



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

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Staff Directory

Maria Alvarado 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



MARK YOUR CALENDAR and JOIN US for THE ABBEY HOLIDAY MARKET & SENIOR EXPO

THURSDAY, NOVEMBER 7

12pm-4pm

1st floor & 2nd floor lobby, Activity Room

VENDORS ~ FREE HEALTH SCREENINGS ~
SENIOR & HEALTH RESOURCES ~
COMMUNITY TOURS



November 2024



November Gratitude

A few things to be thankful for this month:

- The beauty of the changing leaves.
- Time with loved ones during the holiday season.
- The service of veterans and current military members.

What else can you add?

To Your Health: Don't Forget D

Sunlight helps our bodies produce vitamin D, a nutrient important for mental and emotional health. If chilly weather keeps you indoors, be sure to eat foods that are good sources of vitamin D, such as salmon, tuna, milk, eggs and fortified cereals. Vitamin D supplements are also an option.

'Coin' Is One

How many words can you come up with using the letters in "election"?

FEATURED PHOTOS



Sweet September Happy Hour



Dine Around "Cafe Benedicte"



"Hearts & Hands" Holiday Market at MDUMC



Beautiful Smiles



HydroWorx Aquatic Therapy



Our resident, Neil, is our most improved Hydro therapy client! He has gone from doing four sets of water exercises to completing the entire 12 set workout, PLUS two additional exercise sets! We are proud of Neil's progress in HydroWorx therapy pool! Excellent job, Neil!

Find us on 

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## Time To Deck the Halls

It's the most wonderful time of the year, and we're ready to transform our community into a winter wonderland! Get ready for our annual **Door Decoration Contest**; please check monthly flyers for more details.



There are more than 20 million Veterans in America. The Abbey is honoring our Veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good. **PLEASE JOIN US for upcoming events:**

**VETERANS DAY CONCERT** by Danny & Stephanie Warners  
11/9 at 3pm ~ Activity R.

**MISSING MAN TABLE**  
11/11 ~ 1st floor lobby

**VETERANS DAY FLAG CEREMONY** with KATY VFW  
11/11 at 3pm ~ Bistro, WC

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BRAIN GAMES



Scattergories - is a game of categories and is exciting and fun to play!

The more we age, the more important it is to exercise one of our largest organs—the brain. Our Independent Living offers variety of brain teaser games like giant crossword puzzle, trivia, dominoes, book club, bridge game, rummikub, etc. We are happy to add additional games to our calendar! Let Irina know what interests you!



What's **Cooking**



Bean and Chicken Roulade wrapped in bacon.



Cooking Demo with Chef Roger!

At Your Service
Please remember that we consider your questions, concerns and suggestions important. We're always looking for ways to make our community more attractive, comfortable and safe. Don't hesitate to share your suggestions with us, we enjoy serving you!



The Abbey Appreciation



Scattering wildflower seeds

We express our gratitude to the Garden Club members and all those people who contribute to the beauty of our courtyard garden!



ELECTION DAY - NOVEMBER 5

Tuesday, Nov. 5, is Election Day. Make your voice heard and vote! The official election polls will be conducted by Harris County here at The Abbey (7am-7pm) in the Wellness Center! Invite Harris County residents!



FALL BACK
SET CLOCKS BACK ONE HOUR BEFORE BED
SATURDAY, NOV. 2



Upcoming Community Events

WALK to END ALZHEIMER'S
11/1 at 10am ~ Meet outside Assisted Living Building

PURPLE PASSION HAPPY HOUR with live entertainer, **Bill Parish**
11/1 at 3pm ~ BISTRO, WC

UNIVERSITY OF HOUSTON CLASSICAL MUSIC CONCERT
11/8 at 3:30pm ~ Assisted Living, Dining Room

EXPERT TALK presented by **LONE STAR FLIGHT MUSEUM**
11/12 at 2:30pm ~ Activity R.

INTERNATIONAL MEN'S DAY CELEBRATION with Dance Group "**GOLDEN GIRLS**"
11/19 at 2:30pm ~ Wellness Center, MPR

CHEF'S TABLE THREE COURSE DINNER
11/20 at 5:30pm ~ Private DR

PIES & SMILES SOCIAL with Pianist **Maurice Daugherty**
11/22 at 3pm ~ Activity R.

ONE-WOMEN SHOW by **Mary Margaret Mann**
11/26 at 2:30pm ~ Activity R.

MUSIC HOUR with "**RUSTIC MOON**" Band
11/29 at 3pm ~ Activity R.

Please check your monthly calendar for upcoming excursions, dine around, and outings.

Refer a
Friend!
Get
\$2000

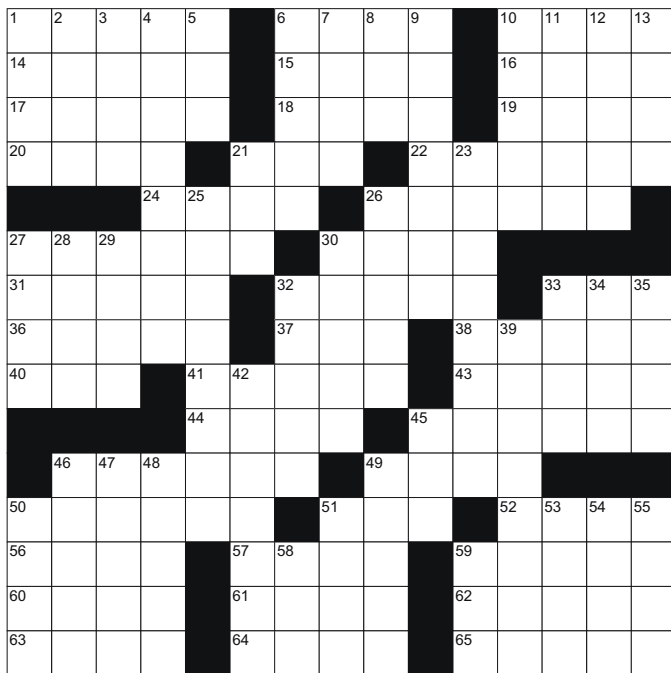
THE ABBEY AT WESTMINSTER PLAZA

Explore our High-End
of Luxury Senior Living



Contact Marketing Dept. for more information

Crossword Puzzle



ACROSS

1. Emblem
6. Mongolian desert
10. Wood cutting tools
14. Squirrel winter food stash
15. Neuron end
16. Goddess
17. Trample
18. Necklace part
19. Greek god of war
20. Tryout
21. ___ fire
22. Like an owl
24. Eagerness
26. Loo
27. Someone who doesn't fit in
30. Autos
31. Raw, like a gem
32. Clear out
33. Large weight unit
36. Ascend
37. Long time
38. Rush in
40. Cured hind leg of a hog
41. Meat baked with dry heat in an oven
43. Aromas
44. Niche
45. Negative battery terminals
46. Group of seven
49. Stair
50. Trader

DOWN

1. Enemy
52. Trolley
56. ___ Major (Big Dipper)
57. Capital of Samoa
59. Slice
60. Baking chamber
61. Military vehicle
62. Meaningless
63. Solitary
64. Ceases
65. Heron
1. Sheet of matted cotton
2. Land measurement
3. Bucks' wives
4. Thankful for what one possesses
5. Discontinue
6. African nation
7. Wagon pullers
8. Constrictor snake
9. Inside
10. Will
11. Eagle's nest
12. Pull away
13. Ribbon tie
21. Cave dweller
23. Forked breast bone of most birds
25. Can read
26. Tease
27. Hasty pudding
28. Ancient Indian
29. Trickery

30. Shut down
32. Thanksgiving ___
33. Walked
34. Giant
35. Loch ___ monster
39. Borrowing
42. Run
45. Consumed food
46. Power controlling device
47. Painting prop
48. Shaping tool
49. Gets wet
50. Pairs
51. Spot lost object
53. Nurture
54. Inflammatory disease
55. Get together
58. Shallow open container used for cooking or baking
59. Pastry crust filled with fruit, meat or other fillings

