

**NOTES FROM WELLNESS & LIFE ENRICHMENT DIRECTOR**

By Shari Proctor

Carvajal Pharmacy will be back on **Tuesday, Oct 26** to provide third Pfizer dose vaccines for those who are interested. The third Pfizer dose vaccine can be taken no sooner than 6 months from the date of the second dose. We will reach out by Oct 26 to those who will be eligible. For any of you who received your third Pfizer dose at a location other than Blue Skies, please bring your card reflecting the third dose to the Wellness Office (Rm 104 at West, and Rm 112 or Rm 106 at East) so we can keep a copy on file.



The next “booster” to be reviewed by the FDA and CDC will be the Moderna booster which may presently be one-half the dose of the original vaccine. We will keep you posted on those developments, as well as any news on a Johnson & Johnson booster.

Now on to our next vaccine clinic...flu shots. This year’s flu vaccine will also 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, check in at CC1.

If you are unable to make it on the above dates, you can get your flu shot at HEB, Walgreens, CVS or Walmart.

Carvajal updated the Consent Form for the flu shots, so please bear with us as we ask you to complete another Consent Form for the flu vaccine. If you received your third Pfizer dose at BST, you were given a new Consent Form to complete for the flu shot as you exited the Roadrunner Lounge. If you went elsewhere for that vaccine, please come to the Wellness Office to get the new Consent Form. Please return the completed Consent Forms to the Wellness Office (Rm 104 at West, and Rm 112 or 106 at East) as soon as possible.



Pneumonia and Shingles Vaccines will be given in mid-November, with 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 **Wednesday, 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, Oct 13** 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 **WEST** to meet individually with West residents on **Tuesday, Oct 5** in Conference Room 110. At this time, there is one appointment available. Lackland Legal will be at the **East Campus** on **Tuesday, Nov 2**. 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>.



Military ID Card Renewals – The 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.

WELLNESS CENTER

By Terry Elizondo, Medication Liaison

Reid Pharmacy Guidelines:

- Electronic prescriptions from physicians are the preferred and fastest method for medications. Please provide your physician's office with the following electronic address when sending electronic 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 West Specialty Clinic on the following dates. Please call 830-538-3550 to schedule an appointment.

- **Wednesdays, Oct 6, 13, 20 & 27 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, Oct 5, 12, 19, & 26 8am-5pm**
- **East Specialty Clinic II – Friday, Oct 8 & 22, 8am-12pm**

Visiting Physicians Group – Dr. Pham will be at the **East Campus** on **Mondays, Oct 4, 11, 18 & 25** 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, Oct 21, 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, Oct 8 & 22, 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, Oct 20, 10-11am**
- **East Specialty Clinic – Wednesday, Oct 20, 1-2pm**

Home Eye Care Associates – Richard Sorensen will be at BST on the following dates to perform annual eye exams. Please call Elizabeth Bain at the West campus, 210-568-3416, or at the East campus, 210-568-5076 to schedule an appointment.

- **West Specialty Clinic Too – Friday, Oct 15, 9am-12pm**
- **East Specialty Clinic – Friday, Oct 15, 1-4pm**

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, Oct 11, 8:30-11:30am**
- **East Specialty Clinic – Monday, Oct 11, 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, Oct 7, 14 & 21(will be in conference room #110 on 21st only)
9am-12pm
- **East Specialty Clinic – Dr. Tracy Board, Audiologist**
Wednesdays, Oct 6 & 27, 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, Oct 29, 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



LOW VISION - Did you know that vision is a primary sense that is the first to alert us to danger? Eighty to ninety percent of new learning typically occurs through our visual pathways. The aging visually impaired population is the third fastest-growing population of people needing services in the US. This population is expected to more than double by the year 2030

when the last generation of baby boomers reaches the age of 65. Low Vision (LV) is a common condition that impacts many older adults. According to the National Eye Institute, LV is defined as a visual impairment that is not correctable by standard eyeglasses, contact lenses, medication, or surgery, and interferes with the ability to



perform everyday activities. Although LV is not a life-threatening condition, it can have a significant impact on your quality of life.

LV occurs gradually over time. Various anatomical and physiological changes in the eye can cause the condition. There are three main eye diseases which account for 76% of LV cases: age-related macular degeneration, diabetic retinopathy, and glaucoma. The following steps can be taken to prevent LV from occurring/progressing: get regular comprehensive dilated eye exams; maintain a healthy weight; do not use tobacco; keep diabetes under control; wear sunglasses and a brimmed hat outdoors; wear protective eyewear; and know your family's eye health history.

There are many signs of LV, such as finding it difficult or impossible to read, write, shop, watch television, drive a car, or recognize faces. It may be difficult to manage glare. With LV, you might have trouble picking out and matching the color of your clothes. The lights may seem dimmer than they used to making work or household chores more difficult. The most common types of LV include loss of central vision, loss of peripheral (side) vision, night blindness, blurred vision, and hazy vision.

After a regular eye exam, you may be referred to a professional that specializes in LV examination. There is no cure for LV, but with a combination of vision training, rehabilitation and LV devices, independence and increased quality of life can be obtained. It is important to ask your healthcare providers what you can do to minimize the impact of LV on your everyday life.

Physical, Occupational and Speech Therapists can make a significant impact in the lives of those affected by LV by optimizing visual performance, enhancing safety, increasing mobility, improving ADLs and minimizing/preventing falls and other injuries to achieve maximal functional independence.

To learn more, call your friendly neighborhood Therapy Department. 210-568-5171 for the East campus; 210-568-3415 for the West campus

LIFE ENRICHMENT

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

Blue Skies of Texas Fitness News

We will resume exercising outdoors! Are you ready?



BST West - Starting Friday, Oct 1, 10:15am Strength & Balance, and 11:15 Zumba Classes will be held at the Gazebo. Please note the following requirements for attending

live outdoor fitness classes: Face masks will **not** be required during outdoor fitness classes; however, you must keep your mask on until the class begins. In addition, participants must maintain a distance of at least 6 feet from one another. Let's all be safe and active and enjoy the great outdoors while weather permits!



Wonder Woman Walk - Grab your golden lasso and your running shoes and get ready for the 2021 DC Wonder Woman Virtual (5K) Run. The organizers will ship your runner's kit directly to your door. All you have to do is lace up, get out there and run or walk! This is a virtual race, but we will have our very own Wonder Woman Walk at Blue Skies West. Please register online at <https://dcwonderwomanrun.com/>. Proceeds from the race will benefit St. Jude Children's Hospital. Join us on **Saturday, Nov 20 at 8:30am.**



Personal Fitness Training Services – What to expect from a Personal Trainer?



- Demonstrates exercise routines to clients
- Assists clients in exercises to minimize injury and improve fitness
- Monitors clients' progress
- Modifies exercises according to clients' fitness level

To inquire about this service, please call Hope Santos at 210-568-3296 and 210-568-5200, or via email at hopesantos@blueskiestx.org.

Friday, Oct 1 – West Tai Chi at 1pm is cancelled. I will be teaching a CPR Class.

East Fitness Classes –

10am Chair Exercise Class – Monday, Wednesday and Friday, Vitality & Fitness Ctr.

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, Gazebo

11am Zumba Class – Monday, Wednesday & Friday, Gazebo

10am Line Dancing – Tuesday, Main Dining Room

9am Chair Yoga – Tuesday & Thursday, CC 1-2

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

1pm Tai Chi – Friday, CC 1-2

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



Blue Skies of Texas

Life Enrichment/Activities News



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 8 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 results from the 2021 LeadingAge ArtsInspire contest are in, and once again, Blue Skies residents placed in several categories. We would like to thank all the residents who participated in the contest. I see all the magnificent visual and written works that our residents submit each year, and I am thankful I do not need to be a judge, as I imagine the judges at ArtsInspire have a very difficult time making their selections. The following BST residents placed this year:

Written Arts – Prose Category Winners from BST

- 1st place: Nan Smith – “Red Ax, Navajo Shepherd”
- 2nd place: Margaret (Peggy) Young – “Father’s Day”

Visual Arts Category Winners from BST

Hard Crafts

- 1st place: Nan Smith – “Bear Pair”
- 3rd place: Bob Nettleship – “Moab”

Master Works

- 2nd place: Karen McDonald – “Copycat”

Mixed Media

- 3rd place: Celia Bell – “Snow at the Mill”

Painting: Acrylic

- 3rd place: Mac McDonald – “Skipping with Cats and Dogs”



Please be sure to congratulate the above winners as you see them. For a full listing of the winners, including those from other LeadingAge communities, please see the bulletin board in the Wellness area (room #102) and in the Arts and Craft rooms of BSTW as well as the Hi-rise Lobby at BSTE. We will have an ArtsInspire Celebratory Recognition Ceremony on **Thursday, Oct 7 at 10am, Main Lobby**, please join us.



The San Antonio Symphony is back, and we will have bus transportation to concerts. For season ticket information please go to boxoffice@sasymphony.org or call 210-554-1080. For single tickets visit tickets@tobincenter.org or call 210-223-8624. Below is a list of concerts that will have BST bus transportation to and from. Majority of the concerts listed below are the Classical Series Concerts. Pop Series and Special Concerts are indicated as such. All performances will be on Saturday night, 7:30pm at the Tobin Center unless otherwise noted.

Oct 30 – Radiant Rachmaninoff

Nov 6 – Mendelssohn Violin Concerto

Nov 20 – Russian Masters

Nov 27 – “Emperor” Concerto

Dec 18 @ Majestic Theater – Holiday at the Majestic (Special Concert)

Dec 23 – Handel’s Messiah

Jan 8, 2022 – Hotel California (Pops Series)

Jan 11, 2022 – Pink Martini (Special Concert)

Jan 15, 2022 – Bronfman and Pines of Rome

Jan 29, 2022 – Symphonie Fantastique

Feb 5, 2022 – Rhapsody in Blue (Pops Series)

Feb 12, 2022 – The Passion of Brahms & Schumann

Feb 26, 2022 – Daphnis et Chloé

Mar 19, 2022 – Virtuoso Liszt

Apr 2, 2022 – Fiesta Pops (Pops Series)

Apr 23, 2022 – Mozart & More

May 14, 2022 – Beethoven Symphony No. 7

May 21, 2022 – Romantic Chopin

May 28, 2022 – The Music of John Williams (Pops Series)

June 4, 2022 – Tchaikovsky Symphony No. 5



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!



The Month of October



October is the tenth month of the year in the Julian and Gregorian calendars, and the sixth of seven months to have a length of 31 days. According to tradition, the birthstone for October is the opal, and the birth flower is the marigold. Some of the monthly observances for October are as follows: National Book Month, Fire Prevention Month, Physical Therapy Month, Apple Month, and Breast Cancer Awareness Month. Some important National days for October: National Mental Health Day (10/10), Navy Birthday (10/13), National Sports Day (10/16), and of course Halloween (10/31).

BST Upcoming Events/Trips

BLUE SKIES EAST



Monday, Oct 4 – 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's 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). Sign-up in CC1 if you plan to play.

Tuesday, Oct 5 – Freedom Brass Quintet, 2:30pm, Heritage Park. It is such an honor to have The Freedom Brass Quintet for a concert here at Blue Skies. This amazing group is part of Lackland AFB Band of the West, and they are absolutely must-see. Please note: in case of inclement weather, the concert will be moved to the Legacy Room.

Thursday, Oct 7 – ArtsInspire Celebratory Recognition Ceremony, 10am, BST WEST Main Lobby. Every year, Leading Age Texas hosts ArtsInspire, a contest for all visual and written art artists. The contest showcases the amazing talents of our senior population, not only from our BST community but other surrounding Texas communities as well. Join us in the Main Lobby as we celebrate the winners as well as other BST residents who entered the contest. After the ceremony there will be grab-and-go cake. After all, what's a celebration without cake? **Bus departs BST East at 9:30am.**

Monday, Oct 11 – Indoor Bocchia Ball, 2pm, VFC. Fun for ALL levels of fitness, as this game is played from a sitting position. Don't worry if you missed the intro class; you can get caught up and be ready to play today! Space is limited; please sign up in CC1 now.

Monday, Oct 18 – Monday Movie, “Facing the Giants”, 2pm, CC2, CC3. We were inspired to pick this movie since football season is upon us. In the movie, football coach Grant Taylor is faced with seemingly insurmountable professional and personal crises, and the idea of giving up had never seemed like an easier option. However, an unexpected visitor challenges him to trust in the power of faith, and he discovers the



strength to prevail. Reviews of this movie are outstanding, including one from Dan Reeves, NFL Coaching Great, who said, "A great movie, every family in America should see it"!

Tuesday, Oct 19 – Jammin' with Jim, 10:30am, Legacy Room. Please join our special guest, Pianist/Singer Jim Turner for a special seasonal concert. Music is a nice way to relax mid-morning before lunch.

Wednesday, Oct 20 – Mission San José Tour. Spanish missions were not churches, but communities with the church as the focus. Mission San José captures a transitional moment in history, frozen in time. Mission San José is known as the "Queen of the Missions", as this is the largest of the missions and was almost fully restored to its original design in the 1930s by the WPA (Works Projects Administration). Mission San José turned 300 years old in 2020. On this trip a docent-led tour will begin at **10am**. After the tour, we will head to a nearby park for a picnic lunch. On the sign-up sheet, please indicate if you will bring your own lunch, or would like a box lunch from the Dining Room. If you request the box lunch, \$14.50 will be billed to your account. Please sign up in CC1 now. **Bus departs BST East at 9:15am.**

Friday, Oct 22 – Walk for Freedom Alzheimer's Walk, 10am, Freedom House Entrance. Please join us to show support for our friends and family who suffer with Alzheimer's, as well as the many dedicated caregivers who, with loving hands, care for those suffering from Alzheimer's. Deadline for walkers to receive a shirt passed in mid-September, but please feel free to join in on the walk wearing one of the following representative colors:

Blue – I have Alzheimer's,

Yellow – I am supporting or caring for someone with Alzheimer's,

Purple – I have lost someone to Alzheimer's, or

Orange – I support the cause and a vision of a world without Alzheimer's.

Everyone has their own reason to walk. There is no cost to walk; however, if you choose to donate either to the Alzheimer's Association or Freedom House directly, BST Development Staff will be available to assist you in making your donation. **Bus from East to West will be provided.**

Monday, Oct 25 – 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.

Tuesday, Oct 26 – Air Park Museum (Part 2), 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, which are a testament to our Air Force's fighting success. Visitors can touch the planes and feel their vibrant spirit from



wars past. This is Part 2 of the tour we took last month, but don't worry if you didn't attend the last trip; you can still join and enjoy this tour of the Air Park. Our very own BSTW resident, Lt Col Jack Briggs, will be one of your docent leaders. Please sign up in CC1 now. **Bus departs BST East at 9am.**

Wednesday, Oct 27 – D.A.R. Presentation, 1:30pm, Legacy Room – Please join guest speaker Nancy Davis for her presentation on the Daughters of the American Revolution.

Thursday, Oct 28 – Halloween Event, 11:30am, Main Lobby & Legacy Room. Please save the date and look forward to more details soon.

Saturday, Oct 30 – Radiant Rachmaninoff, 7:30pm, Tobin Center. Join the San Antonio Symphony for their first concert of the season. Please join Sterling Elliott, cello, and Jeffrey Kahane, conductor for the concert. Please sign-up in CC1 now. **Bus departs BST East at 6:30pm.**

BLUE SKIES WEST



Tuesday, Oct 5 – Freedom Brass Quintet, 2:30pm, BSTE Heritage Park. It is such an honor to have The Freedom Brass Quintet for a concert here at Blue Skies. This amazing group is part of Lackland AFB Band of the West, and they are absolutely must-see. Please note: in case of inclement weather, the concert will be moved to the Legacy Room. Bus will be available for BSTW residents to ride over to BSTE for the concert, please sign up in the Main Lobby. **Bus departs BST West at 2pm.**

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Thursday, Oct 7 – 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.

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to a nearby park for a picnic lunch. On the signup sheet, please indicate if you will bring your own lunch, or want a box lunch from the Dining Room. If you request the box lunch, \$14.50 will be billed to your account. Please sign up in the Main Lobby now. **Bus departs BST West at 9am.**

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Friday, Oct 29 – Halloween Employee Costume Contest, 12pm, Main Dining Room. Please come to witness the scariest, funniest, and most original costumes!

Saturday, Oct 30 – Radiant Rachmaninoff, 7:30pm, Tobin Center. Join the San Antonio Symphony for their first concert of the season, featuring Sterling Elliott, cello. Jeffrey Kahane will be the conductor. Please sign up in the Main Lobby. **Bus departs BST West at 6:15pm.**

