



HAPPY Valentine's DAY



Featured Activity Or Event

- 3/1 Hello March!!!
- 3/6 3:00 Birthday Celebration with KAI
- 3/7 1:00 Adroit Medical Equipment Visits "AL- Arts & Crafts Room"
- 3/8 11:00 Resident Easter Pictures
- 3/8 2:15 Snackactivities (Tuna Salad Croissants)
- 3/8 4:00 Easter Decorating in courtyard
- 3/10 Daylight Saving Time Begins
- 3/13 3:00 Happy Hour/St. Patrick's Day with Roli Poli "AL- Dining Room "(Wear Green)
- 3/14 10:30 Lunch Bunch (Luby's Rest..)
- 3/15 11:00 Catholic Mass with Father Kevin
- 3/17 St. Patrick's Day
- 3/18 3:00 Entertainment with Joanie (Irish Music)
- 3/19 First Day Of Spring
- 3/20 3:00 Happy Hour w/Mike Clancy (in Assisted Living)
- 3/21 10:00 Scenic Drive "Out On The Town"
- 3/21 1: 00 Audicles Hearing Services "AL-Card Flex Room"
- 3/22 2:15 Snackactivities (Easter Fruit Cut-outs)
- 3/23 10:30 Easter Egg Hunt With Windcrest Elementary
- 3/27 4:00 Happy Hour/Easter Celebration with KAI (in Assisted Living)
- 3/28 1:30 Movie & Snacks (IL Theatre) (Also, in Brazos for those that do not wish to attend)
- 3/29 Good Friday
- 3/31 Happy Easter!



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
- Carmen Santella.....Care Staff/Life Enrichment Assistant
- Jo Rosser.....Life Enrichment Assistant

March 2024



Wishing you a very happy birthday, filled with endless love and laughter!

- James Coleman.....12th
- Kendrick Gardner.....14th
- Pam McCloskey.....14th
- George Schwab.....15th
- Ann Erck.....30th

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

March 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|---|---|---|
| | | | Dining Room Hours: Breakfast: 8:00AM –9:00AM Lunch: 12:00PM-1:00PM Dinner: 5:00PM-6:00PM Daily Snacks & Hydration: 10:30am 3:30pm 7:00pm | ADDITIONAL DAILY ACTIVITIES: <ul style="list-style-type: none"> Inhouse Library Coloring/puzzles Daily music Visiting the Baby Room Outdoor Activities (Weather Permitted) | 9:15 Morning visits 9:45 Stretch & Balance 10:00 Parachute 11:00 Word Scramble 1:00 Relax & Refresh 2:15 Creative Corner (Leprechaun Hats) 3:00 Franklin Footers (Walking Group) 4:00 Table Puzzles 6:00 Evening Movie (Residents Choice) | 9:15 Morning Visits 9:30 Whack A Noodle With Jo 10:00 Table Games 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 Morning visits 9:45 Chair Exercises 10:00 Beach Ball Toss 11:00 Random Trivia 1:00 Relax & Refresh 3:00 Franklin Footers (Walking Group) 3:00 Church of Christ (In Assisted Living Chapel) 4:00 Music Social 6:00 Evening Movie (Residents Choice) | 9:15 Morning visits 9:45 Step To The Beat 10:00 Basketball 11:00 Current Events 1:00 Relax & Refresh 2:15 Ice Cream Social ((Waffle Cones) 3:00 Franklin Footers (Walking Group) 4:00 Pretty Nails 6:00 Evening Movie (Residents Choice) | 9:00 Beauty Shop Appointments 9:15 Morning visits 9:45 Balloon Toss 10:00 Mocktails & Snacks with Acoustic Guitar w/ Jesse 11:00 Short Stories 1:00 Relax & Refresh 2:15 Creative Arts (Pot Of Gold Paper Plates) 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 Bowling Fun 11:00 Music & Reminiscing 1:00 Relax & Refresh 2:15 Creative Coloring 3:00 Birthday Celebration with KAI 4:00 Franklin Footers (Walking Group) 6:00 Evening Movie (Residents Choice) | 9:15 Morning visits 9:45 Chair Exercising 10:00 Icebreaker Ball Toss 11:00 Outdoor Bubbles/Chat 1:00 Relax & Refresh 1:00 Adroit Medical Equipment Visits "AL- Arts & Crafts Room" 2:15 What's that scent? (Sensory Game) 3:00 Franklin Footers (Walking Group) 4:00 Nail Care (In Concho) 6:00 Evening Movie (Residents Choice) | 9:15 Morning visits 9:45 Move To The Beat 10:00 Bean Bag Toss 11:00 Resident Easter Pictures 1:00 Relax & Refresh 2:15 Snacktivities (Tuna Salad Croissants) 3:00 Franklin Footers (Walking Group) 4:00 Easter Decorating in courtyard 6:00 Evening Movie (Residents Choice) | 9:15 Morning Visits 9:30 Chair Yoga With Jo 10:00 Table Games 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) |
| Daylight Saving Time Begins 9:15 Morning visits 9:45 Sit & Stretch 10:00 Whack A Noodle 11:00 Random Trivia 1:00 Relax & Refresh 3:00 Franklin Footers (Walking Group) 3:00 Church of Christ (In Assisted Living Chapel) 4:00 Music Social 6:00 Evening Movie (Residents Choice) | 9:15 Morning visits 9:45 Morning Stretches 10:00 Baseball 11:00 Slide Shows 1:00 Relax & Refresh 2:15 Ice Cream Social (Sundaes) 3:00 Franklin Footers (Walking Group) 4:00 Fancy Nails 6:00 Evening Movie (Residents Choice) | 9:00 Beauty Shop Appointments 9:15 Morning visits 9:45 Morning Chair Aerobics 10:00 Mocktails & Snacks with Acoustic Guitar w/ Jesse 11:00 Tuesday Trivia 1:00 Relax & Refresh 2:15 Creative Arts (Easter Egg Painted Rocks) 3:00 Franklin Footers (Walking Group) 4:00 St. Patty's Bingo 6:00 Evening Movie (Residents Choice) | 9:15 Morning visits 9:45 Morning workout 10:00 Drum Circle 11:00 Word Games 1:00 Relax & Refresh 2:15 Creative Coloring 3:00 Happy Hour/St. Patrick's Day with Roli Poli (Wear Green) (in Assisted Living) 4:00 Franklin Footers (Walking Group) 6:00 Evening Movie (Residents Choice) | 9:15 Morning visits 9:45 Yoga Stretching 10:00 Beach Ball Toss 10:30 Lunch Bunch (Luby's Rest..) 11:00 Fun Facts 1:00 Relax & Refresh 2:15 Sing Along with Friends 3:00 Franklin Footers (Walking Group) 4:00 Nail Care (In Concho) 6:00 Evening Movie (Residents Choice) | 9:15 Morning visits 9:45 Stretch & Balance 10:00 Parachute 11:00 Catholic Mass 1:00 Relax & Refresh 2:00 MONTHLY FIRE DRILL 2:15 Canvas Painting with a twist 3:00 Franklin Footers (Walking Group) 4:00 Table Games (Dominoes) 6:00 Evening Movie (Residents Choice) | 9:15 Morning Visits 9:30 Whack A Noodle With Jo 10:00 Table Games 11:00 Weekend Trivia 1:00 Relax & Refresh 2:15 Bingo 3:00 Franklin Footers (Walking Group) 4:00 Music Social 6:00 Evening Movie (Residents Choice) |
| St. Patrick's Day 9:15 Morning visits 9:45 Chair Exercises 10:00 Beach Ball Toss 11:00 Random Trivia 1:00 Relax & Refresh 3:00 Franklin Footers (Walking Group) 3:00 Church of Christ (In Assisted Living Chapel) 4:00 Music Social 6:00 Evening Movie (Residents Choice) | 9:15 Morning visits 9:45 Step To The Beat 10:00 Pretty Nails 11:00 Current Events 1:00 Relax & Refresh 2:15 (Shamrock Floats)) 3:00 Entertainment with Joanie (Irish Music) 4:00 Franklin Footers 6:00 Evening Movie (Residents Choice) | First Day Of Spring 9:00 Beauty Shop Appointments 9:15 Morning visits 9:45 Balloon Toss 10:00 Mocktails & Snacks with Acoustic Guitar w/ Jesse 11:00 Short Stories 1:00 Relax & Refresh 2:15 Creative Arts (Easter Egg Trees) 3:00 Franklin Footers (Walking Group) 4:00 Loteria (Spanish Bingo) 6:00 Evening Movie (Residents Choice) | 9:15 Morning visits 9:45 Sit & Be Fit 10:00 Bowling Fun 11:00 Music & Reminiscing 1:00 Relax & Refresh 2:15 Creative Coloring 3:00 Franklin Footers (Walking Group) 3:00 Happy Hour w/Mike Clancy (in Assisted Living) 6:00 Evening Movie (Residents Choice) | 9:15 Morning visits 9:45 Chair Exercising 10:00 Scenic Drive "Out On The Town" 11:00 Icebreaker Ball Toss 1:00 Relax & Refresh 1:00 Audicles Hearing Services "AL-Card Flex Room" 2:15 What's in the bag? (Sensory Game) 3:00 Franklin Footers (Walking Group) 4:00 Nail Care (In Concho) 6:00 Evening Movie (Residents Choice) | 9:15 Morning visits 9:45 Move To The Beat 10:00 Bean Bag Toss 11:00 Word Scramble 1:00 Relax & Refresh 2:15 Snacktivities (Easter Fruit Cut-outs) 3:00 Franklin Footers (Walking Group) 4:00 Table Puzzles 6:00 Evening Movie (Residents Choice) | 9:15 Morning Visits 9:30 Chair Yoga With Jo 10:30 Easter Egg Hunt With Windcrest Elementary 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 Morning visits 9:45 Chair Exercises 10:00 Whack A Noodle 11:00 Random Trivia 1:00 Relax & Refresh 3:00 Franklin Footers (Walking Group) 3:00 Church of Christ (In Assisted Living Chapel) 4:00 Music Social 6:00 Evening Movie (Residents Choice) Happy Easter! | 9:15 Morning visits 9:45 Morning Stretches 10:00 Basketball 11:00 Slide Shows 1:00 Relax & Refresh 2:15 Ice Cream Social (Banana Splits) 3:00 Franklin Footers (Walking Group) 4:00 Fancy Nails 6:00 Evening Movie (Residents Choice) | 9:00 Beauty Shop Appointments 9:15 Morning visits 9:45 Morning Chair Aerobics 10:00 Mocktails & Snacks with Acoustic Guitar w/ Jesse 11:00 Tuesday Trivia 1:00 Relax & Refresh 2:15 Creative Arts (Craft Stick Easter Basket) 3:00 Franklin Footers (Walking Group) 4:00 Traditional Bingo 6:00 Evening Movie (Residents Choice) | 9:15 Morning visits 9:45 Morning workout 10:00 Drum Circle 11:00 Word Games 1:00 Relax & Refresh 2:15 Creative Coloring 3:00 Franklin Footers (Walking Group) 4:00 Happy Hour/Easter Celebration with KAI (in Assisted Living) 6:00 Evening Movie (Residents Choice) | 9:15 Morning visits 9:45 Yoga Stretching 10:00 Beach Ball Toss 11:00 Outdoor Bubbles/Chat 1:30 Movie & Snacks (IL Theatre) (Also, in Brazos for those that do not wish to attend). 3:00 Franklin Footers (Walking Group) 4:00 Nail Care (In Concho) 6:00 Evening Movie (Residents Choice) | Good Friday 9:15 Morning visits 9:45 Stretch & Balance 10:00 Parachute 11:00 Fun Facts 1:00 Relax & Refresh 2:15 Creative Corner (Coffee Filter Butterflies) 3:00 Franklin Footers (Walking Group) 4:00 Table Games (Card Games) 6:00 Evening Movie (Residents Choice) | 9:15 Morning Visits 9:30 Whack A Noodle With Jo 10:00 Table Games 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) |