



*A Luxury Retirement Community - Assisted Living & Memory Enhancement*

2865 Westminster Plaza Drive • Houston, TX 77082 • (281) 556-6020

### Your Friendly Staff

Danielle Olstedt ..... Executive Director  
 Imrai Sanvicente ..... Assisted Living Manager  
 Susan Ramirez ..... Activities Director  
 Christi Scurlock-Riley ..... Wellness Director  
 Sahar Hussain ..... Sales & Marketing Director  
 Ashley Abdulla ..... Dietary Manager  
 Karleann Leite ..... Administrative Assistant  
 Gerardo Parra ..... Maintenance Director

### Important Numbers

Main Number ..... 281-556-6020  
 Fax ..... 281-556-0136  
 After-Hours Security ..... 713-876-5134  
 After-Hours Assisted Living ..... 346-480-5112  
 Isabel/Salon ..... 832-316-0172

### Medical Services

Dr. N. Ahmed ..... By Appointment  
 Dr. R. Zock-A-Zock ..... By Appointment  
 Dr. Emmanuel Makia ..... By Appointment  
 Dr. Allen Smith ..... By Appointment  
 Podiatrist ..... By Appointment  
 Mobile Dentist ..... By Appointment



## February 2024



### Choice of Chocolates

Truffles, cordials, nutty, creamy or crunchy ... There are many sweet choices when it comes to a box of Valentine's Day chocolates. The most popular pick according to surveys is the classic caramel.

### FEBRUARY BIRTHDAYS:

- 2/01 - Clara O.
- 2/04 - Evelyn H.
- 2/05 - Virginia D.
- 2/06 - Victoria B.
- 2/08 - Hannah O.
- 2/09 - Briana C.
- 2/11 - Jeanette K.
- 2/15 - Nita C.
- 2/16 - Steve S.
- 2/16 - Allaina B.
- 2/18 - Ola O.
- 2/20 - Aina A.
- 2/26 - Karen Y.
- 2/27 - Dan L.

## FRENCH BAKERY & CAFÉ

Residents went for a quick trip to La Madeleine to enjoy their French Bakery & hot chocolate! Anna Belle found her almond chocolate croissant very tasty!



## COOKING DEMO

For last month's cooking demo, Jack A. shared his famous Brazilian Chicken recipe with the residents!



## KARAOKE HAPPY HOUR

Karaoke is the worldwide craze that gives everyone the chance to be singing superstars—even if you can't carry a tune! While it's fun to grab a mic and belt out a favorite song, karaoke also offers a score of health benefits!



## THE SINGING BELLES

December was filled with joy and music! Residents enjoyed a musical performance with singing and dancing!



## WE HAVE BINGO!

Anna Belle was one of our winners for our sponsored prizes. Bring your good-luck charms and take a seat next to our other bingo fanatics!



## NEW YEAR CELEBRATIONS

When the bells ring out on New Year's Day, another year begins. On this day, the earth has come full circle and starts on its path again. Superstitious or not, many encourage luck by eating special foods on New Year's Day!



## Resident Council Meeting

The new Resident Council President for 2024 Merryl P. had a meet and greet with a few advisors to prepare for the year! Please check the calendar for the date and time of this month's resident council meeting.



## COMPUTER HELP AND MORE

Computers, smartphones and tablets, oh my! There's a lot these digital tools can do, and our technology experts are here to help you conquer any questions you have about your gadgets. Check the calendar for the date and time of our next tech class, or just ask a staff member for one-on-one help.





Happy Valentine's Day

HAVE A SWEET HOLIDAY FILLED WITH LOVE!

## "This Month In History" FEBRUARY

**1942:** Year-round daylight saving time, called "war time," is signed into U.S. law by President Franklin D. Roosevelt. To save energy, all time zones moved ahead one hour until the end of World War II.

**1950:** Disney's animated fairy tale feature "Cinderella" delights audiences when it opens in movie theaters.

**1960:** In a civil rights movement milestone, four Black college students begin a sit-in protest at a lunch counter in Greensboro, N.C., where they had been denied service.

**1972:** With over 15 million manufactured, the Volkswagen Beetle becomes the world's bestselling car.

**1989:** A network of 24 GPS satellites is launched into orbit over Earth, revolutionizing navigation and everyday technology.

**1998:** British singer-songwriter Elton John is knighted by Queen Elizabeth II for his contributions to music and his charity work.

**2006:** A blizzard buries the Northeast. New York City received a record-setting 26.9 inches of snow.

**2020:** At the Oscars, the South Korean thriller "Parasite" is named best picture. It was the first foreign-language film to win the top honor.