

BST WELLNESS AND LIFE ENRICHMENT



MAY 2021 EDITION

NOTES FROM WELLNESS & LIFE ENRICHMENT DIRECTOR

By Shari Proctor

Alsace Family Practice Meet & Greet – Monday, May 17, 10am-2pm, in the BST West Specialty Clinic. Join Alsace Family Practice for a meet & greet with Dr. Emily Meyers and Dr. John Meyers. Both provide primary care at the West Clinic on Mondays and the East Clinic on Thursday mornings. Please stop by anytime between **10am-2pm** to meet the physicians.

WellMed Medical Group – We are excited to announce that **The Mission** is officially a contract provider for WellMed Medical Group for skilled nursing services (rehab services)! This means anyone who is a patient of WellMed Medical Group and a member of the Medicare Advantage Plan, AARP/United Healthcare can now receive inpatient skilled nursing services at The Mission. If you are currently enrolled in a Medicare Advantage Plan, you may want to visit WellMed representatives for more information on **Tuesday, May 18, at the Hi Rise Lobby at East, 10:30-11:30am; and on Wednesday, May 19 at West in the Main Lobby, 1:30-2:30pm.**



BST Low Vision Club – San Antonio Lighthouse Presentation, Tuesday, May 18, 1:30pm, BST East CC Rm 3. A representative from the San Antonio Lighthouse will be at the East Campus to speak to our Low Vision Club about the great services they can provide to those with low vision. Residents at West can call the Front Desk to schedule bus transportation to East. If you would like to attend, please call Shari Proctor at (210) 568-3355.

BST Parkinson's Support Group Meeting, Friday, May 14, 10am, BST West, Roadrunner Lounge. Our very own Select Rehab therapists, Ylsse Maldonado, MS, CCC SLP (Speech Therapist) and certified as a Lee Silverman LOUD Program therapist, and Jill Couvillion, Occupational Therapist and certified as Lee Silverman Big Program therapist, will join us to talk about the Lee Silverman Big and LOUD Program developed specifically for Parkinson's Disease and offered by Select Rehab at The Vista and The Mission, and available on an outpatient basis. If you would like to attend, please call Shari Proctor at (210) 568-3355.

**Parkinson's
Support Group**



ALZHEIMER'S CAREGIVER SUPPORT GROUP

By Kurt Riedel, Freedom House Director



Please join us on **Wednesday, May 19, 10am** in the **Freedom House Chapel**. If you are caring for someone with Alzheimer's disease or dementia, then life may feel like an uphill battle at times. BST wants you to know that you are not alone. There are other Blue Skies residents going through the same fight. Our Alzheimer's Association-sponsored support group meets **every third Wednesday** of the month. Spouses are welcome to attend the scheduled Freedom House activity while you attend the group meeting. Come and share your experiences and be uplifted by others' stories as we face the challenges of Alzheimer's head-on. For bus transportation, please contact the Front Desk.

RESIDENT COUNSELOR INFORMATION

By Shirley Clay

Lackland Legal - Lackland Legal will be at **West** to meet individually with West residents on **Tuesday, Jun 1** in Conference Rm #110. Appointments will be from **1-4pm**. If you have a military identification card, cannot drive, and wish to change or update your will, please call Elizabeth Bain 210-568-5076, to schedule an appointment. Please Note: Lackland Legal cannot assist you if you have a trust.

You must complete a Will Worksheet before your appointment, whether it is on campus at Blue Skies or at Lackland Legal. Will Worksheets are available in the Wellness Office or online at <https://aflegalassistance.law.af.mil>.

VA Healthcare – There are several ways to apply and get into the VA Healthcare system.

- Apply by phone 1-877-222-8387
- Apply by mail completing form 10-10EZ available at VA.gov website.
- Apply in person at a VA hospital. In San Antonio you would go to the Audie Murphy VA Hospital, 7400 Merton Minter. Make sure that you call ahead of time because in-person meetings are not always available due to COVID restrictions.
- Apply with an accredited representative.

WELLNESS CENTER

By Terry Elizondo, Medication Liaison



In observance of Memorial Day, Reid Pharmacy will be closed on Friday, May 28 and Monday, May 31. Please check your medication supply and order accordingly.

Reid Pharmacy Guidelines:

- Electronic prescriptions from physicians are the preferred and faster method for medications. Please provide your physician's office with the following electronic address when sending electronic fax prescriptions: *DoD Reid Ephcy*.



- Submit requests for refills with the Wellness Center (Rm 112 at East, and Rm 102 at West); forms are available at the drop box. Wellness does not accept empty med bottles/containers as a means to submit a refill request, instead please complete the Refill Request Form. If you have difficulty completing the form, please come to the Wellness Office and we will be happy to assist.
- Reid Pharmacy is unable to fill prescriptions on an emergency basis. If you need a medication same or next day, please utilize H-E-B Pharmacy or Walgreens, and ask for delivery service if you are unable to drive, as Wellness is unable to pick up meds outside of Reid Pharmacy.

Medication Distribution Schedule:

WEST Campus Residents: Times for distribution of medications is by alphabetical order as follows: **A-I, 1-2pm; J-R, 2-3pm; S-Z, 3-4pm.** We ask anyone with questions as to the status of a medication to please call Terry Elizondo at (210) 568-3417.

EAST Campus Residents: The schedule for picking up medications is **Tuesday, Thursday, and Friday** from 1-3pm.

MEDICAL & WELLNESS SCHEDULE

By *Elizabeth Bain, Health & Wellness Liaison*

Please Note: For information regarding acceptance of specific insurance plans, please contact the Provider directly.

Primary Care Physicians

Alsace Family Practice – will be at BST on the following dates. Please call 830-538-3550 to schedule an appointment.

- **West Specialty Clinic** – **Mondays, May 3, 10, 17, & 24 9am-5pm**
Wednesdays, May 5, 12, 19 & 26 9am-5pm
- **East Specialty Clinic** – **Thursdays, May 6, 13, 20 & 27 9am-12pm**

MD VIP - Dr. Patrick Peters will be at BST on the following dates. Please call 210-521-7676 to schedule an appointment.

- **West Specialty Clinic** – **Tuesdays, May 4, 11, 18 & 25 8am-5pm**
- **East Specialty Clinic II** – **Friday, May 14 & 28 8am-12pm**

Visiting Physicians Group – **Dr. Pham** will be at the **East Campus** on **Mondays, May 3, 10, 17, & 24** from **9:30am-4:30pm**. Please call 210-733-5072 to schedule an in-home appointment.

Zarate Medical Group – **Dr. Jocelyn Zarate** will be at the **West Specialty Clinic** **every other Tuesday** from **1-5pm**. Please call 210-587-8787 to schedule an appointment.

San Antonio Family Physicians - Dr. Eric Bernstein will be at the **West Specialty Clinic** on **Thursday, May 27, 9am-12pm**, please call 523-7237 to schedule an appointment.



Cardiology

Cardiovascular Institute of South Texas - Dr. Bruce Kuo will be at **BST West** on the following dates. Please call 210-920-8000 for an appointment and specify your request to be seen for Cardiac, Vascular or Venous Condition.

- **West Specialty Clinic — Friday, May 14 & 28, 8am-12pm**

Optometry

Valley Hi Optical — Kathy Hernandez will be at BST on the following dates to clean and adjust eyeglasses at no charge. To fill a prescription for eyeglasses, please call 210-674-9461 to schedule an appointment.

- **West Specialty Clinic Too — Wednesday, May 19, 10-11am**
- **East Specialty Clinic — Wednesday, May 19, 1-2pm**

Dental

Emerald Crossing Family Dentistry – Dr. Julian Martinez, DDS will hold clinic days at BST on the following dates. To schedule an appointment, please call 210-674-3122, or email your dental request to blueskiesoftxdental@gmail.com.

- **West Dental Clinic – Tuesdays & Thursdays, 9am-5pm**
- **East Dental Clinic – Fridays, 9am-5pm**

Podiatry

Podiatry Group of South Texas – Dr. Steven Kissel, DPM will be at BST on the following dates. Please call 210-222-1077 to schedule an appointment.

- **West Specialty Clinic Too — Monday, May 10, 8:30-11:30am**
- **East Specialty Clinic — Monday, May 10, 1-3:30pm**

Audiology

Audicles Hearing Aid Service will be at BST on the following dates. Please call 210-820-0525 to schedule an appointment.

- **West Specialty Clinic Too – Dr. Jane Watson, Audiologist**
Thursdays, May 6, 13 & 20 9am-12pm
- **East Specialty Clinic – Dr. Tracy Board, Audiologist**
Wednesdays, May 5 & 26, 9am-12pm

Occupational, Physical and Speech Therapy - Select Rehabilitation provides therapy services on the East Campus in the Vitality & Fitness Center, and on the West Campus.

Legacy Physiatry Group will meet with residents at the **West Specialty Clinic Too on Friday, May 28, 9am-1pm**. A Physical Medicine and Rehab Specialist is a medical doctor who specializes in restoring function, reducing pain, and improving quality of life. They focus on helping patients achieve their own unique functional goals. They also educate patients about their diagnosis and coordinate a multidisciplinary approach to non-operative (conservative) musculoskeletal care treatment.



Physical Medicine and Rehab Specialists not only have specialty training in neurological and musculoskeletal problems, but also understand how these medical issues can affect a patient's ability to function independently, their mood and quality of life. Through their breadth of training, they aim to rehabilitate the whole person, addressing their physical, emotional, medical, and vocational needs. **Please call 972-881-4688 to schedule an appointment.**

SELECT REHABILITATION NEWS

Staying close to home can help reduce your risk of being exposed to COVID-19. However, these safety measures might be putting your brain's health at risk. Not seeing loved ones, delaying doctor's appointments, not going to the gym and a lack of physical and social connection may increase your risk for cognitive decline. In addition, chronic stress, anxiety, depression, aging, decreasing estrogen, excess oxytocin, and prolonged cortisol can decrease brain fitness. As a result, brain health is even more important now. It is important to turn COVID-19's challenges to opportunities. There are a lot of activities that help keep your brain healthy that can be performed during the pandemic. By living a healthy lifestyle and engaging in activities that stimulate the brain, adults can protect the health of their brain. The variety, diversity, and complexity of stimulation that your brain receives can make a significant difference regarding its health.



Brain Fitness is an essential part of maintaining your wellness. Brain fitness encompasses many healthy behaviors that people should engage in to help keep their brain sharp. First, it is important to eat a healthy diet. Diets low in saturated fat and cholesterol, high in fiber and Omega-3 oils help keep brain function at a high level. Secondly, people should ensure that they are getting enough physical activity. Research has shown that 20-30 minutes of exercise at least 3 times a week aids in brain health. Finally, people should complete daily brain exercises. These exercises can improve the speed in which the brain processes information.

The following are sample brain fitness exercises to incorporate into your daily routine.

1. Complete a Puzzle: Doing a puzzle strengthens the brain's problem-solving skills, whether it is a crossword puzzle, a word search or a jigsaw puzzle.
2. Practice Planning Ahead: Activities that involve planning ahead, like chess, stimulate the frontal lobe area of the brain.
3. Use Your Non-Dominant Hand: By using your non-dominant hand, you engage the other side of your brain to focus on the task at hand.
4. Learn a New Skill: Learning a new skill, such as new craft or card game, keeps the brain strong.
5. Use Your Senses: For example, close your eyes and identify all the sounds you hear, and/or close your eyes and identify the food on your plate by smell or taste.



How can therapy help? Your rehab team is specially trained to help adults with a broad range of conditions that affect brain function. They can also identify lifestyle changes that can facilitate cognitive wellness.

**To learn more, call your friendly neighborhood therapy department:
210-568-5171 for the East campus;
210-568-3415 for the West campus.**

LIFE ENRICHMENT

Hope Santos, Life Enrichment Manager, & Carol Estala, Activities Coordinator

Blue Skies of Texas Fitness News



We will resume indoor Fitness Classes, Monday, May 3, at BSTE (Vitality & Fitness Center (VFC)), and at BSTW (CC Rooms 1 & 2). Join us!!



Please note the following requirements for attending live fitness classes: Face masks will not be required while in the pool and while exercising. However, participants must wear a face mask while entering and exiting the pool or exercise area. In addition, participants must maintain a distance of at least 6' from one another. Let's all be safe and active!!

East Fitness Live Classes –

10am Chair Exercise Class – Monday, Wednesday and Friday, V & F

10:30am Balance Class – Monday, Wednesday, V & F

9am Aqua Fitness – Tuesday & Thursday, Pool

9:30am Aqua Strength – Tuesday & Thursday, Pool

10:15am Tai Chi – Tuesday & Thursday, V & F

11am Line Dancing – Tuesday & Thursday, V & F

1pm Chair Yoga – Tuesday & Thursday, V & F

1pm Chair Zumba– Monday, Wednesday and Friday, V & F

West Fitness Live Classes –

9am Water Therapy – Monday & Wednesday and Friday, Pool

10:15am Strength, Balance & Endurance– Monday & Wednesday, & Friday, CC 1-2

11am Zumba Class – Monday, Wednesday & Friday, CC 1-2

10am Line Dancing – Tuesday, Gazebo

10am Gentle Yoga – Tuesday & Thursday, CC 1-2

11am Chair Yoga – Tuesday & Thursday, CC 1-2

1pm Chair Exercise – Tuesday & Thursday, CC 1-2

1pm Water Aerobics – Tuesday, Thursday & Friday, Pool

1:30pm Water Pilates – Tuesday, Thursday, Pool

2021 May Exercise Schedules are available at the Front Desk of both the East and West Campus.



Blue Skies of Texas

Life Enrichment / Activities News

Blue Skies, remember to wear RED every Friday! What is RED Friday, you may ask? RED stands for **Remember Everyone Deployed**. RED Friday was created to remind people of our heroes overseas and show that we are thinking of them. People across the country wear red every Friday to serve as a reminder, spreading the message of the importance of keeping our troops in our thoughts. So please be sure and wear your favorite red attire every Friday in support!



BUS TRIPS! We have the green light to start planning off-campus bus trips. This month, we are offering one shopping trip and one outdoor event trip (sorry, no dining out trips yet). Also, as of right now, we do also plan to have buses for the San Antonio Symphony Season, so get your season tickets now. As things start to progress, we do plan to have more bus trips, and hopefully dining out too. Remember, do your part by continuing to wear your masks, wash your hands and practice social distancing. Please note, for all bus trips, transportation charges will be applied and charged to your account. There is a 10-person (between both campuses) minimum for all trips. If you sign up for a trip and do not cancel by the deadline, you will be charged for any pre-paid ticket, if this scenario applies, as well as the transportation cost; therefore, please be sure to mark your calendars when signing up for trips.

In-house events will now have sign-up deadlines listed, so please be sure to sign up early. All events must have a minimum signup of 10 residents. Please see events listed below for more details. In addition, if there is a supply charge for the event and you are a no-show, or do not cancel by the deadline, the supply charge will be billed to your account, so please be sure to mark your calendars when signing up for an event. If you want a particular event or have an idea for a BST event, please share your suggestions with Carol Estala, your Activity Coordinator.

EVENTS



Happy May! Did you know? May is the fifth month of the year in the Julian and Gregorian calendars, and the third of seven months to have a length of 31 days. May is a month of spring in the northern hemisphere and autumn in the southern hemisphere. If you were born in May, your birthstone is emerald and your birth flower is the lily of the valley. In May we celebrate and recognize:



Cinco de Mayo (5/5), National Day of Prayer and National Nurses Day (5/6), Military Spouses Appreciation Day (5/7), Mother's Day (5/9), Armed Forces Day (5/15) and Memorial Day (5/31). Please keep in mind that May 31st is a recognized staff holiday. In addition, look out for the full moon expected on May 26. Remember, always stop to smell the flowers, especially during this fabulous spring month.

LeadingAge Texas **ArtsInspire**[™] is a contest that showcases the artistic talents of older Texans from not-for-profit aging services communities across the state. LeadingAge Texas receives over 200 entries every year that are judged by experts in the field such as university professors, artists, authors, etc. I have reached out and received information for the 2021 ArtsInspire contest event, which will once again be held virtually. Please start working on your visual and written arts entries. This year the contest will open in June, with submissions due in August. Once again, this will be a virtual event, which will be held in October. As I gain more detailed information, I will get the word out and help contestants to navigate the application process and enter their work. For more information on ArtsInspire, please contact Carol Estala at 210-568-5028, or via email at carolestala@blueskiestx.org.



BST Upcoming Events / Trips

BLUE SKIES EAST



Monday, May 3 – Lotería, 2pm, CC2/CC3. In recognition of Cinco de Mayo this week, let's have a little fun playing the Mexico Bingo game Lotería. Come and join our volunteer, and your very own resident, Raquel Horton, as she hosts the fun. You might learn a few Spanish words and maybe win a prize too!

Tuesday, May 4 – SAS Factory Outlet. San Antonio Shoe Factory and General Store has been in San Antonio since 1976 and is known for handcrafted shoes made from only the softest, highest quality leather. If you are looking for a reliable, comfortable pair of shoes and wish to be taken back in time as you visit the factory's general store, then this is the trip for you. Transportation charges will apply and be billed to your account. Space is limited; please sign-up in the Main Lobby now. **Bus departs BST East at 9:15am.**



Wednesday, May 5 – Cinco de Mayo Grab & Go Event, 3pm, Main Lobby. Let's Celebrate Cinco de Mayo! Stop by the Main Lobby for a complimentary treat of chips & queso from your LE / Wellness team. Margaritas will be available from dining services for just \$4 a glass, billed to your account.

Wednesday, May 6 – Indoor Bocchia Ball, 2pm, VFC. Fun for ALL levels of fitness, as this game is played from a sitting position. Don't worry if you missed the intro class; you can get caught up and be ready to play! Space is limited; sign up in CC1 now.



Friday, May 7 – Mementos for Moms, 10:30am, Main Lobby. We love and appreciate all our moms! Please stop by the Main Lobby to receive a little gift of love in honor of Mother's Day.

Monday, May 10 – Patriotic Jewelry Making, 2pm, VFC. Be ready for Memorial Day, Flag Day, and 4th of July with patriotic jewelry made by you! Cost for supplies is \$4, billed to your account. Space is limited; be sure to sign up in CC1. Sign-up deadline is **Wednesday, May 5.**

Wednesday, May 12 – If May is your birthday or anniversary month, please mark your calendars for an afternoon celebration. This is an invite-only event; those with birthdays and anniversaries will receive an invitation via internal mail.

Monday, May 17 – Monday Movie Matinee: "War Horse", 10am, CC2/CC3. War Horse is a 2011 American war film directed and produced by Steven Spielberg. Although a war movie, it is also a great heartfelt movie to be enjoyed by all. Please join us for the movie with complimentary popcorn and a non-alcoholic drink. Space is limited; sign up in CC1. Sign-up deadline is **Wednesday, May 12.**

Wednesday, May 19 – DIY Sugar Scrubs Workshop, 2pm, CC2/CC3. Do you want soft hands without the high cost and chemicals that come with store-bought sugar scrub products? Then please join us for this fun class where you will learn how easy it is to make your own fragrant sugar scrubs. Cost of supplies is just \$4, billed to your account. Sign-up in CC1; sign-up deadline is **Thursday, May 13.**

Monday, May 24 – Indoor Boccia Ball, 2pm, Vitality & Fitness Center. Fun for ALL levels of fitness, as this game can be played from a sitting position, and great for those who can't have too much sun exposure, as it is an indoor version. Don't worry if you missed the intro class, you can get caught up and be ready to play! Space is limited; sign-up in CC1 now. Sign-up deadline is **Wednesday, May 19.**

Wednesday, May 26 – National Senior Health & Fitness Day, 10:30am, Legacy Room. Join Our Fitness Instructors Kat Phelps, Jeanie Amecucci, and Teresa Varnado for class demos consisting of Chair Zumba, Balance Class and Yoga! We will also enjoy some hydrating, tasty, and best of all, healthy, infused water. Space is limited; please sign up in CC1. Sign-up deadline is **Friday, May 21.**

Thursday, May 27 – San Antonio Botanical Garden. It's springtime, a perfect time to connect with the plant world and understand the importance of plants in our lives at the San Antonio Botanical Garden. The Garden offers 41 acres of greenery and plant life. Visitors are invited to stroll the Texas Native Trail, the Water Saver Garden and Water Saver Homescaping, the Old-Fashioned Garden, the Conservatory, and the Rose Garden. Residents will purchase their own ticket at the gate. General admission is \$15, but if you present your Military ID, cost is \$13. Transportation fees will apply and be billed to your account. You will have approximately 2 hours to explore the gardens to allow time to get back to BST for lunch. Please sign up in CC1; sign-up deadline is **Monday, May 17. Bus departs BST at 9am.**



Friday, May 28- Memorial Day BBQ, 11:30am, Heritage Park. Please look out for more information on your in-house channel.

BLUE SKIES WEST



Monday, May 3 – Lean Into It, 2pm, RR Lounge. Good health and fitness habits are not always easy to stick with, and that is why we have created this hour of support where you will learn and share different healthy eating, diet, and exercise tips to promote overall health and fitness. This class is fun, informative, and growing! Please sign up in the Main Lobby.

Tuesday, May 4 – SAS Factory Outlet. San Antonio Shoe Factory and General Store has been in San Antonio since 1976 and is known for handcrafted shoes made from only the softest, highest quality leather. If you are looking for a comfortable pair of shoes and or wish to be taken back in time as you visit the factory’s general store, then this is the trip for you. Transportation charges will apply and be billed to your account. Space is limited; please sign-up in the Main Lobby now. **Bus departs BST West at 9am.**

Wednesday, May 5 – Cha-Cha Light-Up Walk, 7:30pm, Departs from Main Lobby. In celebration of Cinco de Mayo, come cha-cha-cha around the campus with us. We will have fun glow necklaces & bracelets. You are welcome to bring your own cocktail (perhaps a margarita, piña colada or sangria) in hand to celebrate. Or if not walking, sit outside your apartments facing the loop to shout out a “grito” to your fellow residents as they walk. (Grito, “a shout” in Spanish, is used as an expression of joy or excitement.) Hope and I are looking forward to seeing you all on this fun evening occasion.

Friday, May 7 – Mementos for Moms, 2:30pm, Main Lobby. We love and appreciate all our moms! Please stop by the Main Lobby to receive a little gift of love in honor of Mother’s Day.

Tuesday, May 11 – Patriotic Jewelry Making, 2pm, CC3. Be ready for Memorial Day, Flag Day, and the 4th of July with patriotic jewelry made by you! Cost for supplies is \$4, billed to your account. Space is limited; be sure to sign up in the Main Lobby. Sign-up deadline is **Thursday, May 6.**

Thursday, May 13 – Indoor Bocchia Ball, 2:30pm, CC1/CC2. Fun for ALL levels of fitness, as this game can be played from a sitting position, and great for those who can’t have too much sun exposure as this is an adapted indoor version of the game. Don’t worry if you missed the intro class, we will get you caught up and ready to play! Space is limited; sign-up in the Main Lobby now. Sign-up deadline is **Saturday, May 8.**

Friday, May 14 – Wine Tasting, 1:30pm, RR Lounge. Join BST’s Wine Rep, Jennifer, and Activity Coordinator, Carol, for a fun-filled, informative wine tasting event. For this tasting event, everyone can taste 4 types of wine and receive an individual charcuterie board, for just \$22 a person, billed to your dining account. Seating is limited; sign-up in the Main Lobby now. Sign-up deadline is **Monday, May 10.**



Monday, May 17 – Lean Into It, 2pm, RR Lounge. Good health and fitness habits are not always easy to stick with, and that is why we have created this hour of support where you will learn and share different healthy eating, diet, and exercise tips to promote overall health and fitness. This class is fun, informative, and growing! Please sign up in the Main Lobby.

Tuesday, May 18 – Fiesta Flower Making, 2pm, CC3. The buzz around town is that San Antonio is planning to bring Fiesta back this year in the month of June. Please join us to learn how to make colorful Fiesta flowers to prepare us for Fiesta festivities. Space is limited; sign up in the Main Lobby now. Sign-up deadline is **Thursday, May 13.**

Thursday, May 20 – Crafting with a Twist: DIY Sugar Scrub Workshop, 2pm, RR Lounge. Do you want soft hands without the high cost and chemicals that come with store-bought sugar scrub products? Then please join us for this fun class where you will learn how easy it is to make your own fragrant sugar scrubs. Supply cost is \$4 and will be billed to your account. Cost of wine splits will be charged separately according to dining service prices and billed to your dining account. Please note: if you are not a wine drinker, non-alcoholic beverages will be available. Space is limited; please sign up in the Main Lobby. Sign-up deadline is **Saturday, May 15.**

Tuesday, May 25 – Movie & Wine Event: “Date Night”, 1:30pm, RR Lounge. It is National Wine Day, which is perfect for an afternoon date with your significant other or your pal. How does a great movie, paired with wine, cheese & fruit, sound for a fun-filled afternoon? Date Night is a 2010 American romantic comedy crime film starring Tina Fey and Steve Carrell. A case of mistaken identity turns a bored married couple’s attempt at a glamorous evening into something more thrilling and dangerous. Cost for this fun event is just \$12 per person and billed to your meal plan. Seating is limited; please sign up in the Main Lobby. Sign-up deadline is **Thursday, May 20.**

Wednesday, May 26 – National Senior Health & Fitness Day Pool Party! 2:30pm, BSTW Pool. Come and jump in the pool in celebration of National Senior Health and Fitness Day. Space is limited. Please sign up in the Main Lobby. Sign-up deadline is **Friday, May 21.**

Thursday, May 27 – San Antonio Botanical Garden. It’s springtime, a perfect time to connect with the plant world and understand the importance of plants in our lives at the San Antonio Botanical Garden. The Garden offers 41 acres of greenery and plant life. Visitors are invited to stroll the Texas Native Trail, the Water Saver Garden, the Old-Fashioned Garden, , and the Rose Garden. Residents will purchase their own ticket at the gate. General admission is \$15, and \$13 with Military ID. Transportation fees will apply and be billed to your account. You will have approximately 2 hours to explore the gardens to allow time to get back to BST for lunch. Please sign up in the Main Lobby. Sign-up deadline is **Monday, May 17. Bus departs BSTW at 8:45am.**

Friday, May 28 – Memorial Day Recognition, 2:30pm, Main Lobby. Please stop by the Main Lobby for cake and punch, as we honor our Military who sacrificed for us.

