





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

JANUARY 2025

Employee Spotlight



We are welcoming 2025 by nominating this exemplary employee, Ms. Doris!!!! Thank you for making the workplace an easy-going place to work. Ms. Doris is the kind of employee that everyone likes to be around. Her trajectory in the health industry is admirable! Her patience, kindness and great attitude bring a calming atmosphere to our residents, co-workers and family members.

Thank you for all you do, Ms. Doris!!

January Residents' & Employees' Birthdays

Rose L. 01/01
Zaliyah
Angelo 1/30



Special **Thank You** to all family members that take the time to volunteer with our programs and events. So many beautiful memories this year and many to come!

Choose a Word of the Year

Instead of making a New Year's resolution, many people pick a word of the year, which serves as motivation for daily activities as well as bigger goals. Brainstorm a list of inspirational words, such as "grow," "balance," or "reflect." After you choose a word, write it on a note and place it where you'll see it every day.



JANUARY 2025

Leadership Team

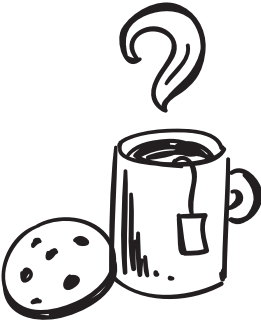

- Reema Bhamani
Executive Director
-
- Regina McCarey
Assisted Living Director
-
- Tabriel Jones
Sales Director
-
- Zach Canon
Business Office Director
-
- Rose Felix
Resident Care Coordinator
-
- Angelo Gomez
Executive Chef
-
- Jose Sarrion-Bravo
Maintenance Director
-
- Yani Diaz
Activity Director

Find Us on Facebook!

A Healthy Perspective

"Never let the things you want make you forget the things you have." —Sanchita Pandey

"The imagination is a palette of bright colors. You can use it to touch up memories—or you can use it to paint dreams." —Robert Brault

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All Events Are Subject to Change</p>			<p>New Year's Day Happy Birthday Ms. Rosie 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 6:00 Rosary w/ St. Laurance Church</p>	<p>International Mind & Body Wellness 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 1:45 DR I love Lucy Show-You Tube 2:00 Rummikub-1st match 3:15 AR Bingo 4:00 AR Rummikub- 2nd Match</p>	<p>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 2:30 DR Happy Hour 3:15 AR Bingo 4:00 AR Rummikub- 2nd Match</p>	<p>10:00 Exercise Class 11:00 Trinominoes/ Table Games 2:00 AR Rummikub 3:15 AR Bingo 4:00 AR Rummikub- 2nd Match 6:00 Movie Club-Classic Movies</p>
<p>5 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</p>	<p>6 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</p>	<p>7 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 10:45 Outing TBA</p>	<p>8 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. Laurance Church</p>	<p>9 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-You Tube 2:00 Rummikub-1st match 3:15 AR Bingo 4:00 AR Rummikub- 2nd Match</p>	<p>10 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 2:30 DR Happy Hour 3:15 AR Bingo 4:00 AR Rummikub- 2nd Match</p>	<p>11 10:00 Exercise Class 11:00 Trinominoes/ Table Games 2:00 AR Rummikub 3:15 AR Bingo 4:00 AR Rummikub- 2nd Match 6:00 Movie Club-Classic Movies</p>
<p>12 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</p>	<p>13 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 6:15 AR Solid Rock Bible Study</p>	<p>14 National Dress Up Your Pet 10:00 Moving and Grooving Exercises 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</p>	<p>15 National Strawberry Ice Cream 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. Laurance Church</p>	<p>16 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-You Tube 2:00 Rummikub-1st match 3:15 AR Bingo 4:00 AR Rummikub- 2nd Match</p>	<p>17 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 2:30 DR Happy Hour 3:15 AR Bingo 4:00 AR Rummikub- 2nd Match</p>	<p>18 10:00 Exercise Class 11:00 Trinominoes/ Table Games 2:00 AR Rummikub 3:15 AR Bingo 4:00 AR Rummikub- 2nd Match 6:00 Movie Club-Classic Movies</p>
<p>19 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</p>	<p>20 Martin Luther King Jr. Day National Cheese Lovers Day 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</p>	<p>21 10:00 Moving and Grooving Exercises 10:30 DR Newsreel & Devotional 2:00 Rummikub-1st match 2:00 Trader Joe's- outing 3:15 AR Bingo 4:00 AR Rummikub- 2nd Match 6:00 DR Movie/Program of your choice</p>	<p>22 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. Laurance Church</p>	<p>23 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-You Tube 2:00 Rummikub-1st match 3:15 AR Bingo 4:00 AR Rummikub- 2nd Match</p>	<p>24 National Peanut Butter 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 2:30 DR Happy Hour 3:15 AR Bingo 4:00 AR Rummikub- 2nd Match</p>	<p>25 10:00 Exercise Class 11:00 Trinominoes/ Table Games 2:00 AR Rummikub 3:15 AR Bingo 4:00 AR Rummikub- 2nd Match 6:00 Movie Club-Classic Movies</p>
<p>26 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</p>	<p>27 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</p>	<p>28 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</p>	<p>29 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. Laurance Church</p>	<p>30 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-You Tube 2:00 Rummikub-1st match 3:15 AR Bingo 4:00 AR Rummikub- 2nd Match</p>	<p>31 National Hot Chocolate 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 2:30 DR Happy Hour 3:15 AR Bingo 4:00 AR Rummikub- 2nd Match</p>	



Thanks to all the volunteers that took the time to come and share their talents and love to our lovely residents during these Holidays!!!



Thanksgiving Brunch was a success! Please visit our Facebook page for more pictures.



Dulles High School Students interacting with our residents after their performance.