

~ January 2024 ~

SUNDAY

MONDAY

TUESDAY


WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



	<p>1</p> <p>9:00 Fun & Games - TC 9:30 Silver Sneakers Exercise - TC 10:30 Dominoes w/ Friends - AC 3:00 Music with Leilani - CH 6:30 Residents' Choice Movie - CH</p>	<p>2</p> <p>9:00 Fun & Games - CH 9:30 Silver Sneakers Exercise - CH 10:00 Q-Tip Snowflakes - CH 3:00 Hot Tea and Cookies Social - CH 6:30 Residents' Choice Movie - CH</p>	<p>3</p> <p>8:30 B/P and Weights - SPA 9:00 Fun & Games - TC 9:30 Silver Sneakers Exercise - TC 9:45 Communion - CH 10:30 BINGO - TH 3:00 Cotton Ball Minute to Win It 6:30 Bible Study - CH</p>	<p>4</p> <p>9:00 Fun & Games - TC 9:30 Silver Sneakers Exercise - TC 10:30 Cute Gnomes - CH 3:00 Picture Show & Tell - CH 6:30 Residents' Choice Movie - CH</p>	<p>5</p> <p>9:00 Fun & Games - TC 9:30 Silver Sneakers Exercise - TC 10:30 BINGO - TH 3:00 Karaoke - TH 6:30 Residents' Choice Movie - CH</p>	<p>6</p> <p>9:30 Silver Sneakers Exercise - CH 10:30 ENTERTAINER: Vicki Alderstein 3:00 Christmas Movie and Popcorn John Wayne: Rio Lobo 6:30 Visit w/Friends</p>
<p>7</p> <p>9:00 Church Service for ALL - CH 11:00 Silver Sneakers Exercise - CH 3:00 Hot Apple Cider and National Geographic - CH 6:30 Visit w/Friends</p>	<p>8</p> <p>9:30 Silver Sneakers Exercise - TC 10:30 Coffee & Visit with Friends 3:00 MOVIE: GIRLS! GIRLS!! GIRLS!!! w/Oatmeal Chocolate Chip Cookies Graceland Documentary 6:30 Visit W/Friends in Courtyard</p> 	<p>9</p> <p>9:00 Fun & Games - CH 9:30 Silver Sneakers Exercise - CH 10:00 Blue Popsicle Stick Snowflakes 3:00 Hot Cocoa Bar and Unscramble Words - CH 6:30 Residents' Choice Movie - CH</p>	<p>10</p> <p>9:00 Fun & Games - TC 9:30 Silver Sneakers Exercise 9:45 Communion - CH 10:00 ADROIT (to fix walkers & wheelchairs) LR 10:30 BINGO - TH 3:00 ENTERTAINER: Jimmy Lee (Korean Elvis) 6:30 Bible Study - CH</p>	<p>11</p> <p>9:00 Fun & Games - TC 9:30 Silver Sneakers Exercise - TC 10:30 Decorating Snowflakes - CH 3:00 Family Feud - AC 6:30 Residents' Choice Movie - CH</p>	<p>12</p> <p>9:00 Fun & Games - TC 9:30 Silver Sneakers Exercise - TC 10:00 Painting w/ LuLu - CH 3:00 Candy Toss - AC 6:30 Residents' Choice Movie - CH</p>	<p>13</p> <p>9:30 Silver Sneakers Exercise - CH 10:30 Games w/Friends - AC 3:00 Christmas Movie and Popcorn The Help 6:30 Visit w/Friends</p>
<p>14</p> <p>9:00 Church Service for ALL - CH 11:00 Silver Sneakers Exercise - CH 3:00 Hot Apple Cider and National Geographic - CH 6:30 Visit w/Friends</p>	<p>15</p> <p>9:00 Fun & Games -TC 9:30 Silver Sneakers Exercise - TC 10:30 BINGO - TH 3:00 Music with Leilani 6:30 Residents' Choice Movie</p>	<p>16</p> <p>9:00 Fun & Games - CH 9:30 Silver Sneakers Exercise - CH 10:00 Coffee Filter Snowflakes- CH 10:30 Ladies Luncheon: La Madeleine 3:00 6:30 Residents' Choice Movie - CH</p>	<p>17</p> <p>8:30 B/P and Weights - SPA 9:00 Fun & Games - TC 9:30 Silver Sneakers Exercise - TC 9:45 Communion - CH 10:30 BINGO - TH 3:00 Defying Gravity - AC 6:30 Bible Study - CH</p>	<p>18</p> <p>9:00 Fun & Games - TC 9:30 Silver Sneakers Exercise - TC 10:30 Starry Night Painting- CH 3:00 Jenga - AC 6:30 Residents' Choice Movie - CH</p>	<p>19</p> <p>9:00 Fun & Games - TC 9:30 Silver Sneakers Exercise - TC 10:30 BINGO - TH 3:00 Ring Toss Game - AC 6:30 Residents' Choice Movie - CH</p>	<p>20</p> <p>9:30 Silver Sneakers Exercise - CH 10:30 Games w/Friends - AC 3:00 Christmas Movie and Popcorn Draft Day 6:30 Visit w/Friends</p>
<p>21</p> <p>9:00 Church Service for ALL - CH 11:00 Silver Sneakers Exercise - CH 3:00 Hot Apple Cider and National Geographic - CH 6:30 Visit w/Friends</p>	<p>22</p> <p>9:00 Fun & Games - TC 9:30 Silver Sneakers Exercise - TC 10:30 BINGO - TH 3:00 Music with Leilani 6:30 Residents' Choice Movie</p>	<p>23</p> <p>9:00 Fun & Games - CH 9:30 Silver Sneakers Exercise - CH 10:00 Texas Snowmen - CH 10:30 Great Guys Lunch: Blanco Bar-b-que 3:00 Penny Stack - AC 6:30 Residents' Choice Movie - CH</p>	<p>24</p> <p>8:30 B/P and Weights - SPA 9:00 Fun & Games - TC 9:30 Silver Sneakers Exercise - TC 9:45 Communion - CH 10:30 BINGO - TH 3:00 ENTERTAINER: Bobby Zamora 6:30 Bible Study - CH</p>	<p>25</p> <p>9:00 Fun & Games - TC 9:30 Silver Sneakers Exercise - TC 10:30 Valentine Puzzle Wreaths 3:00 Skittle Fun Game - AC 6:30 Residents' Choice Movie - CH</p>	<p>26</p> <p>9:00 Fun & Games - TC 9:30 Silver Sneakers Exercise - TC 10:30 BINGO - TH 3:00 Ring Toss - AC 6:30 Residents' Choice Movie - CH</p>	<p>27</p> <p>9:30 Silver Sneakers Exercise - CH 10:30 Games w/Friends - AC 3:00 Christmas Movie and Popcorn A Greater YES! 6:30 Visit w/Friends</p>

28
 9:00 Church Service for ALL - CH
 11:00 Silver Sneakers Exercise - CH
 3:00 Hot Apple Cider and National Geographic - CH
 6:30 Visit w/Friends

29
 9:00 Fun & Games - CH
 9:30 Silver Sneakers Exercise - CH
 10:30 BINGO - TH
 3:00 Music with Leilani
 6:30 Residents' Choice Movie

30
 9:00 Fun & Games - CH
 9:30 Silver Sneakers Exercise - CH
 10:00 Starry Night Painting - CH
 3:00 Friend Game - AC
 6:30 Residents' Choice Movie - CH

31
 8:30 B/P and Weights - SPA
 9:00 Fun & Games - TC
 9:30 Silver Sneakers Exercise - TC
 9:45 Communion - CH
 10:30 BINGO - TH
 3:00 ENTERTAINER: Kai Kamaka
 6:30 Bible Study - CH

Activities
 subject to change
 at any time.

IMPORTANT NUMBERS:
 Assisted Living Front Desk &
 1st Floor Med Aide: 210-495-4286
 2nd Floor Med Aide: 210-563-9621
 3rd Floor Med Aide: 210-969-2455



Franklin Park Sonterra
**ASSISTED LIVING
 COMMUNITY**
 18323 Sonterra Place
 San Antonio, TX 78254
 210-495-4286



Ian Espinosa

Hands down Ian was voted by our Residents as our Staff Spotlight this month! Ian has worked with Franklin Park, for over 9 years. First at Franklin Park Alamo Heights and now at Sonterra. He is one of our Residents' favorite staff members not only as a caregiver but also a Med Tech. His caring nature, commitment to our residents' health and safety, his joy and passion to keep our residents healthy and happy exceeds that of what we strive to be here at Franklin Park Sonterra Assisted Living. Ian has a special way to get our residents excited to get out of their rooms and mingling with other residents during not only mealtimes, but activities, as well. Ian enjoys doing his best, while he hides in the background. However, this time, we are going to shine our spotlight brightly for every to see, and so we can thank you for your continued support



Marilou Epps January 8th
 Mike Massey January 9th
 Luid Hancock January 11th
 Sylvia Morell January 21st