

FEBRUARY 17-23, 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>17</p> <p>10:45 Sunday Service - 3rd Floor Assisted Living</p> <p>11:00 Catholic Communion - C</p> <p>2:00 Ballet Austin: <i>Pieces of Passion</i> - L**</p> <p>4:00 Vespers—C Speaker: The Rev. Billy Tweedie, Rector, Episcopal Church of the Resurrection</p> <p>7:00 Andre Rieu's <i>Love In Venice</i> (2014) 160 mins—DVD played in MT, Ch1980</p>	<p>18</p> <p>11:00 Concert by The Silver Strings - HBH</p> <p>1:30 Central Market, Walgreens - L*</p> <p>2:00 Movie: <i>Lincoln</i> (2012) 150 mins - MT, Ch1980</p> <p>2:00 Bingo - SOL</p> <p>4:00 Armchair Astronomer: <i>Earth's Moon: Novelties</i> - C</p> <p>7:00 President's Day Talk: <i>Reliving the assassination of President J F Kennedy</i> by Julian Read, WM resident and eye witness of the day - HBH</p>	<p>19</p> <p>9:30 Check Cashing - FD</p> <p>9:30 Donuts - DR</p> <p>10:00-12n Drawing Class with Linda - AS</p> <p>10:30 Discussion Group - C</p> <p>TBA: Going to the movies: <i>The Upside</i> - L*</p> <p>1:30 Card making w/ Kay Arms, resident & Cindy Arms - SOL</p> <p>2:00 Stitch 'N Time - SOL</p> <p>2:00 Movie: <i>Olympus Has Fallen</i> (2013) R-Rated - MT, Ch1980</p> <p>3:00 Presbyterian Fellowship - SOL</p> <p>7:00 Presentation by Dr. Ryan C Young of Austin Retina: Age-Related Macular Degeneration (AMD) - HBH</p>	<p>20</p> <p>11:00 Great Courses: Investigating American Presidents - SOL</p> <p>12:00 BIRTHDAY LUNCHEON - PDR</p> <p>2:00 Intro to RehabCare - SOL</p> <p>2:00 Film Discussion documentary: <i>Happy</i> (2011) 75 mins - MT, Ch1980</p> <p>3:00 Episcopal Communion - C</p> <p>3:30-4:30 Social Hour—HBH</p> <p>5:00 Supper Club goes to, TC Noodle House - L*</p> <p>7:00 An evening of music by Country Friends: Jenifer Jackson & Scott George - SOL</p>	<p>21</p> <p>9:30 Check Cashing - FD</p> <p>9:30 Spanish class (resident led) - AS</p> <p>10:15 Guided tour of Umlauf Sculpture Garden - L*</p> <p>10:15-12n Poetry Group—AL conference room</p> <p>10:30 Total Brain Health- Brain Workout - C</p> <p>1:00 Bridge - GR</p> <p>2:30 Discussion Group, Topic: <i>Trust</i> - C</p> <p>4:00 Travel DVD: <i>Best Romantic Gateways</i> - MT, Ch1980</p> <p>7:00 <i>For Sentimental Reasons</i> - An Evening with the Christian Wiggs Jazz Trio! - HBH</p>	<p>22</p> <p>9:00-12n Hidden Treasures Sale</p> <p>10:00-12n Painting class with Maria - AS</p> <p>11:00 Book Group: <i>You Know When the Men Are Gone</i> by Siobhan Fallon - PDR</p> <p>12:45 Duplicate Bridge w/ Larry Davis (non sanctioned) - SOL</p> <p>1:30 CVS, Sue Patrick & Dollar Tree—L*</p> <p>2:00 Film Discussion Group: <i>Happy</i> - C</p> <p>2:00 Documentary: <i>American Experience: LBJ</i> (200 mins) - MT, Ch1980</p> <p>7:00 Austin Symphony - L**</p> <p>7:00 Classic Movie: <i>Song of Love</i> (1947) 119 mins - MT, Ch1980</p>	<p>23</p> <p>10:00-12n Tech Saturday - HBH</p> <p>10:30 Monthly Mindfulness Workshop - C</p> <p>1:30 Fun Board Games with Kay Arms, resident - SOL</p> <p>7:00 Movie: <i>RBG</i> (2018) 97 mins - MT, Ch1980</p>

BIRTHDAYS THIS WEEK:

Date	Name	Apt #
17	Nancy Wood	366
18	Tom Rhyne	439
20	Dusty Gaston	469
23	Don Lougheed	5022

LOCATION KEY

*Indicates that sign-up in the notebook in the lobby is required For more information about activities go to Resident Portal at www.westminsteraustintx.org - No login required. **Indicates that tickets/membership and sign-up in the lobby are required

Front Desk - FD
Harris Bell Hall - HBH
Lobby - L

Private Dining Room - PDR
Solarium - SOL
Windsor Building - W

Aquatics Center - AQC
Fitness Studio - FS
Art Studio - AS

Windsor Courtyard - WCY
Preston Courtyard - PCY
Chapel - C

Dining Room - DR
Fitness Center - FC
Dogwood Cafe - DGC

Game Room - GR
Movie Theater - MT

Channel 1890 (in-house TV) - Ch1890

FEBRUARY 24-28, 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																								
<p>24</p> <p>10:45 Sunday Service - 3rd Floor Assisted Living</p> <p>11:00 Catholic Communion - C</p> <p>2:00 Austin Shakespeare's <i>Indian Ink</i> at Long Center - L**</p> <p>4:00 Vespers - C Speaker: The Rev. Patty Bergfield, Assoc Pastor, Tarrytown Methodist Church</p> <p>7:00 Variety piano program by John Hudspeth, resident - HBH</p> <p>7:00 Movie: <i>The Notebook</i> (2004) 123 mins - MT, Ch1980</p>	<p>25</p> <p>8:30 Casual Scenic Walk w/ Kathy Kelly - L*</p> <p>10:00 Brain Games - SOL</p> <p>TBA: Going to the movies: <i>Glass</i> - L*</p> <p>1:30 Central Market, Walgreens - L*</p> <p>2:00 Movie: <i>Dan in Real Life</i> (2007) 98 mins - MT, Ch1980</p> <p>2:00 Meditation with Leah - C</p> <p>2:00 Bingo - SOL</p> <p>3:00 Garden Club: <i>Climate Change and gardening</i> - AS</p> <p>7:00 <i>The Stately Dance of Galaxy Evolution</i>, UT Austin Astronomy Professor John Kormendy, - HBH</p>	<p>26</p> <p>8:00 Tour of the George H.W. Bush Presidential Library & Museum, College Station - L*</p> <p>9:30 Check Cashing - FD</p> <p>9:30 Donuts - DR</p> <p>10:00-12n Drawing Class with Linda - AS</p> <p>10:30 Discussion Group - C</p> <p>1:30 Card making w/ Kay Arms, resident & Cindy Arms—SOL</p> <p>2:00 Movie: <i>Notting Hill</i> (1999) 124 mins - MT, Ch1980</p> <p>5:00-6:30 Chinese Theme Dinner; Chinese harp music; Laurel Dining ONLY</p> <p>7:00 Hymn Night - C</p> <p>7:00 Movie: <i>The American President</i> (1995) - MT, Ch1980</p>	<p>27</p> <p>10:00 <i>Whimsical Sculpture & Street Art</i> - A guided bus tour with Billy Brookshire - L*</p> <p>11:00 Great Courses: Investigating American Presidents - SOL</p> <p>1:30 Get to know your gym with Amanda - Preston Gym</p> <p>2:00 Film <i>The Alamo</i> (2004) 137 mins - MT, Ch1980</p> <p>3:30-4:30 Social Hour - HBH</p> <p>7:00 Texas Heroes & Legends presents, <i>Duke - John Wayne</i>, program by Jack Edmondson - HBH</p>	<p>28</p> <p>9:30 Check Cashing - FD</p> <p>9:30 Spanish class (resident led) - AS</p> <p>10:15-12n Poetry Group—AL conference room</p> <p>10:30 Brain Health Workout - C</p> <p>2:00-3:30 Book Discussion Group, <i>The Japanese Lover</i> by Isabel Allende, & Virtual Library help w/ Yarbrough Library - S</p> <p>2:30 Discussion Group, Topic: <i>Memory</i> - C</p> <p>4:00 Travel DVD: <i>Great Wonders of the World: Man & Nature</i> - MT, Ch1980</p> <p>7:00 Presentation: <i>Staying Independent in Independent Living</i> by Robin Akins, Dir. of Resident Health & Wellness - HBH</p>	<p>BIRTHDAYS THIS WEEK:</p> <table border="1"> <thead> <tr> <th>Date</th> <th>Name</th> <th>Apt #</th> </tr> </thead> <tbody> <tr> <td>24</td> <td>Bill Spain</td> <td>521</td> </tr> <tr> <td>24</td> <td>Kathy Lougheed</td> <td>5022</td> </tr> <tr> <td>25</td> <td>Gerald "Jerry" Smolinsky</td> <td>101</td> </tr> <tr> <td>25</td> <td>Harry Lucas, Jr. (NIH)</td> <td>464</td> </tr> <tr> <td>25</td> <td>Paula Hundley</td> <td>110</td> </tr> <tr> <td>26</td> <td>Kathy Akers</td> <td>326</td> </tr> <tr> <td>28</td> <td>Ted Reutz</td> <td>103</td> </tr> </tbody> </table>		Date	Name	Apt #	24	Bill Spain	521	24	Kathy Lougheed	5022	25	Gerald "Jerry" Smolinsky	101	25	Harry Lucas, Jr. (NIH)	464	25	Paula Hundley	110	26	Kathy Akers	326	28	Ted Reutz	103
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Weekly Workouts

Ready to get fit?

Join us **Monday - Saturday at 9am** for resident led **EXERCISE** in HBH!

MONDAY

- 9:00am - Chair Exercise (Resident Led) - HBH
- 9:30am - Chair/Mat Yoga (Amanda) - FS
- 10:30am - Aqua Lite (Sue) - AQC
- 10:30am - Balance Ballet (Resident Led) Near Apt 14
- 1:00pm - Tai Chi (Julie) - FS
- 2:00pm - Meditation (Leah) - C
- 3:15pm - Laughter Yoga (Leah) - S

TUESDAY

- 9:00 Exercise (Resident Led) - HBH
- 9:30 Total Body Blast (Amanda) - HBH
- 10:30 Water Exercise (Resident Led) - AQC
- 11:00 Pilates (Cindy) - HBH

WEDNESDAY

- 9:00 Exercise (Resident Led) - HBH
- 10:00 Better Balance (Amanda) - HBH
- 10:30 Aqua-Lite exercises (Sue) - AQC
- 11:30 Balance Barre (Taylor) - FS
- 1:30 Line Dance (Sonja) - FS
- 2:45 Laughter Yoga (Leah) - SOL

THURSDAY

- 9:00 Exercise (Resident Led) - HBH
- 9:30 Senior Strong (Amanda) - HBH
- 10:30 Water Walking & Exercises - (Resident Led) - AQC
- 11:00 Pilates (Cindy) - HBH

FRIDAY

- 8:00 Aqua Conditioning (Amanda) - AQC
- 9:00 Exercise (Resident Led) - HBH
- 9:30am - Chair/Mat Yoga (Amanda) - FS
- 10:00 Gracefully Fit on Barres - (Resident Led) - FS
- 10:30 Balance Ballet (Resident Led) - Near Apt 14
- 11:00 Sheng Zhen w/ Dr. Wojick - FS