

# 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

SEPTEMBER 2024

## A Tip of the Hat- An Article From the Executive Director

The Labor Day holiday is an annual salute to workers. In several occupations, the hat worn while on the job has become a recognizable part of the profession.

*Hard hat.* Due to the on-the-job dangers involved in trades such as construction, mining, and power line maintenance, hard hats are required safety gear. Inspired by metal helmets that protected soldiers in World War I, hard hats were invented in 1919.

*Chef's hat.* When it comes to cooking, the towering white hat that chefs wear is a toque, the French word for "hat." In the early days of the craft, the hat's height and number of pleats signified skill and rank—the taller the hat and the more pleats, the more experienced and important the chef.

*Firefighter's helmet.* The helmet worn by these first responders is a widely recognized symbol of the profession, representing bravery and honor. The color and stripes on a firefighter's helmet can indicate their rank.

*Military covers.* Those who serve in the armed forces wear a hat, called a cover, as part of the uniform of their branch. There are covers for service and formal dress uniforms as well as specialized ones used in combat.

*Athletes' headgear.* Whether it's a baseball cap, football helmet, hockey face mask, swimming cap, or car racing helmet, athletes in many sports wear head coverings that provide protection and help them perform better.



## September Residents' and Employees' B-days

9/3	Evelyn G.
9/9	Nora B.
9/9	Jim G.
9/11	Geneal B.
9/13	E. Peggy A.
9/13	Rachell A.
9/16	Carol M.
9/19	Leslie S.
9/28	Jesty V.

## Scientific Snicker

Never trust an atom. They make up everything.

SEPTEMBER

2024

Leadership Team

Raunya Hollie

Executive Director

-

Regina McCarey

Assisted Living Director

-

Tabriel Jones

Sales Director

-

Shatarra Coffin

Business Office Director

-

Rose Felix

Resident Care Coordinator

-

Latericia Reese

Executive Chef

-

Jose Sarrion-Bravo

Maintenance Director

-

Activity Director

Yani Diaz

Find Us on Facebook!

A Balanced Life

"There is virtue in work and there is virtue in rest. Use both and overlook neither."

—Alan Cohen

"The journey between what you once were and who you are now becoming is where the dance of life really takes place."

—Barbara de Angelis

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>1</div> <div>9:30 Sunday Service with St. Laurence</div> <div>10:30 <span>DR</span> Piano Hour with Joey!</div> <div>1:00 <span>AR</span> Table Games</div> <div>1:30 <span>AR</span> Rummikub</div> <div>3:15 <span>AR</span> Bingo</div> <div>5:30 <span>DR</span> Show of your choice</div>	<div>2</div> <div>Labor Day</div> <div>10:00 <span>DR</span> Let's Get Moving Exercise!</div> <div>10:30 <span>DR</span> Newsreel &amp; Devotional</div> <div>11:00 <span>DR</span> Mind Exercise</div> <div>1:00 <span>AR</span> Spiritual Life with Rollin &amp; Sue</div> <div>3:15 <span>AR</span> Bingo</div> <div>5:30 <span>DR</span> Show of your choice</div>	<div>3</div> <div>Happy B-Day Evelyn G.</div> <div>10:00 <span>DR</span> Let's Get Moving Exercise!</div> <div>10:30 <span>DR</span> Newsreel &amp; Devotional</div> <div>10:30 Outing-Rudy's BBQ</div> <div>3:15 <span>AR</span> Bingo</div> <div>5:30 <span>DR</span> Show of your choice</div>	<div>4</div> <div></div> <div>10:00 <span>DR</span> Let's Get Moving Exercise!</div> <div>10:30 <span>DR</span> Newsreel &amp; Devotional</div> <div>11:00 <span>AR</span> Trivia/Table Games</div> <div>1:30 <span>DR</span> Movie Club &amp; Fresh Popcorn</div> <div>3:15 <span>AR</span> Bingo</div> <div>5:30 <span>DR</span> Show of your choice</div>	<div>5</div> <div></div> <div>10:00 Exercise with Select Rehab</div> <div>10:30 <span>DR</span> Newsreel &amp; Devotional</div> <div>1:00 <span>AR</span> Outreach Creations with Sue</div> <div>1:45 <span>DR</span> I Love Lucy Show-YouTube</div> <div>3:15 <span>AR</span> Bingo</div> <div>5:30 <span>DR</span> Show of your choice</div>	<div>6</div> <div></div> <div>10:00 <span>DR</span> Exercise Class</div> <div>10:30 <span>DR</span> Newsreel &amp; Devotional</div> <div>11:00 <span>AR</span> Triominos!</div> <div>2:30 <span>DR</span> Happy Hour</div> <div>3:15 <span>AR</span> Table Games</div> <div>5:30 <span>DR</span> Show of your choice</div>	<div>7</div> <div></div> <div>10:00 <span>DR</span> Let's Get Moving Exercise!</div> <div>11:00 <span>AR</span> Rummikub!</div> <div>2:00 <span>FL</span> Movie Time</div> <div>3:15 <span>AR</span> Bingo</div> <div>5:30 <span>DR</span> Show of your choice</div>
<div>8</div> <div>9:30 Sunday Service with St. Laurence</div> <div>10:30 <span>DR</span> Piano Hour with Joey!</div> <div>1:00 <span>AR</span> Table Games</div> <div>1:30 <span>AR</span> Rummikub</div> <div>3:15 <span>AR</span> Bingo</div> <div>5:30 <span>DR</span> Show of your choice</div>	<div>9</div> <div>Happy B-Day Nora B. International Box Wine Day</div> <div>10:00 <span>DR</span> Let's Get Moving Exercise!</div> <div>10:30 <span>DR</span> Newsreel &amp; Devotional</div> <div>11:00 <span>DR</span> Mind Exercise</div> <div>1:00 <span>AR</span> Spiritual Life with Rollin &amp; Sue</div> <div>1:30 <span>AR</span> Chardonnay &amp; Chat</div> <div>2:00 Rummikub</div> <div>3:15 <span>AR</span> Bingo</div> <div>5:30 <span>DR</span> Show of your choice</div>	<div>10</div> <div></div> <div>10:00 <span>DR</span> Let's Get Moving Exercise!</div> <div>10:30 <span>DR</span> Newsreel &amp; Devotional</div> <div>10:45 <span>DR</span> Town Hall</div> <div>2:00 Rummikub</div> <div>3:15 <span>AR</span> Bingo</div> <div>5:30 <span>DR</span> Show of your choice</div>	<div>11</div> <div>Patriot Day</div> <div>10:00 <span>DR</span> Let's Get Moving Exercise!</div> <div>10:30 <span>DR</span> Newsreel &amp; Devotional</div> <div>11:00 <span>AR</span> Trivia/Table Games</div> <div>1:30 <span>DR</span> 1776 Musical-Drama Movie</div> <div>2:00 Rummikub</div> <div>3:15 <span>AR</span> Bingo</div> <div>5:30 <span>DR</span> Show of your choice</div>	<div>12</div> <div></div> <div>10:00 Exercise with Select Rehab</div> <div>10:30 <span>DR</span> Newsreel &amp; Devotional</div> <div>1:00 <span>AR</span> Outreach Creations with Sue</div> <div>1:45 <span>DR</span> I Love Lucy Show-YouTube</div> <div>2:00 Rummikub</div> <div>3:15 <span>AR</span> Bingo</div> <div>5:30 <span>DR</span> Show of your choice</div>	<div>13</div> <div>Happy B-Day E. Peggy A. Happy B-Day Rachell A</div> <div>10:00 <span>DR</span> Exercise Class</div> <div>10:30 <span>DR</span> Newsreel &amp; Devotional</div> <div>11:00 <span>AR</span> Triominos!</div> <div>2:00 Rummikub</div> <div>2:30 <span>DR</span> Happy Hour</div> <div>3:15 <span>AR</span> Table Games</div> <div>5:30 <span>DR</span> Show of your choice</div>	<div>14</div> <div></div> <div>10:00 <span>DR</span> Let's Get Moving Exercise!</div> <div>11:00 <span>AR</span> Rummikub!</div> <div>2:00 <span>FL</span> Movie Time</div> <div>3:15 <span>AR</span> Bingo</div> <div>5:30 <span>DR</span> Show of your choice</div>
<div>15</div> <div>9:30 Sunday Service with St. Laurence</div> <div>10:30 <span>DR</span> Piano Hour with Joey!</div> <div>1:00 <span>AR</span> Table Games</div> <div>1:30 <span>AR</span> Rummikub</div> <div>3:15 <span>AR</span> Bingo</div> <div>5:30 <span>DR</span> Show of your choice</div>	<div>16</div> <div></div> <div>10:00 <span>DR</span> Let's Get Moving Exercise!</div> <div>10:30 <span>DR</span> Newsreel &amp; Devotional</div> <div>11:00 <span>DR</span> Mind Exercise</div> <div>1:00 <span>AR</span> Spiritual Life with Rollin &amp; Sue</div> <div>2:00 Rummikub</div> <div>3:15 <span>AR</span> Bingo</div> <div>5:30 <span>DR</span> Show of your choice</div>	<div>17</div> <div></div> <div>10:00 <span>DR</span> Let's Get Moving Exercise!</div> <div>10:30 <span>DR</span> Newsreel &amp; Devotional</div> <div>10:40 <span>AR</span> Mini Manicures</div> <div>1:00 <span>OT</span> Walmart Shoppers</div> <div>2:00 Rummikub</div> <div>3:15 <span>AR</span> Bingo</div> <div>5:30 <span>DR</span> Show of your choice</div>	<div>18</div> <div></div> <div>10:00 <span>DR</span> Let's Get Moving Exercise!</div> <div>10:30 <span>DR</span> Newsreel &amp; Devotional</div> <div>11:00 <span>AR</span> Trivia/Table Games</div> <div>1:30 <span>DR</span> Movie Club &amp; Fresh Popcorn</div> <div>2:00 Rummikub</div> <div>3:15 <span>AR</span> Bingo</div> <div>5:30 <span>DR</span> Show of your choice</div>	<div>19</div> <div>Happy B-Day Leslie S.</div> <div>10:00 Exercise with Select Rehab</div> <div>10:30 <span>DR</span> Newsreel &amp; Devotional</div> <div>1:00 <span>AR</span> Outreach Creations with Sue</div> <div>1:45 <span>DR</span> I Love Lucy Show-YouTube</div> <div>2:00 Rummikub</div> <div>3:15 <span>AR</span> Bingo</div> <div>5:30 <span>DR</span> Show of your choice</div>	<div>20</div> <div></div> <div>10:00 <span>DR</span> Exercise Class</div> <div>10:30 <span>DR</span> Newsreel &amp; Devotional</div> <div>11:00 <span>AR</span> Triominos!</div> <div>2:00 Rummikub</div> <div>2:30 <span>DR</span> Happy Hour</div> <div>3:15 <span>AR</span> Table Games</div> <div>5:30 <span>DR</span> Show of your choice</div>	<div>21</div> <div></div> <div>10:00 <span>DR</span> Let's Get Moving Exercise!</div> <div>11:00 <span>AR</span> Rummikub!</div> <div>2:00 <span>FL</span> Movie Time</div> <div>3:15 <span>AR</span> Bingo</div> <div>5:30 <span>DR</span> Show of your choice</div>
<div>22</div> <div>First Day of Fall</div> <div>9:30 Sunday Service with St. Laurence</div> <div>10:30 <span>DR</span> Piano Hour with Joey!</div> <div>1:00 <span>AR</span> Table Games</div> <div>1:30 <span>AR</span> Rummikub</div> <div>3:15 <span>AR</span> Bingo</div> <div>5:30 <span>DR</span> Show of your choice</div>	<div>23</div> <div></div> <div>10:00 <span>DR</span> Let's Get Moving Exercise!</div> <div>10:30 <span>DR</span> Newsreel &amp; Devotional</div> <div>11:00 <span>DR</span> Mind Exercise</div> <div>1:00 <span>AR</span> Spiritual Life with Rollin &amp; Sue</div> <div>2:00 Rummikub</div> <div>3:15 <span>AR</span> Bingo</div> <div>5:30 <span>DR</span> Show of your choice</div>	<div>24</div> <div></div> <div>10:00 <span>DR</span> Let's Get Moving Exercise!</div> <div>10:30 <span>DR</span> Newsreel &amp; Devotional</div> <div>10:40 <span>OT</span> Outing- TBA</div> <div>2:00 Rummikub</div> <div>3:15 <span>AR</span> Bingo</div> <div>5:30 <span>DR</span> Show of your choice</div>	<div>25</div> <div></div> <div>10:00 <span>DR</span> Let's Get Moving Exercise!</div> <div>10:30 <span>DR</span> Newsreel &amp; Devotional</div> <div>11:00 <span>AR</span> Trivia/Table Games</div> <div>1:30 <span>DR</span> Movie Club &amp; Fresh Popcorn</div> <div>2:00 Rummikub</div> <div>3:15 <span>AR</span> Bingo</div> <div>5:30 <span>DR</span> Show of your choice</div>	<div>26</div> <div></div> <div>10:00 Exercise with Select Rehab</div> <div>10:30 <span>DR</span> Newsreel &amp; Devotional</div> <div>1:00 <span>AR</span> Outreach Creations with Sue</div> <div>1:45 <span>DR</span> I Love Lucy Show-YouTube</div> <div>2:00 Rummikub</div> <div>3:15 <span>AR</span> Bingo</div> <div>5:30 <span>DR</span> Show of your choice</div>	<div>27</div> <div></div> <div>10:00 <span>DR</span> Exercise Class</div> <div>10:30 <span>DR</span> Newsreel &amp; Devotional</div> <div>11:00 <span>AR</span> Triominos!</div> <div>2:00 Rummikub</div> <div>2:30 <span>DR</span> Happy Hour</div> <div>3:15 <span>AR</span> Table Games</div> <div>5:30 <span>DR</span> Show of your choice</div>	<div>28</div> <div>Happy B-Day Jesty</div> <div>10:00 <span>DR</span> Let's Get Moving Exercise!</div> <div>11:00 <span>AR</span> Rummikub!</div> <div>2:00 <span>FL</span> Movie Time</div> <div>3:15 <span>AR</span> Bingo</div> <div>5:30 <span>DR</span> Show of your choice</div>
<div>29</div> <div>9:30 Sunday Service with St. Laurence</div> <div>10:30 <span>DR</span> Piano Hour with Joey!</div> <div>1:00 <span>AR</span> Table Games</div> <div>1:30 <span>AR</span> Rummikub</div> <div>3:15 <span>AR</span> Bingo</div> <div>5:30 <span>DR</span> Show of your choice</div>	<div>30</div> <div></div> <div>10:00 <span>DR</span> Let's Get Moving Exercise!</div> <div>10:30 <span>DR</span> Newsreel &amp; Devotional</div> <div>11:00 <span>DR</span> Mind Exercise</div> <div>1:00 <span>AR</span> Spiritual Life with Rollin &amp; Sue</div> <div>2:00 Rummikub</div> <div>3:15 <span>AR</span> Bingo</div> <div>5:30 <span>DR</span> Show of your choice</div>					





"Real Love Stories never have endings"  
Happy 70th Anniversary Mr & Mrs. Cattau

## Employee Spotlight



Our Spotlight of the month is Chef Andrew! With 37 years of cooking experience and a USMC Veteran, Andrew knows how to observe, listen and, more importantly, he takes his dishes to the next level. In his demanding position, he tries to meet residents' expectations, he takes every suggestion seriously and he's dedicated in learning our residents' taste. There is no challenge too big for our Chef Andrew!!

# HAPPY LABOR DAY

