

♥ Love Abounds ♥



February 2026

LCS+Westminster Win Again

Yarn = Love

Celebrating 75 Years

Give Us Your Opinion



WESTMINSTERSM
COMMUNITY LIFE

FROM THE EXECUTIVE DIRECTOR



CHUCK BORST

Humans are inherently social beings. Our relationships can be in the form of love, friendship, or casual connection. One of the best reasons to live in a retirement community is the improved physical and mental health that comes from being in relationship with others and part of a vibrant community. The opposite is also true. According to a study published by Harvard's School of Public Health, "Loneliness and social isolation have also been shown to increase the risk for premature death by 26% and 29%, respectively. At Westminster, we aim to add abundant and fun-filled years to your life.

Our community is home to so many remarkable love stories, and this month several residents – including the Loziers, celebrating 75 years of marriage – are participating in a shared vow renewal ceremony, in an intimate ceremony, surrounded by their immediate families and close friends. The ceremony serves as a meaningful tribute to the journeys couples have built together, recognizing years – sometimes decades – of commitment, resilience, and enduring love. It is a beautiful reflection of the connections that make our community so special.

Westminster also provides connections with prospective residents and families, and your referrals are crucial to our ability to attract people. Westminster has also launched a new website, created by our advertising agency, Orchard. The site tells our story of an award-winning healthcare provider, industry leader, and engaging community. Check it out. <https://westminsteraustintx.org>

Connection is Key to Healthy Living



#1 in Customer Satisfaction among Independent Senior Living Communities, 7 years in a row



Most awarded independent senior living company in the history

of the J.D. Power U.S. Senior Living Satisfaction Study

LCS has won more independent living awards than any other brand in the J.D. Power U.S. Senior Living Satisfaction Studies from 2019-2025. Visit jdpower.com/awards for more information.

I am pleased to announce that LCS and Westminster have once again affirmed its leadership in the senior living industry. For the seventh consecutive year, LCS and Westminster have been recognized as J.D. Power's most awarded senior living provider—ranking #1 in independent living and #1 across all six factors of resident satisfaction. This achievement highlights our ongoing commitment to exceptional care, safety, and meaningful community engagement for older adults. Westminster is proud to be a member of the LCS family.

So on Valentine's Day, reach out to a friend, neighbor, colleague – even someone you don't know well – and let them know you see them and appreciate them. Let's demonstrate that love is alive and well at Westminster.

Thanks for making Westminster an Extraordinary Place to live and work.

With heart,

A handwritten signature in black ink that reads "Chuck Borst". The signature is fluid and cursive, with a large, stylized 'C' and 'B'.



Let Us Know What You Think

Every month, Westminster issues this resident newsletter featuring articles about life at Westminster, outside news, and photos of events.

We would like to know what readers think about the publication. **The linked survey takes about 2-3 minutes.**

~ Westminster Marketing & Sales Office.

Type this URL into your browser:
bit.ly/46333PJ

or scan this QR code. ➔



"I really don't make New Year's resolutions, but I am trying to slow down a bit and go in new directions."

There are so many wonderful ways to participate in Westminster activities, it's a temptation to try them all! This year I hope to take life a little easier."

~ Mary Lea Baker

Chuck Humor & Trivia



Happy 100th Birthday Bernard Snyder





HAPPY NEW YEAR!

Holiday Homes Tour



Christmas Tree Lighting





Holiday Bazaar



A Life of Love

Jim and Della Lozier met in high school in Ripley, Oklahoma and just celebrated their 75th wedding anniversary. The story goes that Della was the new girl in school, having just moved from Ventura, California. Della was warned by her guidance counselor to watch out for three boys at school, one of whom was Jim Lozier. Jim thought, "Nah, she is out of my league, being from the coast and so pretty." But he worked up the nerve to ask, and she said yes!

Before retiring, they owned a successful concrete recycling business in Austin and built a strong community of friends. Their son, Jim Jr., lives in Dallas.

The Loziers were one of the early residents in the Windsor building and fully appreciate the healthcare options at Westminster.

Jim says the secrets to a long-term successful relationship are enjoying each other's company, and it never hurts to say, "Yes, dear."



Walking Club



Waltzing at Westminster



Air Control Tower Tour



Texas Rangers Museum



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.

Yarns of Love

Westminster is full of talented craftspeople. The Stitch-in-Time group of 16 women was founded several years ago by Betty Hendrix to knit, crochet, quilt, or do any kind of handiwork that produces a blanket given mostly to local organizations that care for babies and children. In 2025 alone, the Stitchers produced 70 blankets for babies in the Seton NICU. Other blankets have benefited the Linus Project. Members also work on personal projects that might include needlepoint, cross stitch, or embroidery. Small Westminster tags are sewn on each blanket before they are washed, bagged, and delivered to the beneficiaries.

Marcia Tomkins (pictured below with Laura Mendenhall) loves seeing the joy of those who receive the gift of a blanket. Shirley Dean believes that you're never too old to learn something new and to be a blessing to others. "We have made new friends, and the existence of this group is obvious proof that Westminster is a good place to be."

The Stitch-in-Time group meets on Tuesday afternoons at 2 p.m. in the activity area of the Arbor. New members are welcome. The group provides needles and yarn, and some of the experts are willing to teach beginners. So, if you're looking for a new skill or want a reason to return to needlework, check out the Stitchers.



February Wellness Spotlight: Love Your Heart

February is American Heart Month, an important time to focus on keeping your heart strong and healthy. For older adults, cardiovascular wellness supports not just longevity—but independence, mood, and energy. **Here are some ways to care for your heart this February and all year long:**

1. Follow a Heart-Healthy Diet

- ✓ Choose plenty of fruits, vegetables, and whole grains—like spinach, berries, oats, brown rice, and whole wheat bread. Include lean proteins (fish, poultry, beans) and healthy fats (olive oil, avocados, nuts).
- ✓ Reduce intake of processed foods, saturated fats, salt, and sugar.

2. Monitor Your Numbers

- ✓ High blood pressure and cholesterol are key factors in heart disease.
- ✓ Work with your doctor on diet or medication to manage cholesterol levels.

3. Reduce Stress & Boost Emotional Well-Being

- ✓ Chronic stress strains the heart. Try deep breathing, meditation, art, chatting with friends, moving your body or getting outside.
- ✓ Social connection matters—it can lower stress and support emotional health. Activities like crafts, volunteering, or group activities provide both joy and heart benefits.

4. Prioritize Sleep & Hydration

- ✓ Aim for 7–9 hours of quality sleep—poor sleep can raise blood pressure and impact heart health.
- ✓ Avoid caffeine and heavy meals before bedtime, and keep screens to a minimum.
- ✓ Drink plenty of water, and limit sugary beverages.



Taking small steps—like choosing a heart-healthy snack, joining a gentle exercise group, or enjoying a laughter filled craft afternoon—can lead to big benefits. This February, let's celebrate our hearts together and make every beat count.

Weekly Workouts

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

MONDAY

8:30am
Walking Group
Depart from PL

9:00am - 9:25am
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)

10:40am-11:10am
Pound & Play - Angie (FS)

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 - 9:25am
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
Balance & Strength
Jade

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

WEDNESDAY

9:00am - 9:25am
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
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
Tammi (Chapel)

THURSDAY

9:00am - 9:25am
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
Balance & Strength
Jade

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

FRIDAY

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

10:05am - 10:35am
Core on the Floor
Angie (FS)

10:35am - 11:20am
Yoga
Angie (FS)

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

SATURDAY

9:00am - 9:25am
Chair Exercise
Resident Led (FS)

PLEASE NOTE:

*Robin will instruct FMD
on 2/24 & Summer will
on 2/26

*Charlie will sub Lynn's
Just for Men on 2/25

FS = Fitness Studio
PL = Preston Lobby

FEBRUARY EVENT HIGHLIGHTS

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

FEBRUARY 3 @7:15 P.M.

LIVE MUSIC: PRICKLY PEAR BOYS

Harris Bell Hall - Join us for an evening of music with the Prickly Pear Boys

FEBRUARY 10 @10:00 A.M.

GUIDED TOUR: HARRY RANSOM CENTER

Sign up on the **Resident Portal** to visit HRC Exhibit: Live from New York: The Lorne Michaels Collection

FEBRUARY 17 @7:15 P.M.

CELEBRATION: MARDI GRAS PARTY

Harris Bell Hall - Let the good times roll with a night of Cajun music!

FEBRUARY 4 @2:00 P.M.

LIVE THEATER: AUSTIN SHAKESPEARE

Harris Bell Hall - Join us for a preview of Austin Shakespeare's *Macbeth* with Director, Ann Ciccolella & select cast members



FEBRUARY 25 @3:45 P.M.

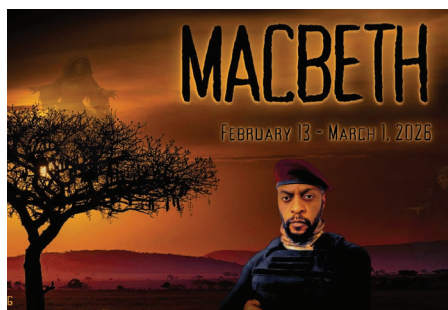
MOVIE OUTING: BOB BULLOCK IMAX

Sign up on the **Resident Portal** to see *Elvis Presley in Concert* on the big screen

FEBRUARY 14 @7:15 P.M.

CELEBRATION: VALENTINE'S DAY PARTY

Harris Bell Hall - Put on your dancin' shoes and celebrate Valentine's day with The Mo-Dels Band



MORE TO OFFER

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



Follow us on Facebook for events and more!





February 1-14

BIRTHDAY LIST

Independent Living

DATE	NAME	APT #
1	Nancy Cooper	219
2	JaNell Pollard	429
2	Pamela Mathison	C519
3	Betty Tyslan	145
3	Lydia Barton	312
6	Judi Nudelman	353
6	Thomas Glass	249
6	Will Martin	4028
11	Mary Moody	C305
12	Pat Gerling	467
12	Virginia Guinto	208
14	Gordon Hazelton	5029

Arbour & Assisted Living

DATE	NAME	APT #
1	Charles Claunch Jr.	1109
1	Mary Oliver	2222
5	Joseph Goodson	MC224
10	Patricia Gottesman	1108
11	Lutanna Gunning	2209
14	Billye Jones	CA316

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>10:00 When things seem impossible-Dr Charles Stanley</div> <div>10:30 Glory to the Holy One Concert at Saint Andrew's C (67 mins)</div> <div>11:00 Catholic Communion-C</div> <div>11:40 Harriet Tubman: They called her Moses (46 mins)</div> <div>12:30 Piano music by John Hudspeth, resident</div> <div>1:00 Movie: A Sunday Horse(105 mins)</div> <div>2:00 Play Canasta-SOL</div> <div>4:00 Vespers: Speaker: Mark Gardner, Retired Baptist Pastor-C; Live on Ch 1890</div> <div>5:00 Jerry Lewis' Hardly Working (1981) 89 mins</div> <div>6:30 Venice and its Lagoon</div> <div>7:00 40 FINGERS - A Guitar Night (95 mins)</div> <div>8</div> <div>10:00 The Unconditional Love of God- Dr. Charles Stanley</div> <div>10:30 The Cathedrals - Travelin' Live (64 mins)</div> <div>11:00 Catholic Communion Service-C</div> <div>11:35 The Little Convent(45 mins)</div> <div>12:20 Tyndale (40 mins)</div> <div>1:00 Austin Lyric Opera's Fiddler on the Roof-PL**</div> <div>1:00 Movie: The Roughnecks (95 mins)</div> <div>2:00 Play Canasta-SOL</div> <div>4:00 Vespers: Speaker: Emily Grace Clark, Chaplain,Suncrest Hospice -C; Live on Ch 1890</div> <div>4:45 Pregame with Rod McLain, Professional Referee</div> <div>SUPER BOWL Tailgate Party-HBH</div> <div>5:00 Jerry Lewis' The Sad Sack (1957) 89 mins</div> <div>6:30 Greece's Peloponnese</div> <div>7:00 Andre Rieu's Romantic Paradise (90 mins)</div>	<div>1</div> <div>TBA Going to the movies-PL*</div> <div>11:00 Switzerland's Secret Mountain Range: The Jura (52 mins)</div> <div>12:00 Movie: School of Life (2015) 112 mins</div> <div>1:30 Walgreens & Central Market-PL*</div> <div>2:00 BINGO-SOL</div> <div>2:00 The Adventures of Sherlock Holmes: A Scandal in Bohemia (55 mins)</div> <div>3:00 Period Movie: The Courage to Love (88 mins)</div> <div>4:30 Magic Greenland: ice giants and remote villages (68 mins)</div> <div>5:40 Food Safari: Moroccan Cuisine (26 mins) x</div> <div>6:10 Inside a Super Rich Gated Community (54 mins)</div> <div>7:05 Johnny Cash's America: Live at the Kennedy Center (80 mins)</div> <div>7:15 Piano Night with Andrew Vineski-HBH</div> <div>8:30 Movie: Miss Potter (2006); 92 mins</div> <div>9</div> <div>8:30 Walking Group-Lady Bird Lake ...Loop -PL*</div> <div>11:00 The mystery behind the Andes Mountains -... (53 mins)</div> <div>TBA: Going to the movies-PL*</div> <div>12:00 Movie: Love, Lost and Found (2021) 89 mins</div> <div>1:30 Walgreens & Central Market-PL*</div> <div>2:00 BINGO-SOL</div> <div>2:00 Care Partner Support Group- Rachel's office (Apt 336)</div> <div>2:00 Foreign Policy Discussion Group: US-China Relations-led by resident, Lee Price-HBH</div> <div>2:00 The Adventures of Sherlock Holmes: The Dancing Men (55 mins)</div> <div>3:00 Period Movie: Rose Hill (98 mins)</div> <div>4:40 Wonders of Brazil (45 mins)</div> <div>5:25 ...Coldest City: Yakutsk (48 mins)</div> <div>5:30 UT Women's Basketball-PL**</div> <div>6:15 Anthony Bourdain...(59 mins)</div> <div>7:15 Paul Anka - Live at North Sea Jazz Festival (77 mins)</div> <div>7:15 Love Songs by M.O.V.E.-An Accordion Trio with resident, Rudy Munguia-HBH</div> <div>8:30 Movie: Serendipity (2001); 90 mins</div>	<div>3</div> <div>9:30 Women's Group with Donuts & Coffee-SOL</div> <div>9:30 Men's Coffee Group-SOL</div> <div>10:00 Self guided tour of Blanton Museum: Contemporary Project 16: Tammy Nguyen-PL*</div> <div>10:00 Art class with Linda-AS</div> <div>11:00 James Baldwin: Great Writers of the 20th Century (54 mins)</div> <div>11:55 King Charles III: A New Era (51 mins)</div> <div>12:52 The Great Wall: The Ancient Wonder...China(68 mins)</div> <div>1:30 Paper Crafting w/Cindi-AS</div> <div>1:35 The Lost Forest - Nobel Peace Prize Shorts (22 mins)</div> <div>2:00 Wellness Reset with Rachel (must be registered) - FS**</div> <div>2:00 Stitch 'N Time-SOL</div> <div>2:10 Movie: That's Life! (1986)mins</div> <div>3:00 Interfaith Book Group-C</div> <div>3:55 Lebanon: ... country between sea and snow (60 mins)</div> <div>4:55 Wonders of Spain (88 mins)</div> <div>6:25 Giselle - Royal Danish Ballet (113 mins)</div> <div>7:15 An evening with The Amazing Prickly Pear Boys Band-HBH</div> <div>8:25 Movie: Her (2013); R-Rated; 126 mins</div> <div>10</div> <div>9:30 Women's Group with Donuts & Coffee-SOL</div> <div>9:30 Men's Coffee Group-SOL</div> <div>10:00 Woodworking Class w/ Gus-Ground floor Preston</div> <div>10:00 Art class with Linda-AS</div> <div>10:00 Guided tour of HRC Exhibit: Live from New York: The Lorne Michaels Collection-PL*</div> <div>11:00 The Romantic Poets documentary (52 mins)</div> <div>11:54 Queen Alexandra (56 mins)</div> <div>12:50 China: Yunnan... (64 mins)</div> <div>1:30 Paper Crafting w/Cindi-AS</div> <div>2:00 Book Group by APL: The Lost City of the Monkey God by Douglas Preston-T</div> <div>2:00 Stitch 'N Time-Arbour Second Floor</div> <div>2:00 Movie: Sylvie's Love (117mins)</div> <div>3:00 Methodist Communion-C</div> <div>4:00 Iberia - Where Spain's untamed nature rules (52 mins)</div> <div>4:55 ...East Greenland (63 mins)</div> <div>6:00 Armenia:... (66 mins)</div> <div>6:50 Frank Sinatra in Japan 1985 (72 mins)</div> <div>7:15 A Night with ...Illusionist, Josh Farley -HBH</div> <div>8:15 Movie: Phantom Thread (2017); R-Rated; 130 mins</div>	<div>4</div> <div>10:00 Pottery Class-PS</div> <div>10:00 Tech Help-GR</div> <div>10:30 Poetry Group-T</div> <div>10:30 Meditation Group with Patty Speier-Cancelled</div> <div>11:00 The American President: Family Ties (54 mins)</div> <div>11:55 America's National Parks: Big Bend:... Texas (45 mins)</div> <div>12:40 ...Money (103 mins)</div> <div>1:00 Bridge Group-GR*</div> <div>1:30 Hand and Foot-SOL</div> <div>2:00 Austin Shakespeare's Macbeth - A Preview by Director, Ann Ciccolella & select Cast-C</div> <div>2:25 How baby animals survive in the wild (50 mins)</div> <div>3:15 The Love Boat (94 mins)</div> <div>3:30 Social Hour-Bistro</div> <div>4:50 Venezuela: The Hidden Beauty Beyond the Headlines (51 mins)</div> <div>5:42 ...Azerbaijan(64 mins)</div> <div>6:48 ... London (46 mins)</div> <div>7:15 Sleep and Aging by Dr William Schwartz, Neurologist, ...-HBH</div> <div>7:35 Euro Folk Dances (40 mins)</div> <div>8:20 Movie: TROY (2004); R-Rated; 197 mins</div> <div>11</div> <div>8:00 Guided Tour of MFA, Houston-Exhibit: FRIDA-Making of an Icon-PL*</div> <div>10:00 Tech Help-GR</div> <div>10:30 Poetry Group-T</div> <div>10:30 Meditation Group with Patty Speier-Cancelled</div> <div>11:00 The American President: An Independent Cast of Mind (54 mins)</div> <div>11:55 America's National Parks: Surviving Grand Canyon (45 mins)</div> <div>12:40 Super-Rich Paris (93 mins)</div> <div>1:30 Hand and Foot Game-SOL</div> <div>2:15 Wildlife's Rebirth... (49 mins)</div> <div>3:05 The Love Boat (92 mins)</div> <div>3:30 Social Hour-Cancelled</div> <div>4:40 Greenland: The Most Remote Place on Earth (55 mins)</div> <div>5:35 Wonders of Ukraine (59 mins)</div> <div>6:35 Best things...in Paris (38 mins)</div> <div>7:15 Acrobatics and magic direct from Zhejiang (70 mins)</div> <div>7:15 "Ballade-fest" with pianist Claire Chiang of Butler School of Music-HBH</div> <div>8:30 Movie: Australia (2008); 165 mins</div>	<div>5</div> <div>10:00 Open Studio: Creating a picture- AS</div> <div>10:30 Fit Minds-C</div> <div>11:00 The American President: Happenstance (54 mins)</div> <div>11:00 Cozy Winter Fashion Tips & Pop Up Shop by Spring Frost Boutique-HBH</div> <div>12:00 Looking for Rembrandt: Part I (60 mins)</div> <div>1:00 Mahjong Group-GR</div> <div>1:00 ...Iconic Couple: Carole Lombard & Clark Gable (52 mins)</div> <div>2:00 Wildlife...Reptiles (53 mins)</div> <div>2:00 Mexican Train-SOL</div> <div>2:30 Discussion Group: Change-C</div> <div>3:00 A Royal Family: Pt 1: The Father in law of Europe (53 mins)</div> <div>4:00 Tuscany Vacation (62 mins)</div> <div>5:05 France's Secret Versailles: Fontainebleau Palace (49 mins)</div> <div>5:30 Town & Gown Club-PL**</div> <div>5:55 Impossible Wonders (62 mins)</div> <div>7:00 Berlin Opera Night (73 mins)</div> <div>7:00 UT Women's Basketball-PL**</div> <div>7:22 Dvořák: Symphony No. 9 From the New World (44 mins)</div> <div>7:15 A Night of Classical Music by students of Butler School of Music-HBH</div> <div>8:20 Musical Movie: The Unsinkable Molly Brown (1964) 135 mins</div> <div>12</div> <div>10:00 Open Studio: Creating a picture- AS</div> <div>10:30 Fit Minds-C</div> <div>11:00 Visit Chinatown on North Lamar; Lunch at Tian Tian Golden Palace Seafood & Dim Sum-PL*</div> <div>11:00 The American President: Professional Politician (54 mins)</div> <div>12:00 Looking for Rembrandt: Part II (60 mins)</div> <div>1:00 Mahjong Group-GR</div> <div>1:00 Iconic Couple: Elizabeth Taylor & Richard Burton (52 mins)</div> <div>2:00 Mexican Train-SOL</div> <div>2:00 Just Marsupials(53 mins)</div> <div>2:30 Discussion Group: Peace-C</div> <div>3:00 A Royal Family: Pt 2: The Family Expands (53 mins)</div> <div>4:00 Zoom Armchair Astronomer Ken VanLew presents: James Webb Space Telescope...</div> <div>4:00 ...Paris vacation (59 mins)</div> <div>5:00 The Blenheim Palace...Duke of Marlborough (43 mins)</div> <div>5:45 Unseen Wonders (61 mins)</div> <div>6:47 Philadelphia Food (40 mins)</div> <div>7:05 Beethoven: Missa solemnis (83 mins)</div> <div>7:15 Valentine's Sing Sing Sing! - A Resident sing along-HBH</div> <div>8:30 Musical Movie: Sweet Charity (1969) 149 mins</div>	<div>6</div> <div>10:00 Art class w/ Maria-AS</div> <div>11:00 Conversational Spanish class with Luz-C</div> <div>10:00 Westminster Veterans Group meeting-SOL</div> <div>11:00 Exhibition on Screen: Canaletto...Venice (88 mins)</div> <div>11:30 Angie's Workshop: Flexibility & Mobility-FS</div> <div>1:00 The Silk Road (53 mins)</div> <div>1:30 Walmart-PL*</div> <div>1:55 Ocean Stories - The Giant and The Phantom (52 mins)</div> <div>2:50 Best UNESCO World Heritage Sites (62 mins)</div> <div>3:55 The Royal Love Story: Elizabeth & George (53 mins)</div> <div>4:45 Moneta Prince Memorial at Santa Rita Cantina-PL*</div> <div>4:50 The Dick Van Dyke Show</div> <div>5:15 Classic favorites: Whispers of the Heart (1947) 95 mins</div> <div>7:00 Austin Playhouse-PL**</div> <div>7:00 Camelot (1967) 147 mins</div> <div>7:15 Variety piano program by resident, John Hudspeth-SOL</div> <div>13</div> <div>8:00-12:00 HIDDEN TREASURES SALE</div> <div>10:00 Art class w/ Maria-AS</div> <div>11:00 Conversational Spanish class with Luz-C</div> <div>11:00 Vincent Van Gogh, ... an Enigma? (80 mins)</div> <div>12:20 Best places in France</div> <div>12:30 Academy4 Mentoring at Padron Elementary School-PL**</div> <div>1:00 How the Silk Road made the world (53 mins)</div> <div>1:30 Trader Joe's-PL*</div> <div>1:30 Health Rhythms-Drumming Class-HBH</div> <div>1:30 Duplicate Bridge-SOL</div> <div>1:55 Ocean Stories - Manatees and Molas (50 mins)</div> <div>2:45 50 Best places to visit in Europe (57 mins)</div> <div>3:00 Nature Creator Club - AS</div> <div>3:45 The Royal Love Story: Elizabeth & Philip (53 mins)</div> <div>4:40 The Dick Van Dyke Show</div> <div>5:05 Old faves: Cary Grant's Kiss Them for Me (1957) 103 mins</div> <div>7:10 Friday Classical Movie: Far from the Madding Crowd (1967) 168 mins</div> <div>7:15 Old Fashioned Hymn Sing-C</div> <div>7:15 Poetry Night-SOL</div>	<div>7</div> <div>10:35 Mini series: Shadow on the Sun (191 mins)</div> <div>1:30 Fun Board Games with Kay Arms, resident-SOL</div> <div>2:00 Dominoes-SOL</div> <div>2:00 Movie: The Magnificent Cuckold (Italian) 123 mins</div> <div>4:30 The Carol Burnett Show</div> <div>5:30 The Origins of China: The ancient civilization that birthed a superpower (48 mins)</div> <div>7:00 Movie: Book Club: The Next Chapter (2023); 108 mins</div> <div>9:00 The Tonight Show with Johnny Carson</div> <div>LOCATION KEY</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>VALENTINE'S DAY</div> <div>14</div> <div>10:35 Shakespeare's Romeo and Juliet (202 mins)</div> <div>11:00 Investment Club-SOL</div> <div>1:30 Memorial Service for BJ Andrews-PL*</div> <div>1:30 Fun Board Games with Kay Arms, resident-SOL</div> <div>2:00 Dominoes-SOL</div> <div>2:00 Movie: Il Postino: The Postman (Italian) 114 mins</div> <div>3:30 Unitarian Service-C</div> <div>4:30 The Carol Burnett Show</div> <div>5:30 China Frame by Frame: A unique look at the...(57 mins)</div> <div>7:00 Movie: A Brooklyn Love Story (2024) 108 mins</div> <div>7:15 Valentine's Day Dance Party W/ The Mo-Dels-HBH</div> <div>8:50 The Tonight Show with Johnny Carson</div>



February 15-28

BIRTHDAY LIST

Independent Living

DATE	NAME	APT #
15	Irmgard Berry	341
15	Robert Jenkins	C408
16	Beverly Ross	3323
16	Margaret Wommack	452
17	Eva Orbach	C416
17	Shirley Wolbrink	218
18	Stephanie Whitehurst	336
20	Andrea Reaves	232
20	Helen Whitcraft	316
20	Stuart Greenfield	3013
21	Catherine Lusk	451
21	Samuel Martin	5028
22	Thomas Barton	312
24	Kathy Lougheed	5022
24	Kenneth Ashworth	231
25	Gerald "Jerry" Smolinsky	101
26	Donald Reaves	232
26	Kathy Akers	326
26	Paul Youngdale	4017
28	Ted Reutz	2

Arbour & Assisted Living

DATE	NAME	APT #
15	Christopher Yurkanan	CA111
26	Kate Bergquist	CA101
29	Janet McInroy	2237

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>10:00 Love Lessons – Dr. Charles Stanley</div> <div>10:30 Community Gospel Music Hymn Sing (53 mins)</div> <div>11:00 Catholic Communion Service-C</div> <div>11:25 The Fanny Crosby Story (88 mins)</div> <div>1:00 Movie: Love Comes Softly (89 mins)</div> <div>2:00 Ballet Austin's In Motion-PL**</div> <div>2:00 Play Canasta-SOL</div> <div>4:00 Vespers: Speaker Barbara Wiederaender, Spiritual Formation-C; Live on Ch 1890</div> <div>5:00 Movie: <i>When Tomorrow Comes</i> (1939) 90 mins</div> <div>6:31 Rick Steves' French Riviera</div> <div>7:00 Andre Rieu's Love in Venice (171 mins)</div>	<div>PRESIDENT'S DAY</div> <div>10:00 Tour of Rosette-Home of Austin Classical Guitar-PL**</div> <div>11:00 The Majestic Rocky Mountains...(53 mins)</div> <div>12:00 Movie: Bakery in Brooklyn (101 mins)</div> <div>1:30 Walgreens & Central Market-PL*</div> <div>2:00 Writing Group-T</div> <div>2:00 Jeremy Brett as Sherlock Holmes - The Naval Treaty (53 mins)</div> <div>3:00 Period Movie: Jane Eyre (1997) 108 mins</div> <div>4:00 Armchair Astronomer Ken VanLew presents: James Webb Space Telescope: Pictures of the Month-C</div> <div>4:50 Food Safari: American Cuisine (25 mins)</div> <div>5:15 How the President is protected (43 mins)</div> <div>6:00 The "President's Own" United States Marine Band 2022 (65 mins)</div> <div>7:15 Movie Night: Regan (2024) 141 mins-HBH & Ch 1890</div>	<div>MARDI GRAS & CHINESE NEW YEAR</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 Black History of Austin: Tour w/ Harrison Eppright-PL*</div> <div>10:30 What's So Funny? 6-week lecture series w/ Jerry Conn, resident-SOL</div> <div>11:00 W. H. Auden... (59 mins)</div> <div>12:00 When The Middletons met the Monarchy (44 mins)</div> <div>12:50 ...Solar System (66 mins)</div> <div>1:30 Paper Crafting w/Cindi-AS</div> <div>2:00 Wellness Reset with Rachel (must be registered) - FS**</div> <div>2:00 Movie: God of Cookery (Chinese) 93 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>3:35 Polar Night - Life in the Wilderness... (52 mins)</div> <div>4:30 China...Secret Garden (53 mins)</div> <div>5:25 Wonders of China ... (61 mins)</div> <div>6:27 ...Megacity: Shanghai (21 mins)</div> <div>6:49 Spring Glamor and Glory: 2023 Chinese Acrobatics (93 mins)</div> <div>7:15 MARDI GRAS PARTY with a night of Cajun music-HBH</div> <div>8:25 Movie: <i>The Farewell</i> (2019); 100 mins</div>	<div>ASH WEDNESDAY</div> <div>10:00 Ash Wednesday Observance-C</div> <div>10:00 Pottery Class-PS</div> <div>10:00 Tech Help-GR</div> <div>10:30 Poetry Group-T</div> <div>10:30 Meditation Group w/ Patty-C</div> <div>11:00 The American President: The American Way (54 mins)</div> <div>12:00 ...Grand Teton (45 mins)</div> <div>12:45 Finance Tycoons...(97 mins)</div> <div>1:00 Bridge Group-GR*</div> <div>1:00 Parkinson's Support Group-CANCELLED</div> <div>1:30 Hand and Foot Game-SOL</div> <div>2:25 The Wildlife of Costa Rica (49 mins)</div> <div>3:15 Mini series: A Year in the Life Pt. 3 (85 mins)</div> <div>3:30 Social Hour-Bistro</div> <div>4:40 Kamchatka: ... (54 mins)</div> <div>5:35 Wonders of China (69 mins)</div> <div>6:45 China Street Food (56 mins)</div> <div>7:15 Grief and Loss: Presented by Hospice Austin-HBH</div> <div>7:43 China's 2024 Spring Festival Gala (44 mins)</div> <div>8:30 Movie: <i>Crouching Tiger, Hidden Dragon</i> (2000) 120 mins</div>	<div>9:00 Early Voting-Joint Primary Elections-PL*</div> <div>10:00 Open Studio: Creating a picture- AS</div> <div>10:30 Fit Minds-C</div> <div>11:00 Early Voting-Joint Primary Elections-PL*</div> <div>11:00 The American President: The World Stage (54 mins)</div> <div>12:00 BIRTHDAY LUNCHEON (February birthdays) - HBH</div> <div>12:00 Looking for Rembrandt: Part III (60 mins)</div> <div>1:00 Mahjong Group-GR</div> <div>1:00 Couple: Barbara Stanwyck & Robert Taylor (52 mins)</div> <div>1:40 Table Tennis for Seniors at the Austin Table Tennis Club-PL*</div> <div>2:00 Mexican Train-SOL</div> <div>2:00 Wildlife...Sharks(53 mins)</div> <div>2:30 Discussion Group-Topic: Confidence-C</div> <div>3:00 A Royal Family: Pt 3: The Heirs to an Empire (53 mins)</div> <div>4:00 Beijing vacation (59 mins)</div> <div>5:00 Vaux-le-Vicomte:...French Château...(52 mins)</div> <div>5:55 megaprojects in China (61 mins)</div> <div>6:57 China Phil. 2022 Chinese New Year Concert(80 mins)</div> <div>7:15 Music & dance with The Salt Creek Country Band ...HBH</div> <div>8:20 Musical Movie: De-Lovely (2004) 125 mins</div>	<div>8:30 Informal Women's Breakfast-Bistro</div> <div>10:00 Art class w/ Maria-AS</div> <div>11:00 Conversational Spanish class with Luz-C</div> <div>11:00 Claude Monet - The Alchemist of Light: Pt I (92 mins)</div> <div>1:00 The Secret File of Marco Polo in China (51 mins)</div> <div>1:30 Duplicate Bridge-SOL</div> <div>1:30 Barton Creek Mall-PL*</div> <div>1:55 Ocean Stories - Dolphins and Whales (49 mins)</div> <div>2:45 15 Breathtaking destinations (60 mins)</div> <div>3:45 The Royal Love Story: Margaret & Peter (52 mins)</div> <div>4:00 Shabbat Songs & Lessons-C</div> <div>4:40 The Dick Van Dyke Show</div> <div>5:05 Old favorites: Bob Hope's Paris Holiday (1958) 103 mins</div> <div>7:00-9:00 Stuart Greenfield's 80th Birthday Party-HBH</div> <div>7:00 Austin Symphony-PL**</div> <div>7:00 Friday Classical Movie: <i>Love in the Afternoon</i> (1957) 130 mins</div>	<div>10:35 Shakespeare's The Merchant of Venice (132 mins)</div> <div>1:30 Zach T's Murder on the Orient Express-PL**</div> <div>1:30 Fun Board Games with Kay Arms, resident-SOL</div> <div>2:00 Dominoes-SOL</div> <div>2:00 Movie: Raise the Red Lantern (Chinese) 125 mins</div> <div>4:30 The Carol Burnett Show</div> <div>5:30 Uncovering the lost seas ...ancient world (50 mins)</div> <div>7:00 Movie: <i>Love Again</i> (2023); 104 mins</div> <div>9:00 The Tonight Show with Johnny Carson</div>
<div>10:00 Overflowing with Gratitude – Dr Charles Stanley</div> <div>10:30 Congregational Community Praise & Worship Gospel Music Hymn Sing(59 mins)</div> <div>11:00 Catholic Communion Service-C</div> <div>11:30 Ancient Biblical Places that still exist today (110 mins)</div> <div>1:10 Piano program by John Hudspeth, resident</div> <div>1:40 Movie: <i>About Hope</i> (92 mins)</div> <div>2:00 Austin Shakespeare's Macbeth-PL**</div> <div>2:00 Play Canasta-SOL</div> <div>4:00 Vespers: Speaker: Rev. Jerry Chapman, St. Mathews Episcopal-C; Live on Ch 1890</div> <div>5:00 Jerry Lewis' The Defective Detective (1984) 87 mins</div> <div>6:30 Burgundy: Profoundly French</div> <div>7:00 2023 Nobel Prize Concert w/ conductor Esa-Pekka Salonen & violinist Julia Fischer (118 mins)</div>	<div>8:30 Walking Group-Walnut Creek Park-PL*</div> <div>11:00 The Tatra Mountains - Wild at Heart(51 mins)</div> <div>TBA: Going to the movies: TBA-PL*</div> <div>12:00 Movie: Lost And Found in Rome (86 mins)</div> <div>1:30 Walgreens & Central Market-PL*</div> <div>2:00 AI Workshop w/ residents, Stuart Greenfield & Leon Fainbuch-C</div> <div>2:00 Care Partner Support Group-Rachel's office (Apt 336)</div> <div>2:00 BINGO-SOL</div> <div>2:00 Jeremy Brett as Sherlock Holmes The Solitary Cyclist (53 mins)</div> <div>3:00 Book Club-Great Novels of the 19th Century-T</div> <div>3:00 Period Movie: Miracle in the Valley (2016)mins</div> <div>4:00 Gymnastics Show by Champions Gym-HBH</div> <div>4:40 Most beautiful places in Jamaica (52 mins)</div> <div>5:35 Food Safari: Thai (25 mins)</div> <div>6:00 New Zealand... (53 mins)</div> <div>6:55 Engelbert Humperdinck (78 mins)</div> <div>7:15 Edward and Mrs Simpson: by Maggie Gallant, The British...-HBH</div> <div>8:20 Movie: <i>All Is True</i> (2018) 101 mins</div>	<div>9:30 Women's Group with Donuts & Coffee-SOL</div> <div>9:30 Men's Coffee Group-SOL</div> <div>10:00 Woodworking Class w/ Gus-Ground floor Preston</div> <div>10:00 Art class with Linda-AS</div> <div>10:00 Self guided Tour of Carver Museum Exhibit: The African-American... 19th Century TX-PL*</div> <div>10:30 What's So Funny? - Six-week lecture series with Jerry Conn, resident-SOL</div> <div>11:00 The Bronte Sisters documentary (54 mins)</div> <div>11:55 Charles & Anne...(45 mins)</div> <div>12:40...Ancient World (67 mins)</div> <div>1:00 Early Voting-Joint Primary Elections-PL*</div> <div>1:30 Duplicate Bridge-SOL</div> <div>1:30 Paper Crafting w/Cindi-AS</div> <div>2:00 Movie: The Big Picture (1989) 102 mins</div> <div>2:00 Stitch 'N Time-Arbour 2nd Fl</div> <div>3:00 Early Voting-Joint Primary Elections-PL*</div> <div>3:00 Presbyterian Communion-C</div> <div>3:40 Brazil:... Forest (57 mins)</div> <div>4:40 Kyrgyzstan - The Switzerland of Central Asia (57 mins)</div> <div>5:40 Azerbaijan... (60 mins)</div> <div>6:40 Best Of Broadway (102 mins)</div> <div>7:15Entertainment by Austin Classical Guitar-HBH</div> <div>8:25 Movie: <i>Anna Karenina</i> (2012) 130 mins</div>	<div>10:00 Tech Help-GR</div> <div>10:30 Poetry Group-T</div> <div>10:30 Meditation Group w/ Patty-C</div> <div>11:00 The American President: The Heroic Posture (54 mins)</div> <div>11:55 America's National Parks: Coral Reefs and... (45 mins)</div> <div>12:40 Economic Documentary: Four Horsemen (99 mins)</div> <div>1:30 Hand and Foot Game-SOL</div> <div>2:00 CHUCK CHAT-HBH</div> <div>2:40 Wildlife in Unexpected Places - Foxes in Urban...(52 mins)</div> <div>3:35 The Love Boat (94 mins)</div> <div>3:30 Social Hour-Bistro</div> <div>3:45 Going to Bob Bullock IMAX for <i>Elvis Presley in Concert</i>-PL*</div> <div>5:10 Kenya: ... (51 mins)</div> <div>6:02 Wonders of Poland (64 mins)</div> <div>7:08 The Loire Valley: Hidden Secrets of France's Castles & Kings (42 mins)</div> <div>7:15 What makes a True Texan?: A musical & history presentation by Jesse White -HBH</div> <div>7:50 Slavic Folk Dances (32 mins)</div> <div>8:25 Movie: <i>Out of Africa</i> (1985) 161 mins</div>	<div>10:00 The Civil War Tour: w/ Billy Brookshire-PL*</div> <div>10:00 Open Studio: Creating a picture- AS</div> <div>10:30 Fit Minds-C</div> <div>11:00 The American President: Compromise Choices (54 mins)</div> <div>12:00 Michelangelo - A Revolution in Art(52 mins)</div> <div>1:00 Mahjong Group-GR</div> <div>1:00 Iconic Couple: Jean Harlow & William Powell (52 mins)</div> <div>2:00 Mexican Train-SOL</div> <div>2:00 Wildlife...Cats (53 mins)</div> <div>2:30 Discussion Group-Topic: Leadership-C</div> <div>3:00 A Royal Family: Pt 4: Love and Revolution (53 mins)</div> <div>4:00 Hong Kong Vacay (56 mins)</div> <div>5:00 The colorful Pena Palace of Portugal (52 mins)</div> <div>5:55 China's Incredible Engineering Marvels (61 mins)</div> <div>6:57 Jonny Greenwood & LCO Boiler Room...(74 mins)</div> <div>7:15 Entertainment by pianist and singer, Matt Zelenin-HBH</div> <div>8:00 UT Women's Basketball-PL**</div> <div>8:20 Musical Movie: <i>A Star is Born</i> (1976); R-Rated; 139 mins</div>	<div>8:00-12:00 HIDDEN TREASURES SALE</div> <div>10:00 Art class w/ Maria-AS</div> <div>11:00 Conversational Spanish class with Luz-C</div> <div>11:00 Claude Monet - The Alchemist of Light: Part II (85 mins)</div> <div>1:00 Rise and Fall of Napoleon Bonaparte (51 mins)</div> <div>1:30 Duplicate Bridge-SOL</div> <div>1:30 Health Rhythms-Drumming Class-HBH</div> <div>1:30 Target -PL*</div> <div>1:55 Aquarium of the world - endangered underwater world (52 mins)</div> <div>2:50 50 Most beautiful islands in the world (68 mins)</div> <div>3:00 Nature Creator Club (flower arranging, plant creations - AS</div> <div>4:00 The Royal Love Story: William & Catherine (61 mins)</div> <div>5:05 Old Faves: The Strange Love of Martha Ivers (1946) 115 mins</div> <div>7:05 Friday Classic Movie: <i>Lolita</i> (1962) 153 mins</div> <div>7:15 BIG BINGO-SOL</div>	<div>10:35 Mini series: One Thousand And One Nights (200 mins)</div> <div>11:00 Investment Club: Speaker: Michelle Mobley on Estate Planning-SOL</div> <div>1:30 Fun Board Games with Kay Arms, resident-SOL</div> <div>2:00 Dominoes-SOL</div> <div>2:00 Movie: Gentlemen of Fortune(Russian comedy) 87 mins</div> <div>4:00 CHINESE DANCE SHOW by The Love of China School of Dance -HBH</div> <div>4:30 The Carol Burnett Show</div> <div>5:30 The entire history of Brecon - Ancient Welsh History (50 mins)</div> <div>6:30 Austin Symphony POPS-PL**</div> <div>7:00 Austin Chamber Music Center presents, The Balourdet Quartet-PL**</div> <div>7:00 Movie: <i>My Big Fat Greek Wedding 3</i> (2023) 92 mins</div> <div>8:45 The Tonight Show with Johnny Carson</div>

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