

**FAT TUESDAY**

Join in the Mardi Gras Fun!  
 Tuesday, February 13th  
 @ 2pm in the Cocktail Lounge!  
 Mardi Gras Celebration w/DJ STU  
 ( Enjoy A Daiquiri & King Cake )  
 You Will Not Want to Miss This One!!

**SERVICES & AMENITIES:**

**Transportation:** Available Mon.-Fri. 8:30am-4pm for Medical appts. only within a 10 mile radius. Please see lead driver, Tommy Garza, for questions on locations.

Note: You must sign up 24 hours prior to your appt. and scheduled outing on the monthly activity calendar. **Failure to do so will result in no transportation provided!**

**Out of town trips:** 8 sign ups needed for any scheduled out-of-town trips to take place.

**Sunday Church Run:** 8:30a.m.-1p.m. (Local churches only within a 10 mile radius.)

**Wellness Center:**

**Beauty Salon:** 210-888-1164  
**Store Hours:** Mon.-Fri. 1pm-2pm  
**Bistro Hours:** Tues. thru Sat. 11:30am-1:30pm  
**Library** Open 24hrs  
**Indoor Pool** Open 24hrs  
**Gym** Open 24hrs



- |                          |              |
|--------------------------|--------------|
| <b>Harold Gornitz</b>    | <b>02/01</b> |
| <b>Mary Marino</b>       | <b>02/02</b> |
| <b>Mary Gifford</b>      | <b>02/03</b> |
| <b>June Bristol</b>      | <b>02/05</b> |
| <b>John Curney</b>       | <b>02/05</b> |
| <b>Larry Crutsinger</b>  | <b>02/06</b> |
| <b>Jerry Griffin</b>     | <b>02/17</b> |
| <b>Eva Schaake</b>       | <b>02/24</b> |
| <b>Janet Stroike</b>     | <b>02/24</b> |
| <b>Sandra Wilkes</b>     | <b>02/24</b> |
| <b>Rose Ann Crawford</b> | <b>02/25</b> |
| <b>Nancy Stettler</b>    | <b>02/27</b> |

Honorees will be celebrated Tuesday February 20th @3:30P.M. in the Franklin Room.

Each Honoree will receive a phone call 2 weeks prior to the party to confirm that you and/ or your spouse will attend.

February is Heart Health Month

Yes!CanHealth.com

HOW WELL DO YOU KNOW YOUR

**HEART?**

Take care of your heart by knowing more about how it works and signs of various heart diseases



1 out of 4 deaths are caused by heart disease every year



Every 84 seconds someone in USA dies from heart disease



**COWBOY BREAKFAST**

So....Saddle up & put your boots on! Join in the fun @ our Cowboy breakfast. Enjoy a delicious meal and Country Western tunes by Izzy ....Don't forget to wear your country duds, too!

Thursday, February 8th

8:00am-10:00am

Dining Room

Hope to See Ya'll There!!










*Independent Living Community*  
 18323 Sonterra Place  
 San Antonio TX.  
 78258  
 (210-404-1444)

**WE ARE HERE TO SERVE YOU!  
 FRANKLIN PARK SONTERRA  
 MANAGEMENT TEAM**

- |                              |   |
|------------------------------|---|
| Jim Duggins<br>Ext. 209      | Executive Director                          |
| David Rodriguez<br>Ext. 202  | Director of Bus. Ops                        |
| Tina TedFord<br>Ext. 203     | Marketing Director                          |
| Anisa Washington<br>Ext. 207 | Director of Life Enrichment/ Transportation |
| Anthony Burks<br>Ext. 206    | Director of Dining Services                 |
| Alberto Becerra<br>Ext. 205  | Maintenance Director                        |
| Olivia Rangel<br>Ext. 233    | Administrative Assistant                    |
| Susan Aguillon<br>Ext. 200   | Lead Concierge                              |



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>LOCATION CODES:</p> <p>WC-WELLNESS CENTER FR-FRANKLIN ROOM DR-DINING ROOM CL-COCKTAIL LOUNGE GR-GAME ROOM C-CHAPEL P-POOL B-BISTRO T-THEATER</p>	<p>LOCATION CODES:</p> <p>EVENTS AND ACTIVITES W/ ASTERICKS REQUIRE SIGN UP! BINDER IS IN THE MAILROOM.</p> <p>CH-CLUB HOUSE LB-LIBRARY M-MAILROOM AS-ART STUDIO G-GRILL GZ-GAZEBO V-VERANDA</p>	<p>1 10:30 Sit and be Fit-FR</p> <p>1:00 Hand &amp; Foot-GR</p> <p>*1:00 Walmart/ Costco-L</p> <p>2:00 Longest Words in the World Scramble-CL</p> <p>3:00 \$1 Bingo-GR</p>	<p>2 9:30 1st Friday Mass-C</p> <p>*10:00 HEB-L</p> <p>10:30 Line Dancing w/ Dora-FR</p> <p>1:00 Resident Poker-GR</p> <p>1:00 Black Jack- GR</p> <p>2:00 Skip Bo w/ Diana &amp; Healthy Snack Bar-CL</p> <p>3:30 Happy Hour-CL</p> <p>7:00 Movie-T</p> 	<p>3</p> <p>*12:30 Fiddler on The Roof @ RHS (Only 10 Tickets Available...Contact Anisa)-L</p> <p>2:00 20 min. Stretch-FR</p> <p>3:00 \$1 Bingo-GR</p>
<p>4 *8:30 Church Run-L</p> <p>10:30 Morning Prayer &amp; Eucharist-C</p> <p>11:00 Holy Trinity-L</p> <p>1:00 Board &amp; Card Games-GR</p> <p>2:00 Jokers-GR</p> <p>4:00 Bible Study-T</p> <p>7:00 Movie Time-T</p>	<p>5 9:30 Morning Stretch-FR</p> <p>10:45 Cardio Drumming-FR</p> <p>1:00 Mexican Train-GR</p> <p>1:00 Quarter Black Jack-GR</p> <p>2:00 Yoga Class w/ Nicole-FR</p> <p>3:00 Name That Love Song</p> <p>All Things Chocolate-CL</p> <p>6:30 Rummikub-GR</p>	<p>6 10:30 Sit &amp; Be Fit-FR</p> <p>1:00 Resident Poker-GR</p> <p>1:00 Ladies Poker-AS</p> <p>1:30 Agelity presents:</p> <p><b>The Importance of "Heart Health"-FR</b></p> <p>2:00 Movie Matinee &amp; Popcorn-T</p> <p>3:00 Piano Concert w/ Thomas-L</p> <p>7:00 Tuesday Night Bingo-GR</p>	<p>7 9:15 Communion Service-C</p> <p>9:45 Seated Cardio Boxing-T</p> <p>10:00 Jewelry Show &amp; Watch Battery Service w/ Sylvia-L</p> <p>10:30 Painting w/ Lulu-AS</p> <p>*11:00 Lunch @ La Madeleine-L</p> <p>12:30 Bridge Group-CR</p> <p>2:00 Bible Study-C</p> <p>3:30 Happy Hr. w/ TJ-GR</p>	<p>8</p> <p><b>8A.M. - 10:00 A.M</b></p> <p><b>Cowboy Breakfast-DR</b></p> <p>10:30 Sit &amp; Be Fit-FR</p> <p>1:00 Hand and Foot-GR</p> <p>*1:00 Walmart/ Costco-L</p> <p><b>2:00 FPS Rodeo Races (Bring your Quarters!)-FR</b></p> <p>3:00 Hearts &amp; Wine \$1 Bingo -GR</p> 	<p>9 *10:00 SA Rodeo Fairgrounds-L</p> <p>10:30 Line Dancing w/ Dora-FR</p> <p>1:00 Resident Poker-GR</p> <p>1:00 Black Jack-GR</p> <p>2:00 Hot Tea &amp; Love Advice Board-CL</p> <p>3:30 Happy Hour-CL</p> <p>7:00 Movie-T</p>	<p>10</p> <p>*10:00 Shopping @ Dollar Tree/Marshalls-L</p> <p>2:00 20 min. Stretch-FR</p> <p>3:00 \$1 Bingo-GR</p>
<p>11 *8:30 Church Run-L</p> <p>10:30 Morning Prayer &amp; Teaching-C</p> <p>*11:00 Holy Trinity-L</p> <p>1:00 Board &amp; Card Games-GR</p> <p>2:00 Jokers-GR</p> <p>4:00 Bible Study-T</p> <p><b>4:30-SUPER BOWL PARTY-GR</b></p> <p>7:00 Movie Time-T</p> 	<p>12 9:30 Morning Stretch-FR</p> <p>10:00 Alma's Crafts &amp; Watch Battery Service-L</p> <p>10:45 Cardio Drumming-FR</p> <p>1:00 Mexican Train-GR</p> <p>1:00 Quarter Black Jack-GR</p> <p>2:00 Yoga Class w/ Nicole-FR</p> <p><b>3:00 Galantine Social Piano music by Theodora-CL</b></p> <p>6:30 Rummikub-GR</p>	<p>13 10:30 Sit &amp; Be Fit-FR</p> <p>1:00 Resident Poker-GR</p> <p>1:00 Ladies Poker-AS</p> <p>2:00 Mardi Gras Celebration w/DJ STU-CL</p> <p><b>( Enjoy Daiquiri's &amp; King Cake )</b></p> <p>7:00 Tuesday Night Bingo-GR</p> 	<p>14 <b>Ash Wednesday</b></p> <p>9:15 Communion Service (Ash Service)-C</p> <p>*10:00 Craft: Rope Bowl-AS</p> <p>12:30 Bridge Group-CR</p> <p>2:00 Bible Study-C</p> <p>3:30 Valentine's Day Happy Hour w/ Alejandro-GR</p> 	<p>15</p> <p>10:30 Sit &amp; Be Fit-FR</p> <p>1:00 Hand &amp; Foot-GR</p> <p>*1:00 Walmart/ Costco-L</p> <p>2:00 Hearing Aid Checks w/ Jennifer-AS</p> <p>3:00 \$1 Bingo-GR</p> <p>*5:00 Dinner Out: Texas Roadhouse-L</p>	<p>16 *10:00 HEB-L</p> <p>10:30 Line Dancing w/ Dora-FR</p> <p>1:00 Resident Poker-GR</p> <p>1:00 Black Jack- GR</p> <p>1:00 FPS Book Club-LB</p> <p>2:00 2:00 LCR (Bring Quarters!) FR</p> <p>3:30 Happy hour-CL</p> <p>7:00 Movie-T</p>	<p>17</p> <p>2:00 Walk A Mile in the Club House or Courtyard!</p> <p>3:00 \$1 Bingo-GR</p>
<p>18 *8:30 Church Run-L</p> <p>10:30 Morning Prayer &amp; Teaching-C</p> <p>*11:00 Holy Trinity-L</p> <p>1:00 Board &amp; Card Games-GR</p> <p>2:00 Jokers-GR</p> <p>4:00 Bible Study-T</p> <p>7:00 Movie Time-T</p>	<p>19 9:30 Morning Stretch-FR</p> <p>10:45 Cardio Drumming-FR</p> <p>1:00 Mexican Train-GR</p> <p>1:00 Quarter Black Jack-GR</p> <p>2:00 Yoga Class w/ Nicole-FR</p> <p>2:30 President Trivia/Root Beer Floats-GR</p> <p>6:30 Rummikub-GR</p> 	<p>20 10:30 Sit &amp; Be Fit-FR</p> <p>1:00 Resident Poker-GR</p> <p>1:00 Ladies Poker-AS</p> <p>1:00 Agelity presents: "Managing Stress"-FR</p> <p>2:00 Movie Matinee &amp; Popcorn-T</p> <p>4:00 February Birthday Dinner Celebration-DR</p> <p>7:00 Tuesday Night Bingo-GR</p>	<p>21</p> <p>9:15 Communion Service-C</p> <p>9:45 Seated Cardio Boxing-T</p> <p>10:30 Painting w/ Lulu-AS</p> <p>12:30 Bridge Group-CR</p> <p>2:00 Bible Study-C</p> <p>3:30 Happy Hr. w/ Izzy-GR</p> <p>7:00 History with Janice Dombi-FR</p>	<p>22</p> <p>10:00 Hearts &amp; Tunes Choir-C</p> <p><b>No Sit &amp; Be Fit Today!</b></p> <p>1:00 Hand and Foot-GR</p> <p>*1:00 Walmart/ Costco -L</p> <p>2:00 Black History Music: Name That Tune-CL</p> <p>3:00 \$1 Bingo-GR</p>	<p>23 *10:00 HEB-L</p> <p>10:30 Line Dancing w/ Dora-FR</p> <p>1:00 Resident Poker-GR</p> <p>1:00 Black Jack-GR</p> <p>2:30 Black History Cooking Demo w/ Anisa-B</p> <p>3:30 Happy hour-CL</p> <p>*6:45 S.T.A.G.E.: ROPE (Reserve your tickets (830-438-2339)</p> <p>7:00 Movie-T</p>	<p>24</p> <p>*10:00 Shopping @ Village of Stone Oak-L</p> <p>2:00 20 min. Stretch-FR</p> <p>3:00 \$1 Bingo-GR</p>
<p>25 *8:30 Church Run-L</p> <p>10:30 Morning Prayer &amp; Teaching-C</p> <p>*11:00 Holy Trinity-L</p> <p>1:00 Board &amp; Card Games-GR</p> <p>2:00 Jokers-GR</p> <p>4:00 Bible Study-T</p> <p>7:00 Movie Time-T</p>	<p>26 9:30 Morning Stretch-FR</p> <p>10:45 Cardio Drumming-FR</p> <p>1:00 Mexican Train-GR</p> <p>1:00 Quarter Black Jack-GR</p> <p>2:00 Yoga Class w/ Nicole-FR</p> <p>3:00 Men ONLY! Billiards</p> <p>Cornhole, Snacks and Chats-GR</p> <p>3:00 Piano Music by Theodora-CL</p> <p>6:30 Rummikub-GR</p>	<p>27</p> <p>10:30 Sit &amp; Be Fit-FR</p> <p>1:00 Resident Poker-GR</p> <p>1:00 Ladies Poker-AS</p> <p>2:00 Movie Matinee &amp; Popcorn-T</p> <p>3:30 New Resident Reception-GR</p> <p>7:00 Tuesday Night Bingo-GR</p>	<p>28</p> <p>9:15 Communion Service-C</p> <p>11:00 Big Group Crossword Puzzle-CL</p> <p>*11:30 Lunch @ Silo-L</p> <p>12:30 Bridge Group-CR</p> <p>2:00 Bible Study-C</p> <p>3:30 Happy Hr. w/ Pete-GR</p>	<p>29</p> <p>10:30 Sit &amp; Be Fit-FR</p> <p>1:00 Hand and Foot-GR</p> <p>*1:00 Walmart/ Costco-L</p> <p>*2:00 St. Partick's Day Craft-AS</p> <p>3:00 \$1 Bingo-GR</p> <p>*4:00 Happy Hour on The Road @ Cover 3-L</p>	