

A New Year is Upon Us



January 2026

Brain Health

Resolutions

Resident Committee Feature

Welcome New Residents

Touring the Driskill Hotel



WESTMINSTERSM
COMMUNITY LIFE

FROM THE EXECUTIVE DIRECTOR



CHUCK BORST

As we turn the page to a brand-new year, let's pause and cherish the journey we've shared together—the laughter, the friendships, and the moments that make Westminster a special place. Ahead of us lies a year filled with promise: new opportunities, deeper connections, and simple joys waiting to be embraced.

At Westminster, we are more than neighbors, we are family. Together, we will continue to create beautiful memories, lift each other up, and savor the beauty in every day. May this new year bring warmth to your heart, good health to your body, and happiness to your soul.

As we welcome this new chapter, let us also reflect on the gift of gratitude. Gratitude reminds us that even the smallest moments, a shared smile, a kind word, a helping hand, are treasures that enrich our lives. It is through gratitude that we find joy in what we have and hope for what is yet to come.

Our residents inspire us with their generosity, their time, their talents, and their heartfelt support for charitable causes, for our community, and for one another.

Our associates share their gifts of skill, hospitality, and respect, creating a culture of care that makes Westminster truly exceptional.

This spirit of mutual kindness and respect is the foundation of our community, our home, and the

A New Year, A Fresh Beginning

“Every day is a new beginning. Take a deep breath, smile, and start again.”

— Anonymous

essence of who we are. Here's to a year filled with hope, happiness, and togetherness.

We are Extraordinary, Together because of you.
Happy New Year!

A handwritten signature in black ink that reads "Chuck Borst".

Blue Santa Donations Overflow With Love



2025 RAF Campaign a Success!



From left to right:
Leon Fainbuch (co-chair), Kathy Helfert, Frances Woodrick, Ferne Kyba (co-chair), Berny Schiff, Phyllis Schenkkkan, Jerry Pritchard, Marilyn Vinson, Pat Wright, Rowland Cook, Margaret Lalk.

Missing: Sharon Verlander, Marsha Durniak, Julie Cripes Brooks.

A spirit of gratitude exists throughout Westminster. A heartfelt THANK YOU to our generous donors.

What Will Bring a Little Zing to Your New Year?

New Year's resolutions can be scary. Sometimes what sounds like a good idea turns out to be unpleasant or difficult. So, we quit.

But let's face it, resolutions are a tradition, and many of us feel obligated to choose one. If you have committed to resolution for 2026, please share it with us. Maybe it's adopting a new habit or breaking an old one, learning a new skill, reacting differently to a person or situation, or dreaming about a trip.

Please submit your resolution by name or anonymously to be published in future issues. Don't hold back.
Email bergan@crossnorgroup.com.



Helping Our Westminster Neighbors

I am pleased to lead the committee, "Volunteers in Assisted Living."

The title is not very catchy, but it conveys our purpose to connect with friends between Independent Living and Assisted Living. I realized that often residents are reluctant to move into Assisted Living (AL) for fear they would lose touch with long-time friends. So, my primary goal has been to find ways for the two communities to come together. Also, working with Brooks Eastman is a real joy. His energy, sense of humor, and love for the residents in Assisted Living inspired me to do what I can to make his job a bit easier.

Our volunteers use their interests and skills to generate new and exciting projects. Fun activities with AL residents include conducting weekly tea parties, leading men's discussion groups, going on afternoon walks, playing bridge, Rummikub and Bingo, helping with social events, conducting Trivia contests, leading sing-a-longs, and just visiting and spending time with friends.

I am gratified to hear how much enjoyment the volunteers receive from their efforts. We have about 25 active volunteers on this committee and there is always room for more. To sign on, send me an email at marylynwoodall@gmail.com



Charles & Laura Mendenhall (above and at left) share their love of ceramics with Assisted Living residents



Resident Production: Mondays with Harry



Fredericksburg & Johnson City 2025



Austin Brass, Austin Civic Wind & Mela Sarajane Dailey Performances



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.

New Residents Nov. & Dec.

ROY CLYMER, APT. 453

Lifework: Psychologist

Hobbies: Astronomy, bicycling, fishing, electronics, computer (VR)

Places Traveled to: Turkey, Taiwan, Japan, England, Norway, Germany, Italy

Military Service: USN, 1967-1971

Children & Grandchildren: 1 child & 2 grandchildren

PHYLLIS CLYMER, APT. 453

Hometown: Baltimore, MD

Lifework: Psychologist

Hobbies: Movies, arts

Places Traveled to: Europe, Canada, USA

Children & Grandchildren: 1 child & 2 grandchildren

EVA GAYLE GIBBS, APT. 144

Hometown: Austin

Lifework: Teacher, wife, mother, volunteer

Hobbies: Tennis, bridge, singing, traveling

Places Traveled to: South America, Europe, Russia, China, USA, Canada, Africa

Membership of Any Organizations: WSL of Austin, SAGE

Volunteer Work: Schools, symphony

Children & Grandchildren: 3 children, 2 sons-in-law, 6 grandchildren

Community First Village



Fit Minds: New Groups Starting in January!

Fit Minds is a dynamic and engaging class designed to keep your brain active and healthy. For the past eight years, Fit Minds has helped seniors across the country maintain and improve cognitive health through stimulating group programs. Fit Minds at Westminster is taught by Rachel Gill, Life Enrichment Director using a curriculum developed to improve cognitive health through discussions and written puzzles.

What makes Fit Minds unique?

It exercises five key areas of cognition to keep your mind sharp and engaged:

- **Language & Music**

Enhance communication and enjoy the rhythm of life

- **Visual/Spatial Orientation**

Strengthen awareness and perception

- **Memory**

Boost recall and retention

- **Critical Thinking**

Sharpen problem-solving skills

- **Computation**

Keep numbers and logic working for you

This class is more than mental exercise—it's an opportunity to connect, learn, and thrive in a supportive environment. Fit Minds combines fun, challenge, and social interaction to help you feel confident and energized.

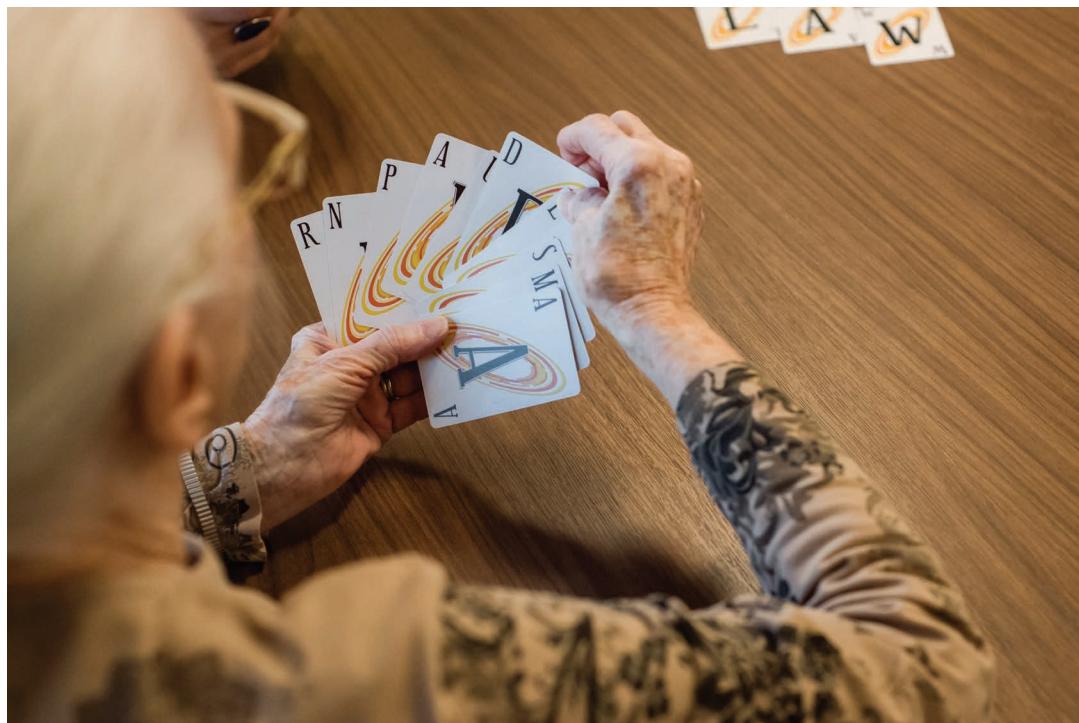
A new session of FitMinds begins January 8 and meets every Thursday at 10:30 a.m. in the Chapel.

The Wellness Reset is a new group designed to help you recharge and restore mental balance. Led by Rachel Gill, Life Enrichment Director, this 8-session program focuses on practical strategies for mental clarity, stress reduction, and overall well-being. Through engaging discussions and activities, you'll explore topics like boosting energy, staying mentally sharp, improving sleep, and cultivating healthy habits.

Take this opportunity to slow down, reset your outlook, and thrive in a supportive group—because every day is a chance to start fresh.

To keep the group small and supportive, spots are limited. To register for this new group starting in January, contact Rachel at rachelgill@wmanor.com or 512-600-7326.

Gain the tools you need to take good care of yourself. The Wellness Reset begins January 20 at 2 p.m.



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)

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

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

*Jade will sub Fitness for Movement Disorders 1/22

FS = Fitness Studio
PL = Preston Lobby

JANUARY EVENT HIGHLIGHTS

JANUARY 6 @8:30 A.M.

OUTING: WACO, TX

Sign up on the **Resident Portal**
Visit the Texas Rangers Hall of
Fame & Museum; Guided tour of
Dr Pepper Museum



JANUARY 8 @10:15 A.M.

MOVIE OUTING: BOB BULLOCK IMAX

Sign up on the **Resident Portal**
to see *Superhuman Body: World of
Medical Marvels* on the big screen

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

JANUARY 13 @10:00 A.M.

GUIDED TOUR: CLARKSVILLE HISTORIC DISTRICT

Sign up on the **Resident Portal**
to learn about Clarksville Historic
District with Harrison Eppright

JANUARY 20 @7:15 P.M.

LIVE MUSIC: THE DEFIBRILLATORS

Harris Bell Hall - Put on
your dancin' shoes and Join
us for Dance Night with The
Defibrillators Band



JANUARY 27 @7:15 P.M.

LIVE MUSIC: MIKE HAMILTON

Harris Bell Hall - Join us for
an evening of jazz with singer
and saxophone player, Mike
Hamilton

JANUARY 29 @10:00 A.M.

GUIDED TOUR: NORTH AUSTIN STREET ART

Sign up on the **Resident Portal**
for this guided bus tour with Billy
Brookshire

MORE TO OFFER

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



Follow us on Facebook for
events and more!

