

Villa de San Antonio

8103 North Hollow
San Antonio, TX 78240
(210) 558-7600



March 2023



Welcome New Residents

Please Everyone Welcome

Bob Veneklasen

Rose & Craig Damon

Joyce Dupree

Anita Jorde

Doug & Rita Wilkinson

Gail Hadovsky

Larry Proffitt

Robert & Jane Moore

Jackie Ramey

Kelly Nass

Assistant Executive Director

Sasha Gaitan

Business Office Manager

Alison Contreras

Community Relations Director

Rick Mora

Activities Director

John Zachary

Dining Services Director

Dale Barnett

Environmental Services Director

Roger Contreras

Resident Care Director

Find us on





Happy Birthday

March Resident Birthdays

03/01	Richard Scott
03/07	Wanda Iddings
03/07	Mary Sardo
03/07	Maria Garcia
03/11	Don Whitacre
03/14	Mark Wiley
03/16	Pat Schneider
03/17	Sandra Wilson
03/20	Robert Morris
03/21	Benedict Kaminski
03/21	Bill Boldt
03/23	Thomas O'Conner
03/29	Sr. Sara Butler



Out & About

Capparelli's on Main

At the request of many of your neighbors, we'll be heading back downtown to visit Capparelli's On Main. A favorite among folks who love Italian food, you'll be very satisfied when you dine here. **Tuesday, March 7, please meet at 11:00 a.m. in the Lobby.**



La Fonda on Main

Refined mainstay from 1932 with classic Tex-Mex, interior Mexican fare, margaritas & a shaded patio. This place has great food and ambiance. **Price is between \$12-\$30 per person. Tuesday, March 14, please meet at 12:00 pm in the Lobby.**



Henry's Puffy Tacos

From their original Puffy Taco recipe and technique to newer menu items being created, for generations they have strived to be the best at what they do and are rewarded by satisfied, happy customers that become part of the Henry's family." **Tuesday, March 21, please meet at 11:00 a.m. in the Lobby.**



Guenther House

Our founder, Carl Hilmar Guenther's family home, better known as The Guenther House, opened up to the public in 1988 as a Restaurant, Museum, Banquet Facility and Gift Shop. The Guenther House is a showplace of the traditions and history of C.H. Guenther & Son. We serve an all-American breakfast using our Pioneer products and our exclusive San Antonio River Mill brand in our restaurant. **Tuesday, March 28, please meet at 11:00 a.m. in the Lobby.**



Activities

Adroit Medical Equipment

The good folks from Adroit will be here conducting an equipment clinic. They can look over your walkers, wheelchairs and power scooters, making sure they are in tip-top shape. Wednesday, March 1, at 2:00 p.m. in the Cantina.



Brain Fit

This is an all new 6 week course that is geared to challenge and stimulate your brain, all while having a fun learning environment. Sponsored by The Key Home Care Friday, March 3, at 10:00 a.m. in the Multi-Purpose Room.



Musical Performance

Singer Chris Ray will be here to sing and play music for the community. Please come and enjoy the tunes before lunch and start your week right. Monday, March 6, at 11:00 a.m. in the Multi-Purpose Room.

Senior Scams

We often hear about someone in our community who has been the victim of a scam. These scams can cost you large amounts of money. This presentation will give you information on what these scams look like and what you can do to protect yourself. Thursday, March 9, at 3:00 p.m. in the Multi-Purpose Room.

History Class

Please join us once again for another exciting lesson, this time on the History of the Salem Witch Trials. Thursday, March 9, at 11:00 a.m. in the Multi-Purpose Room.

Podiatry Center of San Antonio

Podiatry Center of San Antonio will be on site for all your foot care needs. If you have not been seen by these podiatrists, you will need to fill out new medical insurance forms. Please sign up in the mail room. We will provide those new residents with the necessary paperwork. IL Residents will be seen Wednesday, March 15, Assisted Living Residents date will be announced soon.



Yoga With Rosanna

Come and try out Yoga Class here in the community. Your instructor is Rosanna Rocha from R&R Home Caregivers; she comes to us with a wonderful energy and bright smile. Let Rosanna lead you on a path to blissfulness. Every Wednesday, at 10:00 a.m. in the Multi-Purpose Room.



St. Patrick's Day Party

On this day we all get to be Irish! Celebrate with us this fun and playful day that goes back to when we were all young. Be sure to wear your green or you just might get pinched. We'll have green beer, food and music for everyone to enjoy. Don't miss out! Friday, March 17, at 4:00 PM.



Room Legend

FC..... Fitness Center
MP... Multi-Purpose Room
C..... Cantina
CL..... Club Room
CH..... Chapel
ALTV..... Assist. Living TV
P..... Pool/Patio

Resident Council



Resident Council
Has resumed their town hall type meetings once again. You can attend if you would like to ask any questions you may have for the Council. **Tuesday, March 14, at 2:00 p.m. in the Multi-Purpose Room.**

Resident Meeting

Town Hall Meeting
The Management Team here at Villa de San Antonio will hold a Town Hall Meeting for residents who would like to bring up any questions they might have for each individual department. **Thursday, March 16, 2:00 p.m. in the Chapel.**

Food for Thought
Dining Director John Zachary will update you on all the happenings in the dining room. **Wednesday, March 22, at 2:00 p.m. in the Chapel.**



Sunday	Monday	Tuesday
March		
<p>10:00 Catholic Mass 1:00 Interdenominational Service-CH 2:00 Mexican Train-MP/CL</p>	<p>5 9:00 Chair Fitness-FC 9:30 Chair Fitness-FC 9:30 Snack, Chat & Go-2nd Fl 10:00 Women's Poker-CL 10:30 Creative Writing- 2nd FL 10:30 The Baking Club-ALTV 11:00 Music in MP 1:00 Bingo- MP 1:00 Advanced Fitness-FC 2:15 Loteria-MP 3:00 Word Puzzles-MP 6:30 31-CL</p>	<p>6 9:00 Chair Fitness-FC 9:30 Chair Fitness-FC 9:30 Bible Study-MP 11:00 Outing: Capparelli's on Main 1:00 Men's Poker-CL 1:00 Pokeno -MP 2:00 Arts & Craft -ALTV 3:00 Motivational Coloring-MP 4:00 Happy Singers-MP 6:30 31-CL</p>
<p>Daylight Saving Time-Fwd. 12</p> <p>10:00 Catholic Mass 1:00 Interdenominational Service-CH 2:00 Mexican Train-MP/CL</p>	<p>13 9:00 Chair Fitness-FC 9:30 Chair Fitness-FC 9:30 Snack, Chat & Go-2nd Fl 10:00 Women's Poker-CL 10:30 Creative Writing-2nd FL 10:30 The Baking Club-ALTV 1:00 Bingo- MP 1:00 Advanced Fitness-FC 2:15 Loteria-MP 3:00 Word Puzzles-MP 6:30 31-CL</p>	<p>14 9:00 Chair Fitness-FC 9:30 Chair Fitness-FC 9:30 Bible Study-MP 11:00 Outing: La Fonda on Main 1:00 Men's Poker-CL 1:00 Pokeno -MP 2:00 Residents' Council-MP 2:00 Arts & Craft -ALTV 3:00 Motivational Coloring-MP 4:00 Happy Singers-MP 6:30 31-CL</p>
<p>19</p> <p>10:00 Catholic Mass 1:00 Interdenominational Service-CH 2:00 Mexican Train-MP/CL</p>	<p>20 9:00 Chair Fitness-FC 9:30 Chair Fitness-FC 9:30 Snack, Chat & Go- 2nd FL 10:00 Women's Poker-CL 10:30 Creative Writing- 2nd FL 10:30 The Baking Club-ALTV 1:00 Bingo- MP 1:00 Advanced Fitness-FC 2:15 Loteria-MP 3:00 Word Puzzles-MP 6:30 31-CL</p>	<p>21 9:00 Chair Fitness-FC 9:30 Chair Fitness-FC 9:30 Bible Study-MP 11:00 Outing: Henry's Puffy Taco 1:00 Men's Poker-CL 1:00 Pokeno -MP 2:00 Arts & Craft -ALTV 3:00 Motivational Coloring-MP 4:00 Happy Singers-MP 6:30 31-CL</p>
<p>26</p> <p>10:00 Catholic Mass 1:00 Interdenominational Service-CH 2:00 Mexican Train-MP/CL</p>	<p>27 9:00 Chair Fitness-FC 9:30 Chair Fitness-FC 9:30 Snack, Chat & Go- 2nd FL 10:00 Women's Poker-CL 10:30 Creative Writing-2nd FL 10:30 The Baking Club-ALTV 1:00 Bingo- MP 1:00 Advanced Fitness-FC 2:15 Loteria-MP 3:00 Word Puzzles-MP 6:30 31-CL</p>	<p>28 9:00 Chair Fitness-FC 9:30 Chair Fitness-FC 9:30 Bible Study-MP 11:00 Outing: Guenther House 1:00 Men's Poker-CL 1:00 Pokeno -MP 2:00 Arts & Craft -ALTV 3:00 Motivational Coloring-MP 4:00 Happy Singers-MP 6:30 31-CL</p>

Wednesday	Thursday	Friday	Saturday
<p>9:00 Chair Pilates-MP 10:00 Nails-2nd Fl. MPR 10:00 H.E.B. 10:00 Yoga -MP 10:30 Coloring-ALTV 1:00 Horse Racing-MP 2:00 Adroit Repairs-CL 2:00 Arts & Crafts-ALTV 2:00 Mexican Train-MP 4:00 Social Hour 6:30 Pinochle-2nd FL. 6:30 31-CL</p>	<p>9:00 Chair Fitness-FC 9:30 Chair Fitness-FC 11:00 Wal-Mart 1:00 Pokeno-MP 2:00 Shopping Outing: Michaels 2:15 Scrap Booking Club-MP 6:30 31-CL</p>	<p>9:00 Chair Pilates-MP 10:00 Brain Fit-MP 10:00 Spanish Class-ALTV 10:30 Baking Club- 2nd Fl. MP 1:00 H.E.B. 1:00 Bingo-MP 1:00 Advanced Exercise-FC 2:15 Loteria -MP 3:00 Bunco-MP 6:30 31-CL</p>	<p>10:00 Wal-Mart Group 1 11:00 Wal-Mart Group 2 1:00 Mexican Train-CL 4:00 Catholic Mass-CH 6:30 Canasta-CL</p>
<p>9:00 Chair Pilates-MP 9:30 Walking Group-Lobby 10:00 Nails-2nd Fl. MPR 10:00 H.E.B. 10:00 Yoga -MP 10:30 Coloring-ALTV 1:00 Horse Racing-MP 2:00 Arts & Crafts-ALTV 2:00 Mexican Train-MP 4:00 Social Hour 6:30 Pinochle-2nd FL. 6:30 31-CL</p>	<p>9:00 Chair Fitness-FC 9:30 Chair Fitness-FC 11:00History Class-MP 11:00 Wal-Mart 1:00 Pokeno-MP 2:00 Shopping Outing: Bandera Pointe 2:15 Scrap Booking Club-MP 3:00 Senior Scams-MP 6:30 31-CL</p>	<p>9:00 Chair Pilates-MP 10:00 Spanish Class-ALTV 10:30 Baking Club- 2nd Fl. MP 1:00 H.E.B. 1:00 Bingo-MP 1:00 Advanced Exercise-FC 2:15 Loteria -MP 3:00 Bunco-MP 6:30 31-CL</p>	<p>10:00 Wal-Mart Group 1 11:00 Wal-Mart Group 2 1:00 Mexican Train-CL 4:00 Catholic Mass-CH 6:30 Canasta-CL</p>
<p>IL Podiatrist Day</p> <p>9:00 Chair Pilates-MP 10:00 Nails-2nd Fl. MPR 10:00 H.E.B. 10:00 Yoga -MP 10:30 Coloring-ALTV 1:00 Horse Racing-MP 2:00 Arts & Crafts-ALTV 2:00 Mexican Train-MP 6:30 Pinochle-2nd FL. 6:30 31-CL</p>	<p>9:00 Chair Fitness-FC 9:30 Chair Fitness-FC 11:00Astronomy Class-MP 11:00 Wal-Mart 1:00 Pokeno-MP 2:00 Town Hall-CH 2:00 Shopping Outing: Hobby Lobby 2:15 Scrap Booking Club-MP 6:30 31-CL</p>	<p>9:00 Chair Pilates-MP 10:00 Spanish Class-ALTV 10:30 Baking Club- 2nd Fl. MP 1:00 H.E.B. 1:00 Bingo-MP 1:00 Advanced Exercise-FC 2:15 Loteria -MP 3:00 Bunco-MP 4:00 St. Patrick's Day Party 6:30 31-CL</p>	<p>10:00 Wal-Mart Group 1 11:00 Wal-Mart Group 2 1:00 Mexican Train-CL 4:00 Catholic Mass-CH 6:30 Canasta-CL</p>
<p>9:00 Chair Pilates-MP 10:00 Nails-2nd Fl. MPR 10:00 H.E.B. 10:00 Yoga -MP 10:30 Coloring-ALTV 1:00 Horse Racing-MP 2:00 Food for Thought-CH 2:00 Arts & Crafts-ALTV 2:00 Mexican Train-MP 4:00 Social Hour 6:30 Pinochle-2nd FL. 6:30 31-CL</p>	<p>9:00 Chair Fitness-FC 9:30 Chair Fitness-FC 11:00 Wal-Mart 1:00 Pokeno-MP 2:00 Shopping Outing: Wonderland Mall 2:15 Scrap Booking Club-MP 6:30 31-CL</p>	<p>9:00 Chair Pilates-MP 10:00 Spanish Class-ALTV 10:30 Baking Club- 2nd Fl. MP 1:00 H.E.B. 1:00 Bingo-MP 1:00 Advanced Exercise-FC 2:15 Loteria -MP 3:00 Bunco-MP 3:30 Wine Down-MP 6:15 SA Philharmonic Trip 6:30 31-CL</p>	<p>10:00 Wal-Mart Group 1 11:00 Wal-Mart Group 2 1:00 Mexican Train-CL 4:00 Catholic Mass-CH 6:30 Canasta-CL</p>
<p>9:00 Chair Pilates-MP 9:30 Walking Group-Lobby 10:00 Nails-2nd Fl. MPR 10:00 H.E.B. 10:00 Yoga -MP 10:30 Coloring-ALTV 1:00 Horse Racing-MP 2:00 Arts & Crafts-ALTV 2:00 Mexican Train-MP 4:00 Social Hour 6:30 Pinochle-2nd FL. 6:30 31-CL</p>	<p>9:00 Chair Fitness-FC 9:30 Chair Fitness-FC 11:00 Wal-Mart 1:00 Pokeno-MP 2:00 Shopping Outing: Sprouts 2:15 Scrap Booking Club-MP 6:30 31-CL</p>	<p>9:00 Chair Pilates-MP 10:00 Spanish Class-ALTV 10:30 Baking Club- 2nd Fl. MP 1:00 H.E.B. 1:00 Bingo-MP 1:00 Advanced Exercise-FC 2:15 Loteria -MP 3:00 Bunco-MP 6:30 31-CL</p>	

Just for Fun

Wine Down Friday! Sponsored by R&R

Everyone's favorite end-of-the-month activity is back. R&R Home Caregivers is proud to sponsor and is very eager to meet and serve you. This month enjoy our wine pairing with delicious Girl Scout Cookies. **Friday, March 24, at 3:30 p.m. in the Multi-Purpose Room.**

San Antonio Philharmonic

For those of you whom have tickets for the San Antonio Philharmonic, our next outing is **Friday, March 24, we will be leaving at 6:15 p.m., please meet in the Lobby.**

Spotlight on Safety

Fall Reduction Presentation

SAMMC/Brooke Army Medical Center has partnered with a few doctors in our area to present a class on Fall Reduction. What you need to know to lessen your chances of having a bad spill. This is for you and or family to attend. **Monday, March 20, at 11:00 a.m. in the Multi-Purpose Room.**



Michaels

Michaels has the products you need for home decor, framing, scrapbooking and more. Quality Supplies & Fresh Project Ideas Make Crafting Easy. **Thursday, March 2, please meet at 2:00 p.m. in the Lobby.**



Wonderland Mall

Come and do some shopping at this quiet not too busy mall that has many little boutiques for you to enjoy. **Thursday, March 23, please meet at 2:00 p.m. in the Lobby.**

Sprouts

Sprouts specialty markets offer a fresh and friendly take on grocery shopping. They're known for the season's freshest, most delicious produce around, and take extra care in curating uniquely healthy products to fit any lifestyle. **Thursday, March 30, please meet at 2:00 p.m. in the Lobby.**

Bandera Pointe Shopping Center

Spend the day shopping in this open air center that is host to such stores as: Bath and Body Works, T.J.Maxx, Old Navy, Jo-Ann, Barnes and Noble and many others. **Thursday, March 9, please meet at 2:00 P.M. in the Lobby.**



Hobby Lobby

Looking to start a new quilt? Or are you interested in finding some cool new decor for your apartment? The bus will drop you off and return at an agreed upon time. **Thursday, March 16, please meet at 2:00 p.m. in the Lobby.**





Remember Me?

The Queen of Soul, Aretha Franklin was born on March 25, 1942, in Memphis, Tenn. Eighteen Grammy awards, 17 top 10 pop singles and 20 No. 1 R&B singles later, she's regarded as one of the greats. "Jump to It" and get to reading these fun facts about Lady Soul herself.

- Franklin was a self-taught piano player, learning notes and melodies by ear.
- At the young age of 16, she went on tour with Dr. Martin Luther King Jr.
- She first signed with Columbia Records as a pop artist in the early '60s, enjoying moderate success for several years with songs such as "Won't Be Long."
- In 1966, she transitioned to a soul label, Atlantic Records. A year later, she released "Respect," which became her signature song.
- Her song "(You Make Me Feel Like) A Natural Woman" was and still is a karaoke anthem.
- She was the first female inductee into the Rock and Roll Hall of Fame, and took the top spot in Rolling Stone's list of 100 Greatest Singers of All Time in 2010.
- With over 75 million records sold globally, Franklin is one of the best-selling artists in history.

Featured
Photo



Word Search

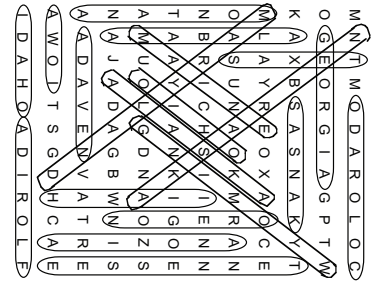
Category: U.S. States

M N T M O D A R O L O C
O G E O R G I A G P T W
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1. Georgia
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Word Search Solution:

1. Alabama
2. Alaska
3. Arizona
4. Colorado
5. Florida
6. Georgia
7. Hawaii
8. Idaho
9. Iowa
10. Kansas
11. Maine
12. Maryland
13. Montana
14. Nebraska
15. Nevada
16. Ohio
17. Oregon
18. Tennessee
19. Texas
20. Wyoming



SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.

Each column of 9 numbers must include all digits 1 through 9 in any order.

Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

Solution

2	9	1	8	4	3	6	5	7
4	7	3	6	5	2	1	9	8
6	5	8	1	7	9	4	3	2
8	2	7	9	1	4	5	6	3
3	1	4	5	6	7	2	8	9
4	7	1	8	2	3	6	9	5
1	3	2	4	6	9	5	8	7
9	4	5	7	8	3	1	2	6
7	8	6	9	2	3	1	4	5

7				3	1		4	
		5	7	8				
		2				8		
	6	9				7		
3				6				9
		7				5	6	
6		8				4		
				5	2	1		
	9		8	4				7