

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						9:30 Chair Fitness—TC 1 10:30 Chicken Foot—CH 3:00 Saturday Matinee—T 4:00 Independent Card Games—CH 6:30 Evening Games—CH
2 9:00 Church Service—CH 11:00 Fitness Video—CH 4:00 Dominoes—CH 6:30 Evening Movie—T	3 9:30 Coffee Chat—AC 10:30 Sit & Be Fit—TC 1:30 Rummikub— CH 2:30 Activity Planning –AC 3:30 Bingo—T	4 9:30 Coffee Chat—AC 10:30 Stretch Class—TC 11:30 Balloon V-ball– TC 1:30 Animal Explorers –T 3:30 Popsicle Social—CH	5 8:30 Weight Clinic—TC 9:30 Coffee Chat—AC 9:45 Communion—CH 10:30 Sit & Be Fit—TC 1:30 Number Collages-AC 3:30 Bingo—T 6:30 Evening Movie—T	6 9:30 Coffee Chat—AC 10:30 Stretch Class—TC 11:30 Axe Throwing –TC 1:30 Hawaiian Craft—AC 3:30 Happy Hour with Honest Sirens –LR	7 9:30 Coffee Chat—AC 10:30 Sit & Be Fit—TC 1:30 Flower Pick Up, bring a vase for arranging —AC 2:00 Guitarist Fernando –LR 3:30 Bingo—T	8 9:30 Chair Fitness—TC 10:30 Chicken Foot—CH 3:00 Saturday Matinee—T 4:00 Independent Card Games—CH 6:30 Evening Games—CH
9 9:00 Church Service—CH 11:00 Fitness Video—CH 4:00 Dominoes—CH 6:30 Evening Movie—T	10 9:30 Coffee Chat—AC 10:30 Sit & Be Fit—TC 1:30 Rummikub— CH 2:30 Volcanoes of Hawaii—T 3:30 Bingo—T	11 9:30 Coffee Chat—AC 10:30 Stretch Class—TC 11:30 Balloon V-ball– TC 1:30 Bible Study-CH 3:30 Ice Cream Social—CH	12 9:30 Coffee Chat—AC 9:45 Communion—CH 10:30 Sit & Be Fit—TC 1:30 Crafts with Lifted Hospice –AC 3:30 Bingo—T 6:30 Evening Movie—T	13 9:30 Coffee Chat—AC 10:30 Stretch Class—TC 11:30 Balloon Tic Tac Toe -AC 1:30 Drum Beats—TC 3:30 Happy Hour with music by Bobby Z—LR	14 9:30 Coffee Chat—AC 10:30 Sit & Be Fit—TC 1:30 Flower Pick Up, bring a vase for arranging —AC 3:30 Bingo—T	15 9:30 Chair Fitness—TC 10:30 Chicken Foot—CH 1:30 Name That Tune with Suzanne—CH 3:00 Saturday Matinee—T 4:00 Independent Card Games—CH 6:30 Evening Games—CH
16 9:00 Church Service—CH 11:00 Fitness Video—CH 4:00 Dominoes—CH 6:30 Evening Movie—T	17 9:30 Sit & Be Fit—TC *10:30 Outing: Dollar Tree 1:30 Coloring—AC 2:30 Rummikub— CH 3:30 Bingo—T	18 9:30 Coffee Chat—AC 10:30 Stretch Class—TC 11:30 Balloon V-ball– TC 1:30 Bible Study-CH 3:30 Frozen Treats Social—CH	19 9:30 Coffee Chat—AC 9:45 Communion—CH 10:30 Sit & Be Fit—TC 1:30 Shrink A Dink Craft –AC 3:30 Bingo—T 6:30 Evening Movie—T	20 9:30 Coffee Chat—AC 10:30 Stretch Class—TC 11:30 Axe Throwing –TC 1:30 TedxTalk: 75 years Havard and Happiness-T 3:30 Happy Hour with music Mike C—LR	21 9:30 Coffee Chat—AC 10:30 Sit & Be Fit—TC 1:30 Spinners—AC 2:30 Men’s Chat 3:30 Bingo—T	22 9:30 Chair Fitness—TC 10:30 Chicken Foot—CH 3:00 Saturday Matinee—T 4:00 Independent Card Games—CH 6:30 Evening Games—CH
23 9:00 Church Service—CH 11:00 Fitness Video—CH 4:00 Dominoes—CH 6:30 Evening Movie—T	24 9:30 Coffee Chat—AC 10:30 Sit & Be Fit—TC 1:30 Rummikub— CH 2:30 The Wonders of Oahu—T 3:30 Bingo—T	25 9:30 Coffee Chat—AC 10:30 Stretch Class—TC 11:30 Balloon V-ball– TC 1:30 Bible Study-CH 3:30 Pineapple Social—CH	26 9:30 Coffee Chat—AC 9:45 Communion—CH 10:30 Sit & Be Fit—TC 2:00 Resident Council –C 3:30 Bingo—T 6:30 Evening Movie—T	27 9:30 Coffee Chat—AC 10:30 Stretch Class—TC 11:30 Balloon Tic Tac Toe -AC 1:30 Sand Art—AC 3:30 Luau with Irma A and Embrace Hospice—LR	28 9:30 Coffee Chat—AC 10:30 Sit & Be Fit—TC 1:30 Dominoes—AC 2:30 Ladies Chat—AC 3:30 Bingo—T	29 9:30 Chair Fitness—TC 10:30 Chicken Foot—CH 3:00 Saturday Matinee—T 4:00 Independent Card Games—CH 6:30 Evening Games—CH
30 9:00 Church Service—CH 11:00 Fitness Video—CH 4:00 Dominoes—CH 6:30 Evening Movie—T	31 9:30 Coffee Chat—AC 10:30 Sit & Be Fit—TC *11:30 Lunch Outing: Tai Pai 1:30 Coloring—AC 2:30 Rummikub— CH 3:30 Bingo—T	Location Code: AC—Activity Center CH—Chapel DR—Dining Room L—Lobby TC– Therapy Center LR—Living Room T– Theater ILB-Independent Living Bistro ILC-Independent Living Chapel FR—Independent Living Franklin Room Resident Led Activities * Please Sign Up at the Front Desk Activities, Subject to Change.		August 2026		

Fun Facts

- A pineapple takes about two years to grow and it isn't a single fruit, but dozens of berries fused together!
- The Hawaiian word "aloha" means both hello and goodbye and also love, affection, and kindness.
- Sand is made mostly of tiny bits of rock and shell, but some beaches have sand made from ground-up coral and even parrotfish!
- A group of flamingos is called a "flamboyance." Fitting for a beach party!
- Coconuts can float across entire oceans and still sprout into new palm trees when they wash ashore.

Word of the Month

- *Luau* (noun): a Hawaiian feast with food, music, and hula dancing.
- *Serene* (adjective): calm and peaceful like the ocean at sunrise.
- *Wanderlust* (noun): a strong desire to travel and see new places.

Wellness Tip

Summer heat sneaks up on us, sip water through the day, even before you fill thirsty



Joann C—8/3

June G—8/9

John S—8/14

Betty L—8/25

Jean B—8/26

Jesse W—8/29

Happy 100th Jesse!

Martha T—8/30

Each honoree will be invited one week prior to the event to confirm your and your spouse's attendance.



Assisted Living
Community
(210)404-1444

18323 Sonterra
Place
San Antonio, TX.
78258

August in Texas means one thing , we're not done with summer yet! The sun's still shining strong, the sweet tea is ice cold, and we've got a full month of good company waiting for you. Whether it's a chilled treat, a little music, or catching up with neighbors, there's something here for everyone. Come beat the heat with us and send summer off in style!

We Are Here to Serve You!
Franklin Park Sonterra Team

Rita Adams	Executive Director
Racheal Bellville	Business Office Manager
Esther Canales	Wellness Nurse
Julie Ortiz	Wellness Coordinator
Albert Guterrez	Maintenance Director
Anthony Burks	Director of Dining Services
Tina Tedford	Marketing Director
Olivia Rangel	Move In Coordinator
Audra Ramirez	Director of Life Enrichment/Trans.
Katie Loughman	Life Enrichment Coord
Taylor Ornelas	Front Desk Concierge

