Proof of Conjecture in A364639
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Notations.
Let T235791(n, k) = $\left\lceil \frac{(n+1)}{k} - \frac{k+1}{2} \right\rceil$ denote the k-th term in the n-th row of the triangle of sequence A235791, 1 ≤ n, 1 ≤ k ≤ A003056(n), and T235791(n, k) = 0 for k > A003056(n).
T237591(n, k) = T235791(n, k) - T235791(n, k+1).
T(n, k) = T235791(n, k) - T235791(n, k+1) - T235791(n-1, k) + T235791(n-1, k+1).
T(k*(k+1)/2, k) = 1 for k ≥ 1.

Claim: -1 ≤ a(n) ≤ +1 holds for every term a(n) in this sequence.
The value of a term in sequence A364639 is determined by some 2×2 square $\begin{pmatrix} s_{i,j} & s_{i,j+1} \\ s_{i+1,j} & s_{i+1,j+1} \end{pmatrix}$ in the triangle of A235791 where the border blanks in positions $\left(\frac{n}{2}(n+1)-1,\ n\right)$ are replaced by 0's.
Since 0 ≤ $s_{i+1,j} - s_{i,j}$ ≤ 1 and 0 ≤ $s_{i+1,j+1} - s_{i,j+1}$ ≤ 1 the inequalities
-1 ≤ $\left(s_{i+1,j} - s_{i,j}\right)$ - $\left(s_{i+1,j+1} - s_{i,j+1}\right)$ ≤ +1 hold.

Claim: Every term T(n, k), n > A000217(k), in column k has period A002378(k) = k*(k+1).
T235791(n + k*(k+1), k) = T235791(n, k) + k + 1 and T235791(n + k*(k+1), k+1) = T235791(n, k) + k, so that T(n + k*(k+1), k) = T235791(n, k) + k + 1 - T235791(n, k) - k - T235791(n-1, k) - k - 1 + T235791(n-1, k) + k = T(n, k).

Claim: The sequential periodic sections after the initial term 1 in each column k >=1 start with k-1 0's and end with k 0's:
After having established periodicity, verifying the claim for the first periodic section is sufficient.
By definition, T235791$\left(\frac{k}{2}(k+1)+j,\ k\right)$ = 1 for 1 ≤ j < k = A003056$\left(\frac{k}{2}(k+1)\right)$.
For the first set of k-1 0's, T$\left(\frac{k}{2}(k+1)+j,\ k\right)$ = T235791$\left(\frac{k}{2}(k+1)+j,\ k\right)$ - T235791$\left(\frac{k}{2}(k+1)+j,\ k+1\right)$ - T235791$\left(\frac{k}{2}(k+1)+j-1,\ k\right)$ + T235791$\left(\frac{k}{2}(k+1)+j-1,\ k+1\right)$ = 1 - 0 - 1 + 0 = 0, for 1 ≤ j < k.
For the second set of k 0's, T$\left(\frac{k}{2}(k+1)+k^2+j,\ k\right)$ =
$\big($T235791$\left(\frac{k}{2}(k+1)+k^2+j,\ k\right)$ - T235791$\left(\frac{k}{2}(k+1)+k^2+j,\ k+1\right)\big)$ - $\big($T235791$\left(\frac{k}{2}(k+1)+k^2+j-1,\ k\right)$ - T235791$\left(\frac{k}{2}(k+1)+k^2+j-1,\ k+1\right)\big)$ = ((k+1) - (k-1)) - ((k+1) - (k-1)) = 0, for 1 ≤ j ≤ k.