

# Let's Play Bridge



October 2025

Westminster's Foundation  
Medication Safety  
Journals for Sale



WESTMINSTER<sup>SM</sup>  
COMMUNITY LIFE

## FROM THE EXECUTIVE DIRECTOR



### CHUCK BORST

Westminster's Alzheimer's Texas campaign is coming to a successful end thanks to very generous residents, family/friends, associates, vendors, and our dedicated fundraising team. We're on track to surpass our year-to-date record and will announce the final tally next month.

I'm pleased to announce Westminster's next big chapter – and I don't mean construction. After more than a year of planning, Westminster is on the cusp of announcing the start of its CARES Foundation, an extension of our current nonprofit philanthropic efforts. **In the last three years alone, Westminster has donated almost a million dollars to community groups in Austin and across Texas.** This new foundation will formalize that structure of giving.

### Mission

The Westminster CARES Foundation advances effective solutions that benefit seniors and people living with disabilities across Texas.

### Vision

All Texas seniors and people with disabilities have access to a nurturing, purposeful, connected, and abundant life, and are treated with dignity and respect at all times.

# Westminster's Philanthropic Heart

The Westminster CARES Foundation will provide grants, education, consulting, equipment, and other resources that foster social connections, promote independence, and create supportive communities serving seniors and the disabled. It will prioritize projects that promote Texas Culture Change initiatives, quality improvement programs, and the Westminster Person Centered Care model. CARES stands for Centered Around Resident Empowered Services, the model of care that allows residents to prioritize choices, dignity, and overall well-being. **Stay tuned for details about an event announcing our new foundation.**

And don't forget, the upcoming **Residents Association meeting will be held on Monday, October 13 at 2:00 p.m. in Harris Bell Hall.** Refreshments will be provided, and the Writer's Journal will be for sale.

Thank you for making Westminster an extraordinary place to live and work.



# Behind Every Creature Comfort, There's an Associate Who Cares

Have you noticed how many things efficiently happen around Westminster? Our trash and recyclables are discreetly removed. We find clean towels at the pool, and fresh cloth napkins and tablecloths in the dining rooms. An apartment becomes vacant, new Residents soon arrive (a financial benefit for all of us). Your car has a dead battery, and a ride is quickly available. Plus, delicious food, facility improvements, and other amenities we cherish.

The Residents Association Fund (RAF) initiative is how we say "Thank You" to the 400+ Westminster Associates across all departments for the attention, dedication, kindness, and cheerful service they provide residents. Outward-facing and behind-the-scenes, Westminster associates enrich our lives daily in countless ways. Associates are not permitted to accept tips during the year, so this is our chance to reward their Extraordinary Hospitality.

Please check your mailbox for a letter with all the details. Our goal is \$310,000 and our tax- deductible donations are due by Monday, November 24. Please drop your check at any Reception Desk. Check the elevator flyers for ongoing information and the large candy canes for progress updates to our goal. We can do this!

Finally, let's gather on December 10 in the HBH for the reception to honor and bestow our gift upon our wonderful Associates.

## Questions?

Contact Leon Fainbuch, RAF Co-Chair @ 512-658-4200 or any RAF committee member wearing red & white ribbons on their nametags.

## RAF COMMITTEE

Leon Fainbuch, Co-chair  
Ferne Kyba, Co-chair  
Rowland Cook, 2024 Chair  
Marsha Durniak  
David Helfert  
Kathy Helfert  
Margaret Lalk  
Jerry Pritchard  
Phyllis Schenkkkan  
Berny Schiff  
Marilyn Vinson  
Sharon Verlander, Treasurer  
Pat Wright, Banner Editor  
Julie Brooks, Committee Coordinator  
Sarah Loyd, WM Associate Executive Director



# Gala Launch of New Journal



The launch of the 2025 *Westminster Writers Journal* will be celebrated on Thursday, October 9, at 4 p.m. in Harris Bell Hall. The gala event will feature a comedic introduction to the *Journal*, live readings, and conversations with contributors about the writer's life. Wine, soft drinks, and party platters will be served.

Managing Editor Katherine McGhee comments that this latest *Journal* "takes the reader on flights of literary imagination and on real-world journeys far from our Austin home." Over forty Westminster residents have contributed prose and poetry to this year's publication.

The *Journal* will be on sale (\$15) at the event with profits going to the Westminster Residents Appreciation Fund. This 7th edition, as well as previous year's editions, are also available for purchase on Amazon.



## Terrell Blodgett Turns 102!

# Grandparent's Day



## Admiral McRaven's Book Talk



## Barton Springs Mill & Bakery



## 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.

# Blanton Museum



# Staying Safe with Medications

As we age, medications often become a regular part of daily life—helping us manage chronic conditions, relieve pain, and maintain overall health. But with multiple prescriptions, over-the-counter remedies, and supplements in the mix, medication safety becomes more important than ever. Here's a friendly, practical guide to help you stay safe and in control of your health.

## Why Medication Safety Matters More with Age

- **Changing body chemistry:** Aging affects how your body absorbs and processes medications. Your liver and kidneys may not work as efficiently, which can impact how drugs are metabolized.
- **Multiple medications:** Many seniors take several prescriptions daily. This increases the risk of drug interactions, side effects, and confusion.
- **Memory challenges:** Forgetting doses or accidentally doubling up can lead to serious health issues.

Medication is meant to help you live better—not complicate your life. With a few simple habits and open communication with your healthcare team, you can take control of your medication routine and protect your health. If you have questions about your medications, please contact your doctor or the Westminster Wellness Clinic at **512-323-2395**.



## Tips for Safe Medication Use

### ④ Keep a Master List

Include all prescriptions, over-the-counter medications, vitamins, and supplements. Update it regularly and share it with your doctor and pharmacist.

### ④ Take Medications as Prescribed

Never skip doses or stop taking a medication without consulting your healthcare provider—even if you feel better.

### ④ Use a Pill Organizer

Weekly or daily pillboxes can help you keep track of doses and avoid mix-ups. Consider using reminder apps or alarms if you're tech-savvy.

### ④ Store Medications Properly

Keep them in a cool, dry place—away from moisture and heat. Avoid storing pills in multiple locations to reduce confusion.

### ④ Watch for Side Effects

Report any unusual symptoms like dizziness, rashes, or mood changes to your doctor. Be especially cautious when starting a new medication or combining drugs.

### ④ Be Your Own Advocate

Ask questions: Don't hesitate to ask your doctor or pharmacist about what a medication does, how to take it, and what side effects to expect.

### ④ Review regularly

Schedule medication reviews with your healthcare provider to ensure everything is still appropriate for your current health needs.

# 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 - 10:15am  
Yoga - Angie (FS)

10:30am - 10:50am  
Balance Ballet  
Virginia apt 14

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

11:30am - 12:10pm  
Aqua Fit w/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 (FS)

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

## WEDNESDAY

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

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

10:30am - 10:50am  
Balance Ballet  
Virginia apt 14

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

11:00am - 11:45pm  
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)

11:30am - 12:15pm  
Aqua Fit  
Jade (pool)

12:15pm - 1:00pm  
Strength & Stretch  
Jade (FS)

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

## FRIDAY

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

9:30am - 10:15am  
Yoga - Angie (FS)

10:20am - 10:50am  
Core on the Floor  
Angie (FS)

11:00am - 11:45pm  
Aqua Fit  
Jade (Pool)

## SATURDAY

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

### PLEASE NOTE:

Jade's classes will be  
cancelled 10/15-10/17

FS = Fitness Studio  
PL = Preston Lobby

## OCTOBER EVENT HIGHLIGHTS

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

### OCTOBER 4 @10:30 A.M.

#### LIVE THEATER: PLAYING SHAKESPEARE!

**Harris Bell Hall** - Join us for a performance by students participating in the UT Shakespeare at Winedale program



### OCTOBER 12 @NOON

#### OUTING: CIRQUE DU SOLEIL

Sign up on the **Resident Portal** to see *Cirque du Soleil* at the Moody Center

### OCTOBER 8@3:00 P.M.

#### CELEBRATION: CENTURY CLUB PARTY

**Harris Bell Hall** - Come celebrate our Centenarians with the Spectrum Swing Band

### OCTOBER 14 @7:15 P.M.

#### CELEBRATION: OKTOBERFEST PARTY

**Harris Bell Hall** - Raise a Stein with the Hot Peppers Band



### OCTOBER 25@TIME TBA

#### TAILGATE PARTY: UT VS. MISSISSIPPI STATE

**Harris Bell Hall** - Grab your jersey and snacks and come cheer on your favorite team!

### OCTOBER 31 @2:00 P.M.

#### CELEBRATION: **HALLOWEEN PARTY**

**Harris Bell Hall** - Come with your best zombies and do the Monster Mash with us!

## MORE TO OFFER

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



Follow us on Facebook for events and more!





# October 1-18

## BIRTHDAY LIST

### Independent Living

DATE NAME APT #

1	Marsha Durniak	5020
2	James Woodrick	3009
4	David Helfert	2005
4	Irene Parker	3005
4	Laura Mendenhall	15
4	Beth Nilsson	C404
6	Mary Kevorkian	3004
8	Thomas Stege	C302
9	Elizabeth Bouchard	331
9	Helen Bellamy	1008
9	Jeanie Stanley	526
9	Jerrell Wilson	432
10	Emily Ashworth	231
10	Judy Field	319

11 Elaine Beyers 433

11 Suzanne Stege C302

12 Marie (Lori) Humphreys 215

13 Cynthia Leach 4009

13 Peggy Bradley 404

15 Mark Fenlaw C401

16 Joanne Jones 106

16 Pascal Forgione C501

17 Jerome Winn C415

18 Charles Luellen C505

18 Nieta "Pepper" Huffman 347

### Arbour & Assisted Living

DATE NAME APT #

18 Milton Felger 2228

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

### Location Key

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

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



### YOM KIPPUR BEGINS

10:00 Pottery Class-PS  
10:00 Residents Tech Help-GR  
10:30 Poetry Group-T  
11:00 LBJ Library Presentation-SOL  
11:00 Beethoven - ...63 mins)  
12:05 ...longest Highway(48 mins)  
12:55...Mary Pickford (86 mins)  
1:00 Bridge Group-GR\*  
2:22 Wildlife...(47 mins)  
3:00 NEW RESIDENT RECEPTION-HBH  
3:10 ..Only Love: Pt 1 (86 mins) -  
3:00 Social Hour-Cancelled  
4:40 ...Winemakers (95 mins)  
6:15 Wonders of France (66 mins)  
7:22 John Denver. 1976 (51 mins)  
7:15 Armadillo Jazz Band-HBH  
8:20 Movie: King Arthur (2004);

1

8:00 Tour of Toyota Tundra  
Factory, San Antonio-PL\*  
10:00 Art with Sue Gilliam-AS  
10:30 Fit MindsC  
11:00... - Shetland (53 mins)  
12:00 Pablo Picasso...(51 mins)  
1:00 Mahjong Group-GR  
1:00..Boat Trips...USA (52 mins)  
1:30-4:30 FLU SHOT CLINIC-SOL  
2:00 Birds of Spain...(52 mins)  
2:00 Mexican Train-SOL  
2:30 Discussion Group-C  
3:00 Victorians Pt 1 ...59 mins)  
4:00 Bavaria Vacation(59 mins)  
5:00 Fairytale Castles (71 mins)  
5:30 Town & Gown Club-PL\*\*  
6:12 Train...Norway(43 mins)  
6:55...Soundtracks...(82 mins)  
7:15 Maria Parrini piano ...HBH  
8:20 Musical Movie: The King  
and I (1956) 133 mins

2

10:00 Veterans Group-SOL  
10:00 Art class w/ Maria-AS  
11:00 ...Manet - ...Life (49 mins)  
12:00 Jerusalem...(22 mins)  
1:00 Yukon Wilderness...(78 mins)  
1:30 Walmart-PL\*  
2:20 ...Scandinavia's ...71 mins)  
3:30 Voice Lessons ...HBH  
3:33 The Big Blue...(45 mins)  
4:20 Colgate Comedy Hour  
5:20 Old faves:...Angel and the  
Badman (1947) 100 mins  
6:12 Train...Norway(43 mins)  
7:00 Austin Playhouse-PL\*\*  
7:05 Friday Classic : Pocketful of  
Miracles (2023); 112 mins

3

10:30 Playing Shakespeare!  
A performance by students in  
the UT Shakespeare at Winedale  
Program- HBH  
10:35 Movie: Beauty and The  
Beast(199 mins)  
1:30 Fun Board Games with Kay  
Arms, resident-SOL  
2:00 Dominoes-SOL  
TBA Tailgate Party! BYO snacks  
& beverages. UT vs Florida-HBH  
2:00 Movie: Bianco, Rosso e  
Verdone...105 mins  
4:30 The Carol Burnett Show  
5:30 The Indigenous...(42 mins)  
7:00 Movie: The Long Game  
(2023); 112 mins  
9:10 The Tonight Show with  
Johnny Carson

4

10:00 What's Wrong with the  
World - Dr Billy Graham  
10:30 Gaither Friends  
Performances (51 mins)  
11:00 Catholic Communion-C  
11:22 Sifting The Evidence: The  
World of the Bible (102 mins)  
1:05 Movie: Undeserved (2016)  
108 mins  
2:00 Play Canasta-SOL  
4:00 Vespers; Speaker: Rev.  
Dr. Ryan Arnold, Vice President  
for Institutional Advancement,  
Austin Presbyterian Theological  
Seminary C; Live on Ch 1890  
5:00 Carol Burnett & Walter  
Matthau in Pete 'n' Tillie (1972)  
102 mins  
6:45 Rick Steves' Germany's  
Romantic Rhine and Rothenburg  
7:10 André Rieu's I Lost My Heart  
In Heidelberg (90 mins)

5

8:30 Walking Group Pease  
Park-PL\*  
10:30 Songs to Warm Your Heart &  
Tickle Your Ribs: 6-week class led by  
resident, Jerry Conn-SOL  
TBA: Going to the movies-PL\*  
11:00 Secrets...Woods...(53 mins)  
12:00 Movie: Free Byrd (2022) 90  
mins  
1:30 Walgreens & Central Market-PL\*  
2:00 Care Partner Support Group-  
Rachel's office (Apt 336)  
2:00 BINGO-SOL  
2:00 Sherlock Holmes...(99 mins)  
3:40 Period movie: Based on a True  
Story: Against...(1994) 88 mins  
5:10 Wild Chile... (59 mins)  
6:10 Napoli and Beyond (48 mins)  
7:00 ...countries in Europe (27 mins)  
7:15 Piano concert by Steinway  
artist, Don Irwin-HBH  
7:30 Lawrence Welk Show...(59 mins)  
8:35 Movie: First Monday in October  
(1981); R-Rated; 98 mins

6

9:00 Guided tour of Museo  
Benini Marble Falls-PL\*  
9:30 Women's Group with Donuts &  
Coffee-SOL  
9:30 Men's Coffee Group-SOL  
10:00 Art class with Linda-AS  
11:00 ...English Poets...(51 mins)  
11:55 Princess Margaret...(43  
mins)  
12:40 Discover Egypt (87 mins)  
1:30 Paper Crafting w/ Cindi-AS  
2:00 Storytellers Group - SOL  
2:00 Stitch 'N Time-Arbour 2nd Fl.  
2:10 Movie: Red Wing (2013)  
3:00 Interfaith Book Group-C  
4:00 ...Namibia's Desert...(54 mins)  
4:55 Daintree...Rainforest (51 mins)  
5:46 Georgia - 8 Days...(49 mins)  
6:35 Let's Polka (24 mins)  
7:00 Tiger Dixie Band...(63 mins)  
7:15 UT Voice Recital, opera,  
musical theatre...-HBH  
8:10 Movie: Bernie (2011); 104m

7

10:00 Tech Help-GR  
10:00-12:00 FLU SHOT CLINIC-SOL  
10:30 Poetry Group-T  
10:30 Meditation Group w/ Patty-C  
11:00 Howard Hughes...(71 mins)  
12:12 ...container ship...(51 mins)  
1:05 Clint Eastwood:...69 mins)  
2:15 Wild Colombia...(43 mins)  
3:00 Erich Segal's Only Love: Part 2  
(86 mins)  
3:00-4:30 Westminster's Annual  
CENTURY CLUB PARTY with  
Spectrum Swing Band- HBH  
3:30 Social Hour-Cancelled  
4:30 ...50M€ Wine Cellar (57 mins)  
5:30 Wonders of Germany (61 mins)  
6:30 Mariachi Herencia de Mexico  
at the Long Center-PL\*\*  
6:35 Symphony of the Seas (47 mins)  
7:24 Big Joe Polka Show (51 mins)  
7:15 Resident, Debbie Pearson:  
maximize medical appts-HBH  
8:20 Movie: Boyhood (2014);  
R-Rated; 165 mins

8

9:30 Tour of Mama Mary's  
Farm & Pumpkin Patch-PL\*  
10:00 Art class w/ Sue-AS  
10:30 Fit Minds-C  
11:00 Isles...Hebrides (53 mins)  
12:00 Alexander Calder (56 mins)  
1:00 Mahjong Group-GR  
1:00 World's Toughest Train  
Rides, USA:...52 mins)  
2:00 Born to Fly:...52 mins)  
2:00 Mexican Train-SOL  
2:30 Discussion Group: Trust-C  
3:00 The Victorians: Part 2: Home  
Sweet Home(59 mins)  
4:00-5:00 WESTMINSTER  
JOURNAL LAUNCH-HBH  
4:00 Zoom Armchair Astronomer  
Ken VanLew: Milky Way:Home...  
4:00 Malawi vacation (52 mins)  
4:55..Berkeley Castle...(88 mins)  
6:25 Train...Thailand's... (43 mins)  
7:10..Oslo Philharmonic (62 mins)  
7:15 Evolution of the Panama  
Canal by resident, Bill Eisenhower,  
PhD Civil Eng. (cohosted by the  
IEEE Life Members Group)-HBH  
8:20 Musical Movie: Newsies  
(1992) 121 mins

9

10:00 Art class w/ Maria-AS  
10:00-12:00 FLU SHOT CLINIC-SOL  
10:30 Inside Books Project -by  
Erik & Brenda Lindfors (son &  
daughter of residents- C  
11:00 ... Matisse(49 mins)  
12:00 Las Vegas ...25 mins)  
1:00 From Serengeti...(95 mins)  
1:30 Duplicate Bridge-SOL  
1:30 Trader Joe's-PL\*  
1:30 Health Rhythms-Drumming  
Class-HBH  
2:35 Sahara Desert...(55 mins)  
3:00 Nature Creator Club - AS  
3:30 The Big Blue...(45 mins)  
4:15 Colgate Comedy Hour  
5:15 Old favorites: Shadow of the  
Thin Man (1941) 98 mins  
7:00 Friday Classic: The flight of  
The Phoenix (1965) 142 mins  
7:15 Variety piano program by  
resident, John Hudspeth-SOL

10

10:35 Shakespeare's  
Antony & Cleopatra (1974)  
160 mins  
1:30 Fun Board Games with  
Kay Arms, resident-SOL  
2:00 Dominoes-SOL  
2:00 Movie: The Flavor  
of Green Tea Over Rice  
(Japanese) 117 mins  
2:30 Tailgate Party- UT vs OU  
(Cotton Bowl) - HBH  
3:30 Unitarian Service-C  
4:30 The Carol Burnett Show  
5:30 The story of Ancient  
Rome's Galigula (60 mins)  
7:00 Movie: The Blind (2023)  
108 mins  
8:55 The Tonight Show with  
Johnny Carson

11

10:00 Starting Life Over  
Again - Dr Billy Graham  
10:30 Gaither Presents The Booth  
Brothers (51 mins)  
11:00 Catholic Communion-C  
11:22 A Diary of Revival: 1904  
Welsh Awakening (63 mins)  
12:00 Cirque du Soleil at Moody  
Center-PL\*\*  
12:30 Piano program by resident,  
John Hudspeth  
1:00 Movie: Mr. Blue Sky (2007)  
85 mins  
1:00 Canasta Training-SOL  
2:00 Play Canasta-SOL  
4:00 Vespers Speaker: Rev. John  
VanLew presents: Milky Wa...-C  
4:40 Wild Amazon:...59 mins)  
5:40 Madagascar:...52 mins)  
6:35 ... Eastern Europe (40 mins)  
7:15 Guitar through the ages with  
Greg Reinert-HBH  
7:15 Lawrence Welk... (60 mins)  
8:20 Movie: 1492: Conquest of  
Paradise (1992) 154 mins

12

COLUMBUS DAY  
10:30-12:00 Songs to Warm Your  
Heart & Tickle Your Ribs: 6-week  
class led by resident, Jerry Conn-SOL  
11:00 Secrets of the Woods - An  
Incredible Journey: Part 2 (53 mins)  
12:00 Movie: Like Dandelion Dust  
(2009) 100 mins  
1:30 Walgreens&Central Market-PL\*  
2:00 Westminster Residents  
Association Quarterly Meeting-HBH  
2:00 BINGO-Cancelled  
2:00 Sherlock Holmes...(69 mins)  
3:10 Period movie: Mesmerized (90  
mins)  
4:00 Armchair Astronomer Ken  
VanLew presents: Milky Wa...-C  
4:40 Wild Amazon:...59 mins)  
5:40 Madagascar:...52 mins)  
6:35 ... Eastern Europe (40 mins)  
7:15 Guitar through the ages with  
Greg Reinert-HBH  
7:15 Lawrence Welk... (60 mins)  
8:20 Movie: 1492: Conquest of  
Paradise (1992) 154 mins

13

8:30 Tour the Alamo, San  
Antonio; Menger Hotel Lunch-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 Class w/  
Gus-Ground floor Preston  
11:00 The Victorian Poets: Verse  
that rivalled... (50 mins)  
11:50 Royal Divorces (49 mins)  
12:40 Vidal in Venice (90 mins)  
1:30 Paper Crafting w/ Cindi-AS  
2:10 Movie: The Illusionist (110  
mins)  
2:00 Stitch 'N Time-Arbour 2nd Fl.  
2:00 Austin Public Library Book  
Group: Confederacy of Dunces by  
John Kennedy Toole -T  
3:00 Methodist Communion-C  
4:00...South Africa's...52 mins)  
4:55 Wild Germany...53 mins)  
5:50 Visit Bursa City (40 mins)  
6:30 ...Russian..Choir (107 mins)  
7:15 Oktoberfest Party with the  
Hot Peppers Band-HBH  
8:20 Movie: The Emperor's Club  
(2002); 110 mins

14

10:00 Tech Help-GR  
10:00-12:00 Pottery Class-PS  
10:30 Poetry Group-T  
10:30 Meditation Group w/ Patty-C  
11:00 El Chapo...(67 mins)  
12:10 Construction... (57 mins)  
1:00 Parkinson's Support Group-C  
1:00 Bridge Group-GR\*  
1:10 Mackenzie Phillips...(45 mins)  
1:30 Hand and Foot Game-SOL  
2:00 All About the Wellness Clinic:  
Westminster's NP's -HBH  
1:55 Wild Amazon...(76 mins)  
2:00 ...Birds of Prey (52 mins)  
2:30 Discussion Group:  
Addiction-C  
3:00 The Victorians: Part 3:  
4:00 Transylvania...59 mins)  
5:00...Villages in Spain (68 mins)  
6:27 Street Food in Berlin (43 mins)  
7:10 Oktoberfest music (59 mins)  
7:15 A Very English Village: Maggie  
Gallant, The British Woman-HBH  
8:15 Movie: Seabiscuit (2003)  
140 mins

15

10:00 Guided Historic  
Homes Tour w/ Billy B.-PL\*  
10:00 Art class w/ Sue-AS  
10:30 Fit Minds-C  
11:00 First Light Book Shop &  
Lunch-PL\*  
11:00 Isles of the...(53 mins)  
12:00 Who Painted The  
Physician?...Tatton Park's  
400-Year-Old Art Mystery (57 mins)  
1:00 Mahjong Group-GR  
1:00 World's Toughest Train Rides  
- Bolivia:...54 mins)  
2:00 Mexican Train-SOL  
2:00 ...Birds of Prey (52 mins)  
2:30 Discussion Group:  
Addiction-C  
3:00 The Victorians: Part 3:  
4:00 Transylvania...59 mins)  
5:00...Villages in Spain (68 mins)  
6:10 Train to Hudson...43 mins)  
6:55 Beethoven's Symphony  
No.9 / Klaus Mäkelä...73 mins)  
7:15 An evening of Oktoberfest  
music by M.O.V.E.-Accordion Trio  
w/ resident, Rudy Mungua-HBH  
8:15 Musical Movie: Phantom of  
the Opera (2004) 140 mins

16

8:30 Women's Breakfast-B  
10:00 Art class w/ Maria-AS  
11:00 Exhibition on Screen:  
Leonardo...52 mins)  
12:00 Sevilla Vacation(25 mins)  
12:30 Academy4 Mentoring at  
Padron Elementary School-PL\*\*  
1:00 ...Africa's forgotten  
wilderness(87 mins)  
1:30 Barton Creek Mall-PL\*  
1:30 Duplicate Bridge-SOL  
2:30 ...Villages in Italy (71 mins)<br

# October 19-31

## BIRTHDAY LIST

### Independent Living

DATE	NAME	APT #
19	Ruth McDonald	358
19	Sharon Verlander	237
20	Heidi Schuchmann	439
21	Frances Woodrick	3009
23	Jane Garner	134
24	Eleanor Ashley	217
24	Joanne Hankamer	305
25	William "Bill" Strong	21
26	Robert Rutishauser	5015
26	Vernon Lemens	4023
27	Diane Frick	235
28	Michele Rodrigues	201
30	Bonnie Coleman	C301
30	Jare Smith	4015
31	Oskar Cerbins	C512
31	William Isenhower	4002

### Arbour & Assisted Living

DATE	NAME	APT #
26	Jennie Bly	2202
30	Linda Garner	CA112

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
10:00 A Cure for Heart Trouble - Dr Billy Graham 10:30 The McKameys concert live (93 mins)  <b>11:00 Catholic Communion Service-C</b>  12:05 A Life Worthy (53 mins) 1:00 Movie: Cross and the Switchblade (1970) 107 mins  <b>1:00 Canasta Training-SOL</b>  <b>2:00 Play Canasta-SOL</b>  4:00 Vespers: Speaker: Rev. Timothy Beltran Del Rio, Good Shepherd Episcopal Church C; Live on Ch 1890  5:00 Bob Hope's College Swing (87 mins)  6:30 Rick Steves' Munich and the Foothills of the Alps  7:00 Hauser. The Rebel Is Back 2025 (115 mins)	<b>19</b> 8:30 Walking Group The Grove-PL* 10:30 Songs to Warm Your Heart & Tickle Your Ribs: 6-week class led by resident, Jerry Conn-SOL 11:00 The life of the forest: Birds (45 mins) TBA: Going to the movies -PL* 12:00 Movie: Slipaway (2016) 89 mins 1:30 Walgreens & Central Market-PL* 2:00 Foreign Policy Discussion Group-Led by Maureen Erney, resident-C 2:00 BINGO-SOL 2:00 Care Partner Support Group- Rachel's office (Apt 336) 2:00 Writing Group-T 2:00 Sherlock Holmes...(102 mins) 3:45 Period movie: The Secrets of the Court (90 mins) 5:15 Wild Patagonia -In the Shadow of Ice and Fang (65 mins) 6:20...villages in Germany (65 mins) 7:25 Morocco: A country of captivating colors...(52 mins) <b>7:15 Concert by The UT French Horn Choir-HBH</b> 8:20 Movie: October Sky (1999) 108 mins	<b>20</b> 9:00 Early Voting (Nov 4 General & Special Election)-PL* 9:30 Women's Group with Donuts & Coffee-SOL 9:30 Men's Coffee Group-SOL 10:00 Art class w/ Linda-AS 11:00 Early Voting (Nov 4 Joint General & Special Election)-PL* 11:00 Jane Austen:...(59 mins) 12:00 Her Majesty...(43 mins) 12:45 Climate Change: ...look like in 2050? (80 mins) 1:30 Paper Crafting w/ Cindi-AS 2:05 Movie: Jacky Chan's Shanghai Knights (115 mins) 2:00 Stitch 'N Time-Arbour 2nd fl. 3:00 Presbyterian Fellowship-SOL 3:00 Episcopal Service - Chapel 4:00 Wild Costa Rica ... (81 mins) 5:22 New Zealand's Incredible West Coast(45 mins) 6:06...Black Forest (23 mins) 6:30 Rudolf Nureyev's Don Quixote - Ballet...(120 mins) <b>7:15 Cinematic Americana-A musical presentation by popular musician, Anthony Garcia-HBH</b> 7:30 Turkey -...Dance (25 mins) 8:35 Movie: O Brother, Where Art Thou? (2000) 106 mins	<b>21</b> 10:00 Austin German Heritage Tour: A guided bus tour w/Billy Brookshire-PL* 10:00 Tech Help-GR 10:30 Poetry Group-T 10:30 Meditation Group w/ Patty-C 11:00 Diana: The Woman (90 mins) 12:30 Mega Construction (56 mins) 1:28 Hedda Hopper: ...Hollywood's first Gossip Queen(45 mins) 1:30 Hand and Foot Game-SOL 2:00 CHUCK CHAT-HBH 2:15 The hidden language of trees: how forests secretly...(46 mins) 3:03 Mini Series: A Dark Adapted Eye: Part 2 (95 mins) <b>3:30 Social Hour-Bistro</b> 4:40 Natural Wine :...French vineyards(52 mins) 5:35 ...The Caribbean (53 mins) 6:30 Hamburg: Explore the beauty of Germany's Coastal City (53 mins) 7:25 Big Joe Polka Show (50 mins) <b>7:15 A musical evening with Troubador Kenneth Blair-HBH</b> 8:20 Movie: A Passage to India (1984); 164 mins	<b>22</b> 10:00 Day trip to Elgin, TX-PL* 10:00 Art class w/ Sue-AS 10:30 Fit Minds-C 11:00 ...Isle of Skye (53 mins) 12:00 The surprising intricacies of Viking Art (61 mins) 1:00 Mahjong Group-GR 1:00 Great Blue Heron: Elegant and stately giant of the wetlands (56 mins) 2:00 Mexican Train-SOL 2:00 Following Deer Through the Seasons (52 mins) <b>2:30 Discussion Group: Challenges-C</b> 3:00 The Victorians: Part 4. Dreams & Nightmares (59 mins) 4:00 ...Southern Afrika (52 mins) 4:55 England's smallest City - Wells (59 mins) 5:55 Chongqing - Nightlife in the Chinese megacity (43 mins) 6:40 Live From Lincoln Center: 50 Years of Mostly Mozart (88 mins) <b>7:15 Classical Piano concert by Dr Timothy Woolsey -HBH</b> 8:15 Musical Movie: Sweeney Todd: The Demon Barber of Fleet Street (2007); R-Rated; 116 mins	<b>23</b> 10:00 Art class w/ Maria-AS 11:00 Exhibition on Screen: Girl with Pearl Earring (51 mins) 12:00 Lithuania Vacation(25 mins) 1:00 The Great Journey of Migratory Birds (53 mins) 1:30 Duplicate Bridge-SOL 1:30 Target-PL* <b>1:30 Health Rhythms-Drumming Class-HBH</b> 1:55 Top Castles to visit in Europe(103 mins) <b>3:00 Nature Creator Club - AS</b> 3:40 The Big Blue - Ocean Stories from Down Under - IV (45 mins) 4:00 Online Spanish with Luz 4:25 Colgate Comedy Hour 5:25 Old favorites: Notorious (1946) 100 mins <b>7:00 Austin Symphony-PL**</b> 7:10 Friday Classic Movie: Vertigo (1958) 129 mins	<b>24</b> 10:35 Movie: Deadly Matrimony (1992) 183 mins  1:30 Fun Board Games with Kay Arms, resident-SOL  2:00 Dominoes-SOL  2:00 Movie: The Fir Trees Remain (Kotaro Satomi) Japanese (166 mins)  TBA Watch the game in the HBH. Bring your own snacks & beverages. UT vs Mississippi State-HBH  4:50 The Carol Burnett Show 5:30 Interstellar Secrets of Ancient Civilizations(41 mins) 7:00 Movie: The Life of Chuck (2024); R-Rated; 111 mins 9:20 The Tonight Show with Johnny Carson	<b>25</b> 10:35 Movie: Deadly Matrimony (1992) 183 mins  1:30 Fun Board Games with Kay Arms, resident-SOL  2:00 Dominoes-SOL  2:00 Movie: The Fir Trees Remain (Kotaro Satomi) Japanese (166 mins)  TBA Watch the game in the HBH. Bring your own snacks & beverages. UT vs Mississippi State-HBH  4:50 The Carol Burnett Show 5:30 Interstellar Secrets of Ancient Civilizations(41 mins) 7:00 Movie: The Life of Chuck (2024); R-Rated; 111 mins 9:20 The Tonight Show with Johnny Carson
10:00 The Brevity of Time - Dr Billy Graham  10:30 A Praise Gathering - Gaither & Friends(103 mins)  <b>11:00 Catholic Communion Service-C</b>  12:15 Elisabeth Elliot Testimony  12:30 Piano program by John Hudspeth, resident  1:00 Movie: Game Changer (105 mins)  <b>2:00 Play Canasta-SOL</b>  4:00 Vespers: Speaker: Rev. Dr. Mike Murray, retired Presbyterian minister C; Live on Ch 1890  5:00 Terrence Hill & Bud Spencer's Miami Supercops (1985) 93 mins  6:35 Rick Steves' Germany's Frankfurt and Nürnberg  7:05 The Arctic Philharmonic Orchestra conducted by Henrik Schaefer (72 mins)	<b>26</b> 10:30 Songs to Warm Your Heart & Tickle Your Ribs: 6-week class by resident, Jerry Conn-SOL 11:00 Bavarian Forest (45 mins) 12:00 Movie: Root of The Problem (2020) 96 mins  <b>1:00 Early Voting (Nov 4 Joint General &amp; Special Election)-PL*</b> 1:30 Walgreens & Central Market-PL* 2:00 BINGO-SOL 2:00 Hands of a Murderer: A Sherlock Holmes Mystery (90 mins) 3:00 Book Club-Great Novels of the 19th Century-T 3:00 Early Voting (Nov 4 Joint General & Special Election)-PL* 3:30 Period movie: Emma (1998) 107 mins 5:20 Wild Brazil...(50 mins) 5:30 LBJ Lecture-PL** 6:10 The breathtaking region and culture of Patagonia (52 mins) 7:05 Tuscany Towns (30 mins) <b>7:15 Concert by the Violet Crown Flute Choir-HBH</b> 7:35 The Lawrence Welk Show - (52 mins) 8:30 Movie: When Harry Met Sally (1989); R-Rated; 96 mins	<b>27</b> 9:30 Men's Coffee Group-SOL 9:30 Women's Group with Donuts & Coffee-SOL 10:00 Art class w/ Linda-AS 10:00 Woodworking Classes w/ Gus-Ground floor Preston 11:00 How 5 English Poets Became Revered...(52 mins) 11:55 Frogmore House (73 mins) <b>12:00 BIRTHDAY LUNCHEON (October Birthdays) - HBH</b> 1:05 Appalachia: ... (59 mins) 1:30 Duplicate Bridge-SOL 1:30 Paper Crafting w/ Cindi-AS 1:40 Table Tennis for Seniors at the Austin Table Tennis Club-PL* 2:05 Movie: Deadfall (1968) 114 mins 2:00 Stitch 'N Time-Arbour 2nd Fl 3:00 Presbyterian Communion-C 4:00 Iceland - Majestic natural paradise on top...(53 mins) 4:55...New Zealand (47 mins) 5:45 Wine Hopping...(29 mins) 6:00 Red Bench Conversation (Interfaith event) - PL* 6:15 ...Transylvania (23 mins) 6:40 Broadway show: Little Shop of Horrors (103 mins) 6:55 Rick Steins.. Bristol (29 mins) 7:15 Radio Play-Hollywood Meets Dixville Notch-Resident Director & Cast -HBH 8:30 Movie: Ghostbusters (1984) 105 mins	<b>28</b> 10:00 Tech Help-GR 10:30 Poetry Group-T 10:30 Meditation Group with Patty Speier-C 11:00 Lunch Bunch goes to Walburg German Restaurant-PL* 11:00 Archimedes - The greatest inventor ... (90 mins) 12:30 Canals - Construction Megaprojects (46 mins) 1:17 Actress Kim Novak Discusses Hollywood...(51 mins) <b>1:30 Hand and Foot Game-SOL</b> 2:10 Wild Instinct - Fear on the Savannah (52 mins) 3:05 Movie: A Case for the Winemaker (88 mins) <b>3:30 Social Hour-Bistro</b> 4:35 ...the Greatest Wines of Bordeaux (52 mins) 5:28 Wonders of Spain (62 mins) 6:30 Venice to London - Luxury Train Adventure (41 mins) 7:14 Oktoberfest live - die Rockaholics Buam live...(61 mins) <b>7:15 Autumn concert by the Austin Brassworks-HBH</b> 8:20 Movie: The Count of Monte Cristo (2024) 178 mins	<b>29</b> 10:00-12:00 Collage Art with resident, Sue Gilliam- AS 10:30 Guided tour of German-Texas Heritage Society-PL* 10:30 Fit Minds-C 11:00 Isles...Orkney (53 mins) 12:00 The untold darkness of the Renaissance (59 mins) <b>1:00 Mahjong Group-GR</b> 1:00 World's Toughest Train Rides - Siberia:... (52 mins) <b>2:00 Mexican Train-SOL</b> 2:00 Deadliest Birds...(60 mins) <b>2:30 Discussion Group-Topic: Respect-C</b> 3:00 ...Victorians become obsessed with death? (59 mins) 4:00 Travel Video-Egypt vacation (60 mins) <b>3:30 Social Hour-Bistro</b> 4:35 ...the Greatest Wines of Bordeaux (52 mins) 5:00 Inside the Haunted Muncaster Castle (69 mins) 6:10 Mexico City - Life in the megalopolis (43 mins) 6:55 Candlelight Halloween, A Haunted Evening of Classical Compositions (74 mins) <b>7:15 Chamber Music Concert featuring students from The Butler School of Music, UT Austin -HBH</b> 8:15 Musical Movie: Wicked (2004) 160 mins	<b>30</b> <b>HALLOWEEN</b> 10:00 Art class w/ Maria-AS 11:00 Exhibition on Screen: Munch - The Mind Behind "The Scream" (49 mins) 12:00 Cyprus Vacation(25 mins) 1:00 Rick Steves' Luther and the Reformation (56 mins) 1:30 CVS, Sue Patrick & Dollar Treet-PL* <b>2:00-3:00 HALLOWEEN PARTY-HBH</b> 2:00 Wonders of Planet Earth ... (92 mins) <b>3:00 Nature Creator Club (flower arranging, plant creations - AS</b> 3:33 Wild Depths - Ocean's Strangest Crimes (72 mins) 4:00 Online Spanish with Luz 4:45 Dick Van Dyke Show (25 mins) 5:10 Old favorites: Ladies in Retirement (1941) 91 mins 7:00 Friday Classic Movie: Bedknobs and Broomsticks (1971); 139 mins <b>7:15 An evening with-winning multi-genre fiddler/violinistFinn Magill-HBH</b>	<b>31</b> <i>This calendar lists all trips and activities scheduled in person and on Ch 1890 (unless otherwise noted)</i> <i>*Indicates that sign-up on the portal is required</i> <i>**Indicates that ticket and sign-up on the portal is required</i> <b>Location Key</b> HBH Harris Bell Hall LDR Laurel Dining Room PL Preston Lobby PS Pottery Studio C Chapel PC Preston Courtyard SOL Solarium GR Game Room WC Windsor Courtyard B Bistro ME Marketing Entrance FC Fitness Center T Theater AS Art Studio	