

## Who Turned out the Lights?

Light bulb jokes will never go away. Here's a collection of some of the best:

- How many graduate students does it take to screw in a light bulb? *Only one, but it may take five years or more and they may never actually finish.*
- How many psychiatrists does it take to change a light bulb? *Only one, but the bulb has to really want to change.*
- How many jugglers does it take to change a light bulb? *One, but you need at least three light bulbs.*
- How many Surrealists does it take to change a light bulb? *Two. One to hold the giraffe, and the other to fill the bathtub with brightly colored clocks.*
- How many lawyers does it take to change a light bulb? *How many can you afford?*
- How many consultants does it take to change a light bulb? *I will have an estimate for you a week from Monday.*

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## Ash Wednesday: February 10

In the Western Christian calendar, Ash Wednesday is the first day of Lent and occurs forty days before Easter (excluding Sundays). It falls on a different date each year, because it is dependent on the date of Easter; it can occur as early as February 4 or as late as March 10.

Ash Wednesday gets its name from the practice of placing ashes on the foreheads of the faithful as a sign of repentance. The ashes used are gathered after the Palm Crosses from the previous year's Palm Sunday are burned. In the liturgical practice of some churches, the ashes are mixed with the Oil of the Catechumens (one of the sacred oils used to anoint those about to be baptized), though some churches use ordinary oil. This paste is used by the clergyman who presides at the service to make the sign of the cross, first upon his own forehead and then on each of those present who kneel before him at the altar rail. As he does so, he recites the words: "Remember (O man) that you are dust, and to dust you shall return."

*adapted from www.wikipedia.com*



FRANKLIN PARK TPC PARKWAY

# Senior Living with Style!

TPC PARKWAY | 21802 Encino Commons | San Antonio, TX 78259 | 210-483-9999

## Welcome To Franklin Park TPC Parkway!

Ms. Patsy L.  
Ms. Ortensia B.  
Mr. James W.  
Mrs. Ruby W.  
Mr. Howard M.  
Mrs Inez M.  
Mr. Donley F

We're Glad You're Here!

## George Washington's Birthday

Although George Washington's birthday is celebrated on February 22, it is observed as a federal holiday on the third Monday of February. To complicate matters, Washington was actually born on February 11 in 1731! How can that be? During Washington's lifetime, people in Great Britain and America switched from the Julian to the Gregorian calendar (something most of Europe had done in 1582). As a result of this calendar reform, people born before 1752 were told to add 11 days to their birth dates. Those born between January 1 and March 25, as Washington was, also had to add one year to be in sync with the new calendar. By the time Washington became president in 1789, he celebrated his birthday on February 22 and listed his year of birth as 1732.

*"Worry is the interest paid  
by those who borrow trouble."*

– George Washington, (1732-99)

## The History of Black History Month

We owe much of our greater understanding of black history to Carter G. Woodson. Born to former slaves, Woodson worked hard and against the tide of prejudice to obtain his own education. In earning his doctorate from Harvard, Woodson was disturbed to find that during his studies, history books virtually ignored the black American population. So he decided to take on the challenge of writing black Americans into the history books.

He established the Association for the Study of Negro Life and History (now called the Association for the Study of Afro-American Life and History) in 1915, and a year later founded the widely respected Journal of Negro History. Then in 1926, he launched Negro History Week, the precursor to Black History Month, as an initiative to bring national attention to the contributions of black people throughout American history.

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FEBRUARY 2016 • AL



# Franklin Park TPC Parkway

## ASSISTED LIVING CALENDAR

# February 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>9:30</b> Category Trivia-3 <b>1</b></p> <p><b>10:30</b> Errand Shuttle/HEB</p> <p><b>11:00</b> Sit &amp; Be Fit-3</p> <p><b>2:30</b> Happy Hour-2</p> <p><b>7:30</b> Spurs/Orlando Gam2</p>	<p><b>9:30</b> Category Trivia-3 <b>1</b></p> <p><b>10:30</b> Errand Shuttle/HEB</p> <p><b>11:00</b> Sit &amp; Be Fit-3</p> <p><b>2:30</b> Happy Hour-2</p> <p><b>7:30</b> Spurs/Orlando Gam2</p>	<p><b>GROUNDHOG DAY 2</b></p> <p><b>9:30</b> Why Celebrate a Rodent?-3</p> <p><b>10:00</b> The Furry Forecaster-3</p> <p><b>2:00</b> Prize Bingo-4</p> <p><b>3:00</b> Exercise Class-3</p> <p><b>3:30</b> Reading Group:-3</p> <p><b>6:00</b> Movie' Groundhog Day'-2</p>	<p><b>9:30</b> Famous Folks-3 <b>3</b></p> <p><b>10:15</b> Bible Study-2</p> <p><b>10:30</b> Pencil Art-3</p> <p><b>10:45</b> Outing:Chick-fil-A</p> <p><b>2:00</b> Play' Yahtzee'-3</p> <p><b>7:30</b> Spurs/New Orleans Game-2</p>	<p><b>9:30</b> Coffee and Donuts-3 <b>4</b></p> <p><b>10:00</b> Football Season Match-3</p> <p><b>2:30</b> Pencil Art-3</p> <p><b>3:00</b> Exercise Class-3</p> <p><b>6:00</b> Painting W/Gina-4</p>	<p><b>Happy B-Day Rose 5</b></p> <p><b>10:15</b> Open Heart Craft-3</p> <p><b>11:00</b> Living Rock Praise Team-3</p> <p><b>2:00</b> Heart Puzzle-3</p> <p><b>2:30</b> Fictional Couples-3</p> <p><b>8:30</b> Spurs@Dallas-2</p>	<p><b>9:30</b> Morning Movie'Return to Me'-3 <b>6</b></p> <p><b>11:00</b> Football Eye Spy-3</p> <p><b>2:00</b> Quarter Bingo-4</p> <p><b>7:30</b> Spurs/Lakers Game-2</p>
<p><b>SUPER BOWL SUNDAY 7</b></p> <p><b>10:00</b> Spiritual Hymns-2</p> <p><b>10:15</b> Christian Worship</p> <p><b>10:30</b> Jig-Saw Puzzles-3</p> <p><b>2:00</b> Music W/ Jim-Chapel</p> <p><b>5:00</b> Pre-Game Party-2</p> <p><b>5:30</b> Super Bowl 50-Chapel</p>	<p><b>9:30</b> Chinese New Year Trivia-3 <b>8</b></p> <p><b>10:30</b> Errand Shuttle/Target</p> <p><b>10:30</b> Piano W/Arland-2</p> <p><b>2:30</b> Happy Hour-2</p> <p><b>6:00</b> Movie'Last Vegas'-2</p>	<p><b>MARDI GRAS 9</b></p> <p><b>9:30</b> Mardi Gras/What's it all about?-3</p> <p><b>10:00</b> Cookie Magnet Craft-3</p> <p><b>2:00</b> King Cake Party-2</p> <p><b>3:00</b> Exercise Class-3</p> <p><b>3:30</b> Reading Group:-3</p> <p><b>6:30</b> Spurs @Miami-2</p>	<p><b>9:30</b> Famous Folks-3 <b>10</b></p> <p><b>10:15</b> Bible Study-2</p> <p><b>10:30</b> Pencil Art-3</p> <p><b>11:00</b> Sit &amp; Be Fit-3</p> <p><b>2:00</b> Play 'Uno'-3</p> <p><b>6:00</b> Spurs Game-2</p>	<p><b>9:30</b> Coffee and Donuts-3 <b>11</b></p> <p><b>10:00</b> Strengthen Your Mind-3</p> <p><b>2:00</b> Make Muddy Buddy Treats -2</p> <p><b>3:00</b> Exercise Class-3</p> <p><b>3:15</b> Specht Elementary-Valentine Craft &amp; Songs</p> <p><b>6:00</b> Sweet Tooth BINGO-4</p>	<p><b>9:30</b> Table Talk-3 <b>12</b></p> <p><b>10:00</b> Mystery Person-3</p> <p><b>10:30</b> Melissa's Craft Corner-3</p> <p><b>11:00</b> Living Rock Praise Team-2</p> <p><b>2:00</b> Sweetheart Social-2</p> <p><b>7:30</b> Spurs Game-2</p>	<p><b>9:30</b> Chicken Soup for the Soul-3 <b>13</b></p> <p><b>10:30</b> Pretty Nails-3</p> <p><b>2:00</b> Quarter Bingo-4</p> <p><b>3:00</b> Lighthouse Bible Study-Chapel</p> <p><b>7:00</b> Lawrence Welk-2</p>
<p><b>Happy B-Day Janine 14</b></p> <p><b>10:00</b> Spiritual Hymns-2</p> <p><b>10:15</b> Christian Worship</p> <p><b>10:30</b> Word Search Challenge-3</p> <p><b>2:00</b> Music W/ Jim-Chapel</p> <p><b>6:00</b> Bill Gaither Presents-2</p>	<p><b>9:30</b> Random Trivia-3 <b>15</b></p> <p><b>10:30</b> Errand Shuttle/Walmart</p> <p><b>11:00</b> Sit &amp; Be Fit-3</p> <p><b>2:30</b> Happy Hour-2</p> <p><b>6:00</b> Movie'Lincoln'-2</p>	<p><b>9:30</b> President Quotes-3 <b>16</b></p> <p><b>10:00</b> Truman's Daughter/Discussion-3</p> <p><b>10:30</b> Commander~In~Chief Crossword-3</p> <p><b>2:00</b> Prize Bingo-4</p> <p><b>3:00</b> Exercise Class-3</p> <p><b>3:30</b> Reading Group-3</p>	<p><b>9:30</b> Famous Folks-3 <b>17</b></p> <p><b>10:15</b> Bible Study-2</p> <p><b>10:30</b> Pencil Art-3</p> <p><b>10:45</b> Outing:Pizza Hut</p> <p><b>2:00</b> Librarian/ Book Talk-2</p> <p><b>6:00</b> Ken Davis Comedy-2</p>	<p><b>Happy B-Day Rubye 18</b></p> <p><b>9:30</b> Coffee and Donuts-3</p> <p><b>9:45</b> Fascinating First Ladies Facts-3</p> <p><b>10:00</b> Finish the Lines-3</p> <p><b>2:00</b> See the Sea-2</p> <p><b>3:00</b> Exercise Class-3</p> <p><b>6:00</b> Sweet Tooth Bingo-4</p>	<p><b>9:30</b> Table Talk-3 <b>19</b></p> <p><b>10:00</b> Mystery Person-2</p> <p><b>10:30</b> Play'Pokeno'-3</p> <p><b>11:00</b> Living Rock Praise Team-3</p> <p><b>1:30</b> Outing:Library Presentation</p> <p><b>6:00</b> Movie'Moonstruck'-2</p>	<p><b>9:30</b> Chicken Soup for the Soul-3 <b>20</b></p> <p><b>10:00</b> Queen Bee Meeting-3</p> <p><b>2:00</b> Quarter Bingo-4</p> <p><b>3:00</b> Reading Group-4</p> <p><b>7:00</b> Lawrence Welk-2</p>
<p><b>Happy B-Day Wilbert 21</b></p> <p><b>10:00</b> Spiritual Hymns-2</p> <p><b>10:15</b> Christian Worship</p> <p><b>10:30</b> Table Games-3</p> <p><b>2:00</b> Music W/Jim-Chapel</p> <p><b>4:00</b> Spurs@Phoenix-2</p>	<p><b>RODEO WEEK 22</b></p> <p><b>8:00</b> Cowboy Breakfast-2</p> <p><b>9:30</b> Trivia-3</p> <p><b>10:30</b> Errand Shuttle/Target</p> <p><b>11:00</b> Sit &amp; Be Fit-3</p> <p><b>2:30</b> February B-Day Party-2</p> <p><b>6:00</b> Western Movie-2</p>	<p><b>9:30</b> Funny by Accident-3 <b>23</b></p> <p><b>10:00</b> Oscar-Winning Song Matchup-3</p> <p><b>2:00</b> Prize Bingo-4</p> <p><b>3:00</b> Exercise Class-3</p> <p><b>3:30</b> Reading Group-3</p> <p><b>6:00</b> Western Movie-2</p>	<p><b>Happy B-Day Janet 24</b></p> <p><b>9:30</b> Famous Cowboys-3</p> <p><b>10:15</b> Bible Study-2</p> <p><b>10:30</b> Pencil Art-3</p> <p><b>11:00</b> Sit &amp; Be Fit-3</p> <p><b>2:30</b> Happy Tails Show-2</p> <p><b>3:00</b> 'Wheel of Fortune'-2</p> <p><b>6:00</b> Western Movie-2</p>	<p><b>9:30</b> Coffee and Donuts-3 <b>25</b></p> <p><b>10:00</b> Strengthen Your Mind-3</p> <p><b>1:30</b> Horseshoes Contest-2</p> <p><b>3:00</b> Exercise Class-3</p> <p><b>3:30</b> Resident Lifestyle Meeting-2</p> <p><b>6:00</b> Sweet Tooth Bingo-4</p>	<p><b>9:30</b> Table Talk-3 <b>26</b></p> <p><b>10:00</b> Mystery Item-3</p> <p><b>10:30</b> Melissa's Craft Corner-3</p> <p><b>11:00</b> Living Rock Praise Team-2</p> <p><b>2:30</b> Rodeo Party/Queso Contest-2</p> <p><b>6:00</b> Western Movie-2</p>	<p><b>9:30</b> Chicken Soup for the Soul-3 <b>27</b></p> <p><b>10:00</b> Pretty Nails-3</p> <p><b>2:00</b> Quarter Bingo-4</p> <p><b>3:00</b> Lighthouse Bible Study-Chapel</p> <p><b>7:00</b> Spurs @Houston-2</p>
<p><b>10:00</b> Spiritual Hymns-2 <b>28</b></p> <p><b>10:15</b> Christian Worship</p> <p><b>10:30</b> Puzzles-3</p> <p><b>2:00</b> Music W/ Jim-Chapel</p> <p><b>7:00</b> 88th Academy Awards(ABC)-2</p>	<p><b>9:30</b> Jeopardy Trivia-3 <b>29</b></p> <p><b>10:30</b> Errand Shuttle/Walmart</p> <p><b>10:30</b> Music W/Desiree-2</p> <p><b>11:00</b> Sit &amp; Be Fit-3</p> <p><b>2:30</b> Happy Hour-2</p> <p><b>6:00</b> Movie'Leap Year'</p>					

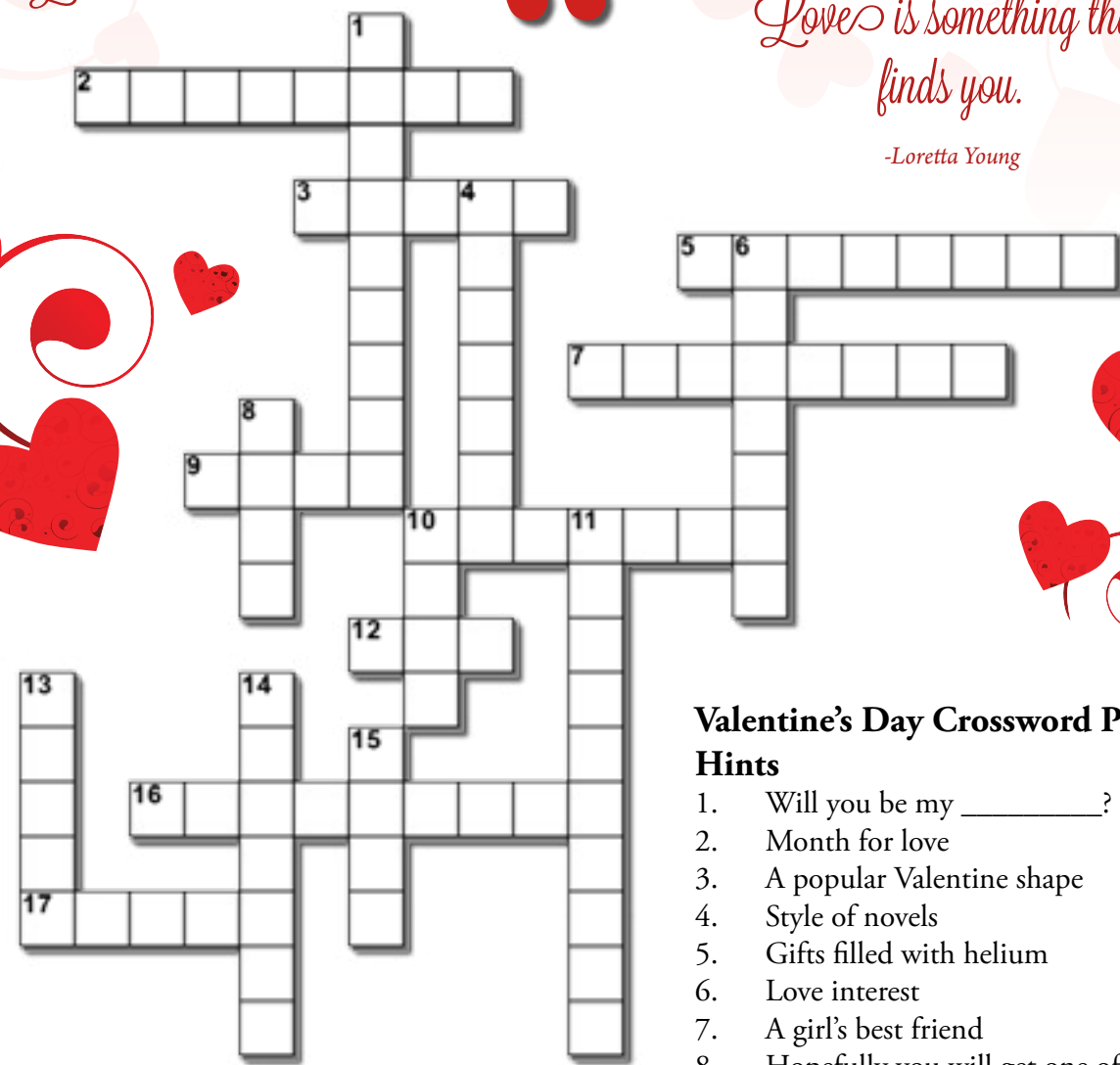
Love is in the Air

“

Love isn't something you find.  
Love is something that  
finds you.

-Loretta Young

”



### Valentine's Day Crossword Puzzle

#### Hints

1. Will you be my \_\_\_\_\_?
2. Month for love
3. A popular Valentine shape
4. Style of novels
5. Gifts filled with helium
6. Love interest
7. A girl's best friend
8. Hopefully you will get one of these on the cheek or on the lips
9. Be \_\_\_\_\_
- 10d. Your beau may write one of these
- 10a. Scented gift
11. Day of the month
12. Popular Valentine's Day color
13. Carries a bow & arrow
14. Bouquet of \_\_\_\_\_
15. I \_\_\_\_\_ you!
16. Popular box of candy
17. May I have this \_\_\_\_\_?

Memories at JPC Parkway  
Happy New Year



- 2016 -





Most recollected Valentine's dates range from the 1800s to the 1930s, but the history of Valentine's dates go back to Rome in 270 A.D. There, according to legend, a young priest named Valentine was sentenced to execution by Emperor Claudius II for refusing to renounce Christian teaching. While in jail, he helped restore the sight of the jail keeper's young daughter, who had been going blind.

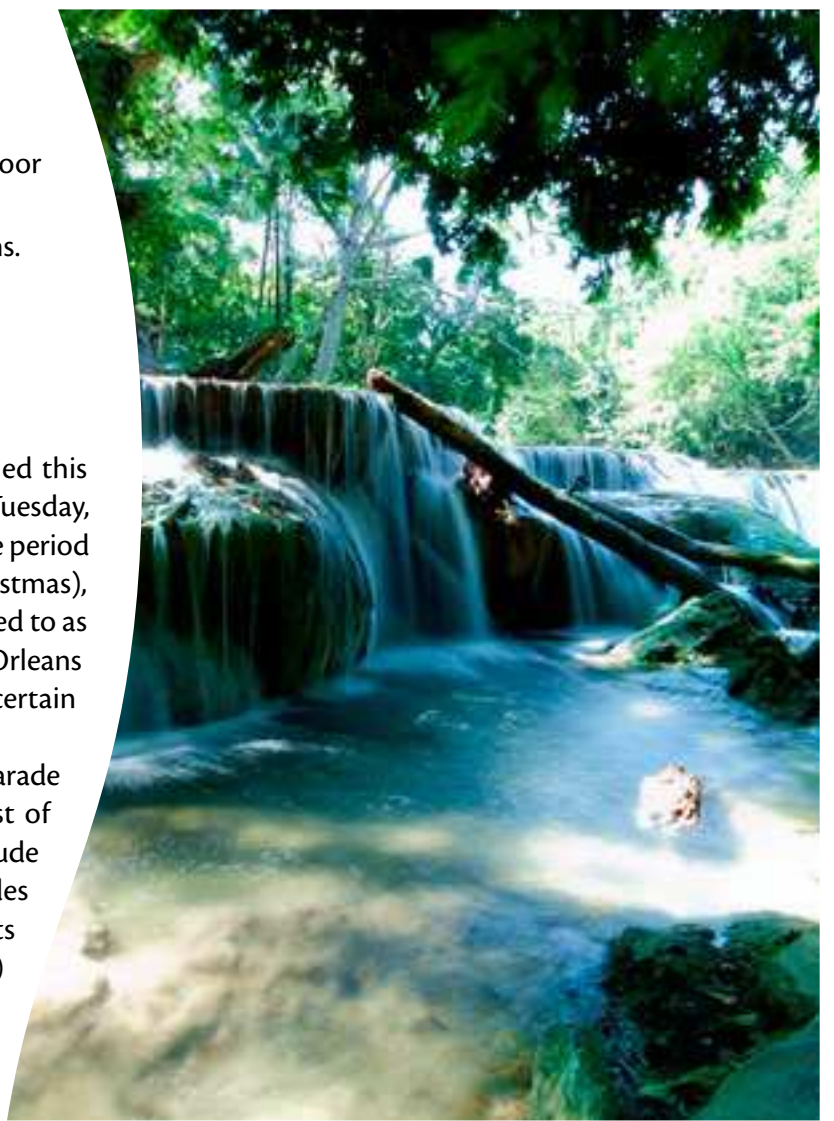
On the day of his execution, February 14, he plucked a heart-shaped leaf from a clump of violets outside his jail window and pierced it with a note to her on which he had written, "From your Valentine." The legend filtered down through the centuries in France, Scotland, Wales, and Germany, reaching the U.S. about 150 years ago.

### Signs That You Are No Longer A Kid

1. Your back goes out more than you do.
2. You quit trying to hold your stomach in, no matter who walks into the room.
3. You buy a compass for the dash of your car.
4. Your best friend is dating someone half their age .... and isn't breaking any laws.
5. You sing along with the elevator music.
6. You constantly talk about the price of gasoline.
7. You enjoy hearing about other people's operations.
8. You consider coffee one of the most important things in life.
9. People call at 9 p.m. and ask, "Did I wake you?"
10. You answer a question with, "Because I said so!"
11. You take a metal detector to the beach.
12. You wear black socks with sandals.
13. You can't remember the last time you laid on the floor to watch television.
14. You get into a heated argument about pension plans.
15. You got cable for the weather channel.

### Huck Finn on the Mississippi

Most of us were required to read a few staple novels growing up. The Adventures of Huckleberry Finn was one of them. However, it wasn't a run-of-the-mill drab work of fiction. Mark Twain's novel was one that engaged audiences for hours on end, and still engages the minds of students today. Published on February 18, 1885, this work continues to hold a place among the list of Great American Novels. This work was among the first in American literature to be written in vernacular English, with notable local color regionalism, as it was written in Southern dialect. The book includes precise descriptions of areas located along the Mississippi River and is set in Southern antebellum society. This work is often re-read by many because of its colorful detail and memorable characters.



### Valentine's Heart Healthy Egg-White Crepes

- 1/2 cup whole wheat flour
- 1/2 cup skim milk
- 2 egg whites
- 1 tbsp coconut or vegetable oil

- 1/2 cup mixed frozen berries, thawed and drained
- 1 tbsp confectioners' sugar for dusting

Whisk together the wheat flour, egg whites, milk, salt, and oil in a large bowl until smooth. Lightly coat a skillet with cooking spray and place over medium heat. Pour 1/4 cup of the batter into the skillet. Tilt the pan in a circular motion to allow the batter to spread to the edges. Cook until the bottom is light brown, about 2 minutes. Flip the crepe and place 2 tablespoons of the mixed berries in the center of the crepe; cook another 2 minutes. Fold the crepe in half and remove with a spatula to a serving plate. Dust with confectioners' sugar and serve.



### Mardi Gras: February 9, 2016

**Mardi Gras** is French for "Fat Tuesday." It was named this because all butter and fats had to be used up by Shrove Tuesday, the day before the start of Lent. Carnival time includes the period between Epiphany or Twelfth Night (12 days after Christmas), January 6, and Shrove Tuesday, and it is sometimes referred to as the Mardi Gras season. It is celebrated especially in New Orleans (and other Louisiana cities) and Mobile, Alabama, and certain Mississippi and Florida cities.

Mardi Gras dates back to 1837, when the first street parade took place in New Orleans. On Twelfth Night, the first of nearly 100 private masked balls is held. Festivities also include approximately 50 street parades day and night. The parades feature marching bands and elaborate papier-mâché floats with maskers tossing trinkets, beads and doubloons (coins) to the crowds.