



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

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Nicole Garza Director of Life Enrichment
Karla Posada Life Enrichment/Fitness Coord.
Jo Rosser Life Enrichment Assistant



**Happy Birthday to All Our
October Residents!**

Molly Monteleone 6th
Martha Franco 9th
Jarvis Michie 9th
Jane Geisler 14th
Barbara Beamer 15th
Katie McGrail 17th
Virginia Gross 20th
Judy Golliher 26th

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

- AC

Arts and Crafts
- GR

The Great Room
- L

Meet in Lobby
- BR

Ballroom
- T

Theater

DR

Dining Room

BL

Billiards Room

CR

Conference Rm

BS

Bistro

P

Pool

WC

Wellness Center

HR

Hobby Room

PC

Pool Courtyard

♥

Health/Educational

✓

Sign-Up Required

★

Special Event/Guest

\$

Money Required

♪

Musical Guest

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Yom Kippur (Begins at Sundown) 1 10:00 WC Morning Exercise with Karla ♥ 11:00 BL Bible Study 1:30 BL Mexican Train Dominoes 2:30 P Water Fitness 3:30 WC Chair volleyball With Karla ♥	Yom Kippur 2 9:30 L Outdoor Morning Social 10:00 WC Morning Exercise with Karla ♥ 1:00 BL Poker 3:30 BR Line Dance Class with Virginia Gross 4:00 BR Happy Hour with Kai Kamaka- Sponsored by: Hearing Life ★	3 8:30 L HEB Trip (Lincoln Heights) ✓ 10:00 WC Silver Sneakers Classic with Jo ♥ 10:30 AC Glass Class 12:00 BS Marie’s Trunk Show 12pm-3pm\$ 1:00 BL Digital Bingo!\$ 2:00 AC Mahjong 2:30 BL Billiards 2:30 GR Family Feud Games	4 10:00 BL Mexican Train Dominoes 1:00 T Saturday Movie - Superman (2025) (WITH CAPTIONS) 2:00 BL Bridge✓ 2:00 GR Performance: Latinoamerican Duo- Harry & Lorena ♪ 7:00 T Saturday Movie - Superman (2025) (WITH CAPTIONS)
5 1:00 BL Digital Bingo 1:00 T Sunday Cinema- Superman (2025)“NO CAPTIONS” 2:30 BL Simplified Mahjong ✓ 5:00 T Sunday Cinema- Superman (2025) “NO CAPTIONS” 5:00 BL Texas Hold E’m “Womens Group”	6 Active Aging Week! 9:30 GR 20 Minute Group Walk (Meet in the Great Room) ♥ 10:00 WC Chair One Fitness with Karla ♥ 11:00 BL Pray Holy Rosary 11:00 HR Your Hobby Room With Robert Canfield 1:00 T Health Theme Trivia with Bob 2:00 BL Bridge✓ 3:30 PC Chair volleyball With Karla ♥	7 Active Aging Week! 9:30 GR 20 Minute Group Walk (Meet in the Great Room) ♥ 10:00 WC Silver Sneakers with JO ♥ 11:00 BL Homily & Communion ★ 1:00 CR Activity Meeting (All Are Welcome To Join) 1:00 BL Poker 2:00 T Tuesday Matinée - Thursday Murder Club (2025) (WITH CAPTIONS) 3:00 BR Outdoor Bean Bag Baseball (Bistro Courtyard) 7:00 T Tuesday Matinée - Thursday Murder Club (2025) (NO CAPTIONS)	8 Active Aging Week! 9:30 GR 20 Minute Group Walk (Meet in the Great Room) ♥ 10:00 WC Morning Yoga with Sylvia ♥ 11:00 BL Bible Study 1:00 CR Food Committee Meeting 1:00 AC Get crafty with Jo- DIY Ghost Pumpkins ✓ 1:30 BL Mexican Train Dominoes 2:00 L Sam’s Club (Sign up Required)✓ 2:30 P Water Dance Fitness with Karla 3:30 PC Chair volleyball competition- (Pool Courtyard) (Staff V’S Residents) Sponsor: Avionn ♥	9 Active Aging Week! 8:30 L HEB Trip- (Oak Park-Small) ✓ 9:30 GR 20 Minute Group Walk (Meet in the Great Room) ♥ 10:00 WC Outdoor Tai Chi with Tam Le (Pool Courtyard) ♥ 1:00 BL Poker 4:00 BR Oktoberfest Happy Hour with Scnell Spass The Polka Duo- Sponsored by: Graceful Guidance ★	10 Active Aging Week! / Deadline for Flu Clinic Consent Forms 9:30 GR 20 Minute Group Walk (Meet in the Great Room) ♥ 9:30 L Alamo City Bus Tour With Karen Roe (Historic Menger Hotel)✓ 10:00 WC Silver Sneakers Classic with Jo ♥ 10:30 AC Glass Class 11:00 BL Catholic Mass ★ 1:00 BL Digital Bingo!\$ 2:00 AC Mahjong 2:30 BL Billiards	11 10:00 BL Mexican Train Dominoes 1:00 T Saturday Movie - The Three Amigos (1986) (WITH CAPTIONS) 2:00 BL Bridge✓ 2:00 GR Performance: Latinoamerican Duo- Harry & Lorena ♪ 7:00 T Saturday Movie - The Three Amigos (1986)(WITH CAPTIONS)
12 Active Aging Week! 1:00 BL Digital Bingo 1:00 T Sunday Cinema- The Three Amigos (1986) “NO CAPTIONS” 2:30 L Outing: San Antonio Chamber of Music Society ✓ 2:30 BL Simplified Mahjong ✓ 5:00 T Sunday Cinema- The Three Amigos (1986) “NO CAPTIONS” 5:00 BL Texas Hold E’m “Womens Group”	13 Columbus Day / Rummage Pickup by 10am 10:00 WC Morning Exercise with Karla ♥ 11:00 BL Pray Holy Rosary 11:00 HR Your Hobby Room With Robert Canfield 1:00 T Weekly Trivia with Bob 2:00 BL Bridge✓ 3:30 WC Chair volleyball With Karla ♥	14 9:30 L Outdoor Morning Social 10:00 WC Silver Sneakers with JO ♥ 11:00 L Outing: Lunch Bunch- Seasons 52✓ 1:00 BL Poker 2:00 T Tuesday Matinée - Things Heard And Seen (2021) (WITH CAPTIONS) 3:00 BR Bean Bag Baseball 7:00 T Tuesday Matinée - Things Heard And Seen (2021) (NO CAPTIONS)	15 9:00 BR Flu Clinic (Sign up Required) ✓ 10:00 WC Morning Exercise with Karla ♥ 11:00 BL Bible Study 1:00 BL Book Club- JAMES 1:30 L Trader Joe’s (Sign up required)✓ 2:00 BL Mexican Train Dominoes 2:30 P Water Fitness 3:30 WC Chair volleyball With Karla ♥ 4:30 DR Birthday Dinner PT:1 ✓	16 9:30 L Outdoor Morning Social 10:00 WC Morning Exercise with Karla ♥ 11:00 GR Pet Visits With Happy Tails ★ 1:00 CR Hearing Life Services (Free Hearing Test) ★ 1:00 BL Poker 2:00 T Tom Jackson, Historian- Presenting: Baseball: America’s Pastime ★ 3:30 BR Line Dance Class with Virginia Gross 4:00 BR Happy Hour with Julian Escobedo- Sponsored by: All Seasons ★	17 8:30 L HEB Trip (Lincoln Heights) ✓ 9:30 GR Performance: The Friday Singers★ 10:00 WC Silver Sneakers Classic with Jo ♥ 10:30 AC Glass Class 1:00 BL Digital Bingo!\$ 2:00 AC Mahjong 2:30 BL Billiards 2:30 GR Word Scramble with Karla	18 10:00 BL Mexican Train Dominoes 1:00 T Saturday Movie - The Starling (2021) (WITH CAPTIONS) 2:00 BL Bridge✓ 2:00 GR Performance: Latinoamerican Duo- Harry & Lorena ♪ 7:00 T Saturday Movie -The Starling (2021) (WITH CAPTIONS)
19 10:00 DR Spooky Bake Sale with Tammy & Ally (Near Dining Room)\$ 1:00 BL Digital Bingo 1:00 T Sunday Cinema- Moving On (2022) “NO CAPTIONS” 2:30 BL Simplified Mahjong ✓ 5:00 T Sunday Cinema- Moving On (2022) “NO CAPTIONS” 5:00 BL Texas Hold E’m “Womens Group”	20 Scavenger Hunt Starts Today! / Rummage Sale 10:00 WC Morning Exercise with Karla ♥ 11:00 BL Pray Holy Rosary 11:00 HR Your Hobby Room With Robert Canfield 12:00 BS Vendor: Danielle Emon Jewelry \$ 1:00 T Weekly Trivia with Bob 2:00 BL Bridge✓ 3:30 WC Chair volleyball With Karla ♥	21 9:30 L Outdoor Morning Social 10:00 WC Silver Sneakers with JO ♥ 11:00 T New Resident Orientation 1:00 BL Poker 2:00 T Tuesday Matinée - In Her shoes (2005) (WITH CAPTIONS) 3:00 BR Bean Bag Baseball 7:00 T Tuesday Matinée - In Her shoes (2005) (NO CAPTIONS)	22 10:00 WC Morning Exercise with Karla ♥ 11:00 BL Bible Study 1:00 AC Get crafty with Jo- Fall Door Décor✓ 1:30 BL Mexican Train Dominoes 2:30 P Water Fitness 3:30 WC Chair volleyball With Karla ♥ 4:30 DR Birthday Dinner Pt:2✓	23 Pumpkin Contest Begins 9:30 L Outdoor Morning Social 10:00 WC Morning Exercise with Karla ♥ 10:45 T Presentation with Rene Soliz: Medicare Updates- Q&A ★ 1:00 BL Poker 3:30 BR Line Dance Class with Virginia Gross 4:00 BR Happy Hour with George Murphy- Sponsored by: Tommy Manley ★	24 United Nations Day / Wear It Pink! Scavenger Hunt Due Today by Noon 8:30 L HEB Trip- (Oak Park- Small) ✓ 10:00 WC Silver Sneakers Classic with Jo ♥ 10:30 AC Glass Class 1:00 BL Digital Bingo!\$ 2:00 AC Mahjong 2:30 BL Billiards 2:30 PC Wear It Pink Photo Shoot (Honoring Our Breast Cancer Survivors)	25 10:00 BL Mexican Train Dominoes 1:00 T Saturday Movie - The Women In The Window (2021) (WITH CAPTIONS) 2:00 BL Bridge✓ 2:00 GR Performance: Latinoamerican Duo- Harry & Lorena ♪ 7:00 T Saturday Movie - The Women In The Window (2021) (WITH CAPTIONS)
26 1:00 BL Digital Bingo 1:00 T Sunday Cinema- The Room Next Door (2024) “NO CAPTIONS” 2:30 BL Simplified Mahjong ✓ 5:00 T Sunday Cinema- The Room Next Door (2024)“NO CAPTIONS” 5:00 BL Texas Hold E’m “Womens Group”	27 10:00 WC Morning Exercise with Karla ♥ 10:30 GR Piano Performance - Thomas Fedorichik ★ 11:00 BL Pray Holy Rosary 11:00 HR Your Hobby Room With Robert Canfield 1:00 T Weekly Trivia with Bob 2:00 BL Bridge✓ 3:30 WC Chair volleyball With Karla ♥	28 Pumpkin Contest- Due Today at Noon 9:30 L Outdoor Morning Social 10:00 WC Silver Sneakers with JO ♥ 1:00 BL Poker 1:00 CR RAC MEETING 2:00 T Tuesday Matinée - I Care A lot (2020) (WITH CAPTIONS) 3:00 BR Bean Bag Baseball 7:00 T Tuesday Matinée - I Care A lot (2020) (NO CAPTIONS)	29 Announcement of Winner- Scavenger Hunt 10:00 WC Morning Exercise with Karla ♥ 11:00 BL Bible Study 2:30 P Water Fitness 3:30 WC Chair volleyball With Karla ♥	30 9:30 L Outdoor Morning Social 10:00 WC Morning Exercise with Karla ♥ 1:00 BL Poker 2:30 GR Spooky Ice Cream Social 3:30 BR Thriller Line Dance Class with Karla (Reminder no Happy Hour Today) Get Ready For Tomorrows Halloween Party!	31 8:30 L HEB Trip (Lincoln Heights) ✓ 9:00 BR Trick or Treaters with Howard Learning Center ★ 10:00 WC Silver Sneakers Classic with Jo ♥ 10:30 AC Glass Class 12:00 BS Vendor: Scentsy \$ 1:00 BL Digital Bingo!\$ 2:00 AC Mahjong 2:30 BL Billiards 3:00 BR Halloween Happy Hour Party with Jaime Valera Sponsor: AMADA & Adroit 7:00 T Halloween Special Showing: Death Becomes Her (1992)	



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.