2 9 6	3 5 1
3 5 6	7 1 4	8 2 9

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

UPCOMING EVENTS

August 5th, 12 Noon to 4 PM, the American Red Cross will be at the Ramey Center for a blood drive. Please sign up, and ask your friends to sign up as well. You can go to <https://redcrossblood.org> and sign in to donate blood.



We will go to the Hog Pen in Osceola on Friday, September 4th, at 10:15 AM. Please call the office to sign up to go!



Tuesday, September 22nd at 5:30 PM, join us at the Ramey Center for a fish fry and Murder Mystery! We will have our own Shark Attack week with the Castaways from Gilligan's Island.



Leona Tate has suggested that we take the bus, and visit several area Head Start classes. We can take some candy, and visit the students. We will still do this on October 30th, at a time convenient for the class.



The Plain and Fancy Quilt Group will again be honoring local Veterans on Tuesday, November 10th. Plan on joining us to honor the men and women that have served.



A trip to Nashville on November 2-3 is being planned. If you have anywhere you would like to visit, please let Eva at the office know, and we'll try to fit it into the itinerary. We will take the bus, stop for lunch on the way, then tour the Hermitage and the Nashville sites. We'll check into a motel for the evening and have dinner before returning to the motel for the night. The next morning, we will pack up, stopping at Opry Mills for shopping before heading home. We'll make a stop en route to have lunch. We should be back in plenty of time to vote. Please let us know if you can make this trip.



I have fond memories of walking the six blocks to my neighborhood library as a child. It was in an old building with one marble step at the entrance. The librarian told us that the step was magic and would take you into the special world of books. I still remember the excitement of getting my first library card – the rule then allowed you to get your library card as soon as you could write your name – I was almost 4 years old. I spent thousands of hours browsing thru the card catalog in those pre-internet days to locate books. I marveled at the fact the librarians would trust me to borrow books, as many as I could put in my bicycle basket, and ride away with them. As an adult, I am still amazed I have the ability to walk into a building and leave with stacks of books – entirely for free.

If you'd like to take advantage of this feeling today, stop by and see what is going on at our own Heard-Marks Village Library. We now have a new computer & printer with wifi – so come by and visit our new computer lab. We are also going to move some things around to create a reading room in one of the back rooms soon. Come by and check out the library – and also check out a book or two.

Leslie

*A book is a magical thing that lets you travel to far-away places
without ever leaving your chair. – Katrina Mayer
If you have a garden & a library, you have everything you need. – Marcus Tullius Cicero*

The beauty shop is open, and Tammy Swanson is working her magic! From 1 PM to 5 PM on Friday afternoons, you can book an appointment with Tammy for a wash, cut, blow out, scalp and shoulder massage. This is a fundraiser, with all the money made going to various Westminster Village causes, such as: Roofing, Dog Park, Pantry, etc. Tammy will be your stylist. She is a licensed cosmetologist. All services will start at \$20 and go up. No color or chemical services will be available. If you are interested, give Tammy a call at the office for more details.

June was the last month for the Sign Up and Show Up program. The winner for May Sign Up and Show Up is Wolfgang Porter. Congratulations! Starting in July, residents will be required to register and receive a ticket for each event. You won't be turned away without a ticket, but you won't be eligible for door prizes. Guests will need a ticket as well, and it will cost \$5 for them to attend. This needs to be paid at the office prior to the event. When the tickets are turned in at the event, they will go into a drawing for a separate door prize at the end of the month.

More residents are taking advantage of our Village Pool! The water is still just a little bit cool, but very refreshing. Come check out the pool and socialize with everyone there! Remember to sign in and out, and **NO ONE** under 21 years of age.

Each resident is responsible for maintaining their flowerbeds and shrubs. It turns out that this is actually good for your physical and mental wellbeing, as well. Gardening promotes overall health and quality of life, physical strength, fitness and flexibility, cognitive ability, and socialization, according to Jean Larson, Ph.D., the Nature-Based Therapeutics Faculty Lead at the University of Minnesota's Ear E. Bakken Center for spirituality & Healing and the Minnesota Landscape Arboretum.

- Gardening Counts as Exercise. Gardening is considered moderate-intensity exercise.
- Gardening Boosts Your Memory. Spending time in green spaces working in gardens can help with depression and anxiety.
- Gardening Can Help Improve Your Diet. Taking home your bounty and eating more fresh fruits and vegetables can help improve your diet.
- Gardening Lets you Soak Up the Sun. Vitamin D is all the more important as we age. It can even help lower your blood pressure.
- Community Gardening Serves Up Social Connection. Community gardens can provide a social aspect. People chat, and possibly get together for parties.

It's too late this year to really get our community garden going, but we can start the plans for next year. Fruits, vegetables, flowers, whatever you provide.

All of these things help make our community stronger and more attractive. If you enjoy gardening, volunteer to help your neighbors.

**Exercise (Silver Sneakers)
Monday's and Thursday's
9 AM Ramey Center Gym**

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

How SilverSneakers Benefits Seniors On Medicare— Yoga/Chair Aerobics and Water Aerobics Are Hosted by Silver Sneakers

Mondays and Thursdays—9 AM at the Gym and 5 PM at the Pool

Here are six benefits that you'll reap from exercising regularly, that have nothing to do with losing weight.

1. You'll Build Muscle. Without regular exercise, adults can lose 10% of their muscle mass per decade.
2. You'll Keep Your Bones Strong. Bones become thinner with age, which can lead to painful and debilitating fractures if you fall. However, bones like muscles respond to workouts by becoming stronger.
3. You'll Improve Your Heart Health. By staying fit, you'll minimize the danger of clogging the heart with cholesterol, or making it inefficient at pumping blood. You'll also feel more energized.
4. You'll Stay Sharper. For adults 50 and older, exercise plays an essential role in promoting good cognitive health and mental acuity.
5. You'll Find Social Opportunities. Exercise can make it easier for you to make new friends or catch up with old ones.
6. You'll Help Yourself Live Longer and Better. Physical fitness was associated with living longer. It helps ward off chronic illness and keeps you strong.

“Why am I so tired?” This is not a symptom of aging. There could be underlying causes for your fatigue. Feeling tired every now and then is normal, feeling tired all the time isn’t.

1. You’re not getting enough sleep. Seven to nine hours is recommended each night.
2. You have an underlying medical problem. You need to speak with your medical provider to help determine this.
3. Your medication is messing with you. This is a common side effect of many prescription drugs, such as blood pressure medication and antihistamines.
4. You sip the wrong drinks before bed. It’s best to avoid booze and caffeine after lunch.

There are ways to reclaim your energy.

- a. Develop better sleep habits.
- b. Exercise more often.
- c. Take short naps.
- d. Talk to a pro.

Always consult with your medical provider to help determine what might be wrong, and the best way to counteract it.

Fun Ways to Strengthen Your Relationship at Any Age.

Strong relationships thrive on connection, shared experiences and small daily moments.

Relationships evolve, but that doesn’t mean the spark has to fade.

Research shows that strong relationships help an individual feel happier, experience fewer health problems, and may even live longer. One should focus on connection, consistency and shared joy, not grand gestures.

- Create mini rituals, such as having morning coffee together.
- Stay curious about each other asking new questions, even if you’ve known each other for years.
- Take walks together.
- Try something new, like a cooking class or exercise class
- Connect through Community. There are many activities in the Village, so there are ample opportunities to join in.

Moving your body together does more than support physical health, it can strengthen your bond. Focus on small daily habits to keep things fresh.

This is great for friends, significant others, family, spouses.

Tammy and I attended our class for CPR certification, and we passed! There were numerous things that I learned during this class, and am glad that we had this instructor. One thing that he mentioned is that we need to keep our homes clutter free. Keep areas clean and accessible. It might take valuable minutes away from life-saving measures if the responders can’t get to the patient.

SUDOKU

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AMERICAN REVOLUTION BLUE BRITISH CELEBRATION COLONIAL
 DECLARATION FIFTY-SIX DELEGATES FIREWORKS FOUNDING FATHERS
 INDEPENDENCE DAY JOHN HANCOCK LIBERTY PATRIOTIC PAUL REVERE
 PENNSYLVANIA PHILADELPHIA RED SEVENTEEN SEVENTY-SIX
 THIRTEEN STATES THOMAS JEFFERSON TWO HUNDRED FIFTY YEARS WHITE

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July 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>ANC - Arkansas Northeastern College RC - Ramey Center CH - Craft Hut VT-Village Trail VP-Village Pool</p>			1	2 9 AM Exercise Class RC 12 Noon Christmas in July RC Residents and Staff	3 OFFICE CLOSED FOR FOURTH OF JULY	4 HAPPY FOURTH OF JULY 7 PM Leave RC to go to the Aeroplex to watch fireworksatch 
5	6 9 AM Exercise Class RC 10 AM Grocery run 5 PM Water Aerobics VP	7	8 2 PM Book Club Heard-Marks Library	9 9AM Exercise 10 AM Coffee—Games 2PM Crafty Ones CH 5 PM Water Aerobics VP 5:30 PM Dance with Shelia	10 White Elephant 9 AM to 2 PM 1-5 PM Hairapy by Tammy	11 White Elephant 10AM to 3 PM
12	13 9 AM Exercise Class RC 10 AM Grocery run 5 PM Water Aerobics VP	14 10 AM Advisory Committee RC 5:30 PM Tuesday Night at the Movies RC	15	16 9 AM Exercise Class RC 10 AM Coffee-Games 5 PM Water Aerobics VP 5:30 PM Dance with Shelia	17 White Elephant 9 AM to 2 PM 1-5 PM Hairapy by Tammy	18 White Elephant 10 AM to 3PM
19	20 9 AM Exercise Class RC 10 AM Grocery run 5 PM Water Aerobics VP	21 2 PM -Birthday & Move-in Bingo RC	22 10 AM Leave RC to go to Grecian in Dyersburg	23 9AM Exercise 10 AM Coffee—Game 2PM Crafty Ones CH 5 PM Water Aerobics VP 5:30 PM Dance with Shelia	24 White Elephant 9 AM to 2 PM 1-5 PM Hairapy by Tammy	25 White Elephant 10 AM to 3 PM
26	27 9 AM Exercise Class RC 10 AM Grocery run 5 PM Water Aerobics VP	28 2 PM Movie Day RC	29	30 9 AM Exercise Class RC 10 AM Coffee-Games 5 PM Water Aerobics VP 5:30 PM Dance with Shelia	31 White Elephant 9 AM to 2 PM 1-5 PM Hairapy by Tammy 5:30 PM Ice Cream Social RC	Call the office if you need a ride.