

## BST WELLNESS AND LIFE ENRICHMENT



### SEPTEMBER 2021 EDITION

#### RESIDENT COUNSELOR INFORMATION

*By Shirley Clay*

It is with sadness and anticipation that I have resigned from my position of Resident Counselor at Blue Skies of Texas to focus on personal issues. Thank you for your kindness and acceptance of me for the 13 years that I served in that position. Perhaps I will see some of you in the future as life moves forward. May God Bless You! Shirley

#### NOTES FROM WELLNESS & LIFE ENRICHMENT DIRECTOR

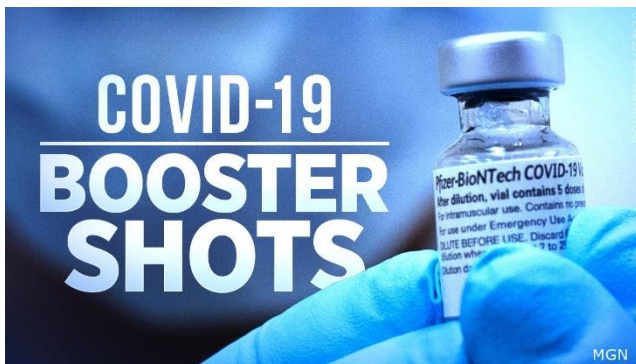
*By Shari Proctor*

**Resident Counselor Position** – It is with heavy hearts that we announce Shirley Clay has chosen to retire from her full-time position as the Resident Counselor. Shirley has been a mainstay at East and won the hearts of West residents as well. We want to thank Shirley for her years of dedication and service to our residents and hope to see Shirley again soon helping BST on a part-time basis.

With Shirley's departure as the Resident Counselor, we are proud to announce that Ashlie Campos is assuming the role of the Resident Counselor, but with a new title of Personal Affairs Advisor. The new title better describes the role of that position for both residents and family members. She will have the same responsibilities as the previous Resident Counselor position; only the title has changed.

Ashlie is no stranger to BST; she has been with Blue Skies of Texas for 6½ years! Both campuses will recall that Ashlie was a part of the Wellness Team 1½ years ago in the role of Health and Wellness Liaison. She was then promoted to Business Development Associate for our healthcare operations, working with the assisted living and nursing facilities. Her experience working at The Mission assisting with case management for admissions, as well as the Business Development Associate, only added and rounded out her experience in the Wellness Dept, making her the perfect candidate for our Personal Affairs Advisor. Please join us in congratulating Ashlie in her new position!





The CDC is now recommending a third dose (booster) of the Pfizer and Moderna COVID-19 vaccines 8 months from the date of your second COVID-19 vaccine. For Blue Skies, that means that for those of us who received our second dose on Tuesday, Jan 26 or Wednesday, Jan 27, we will be ready for our third dose by Sunday, Sep 26. Since our flu

shots were originally scheduled for Tuesday, Sep 28 through Thursday, Sep 30, we made the decision to postpone the flu shots and provide the third dose of the Pfizer and Moderna Covid vaccines in their place. Carvajal Pharmacy will provide either the Pfizer or Moderna vaccines (and no, you cannot mix it up this time). The schedule for third doses of Pfizer and Moderna are as follows:

**EAST CAMPUS - Tues, Sep 28, 9am-noon, 1pm-3pm, check in at the CC Rms**  
**WEST CAMPUS – Wed, Sep 29, 9am-noon, 1pm-4pm, check in at the CC Rms;** and  
**Thurs, Sep 30, 9am-noon, check in at the CC Rms.** We will use the Thursday clinic for all employees; therefore, we ask the residents to plan to get their vaccine on **Wednesday, Sep 29.** If we are unable to complete vaccination of all West residents on Wednesday, we will continue on Thursday along with the employees.

If you received your second COVID-19 vaccine at Blue Skies on Tuesday, Feb 23, your third dose will be due no sooner than Saturday, Oct 23. We have scheduled those residents and employees to receive their third dose on Tuesday, Oct 26 at each campus. Wellness will send you a letter indicating you are in this group of vaccines for **Tuesday, Oct 26, East Campus 9am-10am, West Campus 10:30am-noon** (times are subject to change but save the date).

If you received your COVID vaccine at a location other than Blue Skies, please check your CDC COVID Vaccination Card for the date of your second dose; your third dose will be due 8 months from that date. The good news this time around is that we can get the COVID vaccine at one of multiple pharmacies – H-E-B Pharmacy, Walgreens, CVS, Walmart, or BAMC, so please make arrangements to obtain your third dose from one of these resources.

**Consent Forms:** Anyone requesting their third dose from our clinics with Carvajal Pharmacy must complete a Consent Form located in the CC Rooms with the signup sheets (CC 1 at East, and CC 3 at West). Please complete the Consent Form and return it to the Wellness Dept as soon as possible.

We will conduct our Sep 28, 29, and 30 vaccine clinics using the same process as the original COVID vaccines: alphabetically. Residents will be notified via Omni Alert as to who should come to the CC Rooms to check in, based on the first letter of your last name. Once checked in, residents will be directed to the Legacy Room at East and the



Roadrunner Lounge at West to wait for the next available inoculator. After receiving your vaccine, you will be directed to an area to wait 15 minutes for any potential serious side effects, and then you are free to leave.

What to bring with you for your vaccine –

- **Your original CDC COVID Vaccination Card.** If you laminated or lost your card, you can go to any Walgreens Pharmacy and request a duplicate card.
- **Your medical insurance cards.** In case there is an issue of legibility on the Consent Forms, please bring your Medicare Card or Medicare Advantage Card (AARP/United Healthcare, Aetna, United Healthcare, Humana, etc).
- **Your identification card** (just in case).

If you have any questions or concerns about potential side effects of a third dose and whether or not you should take it, please contact your physician for guidance, as that physician is the only one who knows your medical history.

### **Next.... FLU SHOTS!**

This year's flu vaccine will be provided by Carvajal Pharmacy. The following flu vaccines will be available:

1. Standard dose flu – Flucelvax, manufactured by Seqirus, and
2. Fluad, licensed for use in adults 65 years and older.

The CDC does not recommend one vaccine over another, so do your research and consult with your physician to determine which vaccine is best for you. The schedule for flu shots is as follows:

**East Campus – Tues, Oct 12, 9am-noon, 1pm-3pm; check in at CC Rooms.**

**West Campus – Wed, Oct 13, 9am-noon, 1pm-4pm, and Thurs, Oct 14, 9am-noon; check in at CC Rooms.** We will use the Thursday clinic for all employees; therefore, we ask the residents to plan to get their vaccine on **Wednesday, Oct 13**. If we are unable to complete all West residents on Wednesday, we will continue on Thursday along with the employees.

We will hand out the Consent Forms for the flu vaccine when you exit following the third dose of the COVID vaccine. You will need to complete the form again and return it to the Wellness Dept. We will again use the same format for the vaccine clinic, with Omni Alert notifying residents alphabetically to come to the CC Rooms.

**And for our Grand Finale (if our heads ever stop spinning) .....Pneumonia and Shingles Vaccines** will be given in mid-November, dates to be announced. Pneumonia vaccines are given every 5 years, so please make sure you know the date of your last vaccine, as Wellness will not have that information available at the vaccine clinic. The Shingrix vaccine requires two vaccinations, and the second dose is given 4-6 months after the first dose. We will provide the date of the second vaccination at a later date.

**Flu Vaccine Required for On-Site Contractors (Private Hires) and Vendors** - In addition to its employees, BST requires on-site contractors and volunteers either to be vaccinated or submit a medical or religious waiver by Dec 1 of each calendar year. On-



site contractors are those who work on-site routinely and indoors, which include persons paid privately by a resident to provide services in their homes. Residents are responsible for ensuring that any on-site contractor and volunteer providing services in their home complete the Mandatory Influenza Vaccination (MIV) form available in the Wellness Dept, and provide either proof of vaccination, or a medical or religious waiver. Please contact Shari Proctor (210) 568-3355 at West, or (210) 568-5206 at East for any questions.

## **ALZHEIMER'S CAREGIVER SUPPORT GROUP**

*By Kurt Riedel, Freedom House Director*

Our Alzheimer's Association-sponsored support group meets **the second Wednesday** of each month. Please join us on **Wednesday, Sep 8** at **1pm** 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. 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.

## **PERSONAL AFFAIRS ADVISOR INFORMATION**

*By Ashlie Campos*

**Lackland Legal** - Lackland Legal will be at **EAST** to meet individually with East residents on **Tuesday, Sep 7** in the Director of Resident Services' 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>.

**Military ID Card Renewals** – DoD has once again extended the deadline for renewing ID Cards. The previous extension was scheduled to end on June 30. Now, all ID cards with expiration dates between Jan. 1, 2020 and July 31, 2021 will be extended until Jan 31, 2022. Lackland AFB is open to renew ID Cards in person by appointment only, but be prepared to wait several months for an appointment. To schedule an appointment, please go to the 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.





## LABOR DAY

Reid Pharmacy will be closed in observance of Labor Day on the following days:

**Friday, Sep 3 AND Monday, Sep 6.** Please plan accordingly for submitting refill requests.

### 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. Please 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 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.

- **Wednesdays, Sep 1, 8, 15, 22 & 29 9am-5pm**

**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, Sep 7, 14, 21, & 28 8am-5pm**
- **East Specialty Clinic II – Friday, Sep 10 & 24, 8am-12pm**



**Visiting Physicians Group – Dr. Pham** will be at the **East** Campus on **Mondays, Sep 13, 16, 20 & 27** 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, Sep 23, 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, Sep 5 & 19, 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, Sep 15, 10-11am**
- **East Specialty Clinic – Wednesday, Sep 15, 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](mailto: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, Sep 13, 8:30-11:30am**
- **East Specialty Clinic – Monday, Sep 13, 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, Sep 2, 9, 16 & 23 (will be in conference room #110 on 23<sup>rd</sup> only)**  
**9am-12pm**



- **East Specialty Clinic – Dr. Tracy Board, Audiologist**  
**Wednesdays, Sep 1 & 22, 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, Sep 24, 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**



### **LSVT BIG and LOUD Program**

Nancy Smith is an IL resident of Blue Skies of Texas East. She was independent in all her daily functions and tasks. She had an active lifestyle in the community and was part of the senior group in Helotes. She visited friends for card games and social activities. These activities stopped after her hospitalization. Nancy graduated from The Mission back to IL and started outpatient therapy for weakness, balance issues and increased risk for falls. In fact, Nancy had fallen the day before her PT and OT evaluations. She wasn't able to stand or ambulate for long periods of time. She even

struggled to even stand long enough to make coffee in her kitchen. She used a wheelchair due to her frequent falls and leg weakness. She then saw a neurologist and was diagnosed with Parkinson's disease (PD). Although Nancy was slowly improving with skilled PT and OT interventions, she continued to feel unsteady at times.

Jeannette Mora, Occupational Therapist Registered (OTR), who works primarily in The Vitality Center for outpatient therapy, became LSVT BIG certified. LSVT BIG is an exercise treatment program for people with Parkinson's disease. LSVT BIG works using a single therapy focus – BIG movements - to improve movement quality with PD. These movements can then be generalized for different functional activities and situations. Traditional therapy for Parkinson's generally aims to improve flexibility, strength, or balance to help actions like getting up from a chair, turning over in bed, or walking. This traditional approach breaks down each action but requires patients to remember



multiple instructions for each movement goal. In LSVT, patients simply focus on one goal - think BIG!

Jeannette began implementing LSVT BIG exercise protocol into Nancy Smith's plan of treatment. Nancy has since progressed to where she can perform all basic activities of daily living (ADLs) and more complex tasks of ADLs, shops for groceries, and ambulates throughout the facility with a rolling walker (RW). She takes several classes offered at the Vitality Center, started a Texas Hold 'Em group in IL and hosts little get-togethers with her friends from Helotes. She frequently states that the LSVT program has really helped her and is amazed how it has changed her way of life. She continues to be compliant with the LSVT exercise program on her own time. Nancy highly recommends the LSVT BIG program for others.

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*

East Fitness Meeting: **Thursday, Sep 9, 1:30pm**, Vitality and Fitness Center (V & F).

#### **East Fitness Classes –**

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

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

**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

**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 September 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 September

September is the ninth month of the year in the Julian and Gregorian calendars, the third of four months to have a length of 30 days, and the fourth of five months to have a length of fewer than 31 days. According to tradition, the birthstone for September is the sapphire, representing clear thinking. Its birth flowers are the forget-me-not, morning glory, and the aster. Some of the monthly observances for September are as follows: Classical Music Month, National Fruit and Veggie Month, and National Self Care Awareness Month. Some important National days for September: Victory Over Japan (V-J) Day (9/2), National Wildlife Day (9/4), Labor Day, also with Rosh Hashanah beginning at sundown (9/6), National Grandparents Day (9/12), Constitution Day, National POW/MIA Recognition Day (9/17),



The U.S. Air Force Birthday (9/18), National Veterans of Foreign Wars Day (9/29), and National Love People Day (9/30), which is most important, as loving one another is what makes our world go around! Also, what's cooler than a month that inspired the title of a famous pop song? "September" is a song by the band Earth, Wind & Fire, released as a single in 1978 on ARC/Columbia Records. Do you remember this popular song?



**Labor Day** is Monday, Sep 6, a holiday and probably a much-needed day off for most BST staff members. Labor Day is a federal holiday in the United States, celebrated as a way to honor and recognize the American labor movement, and the works and contributions of laborers to the development and achievements of the United States. Beginning in the late 19th century, as trade

union and labor movements grew, trade unionists proposed that a day be set aside to celebrate labor. "Labor Day" was promoted by the Central Labor Union and the Knights of Labor, which organized the first parade in New York City. In 1887, Oregon was the first state of the United States to make it an official public holiday. By the time it became an official federal holiday in 1894, thirty US states were already officially celebrating Labor Day.

## *BST Upcoming Events/Trips*



### **BLUE SKIES EAST**

**Tuesday Sep 7 – Skylark Bowling, Lackland AFB.** The bowling special for this day is just \$7.75 each which includes 3 games and bowling shoes rental. The Skylark snack bar and grill is open and has a variety of food/drink options for you to enjoy. Residents will pay at the bowling alley for games/shoes and food/drink items. Sign up in CC1 now. **Bus departs BST East at 10:30am.**

**Thursday, Sep 9 – Patriot Day Ceremony, 9am, BST West Main Lobby.** Twenty years have passed since the September 11, 2001 terrorist attacks. We will never forget the heroes and victims of this day in history. In recognition of this upcoming anniversary, there will be a ceremony at BSTW Main Lobby commemorating the 20th anniversary of this devastating attack. Please sign up in CC1 for the bus, or feel free to drive to West Campus on your own. All are invited. **Bus departs BST East at 8:15am.**

**Friday, Sep 10 & Saturday, Sep 11 – Remembering 9/11, The History Channel.** As America remembers 9/11, The History Channel will be airing four new special documentaries on the 20th anniversary of the terrorist attack. Schedule is as follows and times:



**Friday, Sep 10:**

- **9/11: The Legacy** – One-Hour Documentary, **6PM**.
- **Rise and Fall: The World Trade Center** – Two-Hour Documentary, **7PM**.

**Saturday, Sep 11:**

- **Remembering 9/11; Four Flights** – Two-Hour Documentary, **7PM**.
- **9/11: I Was There** – Two-Hour Documentary, **9PM**.

You will find The History Channel on Spectrum channel 66. For all other cable subscriptions, please see your local cable provider guide for the exact channel. For more information on these documentaries please visit <https://tinyurl.com/23bmhcxz>.

**Monday, Sep 13 – 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.

**Thursday, Sep 14 – S.A. Missions Baseball, Wolfe Stadium.** It will be a fun evening of baseball as you watch the S.A. Missions play the Corpus Christi Hooks. Enjoy \$2 hot dogs, soda, and beer at the game. Tickets are for box seats that generally sell for \$30 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.**

**Friday, Sep 17 – Air Force Birthday Celebration.** The U.S. Air Force was officially founded on 18 Sep 1947, and in the decades since it has established itself as an Air Force which is second-to-none. All our US Military Branches are dear to us, but in recognition of how Blue Skies began as Air Force Village, we would like everyone (Air Force or non-Air Force) to please join us in Cochran's during lunchtime for a grab-and-go treat celebrating the 74<sup>th</sup> birthday of the Air Force, a day early.

**Monday, Sep 20 – Left, Right, Center Dice Game, 2:30pm, Legacy Room.** This is an exciting, fun new game here at Blue Skies. Please come and see what it is all about. Don't worry; you will learn quickly, and you'll be eager to come back to play again. That's why this game will be held every first and third Monday of the month (and fifth Monday, as applicable).

**Tuesday, Sep 21 – Fall Door Hanger Making, 10:15am, CC1 & CC2.** This is a twist on the traditional wreaths class we make for the fall season. Come and join us, and make your very own beautiful door hanger to adorn your own door or to give as a gift. Cost of the class is just \$8 for supplies. Please sign up in CC1 to attend. The supply cost will be billed to your account.

**Wednesday Sep 22 – Airpark Museum, Lackland AFB.** Lackland AFB is the starting point of future Enlisted Airmen attending Air Force Basic Military Training. But Lackland AFB is also home to a magnificent outdoor airpark which is an outdoor museum, in a way, for Air Force war-fighting aircraft from every era of U.S. military history. This incredible static display of warfighter jets and aircraft gives visitors an up-close-and-personal look at these incredible aircraft that is a testament to our Air Force's fighting



success. Visitors can touch the planes and feel their vibrant spirit from wars past. Please sign up in CC1 now. **Bus departs BST East at 9am.**

**Monday, Sep 27 – 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; please sign up in CC1 now.

September

### **BLUE SKIES WEST**

**Thursday, Sep 2 – 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.

**Tuesday Sep 7 – Skylark Bowling, Lackland AFB.** The bowling special for this day is just \$7.75 each, which includes 3 games and bowling shoes rental. The Skylark snack bar and grill is open and has a variety of food/drink options for you to enjoy. Residents will pay at the bowling alley for games/shoes and food/drink items. Please sign up in the Main Lobby now. **Bus departs BST West at 10:15am.**

**Thursday, Sep 9 – Patriot Day Ceremony, 9am, Main Lobby.** Twenty years have passed since the September 11, 2001 terrorist attacks. We will never forget the heroes and victims of this day in history. In recognition of the upcoming anniversary, there will be a memorial ceremony in Main Lobby. Please join us in the Main Lobby as we commemorate the 20th anniversary of this devastating attack.

**Friday, Sep 10 & Saturday Sep 11 – Remembering 9/11, The History Channel.** As America remembers 9/11, The History Channel will be airing four new special documentaries on this 20th anniversary of the terrorist attack. The schedule is as follows:

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**Thursday, Sep 16 – 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 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.

**Friday, Sep 17 – Air Force Birthday Celebration, 2:30pm, Main Lobby.** The U.S. Air Force was officially founded on September 18, 1947, and in the decades since it has established itself as an Air Force which is second-to-none. All our US Military Branches are dear to us, but in recognition of how Blue Skies began as Air Force Village, we would like everyone (Air Force or non-Air Force) to please join us in the Main Lobby for a grab-and-go treat celebrating the 74<sup>th</sup> birthday of the Air Force, a day early.



**Tuesday, Sep 21 – Fall Door Hanger Making, 2:15pm, Roadrunner Lounge.** This is a twist on the traditional wreaths class we make for the fall season. Come and join us and make your very own beautiful door hanger to adorn your own door or to give as a gift. Cost of the class is just \$8 for supplies. Please sign up in CC1 to attend. The supply cost will be billed to your account.

**Wednesday Sep 22 – Airpark Museum, Lackland AFB.** Lackland AFB is the starting point of future Enlisted Airmen attending Air Force Basic Military Training. But Lackland AFB is also home to a magnificent outdoor airpark which is an outdoor museum, in a way, for Air Force war-fighting aircraft from every era of U.S. military history. This incredible static display of warfighter jets and aircraft gives visitors an up-close-and-personal look at these incredible aircraft that is a testament to our Air Force's fighting success. Visitors can touch the planes and feel their vibrant spirit from wars past. Please sign up in CC1 now. **Bus departs BST West at 8:45am.**

