



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



JOIN US FOR
 COUPLES VALENTINE'S DAY GAMES
 Thursday, February 13th at 3pm
 2nd floor, Activity Room

February 2025



SUPER BOWL PARTY!

It's Super Bowl time! Which team are you rooting for? Or are you cheering for the commercials, or just looking for the chips and dip? Whatever draws you to the big game, bring your team spirit and join us for football, food and fun during our Super Bowl party!

Sunday, February 9th
 3:00 PM-5:00 PM
 4th floor, Sports Lounge



MARDI GRAS PARADE With the ZYDECO BAND!

Start preparing your colorful masks and costumes, decorate your canes and walkers and make sure to vote for The Abbey KING & QUEEN of 2025!



Logos of Love

Symbols for love and romance are everywhere we look: in fine art and magazines, on billboards and greeting cards, and even on the clothes we wear. Hearts, flowers, gems and other motifs bring to mind the emotional qualities of love and how we feel about our loved ones.

The Romans believed diamonds, worn to symbolize eternal love, were splinters of fallen stars. The first diamond engagement ring can be traced to the 15th century.

The personification of love and courtship, Cupid is depicted with a bow and quiver of arrows. The notion that being hit by Cupid's arrow will make the victim fall in love comes from the myth of Cupid and Psyche.

Likely the most common symbol for love is the heart. At one time, scholars believed the heart was the seat of all human emotions. Giving a heart signified the act of giving everything to someone you love.

Roses represent beauty, purity and romance. Each color adds further meaning, with red depicting true love.

Doves have long been considered a sign of faithful and eternal love because they remain a pair for life.

The design of the Celtic knot, having no beginning and no end, is a testament to the enduring nature of true love.

Health & Fitness



The Abbey Walking Club logged 570 miles to their destination of Fayetteville, Arkansas and celebrated with pulled pork sliders, cole slaw and tea! Come and join us for our next destination to Brenham where we will celebrate with brownies and Blue Bell ice cream!



Wishful Thinking

Participants in an experimental study were given a simple task: Take a walk and wish happiness for every person they saw. After 12 minutes of walking and thinking thoughts of loving-kindness, the wishers themselves reported feeling happier than before the exercise.



Upcoming Community Events

- 2/3 Donuts & Coffee with Marketing Team
- 2/3 EXPERT TALK Pain Management Redefined
- 2/7 Monthly Birthday & Anniversary Party
- 2/8 Stratford Playhouse Outing
- 2/10 Laughter Wellness
- 2/11 EXPERT TALK Heart & Vascular Health
- 2/12 Musical Performance by Montessori Community School
- 2/14 Valentine's Day Community Celebration
- 2/17 "Presidents of The USA" Jigsaw Puzzle
- 2/19 Chef's Table Special Dinner
- 2/20 Margarita Happy Hour
- 2/23 A&M Singing Cadets Outing
- 2/25 Cooking Demo with Chef Roger
- 2/27 Diamond Wranglers Dance Performance
- 2/28 EXPERT TALK Houston Livestock Show & Rodeo Presentation



What's New?



Let's PEDAL THE WORLD together every Tuesday & Thursday at 1:30pm in the Activity Room!

OUT and ABOUT

Our Independent Living community started this year in a positive and fun way. Residents took a trip to Spring, Texas to visit the Giant Gingerbread Village! We had lunch at a nearby Cracker Barrel Old Country Store and Restaurant!



Refer a Friend

Earn \$2000 every time someone you refer moves in and lives here for 60 days. It's that easy! Make sure your friend mentions your name when they come to tour.



Find us on 

NEW YEAR'S EVE CELEBRATION!



MEN'S CLUB

Whiskey & Sports Trivia was a successful gentlemen's event.

Now we are calling all of The Abbey ladies! Get ready to celebrate International Woman's Day and join us on March 8th for the "Lady in Hat" Social.



Hook 'em Horns!



Can you guess who Rosemary is a fan of?

THE ABBEY BOOK CLUB



If you have any questions or suggestions please contact our Social Director, Irina Wardrip.

Our Book Club is Intended to:

- Stimulate intellectual conversations
- Help interact and meet new people
- Encourage critical thinking
- Sharpen your brain
- Hear new perspectives
- Read more thoughtfully
- Broaden your horizons

If you would like to share your love of books, come join us every 3rd Thursday of every month at the Sports Lounge for an insightful book discussion.

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- Currently our book club consist of 12 members & growing!
- We rotate the literary genres!
- Regular and large print books are provided by the Houston Public Library.



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| Arrow | Heart |
| Candy | Hug |
| Card | Kiss |
| Cupid | Love |
| February | Red |
| Flowers | Roses |
| Friends | Sweet |
| Groundhog | Valentine |

G	V	A	L	E	N	T	I	N	E	F	D	R	A	C
O	F	R	U	O	X	C	O	S	R	E	W	O	L	F
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G	F	O	B	X	Y	I	V	S	I	U	T	K	K	P
U	K	Y	Z	S	B	D	R	K	S	T	J	C	K	K
W	W	Z	K	U	B	L	I	D	U	I	G	O	B	X
C	E	Z	X	P	X	F	H	K	B	U	K	C	A	A