


# 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

## MARCH 2024

### Colorful Spring

In the Hindu religion, spring is welcomed with an unforgettable splash of color. Holi, the Festival of Colors, falls between late February and early March and is highlighted by large public celebrations, where people throw brightly colored powders and splash scented water on each other. The holiday honors both the arrival of spring and the story of Prahlada, a prince who was saved from a bonfire by the god Vishnu. The colors represent the flickering flames in the tale, as well as the warm, happy hues of springtime.

## MARCH BIRTHDAYS

### RESIDENTS

VIRGINIA VLASEK 3/3  
EILEEN CREECH 3/10  
AMALIA T. JON 3/17  
DOROTHY PROSSER 3/29  
MOHAMMED HASSEN 3/29  
WILLIAM MULCAHEY 3/30  
GLADYS RIGLER 3/31

### EMPLOYEES

TAKESHA BURTON 3/25



### Do You Like Adventure?

The Travel Committee meets every month to discuss how to enhance The Reserve at First Colony's experience outside of its walls. Make your voice known. Check your calendar for meet time and join in on the fun!

MARCH 2024

Leadership Team

- Margaret Etuk

Executive Director

-

Lukman Sunmola

Assisted Living Director

-

Dominique Ramirez

Marketing Director

-

Shatarra Coffin

Business Office Director

-

Tiffany Koger

Resident Care Coordinator

-

Beverly Blackburn

Lifestyle Director

-

Latericia Reese

Executive Chef

-

Victor Almestica

Environmental Services Director





Find Us on Facebook!

Happy St. Patrick's Day!

May the luck of the Irish be with you on March 17 and all the days to come.

“Life is a painting, and you are the artist. You have on your palette all the colors in the spectrum.” —Paul J. Meyer

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				All Events Are Subject to Change	<div>1</div> <div>10:30 <span>DR</span> News Reel &amp; Devotional</div> <div>11:00 <span>AR</span> Zumba!</div> <div>1:30 <span>AR</span> <i>Movie Club Showing! The Castaway Cowboy</i></div> <div>3:30 <span>DR</span> <i>Happy Hour!</i></div> <div>6:00 <span>AR</span> Evening TV - Resident's Choice</div>	<div>2</div> <div>10:30 <span>DR</span> News Reel &amp; Devotional</div> <div>1:00 <span>AR</span> Gaming Committee Meeting</div> <div>3:00 <span>AR</span> Bingo!</div> <div>6:00 <span>AR</span> Evening TV - Resident's Choice</div>
<div>3</div> <div>9:30 <span>DR</span> <i>Sunday Service with St. Laurence</i></div> <div>10:30 <span>DR</span> <i>Piano Hour with Joey!</i></div> <div>1:00 <span>AR</span> Gaming Committee Meeting</div> <div>3:00 <span>AR</span> Bingo!</div> <div>6:00 <span>AR</span> Evening TV - Resident's Choice</div>	<div>4</div> <div>10:00 <span>DR</span> Let's Get Moving Exercise!</div> <div>10:30 <span>DR</span> News Reel &amp; Devotional</div> <div>1:30 <span>AR</span> <i>Methodist Ministry Communion</i></div> <div>2:00 <span>PR</span> Recipe Swap Social</div> <div>3:00 <span>AR</span> Bingo!</div> <div>6:00 <span>AR</span> Evening TV - Resident's Choice</div>	<div>5</div> <div>10:00 <span>DR</span> Let's Get Moving Exercise!</div> <div>10:30 <span>DR</span> News Reel &amp; Devotional</div> <div>11:00 <span>DR</span> Riddle Trivia!</div> <div>1:30 <span>DR</span> <i>Town Hall Meeting</i></div> <div>3:00 <span>AR</span> Bingo!</div> <div>6:00 <span>AR</span> Evening TV - Resident's Choice</div>	<div>6</div> <div>10:00 <span>DR</span> Let's Get Moving Exercise!</div> <div>10:30 <span>DR</span> News Reel &amp; Devotional</div> <div>11:00 <span>AR</span> Word Jumble!</div> <div>2:00 <span>AR</span> Craft Club Meeting</div> <div>6:00 <span>AR</span> <i>Rosary wit St. Laurence Church</i></div>	<div>7</div> <div>10:00 <span>DR</span> <i>Exercise with Select Rehab!</i></div> <div>10:30 <span>DR</span> News Reel &amp; Devotional</div> <div>11:00 <span>AR</span> Crossword Social</div> <div>1:00 <span>OT</span> <i>Shopping! Dollar Tree</i></div> <div>3:00 <span>AR</span> Bingo!</div> <div>6:00 <span>AR</span> Evening TV - Resident's Choice</div>	<div>8</div> <div>10:30 <span>DR</span> News Reel &amp; Devotional</div> <div>11:00 <span>AR</span> Zumba!</div> <div>2:00 <span>LB</span> <i>Book Club Meeting!</i></div> <div>3:30 <span>DR</span> <i>Happy Hour! - KARAOKE!</i></div> <div>6:00 <span>AR</span> Evening TV - Resident's Choice</div>	<div>9</div> <div>10:30 <span>DR</span> News Reel &amp; Devotional</div> <div>1:00 <span>AR</span> Gaming Committee Meeting</div> <div>3:00 <span>AR</span> Bingo!</div> <div>6:00 <span>AR</span> Evening TV - Resident's Choice</div>
<div>10</div> <div>Daylight Saving Begins!</div> <div>9:30 <span>DR</span> <i>Sunday Service with St. Laurence</i></div> <div>10:30 <span>DR</span> <i>Piano Hour with Joey!</i></div> <div>1:00 <span>AR</span> Gaming Committee Meeting</div> <div>3:00 <span>AR</span> Bingo!</div> <div>6:00 <span>AR</span> Evening TV - Resident's Choice</div>	<div>11</div> <div>10:00 <span>DR</span> Let's Get Moving Exercise!</div> <div>10:30 <span>DR</span> News Reel &amp; Devotional</div> <div>11:00 <span>DR</span> Outburst!</div> <div>1:30 <span>AR</span> Rummikub!</div> <div>3:00 <span>AR</span> Bingo!</div> <div>6:00 <span>AR</span> Evening TV - Resident's Choice</div>	<div>12</div> <div>10:00 <span>DR</span> Let's Get Moving Exercise!</div> <div>10:30 <span>DR</span> News Reel &amp; Devotional</div> <div>11:00 <span>DR</span> Riddle Trivia!</div> <div>12:00 <span>OT</span> <i>Fuddruckers</i></div> <div>3:00 <span>AR</span> Bingo!</div> <div>6:00 <span>AR</span> Evening TV - Resident's Choice</div>	<div>13</div> <div>10:00 <span>DR</span> Let's Get Moving Exercise!</div> <div>10:30 <span>DR</span> News Reel &amp; Devotional</div> <div>11:00 <span>AR</span> Word Jumble!</div> <div>2:00 <span>DR</span> <i>Ice Cream Social</i></div> <div>6:00 <span>AR</span> <i>Rosary wit St. Laurence Church</i></div>	<div>14</div> <div>10:00 <span>DR</span> <i>Exercise with Select Rehab!</i></div> <div>10:30 <span>DR</span> News Reel &amp; Devotional</div> <div>11:00 <span>AR</span> Crossword Social</div> <div>1:00 <span>OT</span> <i>Shopping! Walmart</i></div> <div>2:00 <span>CY</span> <i>Garden Refresh</i></div> <div>3:00 <span>AR</span> Bingo!</div> <div>6:00 <span>AR</span> Evening TV - Resident's Choice</div>	<div>15</div> <div>10:30 <span>DR</span> News Reel &amp; Devotional</div> <div>11:00 <span>AR</span> Zumba!</div> <div>1:30 <span>AR</span> Movie Club Meeting!</div> <div>3:30 <span>DR</span> <i>Happy Hour!</i></div> <div>6:00 <span>AR</span> Evening TV - Resident's Choice</div>	<div>16</div> <div>10:30 <span>DR</span> News Reel &amp; Devotional</div> <div>1:00 <span>AR</span> Gaming Committee Meeting</div> <div>3:00 <span>AR</span> Bingo!</div> <div>6:00 <span>AR</span> Evening TV - Resident's Choice</div>
<div>17</div> <div>St. Patrick's Day!</div> <div>9:30 <span>DR</span> <i>Sunday Service with St. Laurence</i></div> <div>10:30 <span>DR</span> <i>Piano Hour with Joey!</i></div> <div>1:00 <span>AR</span> Gaming Committee Meeting</div> <div>3:00 <span>AR</span> Bingo!</div> <div>6:00 <span>AR</span> Evening TV - Resident's Choice</div>	<div>18</div> <div>10:00 <span>DR</span> Let's Get Moving Exercise!</div> <div>10:30 <span>DR</span> News Reel &amp; Devotional</div> <div>2:00 <span>PR</span> Recipe Swap Social</div> <div>3:00 <span>AR</span> Bingo!</div> <div>6:00 <span>AR</span> Evening TV - Resident's Choice</div>	<div>19</div> <div>10:00 <span>DR</span> Let's Get Moving Exercise!</div> <div>10:30 <span>DR</span> News Reel &amp; Devotional</div> <div>11:00 <span>DR</span> Riddle Trivia!</div> <div>2:00 <span>AR</span> <i>Travel Committee Meeting</i></div> <div>3:00 <span>AR</span> Bingo!</div> <div>6:00 <span>AR</span> Evening TV - Resident's Choice</div>	<div>20</div> <div>10:00 <span>DR</span> Let's Get Moving Exercise!</div> <div>10:30 <span>DR</span> News Reel &amp; Devotional</div> <div>11:00 <span>AR</span> Word Jumble!</div> <div>2:00 <span>AR</span> Craft Club Meeting</div> <div>6:00 <span>AR</span> <i>Rosary wit St. Laurence Church</i></div>	<div>21</div> <div>10:00 <span>DR</span> <i>Exercise with Select Rehab!</i></div> <div>10:30 <span>DR</span> News Reel &amp; Devotional</div> <div>11:00 <span>AR</span> Crossword Social</div> <div>1:00 <span>OT</span> <i>Shopping! TJ Maxx</i></div> <div>3:00 <span>AR</span> Bingo!</div> <div>6:00 <span>AR</span> Evening TV - Resident's Choice</div>	<div>22</div> <div>10:30 <span>DR</span> News Reel &amp; Devotional</div> <div>11:00 <span>AR</span> Zumba!</div> <div>2:00 <span>LB</span> <i>Book Club Meeting!</i></div> <div>3:30 <span>DR</span> <i>Happy Hour!</i></div> <div>6:00 <span>AR</span> Evening TV - Resident's Choice</div>	<div>23</div> <div>10:30 <span>DR</span> News Reel &amp; Devotional</div> <div>12:00 <span>DR</span> <i>Easter Family &amp; Friends</i></div> <div>3:00 <span>AR</span> Bingo!</div> <div>6:00 <span>AR</span> Evening TV - Resident's Choice</div>
<div>24</div> <div>9:30 <span>DR</span> <i>Sunday Service with St. Laurence</i></div> <div>10:30 <span>DR</span> <i>Piano Hour with Joey!</i></div> <div>1:00 <span>AR</span> Gaming Committee Meeting</div> <div>3:00 <span>AR</span> Bingo!</div> <div>6:00 <span>AR</span> Evening TV - Resident's Choice</div>	<div>25</div> <div>10:00 <span>DR</span> Let's Get Moving Exercise!</div> <div>10:30 <span>DR</span> News Reel &amp; Devotional</div> <div>11:00 <span>DR</span> Outburst!</div> <div>1:30 <span>LB</span> <i>Scrabble!</i></div> <div>3:00 <span>AR</span> Bingo!</div> <div>6:00 <span>AR</span> Evening TV - Resident's Choice</div>	<div>26</div> <div>10:00 <span>DR</span> Let's Get Moving Exercise!</div> <div>10:30 <span>DR</span> News Reel &amp; Devotional</div> <div>11:00 <span>DR</span> Riddle Trivia!</div> <div>12:00 <span>OT</span> <i>Spring Creek Barbeque</i></div> <div>3:00 <span>AR</span> Bingo!</div> <div>6:00 <span>AR</span> Evening TV - Resident's Choice</div>	<div>27</div> <div>10:00 <span>DR</span> Let's Get Moving Exercise!</div> <div>10:30 <span>DR</span> News Reel &amp; Devotional</div> <div>11:00 <span>AR</span> Word Jumble!</div> <div>2:00 <span>AR</span> Craft Club Meeting</div> <div>6:00 <span>AR</span> <i>Rosary wit St. Laurence Church</i></div>	<div>28</div> <div>10:00 <span>DR</span> <i>Exercise with Select Rehab!</i></div> <div>10:30 <span>DR</span> News Reel &amp; Devotional</div> <div>11:00 <span>AR</span> Crossword Social</div> <div>12:00 <span>AR</span> <i>Methodist Ministry Luncheon</i></div> <div>1:00 <span>OT</span> <i>Shopping! Kroger</i></div> <div>2:00 <span>CY</span> <i>Garden Refresh</i></div> <div>3:00 <span>AR</span> Bingo!</div> <div>6:00 <span>AR</span> Evening TV - Resident's Choice</div>	<div>29</div> <div>Good Friday</div> <div>10:00 <span>DR</span> Let's Get Moving Exercise!</div> <div>10:30 <span>DR</span> News Reel &amp; Devotional</div> <div>11:00 <span>AR</span> Zumba!</div> <div>1:30 <span>AR</span> Movie Club Meeting!</div> <div>3:30 <span>DR</span> <i>March Birthday Party</i></div> <div>6:00 <span>AR</span> Evening TV - Resident's Choice</div>	<div>30</div> <div>10:30 <span>DR</span> News Reel &amp; Devotional</div> <div>1:00 <span>AR</span> Gaming Committee Meeting</div> <div>3:00 <span>AR</span> Bingo!</div> <div>6:00 <span>AR</span> Evening TV - Resident's Choice</div>





## Sunny Days Soon Come

It is that time again, springtime! Make sure to stay protected from the sun and the bugs. Sunscreen and proper repellent can assist in a beautiful season. Protective gear such as sun hats and shades are also a big help. Our residents love to put on their hats to sit and chat on the patio. They each know the importance of protecting the skin and always aid the next in preparation. So, this spring, lend a hand to anyone that needs it.



## Brain Bender: St. Paddy's Word Puzzle

The answers to the clues below all contain a word related to St. Patrick's Day: green, luck, gold or jig. How many can you get right?

1. Words containing "green":

- Building for plants
- Fresh, minty flavor
- A newcomer

2. Words containing "luck":

- A chicken says ...
- A gathering with food
- Brave and scrappy

3. Words containing "gold":

- Yellow bird
- October's birth flower
- Koi's cousin

4. Words containing "jig":

- Type of puzzle
- A doodad or gizmo
- To wiggle

(Answers: 1. greenhouse, wintergreen, greenhorn; 2. cluck, potluck, plucky; 3. goldfinch, marigold, goldfish; 4. jigsaw, thingamajig, jiggle)



## Employee Spotlight



David Chambers works tirelessly as a cook within our Dietary Department. David is always seen with a smile and goes above and beyond to make sure our residents' needs are met. Thank you, David, for being a dedicated addition to our team.