



230 W. Sunset Road • San Antonio, TX 78209 • (210) 829-5955

### Staff Directory

David Ewing	Executive Director
Megan Perez	Assisted Living Director
John Rivett	Memory Care Director
Lisa McGuire	Marketing Director
Kerri Haigood	Fitness Coordinator
Lorne Pederson	Move-In Coordinator
Katie Loughman	Life Enrichment Director
Audrey Howard	AL Life Enrichment Director
Eddie Franco	Executive Chef
Chris Purgason	Dining Room Manager
Art Alamo	Maintenance Director
Antonio Guerra	Maintenance Technician
Mary Gurney	Business Office Manager

### Office Hours

Monday .....	Friday
9:00 .....	5:00

### A Little Rain Must Fall

"The way I see it, if you want the rainbow, you gotta put up with the rain." —Dolly Parton

### The Birth of Baby Carrots

Did you know that baby carrots were created to give ugly carrots a chance at being sold? In 1986, a California carrot farmer sprouted the idea to cut and peel imperfect, unwanted full-grown carrots into identical 2-inch pieces, and they were an instant hit at grocery stores. Packaged baby carrots now make up nearly 70 percent of carrot sales.

### April 2017

#### A Word From Our Executive Director

WOW! So much progress has been made the past month – it is an exciting time to be living at Franklin Park Alamo Heights. We had our first resident town hall. The theater system in the ballroom is finished being installed. The Mardi Gras party was a rousing success. Beer and wine service in the dining room has begun as well as Sunday brunch. Of course, best of all, new residents are moving in. Some of you have been on our wait list for more than two years and it is so exciting to see everyone moving into the community. Of course, there is more good stuff to come. Fiesta is right around the corner, the bluebonnets are coming into bloom. The Memory Care received its license and is now open; and Assisted Living construction is coming to an end and furniture is being installed. Thanks to all of our new depositors, our Ambassadors, and those residents who have already moved in – you make it exciting!

David E. Ewing



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Dining Hours:</b> 7:00 Breakfast: 7:00 am - 9:30 am 11:30 Lunch: 11:30 am -2:00 pm 4:30 Dinner: 4:30 pm - 7:30 pm	<b>Movies- On the Big Screen in Ballroom. Note: Location Will Change to Theater, Once Theater Is Open.</b> 12:00 <b>B</b> Saturday Matinee 7:30 <b>B</b> Sunday Cinema 7:30 <b>B</b> Wednesday Night	<b>Outings-</b> Reserve your spot on our special outings each week.	<b>What's in a Name?</b> It is important, but can be difficult to remember people's names. Let's make it easier on everyone as we get settled into our new community and <b>wear our Name Badges</b> . If you have misplaced your name badge, or need to order one, please see the front desk.		1 12:00 <b>B</b> Saturday Matinee - Les Miserables 4:00 <b>Bd</b> Mexican Train
2 10:00 <b>D</b> Sunday Brunch - 2:00pm 1:30 <b>O</b> <b>San Antonio Metropolitan Ballet</b> ✓ 7:30 <b>B</b> Sunday Cinema - Hacksaw Ridge	3 9:30 <b>O</b> <b>The Blue Bonnet Trail</b> ✓ 10:00 <b>B</b> Group Fitness ♥ 2:00 <b>G</b> Group Fitness ♥ 4:00 <b>Bd</b> <b>Bridge</b> 7:00 <b>P</b> Classical Guitarist, Sean	4 8:00 <b>L</b> Medical Appointments ✓ 10:00 <b>B</b> Group Fitness ♥ 11:30 <b>O</b> <b>Basic iPad Class</b> ✓ 2:00 <b>G</b> Group Fitness ♥ 3:00 <b>AC</b> Spring Decorations 4:00 <b>Bd</b> <b>Bunco</b>	5 9:30 <b>CR</b> Bible Study 9:30 <b>L</b> Errand Day- Cost Co ✓ 10:00 <b>B</b> Group Fitness ♥ 1:00 <b>Bd</b> <b>Birthday Party! First Wednesday of every month we will celebrate birthdays of the month.</b> 2:00 <b>G</b> Group Fitness ♥ 4:00 <b>Bd</b> <b>Farkle</b> 7:30 <b>B</b> Wednesday Night Movie- Murphy's Romance	6 8:00 Medical Appointments ✓ 10:00 <b>B</b> Group Fitness ♥ 1:00 <b>Bd</b> <b>Bingo</b> ★ 2:00 <b>G</b> Group Fitness ♥ 4:00 <b>Bd</b> Happy Hour- Come and meet your new neighbors 7:00 <b>Bd</b> <b>Texas Hold'em</b>	7 9:00 <b>L</b> Errand Day- Walgreens ✓ 10:00 <b>B</b> Group Fitness ♥ 12:00 <b>B</b> <b>Marie's Trunk Show</b> 2:00 <b>G</b> Group Fitness ♥ 4:00 <b>B</b> <b>Line Dancing</b> ♥ 5:30 <b>D</b> Dinner Music ★	8 12:00 <b>B</b> Saturday Matinee - Woman in Gold 4:00 <b>Bd</b> Bridge
9 <b>Palm Sunday</b> 10:00 <b>D</b> Sunday Brunch - 2:00pm 7:30 <b>B</b> Sunday Cinema - The Sin Eater	10 9:30 <b>O</b> <b>The Painted Churches</b> ✓ 10:00 <b>B</b> Group Fitness ♥ 2:00 <b>G</b> Group Fitness ♥ 4:00 <b>Bd</b> <b>Bridge</b> 7:00 <b>P</b> Classical Guitarist, Sean	11 8:00 <b>L</b> Medical Appointments ✓ 10:00 <b>B</b> Group Fitness ♥ 11:00 <b>Bd</b> <b>Your Health</b> ♥ 2:00 <b>G</b> Group Fitness ♥ 4:00 <b>Bs</b> <b>Meet and Greet Social</b>	12 9:00 <b>L</b> Errand Day- HEB ✓ 9:30 <b>CR</b> Bible Study 10:00 <b>B</b> Group Fitness ♥ 10:30 <b>B</b> <b>Resident Town Hall</b> 2:00 <b>G</b> Group Fitness ♥ 7:30 <b>B</b> Wednesday Night Movie - Unconditional	13 8:00 Medical Appointments ✓ 10:00 <b>B</b> Group Fitness ♥ 11:00 <b>Bd</b> <b>Scrabble</b> 2:00 <b>G</b> Group Fitness ♥ 4:00 <b>Bd</b> Happy Hour- Come and meet your new neighbors 6:00 <b>O</b> <b>Tobin- Greater Tuna</b> ✓	14 9:00 <b>L</b> Errand Day- Walmart ✓ 10:00 <b>B</b> Group Fitness ♥ 11:30 <b>O</b> <b>Galloping Gourmet - Dijon Cafe</b> ✓ 2:00 <b>G</b> Group Fitness ♥ 4:00 <b>B</b> <b>Line Dancing</b> ♥ 5:30 <b>D</b> Dinner Music ★	15 12:00 <b>B</b> Saturday Matinee - The Passion 4:00 <b>Bd</b> Mexican Train
16 <b>Easter</b> 10:00 <b>D</b> Sunday Brunch - 2:00pm 7:30 <b>B</b> Sunday Cinema - Heaven is Real	17 10:00 <b>B</b> Group Fitness ♥ 11:30 <b>CR</b> Alzheimer's Caregivers 2:00 <b>G</b> Group Fitness ♥ 4:00 <b>Bd</b> <b>Bridge</b> 7:00 <b>P</b> Classical Guitarist, Sean	18 8:00 <b>L</b> Medical Appointments ✓ 10:00 <b>B</b> Group Fitness ♥ 11:00 <b>B</b> <b>Educational - Keeping Hearts Healthy</b> ★ 1:00 <b>AC</b> Fiesta Decorations 2:00 <b>G</b> Group Fitness ♥ 4:00 <b>Bd</b> Mexican Train	19 9:00 <b>L</b> Errand Day- CVS ✓ 9:30 <b>CR</b> Bible Study 10:00 <b>B</b> Group Fitness ♥ 11:00 <b>O</b> The McNay Museum 2:00 <b>G</b> Group Fitness ♥ 7:30 <b>B</b> Wednesday Night Movie - Sully	20 8:00 Medical Appointments ✓ 10:00 <b>B</b> Group Fitness ♥ 2:00 <b>G</b> Group Fitness ♥ 4:30 <b>C</b> <b>Fiesta!</b> ★ 7:00 <b>Bd</b> Texas Hold'em	21 9:00 <b>L</b> Errand Day- Central Market ✓ 10:00 <b>B</b> Group Fitness ♥ 2:00 <b>G</b> Group Fitness ♥ 4:00 <b>B</b> <b>Line Dancing</b> ♥ 5:30 <b>D</b> Dinner Music ★	22 12:00 <b>B</b> Saturday Matinee - A Royal Night Out 4:00 <b>Bd</b> Bridge 7:00 <b>O</b> <b>SA Symphony -Fiesta Pops</b> ✓
23 10:00 <b>D</b> Sunday Brunch - 2:00pm 7:30 <b>B</b> Sunday Cinema - The Queen	24 10:00 <b>B</b> Group Fitness ♥ 10:30 <b>O</b> <b>Artisan's Ally</b> ✓ 12:00 <b>O</b> <b>The Bread Box</b> ✓ 2:00 <b>G</b> Group Fitness ♥ 4:00 <b>Bd</b> <b>Bridge</b> 7:00 <b>P</b> Classical Guitarist, Sean	25 8:00 <b>L</b> Medical Appointments ✓ 10:00 <b>B</b> Group Fitness ♥ 11:30 <b>O</b> <b>Basic iPad Class</b> ✓ 2:00 <b>G</b> Group Fitness ♥ 4:00 <b>Bd</b> Cards	26 9:00 <b>L</b> Errand Day- HEB ✓ 9:30 <b>CR</b> Bible Study 10:00 <b>B</b> Group Fitness ♥ 11:00 <b>O</b> <b>Bibliotech</b> ✓ 2:00 <b>G</b> Group Fitness ♥ 7:30 <b>B</b> Wednesday Night Movie - The Nice Guys	27 8:00 Medical Appointments ✓ 10:00 <b>B</b> Group Fitness ♥ 2:00 <b>G</b> Group Fitness ♥ 4:00 <b>Bd</b> Happy Hour- Come and meet your new neighbors 7:00 <b>Bd</b> <b>Poker</b>	28 9:00 <b>L</b> Errand Day- Walmart ✓ 10:00 <b>B</b> Group Fitness ♥ 11:00 <b>AC</b> Glass Fusing Class ✓ 2:00 <b>G</b> Group Fitness ♥ 4:00 <b>B</b> <b>Line Dancing</b> ♥ 5:30 <b>D</b> Dinner Music ★	29 12:00 <b>B</b> Saturday Matinee - Hidden Figures 4:00 <b>Bd</b> Bridge
30 10:00 <b>D</b> Sunday Brunch - 2:00pm 7:30 <b>B</b> Sunday Cinema - Joy						

Come and see the beautiful bluebonnets with us as we seek out the most spectacular showing in all the land. If you miss that, don't worry, the following week we are going to the Painted Churches in Schulenburg and we will be sure to see bluebonnets along the way.

Look for many other trips and outings we have planned for the month of April. We have trips to the ballet, the symphony, the Majestic and the Tobin. Lunch dates, shopping trips, medical appointments, and software appointments – we can get you there. Just sign up so we can arrange the schedule, and we are happy to serve you.

Whether you want to see bluebonnets, or just need help with your iPad, we are here to serve you. Let us know how we can serve you better.



The Bluebonnets of Texas

## Living Large on Fat Tuesday in Alamo Heights



A good time was had by everyone at the Mardi Gras Gala. We decked out in our Fat Tuesday's finest suits and masks. We filled the Ballroom with purple feathers, a grand archway, large masks, balloons – gold, purple and green – were everywhere to be seen! Billows of Dixieland Jazz could be heard all over the Alamo Heights area as well the aromas of the spectacular delights of our Chef Eddie and his crew.

The wonderful New Orleans style Jazz Band closed out the evening with "When the Saints Go Marching In," and we marched home with smiles on our faces. Thanks to all the festive faces that made the night a success!