

**Services & Amenities:**

**Transportation:**  
Monday-Friday 8:30 a.m. - 4 p.m. for medical appointments, within a 10-mile radius. Please see lead driver, Tommy, for questions on locations.

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

**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 Stone Oak Area).

**In House Beauty Salon:**  
(210)888-1164

**Store Hours Located on the 2<sup>nd</sup> Floor:**  
Monday-Friday from 1 p.m. -2 p.m.

**Bistro Hours:** Tuesday-Saturday from 11:30 a.m. – 1:30 p.m.

**Library:** Open 24hrs

**Indoor Pool:** Open 24hrs

**Gym:** Open 24hrs.

**TOP TIPS TO BEAT THE HEAT**

**H<sub>2</sub>O to go**  
Take a bottle of cold water with you when you're out and about.

**Avoid**  
Alcohol, tea, coffee and hot, spicy and salty foods can make dehydration worse, so think about avoiding them during hot weather.

**Be cool**  
Make use of fans or air-conditioners set to cool.

**Rest**  
Make sure you get enough sleep and rest if you feel tired.

**Dress down**  
Wear lightweight, light coloured, loose-fitting clothes made from natural fibres, like cotton or linen.

**Enjoy**  
Try eating more cold foods, like salads and fruits. They contain water and are more refreshing in hot weather than hot foods.

**Soak**  
Take a cool shower or bath to help you cool down when you feel hot.

**Shade**  
Wear a hat or take an umbrella with you for shade if you're outside on a hot day.



<b>Shirley Battista</b>	<b>07/02</b>
<b>Beth Ann Glenn</b>	<b>07/03</b>
<b>Dave Griffiths</b>	<b>07/04</b>
<b>Rick McManus</b>	<b>07/07</b>
<b>Bonnie Starkey</b>	<b>07/08</b>
<b>Bob Morrison</b>	<b>07/11</b>
<b>Jim Walker</b>	<b>07/11</b>
<b>John Lindquist</b>	<b>07/12</b>
<b>Robert Nixon</b>	<b>07/13</b>
<b>Connie Henderson</b>	<b>07/16</b>
<b>Patricia Surtees</b>	<b>07/17</b>
<b>Rebecca Waller</b>	<b>07/19</b>
<b>Alice Slavin</b>	<b>07/20</b>
<b>Dennis Sprouse</b>	<b>07/26</b>
<b>Alys Kaihlanen</b>	<b>07/28</b>

Honorees and their spouses will be treated to a special birthday dinner with complimentary wine & cake at 4:15 p.m. in the Bistro. Each honoree will receive a phone call one week prior to the dinner to confirm that you and/or your spouse will attend.

**Please join us for a SUMMER EVENING WHITE PARTY**

**DINNER & DANCE**  
**Thursday, July 24th**  
**White Attire Required!**

**More Details to come!!**



2025

**Independent Living Community**  
(210)404-1444

18323 Sonterra Place  
San Antonio, TX. 78258

**HAPPY 4<sup>th</sup> JULY**

Get all decked out in your red, white & blue and join us for our annual “All American” Buffet Lunch.

Friday, July 4th 11:30am-2:00pm.

There will be no dinner service this evening!

Enjoy patriotic music by Valerie.

There will be no transportation today!

All offices are closed on the July 4th!





<b>We Are Here to Serve You!</b>		
<b>Franklin Park Sonterra Management Team</b>		
<b>Tommy Wood</b>	<b>Executive Director</b>	
Ext. 209		
<b>Racheal Bellville</b>	<b>Business Office Manager</b>	
Ext. 202		
<b>Tina Tedford</b>	<b>Marketing Director</b>	
Ext. 203		
<b>Anisa Washington</b>	<b>Director of Life Enrichment/Trans.</b>	
Ext.207		
<b>Diana Ibarra</b>	<b>Life Enrichment Coord.</b>	
Ext.207		
<b>Anthony Burks</b>	<b>Director of Dining Service</b>	
Ext. 206		
	<b>Maintenance Director</b>	
Ext. 205		
<b>Tammie Rowe</b>	<b>Assisted Living Director</b>	
Ext.227		
<b>Olivia Rangel</b>	<b>Administrative Assistant</b>	
Ext.204		
<b>Susan Aguillon</b>	<b>Front Desk Concierge</b>	
Ext. 200		

**July 14th and 28th drop-off school supplies!**

**1:30pm-3:30pm-Mailroom**

**STUFF THE BUS SCHOOL SUPPLY DRIVE**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>  </div>	<div>  </div>	<div> 1 <p>10:30 Sit &amp; Be Fit-FR 1:00 Resident Poker-GR 1:00 Ladies Poker-AS 2:00 Movie Matinee &amp; Popcorn-T 3:30 Piano Music w/ Thomas-L 7:00 Tuesday Night Bingo-GR</p> </div>	<div> 2 <p>9:15 Communion Service-C 10:00 Water Aerobic w/Kai-P <b>*11:30 Lunch @ Little Italy-L</b> 1:00-3:00 Bridge Group-CR 2:00 Stretch Class-FR  3:30 Red, White &amp; Blue <b>Patriotic Happy Hour</b> w/TJ-GR</p> </div>	<div> 3 <p>10:30 Sit &amp; Be Fit-FR 12:30 Hand &amp; Foot-GR <b>*1:00 Walmart /Costco-L</b> 2:00 LRC (Bring Quarters) &amp; Italian Ice Social-CL 3:00 Bingo-GR</p> </div>	<div> 4 <p>9:30 First Friday Mass-C <b>11:30-2pm All American Lunch Patriotic music by Valarie-DR</b>  <b>1:00 Ladies Blackjack-GR</b> <b>1:00 Poker-GR</b> <b>2:00 Afternoon Movie "State of Play"-T</b> <b>7:00 Celebrate Independence Day Live from Washington,DC-T</b></p> </div>	<div> 5 <p>1:00 Billiards-GR 2:00 Afternoon Series The Night Agent Season 1 Episode 1-T 3:00 \$1 Bingo-GR 7:00 Movie-T</p> </div>
<div> 6 <p><b>*8:30 Church Run-L</b> <b>*11:00 Holy Trinity-L</b> 1:00 Board &amp; Card Games 3:00 Bible Study-T 7:00 Movie -T</p>  </div>	<div> 7 <p>10:30 Tai Chi w/Erma-FR 1:00 Mexican Train-GR 1:00 Quarter Black Jack-GR 2:00 Yoga Class w/Nicole-FR 3:00 Ladies Wine &amp; Cheese Social-CL 6:30 Rummikub-GR</p> </div>	<div> 8 <p>10:00 BP Clinic w/Michael-FR 10:30 Sit &amp; Be Fit-FR 1:00 Resident Poker-GR 1:00 Ladies Poker-AS 2:00 Movie Matinee &amp; Popcorn-T 3:00 Billiards &amp; Beer-GR 7:00 Tuesday Night Bingo-GR</p> </div>	<div> 9 <p>9:15 Communion Service-C 10:00 Water Aerobics w/Kai-P 1:00-3:00 Bridge Group-CR 2:00 Stretch Class-FR 3:30 Happy Hour w/Izzy -GR</p> </div>	<div> 10 <p><b>National Pina Colada</b> 10:30 Sit &amp; Be Fit-FR 12:30 Hand &amp; Foot-GR <b>*1:00 Walmart /Costco-L</b> 2:00 Pina Colada Snack Bar-GR 3:00 Boozy Bingo-GR <b>*4:00 Happy Hour on the Road "Stone Terrace Gastropub"-L</b></p> </div>	<div> 11 <p><b>*10:00 HEB-L</b> 1:00 Ladies Blackjack-GR 1:00 Poker-GR 2:30 Summer Watermelon Social &amp; Summer Trivia-FR 3:30 Happy Hour-CL 6:30 Health Talk w/Dr. Aruna Chhabria-FR</p> </div>	<div> 12 <p>1:00 Billiards-GR 2:00 Afternoon Series The Night Agent Season 1 Episode 2-T 3:00 \$1 Bingo-GR 7:00 Movie-T</p>  </div>
<div> 13 <p><b>*8:30 Church Run-L</b> <b>*11:00 Holy Trinity-L</b> 1:00 Board &amp; Card Games-GR <b>*2:00 Visit Aloha Vaqueros Exhibit @ "Briscoe Museum"-L</b> 3:00 Bible Study-T</p> </div>	<div> 14 <p> 10:30 Tai Chi w/Erma-FR 1:00 Mexican Train-GR 1:00 Quarter Black Jack-GR 2:00 Yoga w/Nicole-FR 3:00 Bros &amp; Brews Social-GR 6:30 Rummikub-GR</p> </div>	<div> 15 <p>10:30 Sit &amp; Be Fit-FR 1:00 Resident Poker-GR 1:00 Ladies Poker-AS 2:00 Movie Matinee &amp; Popcorn-T 7:00 Tuesday Night Bingo-GR</p> </div>	<div> 16 <p>9:15 Communion Service-C 1:00-3:00 Bridge Group-CR <b>*11:30 Lunch @ The Mermaid Café-L</b> 1:00-3:00 Bridge Group-CR 2:00 Stretch Class-FR 3:30 Happy Hour w/Bobby-GR</p> </div>	<div> 17 <p> <b>National Peach Ice Cream Day !</b> 10:30 Sit &amp; Be Fit-FR 12:30 Hand &amp; Foot-GR <b>*1:00 Walmart /Costco-L</b> 2:00 Peach Ice Cream Social &amp; Music w/Arnold-GR 3:00 Bingo-GR</p> </div>	<div> 18 <p><b>*10:00 HEB-L</b> 1:00 Ladies Black Jack-GR 1:00 Poker-GR 1:00 FPS Book Club Mtg.-PDR 2:30 Line Dancing Fun-FR 3:30 Happy Hour-CL 7:00 Movie-T</p> </div>	<div> 19 <p>1:00 Billiards-GR 2:00 Afternoon Series The Night Agent Season 1 Episode 3-T 3:00 \$1 Bingo-GR 7:00 Movie-T</p> </div>
<div> 20 <p><b>*8:30 Church Run-L</b> <b>*11:00 Holy Trinity-L</b> 1:00 Board &amp; Card Games-GR 3:00 Bible Study-T 7:00 Movie-T</p> </div>	<div> 21 <p>10:30 Tai Chi w/Erma-FR 1:00 Mexican Train-GR 1:00 Quarter Black Jack-GR 2:00 Yoga w/Nicole-FR 3:00 Bunco-GR 6:30 Rummikub -GR</p>  </div>	<div> 22 <p>10:30 Sit &amp; Be Fit-FR 1:00 Resident Poker-GR 1:00 Ladies Poker-AS 2:00 Movie Matinee &amp; Popcorn-T 3:00 Billiards &amp; Beers-GR 4:15 July Birthday Dinner music by Valerie-B 7:00 Tuesday Bingo-GR</p> </div>	<div> 23 <p> <b>It's Gorgeous Grandma Day !</b> 9:15 Communion Service-C 10:00 Water Aerobics w/Kai-P 1:00-3:00 Bridge Group-CR <b>*1:30 Gorgeous Grandma Fashion Show-FR</b> 3:30 Happy Hour w/Pete-GR</p> </div>	<div> 24 <p>10:30 Sit &amp; Be Fit-FR 12:30 Hand &amp; Foot-GR <b>*1:00 Walmart /Costco-L</b> 2:00 LRC (Bring Quarters)-GR 3:00 Bingo-GR 4:30 "All White" Dinner -DR &amp; 7pm Summer Evening Dance-FR</p> </div>	<div> 25 <p><b>*10:00 HEB-L</b> <b>*10:30 Craft: "Vacation Photo Jar"-AS</b> 1:00 Ladies Blackjack-GR 1:00 Poker-GR 2:00 Stretch Class-FR 3:30 Happy Hour-CL <b>*6:30 STAGE "Sh-Boom! Life Could Be A Dream"-L</b> 7:00 Movie-T</p> </div>	<div> 26 <p>1:00 Billiards-GR 2:00 Afternoon Series The Night Agent Season 1 Episode 4-T 3:00 \$1 Bingo-GR 7:00 Movie-T</p> </div>
<div> 27 <p><b>*8:30 Church Run-L</b> <b>*11:00 Holy Trinity-L</b> 1:00 Board &amp; Card Games-GR 3:00 Bible Study-T 7:00 Movie-T</p> </div>	<div> 28 <p> 10:30 Tai Chi w/Erma-FR 1:00 Mexican Train-GR 1:00 Quarter Black Jack-GR 2:00 Yoga w/Nicole-FR <b>3:00 Merry Mixology -GR</b> 6:30 Rummikub-GR</p> </div>	<div> 29 <p>10:30 Sit &amp; Be Fit-FR 1:00 Resident Poker-GR 1:00 Ladies Poker-AS 2:00 Movie Matinee &amp; Popcorn-T <b>3:00 Holiday Prize Loteria (Mexican Bingo)-GR</b> 7:00 Tuesday Night Bingo-GR</p> </div>	<div> 30 <p>9:15 Communion Service-C 10:00 Water Aerobics w/Kai-P 1:00-3:00 Bridge Group-CR 2:00 Stretch Class-F <b>3:30 Christmas in July "Karaoke Hour"-CL</b></p> </div>	<div> 31 <p>10:30 Sit &amp; Be Fit-FR 12:30 Hand &amp; Foot-GR <b>*1:00 Walmart /Costco-L</b> <b>2:00 Christmas In July Photo Booth &amp; Enjoy Spiked Eggnog Milkshakes-GR</b> 3:00 Bingo-GR</p> </div>	<div> <b>Location Codes:</b>  <b>AS-Art Studio</b>    <b>B-Bistro</b>  <b>C-Chapel</b>        <b>CH-Club House</b>  <b>CC-Computer Center</b>  <b>CL-Cocktail Lounge</b>  <b>CR- Card Room</b>  <b>DR-Dining Room</b>  <b>FR-Franklin Room</b>  <b>Activities Are Subject To Change!</b> </div>	<div> <b>Location Codes:</b>  <b>G-Grill</b>  <b>GR-Game Room</b>  <b>L-Lobby</b>  <b>LB-Library</b>  <b>M-Mailroom</b>  <b>P-Pool</b>  <b>PDR-Private Dining Room</b>  <b>T-Theater</b> </div>