


THE Reserve at First Colony Lifestyle



THE RESERVE AT
FIRST COLONY
SENIOR LIVING AT EASE

Like Us!  

ASSISTED LIVING COMMUNITY
13825 Lexington Blvd • Sugar Land, TX 77478 • (281) 277-0900

Meet Francis "Pat" Summers

I grew up in rural Oklahoma. I worked as an elementary and special education teacher. I have a Master's Degree in Education. During my downtime, I love reading and painting. I have traveled all over the world. I am a member of the cooking committee and I enjoy baking!



Cozy by the Fire

There's almost nothing more soothing than sitting near a crackling fireplace—even if the fire is fake. Researchers found that focusing on flickering flames, whether from a real fire or a video of one, resulted in lower blood pressure. Both the roar and the dancing movements of the flames help lull the mind into a relaxed state, sweeping away anxious thoughts.

FEBRUARY 2024

Warmest Welcome to Our Newest Residents

Betty Lamb

FEBRUARY BIRTHDAYS

JOEY BOESCH 2/1

SHIRLEY BYERS 2/4

CHACKO CHACKO 2/5

ELAINE WEATHERFORD 2/10

ELDEEN CATTAU 2/21

CAROLYN BAKER 2/22

JOSEPH SOILEAU 2/22

DAPHNE MERACLE 2/23

Happy Valentine's Day

A Winning Color

Red is known for symbolizing love and passion, but scientists say the crimson color may provide a competitive edge as well. Studies have been done in a number of sports, and results show athletes and teams who wore the color red more often came out the winner over their opponents who wore another color.

FEBRUARY

2024

Leadership

Team

- Margaret Etuk
- Executive Director
-
- Dominique Ramirez
- Marketing Director
-
- Shatarra Coffin
- Business Office Manager
-
- Tiffany Koger
- Resident Care Coordinator
-
- Beverly Blackburn
- Lifestyle Director
-
- Latericia Reese
- Executive Chef
-
- Victor Almestica
- Environmental Services
- Director

Find Us on

Facebook!




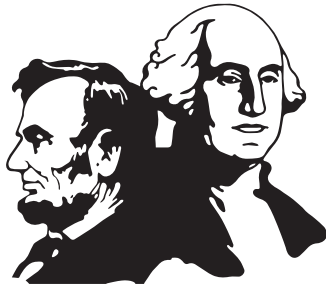

Happy

Valentine's

Day!

We'd like to wish all of our residents a very happy Valentine's Day. May your day be extra sweet!

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div>	<div></div>	<div></div>	<div></div>	<div>1</div> <div>10:00 DR Exercise with Select Rehab!</div> <div>10:30 DR News Reel & Devotional</div> <div>11:00 AR Crossword Social</div> <div>1:00 OT Shopping! TJ Maxx</div> <div>2:00 CY Garden Refresh</div> <div>3:00 AR Bingo!</div> <div>6:00 AR Evening TV - Resident's Choice</div>	<div>2</div> <div>10:30 DR News Reel & Devotional</div> <div>11:00 AR Zumba!</div> <div>1:30 AR Movie Club Meeting!</div> <div>3:30 DR Happy Hour!</div> <div>6:00 AR Evening TV - Resident's Choice</div>	<div>3</div> <div>10:30 DR News Reel & Devotional</div> <div>1:00 AR Gaming Committee Meeting</div> <div>3:00 AR Bingo!</div> <div>6:00 AR Evening TV - Resident's Choice</div>
<div>4</div> <div>9:30 DR Sunday Service with St. Laurence</div> <div>10:30 DR Piano Hour with Joey!</div> <div>1:00 AR Gaming Committee Meeting</div> <div>3:00 AR Bingo!</div> <div>6:00 AR Evening TV - Resident's Choice</div>	<div>5</div> <div>10:00 DR Let's Get Moving Exercise!</div> <div>10:30 DR News Reel & Devotional</div> <div>1:30 AR Methodist Ministry Communion</div> <div>2:00 PR Recipe Swap Social</div> <div>3:00 AR Bingo!</div> <div>6:00 AR Evening TV - Resident's Choice</div>	<div>6</div> <div>10:00 DR Let's Get Moving Exercise!</div> <div>10:30 DR News Reel & Devotional</div> <div>11:00 DR Riddle Trivia!</div> <div>2:00 DR Town Hall Meeting</div> <div>3:00 AR Bingo!</div> <div>6:00 AR Evening TV - Resident's Choice</div>	<div>7</div> <div>10:00 DR Let's Get Moving Exercise!</div> <div>10:30 DR News Reel & Devotional</div> <div>11:00 AR Word Jumble!</div> <div>2:00 AR Craft Club Meeting</div> <div>6:00 AR Rosary wit St. Laurence Church</div>	<div>8</div> <div>10:00 DR Exercise with Select Rehab!</div> <div>10:30 DR News Reel & Devotional</div> <div>11:00 AR Crossword Social</div> <div>1:00 OT Shopping! Half Priced Books</div> <div>3:00 AR Bingo!</div> <div>6:00 AR Evening TV - Resident's Choice</div>	<div>9</div> <div>10:30 DR News Reel & Devotional</div> <div>11:00 AR Zumba!</div> <div>2:00 LB Book Club Meeting!</div> <div>3:30 DR Happy Hour!</div> <div>6:00 AR Evening TV - Resident's Choice</div>	<div>10</div> <div>10:30 DR News Reel & Devotional</div> <div>1:00 AR Gaming Committee Meeting</div> <div>3:00 AR Bingo!</div> <div>6:00 AR Evening TV - Resident's Choice</div>
<div>Super Bowl LVIII Sunday</div> <div>11</div> <div>9:30 DR Sunday Service with St. Laurence</div> <div>10:30 DR Piano Hour with Joey!</div> <div>1:00 AR Gaming Committee Meeting</div> <div>3:00 AR Bingo!</div> <div>6:00 AR Evening TV - Resident's Choice</div>	<div>12</div> <div>10:00 DR Let's Get Moving Exercise!</div> <div>10:30 DR News Reel & Devotional</div> <div>11:00 DR Outburst!</div> <div>1:30 AR Methodist Ministry Communion</div> <div>3:00 AR Bingo!</div> <div>6:00 AR Evening TV - Resident's Choice</div>	<div>Fat Tuesday!</div> <div>13</div> <div>10:00 DR Let's Get Moving Exercise!</div> <div>10:30 DR News Reel & Devotional</div> <div>11:00 DR Riddle Trivia!</div> <div>12:00 OT Lunch Outing! - Spring Creek Barbecue</div> <div>3:00 AR Bingo!</div> <div>6:00 AR Evening TV - Resident's Choice</div>	<div>Valentine's Day</div> <div>14</div> <div>10:00 DR Let's Get Moving Exercise!</div> <div>10:30 DR News Reel & Devotional</div> <div>11:00 AR Word Jumble!</div> <div>2:00 AR Craft Club Meeting</div> <div>6:00 AR Rosary wit St. Laurence Church</div>	<div>15</div> <div>10:00 DR Exercise with Select Rehab!</div> <div>10:30 DR News Reel & Devotional</div> <div>11:00 AR Crossword Social</div> <div>1:00 OT Shopping! Walmart</div> <div>2:00 CY Garden Refresh</div> <div>3:00 AR Bingo!</div> <div>6:00 AR Evening TV - Resident's Choice</div>	<div>16</div> <div>10:30 DR News Reel & Devotional</div> <div>11:00 AR Zumba!</div> <div>1:30 AR Movie Club Meeting!</div> <div>3:30 DR Happy Hour!</div> <div>6:00 AR Evening TV - Resident's Choice</div>	<div>17</div> <div>10:30 DR News Reel & Devotional</div> <div>1:00 AR Gaming Committee Meeting</div> <div>3:00 AR Bingo!</div> <div>6:00 AR Evening TV - Resident's Choice</div>
<div>18</div> <div>9:30 DR Sunday Service with St. Laurence</div> <div>10:30 DR Piano Hour with Joey!</div> <div>1:00 AR Gaming Committee Meeting</div> <div>3:00 AR Bingo!</div> <div>6:00 AR Evening TV - Resident's Choice</div>	<div>Presidents Day</div> <div>19</div> <div>10:00 DR Let's Get Moving Exercise!</div> <div>10:30 DR News Reel & Devotional</div> <div>1:30 AR Methodist Ministry Communion</div> <div>2:00 PR Recipe Swap Social</div> <div>3:00 AR Bingo!</div> <div>6:00 AR Evening TV - Resident's Choice</div>	<div>20</div> <div>10:00 DR Let's Get Moving Exercise!</div> <div>10:30 DR News Reel & Devotional</div> <div>11:00 DR Riddle Trivia!</div> <div>3:00 AR Bingo!</div> <div>6:00 AR Evening TV - Resident's Choice</div>	<div>21</div> <div>10:00 DR Let's Get Moving Exercise!</div> <div>10:30 DR News Reel & Devotional</div> <div>11:00 AR Word Jumble!</div> <div>2:00 AR Crafts with Three Oaks Hospice!</div> <div>6:00 AR Rosary wit St. Laurence Church</div>	<div>22</div> <div>10:00 DR Exercise with Select Rehab!</div> <div>10:30 DR News Reel & Devotional</div> <div>11:00 AR Crossword Social</div> <div>12:00 AR Methodist Church Luncheon</div> <div>1:00 OT Shopping! Pennywise</div> <div>3:00 AR Bingo!</div> <div>6:00 AR Evening TV - Resident's Choice</div>	<div>23</div> <div>10:30 DR News Reel & Devotional</div> <div>11:00 AR Zumba!</div> <div>2:00 LB Book Club Meeting!</div> <div>3:30 DR Happy Hour!</div> <div>6:00 AR Evening TV - Resident's Choice</div>	<div>24</div> <div>10:30 DR News Reel & Devotional</div> <div>1:00 AR Gaming Committee Meeting</div> <div>3:00 AR Bingo!</div> <div>6:00 AR Evening TV - Resident's Choice</div>
<div>25</div> <div>9:30 DR Sunday Service with St. Laurence</div> <div>10:30 DR Piano Hour with Joey!</div> <div>1:00 AR Gaming Committee Meeting</div> <div>3:00 AR Bingo!</div> <div>6:00 AR Evening TV - Resident's Choice</div>	<div>26</div> <div>10:00 DR Let's Get Moving Exercise!</div> <div>10:30 DR News Reel & Devotional</div> <div>11:00 DR Outburst!</div> <div>1:30 AR Methodist Ministry Communion</div> <div>3:00 AR Bingo!</div> <div>6:00 AR Evening TV - Resident's Choice</div>	<div>27</div> <div>10:00 DR Let's Get Moving Exercise!</div> <div>10:30 DR News Reel & Devotional</div> <div>11:00 DR Riddle Trivia!</div> <div>12:00 OT Lunch Outing! - Outback Steakhouse</div> <div>3:00 AR Bingo!</div> <div>6:00 AR Evening TV - Resident's Choice</div>	<div>28</div> <div>10:00 DR Let's Get Moving Exercise!</div> <div>10:30 DR News Reel & Devotional</div> <div>11:00 AR Word Jumble!</div> <div>2:00 DR February Birthday Party</div> <div>6:00 AR Rosary wit St. Laurence Church</div>	<div>29</div> <div>10:00 DR Exercise with Select Rehab!</div> <div>10:30 DR News Reel & Devotional</div> <div>11:00 AR Crossword Social</div> <div>1:00 OT Shopping! Target</div> <div>2:00 CY Garden Refresh</div> <div>3:00 AR Bingo!</div> <div>6:00 AR Evening TV - Resident's Choice</div>	<div></div>	<div>All Events Are Subject to Change</div>



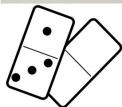
GAMING COMMITTEE



GAMING
COMMITTEE
MEETS EVERY
WEEKEND IN
YOUR ACTIVITY
ROOM AT 1PM!

COME JOIN THE
FUN!

Jenga



Brain Bender: Snow Day Scramble

Unscramble each of the wintry words below, then rearrange the bolded letters in each set of answers to reveal another related word.

1.

E I M N T S T: _ _ _ _ _

L O P W: _ _ _ _

G B A O T G N O: _ _ _ _ _

A C F R S: _ _ _ _

Secret word: _ _ _ _ _

2.

E E E F R Z: _ _ _ _ _

L C I E C I: _ _ _ _ _

O M S R T: _ _ _ _ _

F A U S R E F M: _ _ _ _ _

Secret word: _ _ _ _ _

3.

R O M B O: _ _ _ _ _

L K I S A T H: _ _ _ _ _

F E I L: _ _ _ _

L Y O L J: _ _ _ _ _

Secret word: _ _ _ _ _

(Answers: 1. mittens, plow, toboggan, scarf, snowman; 2. freeze, icicle, storm, earmuffs, flurries; 3. broom, silk hat, life, jolly, Frosty)

Employee Spotlight



Wilson Tucker works tirelessly in our maintenance department to make sure our community is always up to code. His heart shines and he is so committed to service. Thank you, Wilson, for your work ethic and dedication!



Hot Chocolate History

Warming up with a mug of hot chocolate is a sweet and simple winter ritual. We have the Indigenous people of Mexico and Central America to thank for coming up with the concept of grinding cocoa beans into a rich, foamy beverage. The original version was a lot different from what we enjoy today, though; for starters, their drink was served cold! But you can still raise a toast to tradition by adding in a complementary warmth with ground cayenne pepper, one of the key ingredients in Mexican hot chocolate.