



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

C Chapel

AR Activity Room

SA Sitting Area

AC Arts & Crafts Room
- M Memory Care

L Meet in Lobby

BS Beauty Shop

IL Independent Living

CF Card Flex Room
- CR AL- Conference Room

👨🍳 Cooking

🎨 Art

❤️ Healthy Heart

🎵 Music
- 💰 Requires Money

✓ Sign-Up Required

🎲 Games

🐾 Pet Visits

★ Special Event/Guest
- † Spiritual

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