





THE RESERVE AT
FIRST COLONY
SENIOR LIVING AT EASE

Like Us!  

THE Reserve at First Colony *Lifestyle*

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

MARCH 2025

What's New?

Yoga & Meditation

We are introducing our new class of Yoga and meditation conducted by Ms. Gayathri Sathiamoorthy. Don't miss this relaxing and calming sessions on every second Tuesday of the month at 10am.

Pet Therapy

Coming soon!
We will have the honor to have Pet Therapy by the nonprofit Organization, Faithful Paws Pet Therapy. Date is still pending.

Sunshiners Band

The well-known volunteers in the Sugar Land area, The Sunshiners Band, will soon be open to start performing for 2025! We are waiting on confirmation dates!

Mardi Gras & St. Patrick's

Don't miss out on the Mardi Gras Parade on the 4th & St. Patrick's Day on the 17th!



Happy Birthday

March Residents' Birthdays

Eileen C	3/10
Amalia T	3/17
Dorothy P	3/29
Mohammed H	3/29
William M	3/30
Gladys R	3/31



MARCH 2025

-Management-

Reema Bhamani
Executive Director

Zachery Canon
Business Director

Tabriel Jones
Sales & Marketing Director

Yani Diaz
Activities Director

Angelo Gomez
Dining Director

Jose Sarrion
Maintenance Director

Rose Felix
Resident Care Coordinator

**FIND US AND
ENGAGE ON
FACEBOOK
AND OTHER
SOCIAL
MEDIA
PLATFORMS!**

**"Flowers don't worry about
how they're going to bloom.
They just open up and turn
toward the light and that
makes them beautiful."**

—Jim Carrey

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						National Peanut Butter Lover's Day 10:00 Exercise Class 11:00 Triominoes/ Table Games 2:00 AR Rummikub 3:15 AR Bingo 4:00 AR Rummikub- 2nd Match 6:00 Movie Club-Classic Movies
2 9:30 Sunday Service with St. Laurence 10:30 DR Piano Hour with Joey! 1:00 AR Table Games 1:30 AR Rummikub 3:15 AR Bingo 4:00 AR Rummikub- 2nd Match	3 10:00 Moving and Grooving Exercises 10:30 DR Newsreel & Devotional 11:00 DR Mind Exercise 1:00 AR Spiritual Life with Rollin & Sue 2:00 Rummikub-1st match 3:15 AR Bingo 4:00 AR Rummikub- 2nd Match	4 Mardi Gras 10:00 Moving and Grooving Exercises 10:30 DR Newsreel & Devotional 2:00 Rummikub-1st match 3:00 FL Mardi Gras Parade 3:15 AR Bingo 4:00 AR Rummikub- 2nd Match 6:00 DR Movie/Program of your choice	5 10:00 Moving and Grooving Exercises 10:30 DR Newsreel & Devotional 11:00 AR Trivia/Table Games 2:00 Rummikub-1st match 3:15 AR Bingo 4:00 AR Rummikub- 2nd Match 6:00 Rosary w/ St. Laurence Church	6 World Book Day, National Oreo Cookie Day 10:00 Exercise with Select Rehab 10:00 Moving and Grooving Exercises 10:30 DR Newsreel & Devotional 1:00 AR Outreach Creations with Sue 2:00 Rummikub-1st match 2:00 LB The American Classics Collections Audiobook 3:15 AR Bingo 4:00 AR Rummikub- 2nd Match	7 International Women's Day 10:00 DR Exercise Class 10:00 Moving and Grooving Exercises 10:30 AR Mini Manicures 10:30 DR Newsreel & Devotional 2:00 Rummikub-1st match 3:15 AR Bingo 3:30 DR Happy Hour 4:00 AR Rummikub- 2nd Match	8 10:00 Exercise Class 11:00 Triominoes/ Table Games 2:00 AR Rummikub 3:15 AR Bingo 4:00 AR Rummikub- 2nd Match 6:00 Movie Club-Classic Movies
9 9:30 Sunday Service with St. Laurence 10:30 DR Piano Hour with Joey! 1:00 AR Table Games 1:30 AR Rummikub 3:15 AR Bingo 4:00 AR Rummikub- 2nd Match	10 Popcorn Lovers Day 10:00 Moving and Grooving Exercises 10:30 DR Newsreel & Devotional 11:00 DR Mind Exercise 12:00 DR Sing Happy Birthday to Ms. Eileen! 1:00 AR Spiritual Life with Rollin & Sue 2:00 Rummikub-1st match 3:15 AR Bingo 4:00 AR Rummikub- 2nd Match 6:15 AR Solid Rock Bible Study	11 10:00 Yoga & Meditation with Gayathri 10:30 DR Newsreel & Devotional 2:00 Rummikub-1st match 2:00 Town Hall 3:15 AR Bingo 4:00 AR Rummikub- 2nd Match 6:00 DR Movie/Program of your choice	12 National Plant a Flower Day 10:00 Moving and Grooving Exercises 10:30 DR Newsreel & Devotional 11:00 AR Trivia/Table Games 2:00 Rummikub-1st match 3:15 AR Bingo 4:00 AR Rummikub- 2nd Match 6:00 Rosary w/ St. Laurence Church	13 10:00 Exercise with Select Rehab 10:00 Moving and Grooving Exercises 10:30 DR Newsreel & Devotional 1:00 AR Outreach Creations with Sue 1:45 DR I Love Lucy Show- YouTube 2:00 Rummikub-1st match 3:15 AR Bingo 4:00 AR Rummikub- 2nd Match	14 10:00 DR Exercise Class 10:00 Moving and Grooving Exercises 10:30 AR Mini Manicures 10:30 DR Newsreel & Devotional 2:00 Rummikub-1st match 3:15 AR Bingo 3:30 DR Happy Hour 4:00 AR Rummikub- 2nd Match	15 10:00 Exercise Class 11:00 Triominoes/ Table Games 2:00 AR Rummikub 3:15 AR Bingo 4:00 AR Rummikub- 2nd Match 6:00 Movie Club-Classic Movies
16 9:30 Sunday Service with St. Laurence 10:30 DR Piano Hour with Joey! 1:00 AR Table Games 1:30 AR Rummikub 2:00 Solid Rock Apostolic Church Service 3:15 AR Bingo 4:00 AR Rummikub- 2nd Match	17 St. Patrick's Day 10:00 Moving and Grooving Exercises 10:30 DR Newsreel & Devotional 11:00 DR Mind Exercise 12:00 Sing Happy Birthday to Ms. Amalia 1:00 AR Spiritual Life with Rollin & Sue 2:00 Rummikub-1st match 3:15 AR Bingo 3:30 St. Patrick's Day Celebration 4:00 AR Rummikub- 2nd Match	18 10:00 Moving and Grooving Exercises 10:30 DR Newsreel & Devotional 2:00 Rummikub-1st match 3:15 AR Bingo 4:00 AR Rummikub- 2nd Match 6:00 DR Movie/Program of your choice	19 National Certified Nurses Day 10:00 Moving and Grooving Exercises 10:30 DR Newsreel & Devotional 11:00 AR Trivia/Table Games 2:00 Rummikub-1st match 3:15 AR Bingo 4:00 AR Rummikub- 2nd Match 6:00 Rosary w/ St. Laurence Church	20 10:00 Exercise with Select Rehab 10:00 Moving and Grooving Exercises 10:30 DR Newsreel & Devotional 1:00 AR Outreach Creations with Sue 1:45 DR I Love Lucy Show- YouTube 2:00 Rummikub-1st match 3:15 AR Bingo 4:00 AR Rummikub- 2nd Match	21 National Chips and Dip Day 10:00 DR Exercise Class 10:00 Moving and Grooving Exercises 10:30 AR Mini Manicures 10:30 DR Newsreel & Devotional 2:00 Rummikub-1st match 3:15 AR Bingo 3:30 DR Happy Hour 4:00 AR Rummikub- 2nd Match	22 10:00 Exercise Class 11:00 Triominoes/ Table Games 2:00 AR Rummikub 3:15 AR Bingo 4:00 AR Rummikub- 2nd Match 6:00 Movie Club-Classic Movies
23 Cuddly Kitten Day 9:30 Sunday Service with St. Laurence 10:30 DR Piano Hour with Joey! 1:00 AR Table Games 1:30 AR Rummikub 3:15 AR Bingo 4:00 AR Rummikub- 2nd Match	24 10:00 Moving and Grooving Exercises 10:30 DR Newsreel & Devotional 1:00 AR Spiritual Life with Rollin & Sue 2:00 Rummikub-1st match 3:15 AR Bingo	25 10:00 Moving and Grooving Exercises 10:30 DR Newsreel & Devotional 2:00 Rummikub-1st match 3:15 AR Bingo 4:00 AR Rummikub- 2nd Match 6:00 DR Movie/Program of your choice	26 10:00 Moving and Grooving Exercises 10:30 DR Newsreel & Devotional 11:00 AR Trivia/Table Games 2:00 Rummikub-1st match 3:15 AR Bingo 4:00 AR Rummikub- 2nd Match 6:00 Rosary w/ St. Laurence Church	27 10:00 Exercise with Select Rehab 10:00 Moving and Grooving Exercises 10:30 DR Newsreel & Devotional 1:00 AR Outreach Creations with Sue 1:45 DR I Love Lucy Show- YouTube 2:00 Rummikub-1st match 3:15 AR Bingo 4:00 AR Rummikub- 2nd Match	28 10:00 DR Exercise Class 10:00 Moving and Grooving Exercises 10:30 AR Mini Manicures 10:30 DR Newsreel & Devotional 2:00 Rummikub-1st match 3:15 AR Bingo 3:30 DR Happy Hour 4:00 AR Rummikub- 2nd Match	29 10:00 Exercise Class 11:00 Triominoes/ Table Games 12:00 DR Sing Happy B-day to Ms. Dorothy P. & Mohammed 2:00 AR Rummikub 3:15 AR Bingo 4:00 AR Rummikub- 2nd Match 6:00 Movie Club-Classic Movies
30 9:30 Sunday Service with St. Laurence 10:30 DR Piano Hour with Joey! 12:00 Sing Happy Birthday to Mr. William M! 1:00 AR Table Games 1:30 AR Rummikub 3:15 AR Bingo	31 10:00 Moving and Grooving Exercises 10:30 DR Newsreel & Devotional 12:00 DR Sing Happy Birthday to Ms. Gladys R. 1:00 AR Spiritual Life with Rollin & Sue 2:00 Rummikub-1st match 3:15 AR Bingo					



Our new project has started! Residents had a blast planting herbs in our gardening club. Please stop by the activity room and check the process.

Brain teaser

Question: I am found on land and in sea, yet I neither walk nor swim. I travel by foot, but have no toes. No matter where I roam, I'm never away from home. What am I?

Answer: A snail.



Winter Storm Enzo brought snow and a historical memory for all of us in Texas. The department heads and frontline employees showed the dedication and commitment for our community and our residents by sleeping over and pitched in where the need was. Great Teamwork!

Wit & Wisdom

"So before long we can open the windows wide and let spring in, and we can go out to the park or sit on a hillside and let spring into us."

—Hal Borland

"I feel that it is healthier to look out at the world through a window than through a mirror. Otherwise, all you see is yourself and whatever is behind you."

—Bill Withers

"A smile is the light in your window that tells others that there is a caring, sharing person inside."

—Denis Waitley

"Falling asleep while the rain is clashing down on the window is nature's best lullaby."

—Kim Pape

"Look out of the window and you have a finer sight than any painter has ever placed on a piece of canvas."

—Iain Pears

"If a window of opportunity appears, don't pull down the shade."

—Tom Peters

"It's hard to look back at the past and feel some regret, but it's really exciting to look to the future and see a window of hope."

—Nadine Sadaka Boulos

"My favorite journey is looking out the window."

—Edward Gorey

"Tomorrow morning, when the sun shines through your window, choose to make it a happy day."

—Lynda Resnick

