

DECEMBER 2018

Dates to Celebrate

World AIDS Day	12/01
Hanukkah	12/02-12/10
Pearl Harbor Day.....	12/07
Winter Solstice.....	12/21
Full Moon	12/22
Christmas Day	12/25
Kwanzaa	12/26-1/01
New Year's Eve	12/31

Birthstone - Blue Topaz | **Flower** - Holly

Zodiac - Sagittarius & Capricorn

LOCATION CODES

CD.....	Club Dining
DR.....	Dining Room
FR.....	Fitness Room
AC.....	Activity Center
CS.....	Coffee Shop
GR.....	Game Room
T.....	Terrace
BS.....	Beauty Salon



Welcome To Franklin Park TPC Parkway!

- Robert Wilmore
- Alicia Wilmore
- George Forest
- Leah Forest
- Della Farmer
- Carolyn Speight
- Carolyn Golden
- Dieter Eisenlohr

We're Glad You're Here!



Happy Birthday

- Lisa Smithee..... 12/6
- Sylvia Harlan..... 12/6
- Liz Steinwachs..... 12/9
- Mary Strachan.....12/22
- Charles Schmidt.....12/23
- Bibiana McKinley.....12/23

DECEMBER 2018 • IL

FRANKLIN PARK TPC PARKWAY

Senior Living with Style!

TPC PARKWAY | 21902 Franklin Park | San Antonio, TX 78259 | 210-462-1004



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, Puny 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.



Franklin Park TPC Parkway Team Members

- Executive Director Kelly Ainsworth
- Food and Beverage Director..... Martin Hernandez
- Life Enrichment Director.....Lara Sasser
- Business Office DirectorJennifer Lester
- Plant Operations DirectorRamiro Maldonado
- Sales and Marketing DirectorDenise Jaworski

FRANKLIN Park
1981
TPC PARKWAY
21902 Franklin Park
San Antonio, Texas 78259
210- 462-1004

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Franklin Park TPC Parkway INDEPENDENT LIVING CALENDAR

December 2018

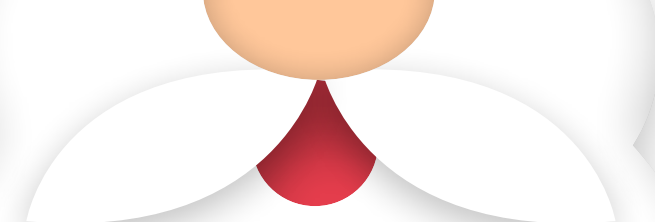


<p>2:30 Popcorn in the Lobby 2</p> <p>3:00 Mexican Train-CS</p> <p>4:00 Music W/Alvin-AC</p> <p>4:30 Sunday Service-Everyone Welcome-AC</p>	<p>9:30 Catholic Communion & Blessing 3</p> <p>10:30 Errand Shuttle/ HEB</p> <p>2:00 Peppermint Party- CD</p> <p>3:00 Play Cards-CS</p>	<p>11:15 Craft Corner-Reindeer Candy Canes -AC 4</p> <p>1:00 Trivia Tuesday-CS</p> <p>1:45 Chair Yoga -FR</p> <p>3:00 Movie Matinee & Ice Cream-CS</p> <p>6:00 Resident Bingo-CD</p>	<p>8:00 Omelet Bar Breakfast 5</p> <p>10:35 Lunch Bunch: Lost Cajun</p> <p>1:00 Bible Study-AC</p> <p>3:00 Happy Hour & Games-CD</p>	<p>8:00 Waffle Bar Breakfast 6</p> <p>11:15 Cooking Class: Spicy Cheese Popcorn-CD</p> <p>3:00 Bridge-CS</p> <p>4:00 Happy Hour W/Jim -CD</p> <p>6:00 Outing: Old West Christmas Light Fest</p>	<p>9:30 Walking Group-Lobby 7</p> <p>10:30 Alamo Drafthouse: The Nutcracker</p> <p>11:30 Wellness Check-FR</p> <p>1:00 Shuttle: Walgreens</p> <p>3:00 Quarter Bingo-CD</p>	<p>10:00 Shopping: Barbies Gifts-AL Lobby 1</p> <p>11:00 Bridge-CS</p> <p>2:30 Popcorn in the Lobby</p> <p>3:00 Men's Poker-CS</p> <p>6:00 Movie Night: It's a Wonderful Life -CS</p>
<p>2:30 Popcorn in the Lobby 9</p> <p>3:00 Mexican Train-CS</p> <p>3:25 Cowboy Football-CS</p> <p>4:00 Music W/Alvin-AC</p> <p>4:30 Sunday Service-Everyone Welcome -AC</p>	<p>9:30 Catholic Communion & Blessing 10</p> <p>10:30 Errand Shuttle/ Target</p> <p>2:00 Beer & Billiards: Come enjoy beer & Wings-CS</p> <p>4:00 Piano Music W/Arland-AC</p>	<p>11:15 Craft Corner-Snowman Charm Pins -AC 11</p> <p>1:00 Trivia Tuesday -CS</p> <p>3:00 Movie Matinee & Ice Cream-CS</p> <p>6:00 Resident Bingo-CD</p> <p>7:00 Gingerbread Cookie Decorating W/Blue-CD</p>	<p>8:00 Omelet Bar Breakfast 12</p> <p>10:30 Lunch Bunch: Smokey Mo's</p> <p>1:00 Bible Study-AC</p> <p>5:00 Holiday Open House</p>	<p>8:00 Waffle Bar Breakfast 13</p> <p>11:15 Cooking Class: Eggnog Dip -CD</p> <p>2:00 Health Talk W/Jennifer-CS</p> <p>3:00 Bridge-CS</p> <p>4:00 Happy Hour W/Glenn-CD</p>	<p>10:00 Roan Forest Choir-CD 14</p> <p>10:30 'Big Move' Exercise-FR</p> <p>11:30 Wellness Check W/Lynda-FR</p> <p>1:00 Outing: Dollar Tree</p> <p>3:00 Candy Bingo-CD</p> <p>5:00 Dinner Out: BJ's</p>	<p>11:00 Bridge-CS 15</p> <p>2:30 Popcorn in the Lobby</p> <p>3:00 Men's Poker-CS</p> <p>6:00 Movie Night: Elf -CS</p>
<p>12:00 Cowboy Football-CS 16</p> <p>2:30 Popcorn in the Lobby</p> <p>3:00 Mexican Train-CS</p> <p>4:30 Sunday Service-Everyone Welcome-AC</p>	<p>9:30 Catholic Communion & Blessing 17</p> <p>10:30 Errand Shuttle/ Walmart</p> <p>3:00 Play Cards-CS</p> <p>4:00 Canyon Ridge Choir - CD</p>	<p>11:00 Craft Corner: Holiday Craft -AC 18</p> <p>1:00 Trivia Tuesday -CS</p> <p>1:45 Chair Yoga - FR</p> <p>3:00 Movie Matinee & Ice Cream- CS</p> <p>6:00 Resident Bingo-CD</p>	<p>8:00 Omelet Bar Breakfast 19</p> <p>10:45 Lunch Bunch: Cheesy Jane's</p> <p>1:00 Bible Study-AC</p> <p>3:00 Christmas Karaoke-CD</p> <p>6:30 Assembly of God Choir-CD</p>	<p>8:00 Waffle Bar Breakfast 20</p> <p>11:00 Cooking Class: Cranberry Pineapple Dessert -CD</p> <p>3:00 Bridge-CS</p> <p>4:00 Ugly Sweater Happy Hour - CD</p>	<p>9:00 Outing: Breakfast at Max & Louie 21</p> <p>11:30 Wellness Check W/Lynda-FR</p> <p>1:00 Shuttle: Walgreens</p> <p>2:00 Cookie Swap Party-CD</p> <p>3:00 Prize Bingo-CD</p>	<p>11:00 Bridge-CS 22</p> <p>2:30 Popcorn in the Lobby</p> <p>3:00 Men's Poker-CS</p> <p>6:00 Movie Night:Home Alone -CS</p>
<p>12:00 Cowboy Football-CS 23</p> <p>2:30 Popcorn in the Lobby</p> <p>3:00 Mexican Train-CS</p> <p>4:30 Sunday Service - Everyone Welcome-AC</p>	<p>CHRISTMAS EVE 24</p> <p>9:30 Catholic Communion & Blessing</p> <p>1:00 Holiday Trivia-CS</p> <p>2:00 Beer & Billiards: Come enjoy beer & Wings-CS</p> <p>3:00 Play Cards-CS</p>	<p>CHRISTMAS DAY 25</p> <p>11:00 Movie Marathon of - A Christmas Story-CS</p> <p>12:00 Christmas Cookies-CS</p>	<p>8:00 Omelet Bar Breakfast 26</p> <p>10:00 Play Dominoes-CS</p> <p>1:00 Bible Study-AC</p> <p>3:00 Table Games-CD</p>	<p>8:00 Waffle Bar Breakfast 27</p> <p>10:45 Morning Gratitude-AC</p> <p>11:15 Cooking Class: Orange Lemon Poppin Punch-CD</p> <p>3:00 Bridge-CS</p> <p>4:00 Happy Hour W/Michael-CD</p>	<p>9:30 Walking Group-Lobby 28</p> <p>10:30 'Big Move' Exercise-FR</p> <p>11:30 Wellness Check W/Lynda-FR</p> <p>1:00 Shuttle: Walgreens</p> <p>3:00 Quarter Bingo-CD</p>	<p>11:00 Bridge-CS 29</p> <p>2:30 Popcorn in the Lobby</p> <p>3:00 Men's Poker-CS</p> <p>6:00 Movie Night: Christmas with the Kranks -CS</p>
<p>12:00 Cowboy Football-CS 30</p> <p>2:30 Popcorn in the Lobby</p> <p>3:00 Mexican Train-CS</p> <p>4:00 Music W/Alvin-AC</p> <p>4:30 Sunday Service-Everyone Welcome-AC</p>	<p>New Year's Eve 31</p> <p>9:30 Catholic Communion & Blessing</p> <p>10:30 Errand Shuttle/ HEB</p> <p>3:00 Play Cards-CS</p> <p>5:00 New Year's Eve Party-CD</p>	<p><i>Have a Blessed Holiday Season!</i></p>				



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—"

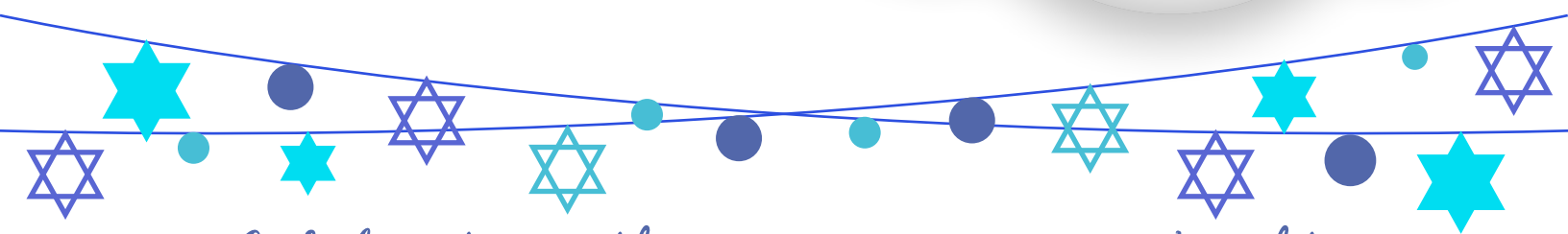
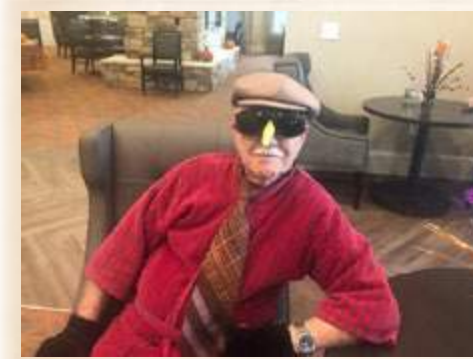
"You don't have to shout," Santa chuckled. "Santa isn't hard of hearing."

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."

Making New Friends!



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.

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.



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.

BEAT the winter blues Shedding Light on Seasonal "Blahs"

As the days get shorter, many people find themselves feeling down. You might feel blue around the winter holidays, or get into a slump after the fun and festivities have ended. What is it about the darkening days that can leave us down in the dumps? And what can we do about it?

"Winter blues is a general term, not a medical diagnosis. It's fairly common, and it's more mild than serious. It usually clears up on its own in a fairly short amount of time," says Dr. Matthew Rudorfer, a mental health expert at the National Institutes of Health. The so-called winter blues are often linked to something specific, such as stressful holidays or reminders of absent loved ones.

Shorter days seem to be a main trigger. Reduced sunlight in fall and winter can disrupt your body's internal clock, or circadian rhythm. This 24-hour "master clock" responds to cues in your surroundings, especially light and darkness. During the day, your brain sends signals to other parts of the body to help keep you awake and ready for action. At night, a gland in the brain produces a chemical which helps you sleep. Shortened daylight hours in winter can alter this natural rhythm and lead to the winter blues in certain people.

Here's a few things to try:

- Get outside in the late morning and mid-afternoon sun.
 - While you're out there, get moving with an easy exercise like walking.
 - Don't be a hermit! Make and keep social engagements.
 - Consider supplementing your diet with vitamin D each morning and melatonin at night. Both are shown to help with the winter blues.
- If you're feeling blue this winter, and if the feelings last for several weeks, talk to a health care provider. "It's true that this seasonal malaise goes away on its own, but that could take 5 months or more. Five months of every year is a long time to be impaired and suffering," says Rudorfer. "It's generally quite treatable, and the treatment options keep increasing and improving."

BE *Jolly* WITHOUT WEIGHT GAIN

Let's not kid ourselves. During the holidays, it is hard to prevent weight gain. Planning ahead is the best weapon against the battle of the bulge this holiday season. Here's some easy tips to help you:

1. Drink lots of water (8-10, 8 oz. glasses a day). Water also helps to flush out toxins which is always a bonus.
2. Eat breakfast. People who eat a decent breakfast every morning tend to have an easier time preventing weight gain.
3. Plan ahead. If you know you'll be attending a party later in the evening, have little snacks frequently throughout the day.
4. Exercise. To prevent weight gain, you must increase the intensity and the length of time you regularly exercise when consuming more calories.
5. Sleep. The holidays come with its share of stresses which can cause your body to secrete more cortisol and increase the fat storage. Sleeping 7-8 hours a day strengthens both your mind and body to help fend against stress, enjoy the holidays and prevent weight gain.

