

THE Reserve at Braeswood



THE RESERVE AT
BRAESWOOD
SENIOR LIVING AT EASE

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Lifestyle

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

MARCH 2025

Yellowstone: A National Treasure

It's been more than 150 years since the creation of Yellowstone National Park, the first-ever national park. Located mostly in Wyoming and parts of Montana and Idaho, it was established March 1, 1872. One of the most unique places on Earth, Yellowstone sits atop a giant volcano. Roughly half of the world's hydrothermal features are found within the park, in the form of geysers, colorful hot springs and bubbling mudpots. The famous geyser Old Faithful erupts around 20 times a day, shooting hot water and steam more than 100 feet in the air.

With mountains, forests, grasslands, lakes, rivers and waterfalls, Yellowstone's diverse landscape is home to abundant wildlife, including the greatest concentration of mammals in the continental U.S. Millions of visitors flock to the park every year to view elk, bears, wolves and huge herds of bison, which have lived in the area since prehistoric times. Humans are also part of Yellowstone's rich history. Archaeological evidence shows that people have been living on the land for at least 11,000 years. Today, more than 20 Native American tribes have strong connections to the region.



William Marchbank enjoying the Group Pet Therapy we had in the Community Center.

Puppy Dog Eyes

National Puppy Day, March 23, celebrates the irresistible charm of puppies. Scientists have recently discovered that the mournful expression affectionately called "puppy dog eyes" is a trait that domesticated dogs developed over generations in order to communicate with people. Unlike their close relative the wolf, dogs have facial muscles that enable them to raise their eyebrows, which triggers a nurturing emotion in humans.

MARCH 2025

Pet Precautions for St. Paddy's Day

It's time once again for the wearing o' the green, and there are a few things to keep in mind so your festivities are safe for your furry best mate.

Food and drink. The traditional foods associated with St. Patrick's Day tend to be rich, fatty and salty and should be kept for human consumption only.

Remember, never give alcohol to your pet.

Attire. If your pet enjoys going green, choose to do so with clothing, costumes and collars instead of dyes, which can be toxic if ingested or licked off fur.

Celebrations. Your pet may become overwhelmed by the noise and revelry of the holiday. Know your pet's temperament and leave him home if partying St. Paddy's style will be more than he bargained for.

Shamrocks. These traditional symbols of the holiday can be toxic if consumed. Keep them out of reach of your pet.

"Flowers don't worry about how they're going to bloom. They just open up and turn toward the light and that makes them beautiful."

—Jim Carrey

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
2 10:00 Morning Devotion 10:30 Reach To The Sky 11:00 Sit and Be Fit with Sharon 2:00 Virtual Lakewood Church Services 3:00 Sing Along w/ Susie Q 4:00 Walking Group 6:00 Evening Movie-LR	3 10:00 Words of Encouragement 10:30 Patriotic Songs 11:00 Name That State 2:00 Hat Chat Game 2:30 Spectacular Game 3:00 Trivia w/ Karla 3:30 Finish The Phrase 4:00 Walking Group 6:00 Wheel Of Fortune-LR	4 Shrove Tuesday/ Mardi Gras 10:00 Morning Inspirations 10:30 Exercises w/ Select Rehab 11:00 Mardi Gras Trivia 2:00 History Of Mardi Gras 2:30 Mardi Gras Parade 3:00 Mardi Gras Celebration 4:00 Walking Group 6:00 Evening Movie -LR	5 Lent Begins 10:00 Morning Devotion 10:30 Patriotic Songs 11:00 Chair One Fitness 2:00 Ice Cream Social 3:00 Divine Mercy Chaplet 3:30 Catholic Services 4:00 Walking Group 6:00 Wheel Of Fortune-LR	6 Happy Dentist Day 10:00 Words of Encouragement 10:30 Places And Things 11:00 Teeth Trivia and Facts 2:00 Dental Craft 3:00 Anagrams Words 3:30 The 3 Words Game 4:00 Walking Group 6:00 Evening Movie-LR	7 Employee Appreciation Day 10:00 Morning Inspirations 10:30 Bingo 11:00 Bingo 2:00 Movie And Popcorn 3:30 Movie Discussion 4:00 Walking Group 6:00 Wheel Of Fortune-LR	8 Hello March 10:00 Morning Devotion 10:30 Decades 1900's 11:00 Slogans 2:00 Crafts 2:30 Story Reading w/Book Club 3:00 Color Art 3:30 Bingo Game 4:00 Walking Group 6:00 Evening Movie-LR
9 Daylight Saving Time Begins 10:00 Morning Devotion 10:30 Zumba Exercise 11:00 Yoga w/ Music 2:00 Virtual Lakewood Church Services 3:00 Sing along w/ Tom Melady 4:00 Walking Group 6:00 Evening Movie-LR	10 10:00 Words of Encouragement 10:30 Patriotic Songs 11:00 The Price Is Right 2:00 Balloon Tennis 2:30 Bowling Game 3:00 Brain Teaser 3:30 Name That Tune 4:00 Walking Group 6:00 Wheel Of Fortune-LR	11 10:00 Morning Inspirations 10:30 Exercises w/ Select Rehab 11:00 Nostalgic Trivia 2:00 Color Art 2:30 Puzzles 3:00 Sing Along w/ Brad 3:30 Karaoke w/ Karla 4:00 Walking Group 6:00 Evening Movie -LR	12 10:00 Morning Devotion 10:30 Patriotic Songs 11:00 Give me 5 2:00 Ice Cream Social 3:00 Divine Mercy Chaplet 3:30 Catholic Services 4:00 Walking Group 6:00 Wheel Of Fortune-LR	13 Western Rodeo Family Night 10:00 Words of Encouragement 10:30 A Question of 3's 11:00 Famous Animals 2:00 Finalizing Event Decorations 4:00 Finalizing Touches of Event 6:00 Western Fashion Show 7:00 Music w/ Bill Parish	14 Holi 10:00 Morning Inspirations 10:30 Bingo 11:00 Bingo 2:00 Movie And Popcorn 3:30 Movie Discussion 4:00 Walking Group 6:00 Wheel Of Fortune-LR	15 10:00 Morning Devotion 10:30 Decades 1920's 11:00 States 2:00 In Accord w/ Ella Forel 2:30 Puzzle Mania 3:00 Balloon Tennis 3:30 Name That Tune 4:00 Walking Group 6:00 Evening Movie-LR
16 Lakewood Church 10:00 Morning Devotion 10:30 Sit and Be Fit with Sharon 11:00 Chair One Fitness 2:00 Lakewood Church Services 3:00 Sing Along w/ Brad 4:00 Walking Group 6:00 Evening Movie-LR	17 St. Patrick's Day 10:00 Bake Corned Beef and Cabbage 10:30 Irish Sing-along and a Taste of Ireland 11:00 Irish Jokes 2:00 Green Balloon Toss Game 2:30 St. Patrick's History 3:00 Enjoy our Corned Beef and Cabbage 4:00 Walking Group 6:00 Wheel Of Fortune-LR	18 10:00 Morning Inspirations 10:30 Exercises w/ Select Rehab 11:00 Celebrity Trivia 2:00 Puzzles 2:30 Color Art 3:00 Sing along w/ Tom Melady 3:30 Beach Ball Trivia 4:00 Walking Group 6:00 Evening Movie -LR	19 10:00 Morning Devotion 10:30 Patriotic Songs 11:00 Odd One Out 2:00 Ice Cream Social 3:00 Divine Mercy Chaplet 3:30 Catholic Services 4:00 Walking Group 6:00 Wheel Of Fortune-LR	20 Hello Spring 10:00 Words of Encouragement 10:30 Cliches 11:00 Magic Numbers 2:00 Designing a Butterfly Garden 3:00 Bird Feeder Committee 4:00 Walking Group 6:00 Evening Movie-LR	21 10:00 Morning Inspirations 10:30 Bingo 11:00 Bingo 2:00 Movie And Popcorn 3:30 Movie Discussion 4:00 Walking Group 6:00 Wheel Of Fortune-LR	22 10:00 Morning Devotion 10:30 Decades 1930's 11:00 Science Trivia 2:00 Memory Stimulation 2:30 Color Art 3:00 Parachute Game 4:00 Walking Group 6:00 Evening Movie-LR
23 10:00 Morning Devotion 10:30 Patriotic Songs 11:00 Range of Motion 2:00 Virtual Lakewood Church Services 4:00 Walking Group 6:00 Evening Movie-LR	24 10:00 Words of Encouragement 10:30 Patriotic Songs 11:00 Words With "OO" 3:00 Headlines 4:00 Toss That Tater 6:00 Wheel Of Fortune-LR	25 10:00 Morning Inspirations 10:30 Exercises w/ Select Rehab 11:00 Spelling Bee 2:00 Bowling Game 2:30 Things That Go Together 3:00 Mother Nature 3:30 Alphabetic Quiz 4:00 Walking Group 6:00 Evening Movie -LR	26 10:00 Morning Devotion 10:30 Patriotic Songs 11:00 Guess Who 2:00 Ice Cream Social 3:00 Divine Mercy Chaplet 3:30 Catholic Services 4:00 Walking Group 6:00 Wheel Of Fortune-LR	27 10:00 Words of Encouragement 10:30 Who Said What? 11:00 Famous Buildings 2:00 March Residents' Birthday Party/w Billie Jones 2:30 Karaoke w/ Karla 3:30 Birthday Bingo 4:00 Birthday Cake Ring Toss 6:00 Evening Movie-LR	28 10:00 Morning Inspirations 10:30 Bingo 11:00 Bingo 2:00 Movie And Popcorn 3:30 Movie Discussion 4:00 Walking Group 6:00 Wheel Of Fortune-LR	29 10:00 Morning Devotion 10:30 Decades 1940's 11:00 Early Television 2:00 Unscramble The 50 States 2:30 Herstory 3:00 Literature 3:30 In What Month 4:00 Walking Group 6:00 Evening Movie-LR
30 10:00 Morning Devotion 10:30 Patriotic Songs 11:00 Thai-Chi Exercise 2:00 Lakewood Church Services 4:00 Walking Group 6:00 Evening Movie-LR	31 10:00 Words of Encouragement 10:30 Patriotic Songs 11:00 Name That Memory 2:00 Name That Memory 4:00 Walking Group 6:00 Wheel Of Fortune-LR					



Gulser Meric 3/11
 William Marchbank 3/22
 Sherril Burns 3/15

Brain Bender: St. Paddy's Word Puzzle

The answers to the clues below all contain a word related to St. Patrick's Day: green, luck, gold or jig. How many can you get right?

1. Words containing "green":
 - Building for plants
 - Fresh, minty flavor
 - A newcomer
2. Words containing "luck":
 - A chicken says ...
 - A gathering with food
 - Brave and scrappy
3. Words containing "gold":
 - Yellow bird
 - October's birth flower
 - Koi's cousin
4. Words containing "jig":
 - Type of puzzle
 - A doodad or gizmo
 - To wiggle

(Answers: 1. greenhouse, wintergreen, greenhorn; 2. cluck, potluck, plucky; 3. goldfinch, marigold, goldfish; 4. jigsaw, thingamajig, jiggle)

We'll Be Seeing Green

We hope you have a very happy St. Patrick's Day! If you are going out to celebrate, don't count on the luck o' the Irish: Be sure to have a designated driver.

Carrot Cake

Ingredients:

- 2 1/4 cups flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 teaspoon baking powder
- 1 cup vegetable oil
- 1 1/4 cups sugar
- 3 eggs
- 1 1/2 cups carrots, shredded
- 1 cup crushed pineapple with juice
- 2/3 cup walnuts
- 1 can (16 ounces) cream cheese frosting

Directions:

Heat oven to 350° F.

In a large bowl, combine flour, baking soda, salt, cinnamon and baking powder.

In a separate bowl, use a mixer to cream oil and sugar together. Add eggs one at a time, followed by the carrots and pineapple, as you continue to mix.

Add dry ingredients to wet mixture and beat until smooth.

Fold in the walnuts.

Pour batter into two greased 8-inch round cake pans and bake 25 to 30 minutes. Allow cakes to cool completely, then remove from pans and slice off the tops to make them level.

Spread frosting over the top of one cake and stack the second cake on top. Frost the entire cake with the remaining frosting.

Find more recipes at
Culinary.net.

