

**You get an extra hour of sleep
this month!**
**Remember to set your
clocks back one hour BEFORE
you go to bed on
Saturday, November 1st.**

FALL BACK
Daylight Savings Time Ends



HOW TO COOK A TURKEY

- Step 1. Buy a turkey
- Step 2. Have a glass of wine
- Step 3. Stuff turkey
- Step 4. Have a glass of wine
- Step 5. Put turkey in oven
- Step 6. Relax and have a glass of wine
- Step 7. Turk the bastey
- Step 8. Wine of glass another get
- Step 9. Hunt for meat thermometer
- Step 10. Glass yourself another pour of wine
- Step 11. Bake the wine for 4 hours
- Step 12. Take the oven out of the turkey
- Step 13. Tet the sable
- Step 14. Grab another wottle of bine
- Step 15. Turk the carvey!

November is the time to be
thankful, a time to remember
and to embrace those who
enrich our lives. I'm thankful for
a lot of things, but I'm most
thankful for you

Happy Thanksgiving

We Are Here to Serve You! **Franklin Park Sonterra Management Team**

Tommy Wood
Executive Director

Lesa Dillon
Director of Resident Services

Julie Munoz
Director of Resident Services Assistant

Racheal Bellville
Business Office Manager

Tina Tedford
Marketing Director

Olivia Rangel
Administrative Assistant

Salvador Gomez
Executive Chef

Austin Querbach
Director of Maintenance

Anisa Washington
Director of Life Enrichment & Transportation

RoseMarie Crow
Assisted Living Life Enrichment Coordinator

Davis Hanna
Assisted Living Concierge

Elizabeth Miller
Assisted Living Concierge

Anthony Burks
Regional Director of Dining Service

Tammie Rowe
Regional Director of Resident Services



**Assisted Living
Community**
18323 Sonterra Place
San Antonio, TX. 78258
(210)495-4286

THANK YOU VETERANS



VETERANS DAY

Veterans, please join us for a special hour with coffee and donuts as you listen to a special Veteran guest speaker.

At 3:00pm we will have an Ice Cream Sundae bar for Veterans, their wives, and 40 of their closest friends. EVERYONE is invited as we humbly say THANK YOU to each of our Veterans.



Frances Bupp 11-6

Nancy Moak 11-14

Pat Willaford 11-24

Honorees will be treated to a special birthday dinner with complimentary wine, and a special birthday cake. The Birthday Dinner will be held next door in the Independent Living Dining Bistro.

November 18th @ 4:00pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					ALL ACTIVITIES ARE SUBJECT TO CHANGE WITHOUT NOTICE	1 9:30 Elder Fit - CH 10:30 Garden Club Water Flowers - CY 2:30 Saturday Movie: TH QUEEN BEES 4:00 Independent Card Playing - CH 6:30 Evening Games - CH
2  9:00 Church Service - CH 9:00 Catching Up w/ Current Events - AC 10:00 Gardening Club - CY 11:00 Elder Fit: : TC 3:00 Rummikub: 3rd FL 6:30 Residents' Choice Evening Movie - TH	3 9:00 Catching Up w/ Current Events: News & Newspaper - AC 9:30 Sit & Be Fit -TC 10:30 Mexican Train: - 3rd FL 1:30 Hot Chocolate Bar - LR 3:00 Afternoon Bingo—TH 6:30 Residents' Choice Evening Movie - TH NATIONAL ORANGE DAY Wear ORANGE	4 9:00 Catching Up w/ Current Events: News & Newspaper - AC 9:30 Sit & Be Fit-TC 10:30 Bible Study w/ Matt- CH 2:30 Spinner: CH 3:30 Making Individual Banana Pudding Cups - AC 6:30 Residents' Choice Evening Movie - TH	5 8:30 WEIGHT CLINIC: TC 9:00 Catching Up w/ Current Events: News & Newspaper - AC 9:30 Communion - CH 10:30 Exercise - TC 2:00 Rummikub- 3rd FL 3:00 Afternoon Bingo: TH 6:30 Residents' Choice Evening Movie - TH	6 9:00 Catching Up w/ Current Events: News & Newspaper - AC 9:30 Balloon Volleyball - TC 10:30 Arts & Crafts: AC 1:30 Tech Class - CH 3:00 HAPPY HOUR - LR w/ ARLAND 6:30 Residents' Choice Evening Movie - TH	7 9:00 Catching Up w/ Current Events: News & Newspaper - AC 9:30 Sit & Be Fit-TC 10:30 Bible Study w/Kim-CH 1:30 Puzzles - 3rd FL 3:30 Afternoon Bingo - TH 6:30 Residents' Choice Evening Movie - TH Wear RED - WHITE - BLUE	8 9:30 Elder Fit - CH 10:30 Garden Club Water Flowers - CY 2:30 Saturday Movie: TH THURSDAY NIGHT MURDER CLUB 4:00 Independent Card Playing - CH 6:30 Evening Games - CH
9:00 Church Service - CH 9:00 Catching Up w/ Current Events: News & Newspaper - AC 10:00 Gardening Club Waters Flowers - CY 11:00 Elder Fit: - TC 3:00 Rummikub: 3rd FL 6:30 Residents' Choice Evening Movie - TH	10 9:00 Catching Up w/ Current Events: News & Newspaper - AC 9:30 Sit & Be Fit -TC 10:30 Bake Vanilla Cupcakes: AC 2:00 Eat Vanilla Cupcakes—TH 3:00 Afternoon Bingo - TH 6:30 Residents' Choice Evening Movie - TH	11 VETERANS DAY 9:00 Catching Up w/ Current Events: News & Newspaper - AC 9:30 Sit & Be Fit - TC 10:30 Veterans' Coffee & Donuts w/ Ralph 2:30 Celebration of Our Vets Ice Cream Sundaes Bar: LR 6:30 Residents' Choice Evening Movie - TH	12 9:00 Catching Up w/ Current Events: News & Newspaper - AC 9:30 Communion - CH 10:30 Exercise - TC 2:00 Rummikub- 3rd FL 3:00 Afternoon Bingo: TH 6:30 Residents' Choice Evening Movie - TH	13 9:00 Catching Up w/ Current Events: News & Newspaper - AC 9:30 Balloon Volleyball - TC 10:30 Kindness Activity - AC 1:30 Tech Class - CH 3:00 HAPPY HOUR - LR w/ MIKE CLANCEY 6:30 Residents' Choice Evening Movie - TH	14 9:00 Catching Up w/ Current Events: News & Newspaper - AC 9:30 Sit & Be Fit-TC 10:30 Bible Study w/Kim-CH 1:30 Rummikub - 3rd FL 3:00 Afternoon Bingo -TH 6:30 Residents' Choice Evening Movie - TH Wear GREY & BLUE for DIABETES AWARENESS	15 9:30 Elder Fit - CH 10:30 Garden Club Water Flowers - CY 2:30 Saturday Movie: TH ELVIS 4:00 Independent Card Playing - CH 6:30 Evening Games - CH
9:00 Church Service - CH 9:00 Catching Up w/ Current Events: News & Newspaper - AC 11:00 Elder Fit - TC 3:00 Rummikub: 3rd FL 4:00 Dominoes - CH 6:30 Residents' Choice Evening Movie - TH	16 9:00 Catching Up w/ Current Events: News & Newspaper - AC 9:00 Gardening Club Water Flowers - CY 9:30 Sit & Be Fit -TC 10:30 Name that Move Star: with Flavored Coffee - LR 2:00 Thanksgiving Hangman 3:00 Afternoon Bingo -TH 6:30 Residents' Choice Evening Movie - TH	17 9:00 Catching Up w/ Current Events: News & Newspaper - AC 9:30 Sit & Be Fit - TC 10:30 Bible Study w/ Matt & HOT Apple Cider - CH 2:30 Spinner: CH 3:00 Pecan OR Pumpkin Pie - LR 4:00 BIRTHDAY DINNER—IL 6:30 Residents' Choice Evening Movie - TH	18 9:00 Catching Up w/ Current Events: News & Newspaper - AC 9:30 Sit & Be Fit - TC 10:30 Bible Study w/ Matt- CH 2:30 Spinner: CH 3:30 UNO ATTACK! - AC 6:30 Residents' Choice Evening Movie - TH	19 9:00 Catching Up w/ Current Events: News & Newspaper - AC 9:30 Communion - CH 10:30 Exercise - TC 2:30 RESIDENT COUNCIL—CH 3:00 Afternoon Bingo: TH 6:30 Residents' Choice Evening Movie - TH	20 9:00 Catching Up w/ Current Events: News & Newspaper - AC 9:30 Balloon Volleyball: TC 10:30 Arts & Crafts: AC 1:30 Tech Class - CH 3:00 HAPPY HOUR - LR w/ SUZANNE 6:30 Residents' Choice Evening Movie - TH	21 9:00 Catching Up w/ Current Events: News & Newspaper - AC 9:30 Exercise: TC 10:30 Bible Study w/Kim-CH 1:30 Puzzles - 3rd FL 3:30 Afternoon Bingo - TH 6:30 Residents' Choice Evening Movie - TH Wear Favorite Sports Team Attire
23/30 9:00 Church Service - CH 9:00 Catching Up w/ Current Events: AC 10:00 Gardening Club Waters Flowers - CY 11:00 Elder Fit: TC 3:00 Rummikub: 3rd FL 6:30 Residents' Choice Evening Movie - TH	24 9:00 Catching Up w/ Current Events: News & Newspaper - AC 9:00 Gardening Club Water Flowers - CY 9:30 Sit & Be Fit -TC 10:30 Name that Holiday Tune 2:00 Holiday Decorating - LR 3:00 Afternoon Bingo -TH 6:30 Residents' Choice Evening Movie - TH	25 9:00 Catching Up w/ Current Events: News & Newspaper - AC 9:30 Sit & Be Fit - TC 10:30 Bible Study w/ Matt- CH 2:30 Spinner: CH 3:30 UNO ATTACK! - AC 6:30 Residents' Choice Evening Movie - TH	26 9:00 Catching Up w/ Current Events: News & Newspaper - AC 9:30 Communion - CH 10:30 Exercise - TC 2:00 Rummikub- 3rd FL 3:00 Afternoon Bingo: TH 6:30 Residents' Choice Evening Movie - TH	27  9:00 Catching Up w/ Current Events: News & Newspaper -AC 9:30 Elder Fit - TC 10:30 Puzzles - AC 1:30 Rummikub - 3rd FL 6:30 Residents' Choice Evening Movie - TH	28 9:00 Catching Up w/ Current Events: News & Newspaper - AC 9:30 Sit & Be Fit-TC 10:30 Bible Study w/Kim-CH 1:30 Puzzles - 3rd FL 3:30 Afternoon Bingo - TH 6:30 Residents' Choice Evening Movie - TH Wear RED Attire	29 9:30 Elder Fit - CH 10:30 Garden Club Water Flowers - CY 1:30 Saturday Movie: TH SOUND OF MUSIC 4:00 Independent Card Playing - CH 6:30 Evening Games - CH