



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

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

Staff Directory



Independent Living Managers at Your Service:

Sahar Hussain Sales & Marketing Director
 Raquel Tiller Move In Coordinator
 Gerardo Parra Maintenance Director
 Roger Elkhouri Executive Chef
 Kathi Hill Fitness Director
 Irina Wardrip Social Director
 Karleann Leite Office Manager



Resident Birthdays



Thank you Medic Pharmacy, for lovely roses and monthly sweet treats!

November 2023

WE INVITE YOU TO JOIN US FOR:

Senior Expo



TUESDAY, NOVEMBER 14th
 12pm-4:00pm
 WELLNESS CENTER

VENDORS, FREE HEALTH SCREENINGS, SENIOR & HEALTH RESOURCES



Out & About



Hindu Temple "BAPS Shri Swaminarayan Mandir"



Galveston Railroad Museum



The Menil Collection



Stageworks Theater Musical "9 to 5"

LIFE ENRICHMENT CORNER



"Avian Adventure with Houston Audubon"



Regional Director Ashley S. Bulman is chatting with The Abbey residents after October Town Hall Meeting.



Pumpkin Painting Workshop

Save the Date



YOU ARE INVITED TO A BOOK SIGNING

"The Ginny We Remember"

A tribute to Virginia Irvin by Janette Bowers

Sunday, November 12th
2:00 PM- 6:00 PM

The Abbey Independent Living

Refreshments will be served to celebrate Janette's 90th birthday!



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### Happiness Helper: Practice Gratitude

The Thanksgiving holiday is centered on expressing gratitude, but making it a practice throughout the year can lead to more overall happiness. Taking time to think about the things you appreciate contributes to feelings of optimism and satisfaction and a greater sense of connection to others.





### Spice Up Your Life

Spices add great flavor and color to recipes, but they can also be beneficial to your well-being. Rack up the benefits by eating foods seasoned with these healthy flavors:

*Cinnamon.* This common spice is a great way to add sweetness to a recipe without raising blood sugar. In fact, studies show that it can do the opposite, lowering blood sugar levels and cholesterol.

*Ginger.* Struggling with tummy troubles? Ginger is able to calm an upset stomach.

*Garlic.* Doctors often suggest a Mediterranean diet for those with heart issues. One reason for this is that garlic is a key ingredient in this type of cuisine. The plant improves circulation, lowers blood pressure and reduces cholesterol.

*Turmeric.* Not only is the color of this spice gold, but so are its health benefits! This Indian curry seasoning contains strong anti-inflammatory properties and many powerful antioxidants. It can improve brain function and relieve arthritis.



## One Minute Chef



Puff pastries were made by Chef Roger, in celebration of

National Dessert Month!

### NOVEMBER WEDDING ANNIVERSARIES

- 11/16- Jim & Connie B.
- 11/21- John & Janie N.
- 11/24- Jim & Aline K.



Find us on 

## Spotlight on Alzheimer's

The Abbey raised \$600 at our Bake Sale, September 19th. All proceeds benefit the Alzheimer's Association. Thank you all for your contributions!



### Walk for a Good Cause

The Abbey's "Walk to End Alzheimer's" will take place on November 3rd at 9:30am. Stop by at the Bistro at 10am for some refreshments and live entertainment by Bill Parish!

NOVEMBER BIRTHDAYS ~ RESIDENTS:

- 11/4- Beverly B.
- 11/5- Fred K.
- 11/7- Anne D.
- 11/9- Georgia D.
- 11/11- Fred B.
- 11/13- Janette B.
- 11/14- Dorothy W.
- 11/15- Virginia H.
- 11/19-Aline K.
- 11/19- Jo Ann Z.
- 11/20- Bonnie F.
- 11/21- Donna H.
- 11/21- Ann M.
- 11/24- Ricardo R.

NOVEMBER BIRTHDAYS ~ STAFF:

- 11/4- Yessenia S. (Receptionist)
- 11/6- Dana T. (Receptionist)
- 11/14- Elena G. (Housekeeping)



JOIN US AND HELP CELEBRATE OUR MONTHLY BIRTHDAY & WEDDING ANNIVERSARIES ON THURSDAY, NOVEMBER 9th, AT 3PM IN THE ACTIVITY ROOM. WE WILL HAVE LIVE MUSIC WITH AN AWESOME ENTERTAINER, RODNEY RASBERRY!

**Word Search**

Category: Classic Singers

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Word Search Solution:

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|---------------|-----------------|
| 1. Baez       | 11. McEntire    |
| 2. Belafonte  | 12. Parton      |
| 3. Caruso     | 13. Presley     |
| 4. Domingo    | 14. Sedaka      |
| 5. Garfunkel  | 15. Sinatra     |
| 6. Gorme      | 16. Springsteen |
| 7. Goulet     | 17. Streisand   |
| 8. Houston    | 18. Tillis      |
| 9. Lennon     | 19. Vallee      |
| 10. McCartney | 20. Wynette     |