



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
 Irina Wardrip Social Director
 Kathi Hill Fitness Director
 Adwanys Casanova Office Manager

THE ABBEY AT WESTMINSTER PLAZA

Refer a Friend get \$2000

Contact Marketing Dept. for more information
 Exclusions apply

ABBEYWP.COM



April 2024



TUESDAY, APRIL 30th, 2024
 1:00PM - 4:00 PM
 WELLNESS CENTER, MPR

Feel free to invite your family and friends to our Spring Health Fair and get some valuable information, resources and free health screenings.

Find us on 

Seniors, Are You Fit?

The last Wednesday in May is Senior Health and Fitness Day. It's the largest annual health promotion event for older adults. We offer a number of activities to help senior residents keep active, so check the calendar, or ask our Fitness Director about ways we help you stay fit and healthy.



Out & About



The Black Cowboy Museum



"Dillard's Clearance Center" shopping at West Oaks Mall



Worthman Theater
Dacamera presents "A Little Day Music"



Hank Aaron's Historic Hit

"That ball is gonna be ... outta here! It's gone! It's 715! There's a new home run champion of all time, and it's Henry Aaron!"

Atlanta Braves announcer Milo Hamilton spoke those words 50 years ago on April 8, 1974. It was the Braves' first home game of the season, when right fielder Hank Aaron smashed Babe Ruth's 39-year home run record out of the park.

"Hammerin' Hank" had finished the previous MLB season with 713 career homers, just one below Ruth. After a long winter, he tied up Ruth's record at his very first at-bat of the season on Opening Day. The record-breaking hit came just a few days later in front of a sellout crowd of 53,775, who erupted into a standing ovation as Aaron circled the bases. Teammates and news crews gathered around home plate, greeting the new champion amidst cheers and fireworks.

Aaron finished his MLB career with 755 home runs, a record he held until 2007, when it was broken by Barry Bonds. Today, Aaron is still the MLB leader of career runs batted in (2,297), extra base hits (1,477) and total bases (6,856).



THE ABBEY BOOK CLUB



The Abbey Book Club meets on the third Thursday of each month for a lively discussion of a fiction or non-fiction book provided by the Houston Public Library. Recent selection have been *The Dutch House* by Ann Patchett and *The Man With The Silver Saab* by Alexander McCall Smith.

Club facilitated by The Abbey resident, Mr. Hunt and meets on the 4th floor, Sports Lounge at 1:30pm.

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### GREETING CARDS WORKSHOP



Please check your monthly calendar for dates & times.



## HAPPY HOUR



### Join Us for a DERBY PARTY!

Put your hat on, grab a sangria and plan to have a pleasant time with awesome entertainer, Dennis Evans.

Friday, April 19th at 3pm at the Bistro.



## What's Cooking



### FEBRUARY COOKING DEMO

Salmon Puff Pastry and Peach Ricotta Tarte was freshly made by our own Chef, Roger Elkhouri!

## Featured Photo



Music, Dance and Theater performance by "Rise at the Warehouse"



### GARDEN CLUB

Group is open to gardeners new and old! The Garden Club meets to plant and maintain some circular flower beds and herb gardens. Group facilitated by The Abbey resident Sara Norton and meets every Saturday at 9:00am on the 2nd floor patio.



### NEEDLE ART



Whether you enjoy knitting, needlepoint or crocheting, you're in good company with this group.

Mrs. Steinmetz, one of the members of Needle Art group, recently finished knitting a cowboy sweater for her great-grandson.

Meets Tuesdays 10am, 2nd floor, across #2228

*Bring your own needles; some yarn has been donated for upcoming projects.*

We're excited for you to join our group!

### St. Patrick's Day



The color originally associated with Saint Patrick was actually blue. It wasn't until St.

Patrick's Day became a secular celebration of all things Irish that green became the holiday's dominant color.





## PARTY TIME!



JOIN US AND HELP CELEBRATE OUR MONTHLY BIRTHDAYS & WEDDING ANNIVERSARIES ON THURSDAY, APRIL 11th, AT 3PM IN THE ACTIVITY ROOM. WE WILL HAVE LIVE MUSIC WITH AN AWESOME ENTERTAINER, RODNEY RASBERRY!

### APRIL BIRTHDAYS ~ RESIDENTS:

4/11- Dave L.  
4/16 - Jeanne M.  
4/16 - Wendell Z.  
4/21 - Martha B.  
4/25 - Lee F.  
4/25 - Karen M.

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APRIL BIRTHDAYS ~ STAFF:

4/10 - Sprout A. (DR Assistant)
4/12 - Irma C. (housekeeping)
4/23 - Silvia S. (server)

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### WEDDING ANNIVERSARY:

4/28 - Bob & Janet P.

## HOUSTON PETTING ZOO & EXOTIC ANIMALS



### SAVE THE DATE:

Our community will be hosting FAMILY FUN EVENT on:

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Friday, April 26th

3:30pm- 4:30pm

Assisted Living, Courtyard

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Invite your family and friends in celebration of National Kids and Pets Day and enjoy a unique, close-up experience of petting and interacting with various animals!

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SNOW CONES ~ POPCORN ~ GAMES