



NOTES FROM WELLNESS & LIFE ENRICHMENT DIRECTOR

By Shari Proctor

Flu shots for Independent Living residents and employees are scheduled for **Monday, Sep 12** at the following locations and times. We will announce the schedule by alpha as we get closer to the date:

West Campus, Roadrunner Lounge & CC1 – 8am-noon

East Campus, Legacy Room & CC1 – 1-3pm

This is the only day we are offering flu shots, so if you are unable to make this date, you can easily get a flu shot at H-E-B Pharmacy, Walgreens, or CVS.

This year's consent form is just a little different.... Carvajal Pharmacy will once again provide the flu shots; however, this year they are going with an electronic consent form which may/will be challenging for some of our residents. Below is the link to use for completing the consent form. I completed one for myself and it is painless, but some may have problems uploading a copy of their health insurance card, but it gives you the option to bring a copy with you when getting your flu shot. **For those who are not computer savvy, Carvajal Pharmacy representatives will be at BST to assist residents in completing the Consent Form electronically, on the following dates:**

Tues, Sep 6, 9am-noon, West Campus, Roadrunner Lounge

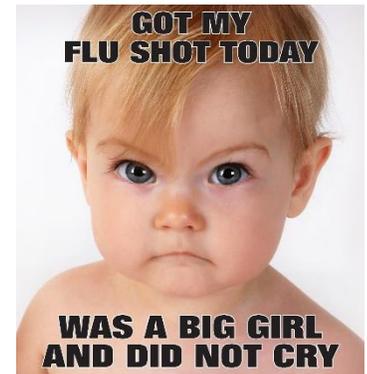
Tues, Sep 6, 1-4pm, East Campus, Legacy Room

Wed, Sep 7, 9am-noon, East Campus, Legacy Room

Wed, Sep 7, 1-4pm, West Campus, Roadrunner Lounge

The link to complete the consent form electronically is as follows:

<https://hipaa.jotform.com/222336258721151>



WANTED: COVID TEST KITS! As we enter the fall and winter seasons, the need for COVID home test kits will increase significantly. We don't know how long the supply of free COVID test kits will last; therefore, we are asking residents to order their free COVID test kits. If you don't think you will need the test kits, we ask that you donate the

kits to the Wellness Dept to be used for residents and staff. The website to order free test kits is **COVID.gov/tests**. If you need help ordering your kits online, the Wellness Office can assist in placing the order for you.



Got COVID? Here are the rules of engagement:

- If you test positive, call the Front Desk to advise us that you tested positive. Please do not leave voice messages for other staff members. All notifications should be to the Front Desk. Desk Clerks will notify other staff as appropriate.
- If it's outside of normal business hours and you feel you may be positive but don't have any tests, please call the Front Desk. A Courtesy Officer will bring the tests to you. Please do not come to the desk (no sense in sharing if you are contagious).
- If you test positive, you will need to isolate in your home for 5 days (i.e., day 1 is the day after you test positive).
- Detailed written procedures will be given to you at the time you test positive, and a COVID positive notice will be placed on the clip by your front door. We are discontinuing the notification letters to other residents who reside in the same area, as it is clear who is positive by the notice on the clip.
- Wellness will also be in contact with you to provide guidance on further steps to take, should your symptoms be severe.
- After the initial 5 days of isolation and if your symptoms have subsided, you may come out in public, but you must wear a mask at all times for the next five days, which means you cannot eat in The Lakeview or the Bistro until those five days have passed.
- Don't forget to keep a supply of home test kits.

ALZHEIMER'S CAREGIVER SUPPORT GROUP

By Sandra Guerra, Freedom House Director



Our Alzheimer's Association-sponsored support group meets **the third Wednesday** of each month. Please join us on **Wednesday, Sep 21** at **2pm** 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.



What is the PACT Act and how does it affect you?

PACT ACT

All That You Must Know

The Veterans Association just announced a new law that expanded VA health care and benefits to Veterans who were exposed to burn pits and other toxic substances. In addition, the new PACT Law expanded diagnoses and service locations associated with exposure to Agent Orange which affects those veterans who served in the Vietnam War. This is perhaps the largest health care and benefit expansion in VA history. The Texas Veterans Commission or TVC will be at BST on **Wednesday, Sep 21 at the West Campus, Roadrunner at 10am, and the East Campus, Legacy Room at 1:30pm** to host a presentation and Q&A on this new law which is beneficial for both Veterans and spouses. For more information, please contact me, Ashlie Campos, at 210-568-3282 or 210-568-5029.

Lackland Legal – Lackland Legal will be at **East** to meet individually with East residents on **Tuesday, Sep 6**. They will be at the **West Campus on Tuesday, Sep 6** to meet with West residents. If you have a military identification card, cannot drive, and wish to change or update your will, please call Ashlie Campos at (210) 568-3282 or Elizabeth Bain at (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 buzz around campus is that all retirees and their dependents need to update their Military ID Card even if it states “Indefinite.” MOAA has confirmed and announced that your current Military ID Card, pictured on the left, will need to be replaced with the one on the



right within the next 4 years, 2026. The new card will resemble the Common Access Card or CAC which are more durable along with having enhanced security features. To book an appointment to update/renew your ID Card will remain the same by going online to <https://idco.dmdc.osd.mil/idco/locator> to schedule an appointment. Please do not wait until the last minute to renew your Military ID Card, but please be advised this is not an urgent issue. Once you receive your new Military ID card stop by the Wellness Office so we can make a copy and update your records. If you need assistance in scheduling an online appointment please call Ashlie Campos, 210-568-3282 or Elizabeth Bain, 210-568-3416.



right within the next 4 years, 2026. The new card will resemble the Common Access Card or CAC which are more durable along with having enhanced security features. To book an appointment to update/renew your ID Card will remain the same by going online to <https://idco.dmdc.osd.mil/idco/locator> to schedule an appointment. Please do not wait until the last minute to renew your Military ID Card, but please be advised this is not an urgent issue. Once you receive your new Military ID card stop by the Wellness Office so we can make a copy and update your records. If you need assistance in scheduling an online appointment please call Ashlie Campos, 210-568-3282 or Elizabeth Bain, 210-568-3416.



WELLNESS CENTER

By Terry Elizondo, Medication Liaison

Reid Pharmacy Closure – Reid Pharmacy will be closed on **Friday, Sep 2** and **Monday, Sep 5** in observance of **Labor Day**. Please submit refill requests accordingly.

**CLOSED
for
Labor Day**

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: The schedule for picking up medications from Reid Pharmacy is **Monday, Wednesday, and Friday, 1-4pm**. Please contact Terry Elizondo direct at (210) 568-3417 regarding Reid Pharmacy medication questions.

EAST Campus Residents: The schedule for picking up medications from Reid Pharmacy is **Tuesday, Thursday, and Friday, 1-3pm**. Please contact Terry Elizondo direct at (210) 568-5031 regarding Reid Pharmacy medication questions.

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 – Karen MacCauley, N.P. will be at BST West Specialty Clinic on the following dates. Please call 830-538-3550 to schedule an appointment.

- **Wednesdays, Sep 7, 14, 21 & 28 9am-5pm**

MD VIP - Dr. Patrick Peters will be at BST on the following dates. Please call 210-521-7676 to schedule an appointment.

- **West Specialty Clinic – Tuesdays, Sep 6, 13, 20 & 27, 8am-5pm**
- **East Specialty Clinic II – Fridays, Sep 9 & 23, 8am-12pm**



Visiting Physicians Group – Dr. Pham will be at the **East Campus** on **Mondays, Sep 5, 12, 19 & 26** 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.

Visiting Practitioners – Dr. Talukdar will be at the **East Campus** on **Wednesdays, Sep 7 & 21** from **1-4pm**. Please call 210-960-2833 to schedule an appointment.

Cardiology

Dr. Bruce Kuo, Heart and Vascular Institute of Texas (HAVIT), will be at the **West Campus** on **Friday, Sep 9 & 23**, from **9am-4pm**. Please call 210-920-7220 to schedule an appointment.

Optometry

Valley Hi Optical – Jessica Campos will be at BST on the following dates to clean and adjust eyeglasses at no charge. To fill a prescription for eyeglasses, please call 210-674-9461 to schedule an appointment.

- **West Specialty Clinic Too – Wednesday, Sep 21, 10-11am**
- **East Specialty Clinic – Wednesday, Sep 21, 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 – Sep 8, 9, 13, 15, 20, 22, 29 & 30, 9am-5pm**
- **East Dental Clinic – Friday, Sep 2 & 16 9am-5pm**

Podiatry

At Home Foot Care – Dr. Jason Mireles, DPM will be at BST on the following dates. Please call 210-852-2427 to schedule an appointment.

- **West Specialty Clinic – Monday, Sep 12, 9am-12pm**
- **East Specialty Clinic – Monday, Sep 12, 1pm-4pm**

Audiology

Audicles Hearing Aid Service will be at BST on the following dates. Please call 210-820-0525 to schedule an appointment.

- **West Specialty Clinic Too – Dr. Jane Watson, Audiologist
Thursdays, Sep 1, 8, 15 & 22 9am-12pm**
- **East Specialty Clinic – Dr. Tracy Board, Audiologist
Wednesdays, Sep 7 & 28, 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 be at the West Campus on Friday, Sep 30. 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

Barbara Freeman, PT, Director of Rehab Services



Beat the Heat: Tips to Continue to Stay Safe and Cool

Did you know that each year more people die from excessive heat waves than from hurricanes, lightning, tornadoes, floods, and earthquakes combined? As we all experienced multiple days of 100+ degrees during the summer months, it's almost certain that we will continue to feel high temperatures into the upper 80s, 90s and possibly even 100 degrees in the month of September. Older adults are at high risk from excessive heat. As we age, the body's cooling mechanisms may become impaired. Existing health conditions such as chronic illness, mental impairment, and obesity can also heighten an individual's vulnerability. In addition, individuals taking certain medications are also susceptible to heat related illness.

You can follow these prevention tips to protect yourself from heat-related stress:

- Drink plenty of fluids but avoid alcohol, caffeine and sugary drinks
- Rest
- Take a cool shower, bath, or sponge bath
- If possible, remain indoors in the heat of the day
- If you don't have air conditioning in your home, open windows and shades on the shady side and close them on the sunny side to try to cool it down
- Avoid strenuous activity during the hottest part of the day (between 11am and 4 pm)



- Wear loose, lightweight, light-colored clothing
- Wear sunscreen and a ventilated hat (e.g., straw or mesh) when in the sun, even if it is cloudy
- Never leave children, pets or those with special needs in a parked car, even briefly. Temperatures in the car can become dangerous within a few minutes
- Check on your neighbors, family and friends, especially those who have special needs

How can Select Rehab help? Select wellness and rehabilitation team can assist in

- Identifying lifestyle changes that can facilitate staying physically and mentally healthy
- Facilitating ease of movement throughout the home and outdoor spaces.
- Recommending home modifications

To learn more, call your friendly neighborhood therapy department.

210-568-5171 for the East campus

210-568-3415 for the West campus

SELECT REHABILITATION: Save the Dates

By Barbara Freeman, PT, Director of Rehab Services

East Campus:

- **Thursday, Sep 8 – ID Distribution: 11am-1pm near Lunchroom;** IDs to be used in hospitals to return to Blue Skies of Texas for nursing and rehab needs.
- **Friday, Sep 9 – Lobby area outside the Library: 11am-12pm** for Free Fall Risk Assessment and Discuss Rehab Topics of the Month. Therapists will be available to answers questions. Snacks available. Come and see us.

**For information about therapy services,
please call your friendly neighborhood rehab department at 210-568-5171.**

West Campus:

- **Tuesday, Sep 13 – ID Distribution: 11am-1pm near Lunchroom;** photo IDs provided by Select Rehab to be used in hospitals to return to Blue Skies of Texas for nursing and rehab needs.
- **Friday, Sep 16 – Lobby area near the mailboxes: 11am-12pm** for Free Fall Risk Assessment; Discuss Rehab Topics of the month. Therapists will be available to answers questions. Snacks available. Come and see us.

**For information about therapy services,
please call your friendly neighborhood rehab department at 210-568-3415.**



LIFE ENRICHMENT

[Hope Santos](#), Life Enrichment Manager, [Carol Estala](#), BSTE Activities Coordinator, and [Paula Qualls](#), BSTW Activities Coordinator

Blue Skies of Texas Fitness News



What are the benefits of group exercise classes?

It's inspiring and motivating to be surrounded by dedicated, like-minded individuals. It doesn't get much more empowering than a class with an encouraging instructor and supportive people all working hard together. Group fitness is a great way to help motivate yourself and others. See you in class!!

Blue Skies of Texas Life Enrichment/Activities News

Please be advised and read below the change to our bus trip cancellation policy:

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 Majestic and Tobin 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 prepaid ticket, if this scenario applies. In addition, if you do not cancel your spot on the bus **48 hours in advance**, you will be charged transportation fees. 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 would like 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 at BST East, 210-568-5028 or Paula Qualls, your Activity Coordinator for BST West, 210-568-3310.



Please see below. Don't hesitate; get your tickets now!
BST will be providing transportation to the following
season ticket events.

Also see special events below with available tickets.



Missing the San Antonio Symphony? The newly formed **SA Philharmonic** may be just the type of quality entertainment you are seeking and missing. The SA Philharmonic is made up of former Symphony musicians, and much like the Symphony, they're selling subscriptions to their small season as well as individual tickets if you wish. All shows are at the beautiful First

Baptist Church located on McCullough Ave. During this inaugural season, the SAPHil will be performing some of the greatest symphonic repertoire in the service of our critical mission: community engagement and education throughout San Antonio and beyond. For tickets and more details, please visit <https://saphil.org/events/>. Buses will be provided for the Saturday evening shows. Show schedule is below:

CLASSICS: Sep 2022 – Jan 2023

Sep 17 – Classics 1: Ken-David Masur conducts Romeo & Juliet and Bolero

Oct 8 – Classics 2: Garrett Keast conducts Dvorak

Oct 29 – Classics 3: Sebastian Lang-Lessing conducts Shostakovich and Wagner

Nov 19 – Classics 4: Christopher Wilkins conducts Vaughn Williams and Holst's The Planets

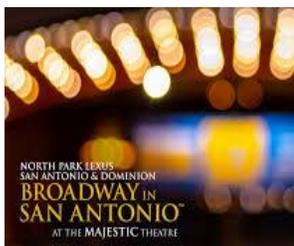
Jan 14, 2023 – Classics 5 Tito Munoz conducts Beethoven

POPS: Jan – Apr 2023

Jan 28 – Pops 1: Charles Floyd conducts "A Martin Luther King Celebration" with bass baritone Timothy Jones

Feb 25 – Pops 2: David Cho at the Movies!

Apr 22 – Pops 3: "A Fiesta Celebration" with Ludwig Carrasco and Elena Duran



2022/2023 Broadway in San Antonio. Broadway San Antonio 2022/2023 season begins this month. All shows are at the Majestic Theatre, and they have always been amazing.

We will provide bus transportation to the following Broadway shows at the Majestic: **7:30pm** for the first **Thursday** evening show. Our bus will depart from BSTW at **6:15pm** and BSTE at **6:30pm** for each of these shows. Please visit <https://sanantonio.broadway.com/subscriptions/> to purchase your season tickets and mark your calendars for some great entertainment.



New 2022/2023 season listed below for Thursday evening shows:

Sep 15 – Hadestown

Oct 13 – Ain't Too Proud – The Life and Times of The Temptations

Dec 1 – Dr. Seuss' How the Grinch Stole Christmas (only available with the purchase of the 7-show package)

Jan 12, 2023 – Pretty Woman

Feb 9 – Disney's Aladdin the Musical

Mar 9 – Hairspray

May 4 – To Kill a Mockingbird



Tobin Center presents: National Geographic Live! Join National Geographic Live for an incredible season of immersive storytelling and unforgettable imagery. Hear behind-the-scenes stories straight from National Geographic's photographers, scientists, filmmakers, and adventurers live on stage, experience iconic National Geographic footage brought to life by the emotional performance of a live symphony orchestra, and more. Purchase your season tickets now! Cost of tickets range from \$15-\$45 for single tickets. For subscriptions, please visit

<https://www.tobincenter.org/subscription/2022-2023-national-geographic-live>.

All shows are on Sunday afternoons, and BST will provide transportation with the bus departing BSTW at **12:45pm** and BSTE at **1pm**. Shows are as follows:

Oct 2 – Capturing the Impossible

Jan 15, 2023 – Untamed

Mar 19, 2023 – Secrets of Whales

Jun 11, 2023 – Cosmic Adventure



San Antonio Botanical Gardens Lightscape. The botanical gardens will be transformed into an enchanted magical light display that illuminates a one-mile path through the garden. What a great way to bring in the Christmas season! On the evening of **Wednesday, Nov 30**, BST will have bus transportation departing BSTW at **4:45pm** and BSTE at **5pm** to arrive at the gardens by 5:30pm/5:45pm for the event. To purchase tickets, please visit sabot.org/Lightscape or call 210-536-1400. Be sure you are purchasing tickets for the appropriate date and time in advance.



Opera San Antonio. Blue Skies will be offering transportation to the one remaining 2021/2022 season show:

OPERA
SAN ANTONIO

Friday, Oct 7, Don Giovanni, 7pm, Tobin.

For ticket information, please visit OperaSA.org or call 210-673-7270 for more information.

BST will offer transportation for the 2022/2023 season shows at **7:30pm** on Saturday evenings. The bus will arrive early for the free lecture which is open to all ticketholders.



These lectures are designed to be educational for operagoers and are offered to help the audience gain a better understanding of the production they are about to experience. The BST bus will depart as follows: BSTW at **5:30pm** and BSTE at **5:45pm**. Please mark your calendars and don't delay; purchase your tickets early.

Nov 5, 7:30pm – Pagliacci

Apr 1, 2023, 7:30pm – Romeo and Juliet

Attention, BST East Residents!

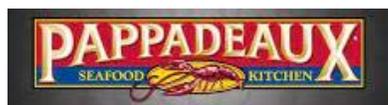


Some of you have already been dabbling with the Touchtown app, and the time has come to put the app process into place. We will use Touchtown to sign up for trips and activities. If you do not have the app downloaded on your cell phone or tablet, please see Danielle Weintraub, with Resident Services, to assist you. The app is very simple to use, and we can show you how to use it. If you do not have a phone, tablet or computer to support the app, you will need to contact Carol Estala, Danielle Weintraub, or Hope Santos to ask one of them to sign you up for the activity/bus trip. We will be offering a Touchtown app training in October. The Touchtown app will go live on **Tuesday, Nov 1**.

BLUE SKIES EAST by Carol Estala, BST East Activities Coordinator



Thursday, Sep 1 – Oldies Concert with a Spanish Flair, 2:30pm, Legacy Room. Join the amazing singing duo of Mr. Jesus Angel & Mr. U.L. Gutierrez as they belt out some good ole' fashioned oldies that will have you singing along and have those toes tapping too. They will treat you to some beautiful Spanish music as well.



Friday, Sep 2 – Pappadeaux Seafood Kitchen. Signup deadline has passed. **Bus departs BST East at 4:15pm.**

Monday, Sep 5 – Labor Day Holiday. All in-house activities and exercise classes run by staff will be canceled today to allow our staff members to enjoy this 3-day holiday weekend.



Tuesday, Sep 6 – Let's Learn and Play Bunco, 10am, CC 2 & 3. Bunco is a fun dice game that only requires luck to win; there is no strategy needed. Bunco is generally played with twelve players or



more, divided into groups, trying to score points while taking turns rolling three dice in a series of six rounds. This game was requested by many, and we are eager to introduce it. We will have games at **10am** on the **first and third Tuesday of every month**. Come on folks, let's roll those dice!

Tuesday, Sep 6 – Bocchia Ball, 1pm, Vitality Fitness Center. Come and join the fun! Bocchia Ball is a fun, interactive game that can be played by those at all levels of fitness. Bocchia Ball will now be held on the **first and third Tuesday of the month**.



Wednesday, Sep 7 – Acadiana Café. Signup deadline has passed. **Bus departs BST East at 4:15pm.**

Friday, Sep 9 – National Grandparents Day, 2pm, Legacy Room. Grandparents' Day is on Sunday, Sep 11, but we can't wait to honor all our BST grandparents/great grandparents. This day is recognized to give grandparents an opportunity



to show love for their children's children, to help children become aware of strength, wisdom, and guidance which older people can offer, and simply because the connection between generations is priceless! Come

and enjoy music by "Jammin with Jim" along with a special treat honoring all of our grandparents.

Monday, Sep 12 – Flu Shots, Legacy Rm, 1pm-3pm. Coffee & Company will be cancelled due to the Flu Shot Clinics.



Wednesday, Sep 14 – Scrabble, 10:30am, Legacy Room.

Adults need to exercise their brains regularly as they grow older. Games like Scrabble stimulate the mind, strengthening players' cognitive skills. Exercising your mind is just as important as

physical exercise. We will have multiple game boards available, please join us as we keep our minds fit!

Wednesday, Sep 14 – East Side Diners: 410 Diner.

Introducing East Side Diners, exclusive to East Campus Residents. This dining- out event will take place the **second**

Wednesday of the month and will feature a different restaurant each time. This month's dinner will be at one of

San Antonio's first 50's themed restaurants, The 410 Diner, which specializes in American cuisine and offers vegetarian and gluten-free options as well. Cost of dinner is on your own. **Space is limited to 16. Please sign up in CC1, deadline is Wednesday, Sep 7. Bus departs BST East at 3:30pm.**



Thursday, Sep 15 – History of Diez y Seis Presentation w/Coffee & Kahlua, 10:30am, Legacy Room. Diez y Seis de Septiembre (Sep 16) commemorates the launch of Mexico's struggle for independence from Spain. Come enjoy a cup of coffee w/ Kahlua and learn a bit more about this holiday.



Thursday, Sep 15 – Hadestown, Majestic. Broadway San Antonio presents the Tony Award-winning musical Hadestown, a love story for the ages, from singer-songwriter Anaïs Mitchell & director Rachel Chavkin. If you have not already purchased tickets, please do so now at <https://sanantonio.broadway.com/shows/hadestown>. **Sign up in CC1**, deadline is **Thursday, Sep 8**. **Bus departs BST East at 6:30pm.**

Friday, Sep 16 – Concert Series Cookie Making, 10am, Arnold House. This Sunday features a Resident Concert Series performance at BSTW and as you know, Nancy Spak and Dawn Halsell graciously serve the refreshments at these concerts. Please come to Arnold House to socialize with our Arnold House friends and to lend a hand in making cookies to be served on that Sunday afternoon.

Friday, Sep 16 – Matamoros Restaurante y Cantina. It's a perfect day to go out and enjoy Mexican food as we celebrate Diez y Seis de Septiembre, as this day marks the launch of Mexico's struggle for independence from Spain. Matamoros has a full bar, and they are known for their excellent margaritas. Cost of dinner is on your own. **Sign up in CC1**; deadline is **Friday, Sep 9**. **Bus departs BST East at 4:45pm.**



Saturday, Sep 17 – Ken-David Masur conducts Romeo & Juliet and Bolero, 7:30pm, First Baptist Church. This is the first concert for the San Antonio Philharmonic. For this classical concert you will enjoy conductor Ken-David Masur as he makes his return to San Antonio, conducting the Philharmonic in Brahms' masterful Saint Anthony Variations. For a list of the entire Philharmonic season, please see above under the "purchase tickets now" section. Tickets can be purchased at <https://saphil.org/events/>. **Please sign up in CC1**; deadline is **Saturday, Sep 10**. **Bus departs BST East at 6:30pm.**

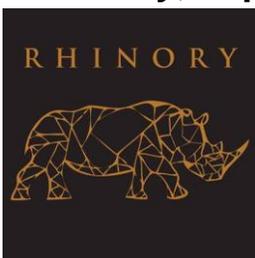
Sunday, Sep 18 – Resident Concert Series. Andrew Small of Monte Vista Strings (violin) and Brian Delay, Guitarist, **3pm, BSTW**. **Bus departs BST East at 2:15pm.**

 **Monday, Sep 19 – Crochet Club Corner, 1:15pm, Sew 'n Sews Room.** Calling all crocheters and those who want to learn how to crochet: join us for the newest club at BST East, where you will join fellow residents to socialize and explore all things crochet! You don't have to bring any supplies; we will provide yarn and hooks. Crochet Corner will be held on the first and third Monday of the month, so please mark your calendars!

Tuesday, Sep 20 – Boccia Ball, 1pm, Vitality Fitness Center. Come and join the fun! Boccia Ball is a fun, interactive game that can be played by those at all levels of fitness. Boccia Ball will now be held on the first and third Tuesday of the month.



Thursday, Sep 22 – Woerner Warehouse Bakery and The Rhinory Winery. On this



trip you will enjoy a nice brunch in Fredericksburg at Woerner Warehouse Bakery. After brunch you will be taken to the Rhinory to enjoy the Texas Hill Country and enjoy wine tasting. The Rhinory is home of a baby rhino, and you will be able to hear all about conservation efforts at the Rhinory. Cost of brunch is on your own.

Cost of the Rhinory wine tasting is \$25.00 per person and will be

billed to your account. **Please sign up in CC1.** Deadline is **Monday, Sep 12.** **Bus departs BST East at 9:00am.**

Friday, Sep 23 – Fall Crafts with Gianna & Leslie, 9:30am, CC1. Here's a fall craft

event presented by friends of BST Leslie Wilson & Gianna Zeh. The event is free / supplies will be provided; no experience is needed. **Please sign up in CC1;** space is limited.

Saturday, Sep 24 – Genghis Grill. At Genghis Grill, your meal is what you make it.

Start with the freshest ingredients of your choice. Top them with signature flavors. Then watch as they grill it up Mongolian style into a bowl that's made to your liking. No matter what you're craving, you're always in control of your own, mouth-watering meal. Please be advised, the ordering process is through a type of serving line. This restaurant does offer a Military discount. **Please sign up in CC1;** deadline is **Wednesday, Sep 14.** **Bus departs BST East at 10:30am.**

Saturday, Sep 24 – Karaoke with Friends, 7:30PM, Legacy Room. Join Bill Wilt and

others for fun with karaoke. You can get up and sing, or sit back and sing along. Please bring your own beverages, and a snack to share.

Monday, Sep 26 – Homemade Dog Treats, 1:15pm, Legacy Room. In honor of



National Dog Day, let's get together to make some extra special treats for our four-legged friends. Don't have a dog to share these treats with? Come to the class anyway to have a fun time socializing and making special treats for your neighbor's dog, or perhaps a treat to be donated to a local pet rescue center. Cost of class is just \$2.00 for supplies, and you'll receive a few recipes, too. **Please sign up in CC1;** deadline is **Monday, Sep 19.**

Tuesday, Sep 27 – Game Time with Friends, 1pm, CC2, CC3. Come and mingle with

friends old and new while enjoying some good old-fashioned fun playing a variety of board games.

Tuesday, Sep 27 – Chama Gaúcha Brazilian Steakhouse. Chama Gaúcha features

a meal with all types of meat, sliced onto your plate from skewers. They also have a massive salad bar and dessert bar. This is a high-end restaurant with a cozy atmosphere and beautiful interior where you will enjoy some great food! Cost of dinner is on your own. **Please sign up in CC1;** deadline is **Tuesday, Sep 20.** **Bus departs BST E at 4:15pm.**



Wednesday, Sep 28 – “Make One / Take One” Fall Pen Making, 1pm, Vitality & Fitness Center. Are you enjoying the beautiful pens in CC1 used for signups and more? It is time to change those pens out for the fall season. Please come and help to create fall pens for all to enjoy. Cost of class is just \$1.00 to cover the cost of supplies, including the pen you take home. **Please sign up in CC1; deadline is Wednesday, Sep 21.**

Thursday, Sep 29 – Friday Flyer Reading and Creative Minds Working Together, 1pm, Legacy Room. Hear firsthand what Wellness & Life Enrichment has planned for the month of September. Please join us as we read through the Life Enrichment/Wellness section of the FF newsletter, and then we will be taking ideas as to what great events (touching base on the 7 dimensions of wellness: mental, physical, social, financial, spiritual, environmental, and vocational) that you would like to see next!

Friday, Sep 30 – Hobby Interest Talk: Cruise Adventure, 2pm, CC2-3. Join Craig Savella as he shares about different cruise adventures.



A Sneak Peek at October Activities @ BST EAST

Saturday, Oct 1 – Oktoberfest. We will visit Fredericksburg, Texas for their annual Oktoberfest event. **Please sign up in CC1 now; deadline is Wednesday, Sep 21. Bus departs BST East at 8:45am.**

Sunday, Oct 2 – National Geographic Live: Capturing the Impossible, Tobin Center. For extreme filmmaker Bryan Smith, the line between going for it and going too far is often blurry, especially when you're exploring the earth's most remote environments. In this edge-of-your-seat presentation, you will be shown what it means to adventure with purpose. You must purchase tickets on your own at <https://www.tobincenter.org/national-geographic-live>. **Please sign up in CC1 now; deadline is Sunday, Sep 25. Bus departs BST East at 1pm.**

Monday, Oct 3 – Johnston Library Presentation, 10:30am, Legacy Room. Please come and join our neighbors from the San Antonio Public Library, Johnston Branch to hear all about the changes to our neighborhood library. They will also be showing you how to use the Libby app.

Monday, Oct 3 – Crochet Club Corner, 1:15pm, Sew 'n Sews Room. Calling all crocheters and those who want to learn how to crochet: join us for the newest club at BST East, where you will join fellow residents to socialize and explore all things crochet! You don't have to bring any supplies; we will provide yarn and hooks. Crochet Corner meets on the first and third Monday of the month, so please mark your calendars!



Tuesday, Oct 4 – Let's Play Bunco, 10am, CC 2 & 3. Bunco is a fun dice game that only requires luck to win; there is no strategy needed. Bunco is held on the **first and third Tuesday of every month**. Come on, folks, let's roll those dice!

Tuesday, Oct 4 – Boccia Ball, 1pm, Vitality Fitness Center. Cancelled, this date only, to allow time to set up and prepare for the San Antonio Neighbors Together event.

Tuesday, Oct 4 – San Antonio Neighbors Together, 5:30pm, Portico & Heritage Park. Formerly known as National Night Out, this is an event that brings everyone out to meet their neighbors. BSTE and Valley-Hi North come together to host this evening event. We will have fun for kids / adults of all ages: hot dogs, popcorn, information booths and more.

Wednesday, Oct 5 – National Coffee with a Cop Day, 10:30am, Legacy Room. This special day is celebrated on the first Wednesday in October, and it's very important for the community because it fosters relations between civilians and their police officers. We have invited police officers from our precinct's S.A.F.E. unit to give safety tips as we enjoy this event with them, drinking coffee and indulging in some sweet treats. Join us for this special event honoring the men and women who keep us safe every day.

Friday, Oct 7 – Don Giovanni, 7pm, Tobin Center. Join OPERA San Antonio for a production of Mozart's opera Don Giovanni. This work featuring Don Giovanni (also known as Don Juan) balances comedy with tragedy, as the Age of Enlightenment's most notorious womanizer meets his demise. For ticket information, please visit OperaSA.org or call 210-673-7270 for more information. **Please sign up in CC1; deadline is Tuesday, Sep 27. Bus departs BSTE at 6pm.**

Below, please take a look at events to be held slightly past our sneak-peek week:

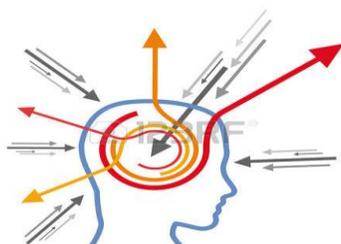
Sunday, Oct 9 – Resident Concert Series: Sasha and Chloé, 3pm, BSTW. Sasha Moutouzkin, piano, and Chloé Kiffer, violin, are back for yet another great concert. Please come out and enjoy their artistry! **Please sign up in CC1; deadline is Sunday, Oct 2. Bus departs BSTE at 2:15pm.**

Saturday, Oct 15, Alzheimer's Association Walk to End Alzheimer's® at Blue Skies, 9am, BSTW. We hope many of our BSTE residents will be able to join us for this year's walk. Chances are in life you have known at least one person who has been affected by Alzheimer's. Would you like to join us in bringing awareness to this disease? The walk will take place at BSTW starting outside of Freedom House for a 1 mile walk around the loop. If you are unable to walk, you can still be a part of the day, by sponsoring someone to walk in your place, or making a donation in memory or honor of someone who has suffered with Alzheimer's. Please be sure to **sign up in CC1** starting in September. Participants will receive a free t-shirt. Please see the sign up sheet for more details. Pets are encouraged to join in the walk, but you would need to provide your own transportation. **Bus will depart BSTE at 8:15am.**

Monday, Oct 17 – Touchtown Training, 10am. Details to follow.



BSTW LIFE ENRICHMENT “The Scoop of the Day”:



Benefits of Social Engagement for Seniors:

- *Attending social events
- *You enjoy staying physically healthy, being proactive
- *Interacting with others improves your mental health, lowers your risk for dementia, and decreases feelings of depression
- *Socializing is good for good brain health and has neuroprotective benefits as well.

Attend social gatherings and other outlets as well, such as social media, and planned outings for new friendships. Stay involved and engaged! Remember to be proactive for self in all areas affecting you!



Happy Environmental Services Week! Happy Assisted Living Week!

Thursday, Sep 1:

- Brilliant Minds at Work, 2pm, CC3**
- Interphase Bible Study, 4pm, CC3**
- Blackjack, 7pm, CC1**
- Bridge, 6pm, CC3**

Friday, Sep 2:

- Labor Day Remembrance, 11am, Main Lobby**
- National Mah Jong League, 1:30pm, CC3**
- Pappadeaux Seafood, 4pm.** Signup deadline has passed. Bus departs at **4pm.**
- Game Night, 6:30pm, CC3**

Saturday, Sep 3:

- Canasta, 3pm, CC3**
- Blue Notes - Drum practice w/Dick King, 3pm, Main Lobby**

Sunday, Sep 4:

- Protestant Church, 9am & 11am, High Flight Chapel**
- Line Dancing, 5pm, CC2**



Monday, Sep 5:

Happy Labor Day! All in-house activities and exercise classes run by staff will be canceled to allow our staff members to enjoy this 3-day holiday weekend.

NO BINGO on this day!

Bridge, 1pm, CC3

Dominoes, 6:30pm, CC3

Tuesday, Sep 6:

Scrabble, 11am, Main Lobby

Ice Cream w/toppings (sprinkles, chocolate, caramel, strawberry), 3pm, Main Lobby

Health Talk Presentation by Dr. Boulos Toursarkissian of Peripheral Vascular Associates (PVA), Main Lobby, 6pm. Dr. Toursarkissian, better known as Dr. T. by his patients, has been with the PVA Clinic since 2015. He has an academic background with clinical interest in dialysis access, carotid stenting, and endovascular treatment of arterial blockages. He has extensive knowledge and expertise in treating all vascular conditions including peripheral artery disease, carotid disease, venous disease, and abdominal aortic aneurysms (AAA). The power point presentation will be about peripheral artery disease (PAD), with a question-and-answer session to follow.

BUNCO, 7pm, CC3

Wednesday, Sep 7:

Painting - Leaves, 10:30am, Main Lobby

National Mah Jong 1:30pm, CC3

Wreath Making, 1:30pm, Arts & Crafts Room. There will be a \$10.00 charge for wreaths, which will be added to your account. Please sign up in CC3!

Computer Classes for Beginners, 2:30pm, CC1, first class of the year 2022!

Pinochle, 3pm, CC3

Acadiana Café. Signup deadline has passed. Bus departs at 4pm.

Cribbage, 6:30pm, CC3

Thursday, Sep 8:

“Senior Care Communities with AACOG”, 10am, Roadrunner Lounge. Please join our Alamo Area Council of Governments (AACOG) guest speaker, Darlene Hope Jackson, Senior Outreach Specialist, as she discusses two great opportunities. 1) The Program will match you with a volunteer who can simply spend that quality time with you one-on-one, or join in other meaningful activities such as shopping, playing games, or reading; or 2) you can sign up as a volunteer in the community. So please mark your calendars!

Lackland Spouses Membership Drive, 10am, Main Lobby

Volunteer Meeting, 1:30pm, Arts & Crafts Room. All volunteers are encouraged to attend this meeting.



Boccia Ball, 2:45pm, CC1 & 2
Interphase Bible Study, 4pm, CC3
Bridge, 6pm, CC3
Bible Study, 6pm, CC2

Friday, Sep 9:

National Grandparent's Day with Music by Robert Rodriguez, 11am, Main Lobby. Please join us, all of you wonderful grandparents!

National Mah Jong, 1:30pm CC3

Game Night, 6:30pm, CC3

World Heritage Fair, 6pm, Mission Marquee Plaza (Market Days), transportation is on your own.

Saturday, Sep 10:

Canasta, 3pm, CC3

Blue Notes - Drum practice w/ Dick King, 3pm, Main Lobby

Sunday, Sep 11:

Remember 9/11 (In memory of)

Protestant Church, 9-11am, High Flight Chapel

Line Dancing, 5pm, CC2

Karaoke, 6pm, Roadrunner Lounge

Monday, Sep 12:

Blackjack, 11am, Main Lobby

Bridge, 1:30pm, CC3

Bingo, 3:30pm, Main Lobby

Dominoes, 6:30pm, CC3

Tuesday, Sep 13:

Line Dancing w/George, 10am, CC2

Scrabble, 11am, Main Lobby

National Peanut Day – Chocolate Peanut Butter Pie, 3pm, Main Lobby

Wednesday, Sep 14:

Painting - Leaves, 10:30am, Main Lobby

Wreath Making, 1:30pm, Arts & Crafts Rm

National Mah Jong, 1:30pm, CC3

Computer Classes, 2:30pm, CC1

Pinochle, 3pm, CC3

B & A Party, 5pm, Dining Room, Roadrunner Lounge / Helen LeMay Room

Cribbage, 6:30pm, CC3

Thursday, Sep 15:

Plastic Canvas, 10:30am, Main Lobby

Interfaith Bible Study, 4pm, CC3

Bridge, 6pm, CC3



Bible Study, 6pm, CC2

Hadestown Broadway, Majestic Theater. “Hadestown” is a musical, with music, lyrics, and book by Anaïs Mitchell. It tells a version of the ancient Greek myth of Orpheus and Eurydice. Eurydice, a young girl looking for something to eat, goes to work in a hellish industrial underworld to escape climate-change induced poverty before her poor singer-songwriter lover Orpheus comes to rescue her, and together they show others the way to escape. **Please sign up no later than Sep 8 in CC3.** Bus departs at **6:15pm.** Purchase your tickets early through: <https://sanantonio.broadway.com/shows/hadestown>

Friday, Sep 16:

Sewing, 10:30am, Main Lobby

National Mah Jong, 1:30pm, CC3

National Guacamole Day, 2pm, Liberty House, join us for some chips n’ dip!

Game Night, 6:30pm, CC3

Matamoros Restaurante y Cantina. Perfect day to go out and eat Mexican Food to celebrate “Diez y Seis de Septiembre”, as this day marks the launch of Mexico's struggle for independence from Spain. **Please sign up no later than Friday, Sep 9 in CC3.** Bus departs at 4:30pm.

Saturday, Sep 17:

Canasta, 3pm, CC3

Ken-David Masur conducts Romeo & Juliet and Bolero, 7:30pm, First Baptist Church. This is the first concert for the San Antonio Philharmonic. During this classical concert, you will enjoy conductor Ken-David Masur as he makes his return to San Antonio conducting the Philharmonic in Brahms’ masterful Saint Anthony Variations. For a list of the entire Philharmonic season, please see above under purchase tickets now section. Tickets can be purchased at <https://saphil.org/events/>. **Please sign up no later than Saturday, Sep 10 in CC3.** Bus departs at 6:15pm.

Sunday, Sep 18:

Protestant Church, 9-11am, High Flight Chapel

Concert Series: “Andrew Small (Violin) and Brian Delay (Guitar)”, 3pm, Main Lobby

Line Dancing, 5pm, CC2

Monday, Sep 19:

Blackjack, 11am, Main Lobby

Bridge, 1:30pm, CC3

Bingo, 3:30pm, Main Lobby

Dominoes, 6:30pm, CC3



Tuesday, Sep 20:

Line Dancing w/George, 10am, CC2
Scrabble, 11am, Main Lobby

Wednesday, Sep 21:

Painting - Leaves, 11am, Main Lobby
National Mah Jong, 1:30pm, CC3
Hawaiian Pool Party, 2pm, Pool. Join us for some hula hoop / grass skirt fun!
Computer Classes, 2:30pm, CC1
Pinochle, 3pm, CC3
Cribbage, 6:30pm, CC3

Thursday, Sep 22:

Brunch at Woerner Warehouse Bakery and Tour at the Rhinory in Fredericksburg. In this tour you will meet and greet the rhinos, while enjoying your favorite glass of wine in this unique Hill Country experience! There's a \$25.00 tasting beginning at **12:45pm**. The focus is on their world-class wines and their rhino conservation. **Please sign up no later than Thursday, Sep 15 in CC3.** Bus departs at 8:45am.

Plastic Canvas, 10:30am, Main Lobby
Boccia Ball, 2:45pm, CC1 & 2
Interphase Bible Study, 4pm, CC3
Bridge, 6pm, CC3
Bible Study, 6pm, CC2

Friday, Sep 23:

Sewing, 10:30am, Main Lobby
National Mah Jong, 1:30pm, CC3
West Side Dining: Pappadeaux. Bus departs at **3pm**, Main Lobby
Game Night, 6:30pm, CC3

Saturday, Sep 24:

Genghis Grill Mongolian. Start with the freshest ingredients of your choice. Top them with signature flavors. Then watch as they grill it up Mongolian style into a bowl that's to your liking. Please be advised that the ordering process is through a type of serving line. They do offer a military discount. **Please sign up no later than Wednesday, Sep 14 in CC3.** Departing at 10:15am.

Canasta, 3pm, CC3
Blue Notes - Drums w/Dick King, 3pm, Main Lobby

Sunday, Sep 25:

Protestant Church, 9-11am, High Flight Chapel
Line Dancing, 5pm, CC2



Monday, Sep 26:

Blackjack, 11am, Main Lobby
Bridge, 1:30pm, CC3
Ballet Folklorico, 2pm, CC2
Bingo, 3:30pm, Main Lobby
Dominoes, 6:30pm, CC3

Tuesday, Sep 27:

Line Dancing w/George, 10am, CC2
Scrabble, 11am, Main Lobby
Ballet Folklorico, 2pm, CC2

Chama Gaúcha Brazilian Steakhouse. We're going to talk this up, folks! Chama Gaúcha offers a fine Brazilian meal with lots to choose from! You can order nicely cooked ribeye, cheese salads, or lamb cutlets. They have desserts such as their tasty strawberry cheesecake, crème brûlée, or chocolate cakes. They're known for good malbec, cordial, or martinis. They also have great lemonade, espresso, and iced tea. It's a cozy place with a beautiful interior to enjoy great food and service. "Star service of 4.8!" **Please sign up no later than Tuesday, Sep 20 in CC3. Bus departs at 4pm.**

Wednesday, Sep 28:

Painting - Leaves, 10:30am, Main Lobby
National Mah Jong, 1:30pm, CC3
Wreath Making, 1:30pm, Arts & Crafts Rm
Ballet Folklorico, 3:30pm, Persimmon Room @ The Vista
Computer Classes for Beginners, 2:30pm, CC1
Pinochle, 3pm, CC3
Cribbage, 6:30pm, CC3

Thursday, Sep 29:

National Coffee Day, 9am, Main Lobby
Plastic Canvas, 10:30am, Main Lobby
Ballet Folklorico, 3:30pm, Persimmon Room @ The Vista
Brilliant Minds at Work, 2pm, October Edition, CC3
Bocce Ball, 2:45pm, CC1 & 2
Interphase Bible Study, 4pm, CC3
Bridge, 6pm, CC3
Bible Study, 6pm, CC2

Friday, Sep 30:

Sewing, 10:30am, Main Lobby
National Maj Jong, 1:30pm, CC3
Game Night, 6:30pm, CC3



Events to explore on your own:

Santikos Theaters “Military Monday”: \$5 tickets, large popcorn & large drink. Purchase tickets in person at these locations for all day regular movies. Listed below are the participating theaters: Westlake’s, Palladium, Mayan, Embassy, Galaxy, Northwest, Silverado, New Braunfels, Casa Blanca, and Cibolo.

Missing the San Antonio Symphony? The newly formed SA Philharmonic may be just the type of quality entertainment you seek and miss. The SA Philharmonic is made up of former Symphony musicians, and much like the Symphony, they’re selling subscriptions to their small season as well as individual tickets, if you wish. All shows are at the beautiful First Baptist Church located on McCullough Ave. For tickets and more details please visit: <https://saphil.org/events/>. Buses will be provided for the Saturday evening shows. Show schedule is below:

CLASSICS: Sep 2022 – Jan 2023

Sep 17 – Classics 1: Ken-David Masur conducts Romeo & Juliet and Bolero

Oct 8 – Classics 2: Garrett Keast conducts Dvorak

Oct 29 – Classics 3: Sebastian Lang-Lessing conducts Shostakovich and Wagner

Nov 19 – Classics 4: Christopher Wilkins conducts Vaughn Williams and Holst’s The Planets

Jan 14, 2023 – Classics 5 Tito Munoz conducts Beethoven

POPS Jan-Apr 2023

Jan 28 – Pops 1: Charles Floyd conducts “A Martin Luther King Celebration” with bass baritone Timothy Jones

Feb 25 – Pops 2: David Cho At the Movies!

Apr 22 – Pops 3: “A Fiesta Celebration” with Ludwig Carrasco and Elena Duran



A Sneak Peek @ BSTW October Activities :

Physical Therapy Month! Happy Bosses Day 10/17/2022

Saturday, Oct 1:

Oktoberfest. On this trip we will be visiting Fredericksburg, Texas for their annual Oktoberfest event. Signup deadline is **Wednesday, Sep 21**. Bus departs at **8:30am**.

Blue Notes - Drum practice with Dick King, 3pm, Main Lobby.

Sunday, Oct 2:

National Geographic Live: Capturing the Impossible. For extreme filmmaker Bryan Smith, the line between going for it and going too far is often blurry - especially when you’re exploring the earth’s most remote environments. In this edge-of-your-seat presentation, you will be shown what it means to adventure with purpose. You must purchase tickets on your own at



<https://www.tobincenter.org/national-geographic-live>. Please sign up no later than Sep 25 in CC3. Bus departs at 12:45pm.

Protestant Church, 9am & 11am, High Flight Chapel

Line Dancing, 5pm, CC2

Monday, Oct 3:

Android, iPhone, iPad Classes, Oct 3 - Nov 28, 11am, Conference Room # 110.

Classes will be held every Monday. Sign up in CC3.

Bridge, 1:30pm, CC3

Bingo, 3:30pm, Main Lobby

Tuesday, Oct 4:

Line Dancing w/George 10am, CC2

Scrabble, 11am, Main Lobby

National Night Out, 5:30pm, East Campus, transportation is on your own

Wednesday, Oct 5:

National Mah Jong 1:30pm, CC3

Computer Classes for beginners, 2:30pm, CC1

Jewelry making w/Hope & Paula, 2pm, Arts & Crafts Rm, Sign up in CC3

Pinochle, 3pm, CC3

Cribbage, 6:30pm, CC3

Thursday, Oct 6:

Interphase Bible Study, 4pm, CC3

Wine tasting w/ Charcuterie board, 1:30pm, Roadrunner Lounge

Bridge, 6pm, CC3

Bible Study, 6pm, CC2

Friday, Oct 7:

Brilliant Minds at Work 11am, CC3

National Mah Jong 1:30pm, CC3



OPERA
SAN ANTONIO

Don Giovanni, 7pm, Tobin Center. Join OPERA San Antonio on for a production of Mozart's opera, Don Giovanni. This opera featuring Don Giovanni (also known as Don Juan) balances comedy with tragedy, as the Age of Enlightenment's most notorious womanizer meets his demise. For ticket information, please visit **OperaSA.org** or call 210-673-7270 for more information. **Please sign up no later than Tuesday, Sep 27 in CC3.** Departing at 5:45pm.

Game Night 6:30pm, CC3

Saturday, Oct 8:

Canasta, 3pm, CC3

Blue Notes - Drum practice w/Dick King, 3pm, Main Lobby



Sunday, Oct 9:

Protestant Church, 9am & 11am, High Flight Chapel
Concert Series, “Sasha & Chloé”, 3pm, Main Lobby
Line Dancing, 5pm, CC2

“Día de los Muertos”: Residents, please mark **Wednesday, Nov 2** on your calendars! The Día de los Muertos altar will be set up the week before, featured from Monday, Oct 24 – Friday, Nov 4. This is a great way to remember those who are dear and near to your heart, on a day of remembrance of passed loved ones as you honor their memory. Please bring a 5”x7” picture beginning on Wednesdays in October for a personal picture frame you’ll decorate. It’ll be yours to keep after the event. You may also bring your own frame. Please contact Paula Qualls with any questions.

Saturday, Oct 15:

Alzheimer's Association Walk to End Alzheimer's® at Blue Skies, 9am, Freedom House. Chances are you have known at least one person in life who has been affected by Alzheimer’s. Please join us! The walk will take place at BSTW starting outside of Freedom House for a 1-mile walk around the loop. If you are unable to walk, you can still be a part of the day by sponsoring someone to walk in your place, or making a donation in memory or honor of someone who has suffered with Alzheimer’s. Please be sure to **sign up in CC3** starting in September. Participants will receive a free t-shirt. Please see the signup sheet for more details. You are encouraged to join in the walk with your pet.

