



The Abbey®

AT WESTMINSTER PLAZA

A Luxury Retirement Community - Assisted Living & Memory Enhancement

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

Your Friendly Staff

Maria Alvarado Executive Director
 Rukayat Ayodele Assisted Living Director
 Susan Dorantes Activities Director
 Priscilla Gildon Wellness Director
 Roxanne Alinsug Wellness Coordinator
 Ashley Abdulla Dietary Manager
 Karleann Leite Office Manager
 Sahar Hussain Sales & Marketing Director
 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. Aman Ali Jafar By Appointment
 Dr. N. Ahmed By Appointment
 Dr. Zock-A-Zock By Appointment
 Merci Gathogo, NP By Appointment
 Podiatrist By Appointment
 Mobile Dentistry By Appointment



November 2024



Let's Be Thankful!

Here comes that turkey again—Thanksgiving is almost here! We're all looking forward to a day of families, parades, football and food. As we celebrate Thanksgiving with family and friends in November, we'll be thinking how grateful we are to have such wonderful neighbors. Thanks for making our community such a pleasant place to live. We wish you a safe and enjoyable Thanksgiving holiday!

THIS MONTH'S BIRTHDAYS:

- 11/2 - Patricia I.
- 11/6 - Roxanne A. (staff)
- 11/7 - Hazel S. (staff)
- 11/7 - Hannah W. (staff)
- 11/9 - Elsa K.
- 11/10 - Maria S. (staff)
- 11/13 - Antonia L. (staff)
- 11/18 - Karleann L. (staff)
- 11/21 - Donna H.
- 11/25 - Susan D. (staff)
- 11/26 - Chuck F.

THE WITCH WIVES OF HOUSTON

We had the witches brewing up lots of fun!



GYPSY DANCERS

Our community had an amazing time watching Gypsy Dance performances while enjoying delicious snow cone treats with various toppings!



SWEET HAPPY HOUR

Our community sipped into fall with sweet apple cider!



MONTHLY COOKING DEMO



Residents look forward to our cooking demos and having the chance to be the sous-chef!



THE ABBEY BISTRO

Our community has a bistro located in the wellness center. Enjoy a smoothie, snacks, desserts, and more! The business hours are from 10:00am - 4:30pm on Monday thru Saturday. The Bistro is closed on Sunday.



HOUSTON EXHIBITIONS



Assisted Living explored the Natural Causes and the Hall of Ancient Egypt exhibitions!



Out & About

DRUM CIRCLES



Residents had fun making music with instruments during Drum Circles with Xavier!



ANNUAL BAKE SALE



Our community hosted the annual fundraiser bake sale with sweet treats. We raised \$750, and all proceeds benefit the Alzheimer's Association.



Spotlight on **Alzheimer's**



