



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

Staff Directory

Independent Living Managers at Your Service:

Danielle Olstedt	Executive Director
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



Happy Birthday



JANUARY BIRTHDAY BASH!



February 2024



MAJOR CELEBRATIONS OF THIS MONTH:

CHINESE NEW YEAR

Happy Lunar New Year! The Year of the Dragon begins on Feb. 10. Of the 12 animals in the Chinese zodiac, the dragon is the only mythological creature, and it's associated with power, intelligence, confidence and prosperity.

Everyone is invited on Friday, February 9th, for "Houston Lion Kings" Dance Company at 3pm in the Wellness Center, 2nd floor MPR.

HAPPY VALENTINE'S DAY

As Valentine's Day approaches, we'd like to take a moment to express our affection for our residents. Thanks for making our community such a fun and warm place to live. Happy Valentine's Day from your staff.

Come join us for Valentine's Day Party on Wednesday, February 14, at 3pm in the Activity Room. Julia Laskowski will be performing for you that afternoon.

NEW YEAR'S EVE CELEBRATION!



Go Green for Your Heart

Red may be the color of the month, but experts say you can show your heart some love by going green. Eating a daily serving of leafy greens, such as spinach, romaine lettuce, kale and collard greens, is linked to a lower risk of heart disease.

Our special guest, Dr. Maneevese, will be speaking about "Heart & Vascular Health" on February 15 at 3pm in the Activity Room.



February is Black History Month, a time to reflect on the achievements of African Americans who helped shape our great nation.

Please join us for an excursion to Rosenberg, TX on Feb. 21.

It will be a guided tour at The Black Cowboy Museum and lunch at "Schulze's Bar-B-Que" restaurant.

Health & Fitness

Please find us on Facebook page for upcoming events and check our monthly calendar for fitness classes in the Wellness Center, Monday through Friday!



Water Aerobics Class with Fitness Instructor, Kathi Hill.



After a nice workout, enjoy some fresh donuts & coffee!

Next DONUTS, COFFEE & CONVERSATION will be on Wednesday, February 28th, at 10am in the Wellness Center, 2nd floor Dance Studio.



TAKE a LEAP

2024 is a leap year, when February has an extra day. Take inspiration from Leap Day on Feb. 29 to "take a leap" and try something new in your life, such as joining a club or taking a class.

We will be hosting a "leaper" Birthday Party for our resident, Dona Govreau. Stop by and help us to celebrate her special day on February 29!

Please check our community flyers for more details.



DORCHESTER DINING ROOM EXPERIENCES



Turkey patty with wild rice for Mrs. Friedman and Club Sandwich for Mrs. Wolfinger. Beautiful smiles, ladies!



The Pro Bowl Games

A week before the big football face-off, Super Bowl LVIII on Feb. 11, another spectacular sporting event occurs: the Pro Bowl Games.

Dating back to 1939, this event first began as the National Football League All-Star Game, but transformed into the first official "Pro Bowl" in January 1951. Pitting the AFC against the NFC, the games feature players from each conference, chosen from 30 of the 32 league teams

(the two teams playing at the Super Bowl are excluded). Team rosters are filled through votes cast by coaches, players and fans.

Now the "Pro Bowl Games," the event celebrates players' skills with a week full of various contests, including dodgeball, golf, precision passing and a catching competition. Flag football is the highlight, with multiple games leading up to an ultimate showdown between the conferences.

Brothers Eli and Peyton Manning will return this year to coach the teams. The final flag football game and the crowning of the champion will take place Feb. 4 in Orlando, Fla.



Maintenance Requests

We want our community to be attractive, safe and comfortable at all times. If you see a need for any kind of maintenance service anywhere on the property, please bring it to our attention in the office. We appreciate your suggestions and concerns.



Our Super Bowl party will be on Sunday, February 11, (3-5pm) in the Sports Lounge. We hope to see you there in your favorite sport jersey!





JOIN US AND HELP CELEBRATE OUR MONTHLY BIRTHDAYS & WEDDING ANNIVERSARIES ON THURSDAY, FEBRUARY 8th, AT 3PM IN THE ACTIVITY ROOM. WE WILL HAVE LIVE MUSIC WITH AN AWESOME ENTERTAINER, RODNEY RASBERRY!

FEBRUARY BIRTHDAYS ~ RESIDENTS:

- 2/1- Borda H.
- 2/2- Phil H.
- 2/4- Jenny H.
- 2/9- Lee F.
- 2/12- Gene W.
- 2/17- Nancy D.
- 2/21- Sarah W.
- 2/23- TC H.
- 2/26 Geraldine P.
- 2/29- Dona G.

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FEBRUARY BIRTHDAYS ~ STAFF:

- 2/6- Mary M. (cook)
- 2/21 Rosa G. (housekeeping)

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HAPPY WEDDING ANNIVERSARY:

- 2/5- Charles & Pauline W.

