

Writers Journal Launches



November 2025

We Did It!

The Power of Gratitude

Welcome New Residents



WESTMINSTERSM
COMMUNITY LIFE

FROM THE EXECUTIVE DIRECTOR



CHUCK BORST

'Tis the season to model gratitude. I believe that we feel grateful to live and work at Westminster. We have beautiful facilities, delicious food, healthcare access, wonderful friendships, and amazing associates. But how often do we stop and process the gifts in our lives? I encourage us to do that this month. Write them down, say them out loud, pray, or meditate. Expressing our appreciation stabilizes our moods and nurtures our relationships.

I am grateful to this year's Alzheimer's Texas committee that hit fundraising out of the park. The Silent Auction was full of fun items, and coupled with the first-ever Live Auction, raising \$10,256. Overall, we raised \$84,584.33 to help find cures for the disease and support caregivers.

When you see the committee members around the community, please give them a pat on the back.

Tessa Cannon (G&A)

Owen Mason (EVS)

Liz Neihart (G&A)

Cheyenne Turks (F&B)

Yari Gonzalez (RHS)

Steven Wojcik (F&B)

Maribel Reyna (Security)

Sarrah Whitehead (HCC)

Bryson Bertelson (Plant)

Brooks Eastman (AL)

Chairs:

Jordan Bleecker (G&A) & Wendy Gordan (G&A)

Gratitude is the Word

We're Counting Our Blessings All Month Long

Thank you also to Wendy Gordan and Westminster board members who attended the Martha Gooding Foundation for Compassionate Nursing Foundation golf tournament in October. The foundation provides scholarships for nursing students at The University of Texas and Austin Community College. Westminster contributes to the foundation to support nursing education and patient-centered care.

Chuck Borst



Board members (l-r) Paul Hilgers, Richard Luevano, Nick Moore pose with scholarship recipient Mary Semakula



Another Successful Silent Auction for Alzheimer's Texas



Mayor Kirk Watson visits Westminster



MARK YOUR CALENDAR

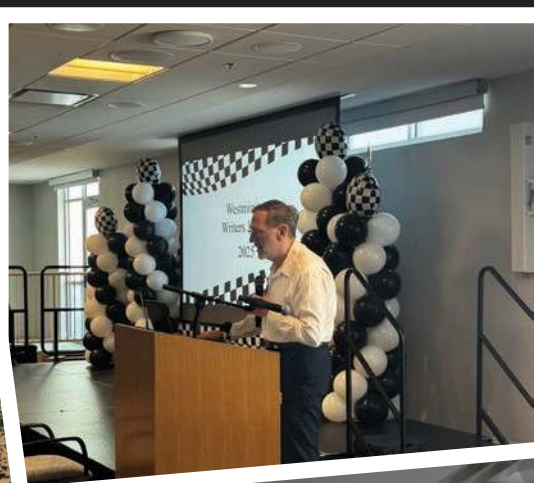
Nov. 11 Veteran's Day Celebration

10:30 | Harris Bell Hall

Join Retired Colonel James Closmann, son of residents, Phil & Madeline Closmann, and current professor of surgery at the University of Colorado Medical Center and School of Dental Medicine, for his presentation: *A Military Career and the World Events that Helped to Shape It.*



Writers Journal Launch Party



Museo Benini in Marble Falls



Dancing Swing



Century Club Party



Downton Abbey The Grand Finale





Alamo and Casa Rio



First Light Books



Antique Car Show



Welcome New Residents

September 2025

GERALD CASON, APT. 4018

Hometown: Dallas, TX

Lifework: Educational psychology; consultant

Hobbies: Reading, touring

Places Traveled to: All US states except Hawaii, Mexico, South American, Antarctica, Australia, Greece, Europe, Canada, UK

Military Service: Texas Army National Guard, US Marine Corps Reserve – 1957-1964

CAROLYN CASON, APT. 4018

Hometown: Seguin, TX

Lifework: University faculty/administrator, nursing (scientist-researcher), teacher

Hobbies: Fishing, gardening, reading

Places Traveled to: All US states except Hawaii, Antarctica, Scandinavia, Europe, Puerto Rico, UK, Spain, Greece, Japan, China, South Korea, Taiwan, Australia, Mexico, South America, Canada

Games: Cards, dominoes, 42, Moon

BILL LEY, APT. 3008

Hometown: Austin, TX

Lifework: Trial lawyer, real estate broker

Hobbies: Travel in north America, computers, and

most recently rearranging furniture

Places Traveled: All states and Canadian provinces, except Kansas and Newfoundland

Games: Too dyslexic for cards. Dominoes, maybe!

Volunteer Work: American Cancer Society, COA Bicentennial Commission, Pro Bono legal work

MARY LEY, APT. 3008

Hometown: Austin, TX

Lifework: Jungian psychoanalyst; part own Field Guides international birding tour company; Asst. Director Public Relations KLRU; Willie Nelson movie production assistant

Hobbies: Art, antiques, travel, reading, internet

Places Traveled to: Italy, Spain, England, France, Portugal, Hungary, Romania, Russia, Mexico, Jamaica, Canada, Scotland, Egypt, Galapagos, Czechoslovakia, and Guatemala

Games: Looking forward to learning some – not Bridge

Membership of Any Organizations: International Society of Jungian Analysts, Texas Seminar

Volunteer Work: City of Austin Bicentennial Commission - Planning Commission, Art Commission; art therapy for abused and neglected children

Any Other Special Interests or Accomplishments: As a member of the Austin City Planning Commission – substantially responsible for the Aquifer, Tree and Landscape Ordinances; politics



JOAN JUDGE, APT. 317

Hometown: Austin, TX

Lifework: Estate & gift tax attorney

Hobbies: Gardening & reading

Places Traveled to: Scandinavia, Norway, Japan, all of Europe, Mexico, Turkey, all of US

Games: Dominoes & 42

Membership of Any Organizations: Austin Herb Society

Children & Grandchildren: 4 children & 7 grandchildren

Any Other Special Interests or Accomplishments: Democratic party, formerly Bar Association and other business associations

CAROL MARTIN, APT. 5028

Hometown: Dallas, TX

Lifework: Austin Public Library & Harcourt Publishing

Hobbies: Reading, film festivals

Places Traveled to: Europe, Panama, Ecuador, Argentina, Patagonia, Uruguay, Japan, New Zealand

Membership of Any Organizations: Austin Rowing Club, League of Women Voters

Volunteer Work: Meals on Wheels, SAFE

SAM MARTIN, APT. 5028

Hometown: Richardson, TX

Lifework: State government agencies

Hobbies: Reading, genealogy, film festivals

Places Traveled to: Europe, South America, Japan, Vietnam, New Zealand

Musical Instrument: Previously piano and trombone

Membership of Any Organizations: Austin Rowing

Club, Austin Film Society, YMCA

Military Service: US Army, 1969-1971

Volunteer Work: Meals on Wheels, Foundation Communities

LEE ARNOLD, APT. 301

Hometown: Austin, TX

Lifework: Physician (general practice)

Hobbies: Gun collecting, outdoors, watching TV, hunting, fishing

Places Traveled to: California, Minnesota, Michigan, Colorado, New Mexico, Bahamas

Games: Gin, 42

Military Service: Navy, 1963-1966

Children & Grandchildren: 2 children, 3 grandchildren & 1 great-grandchild

Any Other Special Interests or Accomplishments: Knowledge of vintage and antique firearms, knowledge of cars

ERNIE BOGART, APT. 6 (NOT-IN-HOUSE)

Hometown: Elgin, TX, but born in Taylor, TX

Lifework: Civil trial attorney, father

Hobbies: Gardening, chicken and egg farming, hunting and fishing, acting, and I'm learning to paint

Places Traveled to: Vietnam, other locations within the USA, Japan, Puerto Rico, France, Greece, Alaska, Beliz & British Virgin Islands

Games: Dominoes, 42, some old card games – but it's been a while

Musical Instrument: Kazoo

Membership of Any Organizations: Lost Pines Art League, Elgin COC, Democratic party, Texas Bar Association



Military Service: Army, 1967-1968

Volunteer Work: Advocacy outreach, Presbyterian church, Bastrop County Bar Association

Children & Grandchildren: 2 children & 2 grandchildren

Any Other Special Interests or Accomplishments: They are in older eras: I was most worthy Elgin citizen in 1994; Shriner worthy community member 199?, Head of Main St. Board, President of this and that

October 2025

ANITA JANAY, APT. 357

Hometown: Alton, IL

Lifework: Nurse

Hobbies: Dancing, swimming, Mahjong, Canasta, bunko

Places Traveled to: Europe, Canada, all over the US, Mexico, Asia; lived in Saudi Arabia for 6 years

Games: Dominoes, Canasta

Membership of Any Organizations: PEO, bible study

Children & Grandchildren: 1 son & 1 granddaughter

BEVERLY ROSS, APT. 3323 (NOT-IN-HOUSE)

Hometown: Austin, TX

Lifework: Healthcare Administrator

Hobbies: Golf, skiing (previously), spectator sports, reading

Places Traveled to: Europe, Canada, USA

WAYNE REBHORN, APT. 503

Hometown: Philadelphia

Lifework: Professor of England & Corporate Literature at UT

Hobbies: Reading literature, history, listening to classical music, opera, theater, walking for exercise, watching good TV

Places Traveled to: All of western Europe, plus Russia, Egypt, Morocco, China, Japan and India

Games: Bridge

Children & Grandchildren: 2 children & 5 grandchildren

Any Other Special Interests or Accomplishments: Translator, Machiavelli, More's Utopia, PEN Center USA Prize

ANNE ELLZEY, APT. 470

Hometown: Austin, TX

Lifework: Lawyer for federal sector; labor union NTEU for over 32 years

Hobbies: Travel, dog agility, spending time with friends and family, knitting, baking

Places Traveled to: Morocco, Turkey, Europe, Chili, Ecuador, Nicaragua, Mexico, Costa Rica, Caribbean, Argentina, Guatemala, various UT states, crossed the Atlantic on QE2, Canada

Games: Yes

Membership of Any Organizations: Knitting groups

Volunteer Work: Coordinator for Knitting Knockers in Austin, leg work for immigrants

Children & Grandchildren: 0, but hoping for honorary grandchildren

Any Other Special Interests or Accomplishments: Knitting gifts and baking cookies for my friends and family



Dining

LAUREL DINING ROOM:

To-go service only during construction

Lunch 11:00 A.M.-2:00 P.M.

Dinner 4:00-7:00 P.M.

Call (512) 600-7332 to order.

Delivery & pick-up in room #227

BISTRO:

7:00 A.M. - 8:00 P.M.

Delivery & pick-up available 7:00 A.M. - 4:00

P.M. Call (512) 600-7369 to order.

ROWAN DINING ROOM:

No pick-up or delivery orders

11 A.M. - 3:00 P.M.

Reservations: (512) 454-4711 ext. 2243

TREE LOUNGE:

Bar: 1:00 P.M. - 9:00 P.M.

Dinner: 4:00 P.M. - 8:00 P.M.

Daily Chef Specials are posted on the Westminster Portal or ask your server.

During our Completion Phase, there will be temporary changes to our dining hours. Refer to the **Expansion tab** on the resident portal for up to date info.

Transportation

Sign up for the activity trips on the Resident Portal. In addition, we provide transportation to scheduled doctor appointments and to grocery stores.

Little Store

MON - FRI 9:30 A.M. - 3:30 P.M.

Closed daily from 1:30 to 2:00 pm

Business Center

Business Center and Library are accessible 24-hours a day with black key fob.

Wellness Clinic

MON - FRI

8:30 A.M.-12:30 P.M. & 1:30 PM-5 P.M.

Appointments are preferred. Call

(512) 323-2395, you may leave a message.

Please let us know the nature of your complaint so we may know best how to assist.

Operation Blue Santa 2025



2024 Operation Blue Santa at Zilker Park. Photo credit @austinpliceobs

Westminster will be collecting toy donations for Blue Santa!

Operation Blue Santa began in 1972 providing a meal and toys to 20 families in need. This year Blue Santa expects to serve around 8,000 families providing toys and food to around 18,000 children through their services. This is made possible by generous donations from civic organizations, businesses, individuals and groups.

Donations can be dropped off in any lobby from November 3rd- 28th

- ☑ Donations should be new unwrapped toys.
- ☑ Toys for Ages 1-2 and 8-14 are most needed.



The Power of Gratitude: A Gift That Keeps Giving

As the autumn leaves fall and Thanksgiving approaches, November invites us to reflect on the blessings in our lives. But did you know that practicing gratitude isn't just a seasonal tradition—it's a powerful tool for lifelong well-being?

What Is Gratitude?

Gratitude is more than saying "thank you." It's a mindset—a way of noticing and appreciating the good in our lives, whether it's a warm cup of coffee, a kind word from a friend, or the beauty of a sunset.

Backed by Science: Gratitude and Your Health

Researchers have found that regularly practicing gratitude can lead to:

- ✓ Better Sleep: People who keep gratitude journals sleep longer and feel more refreshed.
- ✓ Improved Heart Health: Gratitude is linked to lower blood pressure and reduced risk of heart disease.
- ✓ Stronger Immune System: Positive emotions like gratitude can boost your body's defenses.
- ✓ Less Stress and Depression: Focusing on what's good helps shift attention away from worries and regrets.
- ✓ Sharper Brain Function: Gratitude may improve memory and cognitive function, especially in older adults.

Easy Ways to Practice Gratitude

You don't need fancy tools or lots of time. Try these simple ideas:

- ✓ Gratitude Journal: Write down three things you're thankful for each day.
- ✓ Thank You Notes: Send a card or message to someone who made a difference in your life.
- ✓ Gratitude Walks: Take a stroll and notice things that bring you joy—birdsong, fresh air, friendly faces.
- ✓ Reflection Time: Before bed, think of one good thing that happened that day.

Gratitude doesn't mean ignoring life's challenges. It means choosing to see the light even in difficult times. And the more we practice, the easier it becomes to find that light.

This November, let's embrace gratitude not just as a holiday tradition, but as a daily habit. It's free, it's healing, and it's one of the most powerful gifts we can give ourselves.



Weekly Workouts

Ready to get fit? We've made some changes to our schedule.

MONDAY

8:30am
Walking Group
Depart from PL

9:00am - 9:30am
Chair Exercise
Resident Led (FS)

9:30am - 10:00am
Beginner Pilates
Angie

10:05am-10:35am
Gentle Yoga - Angie

10:30am - 10:50am
Balance Ballet
Virginia (Apt 14)

11:15am - 12:00pm
Functional Fitness
Nadine (FS)

11:15am-12:00pm
Aqua Fit Jade (Pool)

12:00pm-12:45pm
Chair Yoga & Meditation
Nadine (FS)

TUESDAY

9:00am - 9:30am
Chair Exercise
Resident Led (FS)

9:30am - 10:15am
Interval Training
Angie (FS)

10:30am - 11:15am
Yoga
Angie (FS)

11:30am-12:15pm
Just for Men (Strength
Training)
Jade (FS)

12:15pm-1:00pm
Strength & Stretch
Jade

1:00pm - 2:00pm
Fitness for Movement
Disorders w/Summer
(FS)

WEDNESDAY

9:00am - 9:30am
Chair Exercise
Resident Led (FS)

9:30am - 10:15am
Balance & Cardio
Blast
Angie (FS)

10:30am - 10:50am
Balance Ballet
Virginia (Apt 14)

10:35am - 11:20am
Just For Men
Jade (for Lynn) (FS)

11:15am-12:00pm
Aqua Fit
Jade (Pool)

11:30am-12:15pm
More Core on the Floor
Angie (FS)

1:00pm - 2:00pm
Parkinson's - 3rd Wed
Tammis (Chapel)

THURSDAY

9:00am - 9:30am
Chair Exercise
Resident Led (FS)

9:30am - 10:15am
Interval Training
Angie (FS)

10:30am - 11:15am
Yoga
Angie (FS)

11:15am-12:00pm
Aqua Fit
Jade (Pool)

12:15pm-1:00pm
Strength & Stretch
Jade

1:00pm - 2:00pm
Fitness for Movement
Disorders w/Robin
(FS)

FRIDAY

9:00am - 9:30am
Chair Exercise
Resident Led (FS)

9:30am - 10:00am
Beginner Pilates
Angie

10:05am-10:35am
Gentle Yoga
Angie

10:40am-11:10am
Core on the Floor
Angie (FS)

11:15am-12:00pm
Aqua Fit
Jade (Pool)

SATURDAY

9:00am - 9:30am
Chair Exercise
Resident Led (FS)

PLEASE NOTE:

11/3- Functional Fitness
will be a special demo
class day and Chair Yoga
will be subbed by Angie

*All classes on
Thanksgiving Day are
canceled

FS = Fitness Studio
PL = Preston Lobby

NOVEMBER EVENT HIGHLIGHTS

Dates & times subject to change, check weekly calendars for up-to-date info.

NOVEMBER 3 @7:15 P.M.

LIVE MUSIC: MATT ZELININ

Harris Bell Hall - Join us for an evening of jazz with popular singer and pianist, Matt Zelenin

NOVEMBER 4 @9:00 A.M.

OUTING: COMMUNITY FIRST! VILLAGE

Sign up on the **Resident Portal** for a guided tour of Austin's Community First! Village



NOVEMBER 13 @7:15 P.M.

CELEBRATION: EARLY THANKSGIVING PARTY

Harris Bell Hall - Dance the night away with The Defibrillators



NOVEMBER 21@11:00 A.M.

LUNCH EVENT: HOLIDAY SHOW & SALE

Harris Bell Hall - Grab your ticket for the holiday style show, sale and lunch

NOVEMBER 24@7:15 P.M.

CELEBRATION SING SING SING!

Harris Bell Hall - Thanksgiving themed resident singalong

NOVEMBER 28 @6:30 P.M.

TAILGATE PARTY: UT VS TEXAS A & M

Harris Bell Hall - Throw on your jersey and come cheer on your favorite Texas football team!

MORE TO OFFER

Check the resident portal for the full calendar and amenity schedule.



Follow us on Facebook for events and more!





November 1-15

BIRTHDAY LIST

Independent Living

DATE	NAME	APT #
2	Jeanette O'Dell	4024
3	Phyllis Waddle	214
7	Andrea Magnus	250
8	Julia "Judy" Newton	9
9	Sara Jo Thompson (NIH)	137
10	Nancy Rowland	4016
10	Phyllis Tate	306
11	Anne Donovan	363
11	Jeffrey Walker	C411
11	Mary Bohls	228
12	Sherry Smith	431
14	Michele Gallman	20
14	Ronald Turner	111
15	Angela Coleman	3
15	Greg Thompson	C511

Arbour & Assisted Living

DATE	NAME	APT #
1	Thomas "Richard" Graham	C210
4	Janie Flack	CA318
9	Charles Meyer	2232
9	Dorothy Brown	2229
10	Janet Schenker	2254
11	Gary Libman	MC236

SUNDAY

WESTMINSTER SCHEDULE

This calendar lists all trips and activities scheduled in person and on Ch 1890 (unless otherwise noted)

*Indicates that sign-up on the portal is required

**Indicates that ticket and sign-up on the portal is required

MONDAY

Location Key

HBH Harris Bell Hall
LDR Laurel Dining Room
PL Preston Lobby
PS Pottery Studio
C Chapel
PC Preston Courtyard
SOL Solarium

TUESDAY

GR Game Room
WC Windsor Courtyard
B Bistro
ME Marketing Entrance
FC Fitness Center
T Theater
AS Art Studio

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

10:00 When we feel frustrated-Dr Charles Stanley

2

10:30 Old Favorites Gospel Hymn Singing (63 mins)

11:00 Catholic Communion Service-C

11:35 Billy: The Early Years of Billy Graham (86 mins)

1:05 Movie: Indescribable (2013) 98 mins

2:00 Play Canasta-SOL

4:00 Vespers: Speaker: Rev. Herb Moffett, Westminster Chaplain-C; Live on Ch 1890

5:00 Bob Hope's Give Me A Sailor (78 mins)

6:30 Rick Steves' Paris, Regal and Intimate

7:00 André Rieu live in Malta (67 mins)

11:00 Concert by The Silver Strings-HBH

11:00 Ray Mears' Northern Wilderness: Part I (58 mins)

11:15-12:15 Special Demo Class with Nadine-FS

12:00 Movie: Unfinished Sky (94 mins)

1:30 Walgreens & Central Market-PL*

2:00 Sherlock Holmes in New York (95 mins)

3:00 Book Club-Great Novels of the 19th Century-T

3:35 Louisa May Alcott's Inheritance (95 mins)

5:10 ...The Yellow Sahara (53 mins)

6:00 UT Women's Basketball-PL**

6:05 Journey ... Sicily (45 mins)

6:50 Australia's giant Rock Lobsters!! (22 mins)

7:15 An evening of jazz with popular singer and pianist, Matt Zelenin-HBH

7:15 Lawrence Welk Show - Those Were the Days from 1975 (58 mins)

8:20 Movie: Annie Hall (1977); 93 mins

9:00 Guided tour of Community First! Village-PL*

9:30 Women's Group with Donuts & Coffee-SOL

9:30 Men's Coffee Group-SOL

10:00 Art class with Linda-AS

10:00 Woodworking w/ Gus-Ground floor Preston

11:00 Jane Goodall:...(91 mins)

12:32 ...Royals eat...(44 mins)

1:20 ...London...The Blitz(52 mins)

1:30 Paper Crafting w/ Cindi -AS

2:00 Stitch 'N Time- Arbour 2nd Fl

2:13 Movie: The Devil's Arithmetic (1999) 96 mins

3:00 Interfaith Book Group-C

4:45 Breathtaking Iceland...(45 mins)

5:30 ...Bologna, Italy (25 mins)

5:55 Morocco...(55 mins)

6:55 Ballet: Léo Delibes: Coppelia (100 mins)

7:15 Dance & Music Night with Gail & The Geezers Band.-HBH

8:40 Movie: Platoon (1986); R-Rated; 120 mins

4

9:00 Guided tour Taylor, TX-PL*

10:00 Pottery Class-PS

10:00 Tech Help-GR

10:30 Poetry Group-T

10:30 Meditation Group w/ Patty-C

11:00 The massacred French village...1944 (56 mins)

12:00 Vietnam War Stories (57 mins)

1:00 ...Ocean Creatures...(63 mins)

1:00 Bridge Group-GR*

2:05 Tiny but Tough...(50 mins)

3:00 Movie: The Andrew Sisters in Private Buckaroo (68 mins)

3:30 Social Hour-Bistro

4:10 Monterrei: A Wine...(49 mins)

5:00 The Rhine...(53 mins)

5:55 Wonders of Norway (53 mins)

6:50 Porto...Food Tour (38 mins)

7:15 Everything ...about hips and knees: by Dr Meghpara of Austin Sports Medicine-HBH

7:30 Kenny, Dolly and Willie: Something Inside ...(47 mins)

8:20 Movie: Reds (1981) 195 mins

5

10:00 Art class w/ Sue-AS

10:30 Fit Minds-C

11:00 Lunch Bunch goes to Oasis on Lake Travis-PL*

11:00 How farming had to adapt to the air raid

12:00 Stories of Spanish Art:...(59 mins)

1:00 ...Polar Vortex (54 mins)

2:00 The Zebra - Queen of Africa (53 mins)

2:00 Mexican Train-SOL

2:30 Discussion Group-Topic: Education-C

3:00 Elegance and Decadence: The Age of the Regency - Part I (59 mins)

4:00...Rhodes vacation (52 mins)

4:55 ...luxury Med. Cruise (46 mins)

5:30 Town & Gown Club-PL**

5:45 Azerbaijan...(42 mins)

6:30 The Art of Piano (106 mins)

7:15 Entertainment with Song & Dance Man, Jerry Conn (resident) & Jazz Pianist, Walter Tibbitts-HBH

8:20 Musical Movie: Anchors Aweigh (1945) 140 mins

6

10:00 Art class w/ Maria-AS

10:00 Westminster Veterans Group meeting-SOL

11:00 Exhibition on Screen: Vermeer(49 mins)

12:00 Fall getaways & 8 scenic drives across 11 states (28 mins)

1:00 Remembering Diane Keaton (72 mins)

1:30 Walmart-PL*

2:15 The Last Eden - Predators of Kafue National Park (63 mins)

3:20 Wonders of Egypt (58 mins)

4:20 Saudi Arabia - Travel documentary (43 mins)

5:05 Old favorites: Junior Miss (1945) 95 mins

6:00 UT Women's Basketball-PL**

7:00 Friday Classic Movie: The Best Years of our Lives (1946) 168 mins

7:15 HYMN SING-C

7

10:35 Movie: The Hiding Place (147 mins)

11:00 Investment Club: Speaker: Lee Price, resident-SOL

11:15 MetOpera's La Bohème at Regal Metropolitan (3.30 hrs) -PL*

1:30 Fun Board Games with Kay Arms, resident-SOL

2:00 Dominoes-SOL

2:00 Movie: Ai Margini Della Metropoli (Italian) 86 mins

3:30 Unitarian Service-C

4:30 The Carol Burnett Show

5:30 The Hapsburg Empire: The Glory of Baroque

7:00 Movie: Book Club: The Next Chapter (2023) 107 mins

8:55 The Tonight Show with Johnny Carson

8

10:00 Dealing with Anxieties - Dr Charles Stanley

9

10:30 Hymn Sing (58 mins)

11:00 Catholic Communion Service-C

11:30 D.L. Moody (52 mins)

12:30 Piano music by John Hudspeth, resident

1:00 Movie: Return to the Hiding Place (2013) 112 mins

2:00 Play Canasta-SOL

4:00 Vespers: Speaker: Rev. Tom Tickner -C; Live on Ch 1890

5:00 Bob Hope's Caught in the Draft (82 mins)

6:30 Rick Steves' Lisbon and the Algarve

7:00 The Mountbatten Festival of Music 2025 - The Bands of HM Royal Marines (128 mins)

8:30 Walking Group-Butler Park at Ladybird Lake-PL*

11:00 Ray Mears' Northern Wilderness: Part II (58 mins)

12:00 Movie: The Veteran (89 mins)

1:30 Walgreens & Central Market-PL*

2:00 BINGO-SOL

2:00 Discussion Group: Speaker: Jim Woodrick, resident on, Making the Energy Transition from fossil fuels to clean energy-HBH

2:00 Care Partner Support Group-Rachel's office (Apt 336)

2:00 Sherlock Holmes...(108 mins)

3:50 Jane Austen's Mansfield Park (93 mins)

5:25 ...The Pink Wadi Rum (53 mins)

6:00 UT Women's Basketball-PL**

6:20 Street food in Rome (27 mins)

6:50 ...best bagel in NYC (26 mins)

7:15 Under Nazi Rule: The Channel Islands' Forgotten Occupation: by Maggie Gallant, British Woman-HBH

7:20 Lawrence Welk Show Salute to the Armed Force (58 mins)

8:25 Movie: Little Boy (2015); 107 mins

10

9:30 Women's Group with Donuts & Coffee-SOL

9:30 Men's Coffee Group-SOL

10:00 Art class with Linda-AS

10:30 Veterans Day Ceremony-Speaker: Dr James Clossman, Retired Colonel, US Army ...HBH

11:00 Jane Goodall: The Hope (89 mins)

12:45 Prince Philip:...(48 mins)

1:30 Medication Management program: by Halcyon-SOL

1:30 Paper Crafting w/ Cindi-AS

1:35 Royal Recipes: War and Strife(44 mins)

2:00 Stitch 'N Time-Arbour 2nd Fl

2:00 Book Group by APL: Cleopatra by Stacy Schiff-T

2:20 Movie: Pentagon Wars (1998) 104 mins

4:05 Poland: The ... (53 mins)

5:00 The Unknowns-...(85 mins)

5:30 Supper Club goes to Mandela's Italian Kitchen-PL*

6:25 Europe's eateries (45 mins)

7:10 World Ballet ... (77 mins)

7:15 Veteran's Day Patriotic sing along w/ James Zimmerman-HBH

8:30 Movie: Bonhoeffer (2024) 132 mins

11

10:00 Tech Help-GR

10:30 Poetry Group-T

10:30 Meditation Group w/ Patty-C

11:00-1:00 FALL FESTIVAL-WC

11:00 ...Iraq: Fallujah (54 mins)

11:55 The secret life of a WW2 spy (51 mins)

12:50 ...Coral Reefs (52 mins)

1:30 Hand and Foot Game-SOL

1:40 Table Tennis for Seniors at the Austin Table Tennis Club-PL*

1:45 Wild Yellowstone - Ruthless predators and...(78 mins)

3:05 Gomer Pyle USMC(76 mins)

3:30 Social Hour-Bistro

4:25 Bordeaux France - ...iconic wine region! (58 mins)

5:35 The Rhine... (53 mins)

6:30 National Veterans Day Concert at Washington National Cathedral (99 mins)

7:15 Classical, ragtime and jazz performance by Luke Thiessen of UT Butler School of Music -HBH

8:15: Movie: The English Patient (1996); R-Rated; 142 mins

12

10:00 Visit the World's First Military Museum, Buda-PL*

10:00-12:00 COMMUNITY SHRED DAY-Marketing Entrance

10:00 Art class w/ Sue-AS

10:30 Fit Minds-C

11:00 How food...Wartime Britain

12:00 John Minton -...(60 mins)

1:00 Mahjong Group-GR

1:00 ...Droughts(52 mins)

2:00 Mexican Train-SOL

2:00 ...Birds of Prey (52 mins)

2:30 Discussion Group-Topic: Curiosity-C

3:00 Elegance and Decadence: The Age of the Regency-Part II (59 mins)

4:00 Zoom Armchair Astronomer Ken VanLew presents: Rainbow Curiosities: ...

4:00 Travel-Cuba...(52 mins)

4:55 Rovos Rail - Pride of Africa (43 mins)

5:40 100 places...Europe (69 mins)

6:50 Beethoven's Ninth: Symphony...(92 mins)

7:15 Early Thanksgiving Party-with The Defibrillators Band-HBH

8:25 Musical Movie: This is the Army (1943) 125 mins

13

10:00 Art class w/ Maria-AS

10:00-12:00 Westminster Resident Portal Workshop-HBH

11:00 Exhibition on Screen: Rembrandt (49 mins)

11:55 New England...(35 mins)

1:00 Rick Steves' Poland (60 mins)

1:30 Trader Joe's-PL*

1:30 Duplicate Bridge-SOL

1:30 Health Rhythms-Drumming Class-HBH

2:00 David Attenborough's Incredible Animals (60 mins)

3:00 Nature Creator Club (flower arranging, plant creations - AS

3:00 ...New Zealand (69 mins)

3:30 Voice Lessons by Dr. Liliana Guerrero, Assistant Professor of Voice, ... UT Austin-HBH

4:10 Qatar Travel doc. (39 mins)

5:00 Old Favorites: At War with the Army (92 mins)

7:00 Friday Movie: Judgment at Nuremberg (1961) 186 mins

7:15 HYMN SING-C

14

10:35 Movie: The Dollmaker (1984) 144 mins

1:30 Fun Board Games with Kay Arms, resident-SOL

2:00 Dominoes-SOL

2:00 Movie: Look Who 's Back- Er ist Weider Da (German) 117 mins

TBA Watch the game in the HBH. Bring your own snacks & beverages. UT vs Georgia-HBH

4:30 The Carol Burnett Show

5:30 The Fall of The Habsburgs

6:45 Jazz at Lincoln Center-Hogg Memorial Hall-PL**

7:00 Movie: Greyhound; (2029); 91 mins

8:45 The Tonight Show with Johnny Carson

15



November 16-30

BIRTHDAY LIST

Independent Living

DATE	NAME	APT #
17	Eli Cox	1007
17	Joseph Youman	18
18	Nancy Collins	463
19	Gail Ross	242
19	Mary Kormendy	507
20	Anthony Orum	469
20	Janet Maxon	445
20	Linda Prentice	1005
21	Carlene Jenkins	C408
21	Susan Orum	469
22	Catherine Renner	522
22	Mary Lea Baker	518
23	Hank Pearson	5032
23	Melanie Lewis	C406
24	Bernard McIntyre	349
24	Peter Rodrigues	201
25	Susan Antoniewicz	447
26	Hilda Vazquez	321
26	Kay Brumley	4031
27	Sue Wilson	432
28	Helen Hooper	108
29	Ian Turpin (NIH)	457
29	Robert Liverman	C515

Arbour & Assisted Living

DATE	NAME	APT #
19	William Miller	2233
22	Maryjane Perry	2235
24	Boyd Taylor	CA327
28	Mary Jo Kennard	MC235
30	Ernest Dean Jr.	2259

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>10:00 He will show you His will - Dr Charles Stanley</div> <div>10:30 Gaither Vocal Band 2025 (90 mins)</div> <div>11:00 Catholic Communion Service-C</div> <div>12:00 Born Again:...(60 mins)</div> <div>1:00 Austin Opera's Celebrate Opera! - PL**</div> <div>1:00 Movie: Lifemark (106 mins)</div> <div>2:00 Play Canasta-SOL</div> <div>4:00 Vespers: Speaker: Rev. Ann Brizendine -C; Live on Ch 1890</div> <div>5:00 Bob Hope's Never Say Die (82 mins)</div> <div>6:15 Free Concert by Masterworks Singers at St Theresa of Lisieux Catholic Church-PL*</div> <div>6:30 Rick Steves' Little Europe-Five Micro Countries</div> <div>7:00 Premiere of American Revolution: by Ken Burns, Sarah Botstein & David Schmidt-SOL</div> <div>7:00 YouTube Symphony Orchestra 2011 Grand Finale (143 mins)</div> <div>16</div>	<div>8:30 Tour of NIMITZ Museum, Fredericksburg - PL*</div> <div>11:00 Ray Mears' Northern Wilderness: Part III (58 mins)</div> <div>12:00 Movie: Falling for Vermont (2017) 86 mins</div> <div>1:30 Walgreens & Central Market-PL*</div> <div>2:00 Online Food Ordering demo by residents, Leon Fainbuch & Isabel Van Horn-C</div> <div>2:00 BINGO-SOL</div> <div>2:00 Writing Group-T</div> <div>2:00 Sherlock Holmes ... (86 mins)</div> <div>3:30 Jane Austen's Northanger Abbey (94 mins)</div> <div>4:00 Armchair Astronomer Ken VanLew presents: Rainbow Curiosities: Surprises in the Sky-C</div> <div>5:05 ...Red Colorado Plateau (53 mins)</div> <div>6:00 Journey Through China's Cities (61 mins)</div> <div>7:05 Street food Vietnam (22 mins)</div> <div>7:15 Texas Rangers - A Century of Frontier Defense: Presentation by Jim Woodrick, resident-HBH</div> <div>7:30 Lawrence Welk Thanksgiving... (86 mins)</div> <div>8:30 Movie: Woman in Gold (2015) 109 mins</div> <div>17</div>	<div>9:30 Women's Group with Donuts & Coffee-SOL</div> <div>9:30 Men's Coffee Group-SOL</div> <div>10:00 Art class with Linda-AS</div> <div>10:00-1:00 Westminster's Craft Show-HBH</div> <div>11:00 Jane Goodall: Study of Chimpanzees (57 mins)</div> <div>12:00 Royal Recipes: ... (44 mins)</div> <div>12:45 Queen Elizabeth...(81 mins)</div> <div>1:30 Paper Crafting / Cindi-AS</div> <div>2:05 Movie: Used People (1992) 117 mins</div> <div>2:00 Stitch 'N Time-Arbour 2nd Fl</div> <div>3:00 Presbyterian Fellowship-SOL</div> <div>3:00 Episcopal Service - C</div> <div>3:00 Listening Session: . David's Episcopal Church ...-C</div> <div>4:05 Martinique, France...(44 mins)</div> <div>4:50 Poland...Warsaw (42 mins)</div> <div>5:33 The Last Paradise...(51 mins)</div> <div>6:25 Ballet: Swan Lake (120 mins)</div> <div>7:15 Concert by the Austin Flute Choir-HBH</div> <div>8:30 Movie: Thirteen Days (2000) 145 mins</div> <div>18</div>	<div>10:00 Tech Help-GR</div> <div>10:00 Pottery Class-PS</div> <div>10:30 Poetry Group-T</div> <div>10:30 Meditation Group w/ Patty-C</div> <div>11:00...WWII POW...(58 mins)</div> <div>12:15 William King Hale...(58 mins)</div> <div>1:00 Parkinson's Support Group-C</div> <div>1:00 Bridge Group-GR*</div> <div>1:15 Biodiversity in the British Isles (88 mins)</div> <div>1:30 Hand and Foot Game-SOL</div> <div>2:00 CHUCK CHAT-HBH</div> <div>2:45 MASH (48 mins)</div> <div>3:35 Dean Martin & Jerry Lewis in At war with the Army (93 mins)</div> <div>3:30 Social Hour-Bistro</div> <div>5:10 ...Toro Wine's...(69 mins)</div> <div>6:00 UT Women's Basketball-PL**</div> <div>6:20 The Rhine...(53 mins)</div> <div>7:25 Barbra Streisand - A happening at Central Park (54 mins)</div> <div>7:15 Parkinson's Disease and Movement Disorders: by Dr David Morledge, Neurologist-HBH</div> <div>8:25 Movie Thirteen Days (2000) 145 mins</div> <div>19</div>	<div>10:00 Art class w/ Sue-AS</div> <div>10:30 Fit Minds-C</div> <div>11:00 The WW2 women...</div> <div>12:00 BIRTHDAY LUNCHEON (November birthdays) - HBH</div> <div>12:00 .Baroque Art ... (59 mins)</div> <div>1:00 Mahjong Group-GR</div> <div>2:00 Mexican Train-SOL</div> <div>2:00 Elephants of Africa & Asia (53 mins)</div> <div>2:30 Discussion Group: Time-C</div> <div>3:00 Elegance and Decadence: The Age of the Regency - Part III (59 mins)</div> <div>4:00 Travel Macedonia (52 mins)</div> <div>4:55 ...Railway Journeys Mexico's Copper Canyon (44 mins)</div> <div>5:30 LBJ Lecture-PL**</div> <div>5:40 Istanbul: ... (53 mins)</div> <div>6:35 A World Without Beethoven? (87 mins)</div> <div>7:15 Chamber music recital featuring students from Butler school of Music, UT Austin-HBH</div> <div>8:10 Musical Movie: South Pacific (1958) 157 mins</div> <div>20</div>	<div>8:30 Informal Women's Breakfast-Bistro</div> <div>10:00 Art class w/ Maria-AS</div> <div>11:00-1:00 Holiday Style Show & Sale; And Lunch (Ticket holders only)-HBH</div> <div>11:00 Matisse:...(49 mins)</div> <div>12:00 Autumn in VT (30 mins)</div> <div>12:30 Academy4 Mentoring at Padron Elementary School-PL**</div> <div>1:00 Rick Steves' Europe: A Symphonic Journey (60 mins)</div> <div>1:30 Duplicate Bridge-SOL</div> <div>1:30 Barton Creek Mall-PL*</div> <div>2:00 ...Ocean World (69 mins)</div> <div>3:10 ...Himalayas (62 mins)</div> <div>3:30 Voice Lessons by Dr. Liliana Guerrero, Assistant Professor of Voice, UT Austin-HBH</div> <div>4:00 Shabbat Songs & Lessons-C</div> <div>4:00 Online Spanish class w/ Luz</div> <div>4:15 Iran - Travel doc. (39 mins)</div> <div>5:00 Old favorites: Petticoat Junction (97 mins)</div> <div>7:00 Austin Symphony-PL**</div> <div>7:00 Friday Classic Movie: The Dirty Dozen (1967) 150 mins</div> <div>7:15 Variety piano program by resident, John Hudspeth-SOL</div> <div>21</div>	<div>10:35 WW2 In Color: The key moments of the Second World War (203 mins)</div> <div>11:15 MetOpera's Arabella at Regal Metropolitan (4.1 hrs) -PL*</div> <div>1:30 Fun Board Games with Kay Arms, resident-SOL</div> <div>2:00 Dominoes-SOL</div> <div>TBA Tailgate Party- UT vs Arkansas- HBH</div> <div>2:00 Movie: Taste of Home (Chinese) 94 mins</div> <div>4:50 The Carol Burnett Show</div> <div>5:30 The Fall of the House of Habsburg - 1848-1918: A View of an Age</div> <div>7:00 Movie: Jackie (2016); R-Rated; 100 mins</div> <div>8:55 The Tonight Show with Johnny Carson</div> <div>22</div>
<div>10:00 Count Your Blessings - Dr Charles Stanley</div> <div>10:30 Hymn & Gospel Music Sing (76 mins)</div> <div>11:00 Catholic Communion Service-C</div> <div>11:50 1620: What was it really like aboard the Mayflower?(53 mins)</div> <div>1:00 Movie: A Family Thanksgiving (2010)</div> <div>83 mins</div> <div>2:00 Play Canasta-SOL</div> <div>4:00 Vespers: Speaker: Rev. Dr. Jim Rigby, St Andrews Presbyterian Church -C; Live on Ch 1890</div> <div>5:00 Bob Hope's Boy, Did I Get a Wrong Number (100 mins)</div> <div>6:40 Rick Steves' Belgium: Bruges & Brussels</div> <div>7:05 Sommernachts gala Wolkenturm Grafeneegg (82 mins)</div> <div>23</div>	<div>8:30 Walking Group-Waterloo Park-PL*</div> <div>11:00 Ray Mears' Northern Wilderness: Part IV (58 mins)</div> <div>TBA: Going to the movies-PL*</div> <div>12:00 Movie: Autumn In The Vineyard(81 mins)</div> <div>1:30 Walgreens & Central Market-PL*</div> <div>2:00 BINGO-SOL</div> <div>2:00 Sherlock Holmes - The Masks of Death (80 mins)</div> <div>3:00 Book Club-Great Novels of the 19th Century-T</div> <div>3:30 Period movie: Jane Eyre (108 mins)</div> <div>5:10 ...The White Uyuni (53 mins)</div> <div>6:05 ...Mongolia (32 mins)</div> <div>6:40 Street Food in Italy - Naples (32 mins)</div> <div>7:15 Sing Sing Sing! - Thanksgiving Resident Singalong -HBH</div> <div>7:15 Lawrence Welk Show - Movie Songwriters from 1981(58 mins)</div> <div>8:20 Movie: Jackie (2016); R-Rated; 100 mins</div> <div>24</div>	<div>9:30 Men's Coffee Group-SOL</div> <div>9:30 Women's Group with Donuts & Coffee-SOL</div> <div>10:00 Art class with Linda-AS</div> <div>10:00 Woodworking Class w/ Gus-Ground floor Preston</div> <div>10:30 Guided tour of Texas Music Museum-PL*</div> <div>11:00 TEDx Interview of Dr. Jane Goodall ... (59 mins)</div> <div>12:00 Royal Recipes:...(44 mins)</div> <div>12:45 Prince Phillip:...(88 mins)</div> <div>1:30 Duplicate Bridge-SOL</div> <div>1:30 Paper Crafting w/ Cindi-AS</div> <div>1:40 Secrets of Venice...(24 mins)</div> <div>2:05 Movie: What's Cooking? (2000); 109 mins</div> <div>2:00 Stitch 'N Time-Arbour 2nd Fl</div> <div>3:00 Presbyterian Communion-Cancelled</div> <div>3:55 ...British Virgin Isles (44 mins)</div> <div>4:40 Egypt:...(52 mins)</div> <div>5:35 Wonders of Peru (65 mins)</div> <div>6:40 Ballet-Sleeping...(101 mins)</div> <div>7:15 Cello Recital - A program of Bach,...Beethoven by Katsuaki Arakawa,...UT Austin-HBH</div> <div>8:25 Movie: Hannah and Her Sisters (1986); 107 mins</div> <div>25</div>	<div>10:00 Tech Help-GR</div> <div>10:30 Poetry Group-T</div> <div>10:30 Meditation Group Cancelled</div> <div>11:00 The Cuban Missile Crisis - How nuclear...(51 mins)</div> <div>11:55 ...death of JFK...(58 mins)</div> <div>12:15 Going to Bob Bullock IMAX Theater for Cities of the Future-PL*</div> <div>12:55 ...World of Whales (53 mins)</div> <div>1:30 Hand and Foot Game-SOL</div> <div>1:50 The Swiss Alps - Secrets of the Apex Hunters (83 mins)</div> <div>3:15 Laurel & Hardy's The Flying Deuces(69 mins)</div> <div>3:30 Social Hour-Bistro</div> <div>4:25 Behind the Bottle: What's really in your wine? (53 mins)</div> <div>5:20 The Rhine from above: A busy river: The heart of industrial Rhine(53 mins)</div> <div>6:15 Unseen Philippines (63 mins)</div> <div>7:20 ABBA in Switzerland (55 mins)</div> <div>7:15 Entertainment with singer and guitarist, Joe Blanda-SOL</div> <div>8:20 Movie: Avalon (1990)128 mins</div> <div>26</div>	<div>THANKSGIVING DAY</div> <div>WESTMINSTER HOLIDAY</div> <div>8:30 A Happy Thanksgiving - Dr. Charles Stanley</div> <div>10:30 Fit Minds-Cancelled</div> <div>11:40 The Mayflower Pilgrims (43 mins)</div> <div>12:25 The Rich Wild West of American Art (59 mins)</div> <div>1:25 The Real Story of Thanksgiving (41 mins)</div> <div>2:07 The Red Skelton Thanksgiving Show (30 mins)</div> <div>2:38 Everybody Loves Thanksgiving! Loves Raymond (35 mins)</div> <div>2:30 Discussion Group-Cancelled</div> <div>3:15 Movie: An Old Fashioned Thanksgiving (2008) 90 mins</div> <div>4:45 Lawrence Welk's Thanksgiving Show (59 mins)</div> <div>5:45 Bob Hope's Pink Panther Thanksgiving 1982 (98 mins)</div> <div>7:25 A Baroque Thanksgiving (55 mins)</div> <div>8:25 Musical Movie: The Sound of Music (1966) 174 mins</div> <div>27</div>	<div>10:00 Art class w/ Maria-AS</div> <div>11:00 The Painter ... (49 mins)</div> <div>12:00 The New England Fall Foliage Road Trip(22 mins)</div> <div>1:00 Rick Steves' Best of the Alps (56 mins)</div> <div>1:30 Health Rhythms-Drumming Class-HBH</div> <div>1:30 Duplicate Bridge-SOL</div> <div>1:30 Target-PL*</div> <div>2:00 Wild Badlands - Survival in ...Harsh Extremes (81 mins)</div> <div>3:00 Ballroom Dance Class-HBH</div> <div>3:00 Nature Creator Club (flower arranging, plant creations - AS</div> <div>3:23 Wonders of Idaho (89 mins)</div> <div>4:00 Online Spanish class w/ Luz</div> <div>5:00 Old favorites: Call Northside 777 (1948) 111 mins</div> <div>6:00 Vienna Light Orchestra at the Long Center-PL**</div> <div>6:30 Tailgate:- UT vs A&M - HBH</div> <div>7:00 Friday Classic Movie: War and Peace (1956); 208 mins</div> <div>28</div>	<div>10:35 The Great War Factories of WWII America (174 mins)</div> <div>1:30 Fun Board Games with Kay Arms, resident-SOL</div> <div>2:00 Dominoes-SOL</div> <div>2:00 Movie: Toto, Peppino, and the Hussy (Italian) 102 mins</div> <div>4:30 The Carol Burnett Show</div> <div>5:30 The Mayflower: How did 102 pilgrims survive this brutal voyage? (43 mins)</div> <div>7:00 Movie: Barbie (2023); 100 mins</div> <div>9:20 The Tonight Show with Johnny Carson</div> <div>29</div>
<div>10:00 ...Dr Charles Stanley</div> <div>10:30 ...Hymns (67 mins)</div> <div>11:00 Catholic Communion-C</div> <div>11:40 Apostle Paul (60 mins)</div> <div>12:40 Piano program by John Hudspeth, resident</div> <div>1:00 Wimberley Players' Christmas Belles-PL**</div> <div>1:10 Movie: The Mayflower Voyage (1979) 93 mins</div> <div>2:00 Play Canasta-SOL</div> <div>4:00 Vespers: Speaker: Hallie Spense -C; Live on Ch 1890</div> <div>5:00 Bob Hope ... (79 mins)</div> <div>6:35 Rick Steves' France's Famous Movie Soundtracks in Concert 2024 (76 mins)</div> <div>30</div>						<div>WESTMINSTER SCHEDULE</div> <div>This calendar lists all trips and activities scheduled in person and on Ch 1890 (unless otherwise noted)</div> <div>*Indicates that sign-up on the portal is required</div> <div>**Indicates that ticket and sign-up on the portal is required</div> <div>Location Key</div> <div><div>HBH Harris Bell Hall</div><div>LDR Laurel Dining Room</div><div>PL Preston Lobby</div><div>PS Pottery Studio</div><div>C Chapel</div><div>PC Preston Courtyard</div><div>SOL Solarium</div><div>GR Game Room</div><div>WC Windsor Courtyard</div><div>B Bistro</div><div>ME Marketing Entrance</div><div>FC Fitness Center</div><div>T Theater</div><div>AS Art Studio</div></div>