

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

Rodeo Family Night - 3/14
St. Patrick's Day - 3/17
Easter Sunday - 3/31



MARCH 2024

The Reserve at Braeswood Team

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Patrick Nicholas

Environmental Services Director

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MARCH 2024

Everybody's Irish!

Many Americans celebrate St. Patrick's Day with more enthusiasm than much of Ireland, itself, so enjoy these bits of Irish wit and wisdom as you celebrate on March 17: "May your glass be ever full, may the roof over your head be always strong, and may you be in heaven half an hour before the devil knows you're dead."

—Irish toast

"May you always walk in sunshine. May you never want for more. May Irish angels rest their wings right beside your door."

—Irish Blessing

"Here's to me, and here's to you, and here's to love and laughter—I'll be true as long as you, and not one moment after."

—Irish toast

"May you live as long as you want, and never want as long as you live."

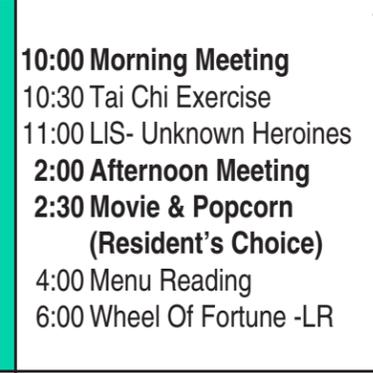
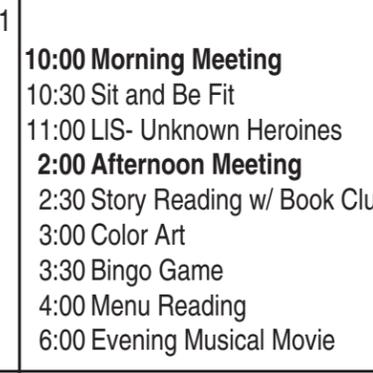
—Irish Blessing

"Here's to a long life and a merry one. A quick death and an easy one. A pretty girl and an honest one. A cold beer—and another one!"

—Irish toast

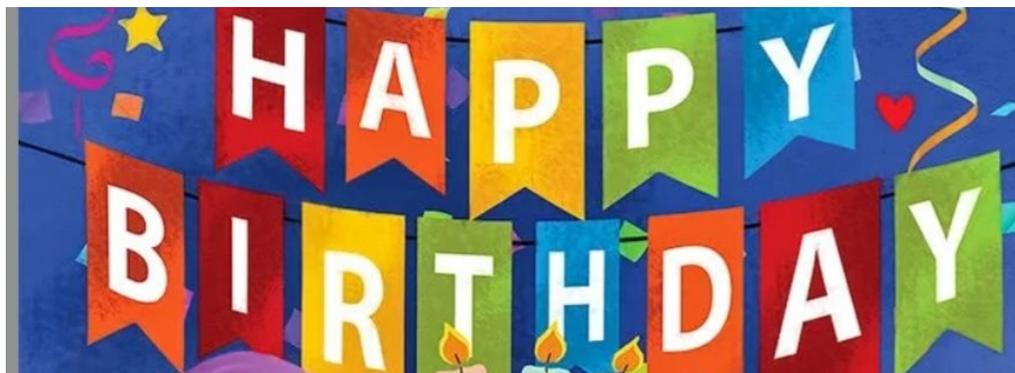
"Life is a painting, and you are the artist. You have on your palette all the colors in the spectrum."

—Paul J. Meyer

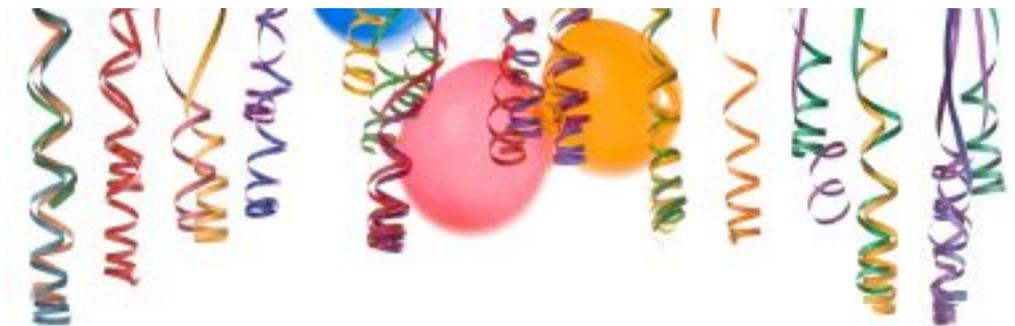
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<p>10:00 Morning Meeting 10:30 Sittercise w/ Music 11:00 Virtual Lakewood Church Services 2:00 Afternoon Meeting 2:30 Bible Study w/ Dolores 3:00 Worship Hymns 3:30 Sing Along w/ Susie Q 4:00 Menu Reading 6:00 Evening Movie -LR</p> <p>Daylight Saving Time Begins</p> <p>10:00 Morning Meeting 10:30 Sittercise w/ Music 11:00 Virtual Lakewood Church Services 2:00 Afternoon Meeting 2:30 Lakewood Ministries 3:00 Sing Along w/ Susie Q 4:00 Menu Reading 6:00 Evening Movie -LR</p> <p>St. Patrick's Day</p> <p>10:00 Morning Meeting 10:30 Sittercise w/ Music 11:00 Virtual Lakewood Church Services 2:00 Afternoon Meeting 2:30 Bible Study w/ Dolores 3:00 Sing Along w/ Susie Q 4:00 Menu Reading 6:00 Evening Movie -LR</p> <p>Palm Sunday</p> <p>10:00 Morning Meeting 10:30 Sittercise w/ Music 11:00 Virtual Lakewood Church Services 2:00 Afternoon Meeting 2:30 Bible Study w/ Dolores 6:00 Evening Movie -LR</p> <p>Easter Sunday</p> <p>10:00 Morning Meeting 10:30 Sittercise w/ Music 11:00 Virtual Lakewood Church Services 2:00 Afternoon Meeting 2:30 Bible Study w/ Dolores 6:00 Evening Movie -LR</p>	<p>10:00 Morning Meeting 10:30 Yoga w/ Music 11:00 LLS- Unknown Heroines 2:00 Afternoon Meeting 2:30 Guess the State 3:00 Mimic Game 3:30 Sing Along w/ Keely 4:00 Menu Reading 6:00 Wheel Of Fortune -LR</p> <p>10:00 Morning Meeting 10:30 Yoga w/ Music 11:00 LLS - Women's History 2:00 Afternoon Meeting 2:30 Arm Travel / 'Ireland' 3:00 Baking Committee / serving Irish Cookies 4:00 Menu Reading 6:00 Wheel Of Fortune -LR</p> <p>10:00 Morning Meeting 10:30 Yoga w/ Music 11:00 LLS - Inspirational Modern Women 2:00 Afternoon Meeting 2:30 Guess Who Game 3:00 Spectacular Game 3:30 Sing Along w/ Susie Q 4:00 Menu Reading 6:00 Wheel Of Fortune -LR</p> <p>10:00 Morning Meeting 10:30 Yoga w/ Music 11:00 LIS - Women Of Today 2:00 Afternoon Meeting 2:30 Spectacular Game 3:00 Balloon Tennis 3:30 Sing Along 4:00 Menu Reading 6:00 Wheel Of Fortune -LR</p>	<p>10:00 Morning Meeting 10:30 Exercise w/ Select Rehab 11:00 LLS -Unknown Heroines 2:00 Afternoon Meeting 2:30 Craft Committee Meeting 3:00 Craft Comm./Cotton Swab Lilac Paintings 4:00 Menu Reading 6:00 Classical Movie -LR</p> <p>10:00 Morning Meeting 10:30 Exercise w/ Select Rehab 11:00 LLS - Women's History 2:00 Afternoon Meeting 2:30 Craft Committee Meeting 3:00 Craft Committee /Painting Shamrocks w/ Nadia 4:00 Menu Reading 6:00 Classical Movie -LR</p> <p>10:00 Morning Meeting 10:30 Exercise w/ Select Rehab 11:00 LLS - Inspirational Modern Women 2:00 Afternoon Meeting 3:00 Garden Committee / planting flowers 3:30 Ice Cream Social 4:00 Menu Reading 6:00 Classical Movie -LR</p> <p>10:00 Morning Meeting 10:30 Exercise w/ Select Rehab 11:00 LIS - Women Of Today 2:00 Afternoon Meeting 2:30 History Of Easter 3:00 Craft Committee Meeting 3:30 Craft Committee Repairing Easter Decorations 4:00 Menu Reading 6:00 Classical Movie -LR</p>	<p>10:00 Morning Meeting 10:30 Exercise w/ music 11:00 LLS - Unknown Heroines 2:00 Afternoon Meeting 2:30 Spanish Class 3:00 Catholic Prayers w/ Dolores 3:30 Catholic Service 4:00 Menu Reading 6:00 Musical Movie -LR</p> <p>10:00 Morning Meeting 10:30 Exercise w/ music 11:00 LLS - Women's History 2:00 Afternoon Meeting 2:30 Spanish Class 3:00 Catholic Prayers w/ Dolores 3:30 Catholic Service 4:00 Menu Reading 6:00 Musical Movie -LR</p> <p>10:00 Morning Meeting 10:30 Exercise w/ music 11:00 LLS - Inspirational Modern Women 2:00 Afternoon Meeting 2:30 Spanish Class 3:00 Catholic Prayers w/ Dolores 3:30 Catholic Service 4:00 Menu Reading 6:00 Musical Movie -LR</p> <p>10:00 Morning Meeting 10:30 Exercise w/ music 11:00 LIS - Women Of Today 2:00 Afternoon Meeting 2:30 Spanish Class 3:00 Catholic Prayers w/ Dolores 3:30 Catholic Service 4:00 Menu Reading 6:00 Musical Movie -LR</p>	<p>10:00 Morning Meeting 10:30 Zumba Exercise 11:00 LIS- Unknown Heroines 2:00 Afternoon Meeting 2:30 Cooking Committee Meeting 3:00 Cooking Committee/Making Princess Diana's Egg Suzette 4:00 Menu Reading 6:00 Evening Movie -LR</p> <p>Rodeo Family Night</p> <p>10:00 Morning Meeting 10:30 Zumba Exercise 11:00 LLS- Women's History 2:00 Afternoon Meeting 3:00 Decorating Preparations 3:30 Event Committee / Decorating 6:00 Rodeo Family Night w/ Bill Parish</p> <p>10:00 Morning Meeting 10:30 Zumba Exercise 11:00 LLS - Inspirational Modern Women 2:00 Afternoon Meeting 2:30 Baking Committee Meeting 3:00 'Dolly Parton's Banana Pudding' 4:00 Menu Reading 6:00 Evening Movie -LR</p> <p>10:00 Morning Meeting 10:30 Zumba Exercise 11:00 LIS - Women Of Today 2:00 Afternoon Meeting 2:30 Happy Birthday Trivia 3:00 Residents' Birthday Party 4:00 Menu Reading 6:00 Evening Movie -LR</p>	<p>10:00 Morning Meeting 10:30 Tai Chi Exercise 11:00 LIS- Unknown Heroines 2:00 Afternoon Meeting 2:30 Movie & Popcorn (Resident's Choice) 4:00 Menu Reading 6:00 Wheel Of Fortune -LR</p> <p>10:00 Morning Meeting 10:30 Tai Chi Exercise 11:00 LLS - Women's History 2:00 Afternoon Meeting 2:30 Movie & Popcorn (Resident's Choice) 4:00 Menu Reading 6:00 Wheel Of Fortune -LR</p> <p>10:00 Morning Meeting 10:30 Tai Chi Exercise 11:00 LLS - Inspirational Modern Women 2:00 Afternoon Meeting 2:30 Movie & Popcorn (Resident's Choice) 4:00 Menu Reading 6:00 Wheel Of Fortune -LR</p> <p>10:00 Morning Meeting 10:30 Tai Chi Exercise 11:00 LIS - Women Of Today 2:00 Afternoon Meeting 2:30 Movie & Popcorn (Resident's Choice) 4:00 Menu Reading 6:00 Wheel Of Fortune -LR</p>	<p>10:00 Morning Meeting 10:30 Sit and Be Fit 11:00 LIS- Unknown Heroines 2:00 Afternoon Meeting 2:30 Story Reading w/ Book Club 3:00 Color Art 3:30 Bingo Game 4:00 Menu Reading 6:00 Evening Musical Movie</p> <p>10:00 Morning Meeting 10:30 Sit and Be Fit 11:00 LIS- Fashion Of The '50s 2:00 Afternoon Meeting 2:30 Color Art 3:00 Bingo Game 4:00 Menu Reading 6:00 Evening Musical Movie</p> <p>10:00 Morning Meeting 10:30 Sit and Be Fit 11:00 LIS- The Girl Scots 2:00 Afternoon Meeting 2:30 Craft Committee / making St. Patrick's Day Decoration 3:00 Bingo Game 4:00 Menu Reading 6:00 Evening Musical Movie</p> <p>10:00 Morning Meeting 10:30 Sit and Be Fit 11:00 LIS - Women's History 2:00 Afternoon Meeting 2:30 Cooking Committee /Dyeing Easter Eggs 3:00 Bingo Game 4:00 Menu Reading 6:00 Evening Musical Movie</p> <p>10:00 Morning Meeting 10:30 Sit and Be Fit 11:00 LIS - Women Of Today 2:00 Afternoon Meeting 2:30 Cooking Committee /Dyeing Easter Eggs 3:00 Bingo Game 4:00 Menu Reading 6:00 Evening Musical Movie</p>



Evelyn Lishinski - 3/9
Gulser Meric - 3/11



Jeff Luna - 3/7
Jean Scott - 3/8
Sherril Burns - 3/15



Famous Women Inventors

Many modern conveniences can be attributed to women inventors through the centuries, especially those who fought for their innovations in the face of prejudice. Learn about a few famous women inventors and their creations.

Margaret Knight. Until 1868, all paper bags were flat, like envelopes—hardly good for carrying groceries. That is until Knight, a factory worker, designed a machine that would fold and glue flat-bottomed bags. A man saw her creation and tried to patent it, claiming women couldn't develop intricate machinery. Knight sued, produced design evidence and won her patent.

Sarah Breedlove. The daughter of former slaves, Breedlove went from being a cotton picker to the first self-made woman millionaire in the U.S. Seeking a cure for a scalp malady in 1905, she developed a line of African-American hair care products under the name Madam C.J. Walker. Her innovations became popular throughout North and Central America.

Hedy Lamarr. This siren of the silver screen was a pioneer in wireless technology that led to the development of cellular phones. An Austrian emigrant, she and American composer George Antheil received a patent in 1941 for spread-spectrum technology, which manipulated radio frequencies at irregular intervals, preventing messages from being intercepted by enemy powers.