

# THE Reserve at Braeswood



THE RESERVE AT  
**BRAESWOOD**  
SENIOR LIVING AT EASE

Like Us!  

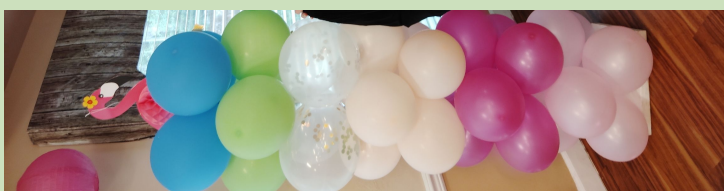
# Lifestyle

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

## SEPTEMBER 2024



Mrs. Dorothy and Mrs. Lynn at the Christmas in July Party.



The ladies of the Red Hat Society Club. Marjorie, Anna and Celia enjoying Chai Tea at the Tea Party!





# SEPTEMBER 2024

## A Piece of Fall

Puzzles with missing pieces don't need to be discarded—turn them into fun fall art!

**Materials:**

- Assorted jigsaw puzzle pieces
- Foam paintbrush (if needed)
- Acrylic paints in fall leaf colors (if needed)
- Sheet of card stock, any color
- Brown marker or pen
- Craft glue

**Directions:**

Select puzzle pieces that have fall leaf colors (red, orange, yellow and brown). You can also paint some or all of the pieces, if needed; let paint dry before continuing. Use a brown marker or pen to draw a tree trunk with bare limbs on a sheet of card stock.

Next, arrange the puzzle pieces on the branches so they resemble leaves, and add a few fallen "leaves" near the base of the trunk. When you're happy with the design, secure the pieces to the paper with craft glue. What other kinds of artwork can you create with puzzle pieces?

**"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
<p>1 <b>Labor Day</b> 2</p> <p>10:00 Morning Devotion 10:30 Sit and Be Fit 11:00 Virtual Lakewood Church Services 2:00 Worship Hymns 2:30 Bible Study 3:00 Beach Ball Trivia 3:30 Sing Along w/ Susie Q 4:00 Walking Group 6:00 Evening Movie -LR</p>	<p>10:00 Morning Devotion 10:30 Chair Exercise w/ music 11:00 Labor Day Parade (Virtual) 2:00 Afternoon Meditation 2:30 History of Labor Day w/ Karla 3:00 Cooking Committee /making Fruit Kabobs 4:00 Walking Group 6:00 Wheel Of Fortune - LR</p>	<p>3 10:00 Morning Inspirations 10:30 Exercise w/ Select Rehab 11:00 Word Scramble w/ Karla 2:00 Afternoon Inspirations 2:30 Word Scramble w/ Karla 3:00 Craft Committee making/ Button Apple Cards 3:30 Sing Along w/ Susie Q 4:00 Walking Group 6:00 Wheel Of Fortune - LR</p>	<p>4 10:00 Morning Devotions 10:30 Sittercise w/ Music <b>11:00 Breakfast Bingo w/ waffles</b> 2:00 Afternoon Meditation 2:30 Catholic Inspirations- "Chosen" The Series 3:00 Catholic Prayers 3:30 Catholic Service 4:00 Walking Group 6:00 Evening Movie -LR</p>	<p>5 10:00 Morning Devotions 10:30 Exercise w/ music 11:00 Reminiscing w / Tracey 2:00 Afternoon Warm-Up w/ music 2:30 Event Committee/ Decorating <b>3:00 Pre-Game watch party</b> 3:30 Residents' Happy Hour 4:00 Walking Group 6:00 Classic Movie -LR</p>	<p>6 10:00 Morning Devotion 10:30 Tai Chi Exercise 11:00 Let's Talk w/ Tracey 2:00 Movie Topics 2:30 Movie &amp; Popcorn (Resident's Choice) 4:00 Walking Group 6:00 Evening Musical Movie -LR</p>	<p>7 10:00 Morning Inspirations 10:30 Chair exercise w/ music 11:00 Guess Who 2:00 Afternoon Inspirations 2:30 Color Art w/ Karla 3:00 Bingo Game 4:00 Walking Group 6:00 Evening Movie -LR</p>
<p>8 <b>Grandparents Day</b> 8</p> <p>10:00 Morning Devotion 10:30 Sit and Be Fit <b>11:00 Good Hope Baptist Church Fellowship</b> 2:00 Worship Hymns <b>3:00 Lakewood Ministries Visits</b> 4:00 Walking Group 6:00 Evening Movie -LR</p>	<p>9 10:00 Morning Devotion 10:30 Chair Exercise w/ music 11:00 Words that start with 'S' 2:00 Afternoon Meditation 2:30 Word Categories 3:00 Word Search 3:30 Sing Along w/ Susie Q 4:00 Walking Group 6:00 Wheel Of Fortune - LR</p>	<p>10 10:00 Morning Inspirations 10:30 Exercise w/ Select Rehab 11:00 Guess Who 2:00 Afternoon Inspirations 2:30 Spelling Bee w/ Karla 3:00 Words That Starts with 'S' 3:30 Let's Talk w/ Karla 4:00 Walking Group 6:00 Evening Movie -LR</p>	<p>11 <b>Patriot Day</b> 11</p> <p>10:00 Morning Devotions 10:30 Sittercise w/ Music <b>11:00 History of Patriot Day</b> 2:00 Afternoon Meditation 2:30 Catholic Inspirations- "Chosen" The Series 3:00 Catholic Prayers 3:30 Catholic Service 4:00 Walking Group 6:00 Evening Movie -LR</p>	<p>12 10:00 Morning Devotions 10:30 Exercise w/ music 11:00 Spelling Bee w/ Tracey 2:00 Afternoon Warm-Up w/ music 2:30 Arm Travel /New York 3:00 Baking Committee / making New York Style Pizza 4:00 Walking Group 6:00 Classic Movie -LR</p>	<p>13 <b>Resident Outing</b> 13</p> <p>10:00 Morning Devotion 10:30 Tai Chi Exercise 11:00 Reminiscing w/ Karla <b>1:00 West University Community Center Outing // Bingo</b> 2:00 Movie Topics 2:30 Movie &amp; Popcorn (Resident's Choice) 4:00 Walking Group 6:00 Evening Musical Movie -LR</p>	<p>14 10:00 Morning Inspirations 10:30 Chair exercise w/ music 11:00 Trivia Game w/ Karla 2:00 Afternoon Inspirations 2:30 Name The State 3:00 Bingo Game 4:00 Walking Group 6:00 Evening Movie -LR</p>
<p>15 10:00 Morning Devotion 10:30 Sit and Be Fit 11:00 Virtual Lakewood Church Services 2:00 Worship Hymns 2:30 Bible Study 3:00 Spectacular Game 3:30 Sing Along w/ Keely 4:00 Walking Group 6:00 Evening Movie -LR</p>	<p>16 10:00 Morning Devotion 10:30 Chair Exercise w/ music 11:00 Let's Talk w/ Tracey 2:00 Afternoon Meditation 2:30 Balloon Toss 3:00 Name The State 3:30 Karaoke Singing 4:00 Walking Group 6:00 Wheel Of Fortune - LR</p>	<p>17 <b>Residents Outing</b> 17</p> <p>10:00 Morning Inspirations 10:30 Exercise w/ Select Rehab <b>11:30 Los Tios Mexican Grill</b> 2:00 Afternoon Inspirations 2:30 Category Game 3:00 Finish The Clichés!!! 3:30 Sing Along 4:00 Walking Group 6:00 Evening Movie -LR</p>	<p>18 10:00 Morning Devotions 10:30 Sittercise w/ Music <b>11:00 Breakfast Bingo w/ Blueberry Muffins</b> 2:00 Afternoon Meditation 2:30 Catholic Inspirations- "Chosen" The Series 3:00 Catholic Prayers 3:30 Catholic Service 4:00 Walking Group 6:00 Evening Movie -LR</p>	<p>19 10:00 Morning Devotions 10:30 Exercise w/ music 11:00 Guess The Sound 2:00 Afternoon Warm-Up w/ music 2:30 History of Apples w/ Tracey 3:00 Karaoke Singing 3:30 Baking Committee making /Candy Apple Slices 4:00 Walking Group 6:00 Classic Movie -LR</p>	<p>20 10:00 Morning Devotion 10:30 Tai Chi Exercise 11:00 Word Categories 2:00 Movie Topics 2:30 Movie &amp; Popcorn (Resident's Choice) 4:00 Walking Group 6:00 Evening Musical Movie -LR</p>	<p>21 10:00 Morning Inspirations 10:30 Chair exercise w/ music 11:00 Balloon Tennis 2:00 Afternoon Inspirations 2:30 Art Class w/ Tracey 3:00 Bingo Game 4:00 Walking Group 6:00 Evening Movie -LR</p>
<p>22 <b>Fall Begins</b> 22</p> <p>10:00 Morning Devotion 10:30 Sit and Be Fit 11:00 Virtual Lakewood Church Services 2:00 Worship Hymns 2:30 Bible Study 3:00 Name That Tune 3:30 Sing Along w/ Susie Q 4:00 Walking Group 6:00 Evening Movie -LR</p>	<p>23 10:00 Morning Devotion 10:30 Chair Exercise w/ music 11:00 Word Scrambles W / Karla 2:00 Afternoon Meditation 2:30 Pet Therapy 3:00 Finish The Phrase!!! 3:30 Sing Along w/ Keely 4:00 Walking Group 6:00 Wheel Of Fortune - LR</p>	<p>24 <b>Fall Festival</b> 24</p> <p>10:00 Morning Inspirations 10:30 Exercise w/ Select Rehab 11:00 Event Committee / Decorating for Festival 2:00 Afternoon Inspirations <b>2:00 Fall Fest Activities</b> <b>3:00 Fun Fun and Good Eats!!!</b> 4:00 Walking Group 6:00 Evening Movie -LR</p>	<p>25 10:00 Morning Devotions 10:30 Sittercise w/ Music <b>11:00 Breakfast Bingo w/ Donuts and Coffee</b> 2:00 Afternoon Meditation 2:30 Catholic Inspirations- "Chosen" The Series 3:00 Catholic Prayers 3:30 Catholic Service 4:00 Walking Group 6:00 Evening Movie -LR</p>	<p>26 <b>September Birthday Party</b> 26</p> <p>10:00 Morning Devotions 10:30 Exercise w/ music 11:00 Spelling Bee 2:00 Afternoon Warm-Up w/ music 2:30 Birthday Ring Toss <b>3:00 Residents' Birthday Party</b> 4:00 Walking Group 6:00 Classic Movie -LR</p>	<p>27 10:00 Morning Devotion 10:30 Tai Chi Exercise 11:00 Word Solving w Tracey 2:00 Movie Topics 2:30 Movie &amp; Popcorn (Resident's Choice) 4:00 Walking Group 6:00 Evening Musical Movie -LR</p>	<p>28 10:00 Morning Inspirations 10:30 Chair exercise w/ music 11:00 Word Search 2:00 Afternoon Inspirations 2:30 Word Scramble 3:00 Bingo Game 4:00 Walking Group 6:00 Evening Movie -LR</p>
<p>29 10:00 Morning Devotion 10:30 Sit and Be Fit 11:00 Virtual Lakewood Church Services 2:00 Worship Hymns 2:30 Bible Study 3:00 Name That Sound 3:00 Sing Along w/ Keely 4:00 Walking Group 6:00 Evening Movie -LR</p>	<p>30 10:00 Morning Devotion 10:30 Chair Exercise w/ music 11:00 It Comes In 2's 2:00 Afternoon Meditation 2:30 Word Scramble w/ Karla 3:00 Trivia Game w/ Karla 3:30 Karaoke Singing 4:00 Walking Group 6:00 Wheel Of Fortune - LR</p>	<p>September</p>		<p>NATIONAL ASSISTED LIVING WEEK® • SEP 8-14, 2024</p>		





Bob posing for a picture by the waterfall at the Museum of Natural Science on his way to the Burke Baker Planetarium to see 'Tales of a Time Traveler.'



Celia admiring the large Amethyst Rock!!!



Juanita doing giant jigsaw puzzles



Mr. and Mrs. Hagger enjoyed the Christmas in July celebration

FALL  
Sweet  
FALL