

THE Reserve at Katy Lifestyle

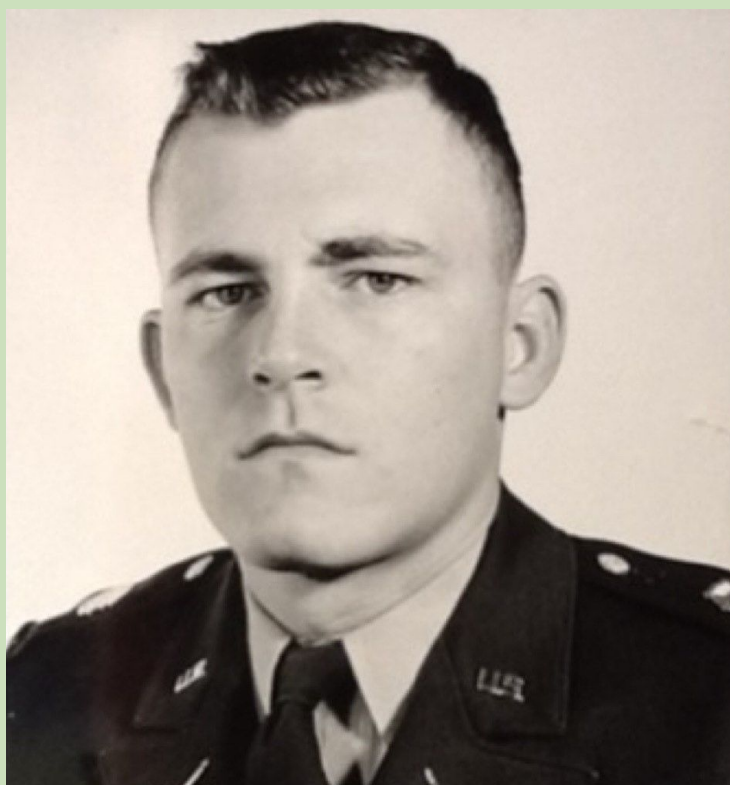


THE RESERVE
AT KATY
SENIOR LIVING AT EASE

Like Us!  

ASSISTED LIVING COMMUNITY
21601 Provincial Blvd · Katy, TX 77450 · (281) 578-2222

AUGUST 2024



Robert (Bob) Owen Sigmund, born March 31st 1935 to Esther J Clark and Owen V Sigmund in Laredo Texas. As a youngster growing up in Laredo Texas, Bob participated in Cub Scouts, played a tin soldier in a Christmas play, built and rebuilt toys to play with, listened to the radio as his favorite past-time, cutting grass for neighbors for spending money and spent his summers working on a family friend's ranch and was an honor roll student throughout his schooling. In 1947 Bob raised the grand champion steer in the local FFA livestock show. Harry Sames Sr. from Sames Motor Co. in Laredo bought the steer. Bob entered college, NM A & M, now known as NM State University in Las Cruces NM, in 1951 at the age of 16 where he was a member of the Lambda Chi Alpha, studied Animal Husbandry, member of the Army Reserves-ROTC, worked in the livestock barns and met his wife, Sheila Jo Callahan.

In 1955, Bob graduated college, got married and entered the army all at the age of 20! June 8, 1955 Bob married Sheila Jo Callahan of Albuquerque NM. Quickly thereafter reporting to active duty in Monterey California. After completing Active Duty in 1958, Bob and Sheila were expecting their first child, Laurie Jo. The couple decided to return to NM where Bob selflessly let go of his Veterinary Medicine dream to go to work for the Farmers Home Administration in Tucumcari NM to support his new family. Two additional daughters arrived while living in Tucumcari, Linda Ann and Lorna Kay. In 1967 the family moved to Albuquerque NM, where Bob began his career with ASCS, (US Agricultural Stabilization and Conservation.) In 1981, Bob took charge of the agency where he ultimately retired. Bob then went to work for the State of NM in the State Highway Dept. and the State Personnel Office, where he also retired. Bob worked for the NM National Guard and Army Reserves rising to the rank of Colonel. He was awarded The Legion of Merit for exceptionally meritorious conduct in performance of outstanding services. He also received Army Commendation Medal Armed Forces Reserve Medal (3 awards), Army Reserve Components Achievement Medal (2 awards). In 1993, Bob lost Sheila to cancer. Through a friend, he was introduced to Sue Blackmon-Giles, whom he married in March of 1995. And gained two more family members, Sue's daughter Carol, and son Marc. In 2006, Bob and Sue moved to Waco TX, joined the Woodway United Methodist Church, participated and taught Alumni classes at Baylor University and enjoyed retirement. Bob lost Sue to cancer in 2008. In 2018, Bob moved to Katy TX to be closer to his daughter Lorna and son-in-law Doug.

AUGUST 2024

Sit Back and Relax

Long, lazy summer days are made for relaxing—and you shouldn't feel guilty about it. Experts say taking time to rest your body and mind is vital to good health. Regular relaxation can also help you cope with stress related to chronic conditions.

V-J Day

On the evening of Aug. 14, 1945, President Harry S. Truman announced the news that Japan had surrendered to the Allies in World War II. The six-year war formally ended on Sept. 2. Both dates have come to be known as Victory Over Japan Day, or V-J Day.

'Paws' For National Dog Day

National Dog Day is Aug. 26, and we'd like to give a shout-out or woof-out to our community therapy dog, Angus! Take a moment to "paws" and give our furry four-legged friend a pet, scratch or belly rub!

**"It's never too late in life to have a genuine adventure."
—Robert Kurson**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
4 10:00 AR Exercise 10:30 AR Horse Race 11:00 MT Virtual Lakewood Church Services 1:10 MT Astros vs Rays 2:00 AR Puzzles and Board Games 3:00 AR Sundaes on Sunday 3:30 AR Pokeno	5 9:30 AR Coffee Talk 10:00 AR Exercise with Madel 10:30 AR Floral Arrangement with Elizabeth 1:00 AR Dominoes 1:30 MT Summer Olympics 2:30 AR Bingo 3:00 Therapy Dog Visit/ Angus 3:30 AR SkipBo with Dortha 3:30 AR Snack and Chat	6 National Root Beer Float Day 9:30 AR Coffee Talk 10:00 AR Exercise with Madel 10:30 AR Color Me Elephant Pouch 1:30 MT Summer Olympics 1:30 FL Walk the Lap 2:00 AR Bible Study with Leo 3:30 AR Root Beer Float Social	7 Cancellations as well as some changes are sometimes unavoidable. We appreciate your understanding and cooperation! 9:30 AR Coffee Talk 10:00 AR Exercise with Madel 10:30 AR Card Bingo 1:00 AR Adult Coloring 1:35 MT Astros vs Rangers 2:00 AR Cards and Cocktails 3:30 AR SkipBo with Dortha	8 9:30 AR Coffee Talk 10:00 AR Exercise with Madel 10:30 AR Worship Service with Jon Guyton 1:30 MT Summer Olympics 2:00 AR Trivia with Jane 3:30 AR Key Chain Making	9 Happy Birthday Angelina G. 9:30 AR Coffee Talk 10:00 AR Exercise with Madel 10:30 AR Blackjack 11:30 Lunch Bunch- Cheese Cake Factory 🍷 1:00 AR Chicken Foot 1:30 MT Summer Olympics 2:00 AR Birthday Party with Senior Support Squad 3:30 AR Jeopardy	10 National Watermelon Day 10:00 AR Exercise 10:30 AR Giant Matching Game 1:30 MT Movie- Hacksaw Ridge 2:00 AR Watermelon Social 3:30 AR Bingo 6:15 MT Astros vs Rays
11 10:00 AR Exercise 10:30 AR Horse Race 11:00 MT Virtual Lakewood Church Services 12:35 MT Astros vs Red Sox 2:00 AR Puzzles and Board Games 3:00 AR Sundaes on Sunday 3:30 AR Pokeno	12 Happy Birthday Frank F. 9:30 AR Coffee Talk 10:00 AR Exercise with Madel 10:30 AR Floral Arrangement 1:00 AR Dominoes 2:30 AR Bingo 3:00 Therapy Dog Visit/ Angus 3:30 CY Popsicle Social 3:30 AR SkipBo with Dortha	13 9:30 AR Coffee Talk 10:00 AR Exercise with Madel 10:30 AR Bible Bingo 1:30 FL Walk the Lap 2:00 AR Bible Study with Leo 3:30 AR Pokeno	14 9:30 AR Coffee Talk 10:00 AR Exercise with Madel 10:30 AR Velvet Art Baseball Caps 1:00 AR Scrabble 2:00 AR Cards and Cocktails 3:30 AR SkipBo with Dortha	15 9:30 AR Coffee Talk 10:00 AR Exercise with Madel 10:30 DR Sing Along with Nadia 1:30 AR Chef Chat 2:30 AR Women's Social Group 3:30 AR Bunco	16 9:30 AR Coffee Talk 10:00 AR Exercise with Madel 10:30 AR Monthly Auction 11:30 Lunch Bunch- Hasta La Pasta 🍷 1:00 AR Chicken Foot 2:00 AR Blackjack 3:30 AR Beer Tasting with Carlos	17 10:00 AR Exercise 10:30 AR Corn Hole 1:30 MT Movie- Dear John 2:00 AR Rummikub 3:30 AR Bingo 6:10 MT Astros vs White Sox
18 10:00 AR Exercise 10:30 AR Horse Race 11:00 MT Virtual Lakewood Church Services 1:10 MT Astros vs White Sox 2:00 DR Music of Harmony Kids Performance 3:30 AR Pokeno	19 9:30 AR Coffee Talk 10:00 AR Exercise with Madel 10:30 AR Floral Arrangement with Robert 1:00 AR Dominoes 2:30 AR Bingo 3:00 Therapy Dog Visit/ Angus 3:30 AR SkipBo with Dortha 3:30 AR Snack and Chat	20 9:30 AR Coffee Talk 10:00 AR Exercise with Madel 10:30 DR Weight and Vitals Clinic with Blue Star Hospice 1:30 DR Resident Town Hall 2:30 AR Mens Group 3:30 AR Pokeno	21 National Senior Citizens Day 9:30 AR Coffee Talk 10:00 AR Exercise with Madel 11:00 DR Senior Citizen Celebration with Rodney Raspberry 1:00 AR Adult Coloring 1:10 MT Astros vs Red Sox 2:00 AR Rock Painting 3:30 AR SkipBo with Dortha 5:30 AR Family Support Group	22 9:30 AR Coffee Talk 10:00 AR Exercise with Madel 10:30 AR Worship Service with Jon Guyton 1:00 AR Left Center Right 2:00 AR Jeopardy 3:30 AR Bingo	23 9:30 AR Coffee Talk 10:00 AR Exercise with Madel 10:00 Saint Arnold Brewing Company 🍷 10:30 AR Pokeno 1:00 AR Chicken Foot 2:00 AR Praise and Worship Sing Along 3:30 AR Blackjack	24 National Waffle Day 10:00 AR Exercise 10:30 AR Waffle Bar 11:00 MT Florida ST vs Georgia Tech 1:00 MT Movie- The Time Travelers Wife 2:00 AR Bracelet Making with Senior Support Squad 3:05 MT Astros vs Orioles 3:30 AR Bingo
25 National Banana Split Day 10:00 AR Exercise 10:30 AR Horse Race 11:00 MT Virtual Lakewood Church Services 12:35 MT Astros vs Orioles 2:00 AR Banana Split Social 3:30 AR Pokeno	26 Happy Birthday Gloria & Alvin 9:30 AR Coffee Talk 10:00 AR Exercise with Madel 10:30 AR Floral Arrangement 1:00 AR Dominoes 2:30 AR Bingo 3:00 Therapy Dog Visit/ Angus 3:30 CY Popsicle Social 3:30 AR SkipBo with Dortha	27 9:30 AR Coffee Talk 10:00 AR Exercise with Madel 10:30 AR Bible Bingo 1:30 FL Walk the Lap 2:00 AR Bible Study with Leo 3:30 AR Pokeno	28 National Red Wine Day 9:30 AR Coffee Talk 10:00 AR Exercise with Madel 10:30 AR Spoons 1:00 AR Checkers 2:00 AR Happy Hour Wellness Talk with Select Rehab 3:05 MT Astros vs Phillies 3:30 AR SkipBo with Dortha	29 9:30 AR Coffee Talk 10:00 AR Exercise with Madel 10:30 AR Velvet Art Trinket Box 1:00 AR Jenga 2:00 AR Wood Painting 3:30 AR Bunco	30 Happy Birthday Esther M. 9:30 AR Coffee Talk 10:00 AR Exercise with Madel 10:00 Holocaust Museum 🍷 10:30 AR Pokeno 1:00 AR Chicken Foot 2:00 AR Trivia Madness 3:30 AR Blackjack	31 10:00 AR Exercise 10:30 AR Sip and Paint 11:00 MT Clemson vs Georgia 1:30 MT Movie- The Lucky One 2:00 AR Rummikub 3:30 AR Bingo 6:10 MT Astros vs Royals



Happy hour crew! Olive Garden was the perfect margarita spot for the ladies.



Partying like it's 1776!



Resident Birthdays

08/02 Angelina Grucholski
 08/09 Melba Cuevas
 08/12 Frank Fannin
 08/26 Gloria Resendez
 08/26 Alvin Lindsey
 08/30 Esther Mirti
 08/31 Gisela Walker

Welcome New Residents

Melba Cuevas
 Dale Hunt

Veteran of the Month



Kathy Tucker
 82 Years Old
 U.S Navy
 Stationed in Washington DC.