



230 W Sunset Road • San Antonio, TX 78209 • (210) 829-5955

Staff Directory

Tiffany Weiser Executive Director
Joanna Sosa Business Office Manager
Emma Segovia Administration Assistant
Lauren Rodriguez Sales & Marketing Director
Aleesa Love Sales Assistant/Move In Coord.
Jacqueline Hodges Dir. of Clinical Service
Andrew Resendiz Asst. Director of AL
Chris Purgason Director of Dining Services
Alex Reta Jr. Executive Chef
Austin Querbach Director of Maintenance
Nicole Garza Director of Life Enrichment
Jo Rosser Life Enrichment Assistant
Karla Posada Life Enrichment/Fitness Coord.



**Happy
Birthday**

Frankie Hawkins 13th
Jeannette Harris 19th
Patricia Prestridge 26th
Rick Bridgers 27th
Agatha Gross 29th

October 2025



October Pleasures

“There is no season when such pleasant and sunny spots may be lighted on, and produce so pleasant an effect on the feelings, as now in October.”
—Nathaniel Hawthorne

Wild World: Monarchs

Monarch butterflies may only live a few months, but in that time, some will make a 3,000-mile journey south to Mexico. They are the only butterflies to migrate such a long distance, and later generations will make the same trip, sometimes returning to the exact tree as their ancestors. Monarch caterpillars eat milkweed almost exclusively, but reduced acreage of the plant—as well as natural disasters in Mexico—are threatening the butterflies’ population.

Goose Bumps

Goose bumps develop on the skin as an involuntary response to cold temperatures or strong emotions such as fear, pleasure or excitement. They are caused by tiny muscles connected to each hair follicle contracting and pulling the hair erect. The same thing happens in other mammals for the same reasons; for example, a cat’s fur stands up when it is frightened or angry.



October 2025

- DR Dining Room

C Chapel

AR Activity Room

SA Sitting Area

AC Arts & Crafts Room
- M Memory Care

L Meet in Lobby

BS Beauty Shop

IL Independant Living

CF Card Flex Room
- 🍳 Cooking

🎨 Art

♥ Healthy Heart

🎵 Music

💰 Requires Money
- ✓ Sign-Up Required

🎲 Games

★ Special Event/Guest

† Spiritual

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Yom Kippur (Begins at Sundown) 1 10:00 AR Mexican Train Dominoes with Jo 11:00 AR Chair volleyball With Karla ♥ 1:00 AC Creative Corner with Jo- Ghost Pumpkins ● 3:00 DR Happy Hour- Linda Mountain ★ 4:00 AR Music & Cards with Friends	Yom Kippur 2 10:00 AR Brain Teasers with Jo 10:30 L Lunch Bunch- Longhorn Café (Sign up Required) Meet in Lobby ✓ 11:00 M Drum Circle With Karla ♥ 3:00 AR Bingo Fun 🎲 4:00 AR Music & Dominoes with Friends 🎲	3 10:00 AR White Board Games with Karla 🎲 11:00 AR Active Games with Jo 🎲 12:00 AC Crafts with Dee (Arts & Crafts Room)10am-3pm \$ 1:00 AR Fancy Nails (Sign up Required) ✓ 3:00 AR Jo's Cantina- Music & Cocktails 🎵 4:00 AR Music & Cards With Friends 🎲	4 9:30 M Sit and Be Fit with Jo (Meet In Memory Care) 🎲 10:30 AR Bingo with Jo 🎲 1:00 AR Performance: Latinoamerican Duo- Harry & Lorena 🎵 4:00 AC Puzzle Mania (Bring A Friend) 6:00 SA Netflix Movie (Resident Choice)
5 10:00 AC Puzzle Mania 3:00 C Fellowship with friends † 6:00 SA Netflix Movie (Resident Choice)	6 Active Aging Week! 9:00 L HEB Trip (Meet in Lobby) \$ 10:00 AR Joel Osteen on Television 11:00 C Sit and Be Fit With Karla ♥ 1:00 AR Manicure Monday (Please sign up) ✓ 3:00 AR Prize Bingo with ADROIT 4:00 AR Music & Cards with Friends	7 Active Aging Week! 9:00 BS Beauty Shop Appointments 10:00 C Stretch bands & Weights with Karla ♥ 11:00 AR Whist Game with Jo 3:00 AR Sweets & Treats- Sponsor: Hearts of Texas Hospice † 4:00 AR Music & Dominoes with Friends 🎲	8 Active Aging Week! 10:00 AR Mexican Train Dominoes with Jo 11:00 AR Chair volleyball With Karla ♥ 3:00 AR Bingo with Jo 4:00 AR Music & Cards with Friends	9 Active Aging Week! 10:00 AR Brain Teasers with Jo 11:00 C Sit and Be Fit with Karla ♥ 1:00 AR Music & Dominoes with Friends 🎲 2:30 AR Bingo Fun 🎲 3:30 AR Oktoberfest Happy Hour with Scnell Spass The Polka Duo (In Independent Living Ballroom) Meet in Activity Room ★	10 Active Aging Week! / Deadline for Flu Clinic Consent Forms 10:00 AR White Board Games with Karla 🎲 11:00 AR Active Games with Jo 🎲 1:00 AR Fancy Nails (Sign up Required) ✓ 2:00 M Catholic Mass (Meet in Memory Care) † 3:00 AR Jo's Cantina- Music & Cocktails 🎵 4:00 AR Music & Cards With Friends 🎲	11 Active Aging Week! 9:30 M Sit and Be Fit with Jo (Meet In Memory Care) 🎲 10:30 AR Bingo with Jo 🎲 1:00 AR Performance: Latinoamerican Duo- Harry & Lorena 🎵 4:00 AC Puzzle Mania (Bring A Friend) 6:00 SA Netflix Movie (Resident Choice)
12 Active Aging Week! 10:00 AC Puzzle Mania 3:00 C Fellowship with friends † 6:00 SA Netflix Movie (Resident Choice)	13 Columbus Day 9:00 L HEB Trip (Meet in Lobby) \$ 10:00 AR Joel Osteen on Television 11:00 C Sit and Be Fit With Karla ♥ 1:00 AR Manicure Monday (Please sign up) ✓ 3:00 AR Prize Bingo with ADVANCE CARE TECH 4:00 AR Music & Cards with Friends	14 9:00 BS Beauty Shop Appointments 10:00 C Stretch bands & Weights with Karla ♥ 11:00 AR Whist Game with Jo 2:00 AR Activity Meeting (All are welcome to join) 3:00 AR Sweets & Treats (Make your own Snack)- Pumpkin Spice Pancakes † 4:00 AR Music & Dominoes with Friends 🎲	15 10:00 AC Flu Clinic (Sign up Required) 10:00 AR Mexican Train Dominoes with Jo 11:00 AR Chair volleyball With Karla ♥ 1:00 AC Creative Corner with Jo- Fall Door Decor ● 3:00 DR Happy Hour Jaime Valera ★ 4:00 AR Music & Cards with Friends	16 10:00 AR Brain Teasers with Jo 11:00 CF Hearing Life Services (Free Hearing Test) ★ 11:00 AR Sit & Be Fit With Karla 3:00 AR Bingo Fun 🎲 4:00 AR Music & Dominoes with Friends 🎲	17 10:00 AR White Board Games with Karla 🎲 10:30 C Performance: The Friday Singers ★ 11:00 AR Active Games with Jo 🎲 12:00 AC Vendor: La Casita with Lourdes \$ 1:00 AR Fancy Nails (Sign up Required) ✓ 3:00 AR Jo's Cantina- Music & Cocktails 🎵 4:00 AR Music & Cards With Friends 🎲	18 9:30 M Sit and Be Fit with Jo (Meet In Memory Care) 🎲 10:30 M Trick Or Treating with Windcrest Elementary (Meet In Memory Care) ★ 1:00 AR Performance: Latinoamerican Duo- Harry & Lorena 🎵 4:00 AC Puzzle Mania (Bring A Friend) 6:00 SA Netflix Movie (Resident Choice)
19 10:00 AC Puzzle Mania 3:00 C Fellowship with friends † 6:00 SA Netflix Movie (Resident Choice)	20 9:00 L HEB Trip (Meet in Lobby) \$ 10:00 AR Joel Osteen on Television 11:00 C Sit and Be Fit With Karla ♥ 1:00 AR Manicure Monday (Please sign up) ✓ 3:00 AR Prize Bingo WITH ALL SEASONS HOSPICE 4:00 AR Music & Cards with Friends	21 9:00 BS Beauty Shop Appointments 10:00 C Stretch bands & Weights with Karla ♥ 11:00 IL New Resident Orientation (Independent Living Theatre) 11:00 AR Whist Game with Jo 2:00 AR Resident Meeting (All Are Welcome To Join) 3:00 AR Get To Know Your Neighbor Ice Cream Social † 4:00 AR Music & Dominoes with Friends 🎲	22 10:00 AR Mexican Train Dominoes with Jo 11:00 AR Chair volleyball With Karla ♥ 3:00 AR Music & Cards with Friends 🎲 4:00 DR Happy Hour Birthday Celebration with Kai Kamaka Sponsor: EMBRACE HOSPICE ★	23 10:00 AR Brain Teasers with Jo 11:00 C Sit and Be Fit with Karla ♥ 1:30 AR Movie & Popcorn In IL Theatre (Meet In activity room) 3:00 AR Bingo Fun 🎲 4:00 AR Music & Dominoes with Friends 🎲	24 United Nations Day / Wear It Pink! 10:00 AR White Board Games with Karla 🎲 11:00 AR Active Games with Jo 🎲 1:00 AR Fancy Nails (Sign up Required) ✓ 2:30 Wear It Pink Photo Shoot (Honoring Our Breast Cancer Survivors) ★ 3:00 AR Jo's Cantina- Music & Cocktails 🎵 4:00 AR Music & Cards With Friends 🎲	25 9:30 M Sit and Be Fit with Jo (Meet In Memory Care) 🎲 10:30 AR Bingo with Jo 🎲 1:00 AR Performance: Latinoamerican Duo- Harry & Lorena 🎵 4:00 AC Puzzle Mania (Bring A Friend) 6:00 SA Netflix Movie (Resident Choice)
26 10:00 AC Puzzle Mania 3:00 C Fellowship with friends † 6:00 SA Netflix Movie (Resident Choice)	27 9:00 L HEB Trip (Meet in Lobby) \$ 10:00 AR Joel Osteen on Television 11:00 C Sit and Be Fit With Karla ♥ 1:00 AR Manicure Monday (Please sign up) ✓ 3:00 AR Prize Bingo with AVIONN 4:00 AR Music & Cards with Friends	28 9:00 BS Beauty Shop Appointments 10:00 C Stretch bands & Weights with Karla ♥ 11:00 AR Whist Game with Jo 3:00 AR Sweets & Treats- Fall pies † 4:00 AR Music & Dominoes with Friends 🎲	29 10:00 AR Mexican Train Dominoes with Jo 11:00 AR Chair volleyball With Karla ♥ 3:00 DR Halloween Happy Hour Party with Julian Escobedo- Sponsor: FAMILY TREE (Halloween Costume Contest and Door Prizes) Let's Get Ready To Have A Ghoul of A Time! ★ 4:00 AR Music & Cards with Friends	30 10:00 AR Brain Teasers with Jo 11:00 C Sit and Be Fit with Karla ♥ 3:00 AR Bingo Fun 🎲 4:00 AR Music & Dominoes with Friends 🎲	31 Happy Halloween 10:00 AR White Board Games with Karla 🎲 11:00 AR Active Games with Jo 🎲 1:00 AR Fancy Nails (Sign up Required) ✓ 3:00 AR Jo's Cantina- Music & Cocktails 🎵 4:00 AR Music & Cards With Friends 🎲	



Board Game Fun

From backgammon, which can be traced to about 3000 B.C., to today's newest offerings, board games have long been a way for families and friends to bond and play. Take a look at some of the most popular board games of modern times and think about all the fun had around the table. How many have you played?

1930s: Monopoly, Scrabble, Rummikub, Sorry!

1940s: Clue, Candy Land, Chutes and Ladders

1950s: Risk, Yahtzee, Diplomacy

1960s: Mouse Trap, Battleship, Hungry Hungry Hippos, Operation

1970s: 221B Baker Street, Perfection, Black Box, Dungeons & Dragons

1980s: Trivial Pursuit, Pictionary, Outburst, Taboo

1990s: Mad Gab, Pretty Pretty Princess, Cranium, Mars 2020

2000s: Blokus, Carcassonne, Dicecapades, Bezzerwizzer

2010s: Azul, Patchwork, 7 Wonders, Splendor

"This Month In History"

OCTOBER

1792: In the nation's new capital city, Washington, D.C., the cornerstone of the White House is laid.

1903: The Boston Americans defeat the Pittsburgh Pirates five games to three to win the first World Series.

1931: Comic strip crime fighter "Dick Tracy" debuts.

1949: At a ceremony in Beijing, revolutionary leader Mao Zedong formally announces the creation of the People's Republic of China.

1955: Children's TV shows "Captain Kangaroo" and "The Mickey Mouse Club" air their first episodes.

1957: The Space Age begins when the Soviet Union launches Sputnik I, the first man-made satellite, into orbit.

1962: "Dr. No," the first in the popular James Bond spy film franchise, premieres in London.

1979: Mother Teresa wins the Nobel Peace Prize for her work with the poor in India.

1982: The musical "Cats" opens on Broadway, beginning a record run of more than 7,000 performances.

1995: Rallying for unity and family values, hundreds of thousands gather in Washington, D.C., for the Million Man March.

2000: An American astronaut and two Russian cosmonauts arrive for a four-month stay as the first residents of the International Space Station.

2003: Supersonic jet travel comes to an end when the final flights of three Concorde passenger jets land at London's Heathrow Airport.

2011: The Martin Luther King Jr. Memorial is formally dedicated in Washington, D.C., after a postponement due to Hurricane Irene.