



VILLAGE VOICE

June 2025

HELLO, JUNE! LET THE SUNSHINE IN!

There's something special about this month—longer days, brighter blooms, and a sense of joyful anticipation. At Westminster Village, we're embracing all the simple pleasures summer brings.

June is a time to reconnect, create new memories, and soak in the season's energy. Whether you're enjoying a book in the shade or laughing over lunch, these are the moments that make our community shine.

This month, we invite you to: say hello to someone new, share a favorite summer memory or take a moment to enjoy the sunshine.

Summer reminds us of growth and renewal—both in our gardens and in our hearts. Let's reflect on how far we've come and look forward with hope.

And remember, the heart of Westminster Village is you. Your smiles, kindness, and spirit make this place a true home.

Here's to a joyful June—let's make it one to remember!

SYNCHRONY STRONG: ENHANCING LIFE THROUGH BALANCE

Balance exercises are crucial for older adults to help prevent falls, maintain mobility, and enhance overall quality of life. Here are safe and effective balance exercises for seniors:



1. Heel-to-Toe Walk (Tandem Walking)

- Walk in a straight line, placing the heel of one foot directly in front of the toe of the other.
- Focus your eyes on a point ahead to maintain balance.
- Try for 10-20 steps.

2. Single-Leg Stance

- Stand behind a chair, holding the back for support.
- Lift one foot off the floor and hold for 10 seconds.
- Switch legs and repeat.
- Do 3-5 reps per side.

3. Sit-to-Stand

- Sit in a sturdy chair.
- Cross arms over chest or use hands as needed.
- Stand up slowly and sit back down.
- Do 10-15 reps.

4. Marching in Place

- Stand behind a chair.
- March slowly in place, lifting knees as high as comfortable.
- Do for 30-60 seconds.

5. Side Leg Raises

- Stand behind a chair.
- Slowly lift one leg to the side, keeping the back straight.
- Lower and repeat 10 times per leg.

JUNE CALENDAR

Monthly Staples

Sunday's:
3:30 p.m.-Vespers Worship Service

Tuesday's & Thursday's:
10:30 a.m.-SilverSneakers

Wednesday's:
1:00-3:00 p.m.-Next-to-New

June 9
7:00 p.m.-Music: Michael Cloyes

June 11
7:00 p.m.-Music: Patsy Cline

June 12
2:30 p.m.-Watercolor Painting

June 14
3:00 p.m.-Music: Cherished Vocals

June 16
11:30 a.m.-Father's Day Lunch
7:00 p.m.-Music: Paul White

June 18
2:00 p.m.-Jewelry Making Class:
Beaded Bracelets

June 19
3:00 p.m.-Poets Society

June 20
5:00 p.m.-Social Hour

June 22
1:45 p.m.-Muncie Civic: 1776

June 25
8:00 a.m.-Men's Breakfast
7:00 p.m.-Music: Brian & Mary Ross

June 26
2:30 p.m.-Watercolor Painting

RE-PRICED APARTMENTS: DON'T WAIT, SCHEDULE YOUR TOUR TODAY!

Westminster Village is re-pricing a limited number of Residential Living One (1) BR Kitchenette and Combo 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)
- Daily wellness checks

Call Tyler Ewing or Brenda Williamson at 765-288-2155 with any questions or schedule a tour today!



EMPLOYEE SPOTLIGHT

Name: Holly Haskell **Job Title:** Executive Assistant **Department:** Administration

What is your favorite hobby? Holly enjoys attending and watching all sports, especially Indianapolis Colts, Indiana Pacers, Fever, and Purdue Basketball. She also likes travelling, camping, and spending time with family.

What's one thing on your bucket list? She would like to go on an Alaskan Cruise.

What's a fun fact about you many people may not know? She was the Valedictorian of her high school and held the basketball free throw record (97.4%) for over 25 yrs.

How long have you been with the company? 19 years

What do you enjoy most about working here? Westminster is one big loving family-staff and residents! She loves assisting and talking to the residents and staff. They are all such a joy!



WESTMINSTER
VILLAGE

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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