

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

Love and Chocolate

"All you need is love. But a little chocolate now and then doesn't hurt." —Charles M. Schulz

The Great Backyard Bird Count

Every February, bird-watchers around the world lend a helping wing to scientists by participating in the Great Backyard Bird Count, a four-day project organized by the Cornell Lab of Ornithology and the National Audubon Society. Learn more at GBBC.BirdCount.org.

Remember When: Car Tail Fins

Many car lovers have an affinity for models made during post-war America's fascination with the jet and space age. For about a decade, tail fins became a signature feature of auto design, giving even the simplest sedan some futuristic flair. Automakers Ford, General Motors and Chrysler steered into the fad that reached its zenith with those created for the 1959 Cadillac, which were high, long and accented with chrome and red taillights. But by the mid-1960s, the finned look had driven off into the sunset.

Enjoy Flowers Longer

If you receive a bouquet of fresh flowers, help them last longer with this recipe: Dissolve 2 tablespoons each of sugar and white vinegar in a quart of warm water. Experts say another alternative is to mix one part lemon-lime soda with three parts water. Change the water mixture every few days.

Be My Valentine

Each year on Feb. 14, people give cards, candy, gifts or flowers on the day of love and romance called Valentine's Day. The observance dates back to the 5th century.

FEBRUARY 2025



Tart Is Smart

National Cherry Month in February gives you a good reason to choose cherries—specifically tart cherries. This sweetly sour snack contains anthocyanins, compounds that contribute to the fruit's flavor, bright red color, and numerous health benefits. Research shows that tart cherries may lower the risk of heart disease; fight inflammation in arthritis and gout patients; provide relief to sore muscles; and promote better sleep.

Everything's Roses

"Stop and smell the roses" may be healthy advice in more ways than one. The flower's delicate scent can produce a relaxing effect. Rose extracts, often used in beauty products, have anti-inflammatory properties that help soothe dry, irritated skin. And German researchers found that sleepers who were exposed to the smell of roses experienced pleasant dreams.

February Forecast

Feb. 2 is Groundhog Day, when the furry forecaster from Pennsylvania emerges from his burrow. If Punxsutawney Phil sees his shadow, it means six more weeks of winter. If he doesn't, then spring is just around the corner.

**FEBRUARY
2025**

'Soup' Is One

How many words can you come up with using the letters in "Super Bowl"?

**5 Things
About:
Chocolate**

- Chocolate in the form of cocoa beans was used as currency by ancient Mayans.
- It takes about 400 cocoa beans to make 1 pound of chocolate.
- Americans eat about \$21 billion worth of the sweets each year.
- Researchers say eating it can cause the brain to release endorphins, which is why it's so enjoyable for some.
- The world's largest chocolate bar weighed more than 12,000 pounds. It was made by an English candy company in 2011.

Brainteaser

Question: If you have one, you want to share it, but if you share it, you haven't got it. What is it?
Answer: A secret.

**"While it is February, one can taste the full joys of anticipation. Spring stands at the gate with her finger on the latch."
—Patience Strong**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Black History Month 1 10:00 Morning Inspirations 10:30 Patriotic Songs 11:00 Geography Trivia 2:00 Puzzle Mania 2:30 Balloon Tennis 3:00 Karaoke w/ Sharon 4:00 Menu Reading w/ Dolores 6:00 Evening Movie-LR
Groundhog Day 2 10:00 Morning Meeting 10:30 Zumba Exercise 11:00 Groundhog Day History 2:00 Afternoon Meeting 2:30 Virtual Lakewood Church Services 3:30 Sing Along w/ Keeley 4:00 Menu Reading w/ Juanita 6:00 Evening Movie-LR	The Day the Music Died 3 10:00 Morning Inspirations 10:30 Yoga w/ Music 11:00 1950s Fashion Topics 2:00 Afternoon Meeting 2:30 Spectacular Game 3:00 Sing Along w/ Keeley 3:30 Mimic Game 4:00 Menu Reading w/ Anna 6:00 Wheel Of Fortune - LR	4 10:00 Morning Devotion 10:30 Exercises w/ Select Rehab 11:00 Menu Reading w/ Juanita 2:00 Crafts/ Billie Jones 3:00 Puzzle Mania 3:30 Puzzle Mania 4:00 Walking Group 6:00 Evening Movie -LR	5 10:00 Morning Meeting 10:30 Valentine's Bingo 11:00 "Words That Describe Love" 2:00 Afternoon Meeting 3:00 Catholic Services w/ Gloria 3:30 Catholic Services 6:00 Balloon Tennis	6 10:00 Morning Inspirations 10:30 Patriotic Songs 11:00 Black Inventors Topics 2:00 Craft Committee Meeting 2:30 Craft Discussion 3:30 Craft Hearts w/ Karla 4:00 Menu Reading w/ Juanita 6:00 Musical Movie-LR	7 10:00 Morning Devotion 10:30 Zumba Exercise 11:00 Walking Group 2:00 Afternoon Meeting 2:30 Movie & Popcorn 3:30 Movie Feedback 4:00 Menu Reading w/ Dolores 6:00 Wheel Of Fortune-LR	8 10:00 Good Hope Ministries w/ Erica Dean 10:30 Valentine's Bingo 11:00 Menu Reading w/ Celia 2:00 Puzzle Discussion 2:30 Town & Country Puzzle 3:30 Sing Along w/ Susie Q 4:00 Walking Group 6:00 Evening Movie-LR
Super Bowl Sunday 9 10:00 Morning Meeting 10:30 Sittercise w/ Music 11:00 Super Bowl Trivia 2:00 Afternoon Meeting 2:30 Virtual Lakewood Church Services 3:00 Worship Hymns 4:00 Menu Reading w/ Celia 6:00 Super Bowl Social-LR	10 10:00 Morning Inspirations 10:30 Yoga w/ Music 11:00 Music Of The 1950s 2:00 Afternoon Meeting 2:30 Guess the State 3:00 Sing Along w/ Brad 3:30 Pop Culture Trivia 4:00 Menu Reading w/ Juanita 6:00 Wheel Of Fortune - LR	11 10:00 Morning Devotion 10:30 Exercises w/ Select Rehab 11:00 Menu Reading w/ Anna 2:00 Afternoon Meeting 2:30 Give me 5 3:00 Guess Who 3:30 Hat Chat Game 4:00 Menu Reading w/ Dolores 6:00 Evening Movie -LR	Abraham Lincoln's Birthday 12 10:00 Morning Meeting 10:30 Zumba Exercise 11:00 Presidential Trivia 2:00 Afternoon Meeting 2:30 Divine Mercy Chaplet 3:00 Catholic Services w/ Fernandita 4:00 Menu Reading w/ Anna 6:00 Beach Ball Trivia	13 10:00 Morning Inspiration 10:30 Yoga w/ Music 11:00 Music of the 1960s 2:00 Afternoon Meeting 2:30 Craft Comm./ Heart Shape Puzzle 3:30 Sing along w/ Tom Melady 4:00 Menu Reading w/ Anna 6:00 Musical Movie	Valentine's Day 14 10:00 Morning Devotion 10:30 Exercise with Music 11:00 Valentine's History 2:00 Afternoon Meeting 2:30 Movie & Popcorn 3:30 Movie Feedback 4:00 Menu Reading w/ Juanita 6:00 Wheel Of Fortune-LR	15 10:00 Morning Meeting 10:30 Sit and Be Fit with Sharon 11:00 Acts Of Kindness 2:00 Afternoon Meeting 2:30 Color Art 3:00 Bingo Game 4:00 Menu Reading w/ Juanita 6:00 Evening Movie-LR
Lakewood Church Ministries 16 10:00 Morning Meeting 10:30 Zumba Exercise 11:00 Virtual Lakewood Church Services 2:00 Afternoon Meeting 2:30 Lakewood Church Ministries 4:00 Menu Reading w/ Juanita 6:00 Evening Movie-LR	Presidents Day 17 10:00 Morning Inspirations 10:30 Presidential Trivia 11:00 Walking Group 2:00 Afternoon Meeting 2:30 Movie & Popcorn 3:30 Movie Feedback 4:00 Menu Reading w/ Celia 6:00 Wheel Of Fortune - LR	18 10:00 Morning Devotion 10:30 Exercises w/ Select Rehab 11:00 Geography Trivia 2:00 Afternoon Meeting 2:30 Craft Committee Meeting 3:00 Therapeutic Bath Salt Keepsakes 4:00 Walking Group 6:00 Evening Movie -LR	19 9:00 Morning Meeting 9:30 Bingo Game 11:00 1950s Pop Culture 2:00 Afternoon Meeting 2:30 Spanish Class 3:00 Catholic Services w/ Fernandita 4:00 Menu Reading w/ Dolores 6:00 Balloon Tennis	20 10:00 Morning Inspirations 10:30 Geography Trivia 11:00 Walking Group 2:00 Travel Discussion 3:00 Arm Travel Chair to Paris In France 4:00 Walking Group 6:00 Musical Movie	National Caregivers Day 21 10:00 Morning Inspirations 10:30 Zumba Exercise 11:00 Name That Tune 2:00 Celebrate National Caregivers Day 3:00 Karaoke w/ Karla 4:00 Walking Group 6:00 I Love Lucy Show	22 10:00 Sittercise w/ Music 10:30 Patriotic Songs 11:00 1950s Pop Culture 2:00 Good Hope Ministries w/ Rossina Brooks 2:30 Bingo Game 3:00 Sing Along w/ Keeley 4:00 Menu Reading w/ Celia 6:00 Evening Movie-LR
23 10:00 Morning Meeting 10:30 Sittercise w/ Music 11:00 Menu Reading w/ Dolores 2:00 Virtual Lakewood Church Services 3:00 Sana Sana Mariachi 4:00 Menu Reading w/ Dolores 6:00 Evening Movie-LR	24 10:00 Morning Inspirations 10:30 Yoga w/ Music 11:00 Actresses & Actors Trivia 2:00 Afternoon Meeting 2:30 Guess Who 3:00 Sing w/ Lindimoo Moosic 3:30 Karaoke w/ Karla 4:00 Menu Reading w/ Juanita 6:00 Wheel Of Fortune - LR	25 10:00 Morning Devotion 10:30 Exercises w/ Select Rehab 11:00 Menu Reading w/ Dolores 2:00 Afternoon Meeting 2:30 Craft Discussion 3:00 Crafts 4:00 Walking Group 6:00 Evening Movie -LR	26 9:00 Morning Meeting 10:30 Valentine's Bingo 11:00 Love Topics 2:00 Afternoon Meeting 2:30 Spanish Class 3:00 Catholic Services w/ Gloria 4:00 Menu Reading w/ Celia 6:00 Balloon Tennis	Residents' Birthday Celebration 27 10:00 Morning Inspirations 10:30 Tai-Chi Exercise 11:00 Famous Love Quotes 2:00 Afternoon Meeting / Billie Jones 2:30 Birthday Bingo 3:00 Residents' Birthday Party 6:00 Musical Movie-LR	28 10:00 Morning Devotion 10:30 Zumba Exercise 11:00 Walking Group 2:00 Afternoon Meeting 2:30 Movie & Popcorn 3:30 Movie Feedback 4:00 Menu Reading w/ Celia 6:00 Wheel Of Fortune-LR	

Wild World: Hedgehog

These tiny, spiny mammals are popular pets in some parts of North America, but they're actually native to Europe, Africa and Asia. Hedgehogs get their name from their habit of foraging through hedges and making grunting noises like a pig. Each hedgehog has about 5,000 to 7,000 hollow, stiff quills, which are used for defense. The animals curl into a ball when threatened or sleeping to deter predators. These adorable critters—which are unrelated to porcupines—are often welcomed by gardeners because they eat pests such as snails, worms, mice, frogs and snakes. A baby hedgehog is called a hoglet.

Popcorn Pick: 'It Happened One Night'

This enduring classic has been called the original romantic comedy. Directed by the legendary Frank Capra, the 1934 film stars Claudette Colbert as spoiled heiress Ellie, who is on the run from her rich father after she elopes with a famous aviator. While on the lam, she falls for Peter, a newspaper reporter, played by Clark Gable. Audiences both then and now love the couple's witty banter and their many comic situations. The film won all five major Oscar categories (best picture, director, actor, actress and screenplay), the first to achieve the honor.

Go Nutty for Heart Health

February is National Heart Month, a good time to do something beneficial for this vital organ. One simple suggestion is to incorporate nuts or nut butters into your diet. Tree nuts like almonds, walnuts and pecans, as well as peanut and almond butters, have all been found to reduce cholesterol, which can decrease the risk for heart disease.

Geography 101: Sweden's Icehotel

Visitors looking for a cool destination can chill out each winter at any one of the world's many ice hotels, found at locales in Canada, Finland and Norway. But the world's first and largest is Sweden's Icehotel in the town of Jukkasjarvi, about 125 miles north of the Arctic Circle. The must-see-to-believe establishment is more than 60,000 square feet, and is rebuilt each year entirely out of snow and blocks of ice taken from the nearby Torne River. Accommodations range from standard rooms to deluxe suites, all with walls, artwork, furniture and even beds created out of ice.



Memorable Melody: 'Love Me Tender'

Hearts were aflutter when Elvis Presley debuted the ballad "Love Me Tender" on "The Ed Sullivan Show" in 1956—so much that a million preorders made it the first single to become a gold record before it was released. The huge success of the No. 1 hit even made producers change the name of the upcoming movie in which Elvis would make his big-screen debut to the song's title. Veteran songwriter Ken Darby created the classic by adding new lyrics to the Civil War tune "Aura Lee."

Amazing Herbs:

Rosemary

Rosemary doesn't smell like roses, but instead has a strong, sweet, piney aroma. An evergreen bush, this herb is easy to grow in containers and loves the sunlight. Its spiky leaves are used often in cooking, especially with lamb or other red meat, as well as in Italian recipes and with roasted potatoes. Rosemary is an excellent source of vitamin A and iron, and studies show it may also be a memory aid. In late spring, the rosemary plant produces light blue and purple flowers.

Purple Power

Amethyst, February's birthstone, is a purple variety of quartz. In ancient times, people believed this gemstone could provide mental clarity, intelligence and pleasant dreams.