

The Abbey[®]
AT WESTMINSTER PLAZA
A Luxury Retirement Community

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The Delicious History Behind Your 4th of July Plate!

Hot dogs, hamburgers, and apple pie feel as American as fireworks but here's the fun secret: *none of them originated in America!* All three were brought over by European immigrants in the 1800s and slowly became our most beloved holiday traditions.

Hot dogs came from German frankfurters, hamburgers evolved from Hamburg-style beef patties sold at state fairs, and apple pie? That recipe actually started in England and the Netherlands! American home cooks put their spin on it, making it the most patriotic dessert in the country: *"as American as apple pie."*

Turns out, America's greatest recipe has always been the same ... take the best from everywhere, and make it your own. Happy 4th of July!

July 2026



Stars, Stripes & Sweet Freedom

On July 4, 1776, the Second Continental Congress adopted the Declaration of Independence, severing ties with Britain and announcing the birth of a new nation. Interestingly, John Adams expected July 2nd to be the celebrated date, the day Congress actually voted for independence. He was off by two days, but the spirit was right.

Fireworks became part of the tradition almost immediately. Philadelphia held the first organized celebration in 1777, complete with a cannon salute and a grand display of lights. Congress officially declared the Fourth a federal holiday in 1870.

Nearly 250 years later, we carry on that same tradition of gathering, celebrating, and giving thanks for the freedom that defines this great nation.

Wishing our residents, families, and staff a joyful Fourth of July!

A Note From Sahar



It is truly an honor to join The Abbey at Westminster Plaza, and I am so grateful for the warm and welcoming spirit each of you has shown me. From the moment I arrived, I knew

this was a very special place and that's because of *you*.

My vision for The Abbey is centered around one simple belief: that retirement should be the best chapter yet. Every program, every experience, and every decision made here will be guided by what matters most: your happiness, your wellness, and your sense of belonging. I want The Abbey to be a place where you don't just reside, but where you truly *thrive*.

I am committed to listening, learning, and working alongside our incredible team to elevate everything we offer. I look forward to getting to know each of you personally, hearing your stories, and building a vibrant, resident-focused community together.

Thank you for making me feel so at home. I am excited for what lies ahead ... for all of us.



We are thrilled to introduce one of our newest resident-led clubs: The Abbey Travel Club. With a shared love of discovery, new experiences, and the joy of exploring the world together, this group is already buzzing with excitement and they haven't even left the building yet!

The Travel Club is open to all residents who love to travel, dream about travel, or simply enjoy the company of fellow adventurers. Whether you're a seasoned globetrotter or someone who's always wanted to see more of this beautiful country, there's a seat at the table and soon, a seat on the bus for you.

First Stop: San Antonio!

Mark your calendars, because the Travel Club's inaugural trip is going to be magical. This early December, the group will head to the beautiful city of San Antonio to experience the world-famous Holiday Lights on the River Walk, one of Texas's most beloved seasonal traditions.

Interested in Joining the Travel Club?
Connect with Gene Ware.



What Freedom Means to Me!

Freedom is the beating heart of the American story. It has never been a finished achievement, but a living ideal, renewed by those who dared to fight for it, speak up for it, and pass it on. This July Fourth, we invite you to reflect on what freedom truly means through the voices of five remarkable people who expressed it beautifully.

"The most courageous act is still to think for yourself. Aloud."

~Coco Chanel

"Freedom is never given; it is won."

~A. Philip Randolph

"I am no bird; and no net ensnares me: I am a free human being with an independent will."

~Charlotte Brontë

"Champions aren't made in the gyms. Champions are made from something they have deep inside them ... a desire, a dream, a vision."

~Muhammad Ali

"Music gives a soul to the universe, wings to the mind, flight to the imagination, and life to everything."

~Plato

Chef Rogers' Culinary Corner



Is there anything that says summer better than a lemon bar? Bright, tangy, and dusted with powdered sugar; it's no wonder they're the first thing to disappear at every gathering!

Lemons are practically sunshine in fruit form, and Chef Rogers has a way of turning them into something truly magical. His signature lemon bars ... buttery crust, silky filling, that perfect dusting of powdered sugar, have become one of the most requested treats at The

Abbey, and honestly, we completely understand why.

July's Finest; Celebrating Our Birthday Stars



Amaro A.	7-1
Cisneros-Sanchez G.	7-8
Sheryl P.	7-19
John G.	7-21
Judy P.	7-24
Sandra R.	7-24
Beverly M.	7-26
Adawnys C.	7-30
James L.	7-30
Janet P.	7-30
Ethel W.	7-31

Kathi's Wellness Way



Houston summers are no joke! Here are a few simple reminders to keep you feeling your best:

Drink before you're thirsty. By the time thirst kicks in, you're already mildly dehydrated. Sip water throughout the day; don't wait!

Eat your water. Watermelon, cucumbers, and strawberries are packed with hydration and make the perfect summer snack.

Watch the clock. Avoid being outside between 10 a.m. and 6

p.m. when heat and humidity are at their peak.

Know the warning signs. Dizziness, headache, or confusion can signal heat exhaustion. Get to a cool space and alert staff right away.

Stay cool out there, Abbey family!



Lone Star Flight Visit	7/1
Molina's Lunch	7/8
Cockrell Butterfly Tour	7/15
Port of Houston Tour	7/29
Fleming's Dinner	7/29



Lights, Camera, Baseball! June, July & August at The Abbey

This summer, grab your popcorn and settle in ... The Abbey is taking you out to the ball game! Our three-month movie series celebrates America's favorite pastime with some of the most beloved baseball films ever made.

Baseball has always been more than just a sport. It is woven into the very fabric of American life.

This summer we are featuring some true classics:

***Trouble with the Curve*, starring Clint Eastwood:** A seasoned scout, his estranged daughter, and a last shot at the game they both love.

***The Natural*, starring Robert Redford:** Roy Hobbs and a bat named Wonderboy. Need we say more? A timeless story of talent, redemption, and second chances.

***The Rookie*, starring Dennis Quaid:** Based on the true story of Jim Morris, who proved it is never too late to chase your dream.

