

## BST WELLNESS AND LIFE ENRICHMENT



December 2021 EDITION

### NOTES FROM WELLNESS & LIFE ENRICHMENT DIRECTOR

*By Shari Proctor*

#### 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, 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 third Wednesday** of each month. Please join us on **Wednesday, Dec 15 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.



**Lackland Legal** - Lackland Legal will be at **West** to meet individually with West residents on **Tuesday, Dec 7** in the Conference Room. Currently, there are no available appointments. They will be at **East** on **Tuesday, Jan 4**, and again at **West** on **Tuesday, Feb 1**. 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 the Christmas and New Year holidays, Reid Pharmacy will be closed on **Friday, Dec 24, and Friday, Dec 31**. 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, Dec 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, Dec 7, 14, 21 & 28, 8am-5pm**
- **East Specialty Clinic II – Friday, Dec 3, & 17, 8am-12pm**

**Visiting Physicians Group – Dr. Pham** will be at the **East Campus** on **Mondays, Dec 6, 13, 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** **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** **on Thursday, Dec 16, 9am-12pm**, please call 210-523-7237 to schedule an appointment.

**Visiting Practitioners Group – Dr. Talukdar** will be at the **East Campus** on **Wednesdays, Dec 1, 8, 15, 22 & 29** from **9:00am-4:30pm**. Please call 210-960-2833 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, Dec 10, 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, Dec 15, 10-11am**
- **East Specialty Clinic – Wednesday, Dec 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, Dec 13, 8:30-11:30am**
- **East Specialty Clinic – Monday, Dec 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, Dec 16 (will be in conference room #110 on 16<sup>th</sup>) 9am-12pm**
- **East Specialty Clinic – Dr. Tracy Board, Audiologist  
Wednesdays, Dec 1, 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 not be available during the month of December.** 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.







### Dealing with Dizziness and Vertigo

Dizziness and vertigo can happen at any age, but if it results in falling, it can be a serious health concern, particularly for an older adult. It is important to note that dizziness, vertigo, and imbalance are not a normal part of aging. Its prevalence increases with age, with 54% of older adults over 90 years old experiencing dizziness / vertigo. Dizziness / vertigo problems are among the most common reasons for older adults who seek help from a healthcare provider. Dizziness / vertigo can lead to disequilibrium, fear of falling, inactivity, and increased fall risk. In many older adults, such falls lead to moderate to severe injuries, such as a hip fracture, that limits mobility and reduces independent living.

Dizziness in older adults is rarely caused by a single etiology. Many individuals are interested to learn that the source of their dizziness may be because of an inner ear or vestibular problem. Dizziness due to a vestibular dysfunction are reported in about 9% of those who are 65 years of age or older. Some dizziness and balance conditions are also due to neurological conditions like Multiple Sclerosis, Parkinson's Disease, Vestibular Neuritis and Cervical Vertigo. Other miscellaneous conditions that cause dizziness and balance problems can be Meniere's syndrome, psychological disturbances, migraines, circulation problems, and medication use.

There are things you can do to ease dizziness/vertigo symptoms when you experience them. First, sit or lie down immediately when you begin to feel dizzy. You may want to lie in a quiet, dark room to reduce the spinning feeling. At night, sleep with your head slightly raised on 2 or more pillows. In the morning, get out of bed slowly and sit on the edge of the bed for a while before standing up. It is important to try to relax. Anxiety can make dizziness / vertigo worse.

How can therapy help? A therapist will perform a thorough examination to determine the cause of symptoms and devise a unique treatment plan to eliminate or minimize dizziness and its consequences. If the origin of the dizziness is from the inner ear, vestibular rehabilitation may be indicated. The goals of vestibular rehabilitation include reducing fall risk, screening for and correcting the vestibular disorder stabilizing balance, retraining the proprioceptive system, improving gaze stability, gait training and enabling optimal function. Research demonstrates that vestibular rehabilitation is just as successful in remediating symptoms for older adults as it is for a younger population.

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



### Inaugural 2021 Blue Skies West Santa Shuffle and Golf Cart Parade, Thursday, Dec 23, 9am,

a 1-2 mile walk around campus. If you prefer to drive your golf cart, that would be a great way to participate too! If you have a bicycle, decorate it and join us! Wear your Santa hat, and your ugly Christmas sweater, or anything festive. Don't miss this wonderful opportunity to show your holiday flair and burn some calories! Your pups are welcome too! The walk will start and finish at the Main Entrance. Please sign up in the Main Lobby.



Due to employee vacation, resident programs, and the holidays, all exercise classes are cancelled from Friday, Dec 24 – Friday, Dec 31. Merry Christmas!!!

### 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**

**1pm Aqua Fitness – Tuesday & Thursday, Pool**

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

**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**

**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**

**2pm Balance, Friday, CC 1**

**2021 December 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 the Tobin Center and the Majestic will not have a minimum or maximum number of people for the 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 sign-up 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 IN SAN ANTONIO™**

**Broadway at the Majestic.** Currently the 2021-2022 Broadway In San Antonio season subscription packages are unavailable. 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

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

We will provide bus transportation to the following Broadway shows at the Majestic; all will be for a **2pm** performance. All performances in which transportation is provided are for 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** – Tootsie

**Mar 20** – Rent



**Apr 24** – Summer: The Donna Summer Musical

**June 12** – Beautiful: The Carole King Musical

**July 10** – Jesus Christ Superstar

**Aug 14** – Mean Girls



SAN ANTONIO  
SYMPHONY

The **San Antonio Symphony** is back, and we will provide bus transportation to the concerts. For season ticket information please go to [boxoffice@sasymphony.org](mailto:boxoffice@sasymphony.org) or call 210-554-1080. For single tickets, please visit [tickets@tobincenter.org](http://tickets@tobincenter.org) or call 210-223-8624. Below is a list of concerts for which roundtrip BST bus transportation will be available.

The majority of the concerts listed below are from the Classical Series. Pop Series and Special Concerts are indicated as such. All performances will be on **Saturday night at 7:30pm** at the Tobin Center unless otherwise noted. The Symphony is still trying to resolve the current strike, and as a result, their **Saturday, Dec 18** Holiday show is cancelled. The other concerts listed below are tentative, pending an agreement between SA Symphony musicians and the Symphony itself. **Update:**

**Dec 18 @ Majestic Theater** – Holiday at the Majestic – **Cancelled due to Symphony strike**

**Dec 23** – Handel's Messiah

**Jan 8, 2022** – Hotel California (Pops Series)

**Jan 11** – Pink Martini (Special Concert)

**Jan 15** – Bronfman and Pines of Rome

**Jan 29** – Symphonie Fantastique

**Feb 5** – Rhapsody in Blue (Pops Series)

**Feb 12** – The Passion of Brahms & Schumann

**Feb 26** – Daphnis et Chloé

**Mar 19** – Virtuoso Liszt

**Apr 2** – Fiesta Pops (Pops Series)

**Apr 23** – Mozart & More

**May 14** – Beethoven Symphony No. 7

**May 21** – Romantic Chopin

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

**June 4** – 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 December** – It's the first month of winter in the northern half of the world. December is the twelfth and last month in the Gregorian calendar and has 31 days. The December solstice on December 21 or 22 marks the beginning of winter in the Northern Hemisphere. If you were born in December, your birthstone is turquoise or blue topaz, and your astrological sign is either Sagittarius (Nov 23 - Dec 21) or Capricorn (after Dec 21). December is Universal Human Rights Month; National Pear Month and Bingo's birthday month. Also, of course, it is the month of the magical Christmas Season!



**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 you pick up medications.

## *BST Upcoming Events/Trips*

### **BLUE SKIES EAST**

# December

**Thursday, Dec 2- Wrapping of Children's Christmas Gifts & Presenting Winners of Thankfulness Walking Quest w/ Prizes, 9am-Noon, Arnold House.** Seeking some special Santa helpers to help in wrapping gifts for the Children's Christmas drive-through event later in the month. At **10:30am**, we will also be awarding prizes to our winners of the Walking Quest contest. Refreshments will be served. Please join us!



**Friday, Dec 3 – Town Hall Meeting, 10am, CC rooms.** Mark your calendars and attend to listen to what's going on around BST.

**Saturday, Dec 4 – El Chaparral Restaurant & The Market Place of Old Town Helotes.** Deadline to sign up has passed. **Bus departs BST East at 10:45am.**



**Sunday, Dec 5 – Resident Concert Series: Brass Quintet, 3pm, BST West Main Lobby.** It will be an afternoon of great music from this group featuring musicians from the SA Symphony. **Please sign up for the bus in CC1. The bus departs BST East at 2pm.**

**Monday, Dec 6 – Olmos Ensemble Holiday Concert, 3pm, Legacy Room.** Come and enjoy an afternoon of wonderful music with principal musicians and concertmaster from the San Antonio Symphony.



**Wednesday, Dec 8 – Tower of the Americas Chart House Restaurant.** Downtown, in the famous Tower of the Americas, you will eat in the revolving restaurant at the top of the tower overlooking our beautiful city. For those of you not native to San Antonio, the Tower of the Americas is a 750-foot observation tower / restaurant located in the southeastern portion of downtown. The tower was designed by San Antonio architect O'Neil Ford and was built as the theme structure of the 1968 World's Fair, HemisFair. After dinner your receipt is your ticket to go out to the observation deck where you will get a great view of all the holiday lights! **Please sign up in CC1. Bus departs BSTE at 3:30PM.**

**Thursday, Dec 9 – Market Days, 9am-1pm, Legacy Room – Market Days are back!** Please come and show your support to local vendors as you do a little gift shopping or just want to treat yourself with something nice.

**Saturday, Dec 11 – Alamo Biscuit and Panderia.** Let's go out for breakfast! As they say, breakfast is the most important meal of the day, Alamo Biscuit Company & Panderia's chefs make it the most fun meal of the day! Founder John Vale is a local entrepreneur and a former American restaurant franchisee who joined forces with celebrity chef Caesar Zepeda to create this breakfast/brunch restaurant. This eatery is worth getting up early for!

**Please sign up for the bus in CC1. The bus departs BST East at 8:45am.**

**Sunday, Dec 12 – Charlie and the Chocolate Factory, Majestic Theater.** Roald Dahl's amazing tale is now San Antonio's golden ticket. It's a spectacular show that brings pure imagination to life.

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

**Please sign up for the bus in Main Lobby; the bus departs BST East at 1pm.**

**Sunday, Dec 12 – BSTE Employee Children's Christmas Party, 3pm, around the perimeter of Heritage Park with a special stop outside of Cochran's.** This event for the BSTE Employees Children is once again made possible by our BST East residents; thanks to all of you! Please look for more information about the event as the date approaches.



**Monday, Dec 13 – Indoor Bocchia Ball, 2pm, VFC.** Fun for ALL levels of fitness, as this game can be played from a sitting or standing position. This group always invites new players, and you can learn how to play in no time as all. Don't miss out on the fun!  
**Please sign up in CC1.**

**Monday, Dec 13 – River Center Mall / River Walk –** This trip has no pre-planned agenda, and gives you the freedom to shop, explore and perhaps stop for a bite to eat at the downtown River Center Mall, located on the San Antonio River Walk. River Center Mall has many restaurants and food court options to choose from, and a variety of stores for your holiday shopping. And of course, you'll be able to enjoy all the wonderful holiday lights adorning the River Walk! Please note: this trip consists of a lot of walking, and those planning to attend will need to easily be able to maneuver steps, stairs, and uneven surfaces on the River Walk. The bus will drop you off near the River Center Mall on Commerce St., then picks you back up at **7pm** at the same drop-off location. **Please sign up in CC1. Bus departs at BST East at 3:30pm.**

**Wednesday, Dec 15- A Christmas Cantata: “And the Angels Sang”, 3pm, BSTE Legacy Room.** Join Pastor Rick Wilkins and his lovely wife Franny from United Hills Methodist Church for this inspiring Christmas Cantata.

**Thursday, Dec 16 – Paesanos and Incarnate Word’s “Light the Way”.** This trip will begin with a wonderful Italian dinner at Paesanos, Lincoln Heights. After dinner you will head to the University of the Incarnate Word for a drive-through adventure of their spectacular Christmas lights. Cost of dinner is on your own.  
**Please sign up for the bus in CC1. Bus departs BST East at 4pm.**



**Friday, Dec 17 – Coffee & Company, 10am, Legacy Room.** Please come to the Legacy Room, where you will be able to enjoy some causal conversation over coffee as you once did in the Main Lobby. There will not be a program of any kind, just a time to relax with the great company of your neighbors and friends. Everyone is invited!

**Saturday, Dec 18 – Season’s Greetings from San Antonio, Public Theater of San Antonio.** This play is an original work by the Public Theater of San Antonio, conceived by Matthew Byron and Darrin Newhardt. The play explores different holiday traditions of San Antonio and the surrounding areas through stories that showcase the traditions and history of San Antonio and will include holiday music which is known and beloved by all. **Tickets are \$28** (this is a group discounted rate) and will be billed to your account. **Please sign up in CC1. Bus departs BST West at 6:15pm.**





**Sunday, Dec 19 – BSTW Village of Holiday Lights.** The BSTW Entertainment Committee, along with the many BST West residents who adorn their homes with lights of the holiday spirit, invite you to come for an evening with a tour of the West campus, and then enjoy live music by Eddie and Roy in the Main Lobby. Holiday refreshments will be served. To get into the holiday spirit, you are encouraged to wear your ugly Christmas sweater! **Please sign up in CC1. Bus departs BST East at 5:45pm.**

**Monday, Dec 20 – Christmas Candy-Making Workshop, 10:30am, Legacy Room.** It is sure to be a sweet, fun-filled time as you learn how to make a variety of candy treasures for the holiday season. Cost of class is \$8.00 for supplies, billed to your account. **Please sign up in CC1 now.**

**Wednesday, Dec 22 – Cocoa & Cookies, 3pm, Main Lobby.** A “just because we are cuckoo over cocoa, and our residents too” event! Please come out to the Main Lobby in your favorite holiday Christmas sweater (the uglier the better!). We will be there serving up some hot cocoa & cookies in celebration of each of you. As we embrace the spirit of the holiday, we might just sprinkle a little holiday magic into your cup if you wish.

**Thursday, Dec 23 – Handel’s Messiah, 8pm, Tobin.** The San Antonio Symphony presents Handel's Messiah, featuring conductor Lee Mills, soprano Elizabeth Sutphen, countertenor Daniel Moody, tenor Rafael Moras, baritone Hadleigh Adams, and the San Antonio Symphony Mastersingers under director John Silantien. For single tickets, please visit [tickets@tobincenter.org](mailto:tickets@tobincenter.org) or call 210-223-8624. **Please sign up in CC1. Bus departs BST West at 7pm.**

**Friday, December 24 – Christmas Eve – Staff Holiday**

**Saturday, December 25 – Merry Christmas to All!**

**Wednesday, December 29 – Acadiana Café.** Enjoy an evening out with good ol' Cajun style cookin' and live jazz music too! Cost of dinner is on your own. **Please sign up in CC1. Bus departs BST East at 4:30pm.**

**Friday, Dec 31 - Staff Holiday.**

## January

**Saturday, Jan 1 – New Year’s Day-** Good luck in the New Year and with all your resolutions. Let’s make 2022 a great year at Blue Skies of Texas!

**Wednesday, Jan 5 – La Esquinita and Mexican Restaurant.** Come and enjoy some great Mexican food along with margaritas and beer. There is a small meat market adjoining the restaurant if you wish to stop by. Cost of dinner is on your own. **Please sign up in CC1. Bus will depart BST East first at 3:45pm.**







**Friday, Jan 7 – Arctic Blast Pool Party! 2pm, Vitality & Fitness Center Pool** – The weather outside may be frightful, but the pool will be delightful! What a better way to jump into the new year than with a jump into the pool with friends. Come out and enjoy fun, snacks, and music. Don't be shy! Even if you aren't up to take the arctic dip, feel free to join us poolside.

**BLUE SKIES WEST**



**Friday, Dec 3 – Town Hall Meeting, 2pm, RR Lounge/Main Dining Room.** Masks required due to close proximity in seating.

**Saturday, Dec 4 – El Chaparral Restaurant & The Market Place of Old Town Helotes.** Deadline to sign up has passed. **Bus departs BST West at 10:30am.**

**Sunday, Dec 5 – Resident Concert Series: A Brass Quintet, 3pm, Main Lobby.** Come to the Main Lobby for an afternoon of great music from this group who is part of the SA Symphony.

**Monday, Dec 6 – Olmos Ensemble Holiday Concert, 3pm, BSTE Legacy Room.** Come and enjoy an afternoon of wonderful music with principal musicians and the concert master from the San Antonio Symphony. **Please sign up in the Main Lobby. Bus departs BSTW at 2pm.**

**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.

**Wednesday, Dec 8 – Tower of the Americas Chart House Restaurant.** This trip will take you downtown to the famous Tower of Americas where you will eat in the revolving restaurant at the top of the tower overlooking our beautiful city. For those of you who are not natives of San Antonio, The Tower of the Americas is a 750-foot observation tower/restaurant located in the southeastern portion of Downtown.

The tower was designed by San Antonio architect O'Neil Ford and was built as the theme structure of the 1968 World's Fair, HemisFair. After dinner, your receipt is your ticket to go out to the observation deck, where you will get a great view of all the holiday lights! **Please sign up in the Main Lobby. Bus departs BSTW at 3:15PM.**



**Thursday, Dec 9 – Indoor Bocchia Ball, 2:30pm, CC1 & 2.** Fun for ALL levels of fitness, as this game can be played from a sitting or standing position. This group always invites new players, and you will be taught how to play. You'll be playing like an expert in no time as all! Don't miss out on the fun. **Please sign up in the Main Lobby.**

**Friday, Dec 10 – Market Day, 9am-1pm, Main Lobby.** Market Day is back! Please come and show your support to local vendors as you do a little gift shopping or just want to treat yourself with something nice.

**Saturday, Dec 11 – Alamo Biscuit and Panadería.** Let's go out for breakfast! As they say, breakfast is the most important meal of the day, and Alamo Biscuit Company & Panadería's chefs make it the most fun meal of the day! Founder John Vale is a local entrepreneur and a former American restaurant franchisee who joined forces with celebrity chef Ceasar Zepeda to create this breakfast / brunch restaurant. This eatery is worth getting up early for! **Please sign up in the Main Lobby. Bus departs BST West at 8:30am.**

**Saturday, Dec 11 – Prix Fixe Dinner and Dancing, 5pm, Dining Room/RR Lounge.** Please make your usual table reservations. Your fellow BSTW residents have worked hard organizing this special event. There will be dinner music by DJ Tony Style until 6:30pm then dancing until 8pm. For non-diners, seating will be available in the Roadrunner Lounge. The evening is open to everyone. **Please make your reservations with Dining services promptly.**

**Sunday, Dec 12, – Charlie and the Chocolate Factory, Majestic Theater.** Roald Dahl's amazing tale is now San Antonio's golden ticket. It's spectacular and brings pure imagination to life. Please visit <https://sanantonio.broadway.com/subscriptions/> for more information. **Please sign up in the Main Lobby. Bus departs BST West at 12:45pm.**

**Monday, Dec 13 – River Center Mall / River Walk –** This trip has no pre-planned agenda and gives you the freedom to shop, explore and perhaps stop for a bite to eat at the downtown River Center Mall, located right on the San Antonio River Walk. River Center Mall has many restaurants and food court options to choose from as well as a variety of stores for your holiday shopping. You will also be able to enjoy all the wonderful holiday lights adorning the River Walk! Please note: This trip consists of a lot of walking, and those planning to attend will need to easily be able to maneuver steps, stairs, and uneven surfaces on the River Walk. The bus will drop you off at River Center Mall on Commerce St., then pick you back up at **7pm** at the same drop-off location. **Please sign up in the Main Lobby. Bus departs at BST West at 3:15pm.**

**Tuesday, Dec 14 – A Christmas Cantata: “And the Angels Sang”, 2:30pm, Roadrunner Lounge.** Join Pastor Rick Wilkins and his lovely wife Franny from Chapel Hill United Methodist Church for this inspiring Christmas Cantata.



**Thursday, Dec 16 – Paesanos and Incarnate Word’s “Light the Way”.** This trip will begin with a wonderful Italian dinner at Paesanos Lincoln Heights. After dinner, you will head to the University of the Incarnate Word for a drive-through adventure as you enjoy their spectacular Christmas lights. Cost of dinner is on your own. **Please sign up for the bus in CC1. Bus departs BST East at 3:45pm.**



**Friday, Dec 17 – For the Love of Pets Treat-Making Workshop, 1:30pm, CC1.** It's the holiday season; are you thinking of a gift for your fur baby? What a better gift than a homemade treat or two made by you, as you exercise your creativity with fellow pet-loving residents. The workshop supply cost is \$5 and will be billed to your account. **Please sign up in the Main Lobby.**

**Saturday, Dec 18 – Season’s Greetings from San Antonio, Public Theater of San Antonio.** This play is an original work by the Public Theater of San Antonio, conceived by Matthew Byron and Darrin Newhardt. The play explores different holiday traditions of San Antonio and the surrounding areas through stories that showcase the traditions and history of San Antonio and will include holiday music that is known and beloved by all. Tickets are \$28 (this is a group discounted rate) and will be billed to your account. **Please sign up in the Main Lobby. Bus departs BST West at 6:15pm.**



**Sunday, Dec 19 – BSTW Village of Holiday Lights, 6pm, Main Lobby.** The BSTW Entertainment Committee, along with the many BST West residents who adorn their homes with lights in the holiday spirit, invite you to come for an evening where you will enjoy live music by Eddie and Roy, taking turns for a bus tour around the campus for a close-up look at our Village of Holiday Lights. Holiday refreshments will be served. To get into the holiday spirit, you are encouraged to wear your ugly Christmas sweater!

**Monday, Dec 20 – Christmas Candy-Making Workshop, 2:30pm, CC1.** It is sure to be a sweet fun-filled time as you learn how to make a variety of candy treasures for the holiday season. Cost of class is \$8 for supplies and billed to your account. **Please sign up in the Main Lobby now.**

**Saturday, Dec 23 – Handel’s Messiah, 8pm, Tobin Center.** The San Antonio Symphony presents Handel's Messiah, featuring conductor Lee Mills, soprano Elizabeth Sutphen, countertenor Daniel Moody, tenor Rafael Moras, baritone Hadleigh Adams, and the San Antonio Symphony Mastersingers under director John Silantien. For single tickets, visit [tickets@tobincenter.org](mailto:tickets@tobincenter.org) or call 210-223-8624. **Please sign up in the Main Lobby. Bus departs BST West at 6:45pm.**





**Wednesday, Dec 23 – Santa Shuffle & Golf Cart Parade, 9am.** We will jingle and jangle all around campus! Come show us your holiday flair, and don't forget to sign up, indicating if you will be walking or driving your golf cart. For more details, please see the fitness section above.

**Friday, December 24 – Christmas Eve – Staff Holiday**

**Saturday, December 25 – Merry Christmas to All!**

**Wednesday, December 29 – Acadiana Café.** Enjoy an evening out with good ol' Cajun style cookin' and live jazz music too! Cost of dinner is on your own. **Please sign up in the Main Lobby. Bus departs BST West at 4:15pm.**

**Friday, Dec 31 – New Year's Eve Party! MDR, RR Lounge, Lemay Room.** Everyone is invited to this end of year celebration and to bring in the New Year with all your friends and neighbors. There will be live music by TTT Band from **8:30pm-12:30am**. Please bring your own food and beverages to enjoy. This event is brought to you by your Entertainment Committee. If you have any questions or for more information, look for additional upcoming advertisement or contact Mr. Perelli.



**Friday, Dec 31 – New Year's Eve – Staff Holiday.**



**Saturday, Jan 1 – New Year's Day – Good luck in the New Year and good luck with all your resolutions.**

**Wednesday, Jan 5 – La Esquinita and Mexican Restaurant.** Come and enjoy some great Mexican food along with margaritas and beer. There is a small meat market adjoining the restaurant if you wish to check it out. Cost of dinner is on your own. **Please sign up in the Main Lobby. Bus will depart BST West at 4pm.**

**Thursday, Jan 6 – How to Learn & Play Blackjack, 7pm, Game Room #112 – BST resident Alan Snyder will host this exciting new game time, starting tonight and continuing every first and third Thursday of every month. You do not need to know how to play the game of blackjack / 21 to participate. So come and learn the tricks of the trade as you will be taught the best strategies. Seating is limited; the first eight to arrive will secure a seat. For any questions, please contact Mr. Snyder (see Resident Directory).**

