

# Villa de San Antonio

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



Kelly Nass

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 



September 2023

## Welcome New Residents

**Please Everyone Welcome**

Sister Margaret Doyle

Dean & Barbara Lemmers

David Moreno

Doris LaCroix

David & Wilma French

Lucy Bonlie

Sister Mary Theresa Cullen

Bill Westerman





## Happy Birthday

### September Birthdays

9/2	JoAnna Hubin
9/2	John Kelly
9/4	Velma McQueen
9/7	Claudia Cowley
9/12	Irene Thomas
9/13	Joe Arzate
9/17	Donna Bauer
9/17	Dave McCracken
9/20	Sr. Anne O'Leary
9/24	Amos Vernado
9/25	Susan Christian
9/26	Barbara Hartfiel
9/28	Sr. Gemma Pires



## Out & About

### San Antonio Museum of Art

The San Antonio Museum of Art enriches lives through exceptional experiences with art. Its mission is to collect, preserve, exhibit, and interpret significant works of art, representing a broad range of history and world cultures to strengthen our shared understanding of humanity. **Tuesday, September 5, please meet at 3:30 PM, in the Lobby. Museum is free but please be prepared for dinner cost.**



### Maria Bonita Mexican Restaurant

Homemade tortillas, authentic salsas, chilled margaritas... what's not to love! At Maria Bonita, they serve delicious Mexican dishes complete with a Mariachi band. **Tuesday, September 12, please meet at 12:00 PM in the Lobby.**



### Acadiana Café ...

A family-style spot serving Cajun classics & seafood in an airy, wood-paneled space with rustic decor. The mission is simple: serve delicious, affordable food that guests will want to return week after week. **Tuesday, September 19, please meet at 12:00 p.m. in the Lobby.**

### Albi's Vite Italian Kitchen

Having Sicilian roots and having passed down recipes of the Mediterranean, Albi and the family make sure to perfect each dish by serving fresh and top-of-the-line ingredients. The family's energy here is said by many to fill up the room and leave everyone with a smile. **Tuesday, September 26, please meet at 12:00 PM, in the Lobby.**







## Activities

### Once in a Wild

Assisted Living Week brings us an opportunity to have some extra learning events that are fun for everyone. Once in a Wild, is a mobile petting zoo, that will be bringing animals for us to visit with and enjoy. **Tuesday, September 12, at 3:00 PM, in the Multi-Purpose Room.**



### History Class W/Col. Dombi

We love providing educational presentations to the community, but sometimes with everyone's busy schedules people miss some of these classes. That's why beginning this month History Class will move to the evening. We hope more people will find it easier to attend and enjoy these classes. **Thursday, September 14, at 7:00 PM, the Multi-Purpose Room.**



## History Lesson

### Armchair Astronomy Class

#### Solar Eclipses

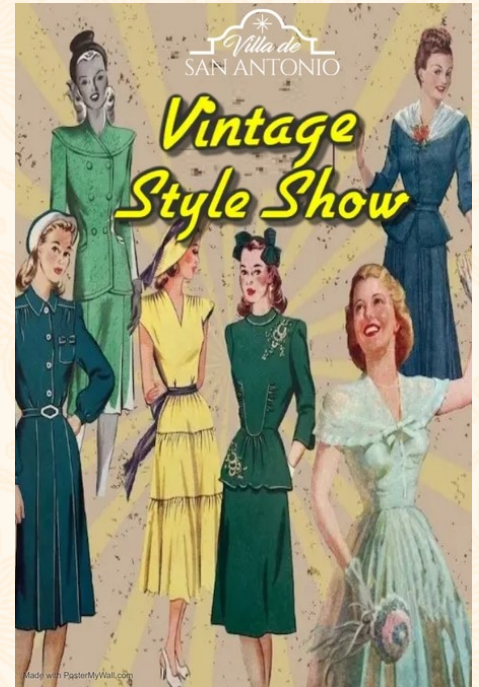
The sun is 400 X the size of the moon, yet the moon blocks the sun in a total eclipse. During these eclipses we get to view the beautiful corona that is normally masked by the brightness of the sun. If the Moon is too distant to totally block the Sun, we get annular eclipses when we view a "ring of fire" around the Moon. This program will look at the beauty and geometry of solar eclipses and what they tell us about the sun. **Thursday, September 21, at 11:00 AM, in the Multi-Purpose Room.**



## Home & Garden

### Garden Club Meeting

The Garden Club will have its monthly meeting every 1st Saturday of each month at 2:00 p.m. in the Cantina, this month that is September 2nd. See you there.



### Vintage Style Show

The Vintage Style Show is a new event that hopes to raise money for the Holiday Fund. It will feature your friends and neighbors, modeling some of their favorite vintage clothes. Viewing the festivities will be free, but to partake in the snacks and drinks will cost a donation to the Holiday Fund. We hope for a very successful event that is full of Style, Music, Laughs and Love. **Friday, September 15, at 3:00 PM, in the Main Lobby.**

### San Antonio Philharmonic

For those of you who have purchased your tickets to see the talented philharmonic, the first show of the new season is here! Please meet at 6:30 PM, in the Lobby.

## 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

A town hall type meeting where you can attend if you would like to ask any questions you may have for the Council.  
**Tuesday, September 12, 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, September 21, 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, September 27, at 2:00 p.m. in the Chapel.**



Sunday	Monday	Tuesday
<b>September</b>	<b>NATIONAL ASSISTED LIVING WEEK</b>	
<b>3</b> 9:30 Chair Fitness-FC 10:00 Catholic Mass 1:00 Left, Right, Center-MP 1:00 Interdenominational Service-CH 2:00 Mexican Train-MP/CL 2:00 Nails W/Fran-2nd FL. AL 2:30 Drawing Club-2nd FL. AL	<b>4</b> <b>Labor Day</b>	<b>5</b> 9:30 Chair Fitness-FC 9:30 Bible Study-MP 1:00 <b>Men's Poker-CL</b> 1:00 Pokeno -MP 3:00 Crafts-MP 3:00 Outing: <b>San Antonio Museum of Art</b> 4:00 Happy Singers-MP 6:30 <b>31-CL</b>
<b>10</b> 9:30 Chair Fitness-FC 10:00 Catholic Mass 1:00 Left, Right, Center-MP 1:00 Interdenominational Service-CH 2:00 Mexican Train-MP/CL 2:00 Nails W/Fran-2nd FL. AL 2:30 Drawing Club-2nd FL. AL	<b>11</b> <b>8:45 Walking Group-Lobby</b> <b>9:30 Chair Fitness-FC</b> 9:30 Snack, Chat & Go- 2nd FL ALMP <b>10:00 Spanish Club-MP</b> 10:00 Women's Poker-CL 10:15 Creative Writing-MP 2nd FL 1:00 Bingo- MP 2:00 <b>Advanced Fitness-FC</b> 2:15 Left, Right, Center-MP 6:30 <b>31-CL</b>	<b>12</b> 9:30 Chair Fitness-FC 9:30 Bible Study-MP 12:00 Outing: <b>Maria Bonita</b> <b>1:00 Men's Poker-CL</b> 1:00 Pokeno -MP 2:00 <b>Resident's Council-MP</b> 3:00 <b>Petting Zoo-MP</b> 4:00 Happy Singers-MP 6:30 <b>31-CL</b>
<b>17</b> 9:30 Chair Fitness-FC 10:00 Catholic Mass 1:00 Left, Right, Center-MP 1:00 Interdenominational Service-CH 2:00 Mexican Train-MP/CL 2:00 Nails W/Fran-2nd FL. AL 2:30 Drawing Club-2nd FL. AL	<b>18</b> <b>8:45 Walking Group-Lobby</b> <b>9:30 Chair Fitness-FC</b> 9:30 Snack, Chat & Go- 2nd FL ALMP <b>10:00 Spanish Club-MP</b> 10:00 Women's Poker-CL 10:15 Creative Writing-MP 2nd FL 1:00 Bingo- MP 2:00 <b>Advanced Fitness-FC</b> 2:15 Left, Right, Center-MP 6:30 <b>31-CL</b>	<b>19</b> 9:30 Chair Fitness-FC 9:30 Bible Study-MP 12:00 Outing: <b>Acadiana</b> <b>1:00 Men's Poker-CL</b> 1:00 Pokeno -MP 3:00 Crafts-MP 4:00 Happy Singers-MP 6:30 <b>31-CL</b>
<b>24</b> 9:30 Chair Fitness-FC 10:00 Catholic Mass 1:00 Left, Right, Center-MP 1:00 Interdenominational Service-CH 2:00 Mexican Train-MP/CL 2:00 Nails W/Fran-2nd FL. AL 2:30 Drawing Club-2nd FL. AL	<b>25</b> <b>9:30 Chair Fitness-FC</b> 9:30 Snack & Chat- 2nd FL ALMP <b>10:00 Spanish Club-MP</b> 10:00 Women's Poker-CL 10:15 Creative Writing-MP 2nd FL 11:00 Morning Mimosas-MP 1:00 Bingo- MP 2:00 <b>Advanced Fitness-FC</b> 2:15 Left, Right, Center-MP 6:30 <b>31-CL</b>	<b>26</b> 9:30 Chair Fitness-FC 9:30 Bible Study-MP 12:00 Outing: <b>Albi's Italian Kitchen</b> <b>1:00 Men's Poker-CL</b> 1:00 Pokeno -MP 3:00 Crafts-MP 4:00 Happy Singers-MP 6:30 <b>31-CL</b>



Wednesday	Thursday	Friday	Saturday
 <p><b>National Grandparents Day</b></p>	 <p><b>happy fall!</b></p>	<p>1</p> <p>9:00 Chair Fitness-FC 9:30 Chair Fitness-FC 10:30 Snack &amp; Chat- 2nd Fl. MP 1:00 H.E.B. 1:00 Bingo-MP 2:15 Loteria -MP 3:00 Bunco-MP 6:30 <b>31-CL</b> 7:00 <b>Movie: Champion</b></p>	<p>2</p> <p>10:00 Wal-Mart Group 1 11:00 Wal-Mart Group 2 1:00 Bingo-MP 1:00 <b>Mexican Train-CL</b> 2:00 <b>Garden Club Mtg.-Cantina</b> 4:00 Catholic Mass-CH 6:30 <b>Canasta-CL</b> 7:00 <b>Movie: Champion</b></p>
<p>6</p> <p>9:00 Chair Fitness-MP 10:00 <b>Chair Yoga-MP</b> 10:00 H.E.B. 1:00 Horse Racing-MP 2:00 <b>Crafts-ALTV</b> 2:00 Advanced Fitness-FC 2:00 Mexican Train-MP 4:00 Social Hour 6:30 Pinochle-2nd FL. 6:30 <b>31-CL</b></p>	<p>7</p> <p>9:30 Chair Fitness-FC 10:00 Bible Study-CH 11:00 Wal-Mart 1:00 Pokeno-MP 2:00 <b>Movie: Hacksaw Ridge</b> 2:00 Shopping Outing: <b>Hobby Lobby</b> 2:15 Get to Know You-MP 6:30 <b>31-CL</b></p>	<p>8</p> <p>9:00 Chair Fitness-FC 9:30 Chair Fitness-FC 10:30 Snack &amp; Chat- 2nd Fl. MP 1:00 H.E.B. 1:00 Bingo-MP 2:15 Loteria -MP 3:00 Bunco-MP 6:30 <b>31-CL</b> 7:00 <b>Movie: Hacksaw Ridge</b></p>	<p>9</p> <p>10:00 Wal-Mart Group 1 11:00 Wal-Mart Group 2 1:00 Bingo-MP 1:00 <b>Mexican Train-CL</b> 4:00 Catholic Mass-CH 6:30 <b>Canasta-CL</b> 7:00 <b>Movie: Hacksaw Ridge</b></p>
<p>13</p> <p>9:00 Chair Fitness-MP 10:00 <b>Chair Yoga-MP</b> 10:00 H.E.B. 1:00 Horse Racing-MP 2:00 <b>Crafts-ALTV</b> 2:00 Advanced Fitness-FC 2:00 Mexican Train-MP 4:00 Social Hour 6:30 Pinochle-2nd FL. 6:30 <b>31-CL</b></p>	<p>14</p> <p>9:30 Chair Fitness-FC 10:00 Bible Study-CH 11:00 Wal-Mart 1:00 Pokeno-MP 2:00 <b>Movie: Death on the Nile</b> 2:00 Shopping Outing: <b>JCPenney</b> 2:15 Get to Know You-MP 6:30 <b>31-CL</b> 7:00 <b>History Class-MP</b></p>	<p>15</p> <p>9:00 Chair Fitness-FC 9:30 Chair Fitness-FC 10:30 Snack &amp; Chat- 2nd Fl. MP 1:00 H.E.B. 1:00 Bingo-MP 2:15 Loteria -MP 3:00 <b>Vintage Style Show</b> 3:00 Bunco-MP 6:30 <b>31-CL</b> 7:00 <b>Movie: Death on the Nile</b></p>	<p>16</p> <p>10:00 Wal-Mart Group 1 11:00 Wal-Mart Group 2 1:00 Bingo-MP 1:00 <b>Mexican Train-CL</b> 4:00 Catholic Mass-CH 6:30 <b>Canasta-CL</b> 7:00 <b>Movie: Death on the Nile</b></p>
<p>20</p> <p>9:00 Chair Fitness-MP 10:00 <b>Chair Yoga-MP</b> 10:00 H.E.B. 1:00 Horse Racing-MP 2:00 <b>Crafts-ALTV</b> 2:00 Advanced Fitness-FC 2:00 Mexican Train-MP 4:00 Social Hour 6:30 Pinochle-2nd FL. 6:30 <b>31-CL</b></p>	<p>21</p> <p>9:30 Chair Fitness-FC 10:00 Bible Study-CH 11:00 <b>Astronomy Class-MP</b> 11:00 Wal-Mart 1:00 Pokeno-MP 2:00 <b>Town Hall- CH</b> 2:00 <b>Movie: Knives Out</b> 2:00 Shopping Outing: <b>Bandera Festival</b> 2:15 Get to Know You-MP 6:30 <b>31-CL</b></p>	<p>22</p> <p>9:00 Chair Fitness-FC 9:30 Chair Fitness-FC 10:30 Snack &amp; Chat- 2nd Fl. MP 1:00 H.E.B. 1:00 Bingo-MP 2:15 Loteria -MP 3:00 Bunco-MP 3:30 <b>Wine Down-MP</b> 6:30 <b>31-CL</b> 6:30 <b>SA Philharmonic</b> 7:00 <b>Movie: Knives Out</b></p>	<p>23</p> <p>10:00 Wal-Mart Group 1 11:00 Wal-Mart Group 2 1:00 Bingo-MP 1:00 <b>Mexican Train-CL</b> 4:00 Catholic Mass-CH 6:30 <b>Canasta-CL</b> 7:00 <b>Movie: Knives Out</b></p>
<p>27</p> <p>9:00 Chair Fitness-MP 10:00 <b>Chair Yoga-MP</b> 10:00 H.E.B. 1:00 Horse Racing-MP 2:00 <b>Crafts-ALTV</b> 2:00 Advanced Fitness-FC 2:00 Mexican Train-MP 4:00 Social Hour 6:30 Pinochle-2nd FL. 6:30 <b>31-CL</b></p>	<p>28</p> <p>9:30 Chair Fitness-FC 10:00 Bible Study-CH 11:00 Wal-Mart 1:00 Pokeno-MP 2:00 <b>Movie: The Martian</b> 2:00 Shopping Outing: <b>Half Price Books</b> 2:15 Get to Know You-MP 6:30 <b>31-CL</b></p>	<p>29</p> <p>9:00 Chair Fitness-FC 9:30 Chair Fitness-FC 10:30 Snack &amp; Chat- 2nd Fl. MP 1:00 H.E.B. 1:00 Bingo-MP 2:15 Loteria -MP 3:00 Bunco-MP 6:30 <b>31-CL</b> 7:00 <b>Movie: The Martian</b></p>	<p>30</p> <p>10:00 Wal-Mart Group 1 11:00 Wal-Mart Group 2 1:00 Bingo-MP 1:00 <b>Mexican Train-CL</b> 4:00 Catholic Mass-CH 6:30 <b>Canasta-CL</b> 7:00 <b>Movie: The Martian</b></p>



### Our Services

#### *Personal Care*

Assistance with dressing, personal hygiene, grooming, transferring, bathing, eating & continence care.

#### *Home Management*

Assistance with light housework, laundry, transportation, shopping, medication management, meal planning & preparation.

#### *Free In-Home Assessment*

R&R Home Caregivers will complete a **FREE** in-home care assessment & consultation with client, family and medical provider (as necessary) to develop a plan of care tailored to the needs of the client.



**R & R Home Caregivers, LLC**

8103 North Hollow  
San Antonio, TX 78240

Office: (210) 236-8955

Fax: (888) 978-5038

info@rrcaregivers.com



### 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. **Friday, September 22, at 3:30 p.m. in the Multi-Purpose Room.**



### 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.**



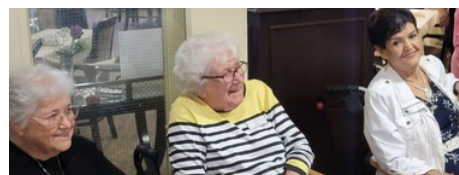
### Morning Mimosas With R&R Home Caregivers

Do you ever have a morning where you feel like you just want to do something fun and different? Our friends with R&R Home Caregivers are happy to host Morning Mimosas, a cool, refreshing, champagne & juice drink, that'll add a pep to your step. Don't miss your chance to start your day off with some fun and laughter. **Monday, September 25, at 11:00 AM, in the Multi-Purpose Room.**



### Hobby Lobby

Looking to start a new quilt? Or are you interested in finding some cool new decor for your apartment? **Thursday, September 7, please meet at 2:00 p.m. in the Lobby.**





# JCPenney

## JCPenney

People have asked about going, so here's your chance. Come shop at Ingram Mall. You'll be dropped off and picked up at JCPenney, but you're free to shop inside as you'd like. **Thursday, September 14, please meet at 2:00 p.m. in the Lobby.**



## BANDERA FESTIVAL Shopping Center

### Bandera Shopping Center

This shopping area has multiple shops to visit, including: Big Lots, Bealls, Dollar Tree, Cato Fashions and Starbucks. We will take you there and drop you off and you may shop where you'd like and our bus will return at an agreed upon time. **Thurs., September 21, please meet at 2:00 p.m. in the Lobby.**



## Half-Price Books

That one simple philosophy is the inspiration behind the country's largest family-owned bookstore chain. But we do more than just read a lot: We buy and sell new and used books, music, movies, games, electronic devices and collectibles in more than 120 stores and growing. **Thursday, September 28, please meet at 2:00 PM, in the Lobby.**



## Movie Schedule

*Movies will now be shown 3 times a week: Thurs. at 2 p.m., Fri. at 7 p.m. & Sat. at 7 p.m. on Channels 95 or 96. You can also watch it in the Theater if you'd like to watch with some friends.*

## Hacksaw Ridge

World War II American Army Medic Desmond T. Doss, refuses to kill people and becomes the first man in American history to receive the Medal of Honor without firing a shot. **2 hrs. 19 min. 1st week of September.**

## Death on the Nile

While on vacation on the Nile, Hercule Poirot must investigate the murder of a young heiress. **2 hrs. 7 min. 2nd week of September.**

## Knives Out

A detective investigates the death of the patriarch of an eccentric, combative family. **2 hrs. 10 min. 3rd week of September.**

## The Martian

An astronaut becomes stranded on Mars after his team assume him dead, and must rely on his ingenuity to find a way to signal to Earth that he is alive and can survive until a potential rescue. **2 hrs. 24 min. 4th week of September.**



# 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

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

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



# Word Search

## Category: Drinks

C S E N I W A T E R P G  
O L B S Q G G G B T W C  
C C E E S H G I N E H H  
O G E M D N C N B A I G  
A H R S O K L I M G S B  
S B S G S N S P X H K V  
D S R D C D A L E B E J  
T E D A A G I D P V Y U  
A A H K N C G U E C S I  
N D D E G D N G A L O C  
G O G X H C Y H S C C E  
V S P C H U E E F F O C

- Ale
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## Word Search Solution:

- Ale
- Beer
- Brandy
- Champagne
- Cocoa
- Coffee
- Cola
- Eggnog
- Gin
- Juice
- Lemonade
- Milk
- Punch
- Soda
- Tang
- Tea
- Vodka
- Water
- Whiskey
- Wine

