

# THE Reserve at Braeswood Lifestyle



THE RESERVE AT BRAESWOOD  
SENIOR LIVING AT EASE

Like Us!  

ASSISTED LIVING COMMUNITY  
7800 N Stadium Drive · Houston, TX 77030

## JANUARY 2025



The Horton family and our other families enjoying our Thanksgiving Luncheon



The Millers and The Hamiltons and The Modliches enjoying Thanksgiving with family and friends



**JANUARY 2025**

**Laugh Lines:  
Ringing in the  
New Year**

Q: What is a New Year's resolution?

A: Something that goes in one year and out the other.

Q: What did the little Champagne bottle call his father?

A: Pop!  
Knock, knock.  
Who's there?

Abby.  
Abby who?

Abby New Year!

Youth is when you're allowed to stay up on New Year's Eve. Middle age is when you're forced to.

An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old year leaves.

I was going to quit all my bad habits for the new year, but then I remembered that nobody likes a quitter. My New Year's resolution is to get better at pretending to know the words to "Auld Lang Syne."

**"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
			<b>New Year's Day</b> 1 10:00 Morning Devotion 10:30 Sittercise w/ Music 11:00 New Year Traditions w/ Tracey 2:00 Ice Cream Social 2:30 Catholic Inspiration's-Chosen the series 3:00 Catholic Prayers 3:30 Catholic Service 4:00 Walking Exercise 6:00 Wheel Of Fortune - LR	2 10:00 Morning Inspirations 10:30 Chair Aerobics 11:00 Name The State 2:00 Afternoon Inspirations 2:30 Arm Travel / Charleston, S. Carolina 3:30 Sing Along 4:00 Walking Group 6:00 Classical Movie -LR	3 10:00 Morning Devotion 10:30 Tai Chi Exercise 11:00 Word Search 2:00 Movie Topics 2:30 Movie & Popcorn (Resident's Choice) 4:00 Walking Exercise 6:00 Evening Musical Movie -LR	4 10:00 Morning Inspirations 10:30 Chair Yoga w/ music 11:00 Trivia w/ Karla 2:00 Afternoon Meditation 2:30 Art Class w/ Tracey 3:00 Bingo Game 3:30 Karaoke Singing 4:00 Walking Group 6:00 Evening Movie -LR
5 10:00 Morning Devotion 10:30 Sit and Be Fit 11:00 Lakewood Church - Virtual 2:00 Worship Hymns 2:30 Bible Study 3:00 Parachute w/ ball 3:30 Sing Along w/ Keely 4:00 Walking Group 6:00 Evening Movie -LR	6 10:00 Morning Inspirations 10:30 Chair Exercise w/ music 11:00 Words That Start with "j" 2:00 Afternoon Meditation 2:30 Bowling Game 3:00 Name That Tune 3:30 Karaoke Singing 4:00 Walking Group 6:00 Wheel Of Fortune - LR	7 10:00 Morning Inspirations 10:30 Exercise w/ Select Rehab 11:00 It Comes In 2's 2:00 Afternoon Meditation 2:30 Baking Committee / making Trail Mix Treats 3:30 Sing Along 4:00 Walking Group 6:00 Evening Movie -LR	8 10:00 Morning Devotion 10:30 Sittercise w/ Music 11:00 Breakfast Bingo 2:00 Ice Cream Social 2:30 Catholic Inspiration's-Chosen the series 3:00 Catholic Prayers 3:30 Catholic Service 4:00 Walking Exercise 6:00 Wheel Of Fortune - LR	9 10:00 Morning Inspirations 10:30 Chair Aerobics 11:00 Guess Who 2:00 Afternoon Inspirations 2:30 Cooking Class Preparations 3:00 Cooking Committee / making Homemade Vegetable Soup 3:00 Sing Along w/ Susie Q 4:00 Walking Group 6:00 Classical Movie -LR	10 10:00 Morning Devotion 10:30 Tai Chi Exercise 11:00 Reminiscing w / Tracey 2:00 Movie Topics 2:30 Movie & Popcorn (Resident's Choice) 4:00 Walking Exercise 6:00 Evening Musical Movie -LR	11 10:00 Morning Inspirations 10:30 Chair Yoga w/ music 11:00 Balloon Tennis 2:00 Afternoon Meditation 2:30 Let's Talk w/ Karla 3:00 Bingo Game 3:30 Sing Along 4:00 Walking Group 6:00 Evening Movie -LR
12 10:00 Morning Devotion 10:30 Sit and Be Fit 11:00 Lakewood Church - Virtual 2:00 Worship Hymns 2:30 Lakewood Ministries Visits 3:30 Sing Along w/ Susie Q 4:00 Walking Group 6:00 Evening Movie -LR	13 10:00 Morning Inspirations 10:30 Chair Exercise w/ music 11:00 Guess Who 2:30 Red Hats Society Club Meeting 3:00 Finish The Phrase!!! 3:30 Sing Along w/ Keely 4:00 Walking Group 6:00 Wheel Of Fortune - LR	14 10:00 Morning Inspirations 10:30 Exercise w/ Select Rehab 11:00 Name The State 2:00 Afternoon Meditation 2:00 Snow Globe Making w/Tracey 3:30 Sing Along 4:00 Walking Group 6:00 Evening Movie -LR	15 10:00 Morning Devotion 10:30 Sittercise w/ Music 11:00 Breakfast Bingo 2:00 Ice Cream Social 2:30 Catholic Inspiration's-Chosen the series 3:00 Catholic Prayers 3:30 Catholic Service 4:00 Walking Exercise 6:00 Wheel Of Fortune - LR	16 10:00 Morning Inspirations 10:30 Chair Aerobics 11:00 Guess The Song 2:00 Afternoon Inspirations 2:30 Shew Fly Shew 3:00 Name That Tune 3:30 Sing Along w/ Susie Q 4:00 Walking Group 6:00 Classical Movie -LR	17 10:00 Morning Devotion 10:30 Tai Chi Exercise 11:00 Word Scramble w/ Karla 2:00 Movie Topics 2:30 Movie & Popcorn (Resident's Choice) 4:00 Walking Exercise 6:00 Evening Musical Movie -LR	18 10:00 Morning Inspirations 10:30 Chair Yoga w/ music 11:00 Name That Tune 2:00 Afternoon Meditation 2:30 Word Solving w Tracey 3:00 Bingo Game w/ Tracey 3:30 Sing Along w/ Susie Q 4:00 Walking Group 6:00 Evening Movie -LR
19 10:00 Morning Devotion 10:30 Sit and Be Fit 11:00 Lakewood Church - Virtual 2:00 Worship Hymns 2:30 Bible Study 3:00 Spectacular Game 3:30 Sing Along 4:00 Walking Group 6:00 Evening Movie -LR	20 <b>Martin Luther King Jr. Day</b> 10:00 Morning Inspirations 10:30 Chair Exercise w/ music 11:00 History Of Martin Luther King 2:00 Afternoon Meditation 2:30 Martin Luther King Parade 3:00 Balloon Tennis 3:30 Sing Along 4:00 Walking Group 6:00 Wheel Of Fortune - LR	21 10:00 Morning Inspirations 10:30 Exercise w/ Select Rehab 11:00 Word Categories 2:00 Afternoon Meditation 2:30 Let's Talk w/ Karla 3:00 Mimic Game 3:30 Sing Along 4:00 Walking Group 6:00 Evening Movie -LR	22 10:00 Morning Devotion 10:30 Sittercise w/ Music 11:00 Breakfast Bingo 2:00 Ice Cream Social 2:30 Catholic Inspiration's-Chosen the series 3:00 Catholic Prayers 3:30 Catholic Service 4:00 Walking Exercise 6:00 Wheel Of Fortune - LR	23 10:00 Morning Inspirations 10:30 Chair Aerobics 11:00 Craft Committee / making Jar Tags 2:00 Afternoon Inspirations 2:00 Hot Chocolate Recipe in a Jar w / Tracey 3:30 Karaoke Music 4:00 Walking Group 6:00 Classical Movie -LR	24 10:00 Morning Devotion 10:30 Tai Chi Exercise 11:00 Morning Trivia w/ Karla 2:00 Movie Topics 2:30 Movie & Popcorn (Resident's Choice) 4:00 Walking Exercise 6:00 Evening Musical Movie -LR	25 10:00 Morning Inspirations 10:30 Chair Yoga w/ music 11:00 Word Categories 2:00 Afternoon Meditation 2:30 Reminiscing w/ Karla 3:00 Bingo Game 3:30 Sing Along w/ Keely 4:00 Walking Group 6:00 Evening Movie -LR
26 10:00 Morning Devotion 10:30 Sit and Be Fit 11:00 Lakewood Church - Virtual 2:00 Worship Hymns 2:30 Bible Study 3:00 Hat Chat 3:30 Karaoke Singing 4:00 Walking Group 6:00 Evening Movie -LR	27 10:00 Morning Inspirations 10:30 Chair Exercise w/ music 11:00 Word Search 2:00 Afternoon Meditation 2:30 Mimic Game 3:00 Pet Therapy 3:30 Trivia Game w/ Karla 4:00 Walking Group 6:00 Wheel Of Fortune - LR	28 10:00 Morning Inspirations 10:30 Exercise w/ Select Rehab 11:00 Color Dot Game 2:00 Afternoon Meditation 2:30 Craft Committee / making Potpourri Making 3:30 Sing Along 4:00 Walking Group 6:00 Evening Movie -LR	29 10:00 Morning Devotion 10:30 Sittercise w/ Music 11:00 Breakfast Bingo 2:00 Ice Cream Social 2:30 Catholic Inspirations-Chosen the series 3:00 Catholic Prayers 3:30 Catholic Service 4:00 Walking Exercise 6:00 Wheel Of Fortune - LR	30 <b>Residents' Birthday Party</b> 10:00 Morning Inspirations 10:30 Chair Aerobics 11:00 Chatting w/ Tracey 2:00 Afternoon Inspirations 2:30 Birthday Jingo 3:00 Residents' Birthday Party 4:00 Walking Group 6:00 Classical Movie -LR	31 10:00 Morning Devotion 10:30 Tai Chi Exercise 11:00 Word Categories 2:00 Movie Topics 2:30 Movie & Popcorn (Resident's Choice) 4:00 Walking Exercise 6:00 Evening Musical Movie -LR	



**Mrs. Sue making Christmas bows for the table decorations for Christmas party.**



**Anna, her son Gene and Junita are sorting Christmas bulbs for the Christmas tree on Country Lane. Good Job!**



**Margaret Bilderback 1/8  
Celia Morgan 1/16**



**Celia and Sue distributing the Christmas ornaments for Christmas Tree**



**Mrs. Tammy Tran and her Girl Scout Troop came and sang Christmas Carols for our residents. Thank you.**



**HEALTHY  
new Year**