CORONAVIRUS: COVID-19
By Wendy Carpenter, Chief Health Services Officer

The Coronavirus, or COVID-19, is an area of concern for many, and rightfully so. COVID-19 can cause a range of symptoms from very mild to severe, and some cases it has been fatal. COVID-19 was first identified in China with more confirmed cases in other countries, including the United States. As many are aware, potentially infectious travelers are being housed/quarantined in various locations in the United States, to include Lackland Air Force Base. With potentially infectious travelers so close, questions have been asked: Does Blue Skies of Texas have a plan as it relates to COVID-19/Coronavirus?

The answer is yes.

Blue Skies of Texas has a detailed pandemic influenza preparedness and response policy. This policy was developed as a direct result of the H1N1 virus several years ago and is reviewed annually with updates as appropriate. The plan focuses on prevention, identification/detection and control/containment. In the event one of our residents, staff, or staff family are diagnosed with COVID-19, or any influenza strain, action is immediate. Notification of influenza cases are brought to my attention and appropriate action is directed based on a variety of factors to include type of influenza and location. Blue Skies of Texas Medical Director Dr. Omar Zantua is fully engaged with the Blue Skies health care team as it relates to influenza activity. In the event of a COVID-19 diagnosis, local and state health officials would be contacted.

Prevention is always the best defense. How to Protect Yourself and Others:
Cover your nose and mouth with a tissue when coughing or sneezing. After using a tissue, throw it away and wash your hands.

Clean your hands often: washing your hands often will protect you from germs. If soap and water are not available, use an alcohol-based hand rub. (Hand sanitizers are located throughout the building.)
Avoid touching your eyes, nose and mouth.
IN MEMORIAM
Lt Col Bill Linn
passed away on
Feb 21, 2020

IN MEMORIAM
Mrs. Sharon Jordan
passed away on
Feb 24, 2020

Practice other good health habits, such as cleaning and disinfecting frequently touched surfaces at home. Drink plenty of fluids, stay active, and eat nutritious meals.

Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headaches, chill and fatigue. Some people may have vomiting and diarrhea. Some people may be infected with the flu and have respiratory symptoms without a fever. Patients with the COVID-19 have reportedly had mild to severe respiratory illness with symptoms of fever, cough, and shortness of breath. Symptoms may appear 2-14 days after exposure. If you have any symptoms associated with either virus, contact your doctor immediately. People who have traveled to areas with confirmed cases need to pay close attention to their health and notify their doctor immediately of any signs or symptoms of having been infected.

Notify your doctor as soon as you start to feel ill so the proper testing can be done, and the treatment can be started quickly.

Notify our Wellness Center of any confirmed flu or viral infection diagnosis.

NOTES FROM THE DIRECTOR OF RESIDENT SERVICES  By Lori DeWitt

Save The Dates:

Friday, Feb 28 – Siren Testing, 10am
Friday, Feb 28 - Town Hall Presentation, In-House Channel, 10am, 2pm or 6pm
Saturday, Feb 29 - Town Hall Presentation, In-House Channel, 10am, 2pm or 6pm
Sunday, Mar 1 - Town Hall Presentation, In-House Channel, 10am, 2pm or 6pm
Monday, Mar 2 – Vista Volunteers, CC2, 1pm
Tuesday, Mar 3 – 2020 Primary Election Voting
Wednesday, Mar 4 – Cheesy Talks with Scott Jones, 2pm
Sunday, Mar 8 – “The Roaring 20s”, Main Dining Room, 5:30pm
Thursday, Mar 12 – DRAC Meeting, RR Lounge, 1:30pm
Friday, Mar 13 – Fishing Club Meeting, 10:30am
Sunday, Mar 15 – Concert Series (Sung Chang, piano), 3pm
Thursday, Mar 19 – RC Meeting, RR Lounge, 1:30pm
Thursday, Mar 26 – Big Give SA (24-hour giving event)
Thursday, Mar 26 – Rotary Club Wine Tasting, 6:30pm

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Tower Fire Alarm System Upgrade – As things stand right now, we are still scheduled to start work in apartments on Monday, Apr 6. We’ll start work on the 7th floor of Towers 1 & 2 and work our way down from there. The workers will have more of a presence in the hallways in the coming weeks. We’ll announce schedules for install in apartments as this project progresses. Reminder, this project will take approximately a year and a half to complete.

Resident Roster Update – The new roster will be available for pick up on Friday, Feb 28. Also, there was a discussion/vote at the last RC meeting with a unanimous vote that Staff will not send the roster via email to residents. This is to protect the security/information of fellow residents.

Activities List – The current list is available at the Front Desk. If you are a point of contact for any of the activities, please stop by the Front Desk and ensure we have the correct person listed.

Need a key to your home / mailbox? – Starting on Monday, Mar 16, keys will be controlled through the Capital Projects office. You can order a key in several different ways: by sending an email to bstwkeydistro@blueskiestx.org, stopping by the Front Desk and letting them know, or letting Capital Projects know. (Their office is located right across from Lori’s office.) But the best way is to send that email.

Safety –
- When the Fire Alarm sounds and the fire doors close, we cannot reset the alarm panel until the situation is resolved. Sometimes this means the fire doors remain closed for extended periods. Please do NOT block the doors w/ a door stop, chair, etc. They are closed for a reason. If you need assistance getting through the doors, please call the Front Desk and we’ll send someone to assist.
- Also, when any alarm sounds, please respond as if it is an actual emergency. Again, those alarms sound for a reason.

Dress Code Reminder – Please familiarize yourself with the current Dress Code for the Dining Room. It’s posted at the bottom of the main stairwell. Reminder that you’re responsible for your guests, too.

Red Tag Program – Have you ever wondered why there’s a Red Tag hanging on your neighbor’s door? Many of our residents are familiar with the Red Tag program, but for those of you who may not be familiar, take a moment to read along on how the program works. The Red Tag Program is a safety program that has been in place for several years and was implemented as a means of monitoring the residents’ safety. Upon request, the resident is provided a red door tag to hang outside his/her door each evening by

3 Deadline: Monday, Mar 23 @ Noon: Roadrunner@blueskiestx.org
Next Publication Date: Friday, Mar 27
9pm. Upon waking, the resident is to remove the Red Tag from the door by 10am the next morning. If the Red Tag is not out by 9pm nor removed by the resident by 10am, the Front Desk will be notified, and a call will be made to the resident. If there is no response to the telephone call, a First Responder will be notified and will enter the apartment to check on the resident. If you are interested in participating in our Red Tag program, please contact me (Teresa Santana) at 568-3302 so I can arrange a time for you to stop by and pick up your Red Tag.

**Here a Flyer, There a Flyer, Everywhere a Flyer, Flyer** – Have a special event coming up? Want to get the word out? Everyone wants to publicize that upcoming special event that’s right around the corner, and we want to help you to do just that. However, we’ve been running into an overwhelming number of flyers. Keep in mind that events can be posted on the in-house channel as well as the Roadrunner. Our goal is to post flyers that identify events that are quickly approaching. Please contact Resident Services with any questions.

**Golf Cart Parking** – Please be mindful when parking your golf carts. We are running into limited parking due to folks taking up two spaces.

**Wednesday Shopping** – Departs from the Lobby at 1pm.
- Mar 4 – Target; Mar 11 – Trader Joes; Mar 18 – Costco; Mar 25 – Alamo Ranch

**Friday “Mall” Transportation** – Departs from the Lobby at 10am.
- Mar 6 – La Cantera; Mar 13 – Ingram Mall; 20 – Wonderland Mall of the Americas & North Star; Mar 27 – Quarry Marketplace

**Housekeeping Spotlight Item** – These weekly items give housekeepers an area of special interest. Housekeepers will still adhere to their checklists but will pay special attention to the Spotlight Items of the week:
- Mar 2 – Ceiling Fans & Air Vents; Mar 9 – Dust Inside of Breaker Boxes; Mar 16 – Clean Ovens; Mar 23 – Walls/Switches/Door Plates; Mar 30 – Door Frames/Tracks

4  Deadline: Monday, Mar 23 @ Noon: Roadrunner@blueskiestx.org
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Sometimes one bone is just not enough.

WELCOME NEW RESIDENTS

By Teresa Santana, Assistant Resident Services Director

Please give the following new residents a warm Blue Skies West “Welcome” in your respective neighborhoods. Their phone number(s) will appear on the in-house channel as soon as they become available.

➢ Mrs. Anna Benavides, #1506
➢ LTC Leo & Mrs. Elaine Bell, #424

SCAM ALERT

By Shirley Clay, Resident Counselor

Circulating Scams to Watch For:

- Imagine my surprise one evening when my cell phone rang with the caller ID noting the call was from myself! I answered, and it was an automated call stating that my phone service, which actually identified the correct carrier, was going to be shut down due to “a problem.” I hung up; it was a scam. My cell phone service was never shut down; there was no problem.

- Several residents reported receiving automated calls from City Public Service (CPS) the electric company that services our area. Again, the calls feature an automated voice stating that there was a problem with the account, and that electricity would be shut down. Everyone who reported to me hung up immediately. It was a scam; no electric service was shut down.

- A resident reported receiving a bogus email identifying the sender as San Antonio Express News, requesting payment. The resident made payment as requested before they realized the e-mail identification was bogus. Then, of course, the card used for payment had to be cancelled and financial institutions had to be notified. Be careful with email bills. Make sure the email is originating from the actual source.
as presented. The correct e-mail address for San Antonio Express news is email@email.expressnews.com. If in doubt, call the newspaper first to confirm payment is due.

**ANNIVERSARY MILESTONES OF SERVICE**
*By HR Team*

The Human Resources Team (HR) would like to thank the following employees for reaching an Anniversary Milestone of Service with Blue Skies of Texas. Thank you for serving our residents with love and care throughout the years. We appreciate you!

<table>
<thead>
<tr>
<th>Employee</th>
<th>Date</th>
<th>Service</th>
<th>Department</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roselia Trujillo</td>
<td>Mar 15</td>
<td>1</td>
<td>Dining Services - East</td>
</tr>
<tr>
<td>Anthony Rodriguez Jr.</td>
<td>Mar 29</td>
<td>1</td>
<td>Arnold House Assisted Living - East</td>
</tr>
<tr>
<td>Candis Dopwell-Alexander</td>
<td>Mar 3</td>
<td>10</td>
<td>Mission Healthcare - East</td>
</tr>
<tr>
<td>Roberto Leiva III</td>
<td>Mar 15</td>
<td>1</td>
<td>Mission Healthcare - East</td>
</tr>
<tr>
<td>Teresa Rodriguez</td>
<td>Mar 22</td>
<td>15</td>
<td>Dining Services - West</td>
</tr>
<tr>
<td>Jerry Martinez</td>
<td>Mar 15</td>
<td>1</td>
<td>Environmental Services - West</td>
</tr>
<tr>
<td>Annette Diaz</td>
<td>Mar 1</td>
<td>1</td>
<td>Memory Care - West</td>
</tr>
<tr>
<td>Tanya Jaramillo Rodriguez</td>
<td>Mar 1</td>
<td>1</td>
<td>Memory Care - West</td>
</tr>
<tr>
<td>Mariela Perez</td>
<td>Mar 1</td>
<td>1</td>
<td>Memory Care - West</td>
</tr>
</tbody>
</table>

**BIG GIVE 2020**
*By Jennifer Z. Berg, Director of Development*

For this year’s Big Give on **Thursday, Mar 26**, we are raising money to build spa baths at Freedom House as part of its current renovation project. We’ve asked each campus to take ownership of one of the eight baths, and together we hope to raise over $100,000!

Some of the improvements include:

- Waterfall showerheads with detachable arms for a customized bathing experience
- Expanded shower space to accommodate all residents’ needs
- Removal of bathtubs
- Soothing lighting, and calming colors
- Towel warmers!

Most of the funds ($4M+) for this $6M project have come from grants and estate gifts earmarked for Freedom House over the last five years, but we thought it would be important to give YOU, the residents of Blue Skies, a chance to join us in this last phase of fundraising. **Will you help us reach our goal?**
Here’s what you can do:

**Volunteer** – Email jenniferberg@blueskiestx.org or call 210 586-3206 to learn about ways you can help.

**Promote** – The more people involved, the more likely we are to be successful. Your advocacy makes a difference – tell your friends!

**Give** – By donating at [https://www.thebiggivesa.org/organizations/air-force-villages-charitable-foundation](https://www.thebiggivesa.org/organizations/air-force-villages-charitable-foundation) between 10am-12pm on Thursday, Mar 26. The group with the most donors wins $1,000! If you need assistance in making an online gift, we’ll have volunteers to assist you from 10am-1pm near the entrance to the Main Dining Room.

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**LEADINGAGE TEXAS – CONGRATULATIONS TO TIM HOHON!**

*By Heather Ransom, Capital Projects Director*

LeadingAge is an advocacy organization at the national and state level that provides leadership, advocacy, networking and education to Blue Skies of Texas as well as other non-profit organizations who serve the needs of Texas seniors. Every year LeadingAge honors those who are committed to enhancing the lives of aging Texans and who excel in leadership and commitment to resident quality of life. We are excited to share that LeadingAge Texas recently announced that Tim Hohon is the recipient of the 2020 Emerging Leader Award. This award recognizes outstanding commitment to and demonstration of the highest standards of professional conduct and practice. Tim has played a vital role in the Lantana, Oaks and Garden renovations and managed countless campus improvements behind the scenes for both East and West. The best part is, if you ask Tim what his proudest moments are at Blue Skies, he will tell you without hesitation, it’s the interaction with each of you! If you see Tim, please stop him and shake his hand. We are all so very proud!

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**PLAY FOR FREEDOM – IN SUPPORT OF FREEDOM HOUSE**

*By: Michelle Serna, Fundraising Associate*

Our 26th Annual Play for Freedom Tournament, on Friday, May 1 at The Quarry Golf Club, promises a great day of golf in support of our Freedom House residents. Proceeds from our annual tournament ensure ongoing training for our staff, and provides weekly entertainment, social gatherings and intergenerational activities for residents – the “extras” that make Freedom House a leader in memory care support.
• If you’re interested in playing, our list of individual spots is already almost full! We ask that you register ASAP. As needed, we will have a wait list.
• If you won’t be able to play or if you’re not a golfer, and you haven’t done so already, please consider becoming a Friend of Freedom House through a tax-deductible gift in support of the tournament.

A big thank you to our corporate sponsors, and our residents, who have already registered or made a gift! Please stop by the Development Office or call me at 210-568-3290 with questions about Play for Freedom.

MAINTENANCE

CATERED LIVING

By Mercedes Cruz, Catered Living Manager

Spring Cleaning – Catered Living is here to help you with the extra cleaning around your home, from cleaning behind the refrigerator to dusting window blinds, removal of cobwebs or deep cleaning of major appliances.
We would love to hear from you! Please contact us at 210-568-3285.
The Catered Living office is located within the Maintenance office (Lower Level, Tower 3). Please remember our Catered Living Program!!

PEST CONTROL SCHEDULE

By Mercedes Cruz, System Coordinator

<table>
<thead>
<tr>
<th>Friday, Mar 6:</th>
<th>Friday, Mar 13:</th>
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<tbody>
<tr>
<td>Cottages – 1700</td>
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</tr>
<tr>
<td>Specials – Village Center, Kitchen, The Vista – Office &amp; A Wing</td>
<td>Specials – Exterior Main Bldg. (Tower)</td>
</tr>
<tr>
<td>Ranch Homes – 811, 813, 815, 817</td>
<td>Ranch Homes – 821, 823, 825, 826</td>
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<tr>
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<td>Tower Apts. – 531-538, 541-548</td>
</tr>
<tr>
<td>Cottages – 1900-2000</td>
<td>Cottages – 2100-2200</td>
</tr>
<tr>
<td>Ranch Homes – 827, 828, 829, 830</td>
<td>Ranch Homes – 831, 834, 835, 836, Pavilion 1</td>
</tr>
</tbody>
</table>
VISTA VOLUNTEERS
By Red Natkin
Vista Volunteers will meet in CC2 on Monday, Mar 2 at 1pm. All Vista Volunteer committee heads are requested to attend; current Vista volunteers, and residents interested in becoming volunteers, are more than welcome and strongly encouraged to participate. This will also be announced on the in-house cable channel and in the weekly calendar of events.

GADABOUTS
By Betty Robertson
The Gadabouts’ March outing will be to a longtime favorite restaurant, Acadiana Café, located close by. All widows, widowers, singles and caretakers are invited to join us on Wednesday, Mar 4, as we enjoy some excellent Southern cooking. Please sign up in the pink Gadabouts folder in CC3 no later than noon on Monday, Mar 2. On Wednesday, meet the hostess at 11:15am for an 11:30am departure.

The Gadabouts’ April outing, with Spring having arrived by that time, will be to enjoy lunch at a longtime favorite place, Castroville Café, on Wednesday, Apr 1. We may have the choice of outdoor or indoor dining. All widows, widowers, singles and caregivers are invited for this event, and others may go if there is extra room. We will meet the hostess at 11:15am for an 11:30am bus departure. Please sign up in the Gadabouts folder before noon on Monday, Mar 30. See you there!

ROARING TWENTIES EXTRAVAGANZA
By Diantha Perelli
Join your World-Renowned Blue Skies Entertainers for an evening of Decadence, Excess and Exhilaration celebrating the Decade of the Roaring Twenties. Travel back 100 years to that bygone era where jazz was played hot, bathroom gin was poured cold, the Charleston was danced wildly, and sports phenoms stunnned the nation with their prowess. Listen to the words of the famous writers and poets of the time. Quake to the menace of mad mobsters and moralistic Temperance Union mavens.
Meet us in the Blue Skies Speakeasy (the Dining Hall) on Sunday, Mar 8. Attire of the decade is encouraged. Feel free to bring leaded or unleaded hooch and munchies. Ice, plastic cups, water, and napkins will be provided. Stay afterward to carouse with your partners in crime until the wee hours.
Doors open at 5:30pm. Show begins at 6pm. Sign up in CC3 early to get the secret knock and password.
RESIDENTS’ PHOTOS  
By Ruth Ann Taylor & Tom Ryan

All new residents are invited to come to the Helen LeMay Room on Wednesday, Mar 11 at 10am to have their photo made, for the Residents' picture board in the hallway. We will be ready to take photos of new residents, and any other residents, who would like an updated picture of themselves. Please call Ruth Ann Taylor (see Resident Roster).

LOOSE THREADS MEETING  
By JoAnn Oldham

The Loose Threads will meet on Wednesday, Mar 11 at 10am in the Arts and Crafts/Pool Room at 10am. We will have show and tell, and share tips and techniques. It's Quilt O'Clock somewhere!

MARCH BIRTHDAY AND ANNIVERSARY CELEBRATION  
By Vicki Fowler

Who: All BST West residents and guests are invited.
When: Wednesday, Mar 11, Hosted Cocktails at 5pm and Dinner at 6pm.
Theme: Wearing of the Green
Entertainment: Two For The Road
Program: Bios for the 50th and 65th Anniversaries will be read.
Menu: Irish Flag Salad: Spinach, Pears, Oranges, Feta Cheese & Green Goddess Dressing on the side. Entrée: Corned Beef served w/Carrots, Onions, Red & White Potatoes, Green Cabbage, Green Peppers & Turnips; Bread: Irish Soda Bread; Dessert: Irish Cream Chocolate Cake. $22.95 per person. A special diet alternative entrée is offered. Sign-up sheet is located in CC3.
Pictures: Lily or Shock Shockley will be available to take the Birthday & Anniversary pictures at 4:30pm in the Helen LeMay Room.
Seating Time: Doors open for regular seating at 6pm. Those needing extra time for seating may enter at 5:45pm.
Decorations: TBA
Suggested Dress: Add a tad of green to your dinner dress!
Reservations: The Reservation Chairpersons are Patricia McCarthy and Bonnie Gardner. Please follow directions and everyone is guaranteed a seat. All those planning to attend, including guests, must sign the list in the CC3 room. The list will be picked up on Friday, Mar 6 at 1pm, or earlier if the 300-seat limit is reached. If you need to cancel after 1pm Friday, please call Patricia McCarthy or Bonnie Gardner (see Resident Roster for phone numbers). Important: If you need to cancel after 1pm on Monday, Mar 9, please call the Dining Services Office (210-568-3232).
Table Reservations: To make a table reservation, call Patricia McCarthy or Bonnie Gardner (see Resident Roster for phone numbers). Table reservations are limited to eight. Come alone, and be seated with other interesting people. Reservations are needed for the Singles & Caregivers table. Reservations are not taken through the Dining Room for this event. Each person must sign up, including guests.

Deadline: Monday, Mar 23 @ Noon: Roadrunner@blueskiestx.org
Next Publication Date: Friday, Mar 27
Hosted Cocktails: Cocktail Hour for all BST West residents and guests will be held in the CC rooms from **5-6pm**. Hosts for the evening will wear colorful and distinctive name tags. The list of hosts provided by the Chair, Audrey Logeman, includes: Ginny Alloway, Deacon Pat Benigno, Jack & Rachel Bujalski, Jim & Valerie Byrd, Rudy Carson, Elizabeth Carwile, Barbara Christopherson, Janet Croce, Tom & Sharon Dera, Jack & Kathy Fair, Marilyn Goff, Mary Hall, Thelma Hall, Andy Hebrank, Lyn Henderson, Patricia Hochstat, Don & Audrey Logeman, Joe Manci, Tom McKenzie, Kevin & Jeanne McNamara, Ron & Annie Moore, Rick Nollenberger & Nanee Langley, Mary Parriott & Stephen Rainbolt, Pat Perry, Bill & Darlene Ramunas, Sue Robert, Denise Schiff, Don & Gina Skucas, Stump & Nancy Sowada, Gene & Mary Tucker, Pat Wagner, Al & Martha Wesson, and Gil Wolfe & Lorrie Cappellino.

**BSTW FISHING CLUB MEETING**

By Layne Perelli

The next BSTW Fishing Club meeting will be held in CC3 on **Friday, Mar 13 at 10:30am**. We will be electing officers for 2020 and making plans for our upcoming Fishing Derby. It’s warming up, and the fish are becoming active. Let’s get ready for our spring fishing outings. Anyone who would like information on local fishing hotspots or to help with the Fishing Derby is welcome to attend. If you’re interested in becoming a member, remember, we’re always looking for an exceptionally entertaining liar.

Ann Chesney’s great grandkids, Wyatt, Chesney and Gray, had a blast last Sunday, pulling in seven monster Bluegills from the Gazebo Pond!

**RESIDENTS’ CONCERT SERIES**

By Ginny Hallager

On **Sunday, Mar 15 at 3pm**, we will welcome the 2016 silver medalist from the Gurwitz Piano Competition, Sung Chang. He grew up in Seoul, Korea and had his debut concert at the age of five. As a teen he traveled to Germany, where he studied under Vladimir Krainev and found his purpose as a pianist. He completed both his Master of Music and postgraduate program at that time, and he has won many international competitions in the US and around the world. He now lives in Los Angeles where he lives with his wife and cat, and he is presently the Music Director / Conductor for the Beethoven Project Orchestra in Orange County, California. Join your neighbors in the Main Lobby of BSTW, and be thrilled with Sung Chang’s “technical abilities, musical maturity, and sensitive yet powerful expression that shines through the keys”.

Deadline: Monday, Mar 23 @ Noon: Roadrunner@blueskiestx.org
Next Publication Date: Friday, Mar 27
JOINT SERVICES LUNCHEON  
By Lee Wells

This year’s Joint Services Luncheon is being presented by the Spouses Club of the Ft Sam Houston area on **Tuesday, Mar 17** with a social hour beginning at **10am**. Seating for this event is limited and is expected to sell out early. It will take the place of our LSC March luncheon. The theme this year is “Through the Ages”. Join us as we reminisce the rich history of military spouses through the ages, shop from local vendors and enjoy a lovely meal together. We will be hearing from Holly Vega, 2019 Military Spouse of the Year, and taking a closer look at the driving force of military spouses: past, present and future. The luncheon will be held at Anne Marie’s Catering, 12475 Star Crest Drive. Menu: Choice of beef pepper steak with white rice and seasoned green beans; parmesan breaded chicken with Mornay sauce, mashers and roasted asparagus; or (gluten free/vegetarian option) roasted bell peppers stuffed with black bean corn relish. Cost $25. This is a “pay in advance” luncheon. Please go to this link to make your reservation, meal choice and to pay: www.scfsh.com/jsl-luncheon Parking is limited, so please sign up for the Blue Skies bus in the Activity Sign-up Booklet at your Village CC room. The bus will depart at **9:30am** from BST West and **9:45am** from BST East. Return pickup will be after the event. Reservations must be made NLT **Wednesday, Mar 11**. Please contact me for more info (see Resident Roster) or for help in making your reservation.

HAM RADIO NEWS: SUNSPOTS  
By Bill Overacker

The sun has blemishes! Sunspots appear as dark areas on the sun’s surface; they are regions of reduced surface temperature caused by concentrations of magnetic field flux that inhibit convection. They usually appear in pairs of opposite magnetic polarity. Sunspot activity is of great importance to anyone involved in high frequency (HF) communications. The higher the levels of solar radiation, the greater the levels of ionization in the ionosphere, which enhance propagation conditions for HF communications. The number of sunspots and correlating solar activity fluctuates according to a predictable 11-year cycle. Presently, sunspots are minimal, and are expected to peak between 2023 and 2026. Sunspots and propagation are frequent discussion topics at Amateur Radio gatherings, and BST’s next Radio Club meeting occurs on **Thursday, Mar 19** at **11:30am** in Room CC1. All are welcome to attend. Please contact Joel Lichtenstein for more information.

73—(Best regards in Ham language).

CARD-MAKING CLASS  
By Geri Martin

Join us on **Thursday, Mar 19** from 1-3pm in CC3 to create greeting cards for Easter, Mother’s Day, or any day. Libby Fleming will bring all supplies and provide clever ideas to create attractive cards. A $15 fee is required for the supplies to make five cards. Please sign up in the Activities Book in CC3, as the class is limited to 14. Join the fun!

Deadline: Monday, Mar 23 @ Noon: Roadrunner@blueskiestx.org
Next Publication Date: Friday, Mar 27
RED HAT LUNCHEON
By Vivian Ray

Our next lunch is on **Friday, March 20** at **11:30am** at Gloria’s Latin Cuisine at The Rim Shopping Center (17623 La Cantera Pkwy., Ste. 103, San Antonio, 78257). If you would like to check the menu, please see their website, [www.gloriascuisine.com](http://www.gloriascuisine.com). Please be in the lobby by **10:30am**. The bus leaves at **10:45am**. To attend, you need to sign the sheet in CC3. Your hostesses are Ann Christensen and Vivian Ray.

STRATEGIC AIR COMMAND REUNION
By Russ McCarthy

The 13th Annual Strategic Air Command (SAC) Reunion for all former members (as well as children and grandchildren), their spouses, and widows of those who served in SAC will be on **Friday, Mar 20** from **5-6:30pm** in the Roadrunner Lounge. If you have any friends in the local area who were in SAC or their spouses/widows, please invite them as well.

Suggested dress for this party will be flying suits, party suits, fatigues, 50 Mission Hats, SAC scarves, or any other uniform you can get into (you don’t have to be able to button it!) If you have a “Show & Tell” (photos, org charts, etc.) you would like to bring to the party, please mark them with your name, apartment number and phone number. If you are interested in being a host for this reunion, please contact me (see Resident Roster).

ROTARY CLUB WINE TASTING
By Marcia Tinsley

SA Rotary Club West will hold its second annual wine tasting on **Thursday, Mar 26** beginning at **6:30pm**. The event will benefit John Jay High School students, and will again feature a silent auction. If you have a special item for the auction, please contact me (see resident directory) and I will provide the email / phone of Joel Azrikan, the auction’s organizer. You will need to describe the item and give a starting price. Thank you in advance for your consideration in support of the event!

SMART DRIVER COURSE
By Ron Rickard

The next course will be on **Friday, Apr 3** from **12:30-5pm** in the Roadrunner Lounge. AARP has dedicated considerable time and resources to creating the best possible Driving Safety course using extensive curriculum research. The Smart Driver Course features the most informative and relevant content from previous editions – updated to reflect the latest driver safety and transportation innovations – bundled with fresh information based on new research, expert recommendations and volunteer and participant insights. Most auto insurance companies give a premium discount to those who complete the course. You must attend the course once every three years to be eligible for the discount. The cost of the course is $15 for AARP members and $20 for nonmembers. Sign-up sheets are in CC3.

**Deadline: Monday, Mar 23 @ Noon:** [Roadrunner@blueskiestx.org](mailto:Roadrunner@blueskiestx.org)

**Next Publication Date: Friday, Mar 27**
THE SING-ALONG STRINGS UKULELE BAND  By Verna Mae Roberson

The Ukulele Band is taking off the month of March, but we will be back on Saturday, Apr 4. As usual, we will play in the CC rooms at 7pm, with the words and chords projected on the big screen. And Cory will have more of those wonderful refreshments at halftime. Mark your calendar now and sign up for the bus ASAP.

CELEBRATE PASSOVER AT BLUE SKIES WEST
By: Fred Zedeck & Red Natkin

The Jewish Community of Blue Skies West invites you to join in the annual Community Seder to help celebrate Passover. This event is open to all Blue Skies East and West residents and their guests.

When & Where: Tuesday, Apr 14 at 5:30pm in the Roadrunner at BST West.

Menu: Gefilte fish, matzoh-ball soup, brisket or leg of lamb, carrots and green beans, matzoh, various condiments (horseradish, chopped apples, nuts, etc.), coffee and tea. Dessert: flourless chocolate cake. Selected wine is included with the cost of the dinner.

Cost: For this special-occasion meal, $40.00 for lamb or $37.50 for brisket; the meal can be paid using your monthly meal plan funds.

Reservations: Sign-up sheets will be located in BSW CC3 (and BCE CC1) starting on Monday, Mar 16. We anticipate there will be space available for approximately 80 people, so please sign up as soon as you can. Reservations will close on Monday, Apr 6, or earlier if reservations are filled. Because of limited seating, requests for special tables will be limited to eight people per table and can be requested on the sign-up sheet. Transportation for BSE residents, provided at no cost by Blue Skies, can be requested on the sign-up sheet.

Cancellations: Must be made no later than close of business on Monday, Apr 13. If you have any questions, please contact Red Natkin or Fred Zedeck (after Apr 1).

NOTES FROM THE DRAC  By Robert Ferre, DRAC Secretary

We now have a DRAC website! Enter this address in your browser on a computer, tablet, or smartphone: blueskiespb.weebly.com

You can use this to find links quickly to Blue Skies West and Blue Skies East menus and other information.

The DRAC Agenda and Minutes from every meeting are available in binders in the Library, and in CC3 within one week following a DRAC meeting. DRAC Minutes are also forwarded to the Resident Council and included in their published minutes. Any resident should also be able to get a copy from their area’s DRAC representative via email if they wish.
“Did You Know?”
Sunday Buffet Brunch now averages about 125 dine-in customers and 25 takeout customers each week.
“Free” champagne at Sunday Brunch costs about $360 per week ($18,000 yearly). Including champagne, Sunday Buffet Brunch costs about $800 more per week to produce than what’s paid by dine-in and takeout customers. Thus the total loss for an entire year, just on Sunday Brunch, is approximately $40,000. The $20 charge for Sunday Buffet Brunch has not increased in over 3 years, though food and labor costs have risen significantly. A comparable Sunday Brunch at most San Antonio restaurants costs significantly more. Blue Skies Management is looking into what can be done to continue delivering a quality Sunday meal at an affordable price, while restraining the effect of increasing costs.

GAIL JOYCE, GOLD STAR MOTHER - MOAA PRESENTATION

By Jim Conner

On Monday, Feb 10, Gail Joyce spoke to our Military Officers’ Association of America (MOAA) Satellite Chapter, sharing her story of loss, coping and surviving, and provided insight as to what assistance is available from government and non-government resources. Gail lost her husband, LTC Larry Joyce, USA (Ret), to leukemia linked to Agent Orange exposure in Viet Nam. This tragedy was compounded when she also lost her son, Army Ranger Sgt James Casey Joyce, in Somalia during the “Black Hawk Down” incident in 1993.

Gail serves at the national level on the MOAA Board and the Surviving Spouse Advisory Committee. She left behind a wealth of information for residents about planning ahead, and strongly encouraged residents to be prepared for the unexpected. Blue Skies President & CEO Lt Gen Darrell Jones thanked Mrs. Joyce for the excellent information and presented her with the Blue Skies coin. For any follow-up questions or information on what MOAA has to offer, please contact me.
IT’S PURPLE MARTIN TIME!

By Tom Carter

The first Purple Martin to arrive at Blue Skies West for the 2020 season was spotted on Sunday, Feb 23, circling high above our campus. Erection of bird house poles will begin by Friday, Feb 28. Once we have birds occupying the houses, all residents and guests are invited to join me and others, as we perform weekly nest checks to track and document the number of eggs, hatchlings and fledglings. I’ll announce the schedule for nest checks at a later date.

RESIDENTS’ MINI-DIRECTORY

By Ruth Ann Taylor

The pocket-sized 2020 Mini-Directory is ready for pick up at the Front Desk. If you would like this new edition, please stop by to pick it up. When the supply is depleted, please put your name on a list for the second printing next month, or call me (see Resident Roster).

EXCEL VOLUNTEERS NEEDED

By Keith Shumaker

Do you have Excel experience? Please consider volunteering to work on spreadsheets supporting the B&A for about two hours of spreadsheet work, two days a month. The volunteer opportunity will be on Friday at 1pm and the following Monday at 11am before the second Wednesday of every month (B&A night). We should have a good number of volunteers, so you would not be required every month. Please call me (see Resident Roster) if you are interested.

TAXES! TAXES! TAXES!

By Al Wesson

Tax assistance continues for tax year 2019. Sign up for appointments is at the Front Desk. Our tax assistance location is in Apartment 141. Taxes will be done on Wednesdays with appointment times at 9am, 10:30am, 12pm, 1:30pm and 3pm, and on Thursday, appointment times will be 9am and 10:30am. Please call Al Wesson with any questions.
The Great Courses Discussion Group at the Castroville Library is currently offering a course entitled “Fall and Rise of China,” **Monday** evenings from **6:30-8pm** at the Castroville Public Library. The course examines the events behind China’s new global presence. It is presented as a series of video lectures by UCLA Professor Richard Baum, Ph.D., followed by brief discussion periods. Please join us to develop an understanding of Chinese policies which have created the most important new force in today’s world. There is no cost, and new participants are welcome at any time. For more information, please call the library at 830-931-4095.

**THANK YOU, BUZZ AND ELLEN PARKHILL!**

*By Michelle Serna, Fundraising Associate*

Col and Mrs. Parkhill have enjoyed reading short stories and telling silly jokes to the residents of The Vista for the past 18 years! On Thursday, Feb 27, the staff of The Vista recognized them for their volunteer service, loyalty, and the many laughs and beautiful friendships they've made. Pictured are the Parkhills with Paula Qualls, Activity Coordinator for The Vista. Thank you, Colonel and Mrs. Parkhill, for all the lasting memories!
THE THIRD STEP TO PREVENT YOUR NEXT FALL

By Barbara Boucher, Ph.D., Resident Expert in Fall Prevention, Physical & Occupational Therapist

In the first two articles in this twelve-part series, these fall risks are explained: refusing to use an assistive device, taking multiple medications, and loss of vision & hearing. In keeping with a 12-step program, stand, say your first name and state how long it has been since your last fall – all in the privacy of your own home anonymously.

Once you have fallen, your risk for falling again doubles. Every fall is a risk for severe injury, long-term disability and earlier death.

STEP 3: Decide to actively trust professionals to help improve your posture.

The third step to prevent your next fall is making a decision to get help to improve your posture. Poor posture leads to changes in your spine and increases your risk of falling. Your posture may become worse over time without you noticing the change. A physician can assess and possibly diagnose the reason(s) for poor posture and prescribe treatment.

To self-assess your posture, stand in front of a mirror and respond to this familiar military command: ATTENTION! To get the full measure of your posture, have a trusted friend photograph you from the side.

Poor posture and spinal deformity are not inevitable with aging but get worse faster with certain lifestyle habits.

Are any of the following habits part of your lifestyle?

1. Sitting most of the day. Poor posture develops even faster if you sit most of the day in a lounge chair.
2. Exercise only in sitting. Poor posture develops even faster if you do not exercise the muscles on the back of the body.
3. Viewing screens while slumping in sitting. Poor posture develops even faster if you view your computer (laptop, tablet or smartphone) in a lounge chair.
4. Wearing high heel shoes.

*Your posture will deteriorate much faster than natural aging if all the above habits describe your lifestyle.*

Poor posture can be improved with prescriptive exercise or physical therapy. Nearly every fall risk can be reduced with the help of a therapist.
CATHOLIC NEWS

By Annie Moore

Sacrament of Reconciliation – Wednesday, Mar 25 at 4pm in the High Flight Chapel.

Saturdays - 11am Mass (For Sunday, by special dispensation of the Archbishop) in the High Flight Chapel.

Second Saturday of the Month - Birthdays and Anniversaries will be recognized with a special blessing at Saturday Mass.

Saturdays/Sundays - Freedom House: Catholic residents will be visited, beginning about 1:30pm, with Holy Communion and prayers.

Wednesdays - 9am, Mass in High Flight Chapel. **NOTE:** Coffee & Theology is canceled until further notice.

Wednesdays - Sep-May, 3pm, Rosary in the Blessed Sacrament Room.

Third Tuesdays – 10am, Catholic Council meets in Conference Room #110. Guests are welcome.

Fridays – Adoration 1-5pm, Blessed Sacrament Chapel.

St. Vincent de Paul, Castroville - First Saturday Donations.

Pastoral Care - To meet privately with a priest for Reconciliation or Anointing, please contact Deacon Pat Benigno. Hospitals have a Catholic priest available, so please ask a staff member to contact him.

Spiritual Direction - Fr. Rich Bendorf, OFM is available for spiritual counseling by appointment. If you are interested, contact him by text or email.

CHRISTIAN REUNION GROUP

By Alex White

If you’ve participated in the weekend Christian leadership retreat called Cursillo or Walk to Emmaus, you may be especially interested in joining a weekly reunion group here at Village West. We meet on **Thursdays** from **8:30am-9am** at a table close to the coffee machine on the 1st floor behind the Bistro. We follow the Guide for Sharing, and everyone has a chance to talk about efforts to nourish our relationship with Christ. This is an opportunity for Christian renewal among friends. Come and join us for the New Year.

JEWISH SERVICES INFORMATION

Sabbath Eve Service meeting is held on **Fridays** at **4:30pm** at Lackland’s Airmen Memorial Chapel.
COMMUNITY PASSOVER SEDER  
By Red Natkin and Fred Zedeck

Please see the article in the Residents’ Corner for details about the 2020 Blue Skies Community Passover Seder, which will be held on **Tuesday, Apr 14** in the Roadrunner at Blue Skies West.

EPISCOPAL CHURCH  
By Dougie Clarke

There is an Episcopal Service with the Holy Eucharist every **Thursday** at **3pm** in the High Flight Chapel.

AFV II PROTESTANT CHURCH  
By Carmen Perez, Church Secretary

| Protestant Services:          | High Flight Chapel | Willow Chapel 9:30am &  
|                               | 9:30am and 11am    | Freedom House 10:45am &  
|                               |                    | Liberty House (Thurs 10:30am) |
| Mar 1                        | D. Figueroa        | W. Knutson        |
| Mar 8                        | G. Richardson      | D. Figueroa       |
| Mar 15                       | W. Knutson         | D. Figueroa       |
| Mar 22                       | W. Knutson         | G. Richardson     |
| Mar 29                       | G. Richardson      | Sub Pastor/G. Richardson |

This schedule is subject to change without notice.

**Freedom House Worship Service** - Held each **Sunday** at **10:45am**. Communion offered. All are always welcome.

**Liberty House Worship Service** - Held each **Thursday** at **10:30am**. All are welcome. Communion is held the second Thursday of each month.

**Bible Study and Weekday Service Schedule**

**Tuesday Morning Bible Study** – **9am** in CC3. For more information, please contact Connie Wyckoff (see Resident Roster).

**Wednesday Mid-week Service** – held in the Willow Chapel, located in the Vista, at **10am**. For more information, call the church office 210-568-3372 or Pastor Gil at 210-262-9550.

**Ladies’ Bible Study** will meet at **9:30am** during the weeks of March for the final four sessions of “Missing Pieces” with video teacher Jennifer Rothschild. Meetings are held on **Wednesday mornings** in the Theatre at Liberty House. For more information, please contact Ginny Hallager or Jo Dobbs (see Resident Roster).

**Bible Study Fellowship** each **Thursday** at **10am** in Room 112. For more information, please contact Paddy Farino or Vickie Phelps.
Liberty House Bible Study - Meets on the first floor of Liberty House every Thursday at 3pm. Join us as we study how Scripture applies to our lives today. The public is invited. For more information, contact Dan Corcoran.

Interested In Joining AFV II Protestant Church? If you desire to unite with Air Force Village II Protestant Church, you may transfer your membership by letter or statement, or request dual membership, whereby you retain membership in your present church. If you do not belong to a church, you may join by profession of faith; you may also join by reaffirmation of faith. Please speak to one of our pastors.

Lenten Season Services: Each Wednesday during Lent in the High Flight Chapel, there will be a special service which will include a devotional message at 10:30am. Holy Week services will include an Easter Cantata at 9:30am and 11am services on Palm Sunday, Apr 5; a Maundy Thursday with Communion at 7pm on Apr 9; and a Good Friday Service, "The Story of the Crucifixion," at 10:30am on Apr 10. Easter is Apr 12. Everyone is welcome to all services.

BIBLE STUDY FELLOWSHIP

Our second year of Bible Study and Fellowship here at Blue Skies will be held each Thursday at 10am in Room 112. We will study, apply and share lesson in Acts and the Letters of the Apostles, seeing evidence of God’s spirit, the growth of His church and the unstoppable witness of His people. Mark your calendars, and plan to join us. If you have questions, please call Vickie or Paddy (see Resident Roster).

SUNDAY EVENING SERIES

On the first Sunday of each month, we hold an evening video study of Ray Vander Laan’s archeology lectures on the Middle East and Biblical Israel. Lectures are held in the third floor theater of Liberty House at 7pm. Join us as we tour the ancient sights and listen to Mr. Vander Laan explain the historical significance of each site and how this history relates to Christian living today. Discussion time will follow.

PRAY FOR UNCLE SAM

Residents, please pray for our nation on the first and third Thursdays of every month at 10am in the Helen LeMay Room. During that hour, you may come, pray and leave at any time; you don’t have to stay the entire hour. Uncle Sam needs our prayers!
COMPETITIVE RUNNING

By John MacIntyre

On Sunday, Feb 9, John MacIntyre (West) completed the Be My Other Half Valentine Half Marathon at Comanche Park.

On Sunday, Feb 23, five members of the Blue Skies of Texas runners/walkers had a chance to taste some great chocolate and participate in either a 5K or 10K race at Morgan’s Wonderland. Pat Hochstat (W) Stet Reid (W) and Steve Wilson (E) completed the 5K, and Pat Perry (W) and John MacIntyre (W) both completed the 10K. Everyone received a finisher’s medal and competitor’s shirt.

BST WEST PICKLEBALL ASSOCIATION

By Tom Carter

Join us to play the fastest-growing sport in the USA and have some fun with other BST residents and guests. We play on Tuesdays, Thursdays and Saturdays at the BST West tennis courts from 8-10am, weather permitting. Pickleball is played on a small court (about one-half of a tennis court), and it provides seniors an ideal way to exercise. Gender or strength is of no advantage in this sport. We have the required paddles, balls, nets, etc.; so come out, and we’ll provide instructions and show you how easy it is to play. For further information, contact Helen Vanderneck, Don & Debbie Christian, Keith & Susan Shumaker or Tom Carter.
Also, indoor courts and pickleball equipment are available at Lackland AFB Medina Annex Fitness Center on a first-come, first-served basis. Medina hours are Mon-Fri, 5am-9pm and Sat/Sun/Holidays, 8am-4pm.

**BST WEST TENNIS**  
*By Dan Collin*

Please join us for drop-in tennis each **Monday and Friday** from **8-10am**. We have two courts but rarely fill them both, so the backboard and battery-powered ball machine can be utilized on the second court to sharpen your timing and muscle memory until you are ready to play. Call or text Dan Collin, Uwe Fohlmeister, Carolyn Massello, Ellen Skiba, Bob Stuckert, Helen Vanderneck or Al Wesson for questions or to arrange other times to play. We have excellent lighting for tennis after sunset. Guests and visitors are most welcome.

**NATIONAL MAH JONGG LEAGUE**  
*By Gayl Ganskow*

Unraveling the mystery of the tiles comes with patience and practice. We use the National Mah Jongg League method of play which is also known as the American version. After learning to interpret the Card of Hands, the game develops. What in the world is the Charleston? Bams, Craks and Dots are the main building tiles, but we also have Winds, Flowers, Dragons, and Jokers that play major roles. Come and enjoy! We play three times a week, no sign up, just show up.  
**Playing Sessions:** **Wednesdays, 1-3:30pm** in CC3, All B&A days - **2nd Wednesday** of each month, **Fridays** in CC3 from **1-3:30pm**, and **Saturdays** in CC2 from **1-3:30pm**.

**BRIDGE RESULTS**  
*By Ellen Parkhill, Reporter*

**Thursday Night, Jan 23**
1. Wrights  
2. Parkhills (slam)  
3. K. Bader/P. Wernette (slam)  
4. B. Hood/R. McCarthy  
5. B. Christopherson/A. Wood (slam)
Slams: J. Tuttle/A. Wesson; J. Kellogg, C. Wyckoff

**Monday, Jan 27**
1. P. Wagner/A. Wesson (slam)  
2. K. Fair/G. Skucas  
3. K. Cole/E. Kendrex (slam)  
4. B. Hood/D. Skucas  
5. L. Girton/J. Siefken

**Thursday Night, Jan 30**
1. Skucas  
2. P. Wagner/A. Wesson  
3. K. Bader/P. Wernette (slam)  
4. Parkhills  
5. E. Jackson/A. Wheeler

**Monday, Feb 3**
1. P. Brenner/P. Higginbotham  
2. P. Lubbers/L. Shockley (Grand Slam)  
3. A. Wesson/C. Wyckoff slam)  
4. Parkhills  
5. L. Girton/J. Siefken

**Thursday Night, Feb 6**
1. J. Kellogg/C. Wyckoff (2 slams)  
2. I. Landry/J. Reedy  
3. G. Alloway/S. Ulring  
4. Wrights (slam)

**Monday, Feb. 10**
1. A. Wesson/C. Wyckoff
2. I. Landry/J. Reedy (slam)
3. P. Brenner/P. Higginbotham
4. J. Tuttle/A. Wood
5. B. Christopherson/J. Wright

**Thursday Night, Feb 13**
1. B. Christopherson/A. Wood
2. P. Brenner/P. Higginbotham (slam)
3. E. Jackson/A. Wheeler
4. Parkhills

**Monday, Feb 17**
1. B. Hood/D. Skucas
2. A. Graves/S. Ulring
3. B. Christopherson/A. Wood
4. E. Parkhill/J. Tuttle(slam)
5. B. Christopherson/A. Wood (slam)

**Thursday Night, Feb 20**
1. Parkhills
2. P. Wagner/A. Wesson (slam)
3. Skucas
4. K. Bader/P. Wernette

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**BUNCO**

By Betty Chalfont

Ladies’ Bunco meets the **first and third Tuesdays** of each month at **7pm** in CC3. No prior knowledge of the game or experience is required! We just have a lot of fun getting together and laughter can definitely be heard down the hall! If you are interested in a fun-filled relaxing evening, come join us. If you have any questions, contact Betty Chalfont (see Resident Roster).

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**BOCCE**

By David Capito

The Bocce court has been refurbished and is now ready for the fun to start. If you are already a player and need a competitor, or are new to the game and need instructions, give me a call (see Resident Roster). I have a roster of names that I can send you, or I will show you the simple rules of the game. If you would like to be on the roster, give me a call. The bocce balls, rules of the game and scoreboard are in the building which is supposed to be open from 6am-10pm (court is lighted). If the room is locked, call the Front Desk for assistance. Bocce is a very simple game played in many countries, especially in Europe, so try it and you will be amazed at the fun and relaxation it provides. It definitely lowers my blood pressure!
WRIGHT PAT MAH JONGG  By Martha Wesson

Tuesday, Jan 28 – There were a few interesting winning hands this week: Poppers by Sue #2, Repression by Pat, and Windy Gates by Annie. Nan was the biggest winner with five Mah Jonggs. Our newbie, Ellen, had three wins, as did Evelyn and Annie, who also won the Hand of the Day.

Tuesday, Feb 4 – Marilyn had a big day with seven wins! Frieda had a “almost” Hand from Heaven, winning on the second discard. Mary won the Hand of the Day on her very first round. Bonny was up 219 points at the counting table which may be a record.

Tuesday, Feb 11 – This was Carolyn’s super day with eight wins. Annie won the Hand of the Day…again!

Tuesday, Feb 18 – Evelyn had six wins and a Bouquet. No one won the difficult Hand of the Day.

Everyone is welcome to join us on Tuesdays at 1pm in CC3!

BST WEST BILLIARD ASSOCIATION  By Tom Carter

Residents and their guests at BST West have an excellent venue available for fun, socializing and comradeship while playing pool. We have two pool tables, and tournaments are played on Tuesdays (nine-ball) and Saturdays (eight-ball) at 2pm in the multi-purpose room next to Lori DeWitt’s office. We have several new players who have joined us recently, and we encourage everyone, expert or novice, to try it out. Bring your own pool cue or use one of the Association’s sticks. For further information or to learn how to play, please contact Mike Slominski, Bill Ball or Tom Carter.
Highlights of March Activities

Sunday, Mar 1 – DVD of the Holy Land, LH Theater, 7pm
Monday, Mar 2 – Exercise with Jeanie, LH Lounge, 2pm
Tuesday, Mar 3 – St Patty’s Day Crafts, LH Activity Room, 3:15pm
Wednesday, Mar 4 – Women’s Bible Study, LH Theater, 9am,
                   Exercise with Jeanie, LH Lounge, 2pm, Bingo,
                   Activity Room, 3:15pm
Thursday, Mar 5 – Church, Third Floor Lounge, 10:30am, Bible Study,
                  Activity Room, 3pm
Friday, Mar 6 – Exercise with Jeanie, LH Lounge, 11am,
               Making St Patty’s Day Cupcakes, Activity Room, 3:15pm
Saturday, Mar 7 – Ice Cream Social, LH Lobby, 3:15pm
Monday, Mar 9 – Exercise with Jeanie, LH Lounge, 2pm
Tuesday, Mar 10 – Making Chocolate Covered Pretzels, Activity Room, 3:15pm
Wednesday, Mar 11 – Women’s Bible Study, LH Theater, 9am,
                    Exercise with Jeanie, LH Lounge, 2pm, Bingo,
                    Activity Room, 3:15pm
Thursday, Mar 12 – Church, Third Floor Lounge, 10:30am, Bible Study,
                   Activity Room, 3pm
Friday, Mar 13 – Exercise with Jeanie, LH Lounge, 11am,
               Making St Patty’s Day Cupcakes, Activity Room, 3:15pm
Saturday, Mar 14 – Resident Choice Movie, LH Lobby, 3:15pm
Monday, Mar 16 – Exercise with Jeanie, LH Lounge, 2pm
Tuesday, Mar 17 – St Patty’s Party, LH Lobby 2:30pm
Wednesday, Mar 18 – Women’s Bible Study, LH Theater, 9am,
                    Exercise with Jeanie, LH Lounge, 2pm, Bingo,
                    Activity Room, 3:15pm
Thursday, Mar 19 – Church, Third Floor Lounge, 10:30am, Bible Study,
                   Activity Room, 3pm
Friday Mar 20 – Exercise with Jeanie, LH Lounge, 11am,
               Making St Patty’s Day Cupcakes, Activity Room, 3:15pm
Saturday, Mar 21 – Ice Cream Social, LH Lobby, 3:15pm
Monday, Mar 23 – Exercise with Jeanie, LH Lounge, 2pm
Tuesday, Mar 24 – Making Crafts, Activity Room, 3:15pm
Wednesday, Mar 25 – Women’s Bible Study, LH Theater, 9am,
                    Exercise with Jeanie, LH Lounge, 2pm, Bingo,
                    Activity Room, 3:15pm
Thursday, Mar 26 – Church, Third Floor Lounge, 10:30am, Bible Study,
                   Activity Room, 3pm
Friday Mar 27 – Exercise with Jeanie, LH Lounge, 11am,
               Ice Cream Sundae Social, LH Lobby, 3:15pm
Saturday, Mar 28 – Resident Choice Movie, LH Lobby, 3:15pm
Monday, Mar 30 – Exercise with Jeanie, LH Lounge, 2pm
Tuesday, Mar 31 – Making Crafts, Activity Room, 3:15pm

26 Deadline: Monday, Mar 23 @ Noon: Roadrunner@blueskiestx.org
Next Publication Date: Friday, Mar 27
Activities Highlights

Sunday, Mar 1 – Sunday Service 9:30am, Fellowship 11am
Monday, Mar 2 – Exercise 10:30am, Storytelling 11am, Poker 3pm
Tuesday, Mar 3 – Day Care Kids 10am, Music w/ Fidel 1pm,
  Resident Council 3:30pm, Music w/ Manns 6:30pm
Wednesday, Mar 4 – Devotional 10am, Music & Memory 11am, Bingo 3pm
Thursday, Mar 5 – Day Care Kids 10am, Exercise 11am, Sorry 3pm
Saturday, Mar 7 – Chapel 11am, Music & Memory 3:30pm
Sunday, Mar 8 – Sunday Service 9:30am, Fellowship 11am, Time Change
Monday, Mar 9 – Storytelling 11am, Music w/ Carlos 3:15pm
Tuesday, Mar 10 – Vista Outing 11am, Music w/ Fidel 1pm,
  Music w/ Manns 6:30pm
Wednesday, Mar 11 – Music w/ Mike 5:30pm
Saturday, Mar 15 – Music Concert 3pm Main Lobby
Monday, Mar 16 – B/A Party Music w/ Frank 3pm
Tuesday, Mar 17 – St. Patrick’s Day Party 2pm Liberty House, w/ Manns 6:30pm
Friday, Mar 20 – Harmonica w/ Manns 3pm
Saturday, Mar 21 – Music w/ Alejandro 6:30pm
Monday, Mar 23 – National Chip ’n Dip Day 11am
Tuesday, Mar 24 – Outing 11am, National Cheesecake Day 3pm,
  Music w/ Manns 6:30pm
Thursday, Mar 26 – Cooking Demo 3pm
Tuesday, Mar 31 – Line Dancing 10am, Music w/ Fidel 1pm,
  Music w/ Manns 6:30pm
Fridays – Music w/ Fidel 1pm

Calendar is subject to change without notice to time, date, or event taking place.
Self-Directed Activities (SDA) are resident-geared, and personal choice to include
Watercolors, pencil art, manicures (upon request), and evening hours. Please ask
Nursing if you have any questions. Pet Therapy dogs (Rex & Bruno) visit weekly.
Highlights of March Activities

Monday, Mar 2 – Trivia w/ Cindy 2pm
Tuesday, Mar 3 – Bingo 2pm, Wine Social 4pm
Wednesday, Mar 4 – Arts and Crafts 2pm
Thursday, Mar 5 – Now and Then? 2pm
Friday, Mar 6 – Employee Appreciation Day (Cake) 2pm
Saturday, Mar 7 – Bingo 2pm
Monday, Mar 9 – Music by Carlos 1:45pm
Tuesday, Mar 10 – Bingo 2pm, Wine Social 4pm
Wednesday, Mar 11 – Lunch Outing 12pm
Thursday, Mar 12 – Get to Know Me? 2pm
Friday, Mar 13 – Happy Hour 3:30pm
Saturday, Mar 14 – Bingo 2pm
Monday, Mar 16 – Trivia w/ Mel 2pm
Tuesday, Mar 17 – Bingo 2pm, Wine Social 4pm
Wednesday, Mar 18 – Music by KAI 2pm
Thursday, Mar 19 – Hand Sensory 2pm
Friday, Mar 20 – Happy Hour 3:30pm
Saturday, Mar 21 – Bingo 2pm
Monday, Mar 23 – Trivia w/ Mel 2pm
Tuesday, Mar 24 – Music by Carlos / Mardi Gras 2pm
Wednesday, Mar 25 – DQ Outing (Ice Cream) 1:45pm
Thursday, Mar 26 – Table Puzzle 2pm
Friday, Mar 27 – Happy Hour 3:30pm
Saturday, Mar 28 – Bingo 2pm
Monday, Mar 30 – Remember When? 2pm
Tuesday, Mar 31 – Bingo 2pm, Wine Social 4pm