

**SERVICES & AMENITIES:**

**Transportation:**

Mon.-Fri. 8:30am-4pm for Medical appts. within a 10 mile radius. Please see lead driver; Tommy, 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!

Beauty Salon: 210-888-1164

Store Hours: Mon-Sat 1pm-2pm

Library Open 24hrs

Indoor Pool Open 24hrs

Gym Open 24hrs

Out of town trips: 10 sign ups needed for any scheduled out-of-town trips to take place.

Sunday Church Run: 8:30 A.M.-1 P.M.

Local churches only within the **Stone Oak Area Only.**

In House Beauty Salon: 210-888-1164

Store Hours Located on the 2nd Floor:  
Mon.-Fri. 1P.M.-2P.M.

Bistro Hours: Tues. - Sat. 11:30A.M.-1:30P.M.

Library Open 24hrs

Indoor Pool Open 24hrs



Ruth Farringer	01/01
Shirley Montgomery	01/01
Karen Isenberg	01/04
Anna Sarrett	01/07
Joseph Jimenez	01/09
Doug Wood	01/10
Chris Miller	01/12
Elva Hernandez	01/13
Richard Copeland	01/15
KarleAnn Goode	01/18
Elva Rios	01/26
John Viargues	01/31

Honorees will be celebrated Tuesday, January 16th @ 3:00pm with light hors d' oeuvre & cake & music by Bobby @ 3:00P.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.



Independent Living Community  
(210-404-1444)

18323 Sonterra Place  
San Antonio TX. 78258



New Year! Let's toast to yesterday's achievements and tomorrow's bright future.

Wishing you health, wealth, and happiness in the New Year ahead.

Happy New Year! Best wishes for peace and prosperity in 2024.

No matter where this year takes us, we'll always feel at home when we're with family. More Laughter, Less Sorrows And More Kindness Towards Humanity!

Wishing Everyone An Amazing New Year!

May Your New Year Be Filled With Tons Of Happiness, Fun And Joy,

Let All Your Dreams Turn In To Beautiful Realities

Happy New Year To You And Your Family!!!



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

Jim Duggins Executive Director  
Ext. 209

David Rodriguez Director of Bus.Ops  
Ext. 202

Tina Tedford Marketing Director  
Ext. 203

Anisa Washington Director of Life Enrichment/ Trans.  
Ext. 207

Anthony Burks Director of Dining Services  
Ext. 206

Alberto Becerra Maintenance Director  
Ext. 205

Olivia Rangel Administrative Asst.  
Ext. 204

Susan Aguillon Front Desk Concierge  
Ext. 200

**WHAT IS GLAUCOMA?**

Glaucoma is a group of eye diseases that gradually steal sight without warning. Although the most

common forms primarily affect the middle-aged and the elderly, glaucoma can affect people of all ages.



Vision loss is caused by damage to the optic nerve. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain.

There is no cure for glaucoma—yet. However, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 <b>NO TRANSPORTATION TODAY!</b> 1:00 Quarter Black Jack-GR 1:00 Mexican Train-GR 3:00 The Misconceptions of World War II w/Guest Speaker : Chris Ketcherside-T 6:30 Rummikub-GR	10:30 Sit & Be Fit-FR 2 *1:00 Resident Poker-GR 1:00 Ladies Poker-AS 2:00 Movie Matinee-T 3:30 Piano Music w/Thomas-L 7:00 Tuesday Bingo-GR	9:15 Communion Service-C 3 9:45 Morning Stretch-FR 12:30 Bridge Group-CR *1:00 Shopping @ Dollar Tree-L 1:00 Tech Help w/Jim-CC 2:00 Bible Study Meeting-C 3:30 Happy Hour w/DJ STU-GR	10:30 Sit & Be Fit-FR 4 1:00 Hand & Foot-GR *1:00 Walmart/Costco-L 2:00 Tea @ Two & New Year Trivia-FR 3:00 \$1 Bingo-GR 7:00 NFL Game Night-GR	9:30 First Friday Mass-C 5 *10:00 HEB-L 10:30 Line Dancing w/Dora-FR 1:00 Resident Poker-GR 1:00 Quarter Black Jack-GR 2:00 Ice Cream Sundae Bar-FR 3:30 Happy Hour-CL 7:00 Movie-T	*10:00 Target/Whole Foods Market-L 6 2:00 20 min. Stretch-FR 3:00 Dollar Bingo-GR 5:00 Music w/Student Andrew-CL
*8:30 Church Run-L 7 10:30 Morning Prayer & Teaching-C *11:00 Holy Trinity-L 1:00 Board & Card Games-GR 2:00 Jokers-GR 4:00 Bible Study-T 7:00 Movie Time-T	9:30 Morning Stretch-FR 8 10:45 Cardio Drumming-FR 1:00 Quarter Black Jack-GR 1:00 Mexican Train-GR 2:00 Yoga w/Nicole-FR 3:00 Elvis Trivia music & videos w/DJ STU-CL 6:30 Rummikub-GR 	10:30 Sit & Be Fit-FR 9 *11:00 Lunch Bunch: Max & Louie Diner-L 1:00 Resident Poker-GR 1:00 Ladies Poker-AS 2:00 Movie Matinee & Popcorn-T 3:30 Kahlua Coffee Social-CL 7:00 Tuesday Bingo-GR	9:15 Communion Service-CL 10 9:45 New: Seated Cardio Boxing-FR 10:30 Painting w/Lulu-AS 12:30 Bridge Group-CR 1:00 Tech Help w/Resident; Jim W. (Phones & Laptops)-CC 2:00 Bible Study Mtg.-C 3:30 Happy Hour music by Pete-GR	10:30 Sit & Be Fit-FR 11 1:00 Hand & Foot-GR *1:00 Walmart/Costco-L 2:00 Name That Golden Oldie-CL 3:00 \$1 Bingo-GR *4:30 Dinner Out: BJ Brewhouse-L 7:00 NFL Game Night-GR	*10:00 HEB-L 12 10:30 Line Dancing w/Dora-FR 1:00 Resident Poker-GR 1:00 Quarter Black Jack-GR 2:00 Celebrating National "Hot Tea Day" Social-CL 3:30 Happy Hour-CL 7:00 Movie-T	*10:00 Shopping @ Kohl's-L 13 2:00 20 min. Stretch-FR 3:00 Dollar Bingo-GR
*8:30 Church Run-L 14 10:30 Morning Prayer & Teaching-C *11:00 Holy Trinity-L 1:00 Board & Card Games-GR 2:00 Jokers-GR 4:00 Bible Study-T 7:00 Movie Time-T	9:30 Morning Stretch-FR 15 10:45 Cardio Drumming-FR 1:00 Quarter Black Jack-GR 1:00 Mexican Train-GR 2:00 Yoga w/Nicole-FR 3:00 MLK Speech & Mini Pecan Pie/Coffee Social-Bistro 6:30 Rummikub-GR 	10:30 Sit & Be Fit-FR 16 1:00 Resident Poker-GR 1:00 Ladies Poker-AS 2:00 Movie Matinee & Popcorn-T 3:30 January Community Birthday Celebration-FR 7:00 Tuesday Night Bingo-GR	9:15 Communion Service-C 17 9:45 Seated Cardio Boxing-FR *10:30 Wine Cork Initial Craft-AS 12:30 Bridge Group-CR 1:00 Tech Help w/Jim-CC 2:00 Bible Study Meeting-C 3:30 "Nerd Day" Happy Hour w/Pete-GR  Dress Like A Nerd Today!!	10:30 Sit & Be Fit-FR 18 1:00 Hand & Foot-GR *1:00 Walmart/Costco-L 2:00 Hearing Aid Checks w/Audiologist; Jennifer-AS *3:00 Minute To Win It Competition-FR 7:00 NFL Game Night-GR	*10:00 HEB-L 19 10:30 Line Dancing Class-FR 1:00 Resident Poker-GR 1:00 FPS Book Club Mtg.-AS 1:00 Quarter Black Jack-GR 2:00 Nat. Popcorn Day! Popcorn Bar & Who Am I?-CL 3:30 Happy Hour-CL 7:00 Movie-T	*10:00 SAS Shoe Factory-L 20 2:00 20 min. Stretch-FR 3:00 Dollar Bingo-GR 5:00 Music w/Student Andrew-CL
*8:30 Church Run-L 21 10:30 Morning Prayer & Teaching-C *11:00 Holy Trinity-L 1:00 Board & Card Games-GR 2:00 Jokers-GR 4:00 Bible Study-T 7:00 Movie Time-T	9:30 Morning Stretch-FR 22 10:45 Cardio Drumming-FR 1:00 Mexican Train-GR 1:00 Quarter Black Jack-GR 2:00 Yoga w/ Nicole-FR 3:15 It's Wine O'clock & Karaoke Ladies Only!-CL 6:30 Rummikub -GR	10:30 Sit & Be Fit-FR 23 *11:00 Lunch Bunch: Chart House @ Towers of The Americas-L 1:00 Resident Poker-GR 1:00 Ladies Poker-AS 2:00 Guest Speaker: Tom Jackson "The Vikings & The Normandy Conquest"/ Hot Chocolate Bar-FR 7:00 Tuesday Bingo-GR	9:15 Communion Service-CL 24 9:45 Seated Cardio Boxing-FR 10:30 Painting w/Lulu-AS 12:30 Bridge Group-CR 1:00 Tech Help w/Resident; Jim W. (Phones & Laptops)-CC 2:00 Bible Study Mtg.-C 3:30 Happy Hour music by Pete-GR	10:30 Sit & Be Fit-FR 25 1:00 Hand & Foot-GR *1:00 Walmart/Costco-L 3:00 \$1 Bingo-GR *4:00 Happy Hour on the road: Embers Wood Fire Kitchen & Tap-L 7:00 NFL Game Night-GR	*10:00 HEB-L 26 10:30 Line Dancing w/Dora-FR 1:00 Resident Poker-GR 1:00 Quarter Black Jack-GR *2:00 Painting with A Twist Wine & Snacks-AS 3:30 Happy Hour-CL 7:00 Movie-T	*10:00 Pearl Farmers Market-L 27 2:00 20 min. Stretch-FR 3:00 Dollar Bingo-GR
*8:30 Church Run-L 28 10:30 Morning Prayer & Teaching-C *11:00 Holy Trinity-L 1:00 Board & Card Games-GR 2:00 Jokers-GR 4:00 Bible Study-T 7:00 Movie Time-T	9:30 Morning Stretch-FR 29 10:45 Cardio Drumming-FR 1:00 Quarter Black Jack-GR 1:00 Mexican Train-GR 2:00 Yoga w/Nicole-FR 3:00 Men Only! Billiards, Cornhole, Snacks and Chat-GR 6:30 Rummikub-GR	10:30 Sit & Be Fit-FR 30 1:00 Resident Poker-GR 1:00 Ladies Poker-AS 2:00 Movie Matinee & Popcorn-T 3:30 New Resident Reception-GR 7:00 Tuesday Bingo-GR	9:15 Communion Service-C 31 No Cardio Boxing Today-FR *9:15 Garcia's Art Glass Blowing Demo/Lunch @ Rosario's-L 12:30 Bridge Group-CR 1:00 Tech Help w/Jim-CC 2:00 Bible Study Meeting-C 3:30 "Crazy Sock" Happy Hour w/Pete-GR		<b>LOCATION CODES:</b> EVENTS AND ACTIVITES W/ ASTERICKS REQUIRE SIGN UP! BINDER IS IN THE MAILROOM. CH-CLUB HOUSE LB-LIBRARY M-MAILROOM AS-ART STUDIO G-GRILL      V-VERANDA	<b>T-THEATER</b> WC-WELLNESS CENTER FR-FRANKLIN ROOM DR-DINING ROOM CL-COCKTAIL LOUNGE GR-GAME ROOM C-CHAPEL P-POOL      B-BISTRO