

January 2017

Dates To Celebrate

- New Year's Day 1/01
- Elvis Presley's Birth Anniversary 1/08
- Martin Luther King, Jr.'s Birth Anniversary 1/15
- Martin Luther King, Jr. Day (observed) 1/16
- Benjamin Franklin's Birth Anniversary 1/17

Birthstone - Garnet | Flower - Carnation

Zodiac - Capricorn & Aquarius

Some New Year's Symbols and Traditions

- The baby and old man have been symbols of the new and old year since the time of the ancient Greeks.
- The Romans derived their name for the month of January from their god Janus, who had two faces, one looking forward and one looking backward.
- Many Europeans eat cabbage or other greens to ensure prosperity for the coming year.
- People in the southern United States eat black-eyed peas for good luck.
- In Asia, people eat dumplings, noodles and rice cakes whose names and appearances symbolize long life, happiness, wealth and good fortune.
- People gather for parties on the New Year because of the belief that what a person does on the first day of the New Year foretells what he will do for the remainder of the year.

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FRANKLIN
Park
19110 Huebner Rd.
San Antonio, TX 78258
210-479-0155

A Franklin Park Retirement Community



FRANKLIN PARK | THE LANDING AT STONE OAK

Senior Living with Style!

The Landing at Stone Oak | 19110 Huebner Rd. | San Antonio, TX 78258 | 210-479-0155

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Life Enrichment Director
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JANUARY 2017

Special Events

- 01/06..... Birthday Bash
- 01/13.....Live Music
- 01/17..... Landing Support Group
- 01/20.....Live Music
- 01/21.....Josie Art Craft/Music
- 01/25..... Ladies' Tea Social
- 01/25..... Men's DIY

Every Monday - Garden Club

Every Tuesday - Star of Month

Every Wednesday & Thursday - Bus Ride

Solutions to New Year's Resolutions

As we welcome the New Year, we welcome a time of reflection and self-assessment. We have a new opportunity to do something we love, to meet a new challenge, to set a goal, no matter how small or large, and tackle it head-on without hesitation. This is where New Year's Resolutions come into play. Some people see them as meaningless, while others plan their entire year around them. But no matter your age or stage in life, there is always room for optimism and positive thoughts. If you are trying to think of a few resolutions and coming up short, here's some fodder to consider:

- How much time do I spend with my family? How are our relationships? Is there anyone with whom I'd like to be closer, or I've distanced myself from and should make amends?
- Could I spend more time doing other things besides sleeping and eating? What's my TV to reading ratio? Maybe I could go outside more often?
- I am retired, so I should have hobbies; right? What are they? Maybe I should get a new one? Make a new friend? Learn how to play a new game?

Now that you've considered some of these questions, you might be inspired to make a resolution, seek out a solution, learn something new, or mix up your daily routine. Regardless, do what makes you happy. Continue to age with ease and grace. Stay connected with loved ones, whether it's by exchanging letters regularly or learning to use the Internet. Make sure family traditions stay traditions. Share your recipes and war stories. Let your family learn from your experiences.

The Landing at Stone Oak

January 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Chronicle & Devotion 10:30 Brain Game 10:45 Topic of Day: Ellis Island 11:15 Walk and Talk 2:00 Brain Exercise 2:30 New Years Day Ball Drop 3:00 Afternoon Refreshments 3:30 Spiritual Hymns 4:00 Sunday Service w/ Adam	9:30 Walk & Talk 10:00 Snacks and Word Game 10:30 Daily Chronicle & Devotional 11:00 Garden Club 2:00 Sing-A-Long 2:30 Topic of Day: Astronomy 3:00 Afternoon Snack 4:15 Chair Vollyball 6:00 A Night at the Movies	9:30 Chair Exercise 10:00 Songs & Snacks 10:15 Daily Chronicle & Devotional 10:45 Brain Games 11:00 Topic of Day: Alaska 2:00 Nail Salon 3:00 Star of Month and Matinee 4:15 Walk and Stretch 6:00 Movie Night	9:30 Walk & Talk 10:00 Snack & Music 10:15 Bus Trip 2:00 Bible Study: PBC 3:00 Snack and Braingames 3:15 Topic of Day: Braille 4:00 Chronicle & Devotion 4:30 Seniorcise	9:30 Chair Exercise 10:00 Snack & Music 10:30 Daily Chronicle & Devotional 2:00 Bus Outing: Library 3:15 Afternoon Refreshments 3:30 Book Club 4:15 Reminisce 4:30 Walk and Talk 6:00 A Night at the Movies 11:00 Topic: National Bird Day	9:30 Walk & Talk 10:00 Morning Social 10:15 Daily Chronicle & Devotional 11:00 Topic: Epiphany 2:00 Walk and Talk 3:00 Birthday Bash 3:15 Afternoon Refreshments 4:15 Bingo With Friends 6:00 Theater Time	10:00 Chronicle & Snack 10:30 Cooking Corner: Cookies 11:15 Chair Exercise 2:00 Topic: Old Rock Day 3:00 Afternoon Social 3:30 Bowling Away 4:15 Brain Games: Rhyme Words 6:00 Movie Time
10:00 Chronicle & Snack 10:30 Brain Games 10:45 Elvis Day 11:30 Walk & Talk 2:00 Elvis Sing-a-long 3:00 Afternoon Refreshments 3:30 Spiritual Hymns 4:00 Sunday Service w/ Adam	9:30 Walk & Talk 10:00 Morning Refreshments 10:15 Daily Chronicle & Devotional 11:00 Garden Club 2:00 National Apricot Day 3:00 Afternoon Snack 3:30 Brain Games: Crossword 4:15 Chair Vollyball 6:00 A Night at the Movies	9:30 Chair Exercise 10:00 Songs & Snacks 10:15 Daily Chronicle & Devotional 10:45 Brain Games 11:15 Topic of Day: Astronomy 2:00 Nail Salon 3:15 Star of Month; Document 4:00 Bowling Time 6:00 Movie Night	9:30 Walk & Talk 10:00 Morning Refreshments 10:15 Bus Trip 2:00 Bible Study: PBC 3:00 Snack & Chat 3:15 Brain Game: Rhyming Words 3:45 Topic: Founding Father 4:15 Seniorcise 6:00 Movie Night	9:30 Chair Exercise 10:00 Snack & Music 10:30 Daily Chronicle & Devotional 11:00 Topic of Day: Museums 2:00 Bus Outing 3:15 Afternoon Refreshments 3:30 Comparative Listings 4:00 Reminisce 4:30 Walk and Talk 6:00 A Night at the Movies	9:30 Walk & Talk 10:00 Morning Social 10:15 Daily Chronicle & Devotional 10:30 Sentence Inhibition 11:00 Sing a long 1:45 Seniorcise 2:00 Topic of Day: Radio Broadcast 3:00 Live Music 4:00 BINGO with Friends 6:00 Movie Night	10:00 Daily Chronicle & Snack 10:30 Brain Games 11:00 World Travel: Asia 11:30 Walk & Talk 2:00 Topic of Day: Pets 3:00 Afternoon Social 3:30 Craft Creation 4:15 Walk & Talk 6:00 Movie Night
10:00 Chronicle & Snack 10:30 Brain Game 11:00 Craft Corner: Paint 11:30 Seniorcise 2:00 Topic of Day: MLK Jr 3:00 Social Snacks 3:30 Spiritual Hymns 4:00 Sunday Service w/ Adam 6:00 Movie Night	9:30 Walk & Talk 10:00 Morning Refreshments 10:15 Daily Chronicle & Devotional 10:45 Brain Games 11:00 Garden Club 2:00 Sing-A-Long 2:30 Topic Marx Brothers/Duck Soup 3:00 Afternoon Refreshments 4:15 Balloon Vollyball 6:00 Movie Night	9:30 Chair Exercise 10:00 Morning Refreshments 10:15 Daily Chronicle & Devotional 10:45 Brain Games: commonynms 11:15 Topic of Day: Benjamin Franklin 2:00 Nail Salon 3:30 Star of Month Matinee 5:30 The Landing Support Group 6:00 Movie Night	9:30 Walk & Talk 10:00 Morning Social 10:15 Bus Trip 2:00 Bible Study: PBC 3:00 Afternoon Snack 3:15 Poetry Club 3:30 Topic of day: Lewis and Clark 4:00 Bowling	9:30 Chair Exercise 10:00 Songs & Snacks 10:15 Daily Chronicle & Devotional 10:45 Wacky Wordies 2:00 Bus Outing: Coffee and Doughnuts 3:00 Afternoon Social 3:15 National Popcorn Day 4:15 Walk & Talk 6:00 Movie Time	9:30 Walk & Talk 10:00 Snack & Chat 10:15 Daily Chronicle & Devotional 10:45 Brain Games 2:00 Trivia 3:00 Live Music 3:15 Afternoon Snack 4:15 BINGO with Friends 6:00 Feature Film	10:00 Chronicle & Snack 10:30 Brain Game 11:00 Josie/Music & Crafts 11:30 Walk & Talk 2:00 Seniorcise 2:30 National Hug Day 3:00 Songs & Snacks 3:15 Brain Game: Rhyming Words 3:30 Balloon Vollyball 6:00 A Night at the Movies
10:00 Chronicle & Snack 10:30 Brain Games 11:00 World Travel: Argentina 11:30 Sunday Stroll 2:00 Karaoke 2:30 Trivia 3:00 Afternoon Social 3:30 Spiritual Hymns 4:00 Sunday Service w/ Adam 6:00 Feature Film	9:30 Walk & Talk 10:00 Songs & Snacks 10:15 Daily Chronicle & Devotional 10:45 Brain Games 11:45 Garden Club 2:00 Sing-A-Long 2:30 Brain Games: Numbers 3:00 Afternoon Social 3:30 National Brownie Day 4:15 Seniorcise 6:00 Movie Night	9:30 Chair Exercise 10:00 Snack & Chat 10:15 Daily Chronicle & Devotional 10:45 Topic of Day: CA Gold Rush 11:15 Trivia Tuesday 2:45 Matinee: Featuring Star of Month 3:00 Afternoon Snack 4:15 Walk & Talk	9:30 Walk & Talk 10:00 Snack & Chat 10:15 Bus Trip: Library 2:00 Bible Study: PBC 3:00 Snack & Chat 3:15 Ladies Tea Social 3:15 Mens Club 4:00 Chronicle & Devotion 4:30 Sing-A-Long Songs 6:00 A Night at the Movies	9:30 Chair Exercise 10:00 Morning Refreshments 10:15 Daily Chronicle & Devotional 10:45 Topic of Day: Australia Day 11:15 Finish the Lyric 2:00 Bus Trip 3:15 Afternoon Snack 3:45 Brain Games 4:15 Reminisce: Family 6:00 Feature Film	9:30 Walk & Talk 10:00 Songs & Snacks 10:15 Daily Chronicle & Devotional 10:45 Brain Games 11:15 Creative Corner 2:00 Topic of Day: Lewis Carroll 2:45 Alice in Wonderland 3:00 Afternoon Refreshments 4:15 BINGO with Friends 6:00 Feature Film	10:00 Morning Social 10:15 Daily Chronicle & Devotional 10:45 Cooking Corner: Cookies 11:15 Walk and Talk 2:00 Topic: Childrens Television 3:00 Afternoon Refreshments 3:15 Brain Games 4:15 Strolling Along 6:00 Movie Night
10:00 Snack & Chronicle 10:30 Brain Game 11:00 Topic: National Puzzle Day 11:30 Walk and Talk 2:00 Creative Corner: Puzzle Frames 3:00 Snack & Chat 3:15 Spiritual Hymns 4:00 Sunday Service w/ Adam 6:00 Feature Film	9:30 Walk & Talk 10:00 Morning Snack 10:15 Daily Chronicle & Devotional 10:45 Brain Games Commonynms 11:15 Garden Club 2:00 Memory Life Game 3:00 Afternoon Refreshments 3:15 Topic of Day: FDR 4:15 Swing and Dance 6:00 Movie Night	9:30 Chair Exercise 10:00 Songs & Snacks 10:15 Daily Chronicle & Devotional 10:45 Topic: Chinese New Year 11:15 Tuesday Trivia 2:00 Nail Salon 3:00 Social Snacks 3:15 Star of Month Matinee 6:00 A Night at the Movies				