



2855 Westminster Plaza Drive • Houston, TX 77082 • (281) 556-6020

Staff Directory

Maria Alvarado Executive Director
 Renee Wagner Sales & Marketing Dir.
 Raquel Tiller Move In Coordinator
 Adwanys Casanova Office Manager
 Roger Elkhouri Executive Chef
 Kathi Hill Fitness Director
 Irina Wardrip Social Director
 Gerardo Parra Maintenance Director

Resident Party



June Birthday & Anniversary Celebration with great entertainer, Jesus Alvarado: Thank you, Medic Pharmacy, for delicious desserts and pretty roses!

July 2025



Refer a Friend



Earn \$2000 every time someone you refer moves in and lives here for 60 days. It's that easy! Make sure your friend mentions your name before they tour our beautiful community!



Out & About



To secure your spot on the bus, please sign up at the front desk for your desire scheduled monthly outing.



Katy Heritage Museum



Eagle Lake, TX excursion



"Lomontes" Italian Restaurant



Stages Under the Stars

Stage meets starlight in these world-famous open-air arenas:

Red Rocks Amphitheatre. This mountaintop venue is always ready to rock. Wedged between 300-foot-high prehistoric sandstone walls, builders broke ground on the amphitheatre during the 1930s as part of a Depression-era jobs and conservation program. Laborers were paid a dollar a day to carve this famous theater overlooking Denver, Colo. Since then, Red Rocks has hosted legends like The Beatles, Johnny Cash, Jimi Hendrix and Stevie Wonder.

Sydney Opera House. The iconic shell-shaped roof silhouetting the Sydney skyline has come to symbolize Australia itself. This UNESCO World Heritage site has hosted a range of performances as well as notables such as the Pope and Nelson Mandela, who spoke about forgiveness after being imprisoned for almost three decades.

Theatre Antique d'Orange. This first-century Roman theater located in France has served several purposes in its nearly 2,000-year existence, including as a fort and prison.

Health & Fitness



Most of our residents strive to stay active and healthy. Our Fitness Program provides great workout options that can help improve a person's mobility, build strength, and enhance balance and coordination.



Our Fitness Director, Kathi Hill, can help you detect the best set of exercise classes suitable for you!

Check your monthly calendar for exercise classes and come join us at the Wellness Center!

SUPPLIES FOR SUCCESS!

Our Independent Living is collecting school supplies and will be donating them to the Women & Family Development Center at Star of Hope. Please ask Martha B., who is spearheading this effort, how you can help and contribute to this project. Check our community flyer for more details.



COOKING DEMO

Homemade mozzarella, ricotta and cream cheese!



NEEDLE ART CLUB

Every Friday at 10:15am on the 2nd floor Lobby



If you like knitting, crocheting, cross stitching or needlepoint, this club would be the perfect opportunity to spend time on a favorite hobby and socialize with other residents.

JULY CELEBRATION!

Party will be held on Thursday, July 10 at 3pm!

THE ABBEY RESIDENTS

7/3 - Betty S.
7/19 - Sheryl P.
7/24 - Judy P.
7/30 - Janet P.
7/31 - Ethel W.

THE ABBEY STAFF

7/1 - Aaron A. (Like Cook)
7/12 - Regina M. (Concierge)
7/20 - Maria A. (Executive D.)
7/30 - Adwanys C. (Office M.)

WEDDING ANNIVERSARY:

7/6 - Gene & Jean W.
7/20 - TC & Grace H.

Kids Runway Show



National Children's Day celebration was a fun and successful party for all ages!





Our Independent Living contributed lots of patriotic cards to 100.3 The Bull Houston Country Radio Station for their project "10,000 Thank You Cards for The Troops" which will be sent to all American soldiers overseas!



Happy Independence Day to everyone! We hope you have a fun and festive holiday weekend!

Our Independent Living Community will be offering:

Friday, July 4th:

11am-1pm- Red, White, Blue & BBQ Lunch

1:15pm- Bus leaves for the Fair Haven United Methodist Church for a "Fourth of July Concert" performed by Houston Concert Band.

3:00pm- The History of Independence Day, 4th of July:
Drive-thru History with Dave Stotts: *YouTube*

7:15pm- Movie "The Patriot"

9:00pm- Fireworks Watch from the 2nd floor balcony of the Wellness Center

Saturday, July 5th

3:00pm- The Abbey Baking Club "Patriotic Parfaits" & Sing-Along with Kori

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Wear your RED, WHITE & BLUE attire!