

THE VILLAGE VOICE



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Tammy Talk

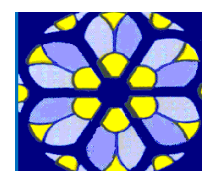
Spring is a happy time for all. Trees are blooming, there are plants and flowers to be planted, longer days and more sunshine. I love to sit outside in the warm weather before the mosquitoes take wind of course! This is the season that has always reminded me of two people, and I would like to dedicate this month's newsletter to them. Loretta Heard and Annie Campbell. They loved making their yards look stellar! Annie fueled my love of Kimberly ferns and hibiscus and Loretta fueled my love for anything that would grow back year after year. Two very classy ladies that I am sad to say we have to live without. They will always be in my heart and on my mind and I will celebrate them each spring with their favorites planted in my yard and on the property here as well. Oh, and April is their birthday month. Happy Heavenly Birthday ladies.

Now that the weather is getting better, let's talk exercise! Silver Sneakers is held at the Ramey Center every Monday and Thursday at 9 A.M., Thursdays, after exercise, we go to coffee and have great fellowship and sometimes play games or there will be a program scheduled. I am your Silver Sneakers instructor. It is mainly chair yoga, with stretch and balance and honestly, you just do what you can. As long as you're moving. It's always a good idea to stay in motion. Becoming sedentary in our chairs is not what our bodies were meant to do. When we do, our muscles atrophy and our joints get stiff and simple tasks like walking to the kitchen to get a drink can result in a fall. Silver Sneakers is free and it sponsored by a lot of your insurance companies. If you would like to join my class, give me a call and I can meet with you at your home for a consultation or you can come and observe and see if it's right for you. Our good friend Doris Marks is still in great mobility and its true what she has always said "a body in motion, stays in motion." It's not just good for your body, it's also good for your mind and your soul. Listen to your body and let's get moving!!

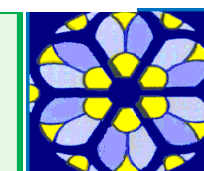
I don't want to jinx us but our landscaping crew is off to a great start! We are not looking forward to the rainy season which could put us behind, but we have a plan in place in the event that happens. Again, I'm going to ask for patience and help them by not leaving items in your yards that could be damaged or damage the mowing equipment. Sometimes our yard décor can cost us precious time as well. We have a solid crew this year so make sure to say hello and let them know how much you appreciate them when you see them out there working for you this season.

There will be some demolition work taking place on the north end. We expect that the wildlife will go across the field to the next patch of woods, but please be mindful of any trash that is left out. They will get into it and scatter it everywhere. We have discovered that there are many cats on the property too that are doing the same thing. Please, please keep your cats inside and do not let the roam. We don't know if the cats belong to anyone. If they are yours, there is a possibility that they will be picked up by the cat rescue that will be out here this spring. So I ask you again to please keep your cats inside so that yours does not get picked up and taken away.

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.



Wednesday, April 1st
Brunch 10:30 AM RC
Eggs, Bacon, Sausage, Biscuits,
Gravy, Chocolate Gravy

Thursday, April 2nd
Coffee/Games 10 AM RC

Thursday, April 2nd
Crafty Ones 2 PM CH

Thursday, April 2nd
Easter Egg Hunt 5:30 PM RC

Sunday, April 5th
Easter

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

Thursday, April 9th
Coffee/Heart n Soul Hospice 10
AM RC

Tuesday, April 14th
Advisory Committee 10 AM RC

Tuesday, April 14th
Tuesday Night at the Movies
Secondhand Lions
5:30 PM RC Pizza

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

Thursday, April 16th
Coffee/Games 10 AM RC

Thursday, April 16th
Crafty Ones 2 PM CH

Saturday, April 18th
Flowerbed work at Heard-
Marks Library 9 AM

Tuesday, April 21st
Birthday/Move-In Bingo
2 PM RC

Thursday, April 23rd
Coffee/Games 10 AM RC

Thursday, April 23rd
Dreamcatchers 5:30 PM RC

Tuesday, April 28th
Movie 2:00 PM RC
Passengers

Tuesday, April 28th
Game Night—Bingo
5:30 PM RC

Thursday, April 30th
Coffee/Games 10 AM RC



April Birthdays

- 7th Valerie Carr
- 8th Donald Dunlap
- 8th Gloria Smith
- 18th Josie Richardson
- 20th Tim Anderson
- 20th Shirley Coleman
- 22nd Susan Person

Employee April Birthdays

- 1st Julia Dominguez
- 8th Eva Henderson

April Move-In Anniversaries

- Debbie Ellis 17 Years
- Edward Brownlee 16 Years
- Cathy Daniels 8 Years
- Donald & Nina Dunlap 8 Years
- Art & Deb Prince 7 Years
- Gregory Davis 6 Years
- Michael Price 3 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, Bill Sullivan, Gary Swain, Willie Williams

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



**The Westminster Village
BOOK CLUB**
April 8th
2:00 PM
**Heard-Marks
Library**
The Secret Life of Bees
by Sue Monk Kidd

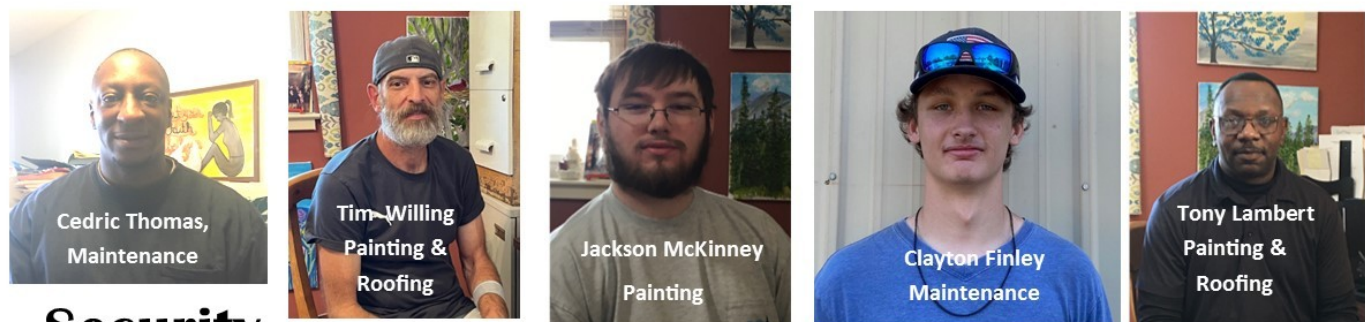
Library News
The Heard-Marks Village Library
is a special treasure for our Village!
With thousands of books to choose from, as
well as a place for residents to
relax and read.



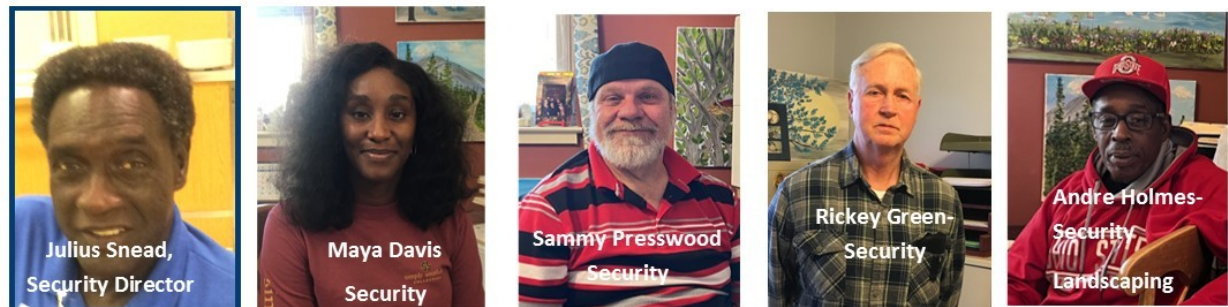
Let that good book take you to
places you've never been.
Imagine yourself
as the hero in the story. The
library volunteers will be at the
library Wednesday's from
8 AM until 10 AM
Residents are free to go to the
library any time.
Happy Reading from the Library Volunteers!

The Advisory Committee:
Frank Coll,
Merrill Frame, Sandra Harris,
Phyllis McClendon, Vicki Schrimsher,
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.

Maintenance Department



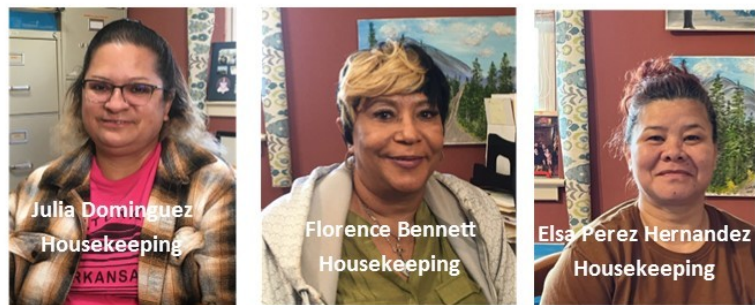
Security



Landscaping



HOUSEKEEPING



APRIL FOOLS DAY	APRIL SHOWERS	ARBOR DAY	AZALEAS	BASEBALL
BUNNY	CANDY	CHERRY BLOSSOMS	DOGWOODS	EARTH DAY
EASTER	EGG HUNT	GARDENING	GOOD FRIDAY	HAM
INTERNATIONAL JAZZ DAY		IRIS	LAWNCARE	HYACINTHS
MAGNOLIA BLOSSOMS	PASSOVER	REBIRTH	RISEN	LILAC
SPRING BREAK	SUNDAY BEST	WARMER WEATHER		

EARTH DAY QPALZ APRIL FOOLS DAY MWORUNSKG
 EGGHUNT XNEI DJCWARMERWEATHER BREYFHVO
 AZALEASSPRINGBREAKZAQWPSXCDERBATFOO
 SINTERNATIONALJAZZDAYURIKLOS WINGPUD
 TVBGTYBASEBALLHNMJHYACINTHSASRDFGTF
 EPLILACOIUYTRARBORDAYELEN TWQHTJKLFR
 RZXCNATIONALANTHEMVIIRISBNEMQGHITSI
 FKXHOOWDSUNDAYBESTWCRYHJNRPLATEMWED
 ZUGARDENINGHOTDOGSPASSOVERHOMERUNLA
 TGD MNBIICSDCBATTERZXS AWQEOVFR TCANDY
 HJMAGNOLIABLOSSOMS RFSXETQRCAPHMFOUL
 EBUNNYDOFP RAXGLOVEFEXWRISENB NBASEYR
 IPEANUTSOCHERRYBLOSSOMS YDDOGWOODS DU

TOPS MEETS AT THE RAMEY CENTER SATURDAYS 10 AM

WEIGHT LOSS THAT LASTS

No cookie-cutter diets. No gimmicks. No trendy shortcuts. It's the old-fashioned approach to health and wellness: A lifestyle, for a lifetime. At TOPS, you're throwing yourself a lifeline. Founded in 1948, TOPS is the first of its kind noncommercial weight-loss support group, with ties to the medical community and thousands of chapters in the U.S. and Canada.

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— Water Aerobics and Yoga/Chair Aerobics Are Hosted by Silver Sneakers

Movement plays a major role in how your body uses energy. Regular activity like walking, strength training, or SilverSneakers classes helps:

- Maintain Muscle
- Support Metabolism
- Improve Blood Sugar Control
- Boost Overall Health

Food and movement work best as a team.

Join us on Mondays and Thursdays at 9 AM at the Ramey Center to build flexibility, upper body strength, and help fight obesity.

Don't miss out on events.
Please sign up!

Brunch on Tuesday, May 5th
10:30 AM RC
Huevos a la Mexicana, Bacon, Sausage, Gravy, Eggs,
Refried Beans, Tortillas, Biscuits



Tuesday Night at the Movies
May 12th
Tuskegee Airmen
5:30 PM RC
Pizza



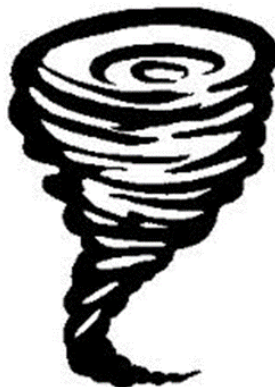
Move-In/Birthday Bingo
May 19th
2 PM RC



May 10th is Mother's Day. Let's take a trip to the Just Divine Tea Room (Charlene's) in Halls, Tennessee, on Friday, May 8th. We will leave the Ramey Center at 10 AM, eat, and shop. Please sign up. All are invited.

Storm Warnings

Arkansas is occasionally host to various types of severe weather. The City tests severe weather warning sirens every Monday at noon (weather permitting). Should you hear the sirens at a time other than Mondays at noon, please immediately seek shelter inside your home. Your phone may also sound an alarm if a tornado has been spotted in the area. Seek shelter immediately. Your safety is important to us.



Now is the time to get our Relay for Life teams together! We will have fundraisers, as well as selling Luminaries. If you wish to participate in the event, please contact the office to sign up. The Relay for Life will held on Saturday, September 19th. Mark you calendars!

In celebration of Cinco de Mayo, Brunch is being held on Tuesday, May 5th. Come celebrate and dress in your fun Mexican attire. A door prize for the best Mexican themed outfit will be awarded. Don't forget to call the office and sign up!

The Pink Flamingo has been flying around the Village, and now is ready to party! Come to the Ramey Center on Thursday, May 21st at 5:30 PM to have hot dogs, hamburgers, and fun! There will be music, some Karaoke, and the winner of the \$50 off rent will be announced. Hope to see everyone there!



There will be a Pancake Breakfast in honor of Father's Day on Saturday, June 20th at 9 AM. Pancakes, waffles, and meats will be provided. All are welcome to attend.

Get your beach gear together and head to our Fourth of July party at the Ramey Center. Christmas in July will be held at 2 PM on Thursday, July 2nd, at the Ramey Center. There will be fun, food, and prizes.



Time to come in out of the heat and enjoy some homemade ice cream! Friday, July 31st, there will be ice cream, toppings, and cookies at the Ramey Center. Please sign up!

Mexican Train Dominoes begins at 6:00 PM on Fridays. This is a resident driven event. Residents meet in the pool room. Each person brings a snack and around 7:00 PM players take a break and enjoy fellowship with each other.



Resident Dance
begins at 4:30 PM on Fridays.
This is a resident driven event.
All residents are welcome.
Residents meet in the coffee room and dance and work out to YouTube videos.

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

Water is the foundation of good health, yet many people don't drink enough throughout the day. As we age, our sense of thirst naturally decreases, making it even more important to be intentional about hydration. Proper water intake plays a vital role in energy levels, joint health, digestion, circulation, and even brain function—all of which help us stay active and independent.

Drinking enough water isn't just about quenching thirst, it's about supporting your body's essential functions.

Staying hydrated helps:

- Boost Energy and Fight Fatigue—Drinking enough water keeps you feeling alert and energized.
- Support Joint and Muscle Health—Water helps lubricate joints, making movement smoother and easier, especially during exercise.
- Improve Digestion
- Regulate Body Temperature—Proper hydration helps your body stay cool and function efficiently.
- Enhance Brain Function—Water supports concentration, memory and mood, helping you stay sharp and focused throughout the day.
- Support Heart & Circulation Health—Water helps maintain blood pressure and ensures oxygen and nutrients reach all parts of your body.

When emotions start to rise, simple breathing exercises for stress can help you slow down, steady your body, and regain your balance. You don't need to "fix" everything at once. Sometimes, the most powerful thing that you can do is pause, notice what's happening, and take one small step to bring yourself back to a steadier place.

When you're feeling stressed, it might be for several reasons:

- "I'm overwhelmed."
- "I'm exhausted."
- "This feels like too much right now."

Naming your stressors helps your nervous system shift. You're no longer stuck *inside* the feeling, you're observing it.

When stress builds, everything feels personal and urgent. Try gently stepping outside the moment and asking:

- What's really causing this feeling?
- Is it one thing or many small things adding up?
- What's within my control right now, and what isn't?

You don't need all the answers, just some perspective. Often, recognizing *why* you feel overwhelmed makes the feeling feel less powerful.

One of the fastest ways to steady your mind is through simple breathing exercises for stress.

1. Inhale through your nose for 4 counts.
2. Hold your breath for 4 counts.
3. Exhale slowly through your mouth for 4 counts.
4. Hold again for 4 counts.

Repeat for 3-5 rounds.

You don't have to power through every hard moment. Taking a break, asking for help, or simply slowing down is not failure—it's self-care.

For decades, we were told to fear certain foods. Fat was the enemy. Carbs were suspicious. Calories were everything. But nutrition science has evolved and so have the guidelines.

Today's food recommendations focus on value: how foods nourish your body, support your energy, and work alongside your lifestyle. It's about patterns, balance, and how you live.

Today's food guidelines emphasize:

- Plenty of protein to support muscle, strength, and metabolism
- Fruits and vegetables for fiber, vitamins, and minerals
- Whole foods you recognize and enjoy
- Limiting ultra-processed foods, especially those high in added sugars, refined grains, and unhealthy fats

Starting April 1st, any Resident that signs up for and attends an event will receive an entry for \$100 off their rent! This will apply to every event that takes place during the month, so the more events that you sign up for and attend, the more entries you will have. You MUST sign up AND show up to the event to be eligible. The drawing will be held at Brunch the following month. There must be at least three residents signed up for an event to take place.

Saturday, April 18th, at 9 AM, we will meet to work on the flowerbeds at the Heard-Marks Library. We need all the volunteers that we can get to help clean out the flowerbeds and possibly plant some perennials. Contact Eva at the office to sign up. Let's make our Village beautiful!

Thursday, April 23rd at 5:30 PM, join us at the Ramey Center to create your one of a kind Dreamcatcher. All materials will be provided. Come enjoy finger foods, and let your imagination be your guide.




If you haven't visited The White Elephant lately, you are missing out! It's been re-organized, and the items for sale are easy to access. The money earned at the White Elephant helps support several of the programs available to our residents that are aged 55 and older, such as the Heard-Marks Library, the Craft Hut, and Resident Services. There is a need for volunteers to work at the White Elephant, especially on Fridays. Please contact Mary at the office if you can help!

PACEMAKERS WALKING CLUB - Meets at the Village Trail, every Monday at 5 PM (weather permitting) Everyone will walk at their own pace. Bring your walkers, canes, whatever. If you just want to sit on the benches and visit or cheer someone on that will work too. Occasionally there will be scheduling or weather conflicts, but the goal is every Monday. Put those walking shoes on. Let's go!

Meet Eva at the Ramey Center gym on Mondays at 6 PM to check out the toning beds. There are enough different units available, so let's stretch and firm our bodies.

April 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>			<p>1 10:30 AM Brunch RC Library Volunteer Hours 8-10 AM April Fool's Day National Walking Day</p>	<p>2 9AM Exercise 10 AM Coffee—Game 2PM Crafty Ones CH 5:30 PM Adult Easter Egg Hunt RC World Autism Awareness Day</p>	<p>3 Good Friday OFFICE CLOSED White Elephant 10 AM to 3 PM 4:30 PM Resident Dance RC 6 PM Mexican Train Dominoes</p>	<p>4 White Elephant 10 AM to 3PM National Hug a Person Day</p>
<p>5 </p>	<p>6 9 AM Exercise Class RC 10 AM Grocery run 5 PM Pacemakers VT 6 PM Toning beds RC National Tartan Day</p>	<p>7 World Health Day</p>	<p>8 2 PM Book Club Heard-Marks Library Library Volunteer Hours 8-10 AM International Day of Pink</p>	<p>9 9 AM Exercise Class RC 10 AM Coffee-Heart n Soul Hospice-Jenna National Unicorn Day</p>	<p>10 White Elephant 10 AM to 3 PM 4:30 PM Resident Dance RC 6 PM Mexican Train Dominoes RC National Siblings Day</p>	<p>11 White Elephant 10AM to 3 PM National Pet Day World Parkinson's Day</p>
<p>12 National Grilled Cheese Sandwich Day International Day of Human Space Flight</p>	<p>13 9 AM Exercise Class RC 10 AM Grocery run 5 PM Pacemakers VT 6 PM Toning beds RC</p>	<p>14 10 AM Advisory Committee RC 5:30 PM Tuesday Night at the Movies RC—Secondhand Lions</p>	<p>15 Library Volunteer Hours 8-10 AM Tax Day World Art Day</p>	<p>16 9AM Exercise 10 AM Coffee—Game 2PM Crafty Ones CH National Stress Awareness Day</p>	<p>17 White Elephant 10 AM to 3 PM 4:30 PM Resident Dance RC 6 PM Mexican Train Dominoes RC</p>	<p>18 White Elephant 10 AM to 3PM 9 AM Work Day at Heard-Marks Li-</p>
<p>19 Bicycle Day</p>	<p>20 9 AM Exercise Class RC 10 AM Grocery Run 5 PM Pacemakers VT 6 PM Toning beds RC 420 Day</p>	<p>21 2 PM -Birthday & Move-in Bingo Party RC World Creativity and Innovation Day</p>	<p>22 Library Volunteer Hours 8-10 AM Earth Day</p>	<p>23 9 AM Exercise Class RC 10 AM Coffee-Game 5:30 PM Dreamcatchers RC</p>	<p>24 White Elephant 10 AM to 3 PM 4:30 PM Resident Dance RC 6 PM Mexican Train Dominoes RC Arbor Day</p>	<p>25 White Elephant 10 AM to 3 PM World Penguin Day</p>
<p>26 National Pretzel Day Remember to "Sign Up and Show Up" for chances to win \$100 off your rent</p>	<p>27 9 AM Exercise Class RC 10 AM Grocery Run 5 PM Pacemakers VT 6 PM Toning beds RC</p>	<p>28 2 PM Movie Day RC Passengers 5:30 PM Game Night RC Bingo World Day for Safety and Health at Work</p>	<p>29 Library Volunteer Hours 8-10 AM Denim Day</p>	<p>30 9AM Exercise 10 AM Coffee—Game 2PM Crafty Ones CH International Jazz Day</p>	<p>Please sign up! Call the office if you need a ride.</p>	