

# Senior Living with Style!

TPC PARKWAY | 21802 Encino Commons | San Antonio, TX 78259 | 210-483-9999



## Welcome To Franklin Park TPC Parkway!

Alta M.

Jerry M.

Sharon W.

Jerry Z.

Patricia D.

Judy B.

Johanna G.



**We're Glad You're Here!**

## Birthdays This Month

Velma C.....8/1

Dominga J.....8/4

Helen M. ....8/7

Jerry Z.....8/16

Madrainne J.....8/21

## We've Got A Honey Of A Deal!



If you have friends looking for a new home, we have the answer to their problems. Stop all their searching and ask them to drop by our office and take a look at your community. We will take it from there. We'll show them why you chose this community to call home.

Then...when they move in, we will reward you with a honey of a deal.



*A Referral Bonus  
Worth \$1,000!!*

What's all the buzz? We hope it's your friends headed to our front door!



## Stay Healthy WITH SELENIUM

Selenium is a nutrient necessary to good health. It supports reproductive health, the thyroid, DNA production, defense against infections and more. Selenium deficiency can lead to heart disease, male infertility and arthritis, and may be related to cardiovascular disease, cancer and cognitive decline.

The Medical News Today website advises eating these foods that are rich in selenium:

- Brazil nuts
- Tuna
- Halibut
- Sardines
- Roasted ham
- Shrimp
- Enriched macaroni
- Turkey
- Beef liver
- Chicken
- Cottage cheese
- Brown rice
- Eggs
- Whole wheat bread
- Baked beans



FRANKLIN  
Park

AUGUST 2021

MC REFRESHING WATERS

Franklin Park TPC Parkway • August 2021 • Week One

<b>SUN, AUG 01</b>	8:30 Breakfast 9:15 Take A Walk 9:30 Christian Worship 10:00 Refreshments 10:30 Coupon Clippers 11:30 Lunch 1:30 Card Games	3:00 Snack Time 3:15 Pencil Art 3:30 Spiritual Hymns 4:30 Dinner 5:30 Take a Stroll 6:15 Ring Toss 6:30 Table Games	7:00 Snacks 7:15 Puzzles 8:00 Bed Time Prep
<b>MON, AUG 02</b>	8:30 Breakfast 9:15 Take A Walk 9:30 Exercise & News 10:00 Refreshments 10:15 Catholic Communion 10:30 Bingo 11:30 Lunch	1:30 Table Games 2:00 Passing of the Olympic Torch-AL 3:00 Snack Time 3:15 Balloon Volleyball 4:00 Guitar Music W/ Keilone 4:30 Dinner	5:30 Take a Stroll 6:15 Movie & Popcorn 7:00 Snacks 7:15 Card Games 8:00 Bed Time Prep
<b>TUE, AUG 03</b>	8:30 Breakfast 9:15 Take A Walk 9:30 Exercise & News 10:00 Refreshments 10:00 Exercise W/ Jason 10:30 Painting Olympic Rings 11:30 Lunch	1:30 Puzzles 2:00 Bingo-AL 3:00 Snack Time 3:15 Bean Bag Toss 4:30 Dinner 5:30 Take a Stroll 6:30 Easy Listening Music	7:00 Snacks 7:15 Who Am I? 8:00 Bed Time Prep
<b>WED, AUG 04</b>	Happy B-Day Dominga 8:30 Breakfast 9:15 Take A Walk 9:30 Exercise & News 10:00 Refreshments 10:00 Bible Study-AL 10:15 Olympic Trivia	10:30 Play Pictionary 11:30 Lunch 1:30 Finish the Lines 2:00 Olympic Games-AL 3:00 Snack Time 3:15 Ladder Toss 4:30 Dinner	5:30 Take a Stroll 6:30 Table Games 7:00 Snacks 7:15 Match the Socks 8:00 Bed Time Prep
<b>THU, AUG 05</b>	8:30 Breakfast 9:15 Take A Walk 9:30 Exercise & News 10:00 Refreshments 10:15 Olympic Match Game 10:30 Expose the Secret Word 11:30 Lunch	1:30 Pencil Art 2:00 Bingo-AL 3:00 Snack Time 3:15 Ball Toss 3:30 A-Mazing Genie 4:30 Dinner 5:30 Take a Stroll	6:00 Word Search 7:00 Snacks 7:15 Story Time 8:00 Bed Time Prep
<b>FRI, AUG 06</b>	8:30 Breakfast 9:15 Take A Walk 9:30 Exercise & News 10:00 Refreshments 10:15 August IQ 10:30 Remembering how to Swim	11:30 Lunch 1:30 Puzzles 2:00 Olympic Party & Awards-AL 3:00 Snack Time 3:15 Balloon Tennis 4:30 Dinner	5:30 Take a Stroll 6:00 Table Games 7:00 Snacks 7:15 Card Games 8:00 Bed Time Prep
<b>SAT, AUG 07</b>	8:30 Breakfast 9:15 Take A Walk 9:30 Exercise & News 10:00 Refreshments 10:15 Bingo 10:30 Water Painting 11:30 Lunch	1:30 Table Games 3:00 Snack Time 3:15 Ring Toss 3:30 Famous August Birthday Search 4:30 Dinner 5:30 Take a Stroll	6:00 Who Am I? 6:15 Play Dominoes 7:00 Snacks 7:00 Lawrence Welk-TV 8:00 Bed Time Prep

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Franklin Park TPC Parkway • August 2021 • Week Two

<b>SUN, AUG 08</b>	8:30 Breakfast 9:15 Take A Walk 9:30 Christian Worship 10:00 Refreshments 10:30 Coupon Clippers 11:30 Lunch 1:30 Card Games	3:00 Snack Time 3:15 Pencil Art 3:30 Spiritual Hymns 4:30 Dinner 5:30 Take a Stroll 6:15 Ring Toss 6:30 Table Games	7:00 Snacks 7:15 Puzzles 8:00 Bed Time Prep
<b>MON, AUG 09</b>	8:30 Breakfast 9:15 Take A Walk 9:30 Exercise & News 10:00 Refreshments 10:15 Catholic Communion 10:30 Bingo 11:30 Lunch	1:30 Table Games 3:00 Snack Time 3:15 Balloon Volleyball 3:30 A-Mazing Cactus 4:00 Guitar Music W/ Keilone 4:30 Dinner 5:30 Take a Stroll	6:15 Movie & Popcorn 7:00 Snacks 7:15 Card Games 8:00 Bed Time Prep
<b>TUE, AUG 10</b>	8:30 Breakfast 9:15 Take A Walk 9:30 Exercise & News 10:00 Exercise W/ Jason 10:00 Refreshments 10:30 Rummage Sale Detective 11:30 Lunch	1:30 Puzzles 2:00 Bingo-AL 3:00 Snack Time 3:15 Bean Bag Toss 3:30 French Chef Word Fit 4:30 Dinner 5:30 Take a Stroll	6:30 Easy Listening Music 7:00 Snacks 7:15 Who Am I? 8:00 Bed Time Prep
<b>WED, AUG 11</b>	8:30 Breakfast 9:15 Take A Walk 9:30 Exercise & News 10:00 Refreshments 10:00 Bible Study-AL 10:15 Photographic Memory 11:30 Lunch	1:30 Finish the Lines 2:00 Happy Tails Show 3:00 Snack Time 3:15 Ladder Toss 4:30 Dinner 5:30 Take a Stroll 6:30 Table Games	7:00 Snacks 7:15 Match the Socks 8:00 Bed Time Prep
<b>THU, AUG 12</b>	8:30 Breakfast 9:15 Take A Walk 9:30 Exercise & News 10:00 Refreshments 10:15 Play Higher or Lower 10:30 Searching August 11:30 Lunch	1:30 Pencil Art 2:00 Bingo-AL 2:00 Music & Pineapple upside down cake 3:00 Snack Time 3:15 Mixed up State Fair 4:30 Dinner	5:30 Take a Stroll 6:00 Word Search 7:00 Snacks 7:15 Story Time 8:00 Bed Time Prep
<b>FRI, AUG 13</b>	8:30 Breakfast 9:15 Take A Walk 9:30 Exercise & News 10:00 Refreshments 10:15 Make Trail Mix 10:30 Trail Mix Search 11:30 Lunch	1:30 Puzzles 2:30 Chair Zumba 3:00 Snack Time 3:30 Wrigley Field Crossword 4:30 Dinner 5:30 Take a Stroll 6:00 Table Games	7:00 Snacks 7:15 Card Games 8:00 Bed Time Prep
<b>SAT, AUG 14</b>	8:30 Breakfast 9:15 Take A Walk 9:30 Exercise & News 10:00 Refreshments 10:15 Bingo 10:30 Water Painting 11:30 Lunch	1:30 Table Games 3:00 Snack Time 3:15 Ring Toss 3:30 Wild Bill Hickok Search 4:30 Dinner 5:30 Take a Stroll 6:00 Who Am I?	6:15 Play Dominoes 7:00 Snacks 7:00 Lawrence Welk-TV 8:00 Bed Time Prep

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Franklin Park TPC Parkway • August 2021 • Week Three

<b>SUN, AUG 15</b>	8:30 Breakfast 9:15 Take A Walk 9:30 Christian Worship 10:00 Refreshments 10:30 Coupon Clippers 11:30 Lunch 1:30 Card Games	3:00 Snack Time 3:15 Pencil Art 3:30 Spiritual Hymns 4:30 Dinner 5:30 Take a Stroll 6:15 Ring Toss 6:30 Table Games	7:00 Snacks 7:15 Puzzles 8:00 Bed Time Prep
<b>MON, AUG 16</b>	Happy B-Day Jerry Z. 8:30 Breakfast 9:15 Take A Walk 9:30 Exercise & News 10:00 Refreshments 10:15 Catholic Communion 10:30 Bingo	11:30 Lunch 1:30 Table Games 3:00 Snack Time 3:15 Balloon Volleyball 3:30 Hotels & Motels Crossword 4:00 Guitar Music W/ Keilone	4:30 Dinner 5:30 Take a Stroll 6:15 Movie & Popcorn 7:00 Snacks 7:15 Card Games 8:00 Bed Time Prep
<b>TUE, AUG 17</b>	8:30 Breakfast 9:15 Take A Walk 9:30 Exercise & News 10:00 Exercise W/ Jason 10:00 Refreshments 10:30 Story-Perfect Day 11:30 Lunch	1:30 Puzzles 2:00 Bingo-AL 3:00 Snack Time 3:15 Bean Bag Toss 3:30 Searching Baseball 4:30 Dinner 5:30 Take a Stroll	6:30 Easy Listening Music 7:00 Snacks 7:15 Who Am I? 8:00 Bed Time Prep
<b>WED, AUG 18</b>	8:30 Breakfast 9:15 Take A Walk 9:30 Exercise & News 10:00 Refreshments 10:00 Bible Study-AL 10:15 Shade Categories 11:30 Lunch	1:30 Finish the Lines 2:30 Armchair Astronomy-AL 3:00 Snack Time 3:15 Ladder Toss 4:30 Dinner 5:30 Take a Stroll 6:30 Table Games	7:00 Snacks 7:15 Match the Socks 8:00 Bed Time Prep
<b>THU, AUG 19</b>	8:30 Breakfast 9:15 Take A Walk 9:30 Exercise & News 10:00 Refreshments 10:15 Finish the Sayings 10:30 Baseball Detective 11:30 Lunch	1:30 Pencil Art 2:00 Bingo-AL 3:00 Snack Time 3:15 Spelling American Artist 4:30 Dinner 5:30 Take a Stroll 6:00 Word Search	7:00 Snacks 7:15 Story Time 8:00 Bed Time Prep
<b>FRI, AUG 20</b>	8:30 Breakfast 9:15 Take A Walk 9:30 Exercise & News 10:00 Refreshments 10:00 Harp Music 10:15 Outing to Feed the Ducks 10:30 Missing First Letter	11:30 Lunch 1:30 Puzzles 3:00 Snack Time 3:15 Balloon Tennis 3:30 All About Elephants Crossword 4:30 Dinner	5:30 Take a Stroll 6:00 Table Games 7:00 Snacks 7:15 Card Games 8:00 Bed Time Prep
<b>SAT, AUG 21</b>	8:30 Breakfast 9:15 Take A Walk 9:30 Exercise & News 10:00 Refreshments 10:15 Bingo 10:30 Water Painting 11:30 Lunch	1:30 Table Games 3:00 Snack Time 3:15 Ring Toss 3:30 Martin Sheen Search 4:30 Dinner 5:30 Take a Stroll 6:00 Who Am I ?	6:15 Play Dominoes 7:00 Snacks 7:00 Lawrence Welk-TV 8:00 Bed Time Prep

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Franklin Park TPC Parkway • August 2021 • Week Four

<b>SUN, AUG 22</b>	8:30 Breakfast 9:15 Take A Walk 9:30 Christian Worship 10:00 Refreshments 10:30 Coupon Clippers 11:30 Lunch 1:30 Card Games	3:00 Snack Time 3:15 Pencil Art 3:30 Spiritual Hymns 4:30 Dinner 5:30 Take a Stroll 6:15 Ring Toss 6:30 Table Games	7:00 Snacks 7:15 Puzzles 8:00 Bed Time Prep
<b>MON, AUG 23</b>	8:30 Breakfast 9:15 Take A Walk 9:30 Exercise & News 10:00 Refreshments 10:15 Catholic Communion 10:30 Bingo 11:30 Lunch	1:30 Table Games 3:00 Snack Time 3:15 Balloon Volleyball 3:30 Secret Lighthouse Quote 4:00 Guitar Music W/ Keilone 4:30 Dinner 5:30 Take a Stroll	6:15 Movie & Popcorn 7:00 Snacks 7:15 Card Games 8:00 Bed Time Prep
<b>TUE, AUG 24</b>	8:30 Breakfast 9:15 Take A Walk 9:30 Exercise & News 10:00 Refreshments 10:00 Exercise W/ Jason 10:15 Songs Inspired by the Sea 10:30 Beach Pudding Cups	11:30 Lunch 1:30 Puzzles 2:00 Bingo-AL 3:00 Snack Time 3:15 Bean Bag Toss 4:30 Dinner 5:30 Take a Stroll	6:30 Easy Listening Music 7:00 Snacks 7:15 Who Am I? 8:00 Bed Time Prep
<b>WED, AUG 25</b>	8:30 Breakfast 9:15 Take A Walk 9:30 Exercise & News 10:00 Bible Study-AL 10:00 Refreshments 10:15 Melon Categories 10:30 Matching Cocktails	11:30 Lunch 1:30 Finish the Lines 2:30 Chair Zumba 3:00 Snack Time 3:15 Ladder Toss 4:30 Dinner 5:30 Take a Stroll	6:30 Table Games 7:00 Snacks 7:15 Match the Socks 8:00 Bed Time Prep
<b>THU, AUG 26</b>	8:30 Breakfast 9:15 Take A Walk 9:30 Exercise & News 10:00 Refreshments 10:15 Elvis Presley Name That Tune 10:30 Pair up Game	11:30 Lunch 1:30 Pencil Art 2:00 Bingo-AL 3:00 Snack Time 3:30 Ball Toss 4:30 Dinner 5:30 Take a Stroll	6:00 Word Search 7:00 Snacks 7:15 Story Time 8:00 Bed Time Prep
<b>FRI, AUG 27</b>	8:30 Breakfast 9:15 Take A Walk 9:30 Exercise & News 10:00 Refreshments 10:15 What did it Cost? 10:30 Coast Guard Matching 11:30 Lunch	1:30 Puzzles 3:00 Snack Time 3:15 Balloon Tennis 3:30 Lighthouse Word Search 4:30 Dinner 5:30 Take a Stroll 6:00 Table Games	7:00 Snacks 7:15 Card Games 8:00 Bed Time Prep
<b>SAT, AUG 28</b>	8:30 Breakfast 9:15 Take A Walk 9:30 Exercise & News 10:00 Refreshments 10:15 Bingo 10:30 Water Painting 11:30 Lunch	1:30 Table Games 3:00 Snack Time 3:15 Ring Toss 3:30 Summer Clothing Search 4:30 Dinner 5:30 Take a Stroll 6:00 Who Am I ?	6:15 Play Dominoes 7:00 Snacks 7:00 Lawrence Welk-TV 8:00 Bed Time Prep

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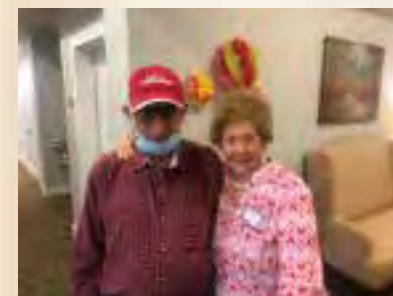
Franklin Park TPC Parkway • August 2021 • Week Five

<p><b>SUN, AUG 29</b></p>	<p>8:30 Breakfast 9:15 Take A Walk 9:30 Christian Worship 10:00 Refreshments 10:30 Coupon Clippers 11:30 Lunch 1:30 Card Games</p>	<p>3:00 Snack Time 3:15 Pencil Art 3:30 Spiritual Hymns 4:30 Dinner 5:30 Take a Stroll 6:15 Ring Toss 6:30 Table Games</p>	<p>7:00 Snacks 7:15 Puzzles 8:00 Bed Time Prep</p>
<p><b>MON, AUG 30</b></p>	<p>8:30 Breakfast 9:15 Take A Walk 9:30 Exercise &amp; News 10:00 Music W/Desiree 10:00 Refreshments 10:15 Catholic Communion 10:30 Bingo</p>	<p>11:30 Lunch 1:30 Table Games 3:00 Snack Time 3:15 Balloon Volleyball 3:30 Rhymes with Play 4:00 Guitar Music W/ Keilone 4:30 Dinner</p>	<p>5:30 Take a Stroll 6:15 Movie &amp; Popcorn 7:00 Snacks 7:15 Card Games 8:00 Bed Time Prep</p>
<p><b>TUE, AUG 31</b></p>	<p>8:30 Breakfast 9:15 Take A Walk 9:30 Exercise &amp; News 10:00 Exercise W/Jason 10:00 Refreshments 10:30 Pesky Little "Ant" Match 11:30 Lunch</p>	<p>1:30 Puzzles 2:00 Bingo-AL 3:00 Snack Time 3:15 Bean Bag Toss 3:30 Garage Sale Scrabble 4:30 Dinner 5:30 Take a Stroll</p>	<p>6:30 Easy Listening Music 7:00 Snacks 7:15 Who Am I? 8:00 Bed Time Prep</p>

DOG DAYS OF  
*Summer*  
JULY 3 - AUGUST 11



Photo PAGE



*National Dog Day*



- |                 |             |
|-----------------|-------------|
| BEAGLE          | JACK RUSSEL |
| BOXER           | LABRADOR    |
| BULLDOG         | POMERANIAN  |
| CHIHUAHUA       | POODLE      |
| CORGI           | PUG         |
| DACHSHUND       | ROTTWEILER  |
| DOBERMAN        | SCHNAUZER   |
| GERMAN SHEPHERD | SHIH TZU    |
| GREAT DANE      | SPANIEL     |



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## Franklin Park TPC Parkway Team Members

- Executive Director ..... David Ewing  
 Assisted Living Director ..... Laurie O'Brien  
 Business Office Director ..... Joanna Sosa  
 Memory Care Director ..... Andrew Resendiz  
 Life Enrichment Director ..... Lara Sasser  
 Sales & Marketing Director ..... Tina Tedford  
 Sales & Marketing Director ..... Carrie Perry  
 Director of Maintenance ..... Peter Cortez  
 Food & Beverage Director ..... Martin Hernandez



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A Franklin Park Retirement Community

