

# 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

## NOVEMBER 2024



Dina and her mom, Dorothy, sharing puzzle time with Mary and Ruth.



Juanita, Celia and Dorothy enjoying lunch at Lois Tios Mexican Grill.



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**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?

**"Many people will walk in and out of your life, but only true friends will leave footprints in your heart."  
—Eleanor Roosevelt**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
3 10:00 Morning Devotion 10:30 Sit and Be Fit 11:00 Lakewood Church - Virtual 2:00 Worship Hymns 2:30 Bible Study 3:00 Parachute w/ ball 3:30 Sing Along w/ Keely 4:00 Walking Group 6:00 Evening Movie -LR	4 10:00 Morning Devotion 10:30 Chair Exercise w/ music 11:00 Words That Start with O 2:00 Afternoon Meditation 2:30 Bowling Game 3:00 Word Search 3:30 Karaoke Singing 4:00 Walking Exercise 6:00 Wheel Of Fortune - LR	5 10:00 Morning Inspirations 10:30 Exercise w/ Select Rehab 11:00 Guess Who 2:00 Afternoon Meditation 2:30 Painting Preparations <b>3:00 Canvas Painting</b> 3:30 Sing Along w/ Susie Q 4:00 Walking Group 6:00 Evening Movie -LR	6 10:00 Morning Devotion 10:30 Sittercise w/ Music 11:00 Breakfast Bingo <b>2:00 Ice Cream Social</b> 2:30 Catholic Inspirations-Chosen the series 3:00 Catholic Prayers 3:30 Catholic Service 4:00 Walking Group 6:00 Wheel Of Fortune - LR	7 10:00 Morning Inspirations 10:30 Exercise w/ music <b>11:00 Craft Committee /making Veterans Day Cards</b> <b>1:00 Visiting Micheal E. De Bakey V. A. Hospital</b> 2:00 Afternoon Inspirations 3:00 Word Scramble Game 3:30 Guess The Song 4:00 Walking Group 6:00 Classical Movie -LR	8 10:00 Morning Devotion 10:30 Tai-Chi Exercise 11:00 It Comes In 2s <b>1:00 West University Community Center Outing // Bingo</b> 2:00 Movie Topics 2:30 Movie & Popcorn (Residents' Choice) 4:00 Walking Exercise 6:00 Evening Musical Movie -LR	9 10:00 Morning Inspirations 10:30 Chair Yoga w/ music 11:00 Word Search 2:00 Afternoon Meditation 2:30 Balloon Tennis 3:00 Bingo Game 3:30 Karaoke Singing 4:00 Walking Exercise 6:00 Wheel Of Fortune -LR
10 10:00 Morning Devotion 10:30 Sit and Be Fit 11:00 Lakewood Church - Virtual 2:00 Worship Hymns 3:30 Sing Along w/ Susie Q 4:00 Walking Group 6:00 Evening Movie -LR	11 <b>Veterans Day</b> 10:00 Morning Devotion 10:30 Chair Exercise w/ music <b>11:00 History Of Veterans Day</b> 2:00 Afternoon Warm-Up w/ music <b>2:30 Red Hats Society Club / Tea Party</b> 3:00 Finish The Clichés 3:30 Sing Along 4:00 Walking Exercise 6:00 Wheel Of Fortune - LR	12 10:00 Morning Inspirations 10:30 Exercise w/ Select Rehab 11:00 Word Search 2:00 Afternoon Meditation <b>2:30 Baking Committee / making Spiced Pumpkin Pudding</b> 3:30 Sing Along w/ Keely 4:00 Walking Group 6:00 Evening Movie -LR	13 10:00 Morning Devotion 10:30 Sittercise w/ Music 11:00 Breakfast Bingo <b>2:00 Ice Cream Social</b> 2:30 Catholic Inspirations-Chosen the series 3:00 Catholic Prayers 3:30 Catholic Service 4:00 Walking Group 6:00 Wheel Of Fortune - LR	14 <b>Resident Outing</b> 10:00 Morning Inspirations 10:30 Exercise w/ music <b>11:00 Black Walnut Cafe / Outing</b> 2:00 Afternoon Inspirations <b>2:30 Arm Travel / San Antonio, Tx.</b> <b>3:00 Baking Committee/ making Nachos</b> 3:30 Sing Along 4:00 Walking Group 6:00 Classical Movie -LR	15 10:00 Morning Devotion 10:30 Tai-Chi Exercise 11:00 Let's Talk w/ Karla 2:00 Movie Topics 2:30 Movie & Popcorn (Residents' Choice) 4:00 Walking Exercise 6:00 Evening Musical Movie -LR	16 10:00 Morning Inspirations 10:30 Chair Exercise w/ music 11:00 Beach Ball Trivia 2:00 Afternoon Meditation 2:30 Art Class w/ Tracey 3:00 Bingo Game 3:30 Karaoke Singing 4:00 Walking Exercise 6:00 Wheel Of Fortune -LR
17 10:00 Morning Devotion 10:30 Sit and Be Fit 11:00 Lakewood Church - Virtual 2:00 Worship Hymns 2:30 Bible Study 3:00 Hot Potato 3:30 Sing Along w/ Keely 4:00 Walking Group 6:00 Evening Movie -LR	18 10:00 Morning Devotion 10:30 Chair Exercise w/ music 11:00 Name The State 2:00 Afternoon Inspirations 2:30 Parachute w/ ball 3:00 Balloon Toss 3:30 Finish The Phrase!!! 4:00 Walking Exercise 6:00 Wheel Of Fortune - LR	19 10:00 Morning Inspirations 10:30 Exercise w/ Select Rehab 11:00 Color Dot Game 2:00 Afternoon Meditation <b>2:30 Baking Committee/ making Sugar Cookies</b> 3:30 Kickball 4:00 Walking Group 6:00 Evening Movie -LR	20 10:00 Morning Devotion 10:30 Sittercise w/ Music 11:00 Breakfast Bingo <b>2:00 Ice Cream Social</b> 2:30 Catholic Inspirations-Chosen the series 3:00 Catholic Prayers 3:30 Catholic Service 4:00 Walking Group 6:00 Wheel Of Fortune - LR	21 <b>Thanksgiving Family Night</b> 10:00 Morning Inspirations 10:30 Exercise w/ music 11:00 Word Search 2:00 Afternoon Inspirations 2:30 Event Committee/ Decorating 6:00 Family Night / Party Begins 7:00 Entertainment / By Bill Parish 8:00 Walking Group	22 10:00 Morning Devotion 10:30 Tai-Chi Exercise 11:00 Reminiscing w / Tracey 2:00 Movie Topics 2:30 Movie & Popcorn (Residents' Choice) 4:00 Walking Exercise 6:00 Evening Musical Movie -LR	23 10:00 Morning Inspirations 10:30 Chair Yoga w/ music 11:00 Guess The Sound 2:00 Afternoon Meditation 2:30 Craft Class w/ Karla 3:00 Bingo Game 3:30 Karaoke Singing 4:00 Walking Exercise 6:00 Wheel Of Fortune -LR
24 10:00 Morning Devotion 10:30 Sit and Be Fit 11:00 Lakewood Church - Virtual 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	25 10:00 Morning Devotion 10:30 Chair Exercise w/ music 11:00 Chatting w/ Tracey 2:00 Afternoon Meditation 2:30 Pet Therapy <b>3:00 Craft Committee / making / Thanksgiving Wreaths</b> 3:30 Sing Along 4:00 Walking Exercise 6:00 Wheel Of Fortune - LR	26 <b>Chili Cook-Off</b> 10:00 Morning Inspirations 10:30 Exercise w/ Select Rehab 11:00 Event Committee/ Decorating for Competition 2:00 Afternoon Meditation <b>2:00 Cook-Off Begins</b> <b>3:00 Chili Cooking Competition Starts</b> 4:00 Walking Group 6:00 Evening Movie -LR	27 10:00 Morning Devotion 10:30 Sittercise w/ Music 11:00 Breakfast Bingo <b>2:00 Ice Cream Social</b> 2:30 Catholic Inspirations-Chosen the series 3:00 Catholic Prayers 3:30 Catholic Service 4:00 Walking Group 6:00 Wheel Of Fortune - LR	28 <b>Thanksgiving Day</b> 10:00 Morning Inspirations 10:30 Exercise w/ music 11:00 Thanksgiving Traditions 2:00 Afternoon Inspirations 2:30 Thanksgiving Trivia Game 3:00 History of Thanksgiving 3:30 Karaoke Singing 4:00 Walking Exercise 6:00 Classical Movie -LR	29 10:00 Morning Devotion 10:30 Tai-Chi Exercise 11:00 Topics of November w/ Tracey 2:00 Movie Topics 2:30 Movie & Popcorn (Residents' Choice) 4:00 Walking Exercise 6:00 Evening Musical Movie -LR	30 10:00 Morning Inspirations 10:30 Chair Exercise w/ music 11:00 Guess the State 2:00 Afternoon Meditation 2:30 Word Categories 3:00 Bingo Game 3:30 Karaoke Singing 4:00 Walking Exercise 6:00 Wheel Of Fortune -LR



Mr. Herb enjoying his favorite snack at the Ice Cream Social!



Anna and Celia having lunch at Olive Garden.



Dorothy's painting at the Sip and Paint Party



Ruth Hamilton - 10/27



Dolores showing off her painting at the Sip and Paint Party.

