

Take a Minute to Unwind OVER THE HOLIDAY SEASON



1. Have 15 minutes? Call a family member or friend that you have been meaning to connect with and have just been too busy to call.
2. Have 30 minutes to spare? Sit down and create your own Christmas cards for your close friends and family. Creating your own cards allows you the ability to personalize the cards to your liking.
3. Have an extra 45 minutes? Start on your "to do" list for the New Year. Take this time to unwind and make some decisions of things you want to accomplish for the new year.
4. Fortunate enough to have 60 minutes to spare? Take the family outside to embrace the colder weather. If you live in a snowy region, have fun making a snowman or maybe going sledding or ice skating. Do whatever it takes so you and your family can enjoy some of the simple pleasures of the season. There's nothing better than creating memories that you will share for years to come

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21802 Encino Commons
San Antonio, Texas 78259
210/483-9999



Welcome To Franklin Park TPC Parkway!

- Mr. Tommy K.
- Ms. Mary W.
- Ms. Maureen H.
- Ms. Barbara R.

We're Glad You're Here!

Birthdays This Month

- Mrs. Ellen S.12/9
- Ms. Polly J. 12/13
- Mr. Thomas C. 12/14
- Ms. Carol W..... 12/25
- Ms. Maureen H..... 12/25
- Mr. Vernon H.....12/2



DECEMBER 2018 • AL

FRANKLIN PARK TPC PARKWAY

Senior Living with Style!

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Holiday Tidbits

- In 1917, a massive fire in New York City was attributed to the use of lit candles on a Christmas tree. A young 15-year-old named Albert Sadacca sought to bring an end to such tragedy and set about to invent electric Christmas lights for use on trees. He sold the lights at his family's novelty items store. The first year they sold 100 strings of white lights. The second year they used brightly colored lights and saw their sales skyrocket.
- Before settling on the name Tiny Tim for his character in "A Christmas Carol," 3 other names were considered by Charles Dickens. They were Little Larry, Punny Pete and Small Sam.
- Animal Crackers are not really crackers, but cookies that were imported to the United States from England in the late 1800s. Barnum's circus-like boxes were designed with a string handle so that they could be hung on a Christmas tree.
- The movie "How the Grinch Stole Christmas (2000)" features more than 52,000 Christmas lights, about 8,200 ornaments and nearly 2,000 candy canes.
- Woolworth's department store was the first store in North America to offer for sale manufactured Christmas ornaments. The year was 1880 and since then, the sale of Christmas decorations and Christmas presents has remained the most lucrative time of the business year in terms of retail sales.



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Franklin Park TPC Parkway

ASSISTED LIVING CALENDAR

December 2018



<p>10:00 Spiritual Hymns-2 2</p> <p>10:15 Christian Worship-2</p> <p>10:30 Searching for December -3</p> <p>1:30 Popcorn in the Lobby</p> <p>2:00 Music W/ Alvin -Chapel</p>	<p>9:30 Coffee & Chronicle-2 3</p> <p>9:45 Catholic Communion</p> <p>10:00 Wrap Detective-3</p> <p>10:30 Errand Shuttle/ HEB</p> <p>2:00 Bridge Group-3</p> <p>2:30 Happy Hour-2</p> <p>6:00 Movie Musical-2</p>	<p>9:30 Coffee/Chronicle-3 4</p> <p>10:00 Musical Ball-3</p> <p>10:30 Can you See the Big Picture -3</p> <p>2:00 Prize Bingo-2</p> <p>3:00 Chair Yoga -3</p> <p>3:30 Finish The Lines-3</p> <p>6:00 Music W/Alvin-2</p>	<p>9:30 Bible Study-2 5</p> <p>10:30 Lunch Bunch: Lost Cajun</p> <p>2:00 Hangman-3</p> <p>2:30 Reminisce Christmas</p> <p>3:00 Franklin Walkers-Lobby</p> <p>6:00 The Andy Griffith Show-2</p>	<p>9:30 Coffee/ Chronicle-3 6</p> <p>10:00 December IQ- 3</p> <p>10:30 Play Pokeno-3</p> <p>2:00 Candy Cane Game-3</p> <p>2:30 Santa's Secret Quote-3</p> <p>3:30 PoundFit Exercise-3</p> <p>6:00 Sweets Bingo-2</p>	<p>8:30 Men's Breakfast-2 7</p> <p>10:00 Pearl Harbor Remembrance-3</p> <p>10:30 'Big Move' Exercise-3</p> <p>1:00 Shuttle: Walgreens</p> <p>2:00 Play Dominoes-3</p> <p>2:30 Popcorn in the Lobby</p> <p>6:00 Movie Night: Miracle on 34th Street-2</p>	<p>9:30 Coffee/Chronicle -3 8</p> <p>10:00 Sugar Categories-3</p> <p>10:30 Resident Table Games-3</p> <p>2:00 Quarter Bingo-2</p> <p>7:00 Lawrence Welk-2</p>
<p>Happy B-Day Ellen 9</p> <p>10:00 Spiritual Hymns-2</p> <p>10:15 Christian Worship</p> <p>10:30 Mixed-up Months -3</p> <p>1:30 Popcorn in the Lobby</p> <p>2:00 Music W/ Alvin -Chapel</p> <p>3:25 Cowboy Football-Chapel</p>	<p>8:30 Weight/Blood Pressure Clinic-3 10</p> <p>9:30 Coffee & Chronicle-3</p> <p>9:45 Catholic Communion</p> <p>10:00 Piano Music W/Arland-2</p> <p>10:30 Errands/ Target</p> <p>2:00 Bridge Group-3</p> <p>2:30 Happy Hour W/Glenn-2</p>	<p>9:30 Coffee/Chronicle-3 11</p> <p>10:00 Musical Ball-3</p> <p>10:30 Decorate Gingerbread House-3</p> <p>5:00 Holiday Open House-2</p>	<p>9:30 Bible Study-2 12</p> <p>10:30 Lunch Bunch: Smokey Mo's</p> <p>2:30 Happy Tails Show-2</p> <p>3:00 -Getting to know your Neighbor-2</p> <p>3:30 Franklin Walkers-Lobby</p> <p>6:00 The Andy Griffith Show-2</p>	<p>9:30 Coffee/ Chronicle-3 13</p> <p>10:00 Fingerprint Christmas Cards-3</p> <p>10:30 Holiday Crossword-3</p> <p>2:00 Snowball Toss & Holiday Cookies-2</p> <p>3:00 Health Talk W/Jennifer-2</p> <p>6:00 Sweets Bingo- 2</p>	<p>9:15 Roan Forest Choir- 2 14</p> <p>10:00 Holiday Songs Match-2</p> <p>1:00 Outing: Dollar Tree</p> <p>2:00 Christmas Karaoke -2</p> <p>2:30 Popcorn in the Lobby</p> <p>6:00 Movie Night: A Christmas Story-2</p>	<p>9:30 Coffee/Chronicle -3 15</p> <p>10:00 Winterland Search-3</p> <p>10:30 Resident Table Games-3</p> <p>2:00 Quarter Bingo- 2</p> <p>7:00 Lawrence Welk-2</p>
<p>10:00 Spiritual Hymns-2 16</p> <p>10:15 Christian Worship</p> <p>10:30 Spell December -3</p> <p>12:00 Cowboy Football-Chapel</p> <p>1:30 Popcorn in the Lobby</p> <p>2:00 Music W/ Jim -Chapel</p>	<p>9:30 Coffee & Chronicle-3 17</p> <p>9:45 Catholic Communion</p> <p>10:00 Musical Ball-3</p> <p>10:30 Errand Shuttle/Walmart</p> <p>2:00 Bridge Group-3</p> <p>3:00 Canyon Ridge Elementary-2</p> <p>6:00 Movie Musical- 2</p>	<p>9:30 Coffee/Chronicle-3 18</p> <p>10:00 Musical Ball-3</p> <p>10:30 Make Holiday Necklaces-3</p> <p>2:00 Peppermint Tea Party-2</p> <p>3:00 Chair Yoga-3</p> <p>6:00 Music W/Alvin-2</p>	<p>9:30 Bible Study-2 19</p> <p>10:30 Lunch Bunch: Cheesy Jane's</p> <p>2:00 Eggnog & Holiday Trivia-2</p> <p>3:00 Franklin Walkers-Lobby</p> <p>5:30 Family Support Group-Chapel</p>	<p>9:30 Coffee/Chronicle-3 20</p> <p>10:00 Christmas Cookie Match-3</p> <p>10:30 Reindeer Decoration-3</p> <p>2:15 Tic Tac Toe Trivia-Chapel</p> <p>3:30 Specht Elem. Holiday Bingo-2</p> <p>6:00 Outing: Christmas Lights</p>	<p>8:30 Men's Breakfast-2 21</p> <p>9:30 Coffee/Chronicle-3</p> <p>10:30 'Big Move' Exercise-3</p> <p>1:00 Shuttle:Walgreens</p> <p>1:30 Holiday Music W/Fran-2</p> <p>2:30 Popcorn in the Lobby</p> <p>6:00 Movie Night: The Grinch-2</p>	<p>9:30 Coffee & Chronicle- 3 22</p> <p>10:00 Fruitcake Word Search-3</p> <p>10:30 Resident Table Games-3</p> <p>2:00 Quarter Bingo-2</p> <p>7:00 Lawrence Welk -2</p>
<p>10:00 Spiritual Hymns-2 23</p> <p>10:15 Christian Worship</p> <p>10:30 A Christmas Carol Match -3</p> <p>12:00 Cowboy Football-Chapel</p> <p>1:30 Popcorn in the Lobby</p> <p>2:00 Music W/ Jim -Chapel</p>	<p>9:30 Coffee & Chronicle- 3 24</p> <p>9:45 Catholic Communion</p> <p>10:00 Santa Detective-3</p> <p>2:00 Bridge Group-3</p> <p>2:30 Happy Hour W/Michael -2</p> <p>6:00 Movie Musical- 2</p>	<p>Happy B-Day Maureen 25</p> <p>10:00 Christmas Word Puzzles-3</p> <p>2:00 Popcorn and Movie: It's a Wonderful Life-2</p>	<p>9:30 Bible Study-2 26</p> <p>2:00 Hangman-3</p> <p>3:00 Franklin Walkers-Lobby</p> <p>6:00 The Andy Griffith Show-2</p>	<p>9:30 Coffee/ Chronicle-3 27</p> <p>10:30 Games Category- 3</p> <p>2:00 December B-Day Party-2</p> <p>3:30 PoundFit Exercise-3</p> <p>6:00 Sweets Bingo- 2</p>	<p>Happy B-Day Vernon 28</p> <p>9:30 Coffee/Chronicle-3</p> <p>10:00 Toy Word Search-3</p> <p>1:00 Shuttle:Walgreens</p> <p>2:00 Movie: A Dog Named Christmas -2</p> <p>2:30 Popcorn in the Lobby</p>	<p>9:30 Coffee & Chronicle- 3 29</p> <p>10:00 Pencil Art-3</p> <p>10:30 Resident Table Games-3</p> <p>2:00 Quarter Bingo- 2</p> <p>7:00 Lawrence Welk -2</p>

<p>10:00 Spiritual Hymns-2 30</p> <p>10:15 Christian Worship-2</p> <p>10:30 Winterland Search-3</p> <p>12:00 Cowboy Football-Chapel</p> <p>1:30 Popcorn in the Lobby</p> <p>2:00 Music W/ Alvin -Chapel</p>
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<p>New Year's Eve 31</p> <p>9:30 Coffee & Chronicle-2</p> <p>9:45 Catholic Communion</p> <p>10:00 Mixed-up New Year-3</p> <p>10:30 Errand Shuttle/ HEB</p> <p>2:00 Bridge Group-3</p> <p>2:00 New Year's Eve Party-2</p>



Soothing a Sore Throat

We've all had sore throats around this time of year. Your throat feels scratchy and may hurt when you swallow. What can you do to soothe a sore throat? And when is it a sign of a more serious infection?

Most sore throats are caused by viral infections such as the common cold or the flu. These throat problems are generally minor and go away on their own.

To soothe your irritated throat, keep it moist. "Ever notice that a sore throat seems worse in the morning? It's because your throat gets so dry overnight," says Dr. Valerie Riddle, an infectious disease expert at the National Institutes of Health. "Having lozenges or hard candies—or anything that stimulates saliva production—will keep your throat moist. It's also important to drink plenty of fluids."

The best way to protect yourself from the germs that cause these infections is to wash your hands often. Try to steer clear of people who have colds or other contagious infections. And avoid smoking and inhaling second-hand smoke, which can irritate your throat.

Here's a few ideas to try:

- Try hot tea with lemon or some hot soup.
- Keep your throat moist with lozenges or hard candies.
- Gargle with warm salt water or use ice chips.
- Cold liquids or popsicles can numb the pain. Throat sprays and over-the-counter pain relievers can help, too.
- Use a humidifier or vaporizer, especially when sleeping, to keep air from getting too dry.
- If the sore throat persists for several days, contact a health care professional.



HOLIDAY CANDLE CRAFTS

If there's one thing that can be reused year after year during the holiday season, it's candles. They come in all shapes and sizes, and likely the ones many families use during the holidays aren't used any other time of year, which means they are full, or partially full, of life. Tea lights, votive, taper and pillar candles, and their safer stand-in, battery-operated faux candles, make excellent additions to many holiday displays. Plus, they are pretty inexpensive to replace and can be used as the focal point of many decorations, like table centerpieces. Here is just one example of a foolproof way to create lovely, yet simple, table décor centered around candles.

Use a glass (or another preferred material) rectangular tray as the base of your centerpiece, and line several votive or pillar candles down the middle in a single row. Use multiple colors of candles, or just one color if you prefer, that match your home's holiday theme. (This type of centerpiece would also work well with a round tray and a cluster of candles in the center.) Then fill up the rest of the tray with aesthetic treasures of your choosing. Options that work well include cranberries, holly, pinecones, fresh pine cuttings that aren't too brushy and shiny ribbon. You'll have a magnificent centerpiece that is sure to grab the attention of friends and family during your holiday feast.



Photo Pages





FUN HOLIDAY FACTS

- Candy canes began as straight white sticks of sugar candy used to decorate the Christmas trees. A choirmaster at Cologne Cathedral decided to have the ends bent to depict a shepherd's crook and he would pass them out to the children to keep them quiet during the services. It wasn't until about the 20th century that candy canes acquired their red stripes.
- The modern Christmas custom of displaying a "wreath" on the front door of one's house is borrowed from ancient Rome's New Years celebrations. Romans wished each other "good health" by exchanging branches of evergreens. They called these gifts Strenae after Strenia, the goddess of health. It became the custom to bend these branches into a ring and display them on doorways.
- Christmas caroling began as an old English custom called Wassailing - toasting neighbors to a long and healthy life. The earliest collection of carols was published in 1521.



The Comedy Corner

Visiting Santa

A grandmother took her grandson to the shopping mall in December to see Santa Claus. The young boy was very excited to sit on Santa's lap. "Now, little boy," Santa said, "tell Santa what you want for Christmas."

In a very loud voice, the boy said, "I want a NINTENDO, and a NEW BIKE, and some BOOKS, and—"

"You don't have to shout," Santa chuckled. "Santa isn't hard of hearing."

The boy leaned forward and whispered, "No, but my grandma is."

Gift Exchange

My friend reviewed her young son's fill-in-the-blank homework. One line: "At Christmas, we exchange gifts with ____." His response: "Receipts."

YOU CAN'T PUT A PRICE TAG ON Christmas Trees

- The search for the perfect Christmas tree is a long-held family tradition for many generations.
- Some families load up, à la Clark W. Griswold-style in "National Lampoon's Christmas Vacation," and head out deep into the forest to cut down their family fir (permit in hand, of course). But the trek into the snowy woods isn't for everyone. Many families opt for purchasing their tree locally. Most major cities have Christmas tree farms in neighboring rural areas. Usually, those can be cut down by patrons, but with much less hassle than the woodland adventure described above. Aside from that, you can always find precut trees in major hardware or home improvement stores, in addition to those housed in empty parking lots that tout proceeds which support an area nonprofit like the Boy Scouts of America.
- Regardless of where you purchase the family tree, one thing is for certain: It'll cost you, and this cost is definitely on the rise. Over the past 10 years, the average retail price of a Christmas tree has nearly doubled. In 2008, a family spent a little less than \$40 for a beautiful, healthy tree. These days, the average tree runs near the \$75 to \$80 mark. This doesn't account for the type of tree and its dimensions, either, according to the National Christmas Tree Association. For instance, Fraser Firs are on the steeper end of the cost spectrum, while spruce trees, in contrast, might easily cost \$10-\$15 less for a similarly sized tree.
- This is quite an increase over time. Despite this fact, nothing can replace the sweet-smelling holiday symbol. They'll always be in demand.



Celebrating the FESTIVAL of Lights

The Jewish Festival of Lights, commonly known as Hanukkah, commemorates a rededication of the Temple following a period of Jewish oppression. The festival celebrates a miracle of sorts. As part of the Temple's rededication, a candelabrum or menorah, was supposed to remain lit all night, every night. However, there was a shortage of oil at this time, and it was expected that the menorah would only remain lit for one night. To everyone's surprise, it remained lit for eight days, and thus, paved the way for a new traditional celebration: an eight-day Festival of Lights.

This holiday is not considered to be one of great religious importance among the Jewish population. In fact, it is not even mentioned in Jewish Scripture. It is, however, observed by many Jewish families and includes traditional music, food and games, such as playing dreidel. Gift giving was not initially part of the holiday celebration, but it has become somewhat of a tradition that has evolved with time.

Test Your KWANZAA Knowledge

The weeklong, winter, African heritage celebration known as Kwanzaa occurs December 26 through January 1. This holiday's 1966 inception took shape under the guidance of Maulana Karenga. Each day of Kwanzaa is dedicated to a different facet of African heritage. These main principles are unity, purpose, collective work and responsibility, faith, creativity, self-determination and cooperative economics. Here are a few random facts you might not know about Kwanzaa:

- Roughly 20 million people celebrate Kwanzaa in various locations throughout the world. It is not a religious celebration, but rather one that embraces culture and heritage.
- There is a feature film on Kwanzaa called "The Black Candle."
- Seven symbols are associated with the family celebration known as Kwanzaa, including corn, crops, mat, candle holder, unity cup and gifts.
- Kwanzaa is represented by the colors green, red and black, which are associated with the Pan-African Movement. Green represents the African land, red the African ancestors' blood and black represents the people themselves.