

BST WELLNESS AND LIFE ENRICHMENT



JUN 2021 EDITION

NOTES FROM WELLNESS & LIFE ENRICHMENT DIRECTOR

By Shari Proctor

Parkinson's Support Group BST Parkinson's Support Group Meeting, Tuesday, Jun 22, 2pm, BST West, CC 1&2. This month we will join Hope Santos, Life Enrichment Manager, as she provides a demonstration of **Tai Chi**, emphasizing the many benefits of this exercise, but especially beneficial for Parkinson's Disease. If you plan to attend, please call Shari at (210) 568-3355. East Campus residents can utilize the bus transportation to the West Campus; please see the Front Desk to request transportation.

ALZHEIMER'S CAREGIVER SUPPORT GROUP

By Kurt Riedel, Freedom House Director



Please join us on **Wednesday, Jun 16, 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 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 Ashlie Campos

Lackland Legal - Lackland Legal will be at **EAST** to meet individually with East residents on **Tuesday, Jul 6** in the Executive Conference Room. 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 the VA.gov website.
- Apply in person at a VA hospital. In San Antonio, you would go to the Audie Murphy VA Hospital at 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.

ID Card Renewals – Lackland AFB is now open to renew ID Cards in person by appointment only. To schedule an appointment, please go to the following website: <https://idco.dmdc.osd.mil/idco/> (ID Card Office Online). If you need assistance in scheduling an appointment online, please contact Elizabeth Bain at (210) 568-3416.

WELLNESS CENTER

By Terry Elizondo, Medication Liaison

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. 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, Jun 7, 14, 21 & 28 9am-5pm**
Wednesdays, Jun 2, 9, 16, 23 & 30 9am-5pm
- **East Specialty Clinic** – **Thursdays, Jun 3, 10, 17 & 24 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, Jun 1, 8, 15, 22 & 29 8am-5pm**
- **East Specialty Clinic II** – **Friday, Jun 4 & 18 8am-12pm**

Visiting Physicians Group – **Dr. Pham** will be at the **East Campus** on **Mondays, Jun 7, 14, 21 & 28** 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 Too** 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 Too** on **Thursday, Jun 24, 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, Jun 11 & 25, 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, Jun 16, 10-11am**
- **East Specialty Clinic** – **Wednesday, Jun 16, 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, Jun 14, 8:30-11:30am**
- **East Specialty Clinic – Monday, Jun 14, 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, Jun 3, 10 & 17 9am-12pm
- **East Specialty Clinic – Dr. Tracy Board, Audiologist**
Wednesdays, Jun 23, 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, Jun 25, 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

Older adults are adopting technology more than ever. Technology has been crucial in maintaining health and wellness during the COVID-19 pandemic. During the pandemic, older adults have increasingly used online services to remain involved in their community, shop, manage finances, and keep in touch with loved ones. While the Internet brings many opportunities, it also comes with threats. Cybercriminals use their



skills to appear as friends or family members, banks, charitable organizations, and healthcare providers to conduct identity theft, credit card fraud, and more. Learning about ways to protect your identity and personal information online is just as important as understanding how to use the latest technology. The following tips can help to keep you safe as you use online services.

- Use strong, unique passwords. And never share your passwords with anyone, unless you've designated someone you trust to manage your accounts.
- Don't click on links unless you are certain they are legitimate. The safest bet is to type in the web address as you normally do, and if in doubt, call the organization.
- Be wary of any offer that sounds too good to be true. Examples: being told you've won a contest that you didn't enter, or that you're being offered an incredible price on a vacation or product. Also, be careful about offers for low-cost medical coverage.
- Look for secure websites. Look for an https in the browser's address bar, with an "s" which stands for "secure."
- Always check with your medical doctor or healthcare professional before taking any action online.
- In general, sites operated by the government (ending in .gov) or well-regarded medical institutions have reliable information. Don't rely on online advice for diagnosing an illness.

Reach out for help. Speak out and don't be ashamed if you're victimized. Criminals are good at what they do, and there have been lots of smart people who have been victimized online. If it happens to you, report it to a trusted person. If you are getting messages online that are not appropriate, report the behavior to the site or service. All major social media, companies, and online service providers have employees that respond to abuse complaints.

How can Select Rehabilitation help? Your Rehab team can assist with technology training. The therapists in your community can identify technology adaptations and changes that can facilitate ease of use. Your Rehab team can analyze what tasks you want to accomplish to ensure comfort, safety, and enjoyment in your technology use. Finally, the therapists will be able to evaluate your body posture, mechanics, and dexterity when using different forms of technology.

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



What is Tai Chi?

It is a centuries-old Chinese martial art that descends from qigong, an ancient Chinese discipline that has its roots in traditional Chinese medicine. The people that you see moving gracefully with flowing motions in parks throughout China, and increasingly throughout much of the modern world, are practicing Tai Chi. According to some records, Tai Chi dates back as far as 2,500 years. It involves a series of slow, meditative body movements that were originally designed for self-defense and to promote inner peace and calm.

What are the health benefits of doing Tai Chi?

The major benefits of Tai Chi include its effects, improving heart health, treating arthritis, Parkinson's disease, chronic stress, and improving muscle strength, among others. It also improves balance, fitness, and flexibility.

Tai Chi (qigong), Routine Demo. Would you like to learn Tai Chi and enjoy its health benefits of it? Please join me on **Tuesday, Jun 22 at 2pm**, CC1/CC2, BSTW.

East Fitness Classes – (V & F = Vitality and Fitness Center)

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

10:30am Balance Class– Monday, Wednesday, and Friday, 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 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 Jun 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 for RED Friday, every Friday! What is RED Friday, you may ask? RED is an acronym that 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, and spread the message

of how important it is that we keep our troops in our thoughts. So please be sure and wear your favorite red attire EVERY Friday in support!



BUS TRIPS! 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 date, 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 have sign-up deadlines listed; 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 deadline, your account will be charged the supply charge, 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 an event you would like to have at BST, please share your suggestions with Carol Estala, your Activity Coordinator.



THE MONTH OF JUNE

June was most likely named for the Roman goddess Juno, patroness of marriage and the well-being of women. Another interpretation is that the name came from the Latin *juvenis*, “young people,” who were celebrated at this time. During the month of June, we celebrate Father's Day and Flag Day. Here

are some of June's monthly occasions of awareness: Men's Health, Alzheimer's and Brain Awareness, Cataract Awareness, PTSD Awareness, Vision Research Month, and Cancer from the Sun Awareness Month. June is also Dairy Month, as well as Fireworks Safety Month to raise awareness ahead of the Fourth of July. June serves as Great Outdoors Month, and is the national month for camping, roses, and rivers. Since not everything about warmer weather is pleasant, June also serves as Fight the Filthy Fly Month. At the Summer Solace on June 20, we will have the most daylight. Hoping everyone has a happy fun-filled June!



BST Upcoming Events/Trips



BLUE SKIES EAST

Wednesday, Jun 2 – Do You Remember, 1pm, CC2/CC3. An interactive brain enhancing presentation. You will be surprised with all the memories we have stored away. Join us, have fun and build upon your memory skills at the same time. Refreshments will be served. Seating is limited; please sign-up in CC1 now.

Thursday, Jun 3 – Flying Chanclas Baseball. Come out to The Missions' Wolfe Stadium to see Texas Collegiate League Baseball. It will be a fun evening of baseball as you watch the S.A. Flying Chanclas vs The Victoria Generals. Enjoy \$2 hot dogs, soda, and beer at the game. Tickets are for box seats that generally sell for \$25 a ticket, but you will pay just **\$14.50**; billed to your account. **Sign up in CC1 now. Bus departs BST East at 6:30pm.**

Tuesday, Jun 8 – McNay Art Museum. The McNay Art Museum, founded in 1954 in San Antonio, is the first modern art museum in the State of Texas. On this trip you will enjoy the many exhibits the museum has to offer. General Ticket price is \$15 for seniors 65+ however, currently as part of the Blue Star Museums program, active military, veterans, and their families (up to five guests) receive free general admission through Labor Day on Monday, Sep 6. Special exhibition access is \$10, which is currently highlighting the exhibit, "Limitless! Five Women Reshape Contemporary Art." You will pay your own entrance fee at the museum, and transportation charges will be billed to your account. Sign up in CC1; deadline to sign up is Jun 3. **BST Departs BST East at 1:15pm.**

Wednesday, Jun 9 – Fiesta Flower Making, 2:30pm, CC2 & CC3. We are celebrating Fiesta in June for 2021! Please join us to learn how to make colorful Fiesta flowers to prepare us for the upcoming festivities. Space is limited; sign up in CC1 now.



Thursday, Jun 10 – National Black Cow Day, 11am, Main Lobby. Come to the Main Lobby and enjoy one of the simple things in life as we celebrate National Black Cow Day with the official Black Cow Treat, a Root Beer Float!

Friday, Jun 11 – Dixie Flag Manufacturing Tour and Abel's Diner. The Dixie Flag Manufacturing Tour has been part of San Antonio for over 63 years. Come and tour the factory and have an opportunity to check out their gift shop as well. What a perfect time



to buy a new flag, with Flag Day and 4th of July just around the corner. After the tour you will head to Schertz, Texas (just a short drive away) to have lunch at Abel's Diner. At Abel's, enjoy some home-cooked, hearty American comfort food. Enjoy the daily special or choose from other delicious menu items, all while enjoying the retro vibe of the restaurant. **The bus departs BST East at 9:30am.**



Monday, Jun 14 – Flag Day, 10am, Portico. Today is Flag Day! BSTE will have a Flag Ceremony, with reception with cake and punch in the Main Lobby to follow. Do you know the American flag's history? According to American legend, in June 1776, George Washington commissioned Betsy Ross, a Philadelphia seamstress, to create a flag for the new nation in

anticipation of the declaration of its independence. On May 30, 1916, President Woodrow Wilson issued a presidential proclamation establishing a national Flag Day on Jun 14. The day commemorates the adoption of the Stars and Stripes as the official flag of the United States. On Jun 14, 1777, John Adams spoke about the flag at a meeting of the Continental Congress in Philadelphia. He said, "Resolved, that the flag of the thirteen United States shall be thirteen stripes, alternate red and white; that the Union be thirteen stars, white on a blue field, representing a new constellation." There have been twenty-seven official versions of the flag so far; stars have been added to it as states have entered the Union.

Monday, Jun 14 – Indoor Boccia 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 ready to play today! Space is limited; sign-up in CC1 now.

Tuesday, Jun 15 – S.A. Missions Baseball. Come out to Wolfe Stadium to see Double-A Central League's South Division's S.A. Missions (a farm team of the San Diego Padres) vs North Division NW Arkansas (Seattle Mariners). Enjoy \$2 soda and beer at the game. Tickets are for box seats that generally sell for \$25 a ticket, but you will pay just **\$14.50**, billed to your account. Deadline to sign-up is **Wednesday, Jun 9. Sign up in CC1. Bus departs BST East at 6:30pm.**



Wednesday, Jun 16 – Lotería, 3pm, Legacy Room. Come and kick off Fiesta week with this fun Mexican-themed version of Bingo.

Friday, Jun 18 – Donuts for Dads, 2:30pm, Main Lobby. Come to celebrate being a dad, or to simply celebrate all the dads in our lives. Be sure to stop by the Main Lobby for your donut treat!

Monday, Jun 21 – Intro to Canasta, 2pm, Legacy Room. Learn all about this fun card game, using the official Robert Hoyle rules. This is a class you don't want to miss, as we hope to start a Canasta-playing group on Saturdays at BSTE.

Wednesday, Jun 23 – Air Force Security Forces Museum, Lackland AFB. Established on Nov 5, 1979, the USAF Security Forces Museum is the only one in the



world that tells the Security Police historiography. The Museum's Archival Repository contains historical documents, photographs, films, videos, audio tapes, magazines, newspapers, and military memorabilia. Admission is free. Deadline to sign up is Jun 13.

Bus departs BST East at 9:30am.

Friday, Jun 25 – BSTE Fiesta Event, 9am, Main Lobby. Fiesta is alive once again! Join us in the Main Lobby for some Fiesta fun, food, and music. On this special occasion, we will be honoring our very own 100-year-old honorary King of Fiesta, J.C. Smith!

Monday, Jun 28 – Indoor Boccia 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 catch up and be ready to play on the day of the class! Space is limited; please sign-up in CC1.

Wednesday, Jun 30 – Creative Thinking & Cookies, 1pm, CC2 & CC3. Creative thinking gives your mind the freedom and ability to create, interpret and visualize possibilities. Join us for some brain exercise fun as you enjoy fresh-baked, 'right out of the oven' cookies during this interactive presentation that will provide a bit of brain exercise. Sign up deadline is **Thursday, Jun 24.**



BLUE SKIES WEST

Thursday, Jun 3 – Indoor Boccia 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 previous intro class, we will get you caught up and ready to play! This fun class will be held every **1st and 3rd Thursday** of the month. Space is limited; please sign up in the Main Lobby.

Thursday, Jun 3 – Flying Chanclas Baseball. Come out to The Missions' Wolfe Stadium to see Texas Collegiate League Baseball. It will be a fun evening as you watch the S.A. Flying Chanclas vs The Victoria Generals. Enjoy \$2 hot dogs, soda, and beer at the game. Tickets are for box seats that generally sell for \$25 a ticket, but you will pay just **\$14.50**, billed to your account. Please sign up in the Main Lobby. **Bus departs BST West at 6:15pm.**

Friday, Jun 4 – Arts and Crafts Fair, 10am-3pm, Main Lobby – This is a resident-run, resident-only vendor fair. Please come out and support your fellow BST residents as they display and sell their arts, crafts and more!



Tuesday, Jun 8 – McNay Art Museum. The McNay Art Museum, founded in 1954 in San Antonio, is the first modern art museum in the State of Texas. On this trip you will enjoy the many exhibits the museum has to offer. General Ticket price is \$15 for seniors 65+. However, currently as part of the Blue Star Museums program, active military, veterans, and their families (up to five guests) receive free general admission through Labor Day, Monday, Sep 6. Special exhibition access is \$10, which is currently highlighting the exhibit, 'Limitless! Five Women Reshape Contemporary Art'. You will pay your own entrance fee at the museum, and transportation charges will be billed to your account. Please sign up in the Main Lobby; deadline to sign up is **Thursday, Jun 3. BST Departs BST West at 1pm.**

Thursday, Jun 10- National Black Cow Day, 2:45pm, Main Lobby.

Come to the Main Lobby and enjoy one of the simple things in life as we celebrate National Black Cow Day with the official Black Cow Treat, a Root Beer Float!



Friday, Jun 11 – Dixie Flag Manufacturing Tour and Abel’s Diner.

The Dixie Flag Manufacturing Tour has been part of San Antonio for over 63 years. Come and tour the factory and have an opportunity to check out their gift shop too. What a perfect time to buy a new flag, with Flag Day and 4th of July just around the corner. After the tour you will head to Schertz, Texas (just a short drive away) to have lunch at Abel’s Diner. At Abel’s, enjoy some home-cooked, hearty American comfort food. Enjoy the daily special or choose from other delicious menu items, all while enjoying the retro vibe of the restaurant. Sign up in the Main Lobby; deadline to sign up is **Monday, Jun 7. The bus departs BST West at 9:15am.**

Monday, Jun 14 – Flag Day, 10am, BST EAST Portico. Flag Retirement Ceremony, with a reception with cake and punch to follow in the Main Lobby. Today is Flag Day! On May 30, 1916, President Woodrow Wilson issued a presidential proclamation establishing a National Flag Day on June 14. All BST West residents are invited to join in the BST celebration of the event. There will not be BST transportation available for the event, i.e., transportation from West to East is on your own.

Tuesday, Jun 15 – S.A. Missions Baseball. Come out to Wolfe Stadium to see Double-A Central League’s South Division’s S.A. Missions (a farm team of the San Diego Padres) vs North Division NW Arkansas (Seattle Mariners). Enjoy \$2 soda and beer at the game. Tickets are for box seats that generally sell for \$25.00 a ticket, but you will pay just **\$14.50**, billed to your account. Deadline to sign up is **Wednesday, Jun 9.** Please sign up in the Main Lobby. **Bus departs BST West at 6:15pm.**

Thursday, Jun 17 – Indoor Boccia 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 previous intro class, we will get you caught up and ready to play! This fun class will be held every 1st and 3rd Thursday of the month. Space is limited; please sign up in the Main Lobby now.



Friday, Jun 18 – Donuts for Dads, 10am, Main Lobby. Come to celebrate being a dad or simply to celebrate all the dads in our lives. Be sure to stop by the Main Lobby for your donut treat!

Tuesday, Jun 22 – The Big Freeze Employee Appreciation Event, 11am-2pm, Main Lobby. This event is made possible by kind-hearted residents. Please feel free to come out and see all the employees' smiling faces.

Tuesday, Jun 22 – Tai Chi and Chai Tea, 2pm, CC1/CC2. Please join us for an afternoon of relaxation exercise and some delicious Chai Tea too! This will be a demonstration class to introduce you to Tai Chi and all its health benefits.

Wednesday, Jun 23 – Air Force Security Forces Museum. Lackland AFB. Established on Nov 5, 1979, the USAF Security Forces Museum is the only one in the world that tells the Security Police historiography. The Museum's Archival Repository contains historical documents, photographs, films, videos, audio tapes, magazines, newspapers, and military memorabilia. Admission is free. Deadline to sign up is **Sunday, Jun 13. Bus departs BST West at 9:15am.**

Friday, Jun 25 – Wine Tasting, 1:30pm, RR Lounge. Join BST's wine rep Jennifer, and your Life Enrichment Team members Hope and Carol, for a fun-filled, informative summer wine tasting event. For this tasting event, everyone can taste 4 types of wine and receive an individual charcuterie board for just \$22.00 a person, billed to your dining account. Seating is limited; please sign up in the Main Lobby now. **Sign up deadline is Tuesday, Jun 15.**



Tuesday, Jun 29 – Creative Thinking with a Twist, 2pm, RR Lounge. Creative thinking gives your mind the freedom and ability to create, interpret and visualize possibilities. Join us for some brain exercise fun as you enjoy an adult beverage (aka "the twist!") and fun during this interactive presentation that will provide a bit of brain exercise. Sign up deadline is **Friday, Jun 25.**

