



# FRANKLIN Park®

ALAMO HEIGHTS  
ASSISTED LIVING

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. |
| Tricia Wallace    | Sales & Marketing              |
| Jacqueline Hodges | Dir. of Clinical Services      |
| 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!

|                    |      |
|--------------------|------|
| Sylvia Wolff       | 7th  |
| Stanley Poole      | 8th  |
| Margaret Mathis    | 8th  |
| Martha Thomas      | 14th |
| Donald Billingsley | 15th |
| Carol Sauer        | 18th |
| Janis Petronis     | 23rd |
| John Oppenheimer   | 24th |
| Alicia Garza       | 25th |
| Rosemary Hayes     | 28th |

## February 2026

### Love and Be Loved

"How you love yourself is how you teach others to love you." —Rupi Kaur

### You're Doing a Great Job

To improve your mood instantly, look in the mirror and give yourself a compliment.

### A Little Laugh

Q: What do you call the world's smallest Valentine's Day card?

A: A valen-tiny.



### Wear Red

The first Friday in February is National Wear Red Day, dedicated to raising awareness of heart disease in women. Remember to wear red to support the cause.

### Supersized Spending

A 30-second TV commercial cost about \$40,000 during the first Super Bowl in 1967, compared to about \$8 million in recent years.

# February 2026

DR Dining Room

M Memory Care

CR AL- Conference Room

\$ Requires Money

✓ Sign-Up Required

† Spiritual

C Chapel

L Meet in Lobby

Cooking

Games

AR Activity Room

BS Beauty Shop

Art

Pet Visits

SA Sitting Area

IL Independent Living

Healthy Heart

AC Arts &amp; Crafts Room

CF Card Flex Room

Music

★ Special Event/Guest

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

7

|   |   |  |  |   |  |   |
|---|---|--|--|---|--|---|
| 1<br>10:00 AC Puzzle Mania<br>3:00 C Fellowship with friends †<br>6:00 SA Netflix Movie (Resident Choice)                                       | 2<br>9:00 L HEB Trip (Meet in Lobby) \$<br>10:00 C Bible Study with City of Refuge Church †<br>11:00 C Sit and Be Fit With Karla ♥<br>1:00 AR Manicure Monday (Please sign up) ✓<br>3:00 AR Bingo Fun Sponsored by: Homewatch caregivers<br>4:00 AR Music & Cards with Friends                      | 3<br>9:00 BS Beauty Shop Appointments<br>10:00 C Stretch bands & Weights with Karla ♥<br>11:00 AR Mahjong with Jo ♠<br>3:00 AR Sweets & Treats Social<br>4:00 AR Music & Dominoes with Friends ♠   | 4<br>9:00 AR Beauty Shop Appointments \$<br>10:00 AR Train Dominoes with Jo<br>11:00 AR Chair volleyball With Karla ♥<br>1:00 AC Creative Corner with Jo- Easter Door Craft ●<br>3:00 DR Happy Hour with Fermin Rocha Sponsored by: Family Tree ★  | 5<br>10:00 AR Brain Teasers with Jo<br>10:30 L Outing: Lunch Bunch- The BBQ Station ✓<br>11:00 M Drum Circle With Karla ♥<br>3:00 AR Bingo Fun Sponsored by: AMADA ♠<br>4:00 AR Music & Dominoes with Friends ♠                                     | 6<br>10:00 AC Vendor: Crafts With Dee \$<br>10:00 AR White Board Games with Karla ♠<br>11:00 AR Active Games with Jo ♠<br>1:00 AR Fancy Nails (Sign up Required) ✓<br>3:00 AR Jo's Cantina (Lunar New Years Social) Sponsored by First Light Home Care- Music & Cocktails♪<br>4:00 AR Music & Cards With Friends ♠ | 7<br>10:00 M Valentine's Day Celebration with Windcrest Elementary- In Memory Care ★<br>4:00 AC Puzzle Mania (Bring A Friend)<br>6:00 SA Netflix Movie (Resident Choice)    |
| 8<br>10:00 AC Puzzle Mania<br>3:00 C Bible Study with The Promise Ministries- Brazos- Memory Care †<br>6:00 SA Netflix Movie (Resident Choice)  | 9<br>9:00 L HEB Trip (Meet in Lobby) \$<br>10:00 C Bible Study with City of Refuge Church †<br>11:00 C Sit and Be Fit With Karla ♥<br>1:00 AR Manicure Monday (Please sign up) ✓<br>3:00 AR Bingo Fun Sponsored by: Family Tree<br>4:00 AR Music & Cards with Friends                               | 10<br>9:00 BS Beauty Shop Appointments<br>10:00 C Stretch bands & Weights with Karla ♥<br>11:00 AR Poker with Jo<br>2:00 AR Activity Meeting (All are welcome to join)<br>3:00 AR Sweets & Treats Social<br>4:00 AR Music & Dominoes with Friends ♠  | 11<br>9:00 AR Beauty Shop Appointments \$<br>10:00 AR Brain Teasers with Jo<br>11:00 AR Chair volleyball With Karla ♥<br>3:00 AR Train Dominoes with Jo<br>4:00 AR Music & Cards with Friends  | 12<br>10:00 AR Bingo Fun with FOX Therapy<br>11:00 C Drum Circle With Karla ♥<br>2:15 L Valentines Day Sock Hop Happy Hour with ELVIS- Sponsored by: Three Oaks Hospice & Christus Hospice ★<br>4:00 AR Music & Dominoes with Friends ♠             | 13<br>10:00 AR White Board Games with Karla ♠<br>11:00 AR Active Games with Jo ♠<br>1:00 AR Fancy Nails (Sign up Required) ✓<br>2:00 M Catholic Mass (Meet in Memory Care) †<br>3:00 AR Jo's Cantina- Music & Cocktails♪<br>4:00 AR Music & Cards With Friends ♠   | 14<br>9:30 M Sit and Be Fit with Jo (Meet In Memory Care) ♠<br>10:30 AR Bingo with Jo ♠<br>4:00 AC Puzzle Mania (Bring A Friend)<br>6:00 SA Netflix Movie (Resident Choice) |
| 15<br>10:00 AC Puzzle Mania<br>3:00 C Fellowship with friends †<br>6:00 SA Netflix Movie (Resident Choice)                                      | 16<br>Presidents Day<br>9:00 L HEB Trip (Meet in Lobby) \$<br>10:00 C Bible Study with City of Refuge Church †<br>11:00 C Sit and Be Fit With Karla ♥<br>1:00 AR Manicure Monday (Please sign up) ✓<br>3:00 AR Bingo Fun<br>4:00 AR Music & Cards with Friends                                      | 17<br>9:00 BS Beauty Shop Appointments<br>10:00 C Stretch bands & Weights with Karla ♥<br>11:00 AR Mahjong with Jo<br>11:00 IL New Resident Orientation (Independent Living Theatre)<br>2:00 AR Resident Meeting (All Are Welcome To Join)<br>3:00 AR Get To Know Your Neighbor Ice Cream Social !!<br>4:00 AR Music & Dominoes with Friends ♠ | 18<br>9:00 AR Beauty Shop Appointments \$<br>10:00 AR Train Dominoes with Jo<br>11:00 AR Chair volleyball With Karla ♥<br>1:00 AC Creative Corner with Jo- St. Patrick's Day Craft ●<br>2:00 M Ash Wednesday Service with Father Kevin †<br>3:00 DR Happy Hour - Mardi Gras Happy Hour with Jamie Valera Sponsored by: Executive Home Care ★<br>4:00 AR Music & Cards with Friends ♠ | 19<br>10:00 AR Brain Teasers with Jo<br>11:00 M Happy Tails (Meet In Memory Care) †<br>1:00 AC Hearing Life Services (Free Hearing Test)<br>3:00 AR Bingo Fun Sponsored by: Avionn ♠<br>4:00 AR Music & Dominoes with Friends ♠                     | 20<br>9:00 SA Vendor: The Posadas Catering \$<br>10:00 AR White Board Games with Karla ♠<br>11:00 AR Active Games with Jo ♠<br>1:00 AR Fancy Nails (Sign up Required) ✓<br>3:00 AR Jo's Cantina- Music & Cocktails♪<br>4:00 AR Music & Cards With Friends ♠  | 21<br>9:30 M Sit and Be Fit with Jo (Meet In Memory Care) ♠<br>10:30 AR Bingo with Jo ♠<br>4:00 AC Puzzle Mania (Bring A Friend)<br>6:00 SA Netflix Movie (Resident Choice) |
| 22<br>10:00 AC Puzzle Mania<br>3:00 C Bible Study with The Promise Ministries- Brazos- Memory Care †<br>6:00 SA Netflix Movie (Resident Choice) | 23<br>9:00 L HEB Trip (Meet in Lobby) \$<br>10:00 C Bible Study with City of Refuge Church †<br>11:00 C Sit and Be Fit With Karla ♥<br>1:00 AR Manicure Monday (Please sign up) ✓<br>3:00 AR Bingo Fun Sponsored by: Visiting Practitioners & Palliative Care<br>4:00 AR Music & Cards with Friends | 24<br>9:00 BS Beauty Shop Appointments<br>10:00 C Stretch bands & Weights with Karla ♥<br>11:00 AR Poker with Jo<br>3:00 AR Sweets & Treats Social<br>4:00 AR Music & Dominoes with Friends ♠  | 25<br>9:00 AR Beauty Shop Appointments \$<br>9:30 CR Podiatrist Visits- AL- Conference Room ✓<br>10:00 AR Brain Teasers With Nicole<br>11:00 AR Sit & Be Fit With Jo ♥<br>3:00 AR Train Dominoes with Jo<br>4:00 AR Music & Cards with Friends   | 26<br>10:00 AR Bingo Fun Sponsored by: Abundant Hospice<br>11:00 M Rodeo Theme Chair Volleyball (Staff VS Residents) ♥<br>2:15 L Rodeo & Chili Cook Off Happy Hour with JL Wilkins Sponsored by: AMADA ★<br>4:00 AR Music & Dominoes with Friends ♠ | 27<br>10:00 AR White Board Games with Karla ♠<br>11:00 AR Active Games with Jo ♠<br>1:00 AR Fancy Nails (Sign up Required) ✓<br>1:00 AC Vendor: Marie's Jewelry & Accessories \$<br>3:00 AR Jo's Cantina- Music & Cocktails♪<br>4:00 AR Music & Cards With Friends ♠   | 28<br>9:30 M Sit and Be Fit with Jo (Meet In Memory Care) ♠<br>10:30 AR Bingo with Jo ♠<br>4:00 AC Puzzle Mania (Bring A Friend)<br>6:00 SA Netflix Movie (Resident Choice) |





## Tunes by Twosomes

When two voices combine to sing a love song, the sentiment is doubly sweet. Spin through this record collection of popular duets.

| Year | Song                             | Duo                           |
|------|----------------------------------|-------------------------------|
| 1956 | "Let the Good Times Roll"        | Shirley & Lee                 |
| 1965 | "I Got You Babe"                 | Sonny & Cher                  |
| 1967 | "Ain't No Mountain High Enough"  | Marvin Gaye & Tammi Terrell   |
| 1976 | "Golden Ring"                    | George Jones & Tammy Wynette  |
| 1981 | "Endless Love"                   | Lionel Richie & Diana Ross    |
| 1987 | "(I've Had) The Time of My Life" | Bill Medley & Jennifer Warnes |
| 1997 | "It's Your Love"                 | Tim McGraw & Faith Hill       |
| 2004 | "My Boo"                         | Usher & Alicia Keys           |
| 2018 | "Shallow"                        | Bradley Cooper & Lady Gaga    |

## "This Month In History"

### FEBRUARY

**1887:** The first official Groundhog Day is celebrated in Punxsutawney, Pa., starting a tradition of the town's groundhog, named Phil, forecasting spring's arrival.

**1913:** Imposing a federal income tax, the 16th Amendment to the U.S. Constitution takes effect.

**1936:** With the mission of conservation, the National Wildlife Federation is formed.

**1940:** College basketball is televised for the first time.

A New York station broadcast the Pittsburgh vs. Fordham game from Madison Square Garden.

**1955:** "Sincerely" by the McGuire Sisters tops the pop music chart.

**1963:** Julia Child's pioneering cooking show "The French Chef" premieres on PBS.

**1971:** Wanting to do something special during the Apollo 14 mission to the moon, astronaut Alan Shepard hits two golf balls on the lunar surface.

**1986:** Pulitzer Prize winner Robert Penn Warren is named the first U.S. poet laureate.

**1994:** At the Winter Olympics in Norway, 13-year-old South Korean Kim Yun-Mi won the gold medal in the 3,000 meter speed-skating relay.

**2011:** Celebrated author Maya Angelou is awarded the Presidential Medal of Freedom, the nation's highest civilian honor.

**2018:** The Philadelphia Eagles win their first Super Bowl title after defeating the New England Patriots 41–33.

**2022:** Queen Elizabeth II celebrated her Platinum Jubilee, marking 70 years as queen. She passed away seven months later at the age of 96.