



FRANKLIN *Park*

ALAMO HEIGHTS
ASSISTED LIVING

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

Staff Directory

Tiffany Weiser	Executive Director
Joanna Sosa	Business Office Manager
Carrie Perry	Marketing Director
Michelle Eller	Move-In Coordinator
Austin Querbach	Director of Maintenance
Jacqueline Hodges	Director of AL & MC
Johnny Brewer	Asst. Dir of Assistant Living
Chris Purgason	Director of Dining Services
Alex Reta Jr.	Executive Chef
Karla Posada	Fitness Coordinator
Nicole Garza	Life Enrichment Director
Jo Rosser	Life Enrichment Assistant



Happy Birthday

Warm Wishes to All Those Celebrating March Birthdays!

Virginia Halter	3rd
Loretta Lee	12th
Iris Rubin	20th
Ann Wise	26th

March 2024



Keep Calm and Carrot On

Root out some fun facts about sweet and crunchy carrots.

- Carrots became popular in the U.S. following World War I. Today, they are Americans' fourth-favorite vegetable (after potatoes, onions and tomatoes).
- One teaspoon can hold 2,000 tiny carrot seeds.
- Although linked with rabbits (thanks, Bugs Bunny!), carrots are high in sugar and should only be fed to rabbits as an occasional treat.

March 2024

- DR Dining Room
- C Chapel
- AR Activity Room
- SA Sitting Area
- AC Arts & Crafts Room
- M Memory Care
- L Meet in Lobby
- BS Beauty Shop
- CF Card Flex Room
- Art
- ♥ Healthy Heart
- ♪ Music
- \$ Requires Money
- ✓ Sign-Up Required
- 🎲 Games
- ★ Special Event/Guest
- † Spiritual

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>HELLO <i>March</i></p>	<p>SPRING FORWARD</p>		<p>SPRING</p>	<p>HAPPY <i>Easter</i></p>	<p style="text-align: right;">1</p> <p>10:00 AR Word Scramble with Beverly 🎲</p> <p>11:00 C Morning Stretches with Karla ♥</p> <p>1:30 AR Fancy Nails with Jo (Sign Up Required) ✓</p> <p>3:00 AR Wine & Cheese with Joanie "Irish Music" ♪</p> <p>4:00 AR Music & Cards With Friends 🎲</p>	<p style="text-align: right;">2</p> <p>9:45 M Sit and Be Fit with Jo (Meet In Memory Care) ♥</p> <p>10:30 AR Bingo with Jo 🎲</p> <p>4:00 AC Puzzle Mania (Bring A Friend)</p> <p>6:00 SA Netflix Movie (Resident Choice)</p>
<p style="text-align: right;">3</p> <p>10:00 AC Puzzle Mania</p> <p>3:00 C Church Service (Church Of Christ) †</p> <p>6:00 SA Netflix Movie (Resident Choice)</p>	<p style="text-align: right;">4</p> <p>8:30 L HEB Trip (Meet in Lobby) \$</p> <p>10:00 C Bible Study with Angie †</p> <p>11:00 C Sit and Be Fit With Karla ♥</p> <p>1:30 AR Margaritas & Manicures With Nicole (Sign Up Required)</p> <p>3:00 AR Prize Bingo</p> <p>4:00 AR Music & Cards With Friends</p>	<p style="text-align: right;">5</p> <p>9:00 BS Beauty Shop Appointments</p> <p>9:00 AR Wellness Checks with Enhabit Home Health ♥</p> <p>10:00 AR Brain Teasers With Beverly</p> <p>11:00 C Chair volleyball With Karla ♥</p> <p>2:00 AR Activity Meeting (All are welcome to join)</p> <p>3:00 AR Ice Cream Social</p> <p>4:00 AR Board Games with Friends</p>	<p style="text-align: right;">6</p> <p>10:00 AR Wheel of Fortune with Beverly 🎲</p> <p>11:00 C Sit and Be Fit With Karla ♥</p> <p>1:30 AR Creative Corner ●</p> <p>3:00 DR Happy Hour/Birthday Celebration with Cowboy Mike ♪</p> <p>4:00 AR Music & Cards with Friends 🎲</p>	<p style="text-align: right;">7</p> <p>10:00 AC Craft's With Dee 10am-3pm (Raffle to be announced at 3pm) \$</p> <p>10:00 L Dollar Tree Outing- Sign Up Required "Meet in Lobby" ✓</p> <p>11:00 C Drum Circle With Karla ♥</p> <p>1:00 AC Adroit Medical Equipment ★</p> <p>3:00 AR Bingo Fun 🎲</p> <p>4:00 DR Music & Dominoes with Friends 🎲</p>	<p style="text-align: right;">8</p> <p>10:00 AR Word Scramble with Beverly 🎲</p> <p>11:00 C Morning Stretches with Karla ♥</p> <p>1:30 AR Fancy Nails with Jo (Sign Up Required) ✓</p> <p>2:00 C Catholic Mass with Father Kevin †</p> <p>3:00 AR Wine & Cheese with Jesse ♪</p> <p>4:00 AR Music & Cards With Friends 🎲</p>	<p style="text-align: right;">9</p> <p>9:45 M Sit and Be Fit with Jo (Meet In Memory Care) ♥</p> <p>10:30 AR Bingo with Jo 🎲</p> <p>4:00 AC Puzzle Mania (Bring A Friend)</p> <p>6:00 SA Netflix Movie (Resident Choice)</p>
<p>Daylight Saving Time Begins Ramadan</p> <p>10:00 AC Puzzle Mania</p> <p>3:00 C Church Service (Church Of Christ) †</p> <p>6:00 SA Netflix Movie (Resident Choice)</p> <p style="text-align: right;">10</p>	<p style="text-align: right;">11</p> <p>8:30 L HEB Trip (Meet in Lobby) \$</p> <p>10:00 C Bible Study with Angie †</p> <p>11:00 C Sit and Be Fit With Karla ♥</p> <p>1:30 AR Monday Manicures With Nicole (Sign Up Required)</p> <p>3:00 AR Prize Bingo</p> <p>4:00 AR Music & Cards With Friends</p>	<p style="text-align: right;">12</p> <p>9:00 BS Beauty Shop Appointments</p> <p>10:00 AC Alma's Craft Show 10am-3pm \$</p> <p>10:00 AR Brain Teasers With Beverly</p> <p>11:00 C Chair volleyball With Karla ♥</p> <p>1:30 C Austin's Blossoms (Gardening Class)</p> <p>3:00 AR Ice Cream Social</p> <p>4:00 AR Board Games with Friends</p>	<p style="text-align: right;">13</p> <p>10:00 AR Wheel of Fortune with Beverly 🎲</p> <p>11:00 C Sit and Be Fit With Karla ♥</p> <p>1:30 AR Myths & Facts with "New Century Hospice" ★</p> <p>3:00 DR Happy Hour/St. Patrick's Day Celebration with Roli Poli ♪</p> <p>4:00 AR Music & Cards with Friends 🎲</p>	<p style="text-align: right;">14</p> <p>10:00 L Lunch Bunch (Luby's Restaurant) Sign Up Required "Meet in Lobby" ✓</p> <p>11:00 C Bowling With Karla ♥</p> <p>3:00 AR Bingo Fun 🎲</p> <p>4:00 DR Music & Dominoes with Friends 🎲</p>	<p style="text-align: right;">15</p> <p>10:00 AR Word Scramble with Beverly 🎲</p> <p>11:00 C Morning Stretches with Karla ♥</p> <p>1:30 AR Fancy Nails with Jo (Sign Up Required) ✓</p> <p>2:00 Fire Drill</p> <p>3:00 AR Wine & Cheese with Jesse ♪</p> <p>4:00 AR Music & Cards With Friends 🎲</p>	<p style="text-align: right;">16</p> <p>9:45 M Sit and Be Fit with Jo (Meet In Memory Care) ♥</p> <p>10:30 AR Bingo with Jo 🎲</p> <p>4:00 AC Puzzle Mania (Bring A Friend)</p> <p>6:00 SA Netflix Movie (Resident Choice)</p>
<p>St. Patrick's Day</p> <p>10:00 AC Puzzle Mania</p> <p>3:00 C Church Service (Church Of Christ) †</p> <p>6:00 SA Netflix Movie (Resident Choice)</p> <p style="text-align: right;">17</p>	<p style="text-align: right;">18</p> <p>8:30 L HEB Trip (Meet in Lobby) \$</p> <p>10:00 C Bible Study with Angie †</p> <p>11:00 C Sit and Be Fit With Karla ♥</p> <p>1:30 AR Mimosas & Manicures with Nicole (Sign Up Required)</p> <p>3:00 AR Prize Bingo</p> <p>4:00 AR Music & Cards With Friends</p>	<p style="text-align: right;">19</p> <p>9:00 BS Beauty Shop Appointments</p> <p>10:00 AR Brain Teasers With Beverly</p> <p>11:00 C Chair volleyball Competition With Nicole ♥</p> <p>2:00 AR Resident Meeting (All Are Welcome To Join)</p> <p>3:00 AR Ice Cream Social</p> <p>4:00 AR Board Games with Friends</p>	<p style="text-align: right;">20</p> <p>10:00 AR Wheel of Fortune with Beverly 🎲</p> <p>11:00 C Sit and Be Fit With Karla ♥</p> <p>1:30 AR Creative Corner ●</p> <p>3:00 DR Happy Hour w/ Mike Clancy ♪</p> <p>4:00 AR Music & Cards with Friends 🎲</p>	<p style="text-align: right;">21</p> <p>10:00 L Scenic Drive "Out on the Town" Sign Up Required</p> <p>11:00 C Drum Circle With Karla ♥</p> <p>1:00 CF Audicles Hearing Services (Sign Up Required)</p> <p>3:00 AR Bingo Fun 🎲</p> <p>4:00 DR Music & Dominoes with Friends 🎲</p>	<p style="text-align: right;">22</p> <p>10:00 AR Word Scramble with Beverly 🎲</p> <p>11:00 C Morning Stretches with Karla ♥</p> <p>12:00 AC Marie's Jewelry & Accessories 12pm-3pm \$</p> <p>1:30 AR Fancy Nails with Jo (Sign Up Required) ✓</p> <p>3:00 AR Wine & Cheese with Jesse ♪</p> <p>4:00 AR Music & Cards With Friends 🎲</p>	<p style="text-align: right;">23</p> <p>9:30 M Sit and Be Fit with Jo (Meet In Memory Care) ♥</p> <p>10:30 M Easter Egg Hunt with Windcrest Elementary (Please Meet In Memory Care) ★</p> <p>4:00 AC Puzzle Mania (Bring A Friend)</p> <p>6:00 SA Netflix Movie (Resident Choice)</p>
<p>10:00 AC Puzzle Mania</p> <p>3:00 C Church Service (Church Of Christ) †</p> <p>6:00 SA Netflix Movie (Resident Choice)</p> <p>Happy Easter</p> <p>10:00 AC Puzzle Mania</p> <p>3:00 C Church Service (Church Of Christ) †</p> <p>6:00 SA Netflix Movie (Resident Choice)</p> <p style="text-align: right;">24</p>	<p style="text-align: right;">25</p> <p>8:30 L HEB Trip (Meet in Lobby) \$</p> <p>10:00 C Bible Study with Angie †</p> <p>11:00 C Sit and Be Fit With Karla ♥</p> <p>1:30 AR Monday Manicures With Nicole (Sign Up Required)</p> <p>3:00 AR Prize Bingo</p> <p>4:00 AR Music & Cards With Friends</p>	<p style="text-align: right;">26</p> <p>9:00 BS Beauty Shop Appointments</p> <p>10:00 AR Brain Teasers With Beverly</p> <p>11:00 C Chair volleyball With Karla ♥</p> <p>3:00 AR Ice Cream Social</p> <p>4:00 AR Board Games with Friends</p>	<p style="text-align: right;">27</p> <p>10:00 C Memorial Services With (Chaplain Morris) "New Century Hospice" †</p> <p>11:00 C Sit and Be Fit With Karla ♥</p> <p>1:30 AR Creative Corner with "Embrace Hospice" ●</p> <p>3:00 AR Music & Cards with Friends 🎲</p> <p>4:00 DR Happy Hour/Easter Celebration With KAI ♪</p>	<p style="text-align: right;">28</p> <p>10:00 AR Morning Bingo With JO ✓</p> <p>11:00 C Bowling With Karla ♥</p> <p>1:30 AR Movie & Popcorn In IL Theatre (Meet In Activity Room)</p> <p>4:00 DR Music & Dominoes with Friends 🎲</p>	<p style="text-align: right;">29</p> <p>Good Friday</p> <p>10:00 AR Word Scramble with Beverly 🎲</p> <p>11:00 C Morning Stretches with Nicole ♥</p> <p>1:30 AR Fancy Nails with Jo (Sign Up Required) ✓</p> <p>3:00 AR Wine & Cheese with Jesse ♪</p> <p>4:00 AR Music & Cards With Friends 🎲</p>	<p style="text-align: right;">30</p> <p>9:45 M Sit and Be Fit with Jo (Meet In Memory Care) ♥</p> <p>10:30 AR Bingo with Jo 🎲</p> <p>4:00 AC Puzzle Mania (Bring A Friend)</p> <p>6:00 SA Netflix Movie (Resident Choice)</p>



HAPPY
Valentines
DAY

