

"The beginning of each new year is an opportunity for reflection, growth, and renewal; use it wisely!"



Small things that are  
GOOD FOR YOUR HEALTH

- Smile a lot
- Drink plenty of water
- Help someone
- Find new music
- Take small breaks
- Move around

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## January Birthdays

Jack Flynt	1/06
Beverly Paulette	1/07
Silvia Morell	1/21
Jennifer Jennings	1/22

**Honorees and their spouses will be treated to a special birthday dinner with complimentary wine & cake on January 20th at 4:15 p.m. in the Independent Living Bistro.**



Assisted Living  
Community  
(210)404-1444

18323 Sonterra Place  
San Antonio, TX.  
78258

Happy  
NEW YEAR

A year unfolds with hope and cheer,  
May joy surround you, far and near.

With dreams alight, and hearts anew,  
Here's to all the good you'll do!

# JANUARY 2026

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

Tommy Wood  
Executive Director

Lesa Dillon  
Director of Resident Services

Racheal Bellville  
Business Office Manager

Tina Tedford  
Marketing Director

Olivia Range  
Move-in Coordinator

Katie Loughlin  
Life Enrichment Coordinator

Anthony Burks  
Director of Dining Service

Salvador Gomez  
Executive Chef

Austin Querbach  
Maintenance Director

Davis Hanna  
Assisted Living Concierge/Admin Assistant

Elizabeth Miller  
Assisted Living Concierge/Admin Assistant

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Activities Are Subject to Change</b>	<u>Location Codes:</u> AC-Activity Center CH-Chapel CY-Court yard DR-Dining Room ILB-Independent Living Bistro	<u>Location Codes:</u> ILC-Independent Living Chapel L-Lobby LR-Living Room T-Theater	<b>New Year's Day No Transportation</b> 9:30 Elder Fit-TC 2:00 Holiday Matinee Movie-T 6:30 Evening Games-AC	1 9:30 First Friday Mass-ILC 9:30 Sit & Be Fit-TC 10:30 Bible Study w/Kim-CH 1:30 Spinners-AC 2:30 Bingo-T 6:30 Movie Night-T	2 9:30 Elder Fit-TC 10:30 Chicken Foot-CH 3:00 Saturday Matinee-T 4:00 Independent Card Playing-CH 6:30 Evening Games-CH
4 9:00 Church Service-CH 11:00 Elder Fit-CH 4:00 Dominoes-CH 6:30 Evening Movie-T	5 9:30 Sit & Be Fit-TC 1:30 Name that Tune-CH 2:30 Bunco-CH 3:30 Bingo-CH 6:30 Evening Games-AC	6 9:30 Stretch Class-TC 10:30 Bible Study w/Matt-CH 1:30 Blackjack-3rd FL 2:30 Mexican Train-CH 6:30 Evening Movie-T	7 8:30 Weight Clinic-TC 9:30 Communion-CH 10:30 Sit & Be Fit-TC 1:30 Relax & Paint-AC 3:30 Bingo-CH 6:30 Bible Study-CH	8 9:30 Stretch Class-TC 10:30 Balloon Tic Tac Toe-TC 1:30 Elvis Trivia-CH 3:30 Shake, Rattle & Roll Happy Hour w/Mike Clancey-LR 6:30 Evening Evening-T	9 9:30 Sit & Be Fit -TC 10:30 Bible Study w/Kim-CH 1:30 Spinners-AC 2:30 Bingo-T 6:30 Evening Movie-T	10 9:30 Elder Fit-TC 10:30 Chicken Foot-CH 1:30 Sing-A-Long w/Suzanne-CH 3:00 Saturday Matinee-T 4:00 Independent Card Playing-CH 6:30 Evening Games-CH
11 9:00 Church Service-CH 11:00 Elder Fit-CH 4:00 Dominoes-CH 6:30 Evening Movie-T	12 9:30 Sit & Be Fit-TC 11:30 Lunch Outing "Wah Kee Chinese Cuisine"-L 1:30 IT Help-CH 2:30 Bunco-CH 3:30 Bingo-T 6:30 Evening Games-AC	13 9:30 Stretch Class-TC 10:30 Bible Study w/Matt-CH 1:30 Blackjack-3rd FL 2:30 Mexican Train-CH 6:30 Evening Movie-T	14 9:30 Communion-CH 10:30 Sit & Be Fit-TC 1:30 Arts & Craft-AC 3:30 Bingo-CH 6:30 Bible Study-CH	15 9:30 Stretch Class-TC 10:30 Balloon Volleyball-TC 1:30 Get to Know Your Neighbor-LR 3:30 Happy Hour w/Irma-LR 6:30 Evening Movie-T	16 9:30 Sit & Be Fit-TC 10:30 Bible Study w/Kim-CH 1:30 Spinners-AC 2:30 Bingo-T 6:30 Evening Movie-T	17 9:30 Elder Fit-TC 10:30 Chicken Foot-CH 3:00 Saturday Matinee-T 4:00 Independent Card Playing-CH 6:30 Evening Games-CH
18 9:00 Church Service-CH 11:00 Elder Fit-CH 1:30 Sing-A-Long w/Suzanne-CH 4:00 Dominoes-CH 6:30 Evening Movie-T	19 <b>Martin Luther King Jr. Day</b> 9:30 Sit & Be Fit-TC 1:30 MLK Day Trivia Pop & Popcorn-CH 2:30 Bunco-CH 3:30 Bingo-CH 6:30 Evening Games-AC	20 9:30 Stretch Class-TC 10:30 Bible Study w/Matt-CH 1:30 Blackjack-3rd FL 2:30 Mexican Train-CH 4:15 January Monthly Birthday Dinner music w/Valerie-ILB 6:30 Evening Movie-T	21 9:30 Communion-CH 10:30 Sit & Be Fit-TC 1:30 Relax & Paint-AC 2:30 Resident Council Meeting-CH 3:30 Bingo-T 6:30 Evening Movie-T	22 9:30 Stretch Class-TC 10:30 Hot Chocolate Bar w/Clarice (Mission Home Care) 1:30 Story Go Round-LR 3:30 Happy Hour w/George Murphy-CH 6:30 Evening Movie-T	23 9:30 Sit & Be Fit-TC 10:30 Bible Study w/Kim-CH 1:30 Spinners-AC 2:30 Bingo-T 6:30 Evening Movie-T	24 9:30 Elder Fit-TC 10:30 Chicken Foot-CH 3:00 Saturday Matinee-T 4:00 Independent Card Playing-CH 6:30 Evening Games-CH
25 9:00 Church Service-CH 11:00 Elder Fit-CH 4:00 Dominoes-CH 6:30 Evening Movie-T	26 9:30 Sit & Be Fit-TC 10:30 Shopping Outing "Target"-L 1:30 IT Help-AC 2:30 Bunco-CH 3:30 Bingo-T 6:30 Evening Games-AC	27 9:30 Stretch Class-TC 10:30 Bible Study w/Matt-CH 1:30 Blackjack-3rd FL 2:30 Mexican Train-CH 6:30 Evening Movie-T	28 9:30 Communion-CH 10:30 Exercise-TC 1:30 Hot Tea Social-LR 2:30 Resident Dining Meeting-CH 3:30 Bingo-T	29 9:30 Stretch Class-TC 10:30 Balloon Volleyball-TC 1:30 Brain Teaser-LR 3:30 Happy Hour w/Bobbie-CH 6:30 Evening Movie-T	30 9:30 Sit & Be Fit-TC 10:30 Bible Study w/Kim-CH 1:30 Spinners-AC 2:30 Bingo-T 6:30 Evening Movie-T	31 9:30 Elder Fit-TC 10:30 Chicken Foot-CH 3:00 Saturday Matinee-T 4:00 Independent Card Playing-CH 6:30 Evening Games-CH