



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

# 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

Find us on 

## WINTER GREETINGS FROM THE EXECUTIVE DIRECTOR

December is here! I'm looking forward to a month of winter holidays and fun festivities. Be sure to check the calendar for our daily activities and special events, and plan to join us for a good time! It's a joy to have you here, feel free to stop by my office anytime with questions or comments.

December 2024

# HOLIDAY OPEN HOUSE

WALK THE RED CARPET at THE ABBEY at WESTMINSTER PLAZA ON:

Tuesday, December 10th  
 4:30 PM-7:00 PM  
 1st & 2nd floors

This year marks the 10th Anniversary of providing excellent service in our Independent Living community. With Assisted Living and Memory Care, The Abbey at Westminster Plaza has been the benchmark for care and service in the Houston area. Invite your friends and family to this celebration to meet friends and enjoy the evening. While they are here, why not enjoy a tour of our great amenities? Sahar and Raquel will be happy to tour.

- \* Live Music & Caricatures
- \* Charcuterie Board & Hors d'oeuvres
- \* Signature Cocktail & Wine



# Featured Photo



AUTUMN BBQ PARTY



TRIP TO KEMAH BOARDWALK



LONE STAR FLIGHT MUSEUM PRESENTATION



COMMUNITY WIDE OKTOBERFEST

# Life Enrichment Corner

## GET READY FOR OUR HOLIDAY FESTIVITIES

- \* 12 Days of Christmas
- \* The Abbey Poem Contest
- \* Door Decoration Contest
- \* Open House/ Holiday Tours
- \* Children's Christmas Carols
- \* Holiday Arts, Crafts & Baking
- \* Christmas Lights Excursions
  - \* Grinchmas Party
  - \* Holiday Karaoke
  - \* Booze & Bingo
- \* Holiday Fondue Party
- \* Santa's helpers, elves visit
- \* Eggnog & Live Entertainment
- \* Christmas Photo Day with special guests at your apartment
- \* 62nd Annual Houston Boychoir Winter Concert Outing
- \* Pretty "Ugly" Christmas Sweater Contest
- \* New Year's Eve Dinner Party



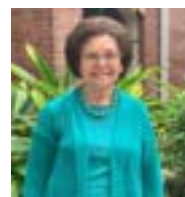
## Holiday Décor Safety

Make sure you think of safety when decorating for the season.

Don't let tinsel or garland become a tripping hazard; for fire safety, turn off all lights before going to bed or leaving the house; and read all warning labels and directions.

# Happy Anniversary

## FIRST GROUP OF RESIDENTS WHO MOVED TO THE ABBEY IN DECEMBER of 2014!



JACKIE C.  
Former 1st grade teacher, talented painter, caring, kind and sympathetic

person.



GEORGE D.  
Former Air Force Officer, Wii bowling lover and owner of a sweet poodle, Sassy!



ANN S.  
Former high school teacher, known for her positive attitude, she enjoys jewelry making and reading.

## The Longest Employee



FRANCISCA A.  
Pantry Cook, who plays an important role at The Abbey since September 2015.

Francisca's smile always radiates and she has an aura of warmth. We appreciate her dedication and enthusiasm!



# Health & Fitness

## HydroWorx Aquatic Therapy



Linda W. is the Hydro Pool member who displays the most perfect form

throughout her exercise session. She performs each task exactly as she's been instructed with no shortcuts. When asked if she had ever been a dancer before she replied, "I actually took ballet for many years." And it shows!

## OCTOBER COOKING DEMO

SHRIMP & LOBSTER CREAM PUFFS



MINI ÉCLAIRS

GARDEN VEGETABLE CHEESE PUFFS



Please mark your calendar and join our next Cooking Demo with Chef Roger on January 28th at 3pm!

## Spotlight on Alzheimer's



This year our community reached our desired goal and raised \$2,000! We applaud everyone for their contributions and support!



## Happy Hanukkah

We'd like to take a moment to wish Happy Hanukkah to all our residents & staff celebrating the Festival of Lights. Please join us for the lighting of the menorah each night of Hanukkah. Have a joyous holiday!

## Life Styles



Our community received a brand-new book collection from HOUSTON PUBLIC LIBRARY

and it will be at The Abbey for the next six months. The book collection is located at the Bistro, Wellness Center and consist of 60 books total, mostly in large print. Please help yourself, there is a book for everyone!

## THE ABBEY BEAUTY SALON

### ANA BONILLA



Hair, Cuts, Color! Book your holiday hairdo today!  
(281)615-9184

### LEE LE

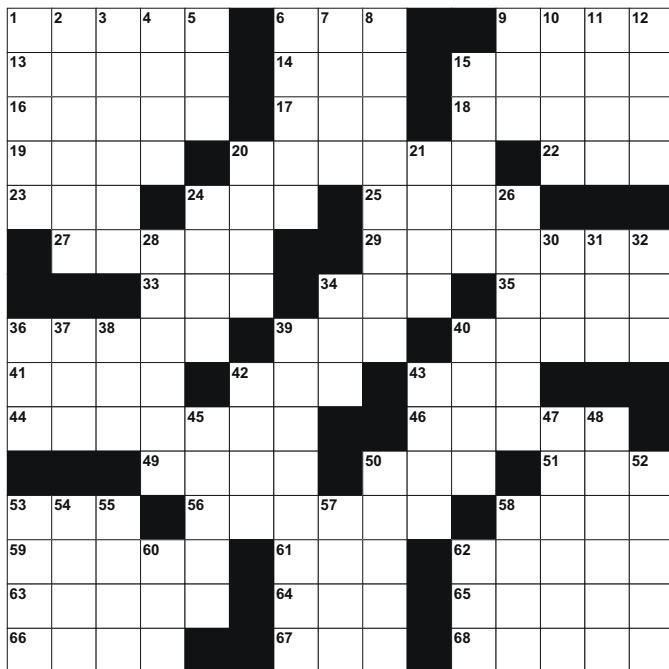


Manicures, pedicures, lots of colorful polish! Call today:  
(713)513- 0655





## Crossword Puzzle



### ACROSS

1. Speak in public
6. NFL conference (abbr.)
9. Recess
13. Happy cat sounds
14. Brazil destination
15. Grown-up
16. Master of ceremonies
17. Genetic code
18. Type of Greek column
19. Write down quickly
20. Stalls
22. Kilometers per hour
23. \_\_\_ Lanka
24. Neither's partner
25. North \_\_\_\_\_
27. Threaded nail
29. Distilling flask
33. In possession of
34. Whoop
35. Chow
36. Active
39. Touch an animal
40. Secret meeting
41. Destroy
42. San Diego attraction
43. Back-to-school mo.
44. End-of-performance cheers
46. \_\_\_\_\_ Bear constellation
49. Definite
50. Official
51. The Big Apple
53. Short-term memory

### DOWN

1. Tournaments
2. Hearsay
3. Region centered on the North Pole
4. Tannenbaum
5. Compass point
6. Elan
7. Pale sherry
8. Sleeve
9. Hoopla
10. Music genre
11. Slide
12. Engrave
15. Store passageway
20. Present toppers
21. Consecrated
24. Not far
26. Surface
28. Large horned beasts
30. Body of water
31. Possessive pronoun

32. Central Time
34. Chief executive officer
36. To be
37. Midnight \_\_\_\_\_ (Arctic phenomenon)
38. Twitch
39. God of the sea
40. Land
42. Sub \_\_\_\_\_
43. Elderly
45. "American Idol" winner \_\_\_\_\_ Studdard
47. Lack of iron
48. Despot
50. Gain an extension
52. Rabbit
53. Haze
54. Mexican favorite
55. Bearing
57. Dirt road
58. Cavern
60. Pester
62. Male sheep

