

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

JULY 2024



Celia, Anna and Alice enjoying a Memorial Day Toast.



Marjorie enjoying a cool, refreshing Red, White and Blue Memorial Day Colada.



Dolores, a member of the baking committee, making a Vanilla Irish Cream Cake.



JULY 2024

**Red, White
and Blue
Watermelon
Parfaits**

These patriotic parfaits are easy to make, healthy and will add a blast of flavor to your summertime meals and celebrations.

Ingredients:

- 1 cup fresh blueberries, washed and drained
- 1 6-ounce container Greek yogurt (Vanilla, lemon or coconut flavors work best.)
- 1 cup watermelon, diced
- Whipped cream for garnish

Directions:

Assemble parfaits by layering the blueberries, yogurt and watermelon into 2 or 3 short, clear drinking glasses or pint-sized glass jars. Start with a layer of berries, then add a layer of yogurt and finish with the watermelon. Top each parfait with a dollop of whipped cream and a few pieces of the diced melon. Tip: If making ahead of time or to thicken the yogurt layer, drain yogurt on paper towels for several minutes to absorb some of the liquid.

Find more recipes at Culinary.net.

“Even the smallest victory is never to be taken for granted. Each victory must be applauded.”
—Audre Lorde

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 Morning Devotion 10:30 Chair Exercise w/ music 11:00 Words That Starts with J 2:00 Afternoon Warm -Up Exercise 2:30 Name The State 3:00 Word in a Word 3:30 Karaoke Singing 4:00 Walking Group 6:00 Wheel Of Fortune - LR	2 10:00 Morning Inspiration 10:30 Exercise w/ Select Rehab 11:00 Word Scramble 2:00 Afternoon Inspirations 2:30 Craft Committee /making Fireworks Salt Painting 3:30 Karaoke Music 4:00 Walking Group 6:00 Evening Movie -LR	3 10:00 Morning Devotions 10:30 Sittercise w/ Music 11:00 Breakfast Bingo 2:00 Afternoon Meditation 2:30 What's In Your Purse 3:00 Catholic Prayers 3:30 Catholic Service 4:00 Walking Group 6:00 Evening Musical - LR	4 Independence Day 10:00 Morning Devotion 10:30 Exercise w/ music 11:00 Independence Day Parade -Virtual 2:00 Baking Committee /baking 4th of July Sprinkle Cookies 2:30 History Of Independence Day 3:30 Arm Travel /Washington D.C. 4:00 Walking Group 6:00 Classic Movie -LR	5 10:00 Morning Inspiration 10:30 Tai Chi Exercise 11:30 Reminiscing w/ Karla 2:00 Movie Topics 2:30 Movie & Popcorn (Residents' Choice) 4:00 Walking Group 6:00 Evening Musical - LR	6 10:00 Morning Devotion 10:30 Chair Exercise w/ music 11:00 Word Categories 2:00 Afternoon Meditation 2:30 Art Class w/ Tracey 3:00 Bingo Game 4:00 Walking Group 6:00 Evening Movie -LR
7 10:00 Morning Devotions 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/ Susie Q 4:00 Walking Group 6:00 Evening Movie -LR	8 10:00 Morning Devotion 10:30 Chair Exercise w/ music 11:00 Let's Talk w/ Karla 2:00 Afternoon Warm-Up w/ music 2:30 Bowling Game 3:00 Word Categories 3:30 Trivia Game - Virtual 4:00 Walking Group 6:00 Wheel Of Fortune - LR	9 10:00 Morning Inspiration 10:30 Exercise w/ Select Rehab 11:00 Finish The Phrase!!! 2:00 Afternoon Inspirations 2:30 Baking Committee / making French Toast Bake 3:30 Sing Along w/ Susie Q 4:00 Walking Group 6:00 Evening Movie -LR	10 10:00 Morning Devotions 10:30 Sittercise w/ Music 11:00 Breakfast Bingo 2:00 Afternoon Inspirations 2:30 Spanish Class 3:00 Catholic Prayers 3:30 Catholic Service 4:00 Walking Group 6:00 Evening Musical - LR	11 Resident Outing 10:00 Morning Devotion 10:30 Exercise w/ music 11:00 Lunch Outing / Papas -BBQ 2:00 History of Blueberry Muffins 2:30 Baking Committee / preparing Recipe 3:00 Baking Committee /making Blueberry Muffins 4:00 Walking Group 6:00 Classic Movie -LR	12 10:00 Morning Inspiration 10:30 Tai Chi Exercise 11:00 History of France 2:00 Movie Topics 2:30 Movie & Popcorn (Residents' Choice) 4:00 Walking Group 6:00 Evening Musical - LR	13 10:00 Morning Devotion 10:30 Chair Exercise w/ music 11:00 The Price Is Right Game 2:00 Afternoon Meditation 2:30 Color Art 3:00 Bingo Game 4:00 Walking Group 6:00 Evening Movie -LR
14 10:00 Morning Devotions 10:30 Sit and Be Fit 11:00 Virtual Lakewood Church Services 2:00 Lakewood Ministries 3:00 Worship Hymns 4:00 Walking Group 6:00 Evening Movie -LR	15 10:00 Morning Devotion 10:30 Chair Exercise w/ music 11:00 Word Search 2:00 Afternoon Affirmations 2:30 Afternoon Exercise w/ Karla 3:00 Magazine Game 3:30 Sing Along 4:00 Walking Group 6:00 Wheel Of Fortune - LR	16 10:00 Morning Inspiration 10:30 Exercise w/ Select Rehab 11:00 Spelling Bee w/ Tracey 2:00 Afternoon Inspirations 2:30 Tracey making Lavender Lemonade 3:00 Guess Who ??? 4:00 Walking Group 6:00 Evening Movie -LR	17 10:00 Morning Devotions 10:30 Sittercise w/ Music 11:00 Breakfast Bingo 2:00 Afternoon Warm-Up w/ music 2:30 Word Scramble w/ Karla 3:00 Catholic Prayers 3:30 Catholic Service 4:00 Walking Group 6:00 Evening Musical - LR	18 10:00 Morning Devotion 10:30 Exercise w/ music 2:00 History Of The Eiffel Tower 2:30 Craft Committee / making Eiffel Tower Centerpieces 4:00 Walking Group 6:00 Classic Movie -LR	19 10:00 Morning Inspiration 10:30 Tai Chi Exercise 11:00 Word Search 2:00 Movie Topics 2:30 Movie & Popcorn (Residents' Choice) 4:00 Walking Group 6:00 Evening Musical - LR	20 10:00 Morning Devotion 10:30 Chair Exercise w/ music 11:00 Word Search 2:00 Afternoon Meditation 2:30 Cooking Committee / making Ice Cream Soda 3:00 Bingo Game 4:00 Walking Group 6:00 Evening Movie -LR
21 10:00 Morning Devotions 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/ Keely 4:00 Walking Group 6:00 Evening Movie -LR	22 10:00 Morning Devotion 10:30 Chair Exercise w/ music 11:00 Word Scramble w/ Karla 2:00 Pet Therapy 2:30 Beach Ball Trivia 3:00 Balloon Toss 3:30 Sing Along w/ Susie Q 4:00 Walking Group 6:00 Wheel Of Fortune - LR	23 10:00 Morning Inspiration 10:30 Exercise w/ Select Rehab 11:00 It Comes In 2s 2:00 Afternoon Inspirations 2:30 Hat Chat 3:00 Guess The Sound 3:30 Sing Along w/ Keely 4:00 Walking Group 6:00 Evening Movie -LR	24 10:00 Morning Devotions 10:30 Sittercise w/ Music 11:00 Breakfast Bingo 2:00 Afternoon Inspirations 2:30 Trivia Game w/ Karla 3:00 Catholic Prayers 3:30 Catholic Service 4:00 Walking Group 6:00 Evening Musical - LR	25 Christmas in July 10:00 Morning Devotion 10:30 Exercise w/ music 11:00 Preparing for Celebration / Christmas In July 2:00 Christmas In July Celebration 3:00 Music by: David LaDuca 4:00 Walking Group 6:00 Classic Movie -LR	26 10:00 Morning Inspiration 10:30 Tai Chi Exercise 11:00 Reminiscing 2:00 Movie Topics 2:30 Movie & Popcorn (Residents' Choice) 4:00 Walking Group 6:00 Evening Musical - LR	27 10:00 Morning Devotion 10:30 Chair Exercise w/ music 11:00 Spelling Bee w/ Karla 2:00 Afternoon Meditation 2:30 Name That Sound 3:00 Bingo Game 4:00 Walking Group 6:00 Evening Movie -LR
28 10:00 Morning Devotions 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 What's That Sound 4:00 Walking Group 6:00 Evening Movie -LR	29 10:00 Morning Devotion 10:30 Chair Exercise w/ music 11:00 Finish The Cliches 2:00 Afternoon Meditation 2:30 Crossword Game 3:00 Trivia w/ Karla 3:30 Sing Along 4:00 Walking Group 6:00 Wheel Of Fortune - LR	30 Residents' Birthday Party 10:00 Morning Inspiration 10:30 Exercise w/ Select Rehab 11:00 Word Solving w Tracey 2:00 Afternoon Inspirations 2:30 Birthday Jingo 3:00 Birthday Party 3:30 Music Time 4:00 Walking Group 6:00 Evening Movie -LR	31 10:00 Morning Devotions 10:30 Sittercise w/ Music 11:00 Breakfast Bingo 2:00 Afternoon Meditation 2:30 Spectacular Game 3:00 Catholic Prayers 3:30 Catholic Service 4:00 Walking Group 6:00 Evening Musical - LR			



Our residents are out to lunch at Cleburne Cafeteria.



Mr. Bob enjoying a cheeseburger on our outing at Red Robin. Yum!!!

Christmas in July

Come out and join us for our
1st Ever
Christmas In July
Celebration!!!!
July 25, 2024



Entertainment
Food
Fun!!!!



Susan Klaveness -7/8
Ivece Saliu -7/10
Marjorie Abell -7/18
Ellen Martin -7/21



Celia making Friendship Bracelets.