



*The Abbey*<sup>®</sup>  
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



**Celebrating Valentine's Day with Couple Married Nearly 71 Years**

[cw39.com](http://cw39.com)

Meet our celebrities!

The Abbey residents Richard & Janet were invited on the CW39 morning H-Town Morning Show on Tuesday, February 11, and honored for their 71 years of married life!

March 2025



### Invite Your Friends & Family For:

Health Screenings  
 Mobile Devices Repair  
 Valuable Community Resources  
 Light Refreshments and more!

Tuesday, March 18  
10:30am-2:00pm

Independent Living community (4-story building)



### EMPLOYEE APPRECIATION DAY- March 7!

Dear Residents,

Take this opportunity to express your appreciation and give thanks to The Abbey employees for their hard work, dedication and service for all that they do for our community!

 **Upcoming**  
Community Events

- 3/1 Girl Scout Cookie Sale
- 3/3 Mardi Gras Party with Zydeco Band
- 3/6 EXPERT TALK  
Lone Star Flight Museum
- 3/7 Employee Appreciation Day
- 3/7 EXPERT TALK  
"Baytown Tunnel Removal"
- 3/8 Women's Club
- 3/10 Laughter Wellness
- 3/11 EXPERT TALK  
"Understanding Your Nutrition"
- 3/13 Monthly Birthday & Anniversary Party
- 3/17 St. Patrick's Day Event
- 3/19 Chef's Table \*Three Course Meal"
- 3/20 The Abbey Book Club
- 3/20 Karaoke Happy Hour
- 3/21 EXPERT TALK  
Brain Health & Memory Improvement
- 3/24 Men's Club "Country Style"
- 3/25 Cooking Demo with Chef Roger
- 3/27 Rodeo Party
- 3/29 World Piano Day  
Classical Music Spring Concert  
by University of Houston
- 3/31 Meet & Greet



**Ice Cream Social**  
Every Sunday at 3 PM  
2nd floor, General Store

**Featured Photo** 



Martha is rocking and rolling with Elvis at our SOCK HOP '50s LUNCH PARTY!



Houston Area Parkinson's Society presentation was enlightening!



Snow Day is Spa Day on January 21, 2025!



Books & Bubbles Event



Chinese New Year Celebration!



WATERCOLOR WORKSHOP



ROMANTIC COUPLES EVENT was filmed and aired on Channel 2's Houston Life on the Valentine's Day!



Jerry & Marge are about to celebrate 70 years of marriage this coming May!



Tom & Dolores





# Game On



The Super Bowl LIX Party was a great hit—especially for those three lucky winners of The Abbey Jackpot Pool!



## CHEF'S TABLE



Sign up for our THREE-COURSE MEAL DINNER which is hosted on the 3rd Wednesday of every month!

# Health & Fitness

Don't miss out on this FREE world adventure!

Pedal The World offers a wide range of benefits including: Physical fitness, exposure to diverse cultures, relaxation, mental well-being through a connection with nature, and the opportunity to experience unique landscapes and communities firsthand worldwide.



Come join us every Tuesday and Thursday at 1:30pm on the 2nd floor, Activity Room!

### Try Your Luck

"You know what luck is? Luck is believing you're lucky." — Tennessee Williams



# Out & About

## Upcoming Weekend Excursions

3/2 SPRING CONCERT by Houston Sinfonietta

3/23 HANDLER'S MESSIAH at EASTER concert by Houston Masterworks Chorus

3/30 String Concerto Finals by Shepard School of Music at RICE



## BE NEIGHBORLY

Make it a beautiful day in your neighborhood by celebrating Won't You Be My Neighbor Day on March 20, the birthday of Fred Rogers. The day honors the legacy of the beloved host of the children's TV series "Mister Rogers' Neighborhood."



Find us on 





Valentine's Couples Fun at The Abbey at Westminster Plaza - Did you know we have four couples who found love here? Thatsa mucho amore!



Chinese New Year's Celebration - This is the Year of the Snake - 2025