



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

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

Staff Directory



Maria Alvarado Executive Director
 Sahar Hussain Sales & Marketing Director
 Priscilla Street Sales Counselor
 Raquel Tiller Move In Coordinator
 Adwanys Casanova Office Manager
 Roger Elkhouri Executive Chef
 Kathi Hill Fitness Director
 Irina Wardrip Social Director
 Gerardo Parra Maintenance Director

Happy Birthday




January 2025

The **ABBEY**
 AT WESTMINSTER PLAZA
 "A LUXURY SENIOR LIVING RETIREMENT COMMUNITY"

PICK YOUR NEIGHBOR!
RESIDENT REFERRAL PROGRAM
GET \$2000 OFF YOUR RENT




ABBEYWP.COM

(281) 556-6020

Contact Marketing Dept. for more information
 Exclusions apply

happy new year

Manifest the Best

You've set a goal for the new year. Now what? It's time to manifest the results you want. While some descriptions of manifestations may sound a little out there, at its core, this self-help method is simply taking small steps every day to achieve your goal. Common manifestation techniques include making a vision board, practicing gratitude, journaling or meditating to focus your thoughts.

Family Fun



Bonding time for Linda and her grandson, Tommy, over our gingerbread house workshop!



Arts
& Crafts



Family members and friends really enjoy receiving the specially made greeting cards from our residents. We are glad to have lots of talented and creative people in our community!

Resident Spotlight



Janet Steinmetz won first place of the Abbey Poem Contest!

As of her prize, Janet and her husband Richard received VIP seats at The Abbey Chef's Table (special three course dinner), on January 22. Don't miss the chance to enjoy a delightful PRIME RIB dinner with our Executive Chef, Roger Elkhouri!



Special THANK YOU to Sara N., for spearheading the Garden Club and the rest of the people who made donations for our beautifully lit courtyard this Christmas season!

ODE TO THE ABBEY

We're here at the Abbey just doing our best
To live life to the fullest with all of the rest.

We meet interesting people from all walks of life;

We learn a lot from each other as we share our joys and strife.

Our whole staff is helpful and try to succeed

In answering our guest ions to get what we need.

Irina's events and trips are always a treat;

Rogers plans the menus and we have plenty to eat.

Don't forget Jim. Where do you want to go?

He's ready when you are; he goes with the flow.

Our Wellness Center is over the top:

Kathi gets you moving and you don't want to stop.

The pool is my favorite with its fountains and waterfall;

I could stay there for hours, and that says it all.

We love to celebrate holidays and get all dressed up,

And decorate our apartment with Christmas-y stuff.

You don't need to spend money to go on a cruise;

Everything you want is here: You have much to gain and nothing to lose.

The festivities are well underway.

If you come for a visit, you'll be lucky to stay!

What's **NEW!** New?

- 1/2- Arm Chair Astronomy
"Historic Eclipses"
- 1/6 - Spacecity I.T Educational
Forum
- 1/16 - Houston Area / Parkinson
Society
- 1/21 - Lone Star Flight Museum
- 1/24 - Laughter Yoga

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Knock-Knock, New Year
January gets its name from the Latin word for door, since it opens the new year.



Health

Get Your Vitamin C
Vitamin C is important for healthy teeth and gums, helps our bodies use iron, and aids in healing wounds. Natural sources of vitamin C include citrus fruits and juices, strawberries, cantaloupe, tomatoes, broccoli, green vegetables and potatoes.



National Puzzle Day
You may find working a jigsaw puzzle relaxing, but putting all those pieces together actually gives both sides of your brain a workout. Your logical left side is challenged to solve a problem to find pieces that fit, while the creative right side works to visualize the big picture. Experts say the more challenging the puzzle, the better.

Show off your strategy of competing at our Jigsaw Puzzle Event on Wednesday, Jan. 29!




Upcoming Community Events

Sock Hop Party
January 23 (11am-1pm)

Cooking Demo
January 28 at 3 PM

Meet & Greet Social
January 30 at 3PM

Dragon Dance Performance
January 31 at 3PM



OPEN HOUSE



10 Year Anniversary Celebration!

Our beautiful ladies: Jackie C., Elsa S., and Gail O.



Caricature art was a big hit!

Hors d'oeuvres, hot appetizers, desserts and spiced cider - we had it all!



What a sweet couple: Dolores & Tom

Assad S. loved his fun portrait!



Many toasts were made to the bright future for The Abbey community at our open bar in the Sports Lounge!

Lounge!

