

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



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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

OurMindfulLife.com

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**



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
	Activities Are Subject to Change	<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 	New Year's Day 1 No Transportation 9:30 Elder Fit-TC 2:00 Holiday Matinee Movie-T 6:30 Evening Games-AC	2 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	3 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 Martin Luther King Jr. Day 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