

# Love Abounds



February 2026

LCS+Westminster Win Again

Yarn = Love

Celebrating 75 Years

Give Us Your Opinion



WESTMINSTER<sup>SM</sup>  
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](https://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".



# 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](https://bit.ly/46333PJ)



or scan this QR code. →



## 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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30am Walking Group Depart from PL	9:00am - 9:25am Chair Exercise Resident Led (FS)	9:00am - 9:25am Chair Exercise Resident Led (FS)	9:00am - 9:25am Chair Exercise Resident Led (FS)	9:30am - 10:00am Beginner Pilates Angie	9:00am - 9:25am Chair Exercise Resident Led (FS)
9:00am - 9:25am Chair Exercise Resident Led (FS)	9:30am - 10:15am Interval Training Angie (FS)	9:30am - 10:15am Balance & Cardio Blast Angie (FS)	9:30am - 10:15am Interval Training Angie (FS)	10:05am - 10:35am Core on the Floor Angie (FS)	
9:30am - 10:00am Beginner Pilates - Angie	10:30am - 11:15am Yoga Angie (FS)	10:30am - 10:50am Balance Ballet Virginia (Apt 14)	10:30am - 11:15am Yoga Angie (FS)	10:35am - 11:20am Yoga Angie (FS)	
10:05am - 10:35am Gentle Yoga - Angie	11:30am - 12:15pm Just for Men (Strength Training) Jade (FS)	10:35am - 11:20am Just For Men Lynn)(FS)	11:15am - 12:00pm Aqua Fit Jade (Pool)	11:15am - 12:00pm Aqua Fit Jade (Pool)	
10:30am - 10:50am Balance Ballet Virginia (Apt 14)	12:15pm - 1:00pm Balance & Strength Jade	11:15am - 12:00pm More Core on the Floor Angie (FS)	12:15pm - 1:00pm Balance & Strength Jade	11:15am - 12:00pm Fitness for Movement Disorders w/Summer (FS)	
10:40am-11:10am Pound & Play - Angie (FS)	1:00pm - 2:00pm Fitness for Movement Disorders w/Summer (FS)	1:00pm - 2:00pm Parkinson's - 3rd Wed Tammis (Chapel)	1:00pm - 2:00pm Fitness for Movement Disorders w/Robin (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)					

**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.

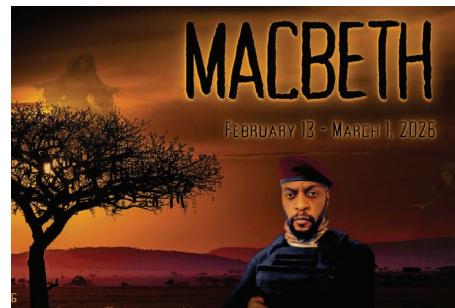
#### LIVE MUSIC: PRICKLY PEAR BOYS

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

### FEBRUARY 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 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 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

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

**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

14



# 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	
10:00 Love Lessons - Dr. Charles Stanley	<b>15</b> <b>PRESIDENT'S DAY</b> 10:00 Tour of Rosette-Home of Austin Classical Guitar-PL** 11:00 The Majestic Rocky Mountains...(53 mins) 12:00 Movie: Bakery in Brooklyn (101 mins) 1:30 Walgreens & Central Market-PL* 2:00 Writing Group-T 2:00 Jeremy Brett as Sherlock Holmes - The Naval Treaty (53 mins) 3:00 Period Movie: Jane Eyre (1997) 108 mins 4:00 Armchair Astronomer Ken VanLew presents: James Webb Space Telescope: Pictures of the Month-C 4:50 Food Safari: American Cuisine (25 mins) 5:00 Movie: When Tomorrow Comes (1939) 90 mins 6:31 Rick Steves' French Riviera 7:00 Andre Rieu's Love in Venice (171 mins)	<b>16</b> <b>MARDI GRAS &amp; CHINESE NEW YEAR</b> 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 Black History of Austin: Tour w/ Harrison Eppright-PL* 10:30 What's So Funny? 6-week lecture series w/ Jerry Conn, resident-SOL 11:00 W. H. Auden... (59 mins) 12:00 When The Middletons met the Monarchy (44 mins) 12:50 ...Solar System (66 mins) 1:30 Paper Crafting w/Cindi-AS 2:00 Wellness Reset with Rachel (must be registered) - FS** 2:00 Movie: God of Cookery (Chinese) 93 mins 2:00 Stitch 'N Time-Arbour 2nd Fl. 3:00 Presbyterian Fellowship-SOL 3:00 Episcopal Service - C 3:35 Polar Night - Life in the Wilderness... (52 mins) 4:30 China...Secret Garden (53 mins) 5:25 Wonders of China ... (61 mins) 6:27 ...Megacity: Shanghai (21 mins) 6:49 Spring Glamor and Glory: 2023 Chinese Acrobatics (93 mins) 7:15 MARDI GRAS PARTY with a night of Cajun music-HBH 7:15 Movie Night: Regan (2024) 141 mins-HBH & Ch 1890	<b>17</b> <b>ASH WEDNESDAY</b> 10:00 Ash Wednesday Observance-C 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 American President: The American Way (54 mins) 12:00 ...Grand Teton (45 mins) 12:45 Finance Tycoons... (97 mins) 1:00 Bridge Group-GR* 1:00 Parkinson's Support Group-CANCELLED 1:30 Hand and Foot Game-SOL 2:25 The Wildlife of Costa Rica (49 mins) 3:15 Mini series: A Year in the Life Pt. 3 (85 mins) 3:30 Social Hour-Bistro 4:40 Kamchatka: ... (54 mins) 5:35 Wonders of China (69 mins) 6:45 China Street Food (56 mins) 7:15 Grief and Loss: Presented by Hospice Austin-HBH 7:43 China's 2024 Spring Festival Gala (44 mins) 8:30 Movie: Crouching Tiger, Hidden Dragon (2000) 120 mins 8:25 Movie: The Farewell (2019); 100 mins	<b>18</b> 9:00 Early Voting Joint Primary Elections-PL* 10:00 Open Studio: Creating a picture- AS 10:30 Fit Minds-C 11:00 Early Voting- Joint Primary Elections-PL* 11:00 The American President: The World Stage (54 mins) 12:00 BIRTHDAY LUNCHEON (February birthdays) - HBH 12:00 Looking for Rembrandt: Part III (60 mins) 1:00 Mahjong Group-GR 1:00 Couple: Barbara Stanwyck & Robert Taylor (52 mins) 1:40 Table Tennis for Seniors at the Austin Table Tennis Club-PL* 2:00 Mexican Train-SOL 2:00 Wildlife...Sharks (53 mins) 2:30 Discussion Group-Topic: Confidence-C 3:00 A Royal Family: Pt 3: The Heirs to an Empire (53 mins) 4:00 Beijing vacation (59 mins) 5:00 Vaux-le-Vicomte:...French Château... (52 mins) 5:55 megaprojects in China (61 mins) 6:57 China Phil. 2022 Chinese New Year Concert (80 mins) 7:15 Music & dance with The Salt Creek Country Band ...HBH 8:20 Musical Movie: De-Lovely (2004) 125 mins	<b>19</b> 8:30 Informal Women's Breakfast-Bistro 10:00 Art class w/ Maria-AS 11:00 Conversational Spanish class with Luz-C 11:00 Claude Monet - The Alchemist of Light: Pt I (92 mins) 1:00 The Secret File of Marco Polo in China (51 mins) 1:30 Duplicate Bridge-SOL 1:30 Barton Creek Mall-PL* 1:55 Ocean Stories - Dolphins and Whales (49 mins) 2:45 15 Breathtaking destinations (60 mins) 3:45 The Royal Love Story: Margaret & Peter (52 mins) 4:00 Shabbat Songs & Lessons-C 4:40 The Dick Van Dyke Show 5:05 Old favorites: Bob Hope's Paris Holiday (1958) 103 mins 7:00-9:00 Stuart Greenfield's 80th Birthday Party-HBH 7:00 Austin Symphony-PL** 7:00 Friday Classical Movie: Love in the Afternoon (1957) 130 mins	<b>20</b> 10:35 Shakespeare's The Merchant of Venice (132 mins) 1:30 Zach T's Murder on the Orient Express-PL** 1:30 Fun Board Games with Kay Arms, resident-SOL 2:00 Dominoes-SOL 2:00 Movie: Raise the Red Lantern (Chinese) 125 mins 4:30 The Carol Burnett Show 5:30 Uncovering the lost seas ...ancient world (50 mins) 7:00 Movie: Love Again (2023); 104 mins 9:00 The Tonight Show with Johnny Carson	<b>21</b>
10:00 Overflowing with Gratitude - Dr Charles Stanley	<b>22</b> 8:30 Walking Group-Walnut Creek Park-PL* 11:00 The Tatra Mountains - Wild at Heart (51 mins) TBA: Going to the movies: TBA-PL* 12:00 Movie: Lost And Found in Rome (86 mins) 1:30 Walgreens & Central Market-PL* 2:00 AI Workshop w/ residents, Stuart Greenfield & Leon Fainbuch-C 2:00 Care Partner Support Group-Rachel's office (Apt 336) 2:00 BINGO-SOL 2:00 Jeremy Brett as Sherlock Holmes The Solitary Cyclist (53 mins) 3:00 Book Club-Great Novels of the 19th Century-T 3:00 Period Movie: Miracle in the Valley (2016) mins 4:00 Gymnastics Show by Champions Gym-HBH 4:40 Most beautiful places in Jamaica (52 mins) 5:35 Food Safari: Thai (25 mins) 6:00 New Zealand... (53 mins) 6:55 Engelbert Humperdinck (78 mins) 7:15 Edward and Mrs Simpson: by Maggie Gallant, The British...HBH 8:20 Movie: All Is True (2018) 101 mins	<b>23</b> 9:30 Women's Group with Donuts & Coffee-SOL 9:30 Men's Coffee Group-SOL 10:00 Woodworking Class w/ Gus-Ground floor Preston 10:00 Art class with Linda-AS 10:00 Self guided Tour of Carver Museum Exhibit: The African-American...19th Century TX-PL* 10:30 What's So Funny? - Six-week lecture series with Jerry Conn, resident-SOL 11:00 The Bronte Sisters documentary (54 mins) 11:55 Charles & Anne... (45 mins) 12:40...Ancient World (67 mins) 1:00 Early Voting-Joint Primary Elections-PL* 1:30 Duplicate Bridge-SOL 1:30 Paper Crafting w/Cindi-AS 2:00 Movie: The Big Picture (1989) 102 mins 2:00 Stitch 'N Time-Arbour 2nd Fl. 3:00 Early Voting-Joint Primary Elections-PL* 3:00 Presbyterian Communion-C 3:40 Brazil:... Forest (57 mins) 4:40 Kyrgyzstan - The Switzerland of Central Asia (57 mins) 5:40 Azerbaijan... (60 mins) 6:40 Best Of Broadway (102 mins) 7:15 Entertainment by Austin Classical Guitar-HBH 8:20 Movie: Anna Karenina (2012) 130 mins	<b>24</b> 10:00 Tech Help-GR 10:30 Poetry Group-T 10:30 Meditation Group w/ Patty-C 11:00 The American President: The Heroic Posture (54 mins) 11:55 America's National Parks: Coral Reefs and... (45 mins) 12:40 Economic Documentary: Four Horsemen (99 mins) 1:30 Hand and Foot Game-SOL 2:00 CHUCK CHAT-HBH 2:40 Wildlife in Unexpected Places - Foxes in Urban... (52 mins) 3:35 The Love Boat (94 mins) 3:30 Social Hour-Bistro 3:45 Going to Bob Bullock IMAX for Elvis Presley in Concert-PL* 5:10 Kenya: ... (51 mins) 6:02 Wonders of Poland (64 mins) 7:08 The Loire Valley: Hidden Secrets of France's Castles & Kings (42 mins) 7:15 What makes a True Texan?: A musical & history presentation by Jesse White -HBH 7:50 Slavic Folk Dances (32 mins) 8:25 Movie: Out of Africa (1985) 161 mins	<b>25</b> 10:00 The Civil War Tour: w/ Billy Brookshire-PL* 10:00 Open Studio: Creating a picture- AS 10:30 Fit Minds-C 11:00 The American President: Compromise Choices (54 mins) 12:00 Michelangelo - A Revolution in Art (52 mins) 1:00 Mahjong Group-GR 1:00 Iconic Couple: Jean Harlow & William Powell (52 mins) 2:00 Mexican Train-SOL 2:00 Wildlife...Cats (53 mins) 2:30 Discussion Group-Topic: Leadership-C 3:00 A Royal Family: Pt 4: Love and Revolution (53 mins) 4:00 Hong Kong Vacay (56 mins) 5:00 The colorful Pena Palace of Portugal (52 mins) 5:55 China's Incredible Engineering Marvels (61 mins) 6:57 Jonny Greenwood & LCO Boiler Room... (74 mins) 7:15 Entertainment by pianist and singer, Matt Zelenin-HBH 7:50 Slavic Folk Dances (32 mins) 8:00 UT Women's Basketball-PL** 8:20 Musical Movie: A Star is Born (1976); R-Rated; 139 mins	<b>26</b> 8:00-12:00 HIDDEN TREASURES SALE 10:00 Art class w/ Maria-AS 11:00 Conversational Spanish class with Luz-C 11:00 Claude Monet - The Alchemist of Light: Part II (85 mins) 1:00 Rise and Fall of Napoleon Bonaparte (51 mins) 1:30 Duplicate Bridge-SOL 1:30 Health Rhythms-Drumming Class-HBH 1:30 Target -PL* 1:55 Aquarium of the world - endangered underwater world (52 mins) 2:00 Movie: Gentlemen of Fortune (Russian comedy) 87 mins 4:00 CHINESE DANCE SHOW by The Love of China School of Dance -HBH 4:30 The Carol Burnett Show 5:30 The entire history of Brecon - Ancient Welsh History (50 mins) 6:30 Austin Symphony POPs-PL** 7:00 Austin Chamber Music Center presents, The Balourdet Quartet-PL** 7:00 Movie: My Big Fat Greek Wedding 3 (2023) 92 mins 8:45 The Tonight Show with Johnny Carson	<b>27</b> 10:35 Mini series: One Thousand And One Nights (200 mins) 11:00 Investment Club: Speaker: Michelle Mobley on Estate Planning-SOL 1:30 Fun Board Games with Kay Arms, resident-SOL 2:00 Dominoes-SOL 2:00 Movie: Gentlemen of Fortune (Russian comedy) 87 mins 4:00 CHINESE DANCE SHOW by The Love of China School of Dance -HBH 4:30 The Carol Burnett Show 5:30 The entire history of Brecon - Ancient Welsh History (50 mins) 6:30 Austin Symphony POPs-PL** 7:00 Austin Chamber Music Center presents, The Balourdet Quartet-PL** 7:00 Movie: My Big Fat Greek Wedding 3 (2023) 92 mins 8:45 The Tonight Show with Johnny Carson	<b>28</b>

**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