



## Featured Activity Or Event

- 1/1 New Years Day (Hello 2024)
- 1/3 Birthday Celebration With KAI 3:00pm (In Brazos)
- 1/4 Lunch Bunch Outing: (Max & Louies New York Diner) at 10:00am
- 1/9 /Mocktails & Acoustic Guitar w/Jesse \*Every Tuesday at 10:00am
- 1/12 Snackivities (Oreo Snowman pops) at 2:15pm
- 1/15 Martin Luther King Jr Day
- 1/18 Outing: (Briscoe Western Art Museum) at 9:30am
- 1/18 Audicles Hearing Services at 1:00pm
- 1/19 Catholic Mass With Father Kevin at 11:00am 1/19 FIRE DRILL at 2:00pm
- 1/22 Entertainment With Joanie at 3:00pm
- 1/25 Morning Scenic Drive at 10:30am
- 1/25 Movie & Snacks (IL Theatre) (Also, in Brazos for those that do not wish to attend)
- 1/26 Snackivities (Making Fruit Salad) at 2:15pm
- 1/27 INTERNATIONAL HOLOCAUST REMEMBRANCE DAY

- ♦ Every Sunday at 3:00pm (Church of Christ Visits)
- ♦ Happy Hour every Wednesday at 3:00 pm (In Assisted Living Dining room)
- ♦ Arts & Crafts every Tuesday at 2:15pm
- ♦ Going Outdoors Daily (Weather Permitted)

\*\*\*\*\* PLEASE FEEL FREE TO JOIN US IN ANY ACTIVITY\*\*\*\*\*

IF YOU WISH TO ATTEND AN OUTING WITH YOUR LOVED ONE , PLEASE CALL/EMAIL NICOLE FOR MORE INFO,  
AS SPACE MAY BE LIMITED.



230 W. Sunset Road

San Antonio, TX 78209

(210) 829-5955

## Memory Care

### Staff Directory

Tiffany Weiser.....Executive Director  
 Jacqueline Hodges.....Director of AL & MC  
 Araceli Ytuarte.....Director of Memory Care  
 Joanna Sosa.....Business Office Manager  
 Carrie Perry.....Sales Marketing Director  
 Michelle Eller.....Move-In-Coordinator  
 Chris Purgason.....Director of Dining Services  
 Alex Reta Jr.....Executive Chef  
 Austin Querbach.....Director of Maintenance  
 Karla Posada.....Fitness Coordinator  
 Nicole Garza.....Life Enrichment Director  
 Jo Rosser.....Life Enrichment Assistant  
 Carmen Santella.....Care Staff/L.E Assistant



Happy Birthday!



It's time to blow out those birthday candles!  
 Join us for our monthly Birthday Party! Everyone is invited to share  
 in cake, ice cream and a great time with your friends and neighbors.  
 Don't forget to make a wish before you take that deep breath!

William Schwab.....14th

Allison Brooke.....16th

## January 2024



We wish all of our residents and their families a wonderful  
 year full of peace and joy. We are delighted to have you in  
 our community!

### Ready, Set, Goals!



Setting goals for the new year? There's one thing that can help  
 make them happen: Write them down. People who put their plans  
 on paper were 42% more likely to achieve them. This simple step  
 creates a visual reminder of your goals and codes their importance  
 into your brain.





# January 2024

Franklin Park Alamo Heights- Memory Care  
 230 W. Sunset Road San Antonio, TX 78209 (210) 829-5955

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>HAPPY NEW YEARS!</b> 9:15 Morning Visits 9:45 Stretch & Balance 10:00 Hockey Noodle 11:00 Reminiscing & Discussion 1:00 Relax & Refresh <b>2:15 New Years Ice Cream Floats</b> 3:00 Franklin Footers (Walking Group) 4:00 Fancy Nails /Smooth listening 6:00 Evening Movie (Residents Choice)	<b>9:00 Beauty Shop appointments</b> 9:15 Morning Visits 9:45 Sittercize <b>10:00 Mocktails &amp; Sing along</b> 11:00 Wheel of Fortune 1:00 Relax & Refresh <b>2:15 Arts &amp; Crafts (Q-Tip snowflakes)</b> 3:00 Franklin Footers (Walking Group) 4:00 Picture Bingo 6:00 Evening Movie (Residents Choice)	9:15 Morning Visits 9:45 Sit & Be Fit 10:00 Balloon Toss 11:00 Hang Man 1:00 Relax & Refresh 2:15 Visiting The Baby Room <b>3:00 Birthday Celebration With KAI</b> 4:00 Franklin Footers (Walking Group) 6:00 Evening Movie (Residents Choice)	9:15 Morning Visits 9:45 Move To The Music 10:00 Baseball <b>10:00 Lunch Bunch Outing:</b> <b>(Max &amp; Louies New York Diner)</b> 11:00 Name that Tune 1:00 Relax & Refresh 2:15 Basketball 3:00 Franklin Footers (Walking Group) <b>4:00 Nail Care (In Concho)</b> 6:00 Evening Movie (Residents Choice)	9:15 Morning Visits 9:45 Step to the beat 10:00 Volleyball 11:00 What's That Noise? (Sensory Game) 1:00 Relax & Refresh 2:15 Aqua Painting 3:00 Franklin Footers (Walking Group) 4:00 Nail Care (In Concho) 6:00 Evening Movie (Residents Choice)	9:15 Morning Room Visits 9:45 Sit & Be Fit With JO 10:00 Ball Toss 11:00 Saturday Trivia 1:00 Relax & Refresh 2:15 Bingo 3:00 Franklin Footers (Walking Group) 4:00 Music Social 6:00 Evening Movie (Residents Choice)
9:15 Bird Feeding 9:45 Chair Exercises 10:00 Table Puzzles 11:00 Random Trivia 1:00 Relax & Refresh 3:00 Franklin Footers (Walking Group) <b>3:30 Church Services with (Church of Christ)</b> 4:00 Music Social 6:00 Evening Movie (Residents Choice)	9:15 Morning Visits 9:45 Light Movements 10:00 Bowling Fun 11:00 Trivia Fun 1:00 Relax & Refresh <b>2:15 Ice Cream Social</b> 3:00 Franklin Footers (Walking Group) 4:00 Nail Care W/ Easy Listening Music 6:00 Evening Movie (Residents Choice)	<b>9:00 Beauty Shop appointments</b> 9:15 Morning Visits 9:45 AM Workout <b>10:00 Mocktails &amp; Acoustic Guitar w/Jesse</b> 11:00 Word Games 1:00 Relax & Refresh <b>2:15 Arts &amp; Crafts (Cotton Ball Penguin)</b> 3:00 Franklin Footers (Walking Group) 4:00 Picture Bingo 6:00 Evening Movie (Residents Choice)	9:15 Morning Visits 9:45 Light Stretches 10:00 Parachute Fun 11:00 Group Reading 1:00 Relax & Refresh 2:15 Visiting The Baby Room <b>3:00 Happy Hour w/ Mike Clancy (In Assisted Living)</b> 4:00 Franklin Footers (Walking Group) 6:00 Evening Movie (Residents Choice)	9:15 Morning Visits 9:45 Chair Yoga 10:00 Noodle Ball 11:00 Random Trivia 1:00 Relax & Refresh 2:15 Ping Pong 3:00 Franklin Footers (Walking Group) <b>4:00 Nail Care (In Concho)</b> 6:00 Evening Movie (Residents Choice)	9:15 Morning Visits 9:45 Morning Stretches 10:00 Drum Circle 11:00 Short Stories 1:00 Relax & Refresh <b>2:15 Snackivities (Oreo Snowman pops)</b> 3:00 Franklin Footers (Walking Group) 4:00 Nail Care (In Concho) 6:00 Evening Movie (Residents Choice)	9:15 Morning Room Visits 9:45 Chair Exercising with JO 10:00 Table Games W/ Music 11:00 Weekend Trivia 1:00 Relax & Refresh 2:15 Prize Bingo 3:00 Franklin Footers (Walking Group) 4:00 Music Social 6:00 Evening Movie (Residents Choice)
9:15 Bird Feeding 9:45 Ball Toss 10:00 Table Games 11:00 Random Trivia 1:00 Relax & Refresh 3:00 Franklin Footers (Walking Group) <b>3:30 Church Services with (Church of Christ)</b> 4:00 Music Social 6:00 Evening Movie (Residents Choice)	<b>MARTIN LUTHER KING JR. DAY</b> 9:15 Morning Visits 9:45 Stretch & Balance 10:00 Hockey Noodle 11:00 MLK Reminiscing & Discussion 1:00 Relax & Refresh <b>2:15 Ice Cream Sundaes</b> 3:00 Franklin Footers (Walking Group) 4:00 Fancy Nails /Smooth listening 6:00 Evening Movie (Residents Choice)	<b>9:00 Beauty Shop appointments</b> 9:15 Morning Visits 9:45 Sittercize <b>10:00 Mocktails &amp; Acoustic Guitar w/Jesse</b> 11:00 Wheel of Fortune 1:00 Relax & Refresh <b>2:15 Arts &amp; Crafts (Paper Snowflake)</b> 3:00 Franklin Footers (Walking Group) 4:00 Traditional Bingo 6:00 Evening Movie (Residents Choice)	9:15 Morning Visits 9:45 Sit & Be Fit 10:00 Balloon Toss 11:00 Hang Man 1:00 Relax & Refresh 2:15 Visiting The Baby Room <b>3:00 Happy Hour (In Assisted Living)</b> 4:00 Franklin Footers (Walking Group) 6:00 Evening Movie (Residents Choice)	9:15 Morning Visits <b>9:30 Outing: (Briscoe Western Art Museum)</b> 9:45 Move To The Music 10:00 Baseball 11:00 Name that Tune 1:00 Relax & Refresh <b>1:00 Audicles Hearing Services</b> 2:15 Basketball 3:00 Franklin Footers (Walking Group) <b>4:00 Nail Care (In Concho)</b> 6:00 Evening Movie (Residents Choice)	9:15 Morning Visits 9:45 Step to the beat 10:00 Volleyball <b>11:00 Catholic Mass With Father Kevin</b> 1:00 Relax & Refresh <b>2:00 FIRE DRILL</b> 2:15 Aqua Painting 3:00 Franklin Footers (Walking Group) 4:00 Nail Care (In Concho) 6:00 Evening Movie (Residents Choice)	9:15 Morning Room Visits 9:45 Sit & Be Fit With JO 10:00Ball Toss 11:00 Saturday Trivia 1:00 Relax & Refresh 2:15 Bingo 3:00 Franklin Footers (Walking Group) 4:00 Music Social 6:00 Evening Movie (Residents Choice)
9:15 Bird Feeding 9:45 Chair Exercises 10:00 Table Puzzles 11:00 Random Trivia 1:00 Relax & Refresh 3:00 Franklin Footers (Walking Group) <b>3:30 Church Services with (Church of Christ)</b> 4:00 Music Social 6:00 Evening Movie (Residents Choice)	9:15 Morning Visits 9:45 Light Movements 10:00 Bowling Fun 11:00 Nail Care W/ Easy Listening Music 1:00 Relax & Refresh <b>2:15 Banana Splits</b> <b>3:00 Entertainment With Joanie</b> 4:00 Franklin Footers (Walking Group) 6:00 Evening Movie (Residents Choice)	<b>9:00 Beauty Shop appointments</b> 9:15 Morning Visits 9:45 AM Workout <b>10:00 Mocktails &amp; Acoustic Guitar w/Jesse</b> 11:00 Word Games 1:00 Relax & Refresh <b>2:15 Arts &amp; Crafts (Paper Plate Polar Bears)</b> 3:00 Franklin Footers (Walking Group) 4:00 Spanish Bingo 6:00 Evening Movie (Residents Choice)	9:15 Morning Visits 9:45 Light Stretches 10:00 Parachute Fun 11:00 Group Reading 1:00 Relax & Refresh 2:15 Visiting The Baby Room <b>4:00 Happy Hour With KAI (In Assisted Living)</b> 4:00 Franklin Footers (Walking Group) 6:00 Evening Movie (Residents Choice)	9:15 Morning Visits 9:45 Chair Yoga 10:00 Noodle Ball <b>10:30 Morning Scenic Drive</b> 11:00 Random Trivia 1:00 Relax & Refresh <b>1:30 Movie &amp; Snacks (IL Theatre) (Also, in Brazos for those that do not wish to attend).</b> 3:00 Franklin Footers (Walking Group) 4:00 Nail Care (In Concho) 6:00 Evening Movie (Residents Choice)	9:15 Morning Visits 9:45 Morning Stretches 10:00 Drum Circle 11:00 Short Stories 1:00 Relax & Refresh <b>2:15 Snackivities (Making Fruit Salad)</b> 3:00 Franklin Footers (Walking Group) 4:00 Nail Care (In Concho) 6:00 Evening Movie (Residents Choice)	<b>INTERNATIONAL HOLOCAUST REMEMBRANCE DAY</b> 9:15 Morning Room Visits 9:45 Chair Exercising with JO 10:00 Table Games W/ Music 11:00 Weekend Trivia 1:00 Relax & Refresh 2:15 Prize Bingo 3:00 Franklin Footers (Walking Group) 4:00 Music Social 6:00 Evening Movie (Residents Choice)
9:15 Bird Feeding 9:45 Ball Toss 10:00 Table Games 11:00 Random Trivia 1:00 Relax & Refresh 3:00 Franklin Footers (Walking Group) <b>3:30 Church Services with (Church of Christ)</b> 4:00 Music Social 6:00 Evening Movie (Residents Choice)	9:15 Morning Visits 9:45 Stretch & Balance 10:00 Hockey Noodle 11:00 Trivia Fun 1:00 Relax & Refresh <b>2:15 Ice Cream Bars</b> 3:00 Franklin Footers (Walking Group) 4:00 Fancy Nails /Smooth listening 6:00 Evening Movie (Residents Choice)	<b>9:00 Beauty Shop appointments</b> 9:15 Morning Visits 9:45 Sittercize <b>10:00 Mocktails &amp; Acoustic Guitar w/Jesse</b> 11:00 Wheel of Fortune 1:00 Relax & Refresh <b>2:15 Arts &amp; Crafts (Salt Painting)</b> 3:00 Franklin Footers (Walking Group) 4:00 Fancy Nails /Smooth listening 6:00 Evening Movie (Residents Choice)	9:15 Morning Visits 9:45 Sit & Be Fit 10:00 Balloon Toss 11:00 Hang Man 1:00 Relax & Refresh 2:15 Visiting The Baby Room 3:00 Franklin Footers (Walking Group) <b>3:00 Happy Hour (In Assisted Living)</b> 6:00 Evening Movie (Residents Choice)	<b>ADDITIONAL DAILY ACTIVITIES:</b> <ul style="list-style-type: none"> <li>Inhouse Library</li> <li>Coloring/puzzles</li> <li>Daily music</li> <li>Visiting the Baby Room</li> <li><b>Outdoors (Weather Permitted)</b></li> </ul>	<b>Dining Room Hours:</b> Breakfast: 8:00AM –9:00AM Lunch: 12:00PM-1:00PM Dinner: 5:00PM-6:00PM  <b>Daily Snacks &amp; Hydration:</b> 10:30am 3:30pm 7:00pm	

Nicole Garza, Life Enrichment Director/ Carmen Santellan, Care Staff-Life Enrichment Assistant/ Jo Rosser, Life Enrichment Assistant \*\*\* All activities are subject to change due to unforeseen Events/per resident preference or interest\*\*\*