

# 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

## JUNE 2024

### Ice Cream Sandwich Shortcuts

Create cool desserts by sandwiching your favorite flavors of ice cream between a buffet of store-bought treats. Along with the traditional cookies, try cake doughnuts, toaster pastries, graham crackers, cupcakes, churros, chocolate-covered mini pretzels, and toaster waffles. Lookout for your favorites at our Ice Cream Social. Check your calendar!



#### A Message from the Village

"Happiness is when what you think, what you say, and what you do are in harmony" —  
Mahatma Gandhi

We love to help keep our home beautiful for our neighbors and visitors. Above, we've added on some rocks to the already fabulous rock garden.

We planted zinnias and begonias. They are sprouting and blooming!

We can't wait to start another project for our gorgeous home!





## June BIRTHDAYS

RESIDENTS	
Charlyn Wilson	6/3
Alicia Verrellian	6/18
EMPLOYEES	
Cheyne Carter	6/5
Lehinde Ajani	6/6
Renna Parillon	6/8
Adedayo Nardo	6/16
Doris Hillman	6/18
Therana Coffey	6/22



JUNE 2024

Leadership Team

- Raunya Hollie

Executive Director

-

Margaret Etuk

Assisted Living Director

-

Dominique Ramirez

Sales Director

-

Luis Andujar

Sales Director

-

Shatarra Coffin

Business Office Director

-

Tiffany Koger

Resident Care Coordinator

-

Latericia Reese

Executive Chef

-





Jose Sarrion-Bravo

Maintenance Director

Find Us on Facebook!

“When the sun is shining I can do anything; no mountain is too high, no trouble too difficult.”  
—Wilma Rudolph

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>All Events Are Subject to Change</div>			HAPPY FATHER'S DAY			<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>AR</span> Rummikub!</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 - Residents' Choice</div>
<div>2</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 - Residents' 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>FL</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 - Residents' 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>11:00 <span>DR</span> Riddle Trivia!</div> <div>1:30 <span>DR</span> Residents' Town Hall</div> <div>3:00 <span>AR</span> Bingo!</div> <div>6:00 <span>AR</span> Evening TV - Residents' 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> Word Jumble!</div> <div>2:00 <span>AR</span> Ice Cream Social</div> <div>6:00 <span>AR</span> Rosary wit St. Laurence Church</div>	<div>6</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>1:30 <span>AR</span> Movie Club Meeting!</div> <div>3:00 <span>AR</span> Bingo!</div> <div>6:00 <span>AR</span> Evening TV - Residents' Choice</div>	<div>7</div> <div>10:00 <span>DR</span> Zumba!</div> <div>10:30 <span>OT</span> Shopping! Marshalls</div> <div>11:00 <span>AR</span> Triominos!</div> <div>2:00 <span>LB</span> Book Club Meeting!</div> <div>3:30 <span>DR</span> Happy Hour! - Gin Tasting</div> <div>6:00 <span>AR</span> Evening TV - Residents' 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>AR</span> Rummikub!</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 - Residents' Choice</div>
<div>9</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 - Residents' 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>FL</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 - Residents' 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> Riddle Trivia!</div> <div>2:00 <span>FL</span> Family Feud</div> <div>3:00 <span>AR</span> Bingo!</div> <div>6:00 <span>AR</span> Evening TV - Residents' 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> Word Jumble!</div> <div>12:00 <span>OT</span> Lunch Outing! - Brookstreet BBQ</div> <div>2:00 <span>AR</span> Craft Club Meeting</div> <div>6:00 <span>AR</span> Rosary wit St. Laurence Church</div>	<div>13</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 - Residents' Choice</div>	<div>14</div> <div>Flag Day</div> <div>10:00 <span>DR</span> Zumba!</div> <div>11:00 <span>AR</span> Triominos!</div> <div>1:30 <span>AR</span> Movie Club Showing! - Let It Be (The Beatles Film)</div> <div>3:30 <span>DR</span> Happy Hour! - KARAOKE!</div> <div>6:00 <span>AR</span> Evening TV - Residents' 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>AR</span> Rummikub!</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 - Residents' Choice</div>
<div>16</div> <div>Father's Day</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>11:30 <span>DR</span> Father's Day Watch Party</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 - Residents' 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>FL</span> Outburst!</div> <div>3:00 <span>AR</span> Bingo!</div> <div>6:00 <span>AR</span> Evening TV - Residents' 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>11:00 <span>DR</span> Riddle Trivia!</div> <div>2:00 <span>FL</span> Family Feud</div> <div>3:00 <span>AR</span> Bingo!</div> <div>6:00 <span>AR</span> Evening TV - Residents' Choice</div>	<div>19</div> <div>Juneteenth</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 - Painting With A Twist</div> <div>6:00 <span>AR</span> Rosary wit St. Laurence Church</div>	<div>20</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>1:30 <span>AR</span> Movie Club Meeting!</div> <div>3:00 <span>AR</span> Bingo!</div> <div>6:00 <span>AR</span> Evening TV - Residents' Choice</div>	<div>21</div> <div>10:00 <span>DR</span> Zumba!</div> <div>10:30 <span>OT</span> Shopping! Walmart</div> <div>11:00 <span>AR</span> Triominos!</div> <div>2:00 <span>LB</span> Book Club Meeting!</div> <div>3:30 <span>DR</span> Happy Hour! - Cognac Tasting</div> <div>6:00 <span>AR</span> Evening TV - Residents' 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>AR</span> Rummikub!</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 - Residents' Choice</div>
<div>23</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 - Residents' 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>FL</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 - Residents' 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> Riddle Trivia!</div> <div>2:00 <span>FL</span> Family Feud</div> <div>3:00 <span>AR</span> Bingo!</div> <div>6:00 <span>AR</span> Evening TV - Residents' 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> Word Jumble!</div> <div>12:00 <span>OT</span> Lunch Outing! - McAlister's Deli</div> <div>2:00 <span>AR</span> Craft Club Meeting</div> <div>6:00 <span>AR</span> Rosary wit St. Laurence Church</div>	<div>27</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>2:00 <span>CY</span> Garden Refresh</div> <div>3:00 <span>AR</span> Bingo!</div> <div>6:00 <span>AR</span> Evening TV - Residents' Choice</div>	<div>28</div> <div>10:00 <span>DR</span> Zumba!</div> <div>11:00 <span>AR</span> Triominos!</div> <div>1:30 <span>AR</span> Movie Club Showing! - Steel Magnolias</div> <div>3:30 <span>DR</span> June Birthday Party</div> <div>6:00 <span>AR</span> Evening TV - Residents' 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>AR</span> Rummikub!</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 - Residents' Choice</div>
<div>30</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 - Residents' Choice</div>						



Whether you listen to jazz, belt out a tune at karaoke or play the piano, the melodies that surround you can do your body good. Note these health benefits of music:

**Boosts mood.** Ever notice that certain songs put a smile on your face? Listening to your favorite music triggers the release of dopamine, a brain chemical responsible for feel-good emotions.

**Lowers stress.** Research shows that slow-tempo tunes have a calming effect. In one study, patients who listened to music before surgery had less anxiety and lower levels of stress hormones.

**Stimulates the brain.** Many areas of the brain are engaged when a person listens to or creates music, much like the way the body gets a workout during exercise.

**Evokes memories.** Songs from the past have the ability to take us to another time and may bring back comforting memories. Music therapy often helps Alzheimer's patients.

**Promotes bonding.** Attending a performance or joining a sing-along or drum circle encourages social interactions and reduces feelings of loneliness.

**Inspires movement.** Many people instinctively tap their feet, clap their hands or sway back and forth when they hear a rhythmic beat, increasing blood flow and working muscles.

**Improves sleep.** Listening to soothing music at bedtime can be relaxing and lead to better sleep.



## Ways To Drink More Water

During warm weather, it's important to drink plenty of water to prevent dehydration. Increase your intake and stay refreshed by following these tips:

*Make it part of your daily routine.* Dietitians recommend drinking water at several specific points during the day: after you wake up, with meals, before and after exercise, and when taking medication.

*Pick a cup and fill 'er up!* An insulated bottle, a colorful tumbler, a mug with a handle ... it doesn't matter what kind of drinkware you use, as long as you like it. Choose a container that is comfortable to use and suits your style.

*Sip through a straw.* Many people find it easier to drink through a straw, and you'll get more water with every sip. Plus, sipping slowly is better than guzzling, which can cause bloating.

*Find your favorite flavor.* If you don't like plain water or simply want some variety, enhance the flavor with a few fresh berries, some sliced fruit, a splash of juice, or sprigs of fresh herbs such as spearmint.

*Adjust the temp.* Whether you like it served over ice or lukewarm, water is hydrating no matter its temperature. Let food servers know your preference so you're sure to drink water at mealtimes.



## Welcome, Summer!

Different cultures have celebrated the longest day of the year, known as the summer solstice or midsummer, for centuries. Imagine soaking up the sun at some of the world's most buzzed about summer parties:

**Sweden.** Midsummer is a major holiday in Sweden, whose solstice celebrations are famous. Families and friends often spend the day in the countryside, marking the occasion by dancing around a maypole, making flower crowns and feasting on pickled herring.

**Wiltshire, England.** Visitors to Stonehenge can normally only walk around the towering stone circle, but they are allowed inside of it twice a year—on the summer and winter solstices. That's because on each solstice, the ancient stones are positioned perfectly with the movement of the sun. On the first day of summer, the view from inside shows a spectacular sunrise over the large Heel Stone, which stands outside the circle.

**Ottawa, Canada.** Canada's capital is also the original territory of the Algonquin people, and the Summer Solstice Indigenous Festival honors Native chiefs and artisans; traditional attire, music and dancing; and other cultural experiences.

**Alaska.** Experiencing almost 24 hours of sunlight on the summer solstice, most of Alaska parties well into the night. The city of Fairbanks greets the season with a Midnight Sun Baseball game, while Anchorage tests the bravery of their first responders with the Hero Games.

**Spain.** A few days after the solstice, Spain welcomes summer on June 23, the Night of San Juan. Beaches are lit up with bonfires, which represent good luck and a new start, and it's tradition to jump over the flames or write wishes on paper before burning them. The ceremonies are usually accompanied by fireworks and a midnight dip in the ocean.