



NOTES FROM WELLNESS & LIFE ENRICHMENT DIRECTOR

By Shari Proctor



Pneumonia & Shingles Vaccines - Carvajal Pharmacy will be back on **Monday, Nov 15** to provide pneumonia and the Shingrix vaccines for those who are interested.

East Campus – 1pm-2pm, Legacy Room

West Campus – 2:30pm-3:30pm, Roadrunner Lounge

There are two types of pneumonia vaccines – Prevnar 13 and Pneumovax 23. Please consult with your primary care physician to determine which pneumonia vaccine is right for you. The Shingrix vaccine is a 2-part series, and you will receive the second dose 4-6 months following the first. The Shingrix vaccine for shingles is a one-time vaccine, so if you received the Shingrix vaccine in the past, you do not need to get another one.

If you would like to receive the pneumonia and/or Shingrix vaccine(s), please come to the Wellness Office Rm 104 at West, and Rm 112 at East to pick up a consent form to be completed and returned to Wellness ASAP.

Medicare Open Enrollment –

Oct 15 to Dec 7, 2021 - You can join, switch, or leave a Medicare Advantage Plan or a Medicare drug plan during this Open Enrollment Period each year.

Jan 1, 2022 - New coverage begins if you made a change. If you kept your existing coverage and your plan's costs or benefits changed, those changes also start on this date.

Jan 1 to Mar 31, 2022 - If you're in a Medicare Advantage Plan, you can change to a different Medicare Advantage Plan or switch to Original Medicare (and join a separate Medicare drug plan) once during this time. Any changes you make will be effective the first of the month after the plan gets your request.

If you have **Original Medicare** along with **Tricare for Life**, you do **NOT** need to make any changes. Please ignore the Medicare mailers and commercials! If you have **Original Medicare** and a **Medicare Supplemental Policy**, you can take this opportunity to change your supplemental insurance if you choose.

Please note, any changes you make to your medical insurance could affect your ability to utilize medical and rehab services at Blue Skies. For any questions regarding your medical insurance, please contact Shari Proctor or Ashlie Campos.



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, Nov 17 at 10am** in the Freedom House Chapel. If you are caring for someone with Alzheimer's disease or dementia, then life may feel like an uphill battle at times. BST wants you to know that you are not alone; there are other Blue Skies residents going through the same fight. 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.

AA Meetings at BST West – we are starting AA Meetings at BST West that will be led by a resident volunteer. If you are interested in attending, please contact Shari Proctor at (210) 568-3355 for specific details.

PERSONAL AFFAIRS ADVISOR INFORMATION

By Ashlie Campos

Lackland Legal - Lackland Legal will be at **East** to meet individually with East residents on **Tuesday, Nov 2** in the Executive Office Conference Room. At this time, there is one available appointment. They will be at **West** on **Tuesday, Dec 7**. 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 Jul 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 Holiday Closure – In observance of Thanksgiving, Reid Pharmacy will be closed **Wednesday, Nov 24, Thursday, Nov 25, and Friday, Nov 26**. Please plan your refill requests accordingly.

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, Nov 3, 10, 17, 24 & Dec 1 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, Nov 2, 9, 16, 23 & 30 8am-5pm**
- **East Specialty Clinic II – Friday, Nov 12, 8am-12pm**



Visiting Physicians Group – Dr. Pham will be at the **East Campus** on **Mondays, Nov 1, 8, 15, 22 & 29** 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, Nov 18, 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, Nov 12, 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, Nov 17, 10-11am**
- **East Specialty Clinic – Wednesday, Nov 17, 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, Nov 8, 8:30-11:30am**
- **East Specialty Clinic – Monday, Nov 8, 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, Nov 4, 11 & 18 (will be in conference room #110 on the 18th only) 9am-12pm



- **East Specialty Clinic – Dr. Tracy Board, Audiologist**
Wednesdays, Nov 3 & 24, 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, Nov 19, 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

The Latest News on Falls

According to the Centers for Disease Control and Prevention, each year one out of every three adults aged 65 and older experiences a fall. Falling once doubles your chances of falling again. Older adults who have fallen typically report moderate to severe injuries, including deep bruises, head trauma, and hip fractures. Fall-related injuries may alter mobility and limit independent living, requiring both formal and informal caregiving. Many of these injuries, such as hip fractures, increase the risk of premature death. These facts of falling put into perspective the importance of reducing your risk of falls. Many falls can be prevented by making simple changes in your daily life.

First, it is important to take care of your health. Have your eyes and hearing checked frequently for changes. See a healthcare provider if you have foot pain, or if you can't trim your toenails. Also, consult a healthcare provider right away if you feel weak or unsteady on your feet, if you feel confused, or if you fall. Let a healthcare provider know if a medicine is making you feel dizzy or making you lose your balance. If your healthcare provider wants you to use a cane or a walker, learn how to use it – and then use it consistently. It is also important to get regular exercise, especially walking. Six out of every 10 falls happen at home, where older adults spend much of their time.



Older adults should be encouraged to take steps to "fall-proof" their living areas, both inside and outdoors including:

- Wear shoes with nonskid soles
- Be sure your home is well lit so that you can see things you might trip over
- Remove throw rugs or fasten them to the floor with carpet tape
- Don't put electrical cords across pathways
- Have grab bars put in your bathtub, shower, and toilet area
- Have handrails put on both sides of stairways
- Don't climb on stools and stepladders

Therapy can help. By participating in balance/fall management program, you will develop and learn skills necessary for safe, functional mobility with reduced risk for falls. You may also reduce the risk for falls and other complications resulting from balance problems, low vision, cognitive changes, as well as decreased sensation. In order to ensure success of an individualized balance/fall management program, therapists work closely with the multi-disciplinary team.

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

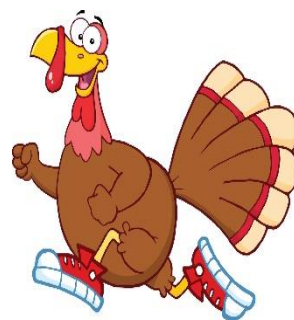
November



2021 Blue Skies Turkey Trot- Join fellow turkey lovers and friends for a 1- 2 mile walk around campus, and even bring your pup for a walk around Blue Skies. The walk will start and finish at the Main Entrance. If you are looking for a great trot to make room for the turkey, join us!! Please signup NLT Friday, Nov 12.

Turkey Trot Blue Skies East- Monday, Nov 22, at 9am.

Turkey Trot Blue Skies West- Friday, Nov 19 at 9am.



West Wonder Woman Walk - Join us on **Saturday, Nov 20 at 8:30am.**

East Fitness Meeting will be **Thursday, Nov 11 at 1:30pm**, in the Vitality & Fitness Center.



East Fitness Classes –

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

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

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

7am Walking Class – Tuesday & Thursday, will start at the V & F

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

1pm Aqua Fitness – Tuesday & Thursday, Pool

1:30pm Aqua Strength – Tuesday & Thursday, Pool

West Fitness Classes –

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

9:30am Tai Chi – Monday, CC1-2

10:15am Strength & Balance – Monday, Wednesday, & Friday, CC1-2

11am Zumba Class – Monday, Wednesday & Friday, CC1-2

10am Line Dancing – Tuesday, Main Dining Room

9am Chair Yoga – Tuesday & Thursday, CC1-2

10am Yoga – Tuesday & Thursday, CC1-2

11am Chair Yoga – Tuesday & Thursday, CC1-2

1pm Chair Exercise – Tuesday & Thursday, CC1-2

1pm Water Aerobics – Tuesday, Thursday, Pool

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

1pm Tai Chi – Friday, CC1-2

2021 November 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. Trips to Symphony and Majestic will not have a minimum or maximum number of people for bus; BST will provide transportation to be charged accordingly, so please don't hesitate to purchase tickets for these concerts and productions. 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.

Broadway at the Majestic –

The 2021-2022 Broadway in San Antonio season subscription packages are currently not available. They invite you to sign up for their eClub for presale access for most Broadway in San Antonio shows, priority offers and discounts to other live entertainment events, and their 2022-2023 season announcement in the spring. Please visit

**BROADWAY IN
SAN ANTONIO™**

<https://sanantonio.broadway.com/subscriptions/> for more information.

We will provide bus transportation to the following Broadway shows at the Majestic. All performances in which transportation is provided are the first Sunday afternoon of the production and only the season subscription shows will be included in such transportation. The shows are as follows.

Dec 12, 2021 – Charlie and the Chocolate Factory

Jan 9, 2022 – Hamilton

Mar 6, 2022 – Tootsie

Mar 20, 2022 – Rent

Apr 24, 2022 – Summer: The Donna Summer Musical

June 12, 2022 – Beautiful: The Carole King Musical

July 10, 2022 – Jesus Christ Super Star

Aug 14, 2022 – Mean Girls



The **San Antonio Symphony** is back, and we will provide bus transportation to the concerts as soon as the strike is over. For season ticket information, please go to boxoffice@sasymphony.org or call 210-554-1080. For single tickets, please visit tickets@tobincenter.org or call 210-223-8624. Below is a

list of concerts that will have BST bus transportation to and from. The 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. **Update:**

Nov 6 – Mendelssohn Violin Concerto – **postponed due to SA Symphony strike.**

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 November. November is the **eleventh and penultimate month of the year** in the Julian and Gregorian Calendars, and the fourth and last of four months to have a length of 30 days. If you were born in November, your birthstone is topaz, and your astrological sign is either Scorpio (Oct 24 - Nov 22) or Sagittarius (Nov 23 - Dec 21). The month of November is Military Family Month and also brings health awareness for American Diabetes, Lung Cancer, Epilepsy, and Alzheimer’s Disease. In addition, you may hear November being called “Movember”, as some men will not shave during the entire month to bring awareness to Men’s Health. In November we also honor and celebrate all of our Veterans. We will also be celebrating the harvest and other blessings of the past year during Thanksgiving.



Market Days are back! Seeking Vendors Now! Market Day dates are scheduled for **Thursday, Dec 9 at BSTE** and **Friday, Dec 10 at BSTW**. To make this in-house shopping event possible, we need your help. Please contact any vendors you have sponsored in the past and ask if they would like to participate in our Market Day events. New vendors are welcome too! The cost for vendors to participate is \$15 for 1 table and \$5 for additional tables. Applications must be

submitted to Carol Estala, Activities Coordinator, no later than **Wednesday, Dec 1**. The applications can be picked up in the office where medications are also picked up.



BST Upcoming Events/Trips

BLUE SKIES EAST



Monday, Nov 1 – 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. An LRC game will be held every first and third Monday of the month. **Sign up in CC1.**

Saturday, Nov 6 – Music with Eddie, 3pm, Legacy Room. One of our favorite and also very musically talented Select Rehab Therapists has been working at our West campus but has not forgotten all of you here at East. He will be back at East to see all of you as he entertains you with some great music. Come join the fun! Refreshments will be served.

Sunday, Nov 7 – Daylight Saving Time Ends. We now "fall back". Don't forget to turn your clocks back 1 hour!

Monday, Nov 8 – One Day Tournament Indoor Boccia Ball, 2:30pm, VFC. It's an East vs. West one-day tournament. Everyone has been having fun playing the game of Boccia Ball, and as you have learned to play, everyone has improved week after week. Many have asked for a friendly competition of East vs West, so here it is! West residents will be coming to the East Campus; therefore, East will have the home court advantage. Sign up in CC1 and bring your "A" game!

Thursday, Nov 11 – BSTE Veterans Day Event, 10am, Main Lobby- Please join us in the Main Lobby as we honor all Veterans. Refreshments will be served.

Thursday, Nov 11 – BST WEST Veterans Day Ceremony: Spotlight on Honoring Military Women, 11am, BST WEST Flagpole. If you are a woman who served in any branch of the military, you are invited to attend the BST West Veterans Day Ceremony where you will have a special seat and be honored along with other women from BST who served their country. Bus will depart BSTE at **10:15am.**

Friday, Nov 12 – Coffee Talk, 10am, Legacy Room. Come enjoy some leisure time! No entertainment, no speakers, just you, your friends, hot coffee, fresh baked cookies, and great conversation!

Saturday, Nov 13 – Jon Wayne Veteran Appreciation Event. Calling all Veterans and their spouses. Don and Pam Rackler with Jon Wayne Heating and Air are huge supporters of our Military Veterans and invite our Veterans to join them at their ranch in La Vernia, Texas to honor and celebrate all of you with a ceremony and complimentary BBQ meal to follow. Blue Skies is Jon Wayne's honorary guest, please be sure to sign up in CC1 to show our Blue Skies Veterans Pride! **Deadline to sign up is Monday,**



Nov 8. Our buses will have a special escort from San Antonio all the way to the event.
Bus departs BST East at 2:30pm.

Monday, Nov 15 – 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. An LRC game will be held every first and third Monday of the month. Please sign up in CC1 if you plan to play.

Tuesday, Nov 16 – Movie Event: Miracles from Heaven, 2pm, CC2/CC3. This movie is based on the incredible true story of the Beam family. When Christy (Jennifer Garner) discovers that her 10-year-old daughter, Anna has a rare, incurable disease, she becomes a ferocious advocate for her daughter's healing as she searches for a solution. After Anna has a freak accident, an extraordinary miracle unfolds in the wake of her dramatic rescue that leaves medical specialists mystified, her family restored, and their community inspired. Please sign up for this inspirational movie in CC1. Popcorn and drinks will be served.

Wednesday, Nov 17 – Albi Vite Italian Kitchen. This dining out adventure will take you to a place where you will enjoy authentic Italian dishes prepared by Chef Albi and his family. Chef Albi has Sicilian roots and brings his family recipes to life, serving all homemade and fresh dishes. The restaurant also offers a fine wine collection. Sign up in CC1. Deadline to sign up is **Monday, Nov 8. Bus Departs BSTE at 4:45pm.**

Thursday, Nov 18 – Thankfulness Walking Quest Begins! Thankfulness is in the air and around various campus spots too! The challenge of the quest is to see how many quotes of the quest you can spot and re-quote. Put on your walking shoes and go on a hunt for thankfulness tidbits. Hint: tidbits will be found both outside around the campus, and inside in the common areas of the main building. What is this walking quest all about, you say? Go to the Main Lobby on **Thursday, Nov 18** where you will find a table with complete instructions and an entry form that you will fill out with all the tidbits you find. Be sure to turn in your completed form in the entry box provided by **noon** on **Tuesday, Nov 30.** All participants with entries indicating at least 20 tidbits will be put in the box for a drawing for 2nd and 3rd place. Those who capture all 33 will be in a drawing for 1st place. Winners will be announced, and prize awarded at a special event on **Thursday, Dec 2 at 2:30pm** in the Main Lobby.

Saturday, Nov 20 – Russian Masters, 7:30pm, Tobin Center. Join the San Antonio Symphony for Russian masters, Prokofiev and Shostakovich program, with guest conductor, Roderick Cox and soloist, Jon Kimura Parker on piano. "D'un matin de printemps" by French composer Lili Boulanger, younger sister of famed composer Nadia Boulanger, leads off the program. Please sign up in CC1 now. Deadline to sign up is **Wednesday, Nov 10. Bus departs BST East at 6:30pm.**



Monday, Nov 22 – 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.

Thursday, Nov 25 and Friday, Nov 26 – Thanksgiving Holiday. There will be no planned activities on these dates. This is a holiday for most of the BST staff members. May you and your families enjoy and count your blessings as we all give thanks.

Saturday, Nov 27 – “Emperor” Concerto, 7:30pm, Tobin Center. Join the San Antonio Symphony for Beethoven's "Emperor" Concerto, featuring conductor, Jessica Cottis and pianist, John O'Connor. The concert will include Beethoven's Piano Concerto No. 5, “Emperor,” Na'Ama Zisser's “Island Mantras”, and Sibelius' Symphony No. 5. Please sign up in CC1 now. Deadline to sign up is **Wednesday, Nov 17. Bus departs BST East at 6:30pm.**

Monday, Nov 29 – Let's Deck the Halls! We need you! We'll start at **9am**. Please come help bring the spirit of Christmas to BSTE by helping set up and decorate the many Christmas trees we display throughout the common areas of our campus as well as setting out other holiday decorations. The goal is to beautify BSTE for the holiday season and this can't be done without the help of all of you. If you are able to help, please sign up in CC1.



A sneak peek at the first week of December 1- 7 (BST EAST)

Thursday, Dec 2 – Wrapping of Children's Christmas Gifts & Presenting Winners of Walking Quest with Prizes, 9am-12pm, Legacy Room. Seeking some special Santa's helpers to help in wrapping gifts for the Children's Christmas drive-through event later in the month. We will be awarding our winners of the Walking Quest contest as well. Refreshments will be served. Come out and join us!

Friday, Dec 3 – Town Hall Meeting, 10am, CC rooms. Mark your calendars!

Saturday, Dec 4 – El Chaparral Restaurant & The Market Place of Old Town Helotes. This trip will take you to our neighboring little town of Helotes for an afternoon of delicious Mexican food for lunch, then a stroll through the Market Place of Old Town Helotes. Please be advised that this trip will consist of about 45 mins-1 hour of walking as you browse through the marketplace, and some areas could have uneven surfaces. Please sign up in CC1. Deadline to sign up is **Monday, Nov 22. Bus departs BST East at 10:45am.**

Sunday, Dec 5 – Resident Concert Series: Doc Watkins Jazz Trio, 3pm, BST West Main Lobby. We'll enjoy an afternoon of great jazz music. Please sign up for the bus in CC1. **Bus departs BST East at 2pm.**



Monday, Dec 6 – Chapel Hill United Methodist Church Christmas Cantata, 3pm, BSTE Main Chapel. Join Pastor Rick Wilkins and members of the Chapel Hill United Methodist Church for this special holiday event.

BLUE SKIES WEST

November



Wednesday, Nov 3 – Movie Event: Miracles from Heaven, 1:30pm, RR Lounge. Based on the incredible true story of the Beam family. When Christy (Jennifer Garner) discovers her 10-year-old daughter Anna has a rare, incurable disease, she becomes a ferocious advocate for her daughter's healing as she searches for a solution. After Anna has a freak accident, an extraordinary miracle unfolds in the wake of her dramatic rescue that leaves medical specialists mystified, her family restored, and their community inspired. Please sign up for this inspirational movie in the Main Lobby. Popcorn and drinks will be served.

Friday, Nov 5 – Resident Arts & Crafts Fair. This is a resident-run event with all resident vendors. Come, shop, and see the talents of your fellow residents. Remember, the holidays are just around the corner and you will be able to pick up a gift or two. Please see the resident section of the Roadrunner for more details.

Saturday, Nov 6 – Music with Eddie, 3pm, BSTE Legacy Room. Many of you know Eddie from Select Rehab, but did you know that he also sings and plays guitar? You are invited to come hear his musical talents. Refreshments will also be served. **Transportation to and from East campus is on your own.**

Sunday, Nov 7 – Daylight Saving Time Ends. We will “fall back”; don't forget to turn your clocks back 1 hour!

Monday, Nov 8 – One-Day East vs. West Indoor Boccia Ball Tournament, 2:30pm, VFC. Everyone has been having fun playing the game of Boccia Ball, and as you have learned to play, everyone has improved week after week. Many have asked for a friendly competition of East vs West, so here it is! West residents, you will go to East to play in the spacious Vitality & Fitness Center. Sign up in Main Lobby and bring your “A” game! **Bus will depart BSTW at 2pm.**

Tuesday, Nov 9 – Jammin' with Jim, 10:30am, Main Lobby. Special guest pianist/singer Jim Turner will visit to entertain you with a concert full of autumn flair and patriotic tunes. Music is a nice way to relax mid-morning before lunch. Please join us; this artist is fantastic!

Thursday, Nov 11 – Veterans Day Ceremony, 11am, Outside Main Lobby (flagpole). Ceremony will include John Jay ROTC and special tribute to women who served in the military. Cake and punch will be available following the ceremony in the Main Lobby.



Thursday, Nov 11 – Indoor Boccia Ball, 2:30pm, CC1 & 2. Fun for ALL levels of fitness. Please come and join the fun. It is easy to learn. You can catch up on the rules and be ready to play today! Space is limited; please sign up in the Main Lobby.

Saturday, Nov 13 – Jon Wayne Veteran Appreciation Event. Calling all Veterans and their spouses! Don and Pam Rackler with Jon Wayne Heating and Air are huge supporters of our Military Veterans and invite our Veterans to join them at their ranch in La Vernia, Texas to honor and celebrate all of you with a ceremony and complimentary BBQ meal to follow. Blue Skies is Jon Wayne's honorary guest; please be sure to sign up in Main Lobby to show our Blue Skies Veterans Pride! Deadline to sign up is **Monday, Nov 8**. Our buses will have a special escort from San Antonio all the way to the event. **Bus departs BST West at 2:15pm.**

Wednesday, Nov 17 – Albi Vite Italian Kitchen. This dining out adventure will take you to a place where you will enjoy authentic Italian dishes prepared by Chef Albi and his family. Chef Albi has Sicilian roots and brings his family recipes to life, serving all homemade and fresh dishes. The restaurant also offers a fine wine collection. Please sign up in the Main Lobby. Deadline to sign up is **Monday, Nov 8. Bus Departs BSTW at 4:30pm.**

Thursday, Nov 18 – Thankfulness Walking Quest Begins! Thankfulness is in the air and around various campus spots too! The challenge of the quest is to see how many quotes of the quest you can spot and re-quote. The Walking Quest adventure begins on this day! Put on your walking shoes and go on a hunt for thankfulness tidbits. Hint: tidbits will be found both outside around the campus, and inside in the common areas of the main building. The quest begins on the above date in the morning and runs through the last day of the month at noon. What is this walking quest all about, you say? Go to the Main Lobby on **Thursday, Nov 18** where you will find a table with complete instructions and an entry form that you will fill out with all the tidbits you find. Be sure to turn in your completed form in the entry box provided by noon on **Tuesday, Nov 30**. All participants with entries indicating at least 20 tidbits will be put in the box for a drawing for 2nd and 3rd place, and those who capture all 33 will be in a drawing for 1st place. The Winners will be announced, and prize awarded at a special event on **Tuesday, Dec 7 at 2:30pm** in the Main Lobby.

Friday, Nov 19 – Creating Holiday Charcuterie Board Workshop, 2pm, RR Lounge. You can be a food artist! Please join Ginny Hallager's daughter Kathi Barden for this fun, interactive workshop, where you will create your very own holiday charcuterie board. Space is limited to 20 people. You must sign up (register) in Main Lobby, then prepay the \$40 supply cost, no later than **Wednesday, Nov 17**. Please contact Ginny Hallager to make your payment by check or cash. The supply cost includes your very own board with edibles and the interactive workshop instruction. You will then have a



beautiful charcuterie board to take home and enjoy or stay for happy hour and share your creation with others.

Saturday, Nov 20 – Russian Masters, 7:30pm, Tobin Center. Join the San Antonio Symphony for Russian masters, Prokofiev and Shostakovich program, with guest conductor, Roderick Cox and soloist, Jon Kimura Parker on piano. D'un matin de printemps by French composer, Lili Boulanger, younger sister of famed composer Nadia Boulanger, who leads off the program. Please sign-up in Main Lobby. The deadline to sign up is **Wednesday, Nov 10. Bus departs BST West at 6:15pm.**

Thursday, Nov 25 & Friday, Nov 26 – Thanksgiving Holiday. There will be no planned activities on these dates. This is a holiday for most of the BST staff members. May you and your families enjoy and count your blessings as we all give thanks.

Saturday, Nov 27 – “Emperor” Concerto, 7:30pm, Tobin Center. Join the San Antonio Symphony for Beethoven's "Emperor" Concerto, featuring conductor Jessica Cottis and pianist John O’Conor. The concert will include Beethoven's Piano Concerto No. 5, “Emperor,” Na’Ama Zisser’s “Island Mantras”, and Sibelius' “Symphony No. 5”. Please sign up in the Main Lobby now. Deadline to sign up is **Wednesday, Nov 17. Bus departs BST West at 6:15pm.**



A sneak peek at the first week of December 1- 7 (BST WEST)

Friday, Dec 3 – Town Hall Meeting, 2pm, RR Lounge/Main Dining Room. Masks required (due to close proximity of seating). Mark your calendars!

Saturday, Dec 4 – El Chaparral Restaurant & The Market Place of Old Town Helotes. This trip will take you to our neighboring little town of Helotes for an afternoon of delicious Mexican food for lunch, then a stroll through the Market Place of Old Town Helotes. Please be advised, this trip will consist of about 45 minutes-1 hour of walking as you browse through the marketplace, and some areas could have uneven surfaces. Please sign up in the Main Lobby; deadline to sign up is **Monday, Nov 22. Bus departs BST West at 10:30am.**

Sunday, Dec 5 – Resident Concert Series: Doc Watkins Jazz Trio, 3pm, Main Lobby. Come to the Main Lobby for an afternoon of great jazz music.

Tuesday, Dec 7 – A Decorating Team Thank You and Announcement of Winners for Walking Quest, 2:30pm, Main Lobby. Come to the Main Lobby where you will find refreshments for all those who rolled up their sleeves to Deck the Halls of BST West and those that participated in the Thankfulness Walking Quest. Drawing and prizes will be awarded to the winners of the Walking Quest.

