



VILLAGE VOICE

April 2025

THE POWER OF CONNECTION: BUILDING A STRONGER COMMUNITY



At Westminster Village, we believe that a sense of connection is one of the most important aspects of well-being. Whether it's a friendly conversation, a shared activity, or a simple smile in the hallway, every interaction strengthens the bonds that make Westminster feel like home.

The Importance of Social Engagement – Studies show that staying socially active improves mental and emotional health. That's why we encourage residents to participate in group activities, from playing games or joining the listening group, to keep minds sharp and spirits high.

Supporting One Another – A strong community thrives on kindness and support. Whether you're offering a helping hand to a fellow resident or taking time to listen, small acts of care make a big difference in creating a warm, welcoming environment.

Opportunities to Connect – This month, we have a variety of programs designed to bring people together, from music events to watercolor painting classes. We invite you to join in, share a laugh, and make new memories with friends, old and new.

Together, we create a place where everyone feels valued, heard, and at home. Let's continue to build a community filled with friendship and support!

SYNCHRONY STRONG: BOOST STRENGTH & MOBILITY WITH THERABAND TRAINING

Strength training improves postural, overall endurance, and mobility. A TheraBand is a versatile exercise equipment that can easily be used to improve upper body strength. Generally the darker the TheraBand, the more resistance, to challenge strength.



- Sit with TheraBand stretched out in front of body with elbows straight. Pull TheraBand across chest for 20 repetitions.
- With one hand holding resistance band near chest, pull other arm straight out in front of body as in a pushing motion for 20 repetitions. Repeat with other arm.
- With one hand holding resistance band near chest, pull other arm above head for 20 repetitions. Repeat with other arm.
- Secure one end of band under heel of foot. Hold other end of band with hand and bend elbow to bring end of band to shoulder for 20 repetitions. Repeat on other arm.



The Art of Healing...A History of Caring

*Synchrony Rehab is a partner of
Westminster Village*

Would you or a family member like to leave a lifelong legacy? You can make a contribution or memorial to the Westminster Village Foundation. To learn more about the Foundation, go to www.wvmuncie.com/village-foundation-inc

APRIL CALENDAR

April 1

10:30 a.m.-SilverSneakers

April 2

1:00 p.m.-Next-to-New

6:00 p.m.-Muncie Artist Guild:
Student Scholarship Exhibit

April 3

10:30 a.m.-SilverSneakers

April 4

5:00 p.m.-Social Hour

April 7

2:00 p.m.-Expressions Quartet

7:00 p.m.-Music: Brian & Mary
Ross

April 8

10:30 a.m.-SilverSneakers

April 9

1:00 p.m.-Next-to-New

April 10

10:30 a.m.-SilverSneakers

April 15

10:30 a.m.-SilverSneakers

April 16

1:00 p.m.-Next-to-New

April 17

10:30 a.m.-SilverSneakers

April 18

3:00 p.m.-Good Friday Service

5:00 p.m.-Social Hour

April 19

6:30 p.m.-Muncie Civic: "Jesus
Christ Superstar"

April 20

3:30 p.m.-Easter Sunday Service

April 21

7:00 p.m.-Music: Paul White

April 22

10:30 a.m.-SilverSneakers

April 23

1:00 p.m.-Next-to-New

April 24

10:30 a.m.-SilverSneakers

April 25

10:00 a.m.-Spring into Health &
Wellness Fair

April 29

10:30 a.m.-SilverSneakers

April 30

12:30 p.m.-Music: Marty Miller

1:00 p.m.-Next-to-New

RE-PRICED APARTMENTS

Westminster Village is re-pricing a limited number of Residential Living Studios and One (1) BR Kitchenette apartments for immediate move-in. These apartments enjoy all of the same amenities as all of our apartments. Amenities include: three meals daily, bi-weekly housekeeping, weekly flat linen laundry, expanded satellite TV, wi-fi, routine maintenance, utilities (except telephone), and daily wellness checks. These apartments will go fast so don't wait to call for more information. Call Tyler or Brenda at 765-288-2155 for more information!



EMPLOYEE SPOTLIGHT

Name: Tiffany Anderson **Job Title:** Registered Nutrition & Dietetics Technician

Department: Nutritional Services

What is your favorite hobby? Tiffany enjoys baking, spending time outside and working in the yard.

What's one thing on your bucket list? She would love to visit Italy and also travel to more places in the United States.

What's a fun fact about you many people may not know? For years, Tiffany has been singing in a band with friends on the weekends.

How long have you been with the company? She has worked at Westminster Village for 21 years in July.

What do you enjoy most about working here? She loves the residents! Westminster is like one big family. You meet new people all of the time including residents, their family, staff, and outside companies.



WESTMINSTER
VILLAGE