

THE Reserve at First Colony *Lifestyle*



THE RESERVE AT
FIRST COLONY
SENIOR LIVING AT EASE

Like Us!  

ASSISTED LIVING COMMUNITY
13825 Lexington Blvd • Sugar Land, TX 77478 • (281) 277-0900

Doris Proctor's Birthday on May 3rd!



MAY 2025

Meet Our New Managers



Trinecia Lee- Our New Culinary Director with 15 years in the hospitality industry and 10 years in the senior industry. Throughout all these years she has gained tremendous experience, and she is ready to demonstrate her culinary skills to our community.

Trinecia would like to learn each one of the resident's tastes to bring delicious and healthy choices to our resident's table. Apart from her skills in the kitchen, Trinecia has a compassionate personality and knows what customer service means. Outside her busy schedule, she loves spending time with her daughter and enjoys karaoke and dancing.



Meet our New Nursing Director- Fredrick Brown. Originally from Jackson, MS, he attended Mississippi State University and obtained a degree in kinesiology/minor in psychology. He joined the Army National Guard 2012 and committed to active-duty service in 2018. He became a

nurse in 2019 and has since served as a Labor and Delivery Nurse, MedSurg Nurse, and ER Nurse. During his tenure in the military, he served on many humanitarian operations and supported combat units in the Middle East. He is planning to continue his education to obtain a doctorate degree as a nurse practitioner and specialize in emergency medicine. Outside of nursing, Fred likes to spend time with family, fishing and hunting.

MAY 2025

-Management-

- Reema Bhamani

Executive Director

- Tabriel Jones

Sales & Marketing Director

- Fredrick Brown

Assisted Living Director

- Yani Diaz

Activities Director

- Trinecia Lee

Dining Director

- Jose Sarrion

Maintenance Director

- Rose Felix

Resident Care Coordinator

FIND US AND
ENGAGE ON
FACEBOOK
AND OTHER
SOCIAL
MEDIA
PLATFORMS!

“May is the month of
expectation, the month of
wishes, the month of hope.”
—Emily Bronte

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<div>Global Love Day 1</div> <div>10:00 Exercise with Select Rehab</div> <div>10:30 DR Newsreel & Devotional</div> <div>1:00 AR Outreach Creations with Sue</div> <div>1:30 Rummikub- 1st Match</div> <div>1:45 DR Movie Club and Snacks</div> <div>3:15 AR Bingo</div> <div>4:00 AR Rummikub- 2nd Match</div>	<div>National Chocolate Parfait Day 2</div> <div>10:00 DR Exercise Class</div> <div>10:30 DR Newsreel & Devotional</div> <div>11:00 AR Triominoes</div> <div>1:30 Rummikub- 1st Match</div> <div>3:30 DR Happy Hour</div> <div>4:00 AR Rummikub- 2nd Match</div>	<div>Kentucky Derby 3</div> <div>10:00 Exercise Class</div> <div>11:00 Triominoes/ Table Games</div> <div>1:30 Rummikub- 1st Match</div> <div>2:00 AR Rummikub</div> <div>3:15 AR Bingo</div> <div>4:00 AR Rummikub- 2nd Match</div> <div>6:00 Movie Club- Classic Movies</div>
<div>4</div> <div>9:30 Sunday Service with St. Laurence</div> <div>10:30 DR Piano Hour with Joey!</div> <div>1:00 AR Table Games</div> <div>1:30 AR Rummikub</div> <div>1:30 Rummikub- 1st Match</div> <div>3:15 AR Bingo</div> <div>4:00 AR Rummikub- 2nd Match</div>	<div>5</div> <div>Cinco De Mayo</div> <div>10:30 DR Newsreel & Devotional</div> <div>11:00 DR Mind Exercise</div> <div>1:30 AR Bible Study</div> <div>3:15 AR Bingo</div> <div>4:00 AR Rummikub- 2nd Match</div>	<div>6</div> <div>National Nurses Day / Teachers Day</div> <div>10:30 DR Newsreel & Devotional</div> <div>1:30 Rummikub- 1st Match</div> <div>3:15 AR Bingo</div> <div>4:00 AR Rummikub- 2nd Match</div> <div>6:00 DR Movie/Program of Your Choice</div>	<div>7</div> <div>10:30 DR Newsreel & Devotional</div> <div>11:00 AR Trivia/Table Games</div> <div>11:30 Gardening Club- Water Once a Week</div> <div>1:30 Rummikub- 1st Match</div> <div>3:00 Chef Chat</div> <div>4:00 AR Rummikub- 2nd Match</div> <div>6:00 Rosary w/ St. Laurence Church</div>	<div>8</div> <div>National Have a Coke Day</div> <div>10:00 Exercise with Select Rehab</div> <div>10:30 DR Newsreel & Devotional</div> <div>1:00 AR Outreach Creations with Sue</div> <div>1:30 Rummikub- 1st Match</div> <div>1:45 DR Movie Club and Snacks</div> <div>3:15 AR Bingo</div> <div>4:00 AR Rummikub- 2nd Match</div>	<div>9</div> <div>Military Spouse Appreciation Day</div> <div>10:00 DR Exercise Class</div> <div>10:30 DR Newsreel & Devotional</div> <div>11:00 AR Triominoes</div> <div>1:30 Rummikub- 1st Match</div> <div>3:30 DR Happy Hour</div> <div>4:00 AR Rummikub- 2nd Match</div>	<div>10</div> <div>10:00 Exercise Class</div> <div>11:00 Triominoes/ Table Games</div> <div>1:30 Rummikub- 1st Match</div> <div>2:00 AR Rummikub</div> <div>3:15 AR Bingo</div> <div>4:00 AR Rummikub- 2nd Match</div> <div>6:00 Movie Club- Classic Movies</div>
<div>11</div> <div>Mother’s Day</div> <div>9:30 Sunday Service with St. Laurence</div> <div>10:30 DR Piano Hour with Joey!</div> <div>1:00 AR Table Games</div> <div>1:30 AR Rummikub</div> <div>1:30 Rummikub- 1st Match</div> <div>3:15 AR Bingo</div> <div>4:00 AR Rummikub- 2nd Match</div>	<div>12</div> <div>National Third Shift Workers Day</div> <div>10:30 DR Newsreel & Devotional</div> <div>11:00 DR Mind Exercise</div> <div>1:30 AR Bible Study</div> <div>3:15 AR Bingo</div> <div>4:00 AR Rummikub- 2nd Match</div> <div>6:15 AR Solid Rock Bible Study</div>	<div>13</div> <div>National Apple Pie Day</div> <div>10:00 Yoga & Meditation with Gayathri</div> <div>10:30 DR Newsreel & Devotional</div> <div>1:30 Rummikub- 1st Match</div> <div>2:00 Town Hall</div> <div>3:15 AR Bingo</div> <div>4:00 AR Rummikub- 2nd Match</div> <div>6:00 DR Movie/Program of Your Choice</div>	<div>14</div> <div>National Receptionist Day</div> <div>10:30 DR Newsreel & Devotional</div> <div>11:00 AR Trivia/Table Games</div> <div>11:30 Gardening Club- Water Once a Week</div> <div>1:30 Rummikub- 1st Match</div> <div>3:15 AR Bingo</div> <div>4:00 AR Rummikub- 2nd Match</div> <div>6:00 Rosary w/ St. Laurence Church</div>	<div>15</div> <div>National Chocolate Chip Day</div> <div>10:00 Exercise with Select Rehab</div> <div>10:30 DR Newsreel & Devotional</div> <div>1:00 AR Outreach Creations with Sue</div> <div>1:30 Rummikub- 1st Match</div> <div>1:45 DR Movie Club and Snacks</div> <div>3:15 AR Bingo</div> <div>4:00 AR Rummikub- 2nd Match</div>	<div>16</div> <div>National Pizza Party Day</div> <div>10:00 DR Exercise Class</div> <div>10:30 DR Newsreel & Devotional</div> <div>11:00 AR Triominoes</div> <div>1:30 Rummikub- 1st Match</div> <div>3:30 DR Happy Hour</div> <div>4:00 AR Rummikub- 2nd Match</div>	<div>17</div> <div>Armed Forces Day</div> <div>10:00 Exercise Class</div> <div>11:00 Triominoes/ Table Games</div> <div>1:30 Rummikub- 1st Match</div> <div>2:00 AR Rummikub</div> <div>3:15 AR Bingo</div> <div>4:00 AR Rummikub- 2nd Match</div> <div>6:00 Movie Club- Classic Movies</div>
<div>18</div> <div>9:30 Sunday Service with St. Laurence</div> <div>10:30 DR Piano Hour with Joey!</div> <div>1:00 AR Table Games</div> <div>1:30 AR Rummikub</div> <div>1:30 Rummikub- 1st Match</div> <div>2:00 Solid Rock Apostolic Church Service</div> <div>3:15 AR Bingo</div> <div>4:00 AR Rummikub- 2nd Match</div>	<div>19</div> <div>10:30 DR Newsreel & Devotional</div> <div>11:00 DR Mind Exercise</div> <div>1:30 AR Bible Study</div> <div>3:15 AR Bingo</div> <div>4:00 AR Rummikub- 2nd Match</div>	<div>20</div> <div>10:30 DR Newsreel & Devotional</div> <div>1:30 H-E-B Store Outing</div> <div>1:30 Rummikub- 1st Match</div> <div>3:15 AR Bingo</div> <div>4:00 AR Rummikub- 2nd Match</div> <div>6:00 DR Movie/Program of Your Choice</div>	<div>21</div> <div>10:30 DR Newsreel & Devotional</div> <div>11:00 AR Trivia/Table Games</div> <div>11:30 Gardening Club- Water Once a Week</div> <div>1:30 Rummikub- 1st Match</div> <div>3:00 Chef Demo</div> <div>4:00 AR Rummikub- 2nd Match</div> <div>6:00 Rosary w/ St. Laurence Church</div>	<div>22</div> <div>10:00 Exercise with Select Rehab</div> <div>10:30 DR Newsreel & Devotional</div> <div>1:00 AR Outreach Creations with Sue</div> <div>1:30 Rummikub- 1st Match</div> <div>1:45 DR Movie Club and Snacks</div> <div>3:15 AR Bingo</div> <div>4:00 AR Rummikub- 2nd Match</div>	<div>23</div> <div>10:00 DR Exercise Class</div> <div>10:30 DR Newsreel & Devotional</div> <div>11:00 AR Triominoes</div> <div>1:30 Rummikub- 1st Match</div> <div>3:30 DR Happy Hour- Sunshiner’s Band</div> <div>4:00 AR Rummikub- 2nd Match</div>	<div>24</div> <div>10:00 Exercise Class</div> <div>11:00 Triominoes/ Table Games</div> <div>1:30 Rummikub- 1st Match</div> <div>2:00 AR Rummikub</div> <div>3:15 AR Bingo</div> <div>4:00 AR Rummikub- 2nd Match</div> <div>6:00 Movie Club- Classic Movies</div>
<div>25</div> <div>9:30 Sunday Service with St. Laurence</div> <div>10:30 DR Piano Hour with Joey!</div> <div>1:00 AR Table Games</div> <div>1:30 AR Rummikub</div> <div>1:30 Rummikub- 1st Match</div> <div>3:15 AR Bingo</div> <div>4:00 AR Rummikub- 2nd Match</div>	<div>26</div> <div>Memorial Day</div> <div>10:30 DR Newsreel & Devotional</div> <div>11:00 DR Mind Exercise</div> <div>1:30 AR Bible Study</div> <div>3:15 AR Bingo</div> <div>4:00 AR Rummikub- 2nd Match</div>	<div>27</div> <div>10:30 DR Newsreel & Devotional</div> <div>1:30 Rummikub- 1st Match</div> <div>3:15 AR Bingo</div> <div>4:00 AR Rummikub- 2nd Match</div> <div>6:00 DR Movie/Program of Your Choice</div>	<div>28</div> <div>National Burger & Brisket Day</div> <div>10:30 DR Newsreel & Devotional</div> <div>11:00 AR Trivia/Table Games</div> <div>11:30 Gardening Club- Water Once a Week</div> <div>1:30 Rummikub- 1st Match</div> <div>3:15 AR Bingo</div> <div>4:00 AR Rummikub- 2nd Match</div> <div>6:00 Rosary w/ St. Laurence Church</div>	<div>29</div> <div>10:00 Exercise with Select Rehab</div> <div>10:30 DR Newsreel & Devotional</div> <div>1:00 AR Outreach Creations with Sue</div> <div>1:30 Rummikub- 1st Match</div> <div>1:45 DR Movie Club and Snacks</div> <div>3:15 AR Bingo</div> <div>4:00 AR Rummikub- 2nd Match</div>	<div>30</div> <div>10:00 DR Exercise Class</div> <div>10:30 DR Newsreel & Devotional</div> <div>11:00 AR Triominoes</div> <div>1:30 Rummikub- 1st Match</div> <div>3:30 DR Happy Hour</div> <div>4:00 AR Rummikub- 2nd Match</div>	<div>31</div> <div>10:00 Exercise Class</div> <div>11:00 Triominoes/ Table Games</div> <div>1:30 Rummikub- 1st Match</div> <div>2:00 AR Rummikub</div> <div>3:15 AR Bingo</div> <div>4:00 AR Rummikub- 2nd Match</div> <div>6:00 Movie Club- Classic Movies</div>



These two amazing ladies have been celebrating their birthdays the same month and this year was not the exception. We celebrated their 101st birthday. Yes! 101st birthday!!! Staff was so thrilled to be part of this celebration ... Happy Sweet birthday, Mrs. Dorothy & Mrs. Gladys.



Keeping our Village residents busy is always a challenge, but our community and staff try their best to engage them with variety of activities!

Happy Mother's Day!

"A mother's love for her child is like nothing else in the world." —
Agatha Christie

Mother's Day is set aside to honor and celebrate mothers, grandmothers and mothers-to-be. Shower the special women in your life with love, hugs and maybe a card or a beautiful bouquet! From all of us, we wish all the moms who call our community home a very happy Mother's Day!

