



# VILLAGE VOICE

March 2025

## EMBRACING THE RENEWAL OF SPRING AT WESTMINSTER VILLAGE



Spring is a season of renewal, and at Westminster Village, we are excited to welcome the warmer days, blooming flowers, and fresh opportunities for connection. As nature awakens, so too does our spirit of community, reminding us of the beauty of new beginnings. Whether it's enjoying a peaceful walk outside, spending time at the gazebo, or simply soaking in the sunshine, this season offers countless ways to refresh both body and mind.

This time of year, also serves as a reminder of growth, hope, and the importance of cherishing each moment. Just as the world around us transforms, we too can embrace change with optimism and gratitude. As we step into spring, let's take a moment to appreciate the simple joys—sunlit afternoons, conversations with loved ones, and the sense of renewal that this season brings.

At Westminster Village, we are grateful to share this season with our wonderful residents, families, and staff. The warmth of spring mirrors the kindness and companionship that make our community so special. As we move forward together, let's celebrate the new possibilities this season brings and continue to create meaningful moments with one another.

## SYNCHRONY STRONG: DAILY MOVES FOR BETTER LIVING

Maintaining good balance is essential for preventing falls and improving mobility. Incorporating simple daily exercises can help strengthen muscles, improve coordination, and boost stability. Before you start, make sure to have a sturdy chair or countertop nearby for support. Try these exercises to enhance your balance and keep moving with confidence!



- **Arm circles:** Stand with feet shoulder width apart. Bring arms up and out to the side at shoulder level. Circle forward 10 repetitions and reverse circle 10 times.
- **Single leg raises:** Raise one leg for 5-10 second, gradually increasing duration when balance improves. Repeat on opposite leg.
- **Side leg raises:** Standing shoulder width apart, raise leg out to side holding 2-5 second. Return to starting position and complete on opposite leg.
- **Chair sit to stand:** Sit to stand from chair attempting without arms for support.
- **Complete exercises regularly 3-6 times a week.**



*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](http://www.wvmuncie.com/village-foundation-inc)

## MARCH CALENDAR

**March 3**  
7:00 p.m.-Guitarist: Scott Wood

**March 4**  
10:30 a.m.-SilverSneakers

**March 5**  
1:00 p.m.-Next-to-New

**March 6**  
10:30 a.m.-SilverSneakers

**March 7**  
5:00 p.m.-Social Hour

**March 10**  
7:00 p.m.-Music: Dennis Glander

**March 11**  
10:30 a.m.-SilverSneakers

**March 12**  
1:00 p.m.-Next-to-New

**March 13**  
9:30 a.m.- Watercolor Painting

10:30 a.m.-SilverSneakers

**March 17**  
7:00 p.m.-Music: Paul White

**March 18**  
10:30 a.m.-SilverSneakers

**March 19**  
1:00 p.m.-Next-to-New

**March 20**  
10:30 a.m.-SilverSneakers

**March 21**  
11:00 a.m.-Ask A Philosopher

5:00 p.m.-Social Hour

**March 25**  
10:30 a.m.-SilverSneakers

**March 26**  
8:00 a.m.-Men's Breakfast

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

**March 27**  
9:30 a.m.-Watercolor Painting  
10:30 a.m.-SilverSneakers

### SAVE THE DATE!



**into Health & Wellness Fair**

**April 25th, 10 A.M.-2 P.M.**

**5801 W Bethel Ave • Muncie**

**Open to the public! FREE Admission!**

### TIP OF THE MONTH

With the arrival of spring, staying hydrated is more important than ever for maintaining energy, joint health, and overall well-being. Older adults are often less likely to feel thirsty, so it's essential to drink water regularly throughout the day. Try incorporating hydrating foods like fruits, vegetables, and soups into our meals. Staying hydrated helps improve digestion, circulation, and even cognitive function. So keep that water bottle handy and enjoy a healthier, more energized season!

### 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:** Tony Elder    **Job Title:** Director of Food Service    **Department:** Dietary

**What is your favorite hobby?** Tony enjoys kayaking, hiking, and being outdoors.

**What's one thing on your bucket list?** He would like to travel out west.

**What's a fun fact about you many people may not know?** Tony enjoys DIY

projects.

**How long have you been with the company?** 21 years

**What do you enjoy most about working here?** The difference Westminster Village makes in the lives of the residents.



WESTMINSTER  
VILLAGE

5801 W Bethel Ave • 765-288-2155 • wvmuncie.com