

THE VILLAGE VOICE



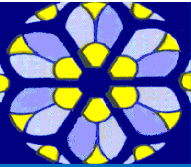
THE VILLAGE VOICE



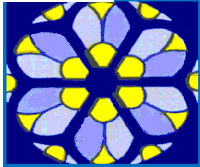
We wish you all a
Merry Christmas
and a
Happy New Year



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, January 1st
OFFICE CLOSED

Wednesday, January 7th
Brunch 10:30 AM RC
Pancakes, Biscuits &
Chocolate Gravy

Thursday, January 8th
Coffee/Games 9:30 AM RC

Tuesday, January 13th
Advisory Committee Meeting
10 AM RC

Tuesday, January 13th
Tuesday Night at the Movies
The Incredibles
5:30 PM RC
Taco Bar

Wednesday, January 14th
Westminster Book Club
2 PM Doris Marks Village
Library

Thursday, January 15th
Coffee/Games 9:30 AM RC

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

Tuesday, January 20th
Southland Casinos
Leave the Ramey Center at
9:00 AM

Wednesday, January 21st
Birthday/Move-in BINGO
2 PM RC
Everyone Is Welcome!

Thursday, January 22nd
Coffee/Games 9:30 AM RC

Tuesday, January 27th
Movie 2:00 PM RC

Tuesday, January 27th
Game Night—Bingo
5:30 PM RC

Wednesday, January 28th
Resident Pot Luck
12 Noon RC
Please call the office to sign up
and let us know what you're
bringing



January Birthdays

5th	Ed Brownlee
5th	Nina Dunlap
6th	Alma Gahie
9th	Julian Woodson
10th	Dorothy Keane
21st	Dale Brock
23rd	Raymond Burton
25th	Tammy Winslow
26th	Jewell Mathis
27th	Patricia Smith

Employee January Birthdays	
14th	Cedric Thomas
19th	Tim Southern

January Move-In Anniversaries	
Jeanie Wilson	22 Years
Henry & Katie	
Davenport	10 Years
Susan Person	10 Years
John DeBose & Elma	
Wallace	6 Years
Mary Stark	6 Years

New Move-Ins
Greg Abel
Issac & Judy Johnson

Westminster Village Directors
Tammy Swanson, Executive Director Cindy Williamson, Administrative Director
Leslie Acred, Marketing Director Adam Whitmire, Environmental Services Director
Whitney Herron, Accounting 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**
January 14
2:00 PM
**Doris Marks Village
Library**
The Nightingale
By
Kristin Hannah

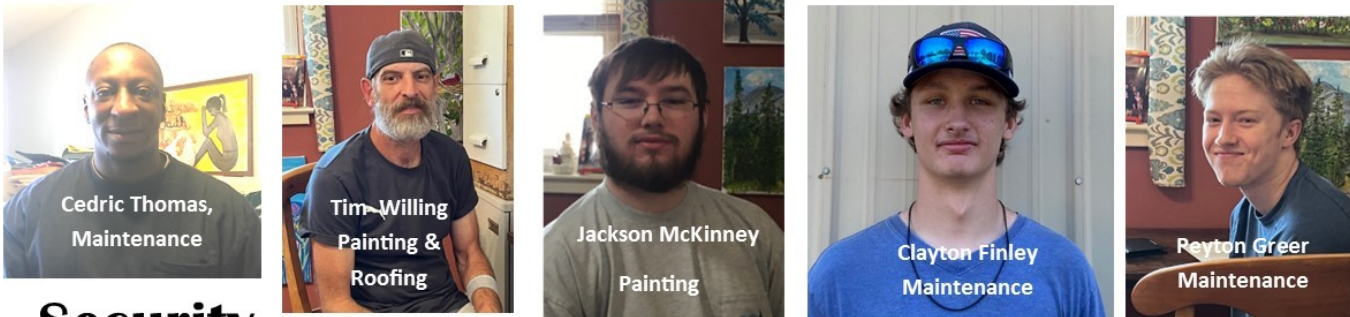
Library News
The Doris Marks Village Library
is a special treasure for our Village!
With thousands of books to choose from, as
well as a place for residents to relax and read.

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:
Annie Campbell,
Tom Hayes, Vicki Schrimsher,
Phyllis McClendon, Sandra Harris
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



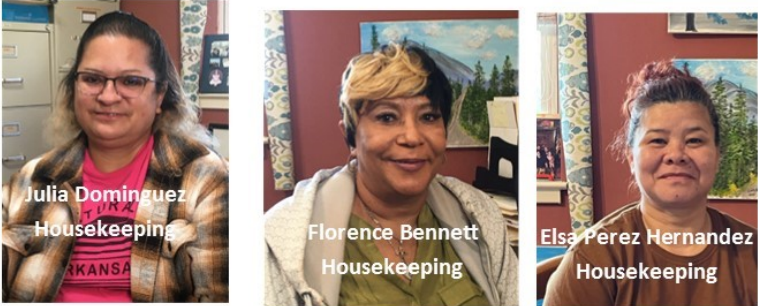
Security



Landscaping



HOUSEKEEPING



ARTIC AIR	BLACK EYED PEAS	BLANKETS	BOWL GAMES	BUNDLE UP
CAPRICORN	CARNATION	CORNBREAD	ELVIS PRESLEY	GARNET
GREENS	HAPPY NEW YEAR	HAM HOCKS	HANGOVER	
HOLIDAY BILLS	HOT CHOCOLATE	ICE SKATES	KISS AT MIDNIGHT	
MARTIN LUTHER KING JR DAY		PARADES	RESOLUTIONS	SHOVEL
SKIS	SLED	SNOW	SOUPS	SWEATERS
TAX FORMS	THERMAL UNDERWEAR		WINTER	

AHAMHOCKSTECARNATIONSHOVELWYBASGDFG
GHAJELVISPRESLEYKLZXNCVBNMQWLERATCY
BUIPOPABOWLGAMESSDFCORNBREADAGHRJAK
ULZAPXCVTHERMALUNDERWEARWBTNCORNJPV
NUBREYHOLIDAYBILLSDFSVCII CESKATESRM
DMKAPNNJIOUHTBVGBLANKETS YTRFECXTDIE
LWSDXGREENSZAEQPWOEII RUTASLSYKDJFCH
EGZEMXNCWINTERRBVMPQSOUPSLZNEOWXYOE
UCISRN VYBYASDFGSHJ KHANGOVERLDQWERRT
PXETONRVYRESOLUTIONSCWXEODPZPSDRENT
WERMQUARTICAIRAZDHOTCHOCOLATEERTYHN
ATAXFORMSRTYRUKISSATMIDNIGHTAMBCVIA
MARTINLUTHERKINGJRDAYERXUJBRFSFIRST

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

Part of the Silver Sneakers program is aimed at maintaining one’s overall health. Here are some suggestions from leading cardiologists.

- Heart Health Principle #1: Lose a Little Weight, Help Your Heart a Lot**—Even losing 10 pounds will improve your risk factors and contribute to improvements in your blood sugar, triglycerides, and cholesterol.
- Heart Health Principle #2: Watch the “Bad” Cholesterol**—Concentrate on lowering your LDL levels. The best way to do that is through a heart-healthy eating pattern (like the [Mediterranean diet](#)) . Eating patterns like this that limit red meat, processed meat, and full-fat dairy are also naturally lower in saturated fat. And that’s a good thing: Cutting back on saturated fat can help lower LDL—and may even reduce the risk of heart disease by 17 percent, according to a Cochrane review.
- Heart Health Principle #3: Stay Active, with Help**—Check with your healthcare professional before starting any exercise routine.
- Heart Health Principle #4: Get Checked for Sleep Apnea**—Untreated sleep apnea can increase the risk of dying of heart disease by as much as 500 percent. Sleep apnea affects 20 percent of our population, with 80 percent going undetected.
- Heart Health Principle #5: Know Your Numbers**—Blood pressure, blood cholesterol, blood sugar
- Heart Health Principle #6: Prioritize Your Sleep**—those who slept less than six hours a night were twice as likely to have a heart attack as those who slept more.
- Heart Health Principle #7: Take Care of Your Mental Health**—Stress, anxiety, and depression can stress your heart rate and increase blood pressure, according to the American Heart Association.
- Heart Health Principle #8: Quit Smoking — Marijuana Too!** - Saying no to smoking is a huge way to lower your heart attack risk. Research suggests that the risk of a heart attack is several times higher in the hour after smoking marijuana. Also, “if you smoke marijuana and then have a heart attack, it’s more likely to be fatal,” Dr. Levin says.

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

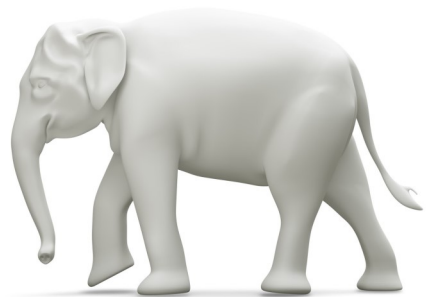
Brunch on February 4th
10:30 AM RC
Pancake Dipped Sausages have been added to the menu for this month

Tuesday Night at the Movies
February 10th
The Untouchables
5:30 PM RC
Tomato Soup & Grilled Cheese Sandwiches



Resident Pot Luck
Wednesday, February 25th at 12 Noon
Please let the office know what you're bringing.
This is a resident driven meal.

Don't forget to sign up for the trip to Southland Casino on January 20th. We'll leave the Ramey Center at 9 AM so that we can get our cards and enjoy a little gaming before we head to the buffet to eat.



THE WHITE ELEPHANT
Friday's 10 to 3 / Saturday's 10 to 3
We look forward to everyone coming out to visit and enjoy shopping in the White Elephant.
Anyone that would like to volunteer to work, please contact Mary Dyer.
Remember, we accept donations.

The challenge has been accepted. The Golden Girls will be matched up against some of the Maintenance staff. This will be part of our Valentine Party on February 12th at 5:30 PM. Be prepared to laugh!



Mark your calendar - Monday, February 23rd at 5:30 PM at the Ramey Center, we will make some Tie Dye creations. Please bring your white, prewashed cotton items and let's get "groovy"! This will take the place of our regular Sip & Paint. Please sign up so that we know how much dye to have available.

Daylight Savings Time begins on March 8th.
Don't forget to set your clocks forward.



Baked Potato Bar will be available at the Ramey Center at 12 noon on March 17th in honor of St. Patrick's Day. Remember to sign up!



Spring begins on March 20th. Let's plan a fishing trip in honor of the change of seasons, either in March or April. We could go to Big Lakes, but a fishing license is required there, or we can go back to Charlie's in Kennett, Missouri. Let me know if you're interested in going, and to which location. Or, if you have a different favorite place to go, let us know.



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 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>

The Surprising Connection Between Close Friends and Good Health

Buddies are strong medicine — no prescription required. Research indicates that lonely and socially isolated people tend to be less healthy and more likely to have a lifestyle that is not as health-promoting. Here are just a few of the many benefits of friendship.

- You’re more likely to succeed at fitness goals.
- You’re less likely to develop heart disease.
- You’ll have better luck managing health conditions.
- You might live longer.

Come join in the activities at the Ramey Center, Library, Craft Hut, and around the Village. There are lots of friendly people here!

Carrying too much weight around your middle isn’t just a vanity issue. Belly fat can also have an unwelcome impact on your health, increasing your risk for [heart disease](#), [type 2 diabetes](#) and [breast cancer](#), according to Harvard University. The problematic type of fat is called [visceral fat](#), and you may not even know you have it. It surrounds your organs inside your abdominal cavity, which is why it can lead to chronic illness as it accumulates. Before you start worrying too much, it is possible to [lose belly fat — even after 65](#). Healthy eating is always a smart strategy, but consistent activity is also crucial to get rid of it. The best exercises to help you shed your belly fat also build strength and muscle mass in your core that can give you a big assist in the activities of daily living. Join our SilverSneakers exercise group on Mondays and Thursdays at the Ramey Center at 9 AM. If you have a chronic condition (including [osteoporosis](#)), an injury, or [balance issues](#), talk to your doctor about how you can exercise safely.

An article recently commented on how to better focus on things that matter to us. The method they used pertained to lists. Many of us are used to making lists. How many of us actually finish the items on the list? Their suggestion was to make several lists. There is the Main List, the Weekly List, the Daily List and the Hour by Hour Plan.

1. Make the Main List—Include everything that needs to be accomplished.
2. Make the Weekly List—prioritize the things that you wish to accomplish during the week.
3. Make the Daily List—Identify your biggest priorities and check them off as they are completed. This leads into the Hour by Hour Plan

I know that many of us are retired, but we can use this in our daily lives. Grocery Shopping, taking out the trash, doctor appointments, cleaning out a closet, rearranging a cabinet or drawer. These lists could help us focus on what needs to be done, and then feeling the satisfaction of completing the task.

We still have cell phone carriers available, just check with Eva at the Ramey Center. If we need more, the Crafty Ones have said that they will be happy to make more.



The drawing for the \$50 off your rent for displaying the Elf in the Yard will be held on January 2nd. We will make a One Call to let everyone know who the lucky winner is. Thank you for your participation!

The Christmas party was a huge success! We have made notes of some things to change for next year, but we had such a great turnout! Thanks to all of the volunteers that helped decorate, set up, and clean up. You are all amazing, and we couldn’t have done this without your help and support. Next year, the theme will be Winter Wonderland, so start thinking of ways to decorate the Ramey Center.

Elf Mail came back. Thank you to the volunteers that helped sort the mail, and also to those that utilized the mailbox. It was so much fun to receive so many cards! A special thank you to Leslie for distributing the cards that had not been picked up!


We will use the mailbox to distribute Valentine’s Day cards. Let your neighbors know that you care! We can receive cards starting January 15th, and all should be picked up by the Valentine’s Day Party on February 12th. You won’t want to miss the Family Feud contest at 5:30 pm at the Ramey Center! Golden Girls (office) versus Work Order Warriors (Maintenance).

We can start making payments on the trip to the Biltmore Estates in Asheville, North Carolina. We need at least 30 people to sign up for this trip. Anyone can travel with us, as long as payment has been received. If you pay the \$75 deposit, you have two weeks to purchase the travel insurance. The \$615 price is based on double occupancy. The dates are Monday, November 2nd through Thursday, November 5th, 2026. Please let Eva at the office know if you are interested.



January 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
ANC - Arkansas Northeastern College RC - Ramey Center CH - Craft Hut VT-Village Trail VP-Village Pool				1 OFFICE CLOSED HAPPY NEW YEAR! 	2 White Elephant 10 AM to 3 PM 4:30 PM Resident Dance RC 6 PM Mexican Train Dominoes RC	3 White Elephant 10 AM to 3PM 10 AM TOPS RC
4	5 9 AM Exercise class RC 10 AM Grocery	6	7 10:30 AM Brunch RC Library Volunteer Hours 8-10 AM	8 9AM Exercise 9:30 AM Coffee—Game 2PM Crafty Ones CH	9 White Elephant 10 AM to 3 PM 4:30 PM Resident Dance RC 6 PM Mexican Train Dominoes RC	10 White Elephant 10AM to 3 PM 10 AM TOPS RC
11	12 9 AM Exercise class RC 10 AM Grocery run	13 10 AM Advisory Committee RC 5:30 PM Tuesday Night at the Movies RC	14 2 PM Book Club Doris Marks Library Library Volunteer Hours 8-10 AM	15 9 AM Exercise Class RC 9:30 AM Coffee-Game	16 White Elephant 10 AM to 3 PM 4:30 PM Resident Dance RC 6 PM Mexican Train Dominoes RC	17 White Elephant 10 AM to 3PM 10 AM TOPS RC
18	19 9 AM Exercise class RC 10 AM Grocery run	20 9 AM Leave for Southland Casino	21 Library Volunteer Hours 8-10 AM 2 PM -Birthday & Move-in Bingo Party, RC	22 9AM Exercise 9:30 AM Coffee—Game 2PM Crafty Ones CH	23 White Elephant 10 AM to 3 PM 4:30 PM Resident Dance RC 6 PM Mexican Train Dominoes RC	24 White Elephant 10 AM to 3 PM 10 AM TOPS RC
25	26 9 AM Exercise Class RC 10 AM Grocery Run	27 2 PM Movie Day RC 5:30 PM Game Night RC BINGO	28 12 Noon Resident Pot Luck RC Library Volunteer Hours 8-10 AM	29 9 AM Exercise Class RC 9:30 AM Coffee-Game	30 White Elephant 10 AM to 3 PM 4:30 PM Resident Dance RC 6 PM Mexican Train Dominoes RC	31 <div>Please sign up! Call the office if you need a ride.</div>