



*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



### February 2025



### Love Is All Around

“When you put love out in the world, it travels, and it can touch people and reach people in ways that we never even expected.” —Laverne Cox

### THIS MONTH'S BIRTHDAYS:

2/1 - Clara O. (staff)  
 2/5 - Virginia D.  
 2/6 - Victoria B. (staff)  
 2/8 - Hannah O. (staff)  
 2/11 - Jeanette K. 101st Birthday!  
 2/14 - Coumba S. (staff)  
 2/16 - Allaina B. (staff)  
 2/18 - Ola O. (staff)  
 2/19 - Rena M. (staff)  
 2/21 - Irma L.  
 2/22 - Carmen O. (staff)  
 2/26 - Karen Y. (staff)  
 2/27 - Dan L. (staff)

## NEW YEAR CELEBRATION

When the bells ring out on New Year's Day, another year begins. Residents took part to ring out the old and ring in 2025!



## OODLES OF FUN

*Noodle Ball* provides a fun and easy exercise where players sit in a circle, and everyone must work together, using their noodles as bats, to keep the balloon from falling to the floor.



## Just for Fun

### HEADS UP GAME

Heads Up is a game of charades that is a no-frills way to get moving and have fun with friends. All you need is enthusiasm to play!



## DOWNTOWN AQUARIUM

The Houston Aquarium allows visitors to view aquatic life in separate windowed tanks. Residents had fun interacting with the scuba divers and marine life.



# Happy 100th Birthday

## HIP, HIP, HOORAY!

The community would like to wish our resident, Helen J., a sweet celebration with her family and friends.



## GUESS THAT OBJECT

Come join us for trivia games and put your memory to the test with this stimulating quiz for everyone! Put your knowledge and tally up your score! Get ready to take a trip down memory lane!



## WIT & WISDOM

“How sweet the words of truth, breathed from the lips of love.”  
—James Beattie

“Once in a young lifetime one should be allowed to have as much sweetness as one can possibly want and hold.”  
—Judith Olney

“What’s in a name? That which we call a rose by any other name would smell as sweet.”  
—William Shakespeare

“Life is short, and it is up to you to make it sweet.”  
—Sarah Louise Delany

“The road to greatness is often sought, but if journeyed with kindness, it is sweetly paved.”  
—Tom Althouse

“Connecting our hearts through love yields a nectar so sweet we are forever full.”  
—Amy Leigh Mercree

“But friendship is the breathing rose, with sweets in every fold.”  
—Oliver Wendell Holmes

“Heard melodies are sweet, but those unheard are sweeter.”  
—John Keats

“Oh, how sweet it is to hear one’s own convictions from another’s lips.”  
—Johann Wolfgang von Goethe

## MUSIC THERAPY

From the silly songs we learn as children to the popular tunes we hum along to as adults, we enjoy music throughout our lives. But music can be much more than just entertainment. Music therapy has been effective in helping individuals of all ages. Check the calendar for the next resident sing-along.



## NATIONAL MARGARITA DAY

Join us for our Margarita Happy Hour on Friday, February 21st, in the Wellness Center.





*Happy Valentine's Day*

HAVE A SWEET HOLIDAY FILLED WITH LOVE!

