

**NOTES FROM WELLNESS & LIFE ENRICHMENT DIRECTOR**

By Shari Proctor



COVID-19 is rearing its ugly head again! You may ask, “Most of us are vaccinated, so why are we still seeing ‘breakthrough cases’?” The CDC defines “breakthrough cases” as contracting COVID-19 even though fully vaccinated if exposed to the virus, and recently the Delta Variant has added to this increase in positive cases. Those vaccinated can still contract COVID-19, especially

those with compromised immune systems and those over 65; however, the symptoms should be less severe, or you may even be asymptomatic (have no symptoms). We have seen breakthrough cases at BST with both residents and employees, so we need to be proactive in keeping everyone safe. We strongly recommend that residents and employees wear a mask when out in public settings such as grocery stores, restaurants, movie theaters, museums, family gatherings, etc. – anywhere there are large groups of people. Masks are now required for everyone in the common areas of Blue Skies, offices, chapel, etc.; the only exception is the Dining Room and Bistro while eating and drinking. It only takes one person to bring it home with them after an outing or gathering. We are not bulletproof!

This is what happens when someone at BST tests positive:

First and foremost, BST requires you to get a PCR COVID Test, NOT A RAPID TEST, as the PCR is more reliable. The person who is COVID-positive must quarantine for at least 14 days from the date of onset of symptoms, or the date of the positive test, whichever is later. That person cannot be released from quarantine until 1) the 14 days have lapsed; 2) they go 24 hours without fever and without fever-reducing medication; 3) symptoms improve in terms of coughing, sore throat, shortness of breath, etc.; and 4) their PCP provides written release from quarantine.

Anyone with no symptoms who is exposed to a COVID-positive person must quarantine 10 days. If symptoms arise, that person then falls under the quarantine category above for COVID-positive persons. If the exposed person does not have any symptoms, they can shorten the quarantine by taking a PCR COVID test (NOT A RAPID TEST) no sooner than 5 days from the date of exposure to the COVID-positive person. If the test result is negative, the person will remain on quarantine until day 7, as long as that person is not showing symptoms. Do you dread the thought of having to quarantine or better yet, of being hospitalized for COVID? **WEAR A MASK!**



Now, let's talk about travel and what BST requires upon your return. If you travel within the US and its territories, you are not required to quarantine upon return to BST. However, we strongly urge you to wear a mask when indoors, and around others outside your household, regardless of your vaccine status.

If you are traveling outside the US and its territories, you will be required to quarantine for 10 days upon your return to BST. You can shorten the 10-day quarantine by getting a PCR test on day 5, and if negative, you can be removed from quarantine no sooner than day 7. And yes, we know you had to take a COVID test before returning to the US, but that test was taken days before your return; think about how many people you were in contact with from the date and time of that COVID test until your return to BST.

ALZHEIMER'S CAREGIVER SUPPORT GROUP

By Kurt Riedel, Freedom House Director

We are now meeting the **second Wednesday** of the month at **1pm**. Please join us on **Wednesday, Aug 11** 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. 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 **WEST** to meet individually with West residents on **Tuesday, Aug 3** in Conference Room #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 210-568-3416 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>.

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.

- **Mondays, Aug 2 and 9, 9am-5pm**
- **Wednesday, Aug 4, 9am-5pm**
- **East Specialty Clinic – Thursday, Aug 5 9am-12pm**

Please note: Drs Myers will not be on campus for appointments after Monday, Aug 9, until September.

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, Aug 3, 10, 17, 24 & 31, 8am-5pm**
- **East Specialty Clinic II – Friday, Aug 13 & 27, 8am-12pm**

Visiting Physicians Group – Dr. Pham will be at the **East Campus** on **Mondays, Aug 2, 9, 16, 23 & 30** 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 Too** on **Thursday, Aug 26, 9am-12pm**. Please call 210-523-7237 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, Aug 13 & 27, 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, Aug 18, 10-11am**
- **East Specialty Clinic – Wednesday, Aug 18, 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, Aug 9, 8:30-11:30am**
- **East Specialty Clinic – Monday, Aug 9, 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, Aug 5, 12 & 19 9am-12pm
- **East Specialty Clinic – Dr. Tracy Board, Audiologist**
Wednesdays, Aug 4 & 25, 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, Aug 27, 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



Let's Dive In: Aquatic Fitness and Therapy Fun

Aquatic fitness and therapy is the practice of exercising or participating in therapy within the environment of a water-filled pool. The buoyancy, support and accommodating resistance of water enhances exercise and creates a safe environment for progressive rehabilitation. The temperature of water, warm or cold, prompts muscle relaxation, facilitates stretching and generally reduces the sensation of pain. Aquatic fitness and therapy are an excellent method to use when normal gravity conditions might make the physical activity difficult or painful.

Aquatic fitness and therapy is appropriate for most people who enjoy the benefits of being in the water. The therapeutic benefits of being in the water make this form of physical fitness particularly beneficial to individuals with

- Range of motion (ROM) or soft tissue limitation
- Decreased strength or stability
- Decreased weight bearing status, or difficulty with weight bearing
- Pain
- Balance impairments
- Swelling
- Difficulty walking
- Deconditioned activity levels

When exercising in the pool, exercises are performed in a fluid, rhythmical pattern without stopping at any point in the range of motion. You should keep moving body parts underwater. Since speed is related to strength and the ability to stabilize, you are encouraged to increase the speed of movements as you are able. Gradually increase the range of motion as tolerated. Resistance can be increased by the addition of certain



devices (paddles, floats, etc.). Duration of exercise should be short at first and gradually increase allowing time to adapt to the regimen. Pain is usually an indication that something is wrong and should be corrected.

What is Aquatic therapy? Aquatic therapy is the practice of physical therapy or occupational therapy by trained therapists within the environment of a water-filled pool. Aquatic therapy entails a purposeful progression of skills focusing on psychosocial, cognitive, leisure and motor performance utilizing the properties of water to enhance the benefits of the experience. Aquatic therapy is a part of a comprehensive approach to gaining safe and functional independence and is used in conjunction with traditional therapeutic approaches.

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



New Fitness Instructor – Please welcome our newest fitness instructor, Mariana Guthrie. Mariana will fill in for Kat while she is on maternity leave. Mariana was born in Buenos Aires, Argentina; she is married and has three beautiful kids. Seven years ago, Mariana and her family moved to the US due to her husband's assignment to Lackland AFB. She is a former elementary school teacher. Mariana is now a certified Group Fitness Instructor, Barre and Aquatic Instructor, and she is also a Licensed Zumba Instructor. Her passions are teaching, exercise and dance. Please welcome Mariana to our Blue Skies family.

New Classes at BST East – I have added a **7am** Walking Class on **Tuesdays & Thursdays**, and **1pm** Water Aerobics, on **Mondays**. Join us!

New Classes at West – I have added a **9am** Chair Exercise, and **9:30am** Tai Chi on **Mondays**. Join us!

Aquatic Exercise – If you are looking for a break from your usual fitness routine, why not dive into aquatic classes? Blue Skies' classes are fun and social. Exercising in the water can provide a great full-body workout without the drawbacks of land exercises. What could be more refreshing in the hot summer months than being immersed in water, while you're burning calories?

Here are some benefits of water workouts: Aquatic exercise is low impact, and this makes it ideal for those with arthritis, back problems, foot, leg, and knee injuries. It allows you to get a cardio-vascular workout, decrease



heart rate and blood pressure, and it's great for burning calories, while also increasing your strength, endurance, and flexibility.

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

1pm Water Aerobics– Monday, Pool

7am Walking Class – Tuesday & Thursday, will start at the 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 Zumba– Monday, Wednesday and Friday, V & F

West Fitness Classes –

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

9am Chair Exercise– Monday, CC 1-2

9:30am Tai Chi– Monday, CC 1-2

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

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

10am Line Dancing – Tuesday, Main Dining Room

10am 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, Pool

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

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

Blue Skies of Texas Life Enrichment/Activities News

ArtsInspire Deadline Quickly Approaching – Attention, both visual and written artists: The 2021 ArtsInspire entry deadline is **Friday, Aug 27**, so we would like to have all entries to your Activities Coordinator by **Monday, Aug 16** to allow ample time to upload your entry. Please contact your Activities Coordinator to set up appointment to review your entry application and upload a picture of your work.



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 to 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 the 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 AUGUST

August is the eighth month of the year in the Julian and Gregorian calendars, and the fifth of seven months to have a length of 31 days. August is known for many things, including the dog days of summer continuing from July, National Watermelon Day (Aug 3) and National Smile Week (Aug 5-11). As well as monthly observances, here are just a few: Family Fun Month, Happiness Month, International Peace Month, Golf Month, Romance Month, Wellness Month, National Eye Exam Month and many more. If you were born in August, your birthstone is the beautiful lime-green Peridot stone. The two Zodiac signs associated with the month of August are Leo and Virgo; for those born from August 1 to August 22, they are members of the Leo Zodiac sign. As one of the Zodiac's most attention-seeking signs, a Leo can most likely be identified as the Zodiac's most natural "star."



August birth flowers are the gladiolus and the poppy.



BST Upcoming Events/Trips



BLUE SKIES EAST

Monday, Aug 2 – Left, Right, Center Dice Game, 2:30pm, Legacy Room. This is an exciting and extremely fun new game here at Blue Skies. Please come and see what it is all about. Don't worry; you will learn quickly and be ready to come back to play again. That's why this game will be held every **1st and 3rd Monday** (and 5th Monday, as applicable).

Sunday, Aug 8 – Opera SA Apprentice Class Concert, 3pm, BST WEST Main Lobby. Members of the Opera SA Apprentice class are the winners of the Opera SA Company Competition. Here's another great Sunday afternoon concert that is part of the ongoing Blue Skies Resident Concert Series. Please sign up to ride the bus to BSTW. **Bus departs BSTE at 2pm.**

Monday, Aug 9 – 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 be ready to play today! Space is limited; sign up in CC1 now.

Friday, Aug 13 – Maxillofacial Prosthetic Presentation, 1pm, Legacy Room. Nancy Hansen, 59th Dental Training Squadron anaplastologist, along with the bright men and women from the San Antonio Military Oral and Maxillofacial Surgery Residency Program, will be here presenting on Maxillofacial prosthetics. Come and learn about the fascinating work these men and women do to change the lives of so many individuals. By the way, Nancy Hansen is the daughter of our very own BST East resident, Marilyn Hansen. Space is limited; please sign up to attend.

Monday, Aug 16 – Left, Right, Center Dice Game, 2:30pm, Legacy Room. This is an exciting and extremely fun new game here at Blue Skies. Please come and see what it is all about. Don't worry; you will learn quickly and be eager to come back to play again. That's why this game will be held every **1st and 3rd Monday** (and 5th Monday, as applicable).

Tuesday, Aug 17 – National Non-Profit Day, 3:30pm, BSTE Main Lobby. We are popping with excitement for National Non-Profit Day. Please, "pop" on over to the Main Lobby for some hot fresh popcorn as we recognize and celebrate Blue Skies as an amazing non-profit organization.

Wednesday Aug 18 – Airman Heritage Museum, Lackland AFB. The USAF Airman Heritage Museum collects, researches, preserves, interprets, and presents the United



States Air Force (and predecessor organizations) Enlisted Corps history, heritage, and traditions to develop Airmen today... for tomorrow. There is no charge for this trip. Please sign up in CC1 now. **Bus departs BST East at 9:30am.**

Friday, Aug 20 – Village Voices Concert, 7pm, CC Rooms. The Village Voices are happy to be back to provide an evening of beautiful music.

Sunday, Aug 22 – St. Louis Day Celebration, Castroville, TX. Start your day in the majestic St. Louis Catholic Church for Holy Mass at **9:30 am**. Archbishop Gustavo Siller will be the main celebrant, and the famous Liederkrantz Choir of San Antonio will once again be the choir for this beautiful Mass. After Mass, you will get back on the bus and enjoy a drive through the area to pick up your pre-paid (and famous) BBQ plate. Plates are piled high featuring smoked brisket and homemade Alsatian Sausage. Enjoy homemade potato salad, coleslaw, bacon-flavored pinto beans, Haby's Alsatian bread, pickles, onions, and the savory St. Louis Day BBQ sauce. There's plenty of ice-cold tea to wash it all down. Special arrangements have been made for our bus to take you to Koenig Park where you can enjoy games, music, and entertainment, to include the Alsatian Dancers as well as food / drink booths and the famous cake booth. There will be plenty of shade to be found under the pecan trees or at the spacious St. Louis Day Biergarten. Cost for the BBQ is just \$10 and will be billed to your account. To allow for plenty of time for you to get settled in before the start of Mass, **the bus will depart BST East at 8:30am.**

Monday, Aug 23, San Antonio Aquarium and Margaritaville. Back by popular demand! Many of you were on the wait list in July for this trip, so we scheduled another one in August. This trip will take you to downtown San Antonio to visit our city's newest Aquarium. After enjoying the Aquarium, you will head to nearby Margaritaville for lunch. Cost of the Aquarium will be billed to your account for the group rate of \$12.20 per person, and lunch is on your own. Please sign up in CC1 now. **Bus departs BST East at 9:45am.**

Monday, Aug 23 – 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 ready to play today! Space is limited; please sign up in CC1 now.

Tuesday, Aug 24 – Ice Cream Floats with Broadway Bank, 1pm, BSTE Main Lobby. In recognition of National Senior Day (Saturday, Aug 21) and as a way for Broadway Bank to express customer appreciation, they are serving up delicious ice cream floats! Stop by the Main Lobby to see your Broadway Bank Team Members and enjoy the special treat.

Wednesday, Aug 25 – Summer Movie Event; “Walk the Line”, 2pm, CC2 & CC3. The rise of country music legend Johnny Cash (Joaquin Phoenix) begins with his days as a boy growing up on the family farm, where he struggles under the scorn of his father (Robert Patrick). As the years pass, Cash ends up in Memphis, Tenn., with his wife, Vivian (Ginnifer Goodwin), and breaks into the music scene after finding his trademark



sound. While on tour, Cash meets the love of his life, singer June Carter (Reese Witherspoon), but Cash's volatile lifestyle threatens to keep them apart. The movie was Adapted from: Cash: The Autobiography, Man in Black: His Own Story in His Own Words. Complimentary popcorn and drinks. Space is limited; please sign up in CC1 now.

Thursday, Aug 26 – SA Missions Baseball, Wolfe Stadium. It will be a fun evening of baseball as you watch the SA Missions vs. the Midland Rockhounds. Enjoy \$2 hot dogs, and 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 note: This trip will be offered first to residents who were signed up for the baseball game in July which was canceled. **To check availability, please call Activity Coordinator Carol Estala. Bus departs BST East at 6:30pm.**

Friday, Aug 27 – Beginning Genealogy, 3:15pm, Legacy Room. Join Andrew Crews, another of our friends from SA Public Library, for an informative presentation. Andrew is an archivist and librarian with extensive knowledge about on Genealogy. It is an honor to welcome him and hear his presentation at Blue Skies. Please sign up in CC1; space is limited.

Monday, Aug 30 – Left, Right, Center Dice Game, 2:30pm, Legacy Room. This is an exciting and extremely fun new game here at Blue Skies. Please come and see what it is all about. Don't worry; you will learn quickly and be ready to come back to play again. That's exactly why this game will be held every **1st and 3rd Monday** (and 5th Monday, as applicable).

Tuesday, Aug 31 – El Chaparral Restaurant. What a nice way to end the month with a trip to Helotes for dinner. El Chaparral is a family-run kitchen serving delicious familiar Mexican and Tex-Mex dishes in a warmly rustic setting. Cost of dinner is on your own. Please sign up in CC1 now. **Bus departs BST East at 4:30pm.**



BLUE SKIES WEST

Thursday, Aug 5 – 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.



Sunday, Aug 8 – SA Opera Apprentice Class Concert, 3pm, BSTW Main Lobby. The SA Opera Apprentice class are the winners of the SA Opera Company Competition. Here's another great Sunday afternoon concert that is part of the ongoing Blue Skies Resident Concert Series.

Friday, Aug 13 – Maxillofacial Prosthetic Presentation, 10am, RR Lounge. Nancy Hansen, 59th Dental Training Squadron anaplastologist, along with the bright men and women from the San Antonio Military Oral and Maxillofacial Surgery Residency Program will be here presenting on Maxillofacial prosthetics. Come and learn about the fascinating work these men and women do to change the lives of so many individuals. By the way Nancy Hansen is the daughter of our very own BST East resident, Marilyn Hansen. Space is limited; please sign up in the Main Lobby.

Tuesday, Aug 17 – National Non-Profit Day, 1:30pm, BSTW Main Lobby. We are popping with excitement for National Non-Profit Day. Please, "pop" on over to the main lobby for some hot popcorn as we recognize and celebrate Blue Skies being such an amazing non-profit organization.

Wednesday, Aug 18 – Airman Heritage Museum, Lackland AFB. The USAF Airman Heritage Museum collects, researches, preserves, interprets, and presents the United States Air Force (and predecessor organizations) Enlisted Corps history, heritage, and traditions to develop Airmen today... for tomorrow. There is no charge for this trip. Please sign up in CC1 now. **Bus departs BST West at 9:15 am.**

Thursday, Aug 19 – 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, Aug 19 – Village Voices Concert, 7:30pm, Main Lobby. The Village Voices are happy to be back to provide an evening of beautiful music; please come and enjoy!

Sunday, Aug 22 – St. Louis Day Celebration, Castroville, Texas. Start your day in the majestic St. Louis Catholic Church for Holy Mass at 9:30 am. Archbishop Gustavo -Siller as the main celebrant. The famous Liederkrantz Choir of San Antonio will once again be the choir for this beautiful Mass. After Mass, you will get back on the bus and go through a drive through area to pick up your pre-paid (and famous) BBQ plate. Plates are piled high featuring smoked brisket and homemade Alsatian Sausage. Enjoy homemade potato salad, coleslaw, bacon-flavored pinto beans, Haby's Alsatian bread, pickles, onions, and the savory St. Louis Day BBQ sauce. There's plenty of ice-cold tea to wash it all down. Special arrangements have been made for our bus to take you to Koenig Park where you can enjoy games, music, entertainment to include the Alsatian



Dancers as well as food/drink booths to include the famous cake booth. Plenty of shade to be found under the pecan trees or at the spacious St. Louis Day Biergarten. Cost for the BBQ is just \$10 and will be billed to your account. Space is limited; please sign up in the Main Lobby. To allow for plenty of time to get settled in before the start of Mass, the **bus will depart BST East at 8:45am.**

Monday, Aug 23, San Antonio Aquarium and Margaritaville. Back by popular demand, many of you were on the wait list in July for this trip, so we scheduled another trip in August. This trip will take you to downtown San Antonio to visit our city's newest Aquarium. After enjoying the Aquarium, you will head to nearby Margaritaville for lunch. Admission to the Aquarium will be billed to your account for the group rate of \$12.20 per person, and lunch is on your own. Please sign up in the Main Lobby now. **Bus departs BST West at 9:30am.**

Tuesday, Aug 24 – Ice Cream Floats with Broadway Bank, 3pm, BSTW Main Lobby– In recognition of National Senior Day (Saturday, Aug 21) and as a way for Broadway Bank to express customer appreciation, they are serving up delicious ice cream floats! Stop by the Main Lobby to see your Broadway Bank Team Members and enjoy this special treat.

Thursday, Aug 26 – SA Missions Baseball, Wolfe Stadium. It will be a fun evening of baseball as you watch the SA Missions vs. the Midland Rockhounds. Enjoy \$2 hot dogs, and 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 note this trip will be offered first to residents who were signed up for the baseball game in July that was canceled. **To check availability, please call Activity Coordinator Carol Estala. Bus departs BST West at 6:15pm.**

Friday, Aug 27 – Beginning Genealogy, 1pm, RR Lounge. Join Andrew Crews, another of our friends from the SA Public Library, for an informative presentation. Andrew is an Archivist and Librarian with extensive knowledge about genealogy. It is an honor to have him come out and present to us here at Blue Skies, Space is limited; please sign up in the Main Lobby.

Tuesday, Aug 31 – El Chaparral Restaurant. What a nice way to end the month with a trip to Helotes for dinner. El Chaparral is a family-run kitchen serving delicious familiar Mexican & Tex-Mex dishes in a warmly rustic setting. Cost of dinner is on your own. Please sign up in the Main Lobby now. **Bus departs BST West at 4:15pm.**

