

# 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

APRIL 2024

## Help Add a Little Green to Our Home

As retailers start gearing up for warmer weather, take advantage of gardening sales and pick up a plant for the Gardening Committee to pot in our courtyards. Residents love being able to get dirty and see the fruits of their labor grow. Splashes of new greenery will help our space feel fresh for spring!

April  
BIRTHDAYS

*Residents*

Kenneth Winter 4/8  
Theresa Hernandez 4/10  
Rolla Cotten 4/23

*Employees*

Pamela Kelley 4/3  
Keith Ward 4/14  
Sandy Desai 4/15  
Jenny Capalera 4/24



## Need a "Vacation"? Self-Care Corner: Travel With Your Taste Buds

Serve up vacation vibes by joining the Travel Committee for a meal from a favorite destination or a place you've always wanted to visit. Each month residents choose where the next adventure will be. Browsing recipes, shopping for ingredients and enjoying exotic flavors can satisfy your wanderlust when you aren't able to get away from it all. Join the fun! Check your calendar for the next Travel Committee meeting!

APRIL 2024

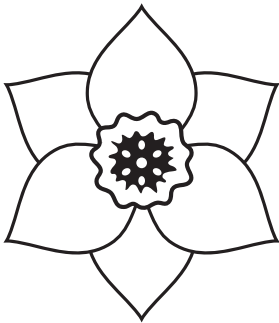



Leadership Team

- 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 Alместica  
Environmental Services Director

Find Us on Facebook!

“Tomorrow morning, when the sun shines through your window, choose to make it a happy day.”  
—Lynda Resnick

Activities Subject to Change

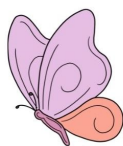
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>All Events Are Subject to Change</div>	<div>1</div> <div>10:00 <span>DR</span> Let's Get Moving Exercise!</div> <div>10:30 <span>DR</span> News Reel &amp; Devotional</div> <div>11:00 <span>DR</span> Outburst!</div> <div>2:00 <span>LB</span> 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>2</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> Town Hall 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>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> Word Jumble!</div> <div>2:00 <span>DR</span> Ice Cream Social</div> <div>6:00 <span>AR</span> Rosary wit St. Laurence Church</div>	<div>4</div> <div>10:00 <span>DR</span> Exercise with Select Rehab!</div> <div>10:30 <span>DR</span> News Reel &amp; Devotional</div> <div>11:00 <span>AR</span> Crossword Social</div> <div>2:00 <span>CY</span> Garden Refresh</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> Zumba!</div> <div>10:30 <span>OT</span> Shopping! Dollar Tree</div> <div>1:30 <span>AR</span> Movie Club Showing! - The Little Rascals</div> <div>3:30 <span>DR</span> Happy Hour!</div> <div>6:00 <span>AR</span> Evening TV - Resident's Choice</div>	<div>6</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>7</div> <div>9:30 <span>DR</span> Sunday Service with St. Laurence</div> <div>10:30 <span>DR</span> Piano Hour with Joey!</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>8</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> Methodist Ministry Communion</div> <div>3:00 <span>AR</span> Bingo!</div> <div>6:00 <span>AR</span> Evening TV - Resident's Choice</div>	<div>9</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> Movie Club 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>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> Word Jumble!</div> <div>12:00 <span>OT</span> Lunch Outing! - Longhorn Steakhouse</div> <div>2:00 <span>AR</span> Craft Club Meeting</div> <div>6:00 <span>AR</span> Rosary wit St. Laurence Church</div>	<div>11</div> <div>10:00 <span>DR</span> Exercise with Select Rehab!</div> <div>10:30 <span>DR</span> News Reel &amp; Devotional</div> <div>11:00 <span>AR</span> Crossword Social</div> <div>2:00 <span>DR</span> Veterans Clinic with Girling Personal Care</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> Zumba!</div> <div>10:30 <span>OT</span> Shopping! Target</div> <div>2:00 <span>LB</span> Book Club Meeting!</div> <div>3:30 <span>DR</span> Happy Hour!</div> <div>6:00 <span>AR</span> Evening TV - Resident's Choice</div>	<div>13</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>14</div> <div>9:30 <span>DR</span> Sunday Service with St. Laurence</div> <div>10:30 <span>DR</span> Piano Hour with Joey!</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>15</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>2:00 <span>LB</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>16</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>3:00 <span>AR</span> Bingo!</div> <div>6:00 <span>AR</span> Evening TV - Resident's Choice</div>	<div>17</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> Word Jumble!</div> <div>2:00 <span>AR</span> Craft Club Meeting - Homemade Bird Feeders</div> <div>6:00 <span>AR</span> Rosary wit St. Laurence Church</div>	<div>18</div> <div>10:00 <span>DR</span> Exercise with Select Rehab!</div> <div>10:30 <span>DR</span> News Reel &amp; Devotional</div> <div>11:00 <span>AR</span> Crossword Social</div> <div>2:00 <span>CY</span> Garden Refresh</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> Zumba!</div> <div>10:30 <span>OT</span> Shopping! TJ Maxx</div> <div>1:30 <span>AR</span> Movie Club Showing! - Mary Poppins</div> <div>3:30 <span>DR</span> Happy Hour!</div> <div>6:00 <span>AR</span> Evening TV - Resident's Choice</div>	<div>20</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>21</div> <div>9:30 <span>DR</span> Sunday Service with St. Laurence</div> <div>10:30 <span>DR</span> Piano Hour with Joey!</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>22</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>3:00 <span>AR</span> Bingo!</div> <div>6:00 <span>AR</span> Evening TV - Resident's Choice</div>	<div>23</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> Travel Committee Meeting</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>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> Word Jumble!</div> <div>12:00 <span>OT</span> Lunch Outing! - Lupe Tortilla</div> <div>2:00 <span>AR</span> Craft Club Meeting</div> <div>6:00 <span>AR</span> Rosary wit St. Laurence Church</div>	<div>25</div> <div>10:00 <span>DR</span> Exercise with Select Rehab!</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> Methodist Church Luncheon</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> Zumba!</div> <div>10:30 <span>OT</span> Shopping! Walmart</div> <div>2:00 <span>LB</span> Book Club Meeting!</div> <div>3:30 <span>DR</span> Happy Hour!</div> <div>6:00 <span>AR</span> Evening TV - Resident's Choice</div>	<div>27</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>28</div> <div>9:30 <span>DR</span> Sunday Service with St. Laurence</div> <div>10:30 <span>DR</span> Piano Hour with Joey!</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>29</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>2:00 <span>LB</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>30</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>3:00 <span>AR</span> Bingo!</div> <div>6:00 <span>AR</span> Evening TV - Resident's Choice</div>				



## Words from The Village



Hey, neighbors!  
We rolled up our sleeves and sprinkled some sweetness into our community. The Cooking Committee in Memory Care prepared a delicious strawberry shortcake.



I was born in Suriname and I worked as a teacher for several years.  
I have four wonderful children, ten grandchildren, four great grandchildren and the fifth one was born in March.  
I love music and dancing; in my free time I enjoy playing the harmonica.  
I like dogs and I am allergic to cats.  
I have a sweet tooth and I also like fruits.  
I was a travel enthusiast and I lived in 3 continents, South America, Europe and North America, (Suriname, The Netherlands and Texas.)



*Meet Amalia Tjion-JoekPin*

## Last Month's Memories



### Goodbye Rodeo Season!

**The Rodeo Season was one of the best! Residents enjoyed all of the Yeellaw Festivities, from themed happy hours featuring Cowboy Cocktails to Dude Ranch Activities. The entire month was full of fun.**

**Thank you to all that contributed in the making Rodeo Season 2024 a major success!**



## Employee Spotlight



Felicia Fasola has been a bright star within The Reserve at First Colony's community for many years. The love and compassion she has for the residents is like none other. Thank you, Felicia, for your continued service as a resident care assistant.

## Homemade Bird Feeder

With spring upon us, flowers begin to bloom and birds begin to tweet. Give those birds a delicious treat with a homemade bird feeder. Simply grab a box of unflavored gelatin and a bag of birdseed at your local grocery store. Mix 1/2 cup hot water and one packet gelatin; once the gelatin is dissolved, pour 1 cup birdseed into the liquid and mix to evenly coat. Next, fill a muffin tin or other fun-shaped molds with the concoction, and allow the mix to harden before "throwing" the snacks to the birds.

Drop by the Craft Club to join in on the fun! Check your calendar!

