

# February 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p style="font-size: 1.2em; font-weight: bold;">Activities subject to change at any time</p>			
<p>4</p> <p>9:00 Church Service for ALL – CH 11:00 Morning Video Workout - TC 3:00 Popcorn and National Geographic - CH 6:30 Visit w/Friends</p>	<p>5</p> <p>9:00 Full of Bologna -TC 9:30 Stretch &amp; Balance w/Rose - TC 10:30 BINGO – TH 2:00 A Love Movie - TH 3:00 Mexican Train - AC 6:30 Resident’s Choice Movie - CH</p>	<p>6</p> <p>9:00 Let’s Make a Word – TC <b>9:00 Rodeo Fairgrounds &amp; Lunch</b> 9:30 Silver Sneakers Exercise - TC 10:30 Resident Choice Games - CH 2:00 Walking Club - AC 3:00 Ice Cream Bars - CH 6:30 Resident’s Choice Movie - CH</p>	<p>7</p> <p>8:30 B/P and Weights - TC 9:30 Stretch &amp; Balance w/Rose- TC 9:45 Communion – CH 10:30 BINGO – TH 1:30 Romantic Comedy Movie - TH 3:00 Cotton Ball Minute to Win It - AC 6:30 Bible Study - CH</p>	<p>8</p> <p>9:00 Hangman – TC 9:30 Silver Sneakers Exercise – TC 10:30 Flowerpot Art - CH 2:00 Walking Club - AC <b>3:00 Singing w/ Lydia and Andrew</b> 6:30 Resident’s Choice Movie - CH</p>	<p>9</p> <p>9:00 Wheel of Fortune - TC 9:30 Sittercize w/ Rose – TC 10:30 Chinese New Year BINGO – TH 1:30 Sentimental Movie Time - TH 3:00 Resident’s Game Choice - CH 6:30 Resident’s Choice Movie - CH</p>	<p>10</p> <p>9:30 Exercise with Sharon – CH 10:30 <b>Movie – TH</b> <b>MAGNIFICENT SEVEN</b> 2:30 <b>FINISH MOVIE – TH</b> 3:00 <b>Singing w/ Suzanne - CH</b> 6:30 Visit w/Friends</p>
<p>11</p> <p>9:00 Church Service for ALL – CH 11:00 Morning Video Workout - TC 3:00 National Geographic – CH 5:00 <b>MEN ONLY</b> Super Bowl Kansas City Chiefs San Francisco 49 Beer and Barbeque Dinner - TH</p>	<p>12</p> <p>9:00 Full of Bologna -TC 9:30 Stretch &amp; Balance w/Rose - TC 10:30 BINGO – TH 2:00 A Love Movie - TH 3:00 Mexican Train - AC 6:30 Resident’s Choice Movie - CH</p>	<p>13</p>  <p>9:00 Let’s Make a Word – TC 9:30 Steal My Beads -TC 10:30 Louisiana Chair Travel - TH 2:00 Walking Club - AC 3:00 Mini Bananas Foster w/Ice Cream 6:30 Resident’s Choice Movie - CH</p>	<p>14</p>  <p>9:30 Stretch &amp; Balance w/Rose- TC 9:45 Communion – CH 10:30 Valentine BINGO – TH 2:00 Strawberries and Sparkling Cider Famous Couple Trivia – CH <b>3:00 Singing w/ Jimmy Lee - CH</b> 6:30 Bible Study - CH</p>	<p>15</p> <p>9:00 Hangman – TC 9:30 Silver Sneakers Exercise – TC 10:30 Heart Puzzle Wreaths - CH 2:00 Walking Club – AC 3:00 Chicken Foot - CH 6:30 Resident’s Choice Movie - CH</p>	<p>16</p> <p>9:00 What is that Noise? - TC 9:30 Sittercize w/ Rose – TC 10:30 BINGO – TH 1:30 Sentimental Movie Time - TH 3:00 Resident’s Game Choice - CH 6:30 Resident’s Choice Movie - CH</p>	<p>17</p> <p>9:30 Exercise with Sharon - CH 10:30 <b>MOVIE – TH</b> <b>GIANT</b> 2:30 <b>FINISH MOVIE – TH</b> 6:30 Visit w/Friends</p>
<p>18</p> <p>9:00 Church Service for ALL – CH 11:00 Morning Video Workout - TC <b>3:00 Singing w/ Suzanne - CH</b> 6:30 Visit w/Friends</p>	<p>19</p>  <p>9:00 Presidential Fun Facts -TC 9:30 Stretch &amp; Balance w/Rose - TC 10:30 BINGO – TH 2:30 Red, White, &amp; Blue Snack - CH 6:30 Resident’s Choice Movie -CH</p>	<p>20</p> <p>9:00 Let’s Make a Word – TC 9:30 Silver Sneakers Exercise - TC 10:30 Muffin Baking - AC 2:00 Walking Club - AC 3:00 National Muffin Day Muffins and Brain Teasers - CH 6:30 Resident’s Choice Movie - CH</p>	<p>21</p> <p>9:30 Stretch &amp; Balance w/Rose- TC 9:45 Communion – CH 10:30 BINGO – TH 1:30 Resident Council – CH 3:00 Birthday Celebration <b>and Singing w/ Rob – CH</b> 6:00 <b>Guidelines and Resources for Getting Your Affairs in Order - CH</b></p>	<p>22</p> <p>9:00 Hangman – TC 9:30 Silver Sneakers Exercise -TC <b>10:30 Guest Speaker: AGEILITY w/ special gifts - CH</b> 2:00 Walking Club – AC 3:00 Chicken Foot - CH 6:30 Resident’s Choice Movie - CH</p>	<p>23</p> <p>9:00 Who Wants to be a Millionaire? 9:30 Sittercize w/ Rose – TC 10:30 BINGO – TH 1:30 Sentimental Movie Time - TH 3:00 Resident’s Game Choice - CH 6:30 Resident’s Choice Movie - CH</p>	<p>24</p> <p>9:30 Exercise with Sharon - CH 10:30 <b>MOVIE – TH</b> <b>SOUND OF MUSIC</b> 2:30 <b>FINISH MOVIE – TH</b> 6:30 Visit w/Friends</p>
<p>25</p> <p>9:00 Church Service for ALL – CH 11:00 Morning Video Workout - TC 3:00 Popcorn and National Geographic - CH 6:30 Visit w/Friends</p>	<p>26</p> <p>9:00 Full of Bologna -TC 9:30 Stretch &amp; Balance w/Rose - TC 10:30 BINGO – TH 2:00 A Love Movie - TH 3:00 Mexican Train - AC 6:30 Resident’s Choice Movie - CH</p>	<p>27</p> <p>9:00 Let’s Make a Word – TC 9:30 Silver Sneakers Exercise - CH 10:30 Resident Choice Games - CH 2:00 Walking Club - AC <b>3:00 Singing w/ Shawn - CH</b> 6:30 Resident’s Choice Movie - C</p>	<p>28</p> <p>9:30 Stretch &amp; Balance w/Rose- TC 9:45 Communion – CH 10:30 BINGO – TH 1:30 Romantic Comedy Movie - TH 3:00 Dining Committee - CH 6:30 Bible Study - CH</p>	<p>29</p> <p>9:00 Hangman – TC 9:30 Silver Sneakers Exercise - TC <b>10:30 Guest Speaker: ENHABIT w/ special gifts - CH</b> 2:00 Walking Club Collecting “leap frogs”– AC 3:00 Chicken Foot - CH 6:30 Resident’s Choice Movie - CH</p>	<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p style="font-size: 1.5em; font-weight: bold; margin: 0;">IMPORTANT NUMBERS:</p> <p style="font-weight: bold; margin: 0;">Assisted Living Front Desk &amp;</p> <p style="font-weight: bold; margin: 0;">1<sup>st</sup> Floor Med Aide: 210-495-4286</p> <p style="font-weight: bold; margin: 0;">2<sup>nd</sup> Floor Med Aide: 210-563-9621</p> </div>	



Franklin Park Sonterra  
**ASSISTED LIVING  
COMMUNITY**

18323 Sonterra Place  
San Antonio, TX 78254

210-495-4286



**Sandra Rubio**

This month our Staff Spotlight is being shone on Sandra Rubio.

Sandra is loved by our residents here at Sonterra as she assists with everyone, whenever she is able. You will notice Sandra throughout the hustle and bustle of the day, as she is constantly on the go assisting residents with a smile.

Sandra has been more than willing to volunteer for challenges, to aid in assistance for her team. Her efforts do not go unnoticed. Everyone is appreciative to Sandra, as we are all so grateful, she is a part of the Sonterra Assisted Living family.

Sandra we would like to express our utmost appreciation for all you do for our residents and team members here at Sonterra. You are more than valued, you are loved by so many.



**Marian Shaw 2-4**

**Nancy Holloway 2-9**

**Lois Millard 2-22**

**Rosemary Corley 2-25**