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Welcome to The Abbey Family



Please join us in giving a warm Abbey welcome to our newest residents! We're so glad you've made The Abbey at Westminster Plaza your home.

Ted Rebard
Emily Callier
Billie Krenz
Burt & Ryva Reckles

Whether you're settling into a new apartment, meeting your neighbors for the first time, or finding your favorite spot at Wine Down Wednesday, we hope you'll feel right at home here. Be sure to say hello when you see them around the community, a friendly face goes a long way in the first few weeks!

Welcome home, Ted, Emily, Billie, Burt, and Ryva. We're so happy you're here!

October 2026

From Sahar's Desk



October is National Depression & Mental Health Screening Awareness Month, and I want to take a moment to talk about something that matters deeply to our community: emotional wellness.

At The Abbey, we know that a full life isn't just about staying physically active, it's about feeling connected, valued, and heard. As we age, life brings changes: the loss of loved ones, shifts in independence, or simply adjusting to a new chapter. It's completely normal for these transitions to affect our mood, and there's no shame in acknowledging that. In fact, recognizing those feelings is often the first step toward thriving.

This month is a wonderful reminder to check in with ourselves and with each other. A simple "How are you, really?" to a neighbor at dinner or during a game of Bingo can make all the difference.

I'd also encourage everyone to take advantage of the connections we've built here—our clubs, our shared meals, our events—because staying engaged with others is one of the most powerful tools we have for emotional well-being. Community isn't just where we live, it's how we thrive.

If you or someone you love ever needs support, please don't hesitate to reach out to our team. Your wellness—mind, body, and spirit—is always our priority.

Wit & Wisdom

"The horizon leans forward,
offering you space to place new
steps of change."

—Maya Angelou

"Never look down to test the
ground before taking your next
step; only he who keeps his eye
fixed on the far horizon will find
the right road."

—Dag Hammarskjöld

"The horizon of many people is
a circle with a radius of zero.
They call this their point
of view."

—Albert Einstein

"Exploration is wired into our
brains. If we can see the horizon,
we want to know what's
beyond."

—Buzz Aldrin

"I trudge on, I gain a little, I feel
encouraged, I get more eager
and climb higher and begin to
see the widening horizon. Every
struggle is a victory."

—Helen Keller

"We have always held to the
hope, the belief, the conviction
that there is a better life, a better
world, beyond the horizon."

—Franklin D. Roosevelt

"For no matter how far a person
can go the horizon is still way
beyond you."

—Zora Neale Hurston



This month, we're shining a light on Anne Davis! When asked about a favorite memory that always brings a smile, Anne looks back fondly on time spent with her mother, learning how to make apple pies from scratch, crust and all. It's a memory that still brings her comfort, and it's easy to see why.

Since moving to The Abbey, Anne says what's surprised her most is how friendly everyone is. These days, you'll often find her enjoying all of Kathi's classes and getting competitive with a little Wii bowling!

And here's a fun fact: despite her warm, easygoing nature, Anne admits she's actually quite shy when it comes to speaking in front of a group, a little contrast that makes her all the more endearing.

Next time you see Anne around The Abbey, be sure to say hello, and maybe ask her for that apple pie recipe!

Puzzles, Bingo & Brain Power: Celebrating National Train Your Brain Day

Did you know your brain loves a good workout just as much as your body does? On October 13th, we're celebrating National Train Your Brain Day, a fun reminder that staying mentally sharp is just as important as staying physically active.

Here at The Abbey, we believe every game of Bingo, every crossword, and every card game isn't just entertainment, it's brain power in action! Activities like these help keep our minds engaged, improve memory, and even boost mood by bringing us together with friends and neighbors.

To celebrate, join us for a special brain-teaser challenge and a lively round of Bingo this week. Whether you're solving puzzles, testing your trivia knowledge, or simply enjoying good conversation over a card game, you're giving your brain exactly what it needs to stay sharp and strong.

So grab a friend, pick your favorite game, and let's flex those mental muscles together!





As the leaves change and the air turns crisp, it's the perfect time to fall into a healthy fitness routine! Staying active supports strong muscles, better balance, and a brighter mood, especially as the days get shorter.

Join Kathi for a lineup of fall fitness classes designed just for you:

- **Pedal the World** — hop on the stationary bike and take a virtual ride through scenic destinations with Rick Steves
- **Noodle Workout** — a fun, low-impact pool session using foam noodles for strength and flexibility
- **Walking Club** — lace up and join your neighbors for a friendly group walk

No experience needed, just come ready to move and have fun!

A little movement each day goes a long way. See you in class!



Buon appetito! October 17th is National Pasta Day, and it's the perfect excuse to appreciate one of the world's most beloved comfort foods. There's something about a warm bowl of pasta that just feels like home; whether it's a rich, slow-simmered marinara, a creamy Alfredo, or a simple toss of butter and Parmesan cheese.

Pasta has always been one of my favorite dishes to cook because of how versatile it is.

It brings people together; it's the kind of meal that pairs perfectly with good company and good conversation, which is exactly what we love here at The Abbey.

So whether you're enjoying pasta night in the dining room or simply reminiscing about a favorite family recipe, take a moment this month to savor the little things that bring us together at the table.

Buon appetito!



Protect Yourself, Protect Each Other: It's Flu Shot Season

As the weather cools and fall settles in, it's the perfect time to think ahead to flu season. Getting your annual flu shot is one of the simplest and most effective ways to stay healthy. And since the flu can be especially hard on older adults, getting vaccinated early gives your body time to build protection before it starts spreading through our community.

But this isn't just about protecting yourself, it's about protecting your neighbors, too. When more of us are vaccinated, we help create a safer environment for everyone here at The Abbey, including those who may be more vulnerable to complications. It's a small step that makes a real difference for our whole community.

We're excited to share that **Medic Pharmacy will be returning to The Abbey** to administer on-site vaccinations, including flu, RSV, Shingles, and COVID-19 shots. It's a convenient way to take care of several important vaccines in a single visit, right here at home. Date to be announced soon, so keep an eye out for the upcoming flyer with all the details!

Let's look out for one another and keep our community strong, active, and healthy all season long.

