



NO TRANSPORTATION
FRIDAY, JULY 4th



When spending time outside, it's essential to drink plenty of water and wear sunscreen to protect your health and skin. Staying hydrated helps regulate your body temperature, especially in the heat, it prevents dehydration, and reduces the risk of skin cancer.

STAY HYDRATED

Now that we're headed into the summer months, it's important to stay hydrated!

Keep a glass of water on the nightstand and on the end-table so it's in sight. This can help you to remember to drink it.

- ♦ Use a large, marked container with a straw. This can help you keep track of how many ounces you drink a day. For example, a 16 ounce container should be emptied approximately three times throughout the day.
- ♦ You may drink a variety of liquids. Although water is the best, lowest calorie, and healthiest liquid to drink, drinking liquids is the priority here. You may drink a variety of juices, flavored teas, etc. so you are more inclined to drink.



Come join us as we have a
LUAU HAPPY HOUR on
Friday, July 25th at 3pm in
our Chapel. We will listen
to Hawaiian Singer Kainoa
Kamaka! Dress up in your
favorite Hawaiian Attire
and come party with us!

We will see you
there!

July National Ice Cream Month



July is National Ice Cream Month. In 1984, President Ronald Reagan designated July as National Ice Cream Month.

On the third Sunday of July, our nation celebrates National Ice Cream Day. President Ronald Reagan recognized ice cream as a fun and nutritious food that is enjoyed by a full 93 percent of the nation's population. Come celebrate this delicious day with us on July 14th at 2:30pm in our Chapel.



Assisted Living Community
18323 Sonterra Place
San Antonio, TX. 78258
(210)495-4286



Cherry Wilson 7-2

100th Birthday

Sam Wolf 7-8

103rd Birthday

Bob Bupp 7-9

Billy Ray Trimmier 7-11

Honorees will be treated to a special birthday dinner with complimentary wine, and a special birthday cake. The Birthday Dinner will be held next door in the Independent Living Dining Bistro on Tuesday, July 22nd @ 4:15pm.

This is a **RESIDENT ONLY dinner**

We Are Here to Serve You! Franklin Park Sonterra Management Team

Tommy Wood
Executive Director

Tammie Rowe
Assisted Living Director

Lesa Dillon
Director of Resident Services

Julie Munoz
Director of Resident Services Assistant

Austin Querbach
Maintenance Director

Racheal Bellville
Business Office Manager

Tina Tedford
Marketing Director

Olivia Rangel
IL Administrative Assistant

Anisa Washington
Director of Life Enrichment & Transportation






RoseMarie Crow
Life Enrichment Coordinator

Anthony Burks
Director of Dining Service

Salvador Gomez
Executive Chef

Davis Hanna
Assisted Living Concierge/Admin Assistant

Elizabeth Miller
Assisted Living Concierge/Admin Assistant

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Activities Are Subject to Change	1 9:00 Catching Up: w/ Current Events: News & Newspaper - AC 9:30 Sit & Be Fit -TC 10:30 Bible Study - CH 2:00 RESIDENT DINING MEETING - CH 3:30 Rummikub - CH 6:30 Evening Matinee—TH	2 8:30 Weight Clinic w/Enhabit-3rd - TC 9:30 Communion - CH 10:30 Exercise - TC 12:00 HAPPY 100th B-Day CHERRY Music by Rob Bernal 2:00 Kevin Costner: Yellowstone to Yosemite 6:30 Bible Study-CH	3 9:00 Catching Up w/ Current Events: News & Newspaper - AC 9:30 Balloon Volleyball - TC 10:30 Gardening Club -CY 1:30 iPhone Class - CH 3:00 NEW RESIDENT RECEPTION – CH 6:30 Evening Matinee - TH	4 NO TRANSPORTATION 9:00 Catching Up w/ Current Events: News & Newspaper - AC 9:30 Elder Fit - CH 10:30 Garden Club - CY 12:00 AMERICAN LUNCH w/ music from Theodora 3:00 MOVIE: HAMILTON	5 9:30 Elder Fit - CH 10:30 Garden Club Water Flowers - CY 3:00 Saturday Movie: THE SHACK 4:00 Independent Card Playing - CH 6:30 Evening Games - CH
6 9:00 Church Service-CH 10:00 Gardening Club Waters Flowers - CY 11:00 Elder Fit -CH 4:00 Dominoes-CH 6:30 6:30 Evening Movie -TH 	7 9:00 Catching Up w/ Current Events: News & Newspaper - AC 10:30 Lunch Outing: Mexican Restaurant Alamo Cafe 2:00 Strawberry Sundae Social - CH 3:00 Afternoon Bingo –CH 6:30 Evening Movie -TH	8 9:00 Catching Up: w/ Current Events: News & Newspapers - AC 9:30 Sit & Be Fit-TC 10:30 Bible Study - CH 2:30 HAPPY 103rd B-Day SAM Ice Cream Sundaes - CH 3:30 Rummikub - CH 6:30 Evening Matinee: TH	9 9:00 Garden Club - CY 9:00 Catching Up w/ Current Events: News & Newspaper - AC 9:30 Communion - CH 10:30 Exercise - TC 2:00 Kevin Costner: Yellowstone to Yosemite 3:00 Afternoon Bingo –CH 6:30 Bible Study-CH	10 9:00 Catching Up w/ Current Events: News & Newspaper - AC 9:30 Balloon Volleyball - TC 10:30 What is a DNR? & snacks w/ Companion: CH 1:30 iPhone Class - CH 3:00 HAPPY HOUR - CH w/Jimmy Lee 6:30 Evening Matinee - TH	11 9:00 Catching Up w/ Current Events: News & Newspaper - AC 9:30 Sit & Be Fit-TC 10:30 Bible Study w/Kim-CH 1:30 Blueberry Muffin Social 3:00 Afternoon Bingo –CH 6:30 Evening Movie - TH 	12 9:30 Elder Fit - CH 10:30 Garden Club Water Flowers - CY 1:30 Sing - A - Long w/ Suzanne - CH 4:00 Independent Card Playing - CH 6:30 Saturday Movie: HIGHWAY MEN
13 9:00 Church Service-CH 10:00 Gardening Club Waters Flowers - CY 11:00 Elder Fit -CH 4:00 Dominoes-CH 6:30 6:30 Evening Movie -TH	14 9:00 Catching Up w/ Current Events: News & Newspaper - AC 9:30 Sit & Be Fit -TC 10:00 Outing - HEB 2:00 Mexican Train - CH 3:00 Afternoon Bingo – CH 6:30 Evening Movie - TH	15 9:00 Catching Up w/ Current Events: News & Newspapers - AC 9:30 Cardio Exercise w/Michael - TC 10:30 Bible Study - CH 2:00 CRAFT: Coasters - CH 3:30 Watermelon and Summer Trivia - CH 6:30 Evening Matinee - TH	16 9:00 Garden Club - CY 9:00 Catching Up w/ Current Events: News & Newspaper - AC 9:30 Communion - CH 10:30 Exercise - TC 2:00 Kevin Costner: Yellowstone to Yosemite 3:00 Afternoon Bingo –CH 6:30 Bible Study-CH	17 9:00 Catching Up w/ Current Events: News & Newspaper - AC 9:30 Balloon Volleyball - TC 10:30 Gardening Club -CY 1:30 iPhone Class - CH 3:00 “Peachy” HAPPY HOUR - CH w/ Arland 6:30 Evening Matinee - TH	18 9:00 Catching Up w/ Current Events: News & Newspaper - AC 9:30 Sit & Be Fit-TC 10:30 Bible Study w/Kim-CH 2:00 Jeopardy Trivia - CH 3:00 Afternoon Bingo –CH 6:30 Evening Movie - TH	19 9:30 Elder Fit - CH 10:30 Garden Club Water Flowers - CY 3:00 Saturday Movie: RED NOTICE 4:00 Independent Card Playing - CH 6:30 Evening Games - CH
20 9:00 Church Service-CH 10:00 Gardening Club Waters Flowers - CY 11:00 Elder Fit -CH 1:30 Sing - A - Long w/ Suzanne - CH 4:00 Dominoes-CH 6:30 6:30 Evening Movie -TH	21 9:00 Catching Up w/ Current Events: News & Newspaper - AC 9:00 Gardening Club Waters Flowers - CY 9:30 Elder Fit - CH 10:30 Rummikub - CH 2:00 Popsicle Social - LR 3:30 Afternoon Bingo - CH 6:30 Evening Movie - TH	22 9:00 Catching Up w/ Current Events: News & Newspapers - AC 9:30 Sit & Be Fit - TC 10:30 Bible Study - CH 2:00 CRAFT: Beach in a Jar - CH 3:30 Name that Tune - TH 4:15 July Birthday Dinner music w/Valerie - ILB 6:30 Evening Matinee - TH 	23 9:00 Garden Club - CY 9:00 Catching Up w/ Current Events: News & Newspaper - AC 9:30 Communion - CH 10:30 Exercise - TC 2:30 RESIDENT COUNCIL - CH 3:30 Afternoon Bingo – CH 6:30 Bible Study-CH	24 9:00 Catching Up w/ Current Events: News & Newspaper - AC 9:30 Balloon Volleyball - TC 10:30 Gardening Club -CY 1:30 iPhone Class - CH 3:00 Afternoon Bingo - CH 6:30 Evening Matinee - TH	25 9:00 Catching Up w/ Current Events: News & Newspaper - AC 9:30 Sit & Be Fit-TC 10:30 Bible Study w/Kim-CH 1:30 Hawaiian Hangman -CH 3:00 LUAU HAPPY HOUR w/ Kai - CH 6:30 Evening Movie - TH	26 9:30 Elder Fit - CH 10:30 Garden Club Water Flowers - CY 3:00 Saturday Movie: FIELD OF DREAMS 4:00 Independent Card Playing - CH 6:30 Evening Games - CH
27 9:00 Church Service-CH 10:00 Gardening Club Waters Flowers - CY 11:00 Elder Fit -CH 4:00 Dominoes-CH 6:30 6:30 Evening Movie -TH	28 9:00 Catching Up w/ Current Events News & Newspaper - AC 9:30 Sit & Be Fit-TC 10:00 Outing - Wal-Mart 2:00 Mahjong - CH 3:00 Afternoon Bingo - CH 6:30 Evening Movie -TH	29 9:00 Catching Up: w/ Current Events: News & Newspaper - AC 9:30 Sit & Be Fit -TC 10:30 Bible Study - CH 2:00 CRAFT: Flower Jars 3:30 UNO Attack - CH 6:30 Evening Matinee - TH	30 9:00 Garden Club - CY 9:00 Catching Up w/ Current Events: News & Newspaper - AC 9:30 Communion - CH 10:30 Exercise - TC 3:00 Afternoon Bingo – CH 6:30 Bible Study-CH	31 9:00 Catching Up w/ Current Events: News & Newspaper - AC 9:30 Balloon Volleyball - TC 10:30 Gardening Club -CY 1:30 iPhone Class - CH 3:00 HAPPY HOUR - CH w/ Bobby Zamora and Hot Dog Bar	<div>Location Codes:</div> <div>ILC-Independent Living Chapel LR-Living Room TH-Theater TC-Therapy Center</div>  <div>Location Codes:</div> <div>AC-Activity Center CH-Chapel CY-Court yard DR-Dining Room</div>	