



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.

March 2026



Happy Birthday!

Best wishes to everyone celebrating this month!

Patsy Thamm 21st



Welcoming Spring

The vernal equinox, which marks the beginning of spring in the Northern Hemisphere, occurs on March 20. On this day, the sun is directly over the equator, so day and night are of equal length.



Lots of Luck

No luck picking a one-in-10,000 four-leaf clover? Fortunately, there are plenty of other good luck charms around the world that are easier to find:

Acorn. This small seed packs the promise of a mighty oak. English soldiers used to pocket them for protection.

Maneki-neko. Meaning "beckoning cat" in Japanese, this waving feline statue's upright paw symbolizes good fortune.

Horseshoe. Early European settlers brought this lucky charm across the pond, and it has since evolved into a cowboy culture icon.



March 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
- Art
- ♥ Healthy Heart
- ♪ Music
- \$ Requires Money
- ✓ Sign-Up Required
- 🎲 Games
- ★ Special Event/Guest
- † Spiritual

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p style="text-align: center;">1</p> <p>10:00 AC Puzzle Mania</p> <p>3:00 C Bible Study with The Promise Ministries- Brazos- Memory Care †</p> <p>6:00 SA Netflix Movie (Resident Choice)</p>	<p style="text-align: center;">2</p> <p>9:00 L HEB Trip (Meet in Lobby) \$</p> <p>10:00 C Bible Study with City of Refuge Church †</p> <p>11:00 C Sit and Be Fit With Karla ♥</p> <p>1:00 AR Manicure Monday (Please sign up) ✓</p> <p>3:00 AR Bingo Fun Sponsored by: Christus Hospice</p> <p>4:00 AR Music & Cards with Friends</p>	<p style="text-align: center;">3</p> <p>9:00 BS Beauty Shop Appointments</p> <p>10:00 C Stretch bands & Weights with Nicole ♥</p> <p>11:00 AR Mahjong with Jo 🎲</p> <p>1:00 AR Performance: Latinoamerican Duo- Harry & Lorena ♪</p> <p>3:00 AR Sweets & Treats Social</p> <p>4:00 AR Music & Dominoes with Friends 🎲</p>	<p style="text-align: center;">4</p> <p>9:00 AR Beauty Shop Appointments \$</p> <p>10:00 AR Train Dominoes with Jo</p> <p>11:00 C Communion Service with St. Anthony de Padua Catholic Church †</p> <p>1:00 AC Creative Corner with Jo- DIY Table décor stand ●</p> <p>3:00 DR Happy Hour with Mike Clancy Sponsored by: Enable Dental ★</p> <p>4:00 AR Music & Cards with Friends</p>	<p style="text-align: center;">5</p> <p>10:00 AR Sit and Be Fit with Jo ♥</p> <p>10:30 L Outing: Lunch Bunch- Mama's Cafe ✓</p> <p>3:00 AR Bingo Fun 🎲</p> <p>4:00 AR Music & Dominoes with Friends 🎲</p>	<p style="text-align: center;">6</p> <p>National Employee Appreciation Day</p> <p>10:00 AC Vendor: Crafts with Dee (Arts & Craft Room) 10am-3pm \$</p> <p>10:00 AR White Board Games with Nicole 🎲</p> <p>11:00 AR Active Games with Jo 🎲</p> <p>1:00 AR Fancy Nails (Sign-up Required) ✓</p> <p>3:00 AR Jo's Cantina- Music & Cocktails ♪</p> <p>4:00 AR Music & Cards With Friends 🎲</p>	<p style="text-align: center;">7</p> <p>9:30 M Sit and Be Fit with Jo (Meet In Memory Care) 🎲</p> <p>10:30 AR Bingo with Jo 🎲</p> <p>4:00 AC Puzzle Mania (Bring a Friend)</p> <p>6:00 SA Netflix Movie (Resident Choice)</p>			
<p style="text-align: center;">8</p> <p>Daylight Saving Time Begins / International Women's Day</p> <p>10:00 AC Puzzle Mania</p> <p>3:00 C Fellowship with friends †</p> <p>6:00 SA Netflix Movie (Resident Choice)</p>	<p style="text-align: center;">9</p> <p>9:00 L HEB Trip (Meet in Lobby) \$</p> <p>10:00 C Bible Study with City of Refuge Church †</p> <p>11:00 C Sit and Be Fit With Nicole ♥</p> <p>1:00 AR Manicure Monday (Please sign up) ✓</p> <p>3:00 AR Bingo Fun Sponsored by: Hearing Life</p> <p>4:00 AR Music & Cards with Friends</p>	<p style="text-align: center;">10</p> <p>9:00 BS Beauty Shop Appointments</p> <p>10:00 C Stretch bands & Weights with Karla ♥</p> <p>11:00 AR Poker with Jo 🎲</p> <p>1:00 AR Performance: Latinoamerican Duo- Harry & Lorena ♪</p> <p>2:00 AR Activity Meeting (All are welcome to join)</p> <p>3:00 AR Sweets & Treats Social</p> <p>4:00 AR Music & Dominoes with Friends 🎲</p>	<p style="text-align: center;">11</p> <p>9:00 AR Beauty Shop Appointments \$</p> <p>10:00 AR Train Dominoes with Jo</p> <p>11:00 AR Chair volleyball With Karla ♥</p> <p>3:00 AR Bingo Fun 🎲</p> <p>4:00 AR Music & Cards with Friends</p>	<p style="text-align: center;">12</p> <p>10:00 AR Brain Teasers with Jo</p> <p>11:00 C Sit and Be Fit with Karla ♥</p> <p>2:15 IL St. Patrick's Day Happy Hour with Lori Waters / Sponsored by: AMADA & Adroit Medical Supplies Independent Living) Meet in lobby ★</p> <p>4:00 AR Music & Dominoes with Friends 🎲</p>	<p style="text-align: center;">13</p> <p>10:00 AR White Board Games with Karla 🎲</p> <p>11:00 AR Active Games with Jo 🎲</p> <p>1:00 AR Fancy Nails (Sign-up Required) ✓</p> <p>2:00 M Catholic Mass (Meet in Memory Care) †</p> <p>3:00 AR Painting with A twist- Sponsored by: Visiting Practitioners ●</p> <p>4:00 AR Music & Cards With Friends 🎲</p>	<p style="text-align: center;">14</p> <p>9:30 M Sit and Be Fit with Jo (Meet In Memory Care) 🎲</p> <p>10:30 AR Bingo with Jo 🎲</p> <p>4:00 AC Puzzle Mania (Bring a Friend)</p> <p>6:00 SA Netflix Movie (Resident Choice)</p>			
<p style="text-align: center;">15</p> <p>10:00 AC Puzzle Mania</p> <p>3:00 Bible Study with The Promise Ministries- Brazos- Memory Care †</p> <p>6:00 SA Netflix Movie (Resident Choice)</p>	<p style="text-align: center;">16</p> <p>9:00 L HEB Trip (Meet in Lobby) \$</p> <p>10:00 C Bible Study with City of Refuge Church †</p> <p>11:00 C Sit and Be Fit With Karla ♥</p> <p>1:00 AR Manicure Monday (Please sign up) ✓</p> <p>3:00 AR Bingo Fun Sponsored by: AMADA</p> <p>4:00 AR Music & Cards with Friends</p>	<p style="text-align: center;">17</p> <p>St. Patrick's Day</p> <p>9:00 BS Beauty Shop Appointments</p> <p>10:00 C Stretch bands & Weights with Karla ♥</p> <p>11:00 AR Mahjong with Jo 🎲</p> <p>11:00 IL New Resident Orientation (Independent Living Theatre)</p> <p>1:00 AR Performance: Latinoamerican Duo- Harry & Lorena ♪</p> <p>2:00 AR Resident Meeting (All Are Welcome to Join)</p> <p>3:00 AR Get to Know Your Neighbor (Ice Cream Social) Sponsored by: First Light Home Care</p> <p>4:00 AR Music & Dominoes with Friends 🎲</p>	<p style="text-align: center;">18</p> <p>9:00 AR Beauty Shop Appointments \$</p> <p>10:00 AR Train Dominoes with Jo</p> <p>11:00 C Communion Service with St. Anthony de Padua Catholic Church †</p> <p>1:00 AC Creative Corner with Jo- Fiesta Sombrero Door Decor ●</p> <p>3:00 DR Happy Hour- Sallie Cisneros- Sponsored by: Bristol Hospice ★</p> <p>4:00 AR Music & Cards with Friends</p>	<p style="text-align: center;">19</p> <p>10:00 AR Brain Teasers with Jo</p> <p>11:00 C Sit and Be Fit with Karla ♥</p> <p>3:00 AR Bingo Fun 🎲</p> <p>4:00 AR Music & Dominoes with Friends 🎲</p>	<p style="text-align: center;">20</p> <p>First Day of Spring</p> <p>10:00 AR White Board Games with Karla 🎲</p> <p>11:00 AR Active Games with Jo 🎲</p> <p>12:00 AC Vendor: Scentsy with Carmen (Arts & Crafts Room) 12pm-3pm \$</p> <p>1:00 AR Fancy Nails (Sign-up Required) ✓</p> <p>3:00 AR Jo's Cantina- Music & Cocktails ♪</p> <p>4:00 AR Music & Cards With Friends 🎲</p>	<p style="text-align: center;">21</p> <p>9:30 M Sit and Be Fit with Jo (Meet In Memory Care) 🎲</p> <p>10:30 AR Bingo & Mimosas with San Antonio Home Care 🎲</p> <p>4:00 AC Puzzle Mania (Bring a Friend)</p> <p>6:00 SA Netflix Movie (Resident Choice)</p>			
<p style="text-align: center;">22</p> <p>10:00 AC Puzzle Mania</p> <p>3:00 C Fellowship with friends †</p> <p>6:00 SA Netflix Movie (Resident Choice)</p>	<p style="text-align: center;">23</p> <p>9:00 L HEB Trip (Meet in Lobby) \$</p> <p>10:00 C Bible Study with City of Refuge Church †</p> <p>11:00 C Sit and Be Fit With Karla ♥</p> <p>1:00 AR Manicure Monday (Please sign up) ✓</p> <p>3:00 AR Bingo Fun Sponsored by: Family Tree</p> <p>4:00 AR Music & Cards with Friends</p>	<p style="text-align: center;">24</p> <p>9:00 BS Beauty Shop Appointments</p> <p>10:00 C Stretch bands & Weights with Karla ♥</p> <p>11:00 AR Poker with Jo 🎲</p> <p>1:00 AR Performance: Latinoamerican Duo- Harry & Lorena ♪</p> <p>3:00 AR Sweets & Treats Social- Sponsored by: Avionn</p> <p>4:00 AR Music & Dominoes with Friends 🎲</p>	<p style="text-align: center;">25</p> <p>9:00 AR Beauty Shop Appointments \$</p> <p>10:00 AR Train Dominoes with Jo</p> <p>10:30 M Easter Photo Shoot- Sponsored by Abundance Hospice- Memory Care</p> <p>11:00 C Communion Service with St. Anthony de Padua Catholic Church †</p> <p>3:00 AR Music & Cards with Friends 🎲</p> <p>4:00 DR Happy Hour Birthday Celebration with Kai Kamaka- Sponsored by: Graceful Guidance ★</p>	<p style="text-align: center;">26</p> <p>10:00 AR Bingo Fun</p> <p>11:00 C Sit and Be Fit with Karla ♥</p> <p>1:30 AR Movie & Popcorn In IL Theatre (Meet In activity room)</p> <p>4:00 AR Music & Dominoes with Friends 🎲</p>	<p style="text-align: center;">27</p> <p>10:00 AR White Board Games with Karla 🎲</p> <p>11:00 AR Active Games with Jo 🎲</p> <p>1:00 AR Fancy Nails (Sign-up Required) ✓</p> <p>1:00 AC Vendor: Marie's Jewelry & Accessories 1pm-4pm \$</p> <p>3:00 AR Jo's Cantina- Music & Cocktails ♪</p> <p>4:00 AR Music & Cards With Friends 🎲</p>	<p style="text-align: center;">28</p> <p>9:30 M Sit and Be Fit with Jo (Meet In Memory Care) 🎲</p> <p>10:30 AR Bingo with Jo 🎲</p> <p>4:00 AC Puzzle Mania (Bring a Friend)</p> <p>6:00 SA Netflix Movie (Resident Choice)</p>			
<p style="text-align: center;">29</p> <p>Palm Sunday</p> <p>10:00 AC Puzzle Mania</p> <p>3:00 C Bible Study with The Promise Ministries- Brazos- Memory Care †</p> <p>6:00 SA Netflix Movie (Resident Choice)</p>	<p style="text-align: center;">30</p> <p>9:00 L HEB Trip (Meet in Lobby) \$</p> <p>10:00 C Bible Study with City of Refuge Church †</p> <p>11:00 C Sit and Be Fit With Karla ♥</p> <p>1:00 AR Manicure Monday (Please sign up) ✓</p> <p>3:00 AR Bingo Fun Sponsored by: Three Oaks Hospice</p> <p>4:00 AR Music & Cards with Friends</p>	<p style="text-align: center;">31</p> <p>Cesar Chavez Day</p> <p>9:00 BS Beauty Shop Appointments</p> <p>10:00 C Stretch bands & Weights with Karla ♥</p> <p>1:00 AR Performance: Latinoamerican Duo- Harry & Lorena ♪</p> <p>3:00 AR Sweets & Treats Social</p> <p>4:00 AR Music & Dominoes with Friends 🎲</p>							

“Well-behaved women
seldom make history.”
—Laurel Thatcher Ulrich



March:
WOMEN'S HISTORY MONTH

Monthly
GRATITUDE

I'm *thankful* for...

