

# 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

## DECEMBER 2024



Celia, Lynn and Marschon showing off their pretty pink silhouettes at the Flower Art Party.



Marjorie and Celia, Our Ambassadors of the Cooking Committee at the Spice Party!



Anna leading her group in making the Holiday Spice at the party.



DECEMBER

2024

The Joy of

Simple Things

A whirlwind of sights and sounds, the holiday season is often a busy time. But there’s much joy and meaning to be found in the quieter moments as well.

*Treats.* Certain foods taste better around the holidays, don’t they? Whether it’s a sip of eggnog or a bite of decadent fudge, savor the moment as a mini celebration.

*Decorations.* Setting out some seasonal items can instantly put you in a festive mood. By placing a treasured keepsake in a spot where you’ll see it every day, you can stir up warm feelings of comfort and joy.

*Crafts.* Winter is often peak crafting season. If the weather outside is frightful, you can delight in creating a homemade gift or jolly decoration. Take pride in using your hands and putting love into your work.

*Music.* Listening and singing along to your favorite holiday tunes is a simple pleasure that many folks enjoy. When you hear a song that’s special to you, close your eyes and focus on the words and melody.

“The more positivity,  
love and light you reflect,  
the more light is mirrored  
your way.”  
—Suzy Kassem

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>1</div> <div>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/ Susie Q 4:00 Walking Group 6:00 Evening Movie -LR</div>	<div>2</div> <div>10:00 Morning Devotion 10:30 Chair exercise w/ music 11:00 Words That Starts with “D” 2:00 Afternoon Meditation 2:30 Name That Tune 3:00 Bowling Game 3:30 Karaoke Singing 4:00 Walking Group 6:00 Wheel Of Fortune - LR</div>	<div>3</div> <div>10:00 Morning Inspirations 10:30 Exercise w/ Select Rehab 11:00 Word Categories 2:00 Afternoon Meditation <b>2:30 Craft Class / making Christmas Bracelets</b> 3:30 Sing Along 4:00 Walking Exercise 6:00 Evening Movie -LR</div>	<div>4</div> <div>10:00 Morning Devotion 10:30 Sittercise w/ Music 11:00 Breakfast Bingo 2:00 Ice Cream Social 2:30 Catholic Inspirations-Chosen the series 3:00 Catholic Prayers 3:30 Catholic Service 4:00 Walking Exercise 6:00 Wheel Of Fortune - LR</div>	<div>5</div> <div>10:00 Morning Devotion 10:30 Chair Yoga w/ music 11:00 Guess Who??? 2:00 Afternoon Inspirations <b>2:30 baking committee/ building Gingerbread Houses</b> 3:30 Karaoke Singing / Christmas Songs 4:00 Walking Group 6:00 Classical Movie -LR</div>	<div>6</div> <div><b>St. Nicholas Day</b> 10:00 Morning Devotion 10:30 Tai Chi Exercise 11:00 History of St. Nicholas 2:00 Movie Topics 2:30 Movie &amp; Popcorn (Residents’ Choice) 4:00 Walking Exercise 6:00 Evening Musical Movie -LR</div>	<div>7</div> <div>10:00 Morning Inspirations 10:30 Chair Yoga w/ music 11:00 History of Pearl Harbor 2:00 Afternoon Meditation 2:30 Name The State 3:00 Color Art w/ Karla 3:30 Craft Class w/ Tracey -Christmas Cards 4:00 Walking Group 6:00 Evening Movie -LR</div>
<div>8</div> <div>10:00 Morning Devotion 10:30 Sit and Be Fit 11:00 Lakewood Church - Virtual 2:00 Worship Hymns <b>2:30 Lakewood Ministries</b> 3:30 Sing Along w/ Susie Q 4:00 Walking Group 6:00 Evening Movie -LR</div>	<div>9</div> <div>10:00 Morning Devotion 10:30 Chair exercise w/ music 11:00 Morning Trivia w/ Karla 2:00 Afternoon Meditation 2:30 Red Hats Society Club / Tea Party 3:00 Balloon Tennis 3:30 Sing Along 4:00 Walking Group 6:00 Wheel Of Fortune - LR</div>	<div>10</div> <div>10:00 Morning Inspirations 10:30 Exercise w/ Select Rehab 11:00 Let’s Talk w/ Karla 2:00 Afternoon Meditation <b>2:30 Craft Committee /making Christmas Centerpieces</b> 3:30 Sing Along 4:00 Walking Exercise 6:00 Evening Movie -LR</div>	<div>11</div> <div>10:00 Morning Devotion 10:30 Sittercise w/ Music 11:00 Breakfast Bingo 2:00 Ice Cream Social 2:30 Catholic Inspirations-Chosen the series 3:00 Catholic Prayers 3:30 Catholic Service 4:00 Walking Exercise 6:00 Wheel Of Fortune - LR</div>	<div>12</div> <div><b>Staff Christmas</b> 10:00 Morning Devotion 10:30 Chair Yoga w/ music 11:00 Guess The Song <b>2:00 Party Decorating and Preparations</b> <b>3:00 Staff Christmas Party</b> 4:00 Walking Group 6:00 Classical Movie -LR</div>	<div>13</div> <div>10:00 Morning Devotion 10:30 Tai Chi Exercise 11:00 Word Scramble w/ Karla 2:00 Movie Topics 2:30 Movie &amp; Popcorn (Residents’ Choice) 4:00 Walking Exercise 6:00 Evening Musical Movie -LR</div>	<div>14</div> <div>10:00 Morning Inspirations 10:30 Chair Yoga w/ music 11:00 Beach Ball Trivia 2:00 Afternoon Meditation 2:30 Craft Class w/ Tracey 3:00 Bingo Game 3:30 Karaoke Singing 4:00 Walking Exercise 6:00 Evening Movie -LR</div>
<div>15</div> <div>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 Shew Fly Shew 3:30 Sing Along w/ Keely 4:00 Walking Group 6:00 Evening Movie -LR</div>	<div>16</div> <div>10:00 Morning Devotion 10:30 Chair exercise w/ music 11:00 Name The State 2:00 Afternoon Meditation 2:30 Word Categories 3:00 Finish The Phrase!!! 3:30 Sing Along w/ Keely 4:00 Walking Group 6:00 Wheel Of Fortune - LR</div>	<div>17</div> <div><b>Door Decorating</b> 10:00 Morning Inspirations 10:30 Exercise w/ Select Rehab 11:00 Color Dot Game <b>2:00 New Year’s Resolutions Topics</b> <b>2:30 Baking Committee /making Cookies</b> 3:30 Sing Along w/ Keely 4:00 Walking Exercise 6:00 Evening Movie -LR</div>	<div>18</div> <div>10:00 Morning Devotion 10:30 Sittercise w/ Music 11:00 Breakfast Bingo 2:00 Ice Cream Social 2:30 Catholic Inspirations-Chosen the series 3:00 Catholic Prayers 3:30 Catholic Service 4:00 Walking Exercise 6:00 Wheel Of Fortune - LR</div>	<div>19</div> <div><b>Family Night</b> 10:00 Morning Devotion 10:30 Chair Yoga w/ music 11:00 Word Search <b>2:00 Event Committee/ Decorating for Family Night</b> <b>6:00 Christmas Party</b> 8:00 Walking Group</div>	<div>20</div> <div>10:00 Morning Devotion 10:30 Tai Chi Exercise 11:00 Reminiscing w / Tracey 2:00 Movie Topics 2:30 Movie &amp; Popcorn (Residents’ Choice) 4:00 Walking Exercise 6:00 Evening Musical Movie -LR</div>	<div>21</div> <div>10:00 Morning Inspirations 10:30 Chair Yoga w/ music 11:00 Let’s Talk w/ Tracey 2:00 Afternoon Meditation <b>2:30 Craft Committee / making Christmas Cards</b> <b>3:30 Karaoke Singing Christmas Carols</b> 4:00 Walking Exercise 6:00 Evening Movie -LR</div>
<div>22</div> <div>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 Hat Chat 3:30 Sing Along w/ Keely 4:00 Walking Group 6:00 Evening Movie -LR</div>	<div>23</div> <div>10:00 Morning Devotion 10:30 Chair exercise w/ music 11:00 Guess Who ??? 2:00 Afternoon Meditation 2:30 Parachute w/ ball 3:00 Balloon Toss 3:30 Sing Along 4:00 Walking Group 6:00 Wheel Of Fortune - LR</div>	<div>24</div> <div><b>Christmas Eve</b> 10:00 Morning Inspirations 10:30 Exercise w/ Select Rehab <b>11:00 Christmas Wish List Topics</b> 2:00 Afternoon Meditation <b>2:30 The Story Book Reading / The Night Before Christmas</b> 3:00 Cooking Committee/ making candy bags <b>3:30 Sing Christmas Carols</b> 4:00 Walking Exercise 6:00 Evening Movie -LR</div>	<div>25</div> <div><b>Christmas</b> 10:00 Morning Devotion 10:30 Sittercise w/ Music 11:00 Breakfast Bingo 2:00 Catholic Inspirations-Chosen the series 2:30 Catholic Prayers 3:00 Catholic Service <b>3:30 Gift Exchange /Singing Christmas Carols</b> 4:00 Walking Exercise 6:00 Wheel Of Fortune - LR</div>	<div>26</div> <div>10:00 Morning Devotion 10:30 Chair Yoga w/ music 11:00 Chatting w/ Tracey 2:00 Afternoon Inspirations 2:30 Birthday Jingo <b>3:00 Residents’ Birthday Party</b> 4:00 Walking Group 6:00 Classical Movie -LR</div>	<div>27</div> <div>10:00 Morning Devotion 10:30 Tai Chi Exercise 11:00 Topics Of Christmas Past 2:00 Movie Topics 2:30 Movie &amp; Popcorn (Residents’ Choice) 4:00 Walking Exercise 6:00 Evening Musical Movie -LR</div>	<div>28</div> <div>10:00 Morning Inspirations 10:30 Chair Yoga w/ music 11:00 Word Solving 2:00 Afternoon Meditation 2:30 Color Art w/ Karla 3:00 Bingo Game 3:30 Karaoke Music 4:00 Walking Exercise 6:00 Evening Movie -LR</div>
<div>29</div> <div>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</div>	<div>30</div> <div>10:00 Morning Devotion 10:30 Chair exercise w/ music 11:00 Word Search 2:00 Afternoon Meditation 2:30 Hat Chat 3:00 Pet Therapy 3:30 Sing Along w/ Susie Q 4:00 Walking Group 6:00 Wheel Of Fortune - LR</div>	<div>31</div> <div><b>New Year's Eve</b> 10:00 Morning Inspirations 10:30 Exercise w/ Select Rehab 11:00 History of New Year’s w/ Tracey <b>2:00 New Year’s Resolutions Topics</b> <b>2:30 New Year’s Eve Party</b> 4:00 Walking Exercise 6:00 Evening Movie -LR</div>	<div></div> <div>December</div>	<div></div> <div></div>	<div></div> <div></div>	<div></div> <div></div>





**Celia and Dolores, painting Halloween Pumpkins**



**Kendazia and Rita enjoying donuts at the Donut Appreciation Day Party.**



**Juanita Elliot-12/8  
Leah McLeod-12/10  
Robert Bizzle-12/16  
Dana Hager-12/18  
Patricia Miller-12/23  
Mary Middleton-12/31**



**Mrs. Voss enjoying "Brandi" during a visit from our Pet Therapy Group.**



**Mrs. Lynn and Dolores gathering flowers for the Silhouette Party!**



**Happy New Year, from our family here at The Reserve @ Braeswood to yours.**