



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

JULY 2024

Lady Liberty

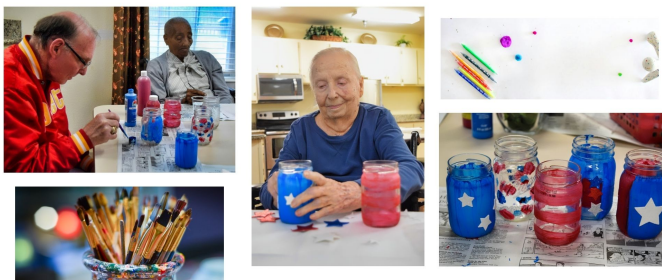
The Statue of Liberty is among America's most famous national monuments. Here are some little-known facts about the icon:

- The city of Boston put in a bid for it.
- Its creator, Frederic-Auguste Bartholdi, wanted it to be covered in gold so that it would be visible at night.
- Inventor Thomas Edison said he was designing a huge phonograph disc for the statue's interior so that it could "talk."



Celebrate Our Freedom

On July 4, all across the land of the free and the home of the brave, the U.S. commemorates the adoption of the Declaration of Independence by the Continental Congress in 1776. Happy birthday, America!



Our incredible residents immersed in a world of creativity

Patriotic Jar Painting Fun!



JULY 2024

Leadership Team

- Raunya Hollie

Executive Director

-

Luis Andujar

Sales Director

-

Shatarra Coffin

Business Office Director

-

Tiffany Koger

Resident Care Coordinator

-

Latericia Reese

Executive Chef

-

Jose Sarrion-Bravo

Maintenance Director

-





Activity Director

Yani Diaz

Find Us on Facebook!

“Even the smallest victory is never to be taken for granted. Each victory must be applauded.”
—Audre Lorde

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div> <div></div> <div></div>	<div>National Creative Ice Cream Flavor Day 1</div> <div>10:00 Let's Get Moving Exercise!</div> <div>10:30 Newsreel & Devotional</div> <div>11:00 Outburst!</div> <div>1:30 Creation Ice Cream Bingo! </div> <div>5:45 I Love Lucy on YouTube</div>	<div>10:00 Let's Get Moving Exercise!</div> <div>10:30 Newsreel & Devotional</div> <div>10:40 Reach Out to Kids</div> <div>11:00 Riddle Trivia!</div> <div>2:00 Family Feud</div> <div>3:00 Bingo!</div> <div>5:45 I Love Lucy on YouTube</div>	<div>10:00 Let's Get Moving Exercise!</div> <div>10:30 Newsreel & Devotional</div> <div>11:00 World Jumble!</div> <div>2:00 Craft Club- Make your Patriotic Pom-Pom Flag</div> <div>6:00 Rosary with St. Laurence Church</div>	<div>Independence Day & National Barbecued Spareribs Day 4</div> <div>10:00 Exercise with Select Rehab!</div> <div>10:30 Newsreel & Devotional</div> <div>10:45 Nathan's Hot Dog Eating Contest</div> <div>11:00 Crossword Social</div> <div>11:00 Red, White and Blue Event</div> <div>1:30 Movie Club- Classic Movies on Prime</div> <div>3:00 Bingo!</div> <div>5:45 I Love Lucy on YouTube</div>	<div>World Chocolate Day 5</div> <div>10:00 Zumba!</div> <div>11:00 Triominos!</div> <div>2:00 Book Club Meeting/ Encouraging Short Stories for Seniors</div> <div>3:30 Happy Hour! - Chocolate Fountain</div> <div>5:45 I Love Lucy on YouTube</div>	<div>10:00 Let's Get Moving Exercise!</div> <div>10:30 Newsreel & Devotional</div> <div>11:00 Rummikub!</div> <div>1:00 Gaming Committee Meeting</div> <div>3:00 Bingo!</div> <div>5:45 I Love Lucy on YouTube</div>
<div>7</div> <div>9:30 Sunday Service with St. Laurence</div> <div>10:30 Piano Hour with Joey!</div> <div>1:00 Gaming Committee Meeting</div> <div>3:00 Bingo!</div> <div>5:45 I Love Lucy on YouTube</div>	<div>8</div> <div>National Love Your Skin Day</div> <div>10:00 Let's Get Moving Exercise!</div> <div>10:30 Newsreel & Devotional</div> <div>11:00 Outburst!</div> <div>2:00 Facials for Everyone!</div> <div>3:00 Bingo!</div> <div>5:45 I Love Lucy on YouTube</div> <div>6:15 Bible Study</div>	<div>9</div> <div>10:00 Let's Get Moving Exercise!</div> <div>10:30 Newsreel & Devotional</div> <div>11:00 Riddle Trivia!</div> <div>1:30 Town Hall</div> <div>2:00 Family Feud</div> <div>3:00 Bingo!</div> <div>5:45 I Love Lucy on YouTube</div>	<div>10</div> <div>National Kitten & Piña Colada Day</div> <div>10:00 Let's Get Moving Exercise!</div> <div>10:30 Newsreel & Devotional</div> <div>11:00 Outing- Carabba's Italian Grill</div> <div>11:00 World Jumble!</div> <div>1:45 Craft- Piña Colada and Kitten Painting</div> <div>5:45 I Love Lucy on YouTube</div> <div>6:00 Rosary with St. Laurence Church</div>	<div>11</div> <div>National Blueberry Muffin Day</div> <div>10:00 Exercise with Select Rehab!</div> <div>10:30 Newsreel & Devotional</div> <div>11:00 Crossword Social</div> <div>2:00 Garden Refresh/Snow Cones at the Patio</div> <div>3:00 Bingo!</div> <div>5:45 I Love Lucy on YouTube</div>	<div>12</div> <div>10:00 Zumba!</div> <div>10:30 Shopping Excursion to JCPenney</div> <div>11:00 Triominos!</div> <div>2:00 Wild in the Country: Movie & Popcorn (Prime)</div> <div>3:00 Happy Hour Bingo!</div> <div>5:45 I Love Lucy on YouTube</div>	<div>13</div> <div>10:00 Let's Get Moving Exercise!</div> <div>10:30 Newsreel & Devotional</div> <div>11:00 Rummikub!</div> <div>1:00 Gaming Committee Meeting</div> <div>3:00 Bingo!</div> <div>5:45 I Love Lucy on YouTube</div>
<div>14</div> <div>9:30 Sunday Service with St. Laurence</div> <div>10:30 Piano Hour with Joey!</div> <div>1:00 Gaming Committee Meeting</div> <div>3:00 Bingo!</div> <div>5:45 I Love Lucy on YouTube</div> <div>6:00 The Solid Rock</div>	<div>15</div> <div>National Clean Beauty</div> <div>10:00 Let's Get Moving Exercise!</div> <div>10:30 Newsreel & Devotional</div> <div>11:00 Outburst!</div> <div>1:00 Don't miss out your Mini Pedicure!</div> <div>3:00 Bingo!</div> <div>5:30 The Golden Girls on YouTube</div>	<div>16</div> <div>National Cherry Pie Day</div> <div>10:00 Let's Get Moving Exercise!</div> <div>10:30 Newsreel & Devotional</div> <div>11:00 Riddle Trivia!</div> <div>1:00 Bake Time- Easy Mini Cherry Pie Recipe</div> <div>2:00 Family Feud</div> <div>3:00 Bingo!</div> <div>5:30 The Golden Girls on YouTube</div> <div>7:00 Major League Baseball All-Star Game- Fox Channel</div>	<div>17</div> <div>10:00 Let's Get Moving Exercise!</div> <div>10:30 Newsreel & Devotional</div> <div>11:00 World Jumble!</div> <div>1:30 Craft- Easy Jewelry Making</div> <div>5:30 The Golden Girls on YouTube</div> <div>6:00 Rosary with St. Laurence Church</div>	<div>18</div> <div>10:00 Exercise with Select Rehab!</div> <div>10:30 Newsreel & Devotional</div> <div>11:00 Crossword Social</div> <div>1:30 Movie Club- Classic Movies on Prime</div> <div>3:00 Bingo!</div> <div>5:30 The Golden Girls on YouTube</div>	<div>19</div> <div>National Daiquiri Day</div> <div>10:00 Zumba!</div> <div>11:00 Triominos!</div> <div>2:00 Book Club Meeting/ Encouraging Short Stories for Seniors</div> <div>3:30 Daiquiris Happy Hour Hawaiian Style</div> <div>5:30 The Golden Girls on YouTube</div>	<div>20</div> <div>10:00 Let's Get Moving Exercise!</div> <div>10:30 Newsreel & Devotional</div> <div>11:00 Rummikub!</div> <div>1:00 Gaming Committee Meeting</div> <div>3:00 Bingo!</div> <div>5:30 The Golden Girls on YouTube</div>
<div>21</div> <div>9:30 Sunday Service with St. Laurence</div> <div>10:30 Piano Hour with Joey!</div> <div>1:00 Gaming Committee Meeting</div> <div>3:00 Bingo!</div> <div>5:30 The Golden Girls on YouTube</div>	<div>22</div> <div>10:00 Let's Get Moving Exercise!</div> <div>10:30 Newsreel & Devotional</div> <div>11:00 Outburst!</div> <div>2:00 Facials for Everyone!</div> <div>3:00 Bingo!</div> <div>5:30 The Golden Girls on YouTube</div>	<div>23</div> <div>Gorgeous Grandma Day</div> <div>10:00 Let's Get Moving Exercise!</div> <div>10:30 Newsreel & Devotional</div> <div>11:00 Riddle Trivia!</div> <div>2:00 Family Feud</div> <div>3:00 Bingo!</div> <div>5:30 The Golden Girls on YouTube</div>	<div>24</div> <div>10:00 Let's Get Moving Exercise!</div> <div>10:30 Newsreel & Devotional</div> <div>11:00 Outing- Gringo's Tex Mex</div> <div>11:00 World Jumble!</div> <div>5:30 The Golden Girls on YouTube</div> <div>6:00 Rosary with St. Laurence Church</div>	<div>25</div> <div>Christmas in July</div> <div>10:00 Exercise with Select Rehab!</div> <div>10:30 Newsreel & Devotional</div> <div>11:00 Crossword Social</div> <div>1:30 Bingo Auction Day!</div> <div>3:00 Bingo!</div> <div>5:30 The Golden Girls on YouTube</div> <div>5:45 Christmas in July Movie</div>	<div>26</div> <div>10:00 Zumba!</div> <div>11:00 Triominos!</div> <div>1:45 What a Way to Go: Movie & Popcorn! (Prime)</div> <div>3:30 Monthly B-Days- Margaritas Chips & Dips</div> <div>5:30 The Golden Girls on YouTube</div>	<div>27</div> <div>10:00 Let's Get Moving Exercise!</div> <div>10:30 Newsreel & Devotional</div> <div>11:00 Rummikub!</div> <div>1:00 Gaming Committee Meeting</div> <div>3:00 Bingo!</div> <div>5:30 The Golden Girls on YouTube</div>
<div>28</div> <div>9:30 Sunday Service with St. Laurence</div> <div>10:30 Piano Hour with Joey!</div> <div>1:00 Gaming Committee Meeting</div> <div>3:00 Bingo!</div> <div>5:30 The Golden Girls on YouTube</div>	<div>29</div> <div>10:00 Let's Get Moving Exercise!</div> <div>10:30 Newsreel & Devotional</div> <div>11:00 Outburst!</div> <div>3:00 Bingo!</div> <div>5:30 The Golden Girls on YouTube</div>	<div>30</div> <div>10:00 Let's Get Moving Exercise!</div> <div>10:30 Newsreel & Devotional</div> <div>11:00 Riddle Trivia!</div> <div>2:00 Family Feud</div> <div>3:00 Bingo!</div> <div>5:30 The Golden Girls on YouTube</div>	<div>31</div> <div>10:00 Let's Get Moving Exercise!</div> <div>10:30 Newsreel & Devotional</div> <div>11:00 World Jumble!</div> <div>5:30 The Golden Girls on YouTube</div> <div>6:00 Rosary with St. Laurence Church</div>	<div></div>	<div></div>	<div></div>

Hey, Plant Enthusiasts!

As the Texas sun cranks up the heat, it's crucial to keep your green friends hydrated. Here are some watering tips to help your plants.

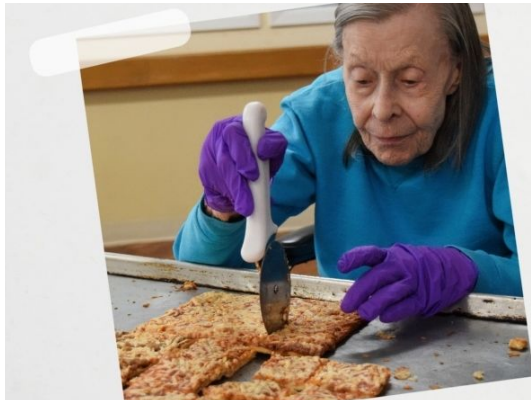
- **Morning Magic:** Water your plants in the morning—ideally between 6 a.m. and 10 a.m. Why? Because it allows them to soak up moisture before the intense heat kicks in.
- **Newbies Need Extra Love:** Water new plants twice a day (Adjust based on the plant type.) during their first week. Then gradually reduce to once a day and finally twice a week throughout the summer.
- **Mature plants:** (over a year old) also need hydration. If you have a sprinkler system or drip irrigation, they'll thank you. Otherwise, set up a hose-end sprinkler or water by hand.
- **Moisture Meters Are Your Friends:** a moisture meter—it's like a plant whisperer: No more guessing! Remember, Happy Gardening!



A Taste of Summer

Grilled burgers, garden-fresh tomatoes, scoop of ice cream... Nearly everyone has a menu of foods they enjoy when the temperature soars. Sink your teeth into a discussion about summertime eats.

- What were your favorite summer foods when you were growing up? Are they still your top picks?
- For many people, grilled food is synonymous with summer. What meats or vegetables do you enjoy fresh off the grill?
- Do you like eating salads in the summertime?
- Talk about your favorite, frozen treats, such as ice cream or ice pops. What flavors or toppings do you like?
- Refreshing drinks are a warm weather staple. Do you enjoy iced tea, lemonade or cold sodas?



Meet Maria, our spirited resident who lights up the cooking committee in the Village!

Cooking time it is not just about the food; it's about connection, purpose, and the joy of creating together.

Join the Fun! Explore Our Calendar!

Keep the Good Times Rolling

Strike! Our amazing resident, Mrs. Summers, rolled a perfect strike during our bowling afternoon.



Get Ready for the Games!

The 2024 Summer Olympics are set to begin this month in Paris. Featuring more than 30 different sports, the global competition will take place July 26 through Aug. 11.



Love the Little Things

"With freedom, books, flowers and the moon, who could not be happy?" —Oscar Wilde