



NOTES FROM WELLNESS & LIFE ENRICHMENT DIRECTOR

By Shari Proctor, Wellness & Life Enrichment Director



New BST Support Group! Blue Skies Hospice will begin a monthly grief support group beginning **Thursday, Nov 10** at both campuses. Our support group is for anyone facing a loss that can come in many different ways. It could be the loss of a spouse or family member, loss of a lifestyle you once had with your spouse, the loss of mobility, or loss of vision. The Group will meet the **2nd Thursday of each month**: at the West Campus, the Group will meet at **10am in the Helen LeMay Room**, and the East Campus, the Group will meet at **1pm in CC3**.

COVID-19 HOME TEST KITS – AVAILABLE AGAIN!

By Shari Proctor, Wellness & Life Enrichment Director

Medicare now covers up to eight over the counter COVID-19 tests each calendar month, at no cost to you.

- This coverage continues until the COVID-19 public health emergency ends.
- Medicare Part B (Medical Insurance) will cover these tests if you have Part B. Medicare won't cover over the counter COVID-19 tests if you only have Medicare Part A (Hospital Insurance) coverage, but you may be able to get free tests through other programs or insurance coverage you may have.
- If you're in a Medicare Advantage Plan, you won't get this benefit through your plan, but you will get it as you would, as if you weren't enrolled in the plan.
- You might need to show your red, white, and blue Medicare card to get your free over-the-counter COVID-19 tests, even if you have another card for a Medicare Advantage Plan or Medicare Part D plan.

A list of local pharmacies that can provide free home test kits: Walgreens, CVS, H-E-B Pharmacies, and Walmart.

Be sure to call the pharmacy first to be sure they have an available supply of kits for you.

Also, please note: Wellness is still accepting donated test kits.



ALZHEIMER'S CAREGIVER SUPPORT GROUP

By Sandra Guerra, Freedom House Director

Our Alzheimer's Association-sponsored support group meets on **the third Wednesday** of each month. Please join us on **Wednesday, Nov 16** 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.

PERSONAL AFFAIRS ADVISOR INFORMATION

By Ashlie Campos



Medicare Open Enrollment, Saturday, Oct 15 thru Wednesday, Dec 7. Medicare recipients are allowed to make changes to their Medicare plan during Medicare's Open Enrollment period. The changes made during Open Enrollment become effective on Jan 1, 2023. Medicare recipients with Medicare Advantage Plans can switch plans or unenroll to return to Original Medicare. In addition, changes to Medicare Plan D (Prescription Drug Coverage) can be made during Open Enrollment. Those residents interested in changing their current Medicare plan or have questions about their current Medicare plan are encouraged to meet with Shari Proctor or me prior to making any changes, as a change could affect use of Medicare services at Blue Skies of Texas.

Lackland Legal - Lackland Legal will be at **East** to meet individually with East residents on **Tuesday, Nov 1**. They will be at the **West** Campus on **Tuesday, Nov 1** 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, i.e., by 2026. The new card will resemble the Common Access Card "CAC" which is more durable, and has enhanced security features. To book an appointment to update/renew your ID Card, the process will remain the same: go 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 that 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 Closures – Reid Pharmacy will be closed **Friday, Nov 11** in observance of **Veterans Day**, and **Thursday, Nov 24 and Friday, Nov 25** in observance of the **Thanksgiving Holiday**. Please submit 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: The schedule for picking up medications from Reid Pharmacy is **Monday, Wednesday, and Friday, 1-4pm**. Please contact Terry Elizondo directly 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 directly 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 Macauley, N.P. will be at BST West Specialty Clinic on the following dates. Please call 830-538-3550 to schedule an appointment.
Wednesdays, Nov 2, 9, 16, 23 & 30, 9am-5pm

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

- **West Specialty Clinic – Tuesdays, Nov 1, 8, 15, 22 & 29, 8am-5pm**
- **East Specialty Clinic II – Fridays, Nov 4 & 18, 8am-12pm**

Visiting Physicians Group – Dr. Pham will be at the **East Campus** on **Mondays, Nov 7, 14, 21 & 28** 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, Nov 2 & 16** 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, Nov 11**, 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, Nov 16, 10-11am**
- **East Specialty Clinic – Wednesday, Nov 16, 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 – Nov 1, 3, 8, 10, 15, 17, 22, 29, 9am-5pm**
- **East Dental Clinic – Friday, Nov 4 & 18, 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, Nov 7, 9am-12pm**
- **East Specialty Clinic – Monday, Nov 7, 1-4pm**

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, Nov 10 & 17, 9am-12pm
- **East Specialty Clinic – Dr. Tracy Board, Audiologist**
Wednesdays, Nov 23, 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, Nov 18**. 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 REHAB: BULLYING AMONG OLDER ADULTS

Barbara Freeman, PT, Director of Rehab Services



Bullying is a problem that spans every age demographic and is becoming an increasingly common problem among older adults. Research suggests that 10%-20% of older adults living in senior living communities are mistreated by their peers. The communal-living nature of senior living communities can encourage the formation of cliques and similar social behaviors. As individuals age, factors such as loss of independence, relationships, valued roles, and feeling powerless in a controlled setting can exacerbate the need to exert control.

What is bullying? Bullying can be subtle, such as spreading rumors about someone, to actual physical assaults resulting in harm. Bullying is defined with the following



elements: unwanted aggressive behavior; observed or perceived power imbalance; and repetition of behaviors or high likelihood of repetition. Bullying can be direct (e.g., bullying that occurs in the presence of a targeted individual) and indirect (e.g., bullying not directly communicated to a targeted individual, such as spreading rumors).

Coping with senior bullying is a difficult process. Identifying management strategies to help older adults deal with bullying and fostering appropriate responses among bullies is ideal. This takes an ongoing effort to de-escalate situations in a positive manner. In senior living communities, setting expectations and providing clear rules and policies from the start helps to ensure a positive living environment for all residents.

How can rehabilitation professionals help? The purpose of wellness and therapy programs is to increase an individual's ability to live as independently as possible in the community while engaging in meaningful life roles. Your rehab team can provide educational programs and treatment groups or classes to address self-awareness, interpersonal and social skills, stress management, and role development. To identify individuals who might be bullied, wellness and therapy professionals may notice if a resident withdraws from social interactions. This is a hallmark sign in a bullying situation. Your Select wellness and therapy team may use a bullying incident as an opportunity to determine what the underlying issues may be and refer the resident to the appropriate medical professional.

**To learn more, please 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, Nov 10 – 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, Nov 18 – Lobby area outside the library: 11am-1pm for Free Fall Risk Assessment and discuss rehab topics of the month. Therapists will be available to answer questions. Snacks available. Please stop by to see us.**

For information about therapy services,

please call your friendly neighborhood rehab department at 210-568-5171

West Campus:

- **Tuesday, Nov 15 – 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, Nov 18 – Lobby area near the mailboxes: 11am-12pm for Free Fall Risk Assessment; Discuss rehab topics of the month. Therapists will be available to answer questions. Snacks available. Please stop by to 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 & [Paula Qualls](#), BSTW Activities Coordinator

Blue Skies of Texas Fitness News

*Hello
November*

2022 Blue Skies Turkey Trot, Monday, Nov 21, 9am. Join fellow turkey lovers and friends for a 1-2 mile walk around campus, and even bring your pup for a walk around Blue Skies. The walk will start and finish at the Main Entrance. If you are looking for a great trot to make room for the turkey, join us!! Please sign up no later than **Monday, Nov 14.**



Turkey Trot Blue Skies West – Monday, Nov 21, 9am.

West Wonder Woman Walk – Join us on Saturday, Nov 12, 9am.

East Fitness Meeting, Thursday, Nov 10, 1:30pm, Fitness Center.

East Fitness Classes –

10am Water Fitness – Monday & Wednesday, Pool

10am Sit & Fit – Monday, Wednesday and Friday, V & F

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

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

9am Water Fitness – Tuesday & Thursday, Pool

10:15am Tai Chi – Tuesday & Thursday, V & F

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

West Fitness Classes –

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

10am Total Conditioning – Monday, Wednesday, & Friday, CC 1-2

11:15am Zumba Class – Monday, Wednesday & Friday, CC 1-2

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

10am Line Dancing w/George – Tuesday, Persimmon Room

10am Yoga – Tuesday & Thursday, CC 1-2

11am Chair Yoga – Tuesday & Thursday, CC 1-2

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

1:45pm Cardio – Tuesday & Thursday, CC 1-2

1pm Water Aerobics – Tuesday, Thursday, Pool

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

1pm Tai Chi, Wednesday & Friday, CC 1

2022 November Exercise Schedules are available at the Front Desk of both the East and West Campuses.



Blue Skies of Texas East & West “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 pre-paid 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 event:**



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 www.sabot.org/Lightscape or call 210-536-1400. Be sure in advance that you are purchasing tickets for the appropriate date and time.



Opera San Antonio @ the Tobin Center. 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 that 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 from BSTW at **5:45pm** and BSTE at **6pm**. 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



Due to lack of sign-ups for the SA Philharmonics, Broadway San Antonio, and Geographic Live at the Tobin Center, we will no longer be offering transportation to these events. However, we have provided information below if you wish to purchase tickets and go on your own. In this new section of our newsletter titled **Community Events to Explore on Your**

Own, we highlight events that may be of interest. Please remember that BST buses will not be available for these events.

Community Events to Explore on Your Own:



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 examples of 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/>.

CLASSICS: Sep 2022 – Jan 2023

Nov 18 & Nov 19 – Classics 4: Christopher Wilkins conducts Vaughn Williams and Holst's The Planets

Jan 14 – Classics 5: Tito Muñoz conducts Beethoven

POPS Jan 2023-Apr 2023

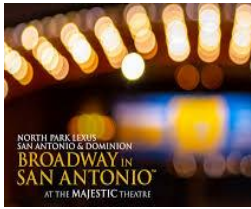
Jan 27 & Jan 28 – Pops 1: Charles Floyd conducts "A Martin Luther King Celebration" with bass baritone Timothy Jones

Feb 24 & Feb 25 – Pops 2: David Cho at the Movies!

Apr 21 & Apr 22 – Pops 3: "A Fiesta Celebration" with Ludwig Carrasco and Elena Duran



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



2022/2023 Broadway in San Antonio. All shows are at the Majestic Theatre, and they have always been amazing. Please visit <https://sanantonio.broadway.com/subscriptions/> to purchase your season tickets and mark your calendars for some great entertainment. Remember, transportation is on your own.

2022/2023 Season shows, listed below:

- Nov 29 - Dec 4** – Dr. Seuss’ How the Grinch Stole Christmas (only available with the purchase of the 7-show package)
- Jan 10-15, 2023** – Pretty Woman
- Feb 7-12** – Disney’s Aladdin the Musical
- Mar 7-12** – Hairspray
- May 2-7** – To Kill a Mockingbird
- Jun 9-11** – Riverdance



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.>

- Jan 15, 2023** – Untamed
- Mar 19** – Secrets of Whales
- Jun 11** – Cosmic Adventure

In-House Highlighted Events:

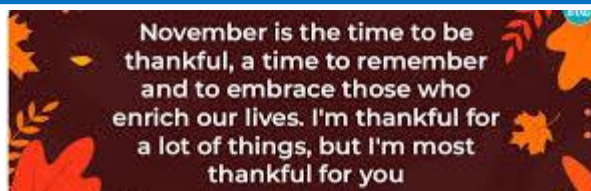
BSTE Sew 'n Sews Bizarre & Market Days, Thursday, Nov 17, 9am-2pm, BST East Atrium Hallway & Main Lobby. Residents, if you are sponsoring someone for the Market Day portion of this event, please contact Activity Coordinator Carol Estala to turn in the Market Day Application for the vendor you will sponsor. Entry forms or applications need to be filled out and returned by **Monday, Nov 14.**



BSTW Market Days – Friday, Nov 18, 9am-2pm, Main Lobby. Residents, a gentle reminder to get your applications filled out for Market Days with the information for the vendor you are sponsoring. Please feel free to see Paula Qualls if you have any questions or call 210-568-3310. **Deadline to sign up is Nov 14.**

Thankfulness Walking Quest Begins! Thankfulness is not only in the air, but around various campus spots as well! The challenge of this “walking quest” is to see how many quotes of the quest that you can spot and re-quote. So put on your walking shoes and go on a hunt for thankfulness tidbits. Tidbits will be found both outside around the campus, and inside in the common areas of the main building. What is this walking quest? Go to the Main Lobby on **Friday, Nov 18**, where you will find a table with complete instructions and an entry form that you will fill out with the tidbits you find. Be sure to turn in your completed form in the entry box provided by noon on **Wednesday, Nov 30**. All participants with entries indicating at least 20 tidbits will be entered in a drawing for 2nd and 3rd place, while those who capture all 33 will be in a drawing for 1st place.

BLUE SKIES EAST by Carol Estala, BST EAST Activity Coordinator



Monday, Nov 1 through Friday, Nov 4 – Tree for Employees’ Children’s Christmas Event, 11:15am-2pm and 4pm-6pm, HR Lobby. Volunteers will be present to help you in sponsoring a child. Remember, they are also seeking wrapping paper and Scotch tape donations. If you wish to sponsor a child, please stop by.



Wednesday, Nov 2 – Día de los Muertos Celebration, 10:30am, Main Lobby. Please join us for this special day to honor and remember our loved ones, as you enjoy some history, Mexican sweet bread and more.

Thursday, Nov 3 – Tomb of the Unknown Soldier Presentation. 10:30am, Legacy Room. Join former guard Ryan Richardson as he presents a short film and talks about his experience of being a guard at the Tomb. This is a presentation you won’t want to miss! **Please sign up in CC1 now.**

Saturday, Nov 5 – SA Opera: Pagliacci w/ Lecture, Tobin Center. Composer & Librettist of Pagliacci: Ruggero Leoncavallo. Pagliacci is about a traveling acting troupe who arrive to perform in a bustling town, and the secrets and jealousies among them threaten to explode onstage - with deadly consequences. For ticket information, please visit OperaSA.org or call 210-673-7270 for more information. The bus will arrive early



for the free lecture that is open to all ticketholders. Deadline has passed. **Bus departs BST East at 6pm.**



Sunday, Nov 6 – Time Change! Don't forget to "Fall Back" as Daylight Saving Time ends today, by moving your clocks back by one hour!

Monday, Nov 7 – Decorating Christmas Bags, 10am, Legacy Room. This is one of many events that will help in making the children's Christmas party extra special. Join us to help decorate the goody bags that will be given out to employees' children who will receive gifts at this party.

Tuesday, Nov 8 – Bocchia Ball, 1pm, VFC. Come and join the fun! No experience as necessary. It's fun for all at all levels of fitness.

Wednesday, Nov 9 – East Side Diners: Viola's Ventana's. Enjoy upscale Mexican cuisine in an old-world setting. **Please sign up in CC1.** Deadline is **Saturday, Oct 29.** **Bus departs BST East at 5pm.**

Thursday, Nov 10 – Beaded Christmas Centerpieces & Ornaments, 1:15pm, CC2/CC3. Come and create something beautiful for Christmas using stunning bead work that only looks difficult to bring together. Cost is just \$1.75 a person for supplies. Space is limited; please sign up in CC1.

Friday, Nov 11 – Veterans Day Ceremony, 10am, Portico and Main Lobby. Please join us as we honor all of our Veterans for this very special annual ceremony, with refreshments to follow.

Friday, Nov 11 – Knights of Columbus Fish Fry. Our nearby Knights of Columbus Hall (Ray Ellison location) would love to have our group out to join in their Friday fish fry event. Cost of plate is \$12(large)or \$10(small). They accept cash or card, payment taken at event. Bar available to purchase alcoholic beverages. **Please sign up in CC1,** deadline is Nov 3. **Bus departs BST East at 4:45pm.**

Saturday, Nov 12 – Jon Wayne Veteran Appreciation Event. Signup deadline has passed. **Bus departs BST East at 2:30pm.**



Monday, Nov 14 – Coffee & Company, 9:45am, Main Lobby. What's better than a nice hot cup of coffee on a fall morning? Please join us as we sip coffee and talk amongst the company of your neighbors. This is just a relaxing time together; there is no program of any sort.

Monday, Nov 14 – Making Holiday Passports, 1:30pm, Legacy Room. This is one of many events that will enhance the children's Christmas party. Please join us, making mini passport books for the children to be used during this festive gathering.

Tuesday, Nov 15 – Fall Fest, 1:30pm, Portico/Heritage Park. Life Enrichment, Arnold House, and The Mission have teamed together to bring you a spectacular event. We will have live music, a petting zoo, a chili cook-off and more! Both staff and residents



are invited to participate in the chili cook-off. For more details, please contact Carol Estala, BSTE Activity Coordinator.

Wednesday, Nov 16 – Rosa Luna Puerto Rican Cuisine y Tapas. This restaurant features delicious authentic Puerto Rican dishes. Rosa Luna is owned and operated by a couple from Puerto Rico who have brought this great cuisine to San Antonio. **Please sign up in CC1 now.** The deadline is **Sunday, Nov 6. Bus departs BST East at 11am.**

Thursday, Nov 17 – Sew 'n Sews Bazaar and Market Days, 9am-1pm, Atrium Hallway & Main Lobby. For details, please see the “in-house highlighted events” section above.

Friday, Nov 18 – Decorating Ornaments for the Children, 1:30pm, Legacy Room. This is one of many events that will help in making the children’s Christmas party. Please help in decorating ornaments to represent South Africa. These ornaments will be passed out to the children attending the Christmas event.

Friday, Nov 18 – Thankfulness Walking Quest Begins! You can start walking and looking **after 2pm** on this day, through **Wednesday, Nov 30 at noon.** Tidbits will be found both outside around the campus, and inside in the common areas of the main building. For more details, please see the listing above of highlighted events above. Winners to be announced and prizes awarded at a special event on **Thursday, Dec 1.**

Monday, Nov 21 – Decorating Ornaments for the Children, 10am, Legacy Room. This is one of many events that will help in making the children’s Christmas party special. Please come and decorate ornaments to represent France. These ornaments will be passed out to the children attending the Christmas event.

Tuesday, Nov 22 – Harvest-Themed Left/Right/Center Game, 10am, Legacy Room. Come and roll the dice as we enjoy this dice game. There will be prizes!

Tuesday, Nov 22 – Relaxation and Reflection Time, 1pm, CC2/CC3. This is an opportunity to relax and reflect on your blessings, things you are thankful for. Please sign up via the Touchtown app.

Monday, Nov 28 – Shopping for Employees’ Children’s Christmas Gifts. If you are interested in helping to shop for the children’s gifts, please contact Sue Wilt. The group will enjoy lunch on their own at Panera Bread, then head to Target to purchase gifts for the employees’ children. **Bus departs at 10:45am.**

Tuesday, Nov 29 – Deck the Halls of BSTE! Meet in the Lobby at 9:30am. Please sign up via the Touchtown app to help in setting up and decorating the many Christmas trees throughout BSTE.

Wednesday, Nov 30 – Completion of the Thankfulness Walking Quest. Please turn in your forms today by **noon.**

Wednesday, Nov 30 – East to West Lunchtime Dining. Bus departs BSTE at 11:45am. Please sign up via the Touchtown app.



Wednesday, Nov 30 – Lightscape at the Botanical Gardens. Please sign up for bus using the Touchtown app. Deadline to sign up is **Sunday, Nov 20.**

A Sneak Peek at DECEMBER Activities @ BST EAST

Thursday, Dec 1 – FF Reading and Creative Minds Working Together, 1pm, Sky Lounge. Please come, bring your activity, and trip ideas as we plan for the future and go over the upcoming Friday Flyer. Those who attend will be put into a drawing, winner will be able to get first opportunity to sign up for any and all activities/trips, thus no waitlist for this lucky person!

Thursday, Dec 1 – Walking Quest Winners Announced, 3:30pm, Main Lobby. We'll have holiday punch and cookies.

Friday, Dec 2 – San Antonio Messiah, BSTW departs at 5:45pm, Church of Jesus Christ of Latter-Day Saints, 6240 UTSA Blvd. This performance is at no cost, with general admission seating available. The deadline to sign up is **Friday, Nov 25** via the Touchtown app.

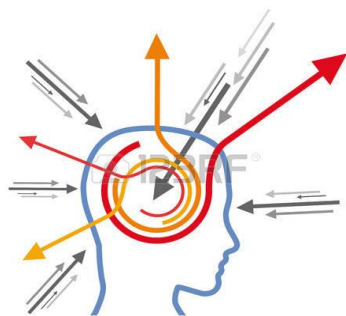
Saturday, Dec 3 – Candlelight Home Tour, hosted by the Castroville Conservation Society. Tickets are \$25.00 per person and can be charged to your account. Deadline to sign up, via the Touchtown app, is **Monday, Nov 28. Bus from BSTE departs at 4:15pm.**

Sunday, Dec 4 – Resident Concert Series, San Antonio Brass Quintet, 3pm, BSTW Main Lobby. Refreshments will be served afterwards. Please sign up via the Touchtown app for the bus. **Bus departs BSTE at 2:15pm.**

November

BLUE SKIES WEST by Paula Qualls

BSTW LIFE ENRICHMENT “The Scoop of the Day”:



Benefits of Physical Exercise

Physical exercise is an important role in overall health and wellbeing. Exercise can help in terms of weight management, reduce the risk of heart attack, stroke, or diabetes, strengthen bones and muscles while working out, improve the ability to do day-to-day activities, prevent fall risk, and aid chronic conditions, or disabilities.

Stay healthy and proactive!



Tuesday, Nov 1:

Line Dancing w/George, 10am, Persimmon Room
Scrabble, 11am, Main Lobby
Brilliant Minds at Work, 2pm, CC3
Bunco, 7pm, CC3

Wednesday, Nov 2:

Día de los Muertos Celebration, 2:30pm, Main Lobby. Please join us on this special day of honoring and remembering our loved ones, as you enjoy some of the history of this occasion. Try some of the Mexican sweet bread and much more. See you there!

Computer Classes, 2:30pm, CC1
Pinochle, 3pm, CC3
Cribbage, 6:30pm, CC3

Thursday, Nov 3:

Tomb of the Unknown Soldier, 10am, BSTE Legacy Room
Interphase Bible Study, 4pm, CC3
Bridge, 6pm, CC3
Bible Study, 6pm, CC2

Friday, Nov 4:

Coffee Klatch, 10:30am, Main Lobby
National Mahjong, 1:30pm, CC3
Regatta-Yacht Club 4pm, Gazebo
Game Night, 6:30pm, CC3

Saturday, Nov 5:

Opera San Antonio: Pagliacci with Lecture. Blue Skies will be offering transportation to the one remaining 2021/2022 season show. Pagliacci is about a traveling acting troupe who arrive to perform in a bustling town, where the secrets, and jealousies among them threaten to explode onstage - with deadly consequences. The BST bus will depart **BSTW** at **5:30pm** and **BSTE** at **5:45pm**. **Please sign up in CC3.** The deadline is **Friday, October 28**. Please mark your calendars; purchase your tickets early. For ticket information, please visit OperaSA.org or call 210-673-7270 for more information. 2022/2023 season shows begin at **7:30pm**, Saturday evenings.

Sunday, Nov 6:



Time Change: Daylight Savings Time Ends. Fall back one hour!
Protestant Church, 9am & 11am, High Flight Chapel
Line Dancing, 5pm, CC2
Roaring 20s, 6:30pm, Roadrunner Lounge



Monday Nov 7:

iPad Classes, 11am, Rm 110 Conference Room
Bridge, 1:30pm, CC3
Bingo, 3:30pm, Main Lobby
Game Night, 6:30pm, CC3

Tuesday, Nov 8:

Election Day – Vote!!
Line Dancing w/George, 10am, Persimmon Room
Scrabble, 11am, Main Lobby

Tuesday, Nov 8:

Golden Corral West Side, BSTW departs at 12:30pm, Portico. Golden Corral will honor your military discount. This is a family-style buffet restaurant serving lunch, dinner and weekend breakfast that features an endless variety of high-quality menu items at one location. **Deadline to sign up is Tuesday, Nov 1 in CC3.**

Wednesday, Nov 9:

National Mahjong, 1:30pm, CC3
Computer Classes, 2:30pm, CC1
Pinochle, 3pm, CC3
Cribbage, 6:30pm, CC3

Thursday, Nov 10:

DRAC Meeting, 1pm, CC3
Marine Corps Birthday, 1pm, Roadrunner Lounge
Interphase Bible Study, 4pm, CC3
Bridge, 6pm, CC3
Bible Study, 6pm, CC2

Friday, Nov 11:

Veterans Day Ceremony, 11am, Lobby Flagpole Parking Lot
Ice Cream, 3pm, Main Lobby
Knights of Columbus at the Ray Ellison location: join them for their Friday fish fry event. Cost of plate is \$12.00 (large) or \$10.00 (small). They accept cash or card; payment taken at location. Bar available to purchase alcoholic beverages. Deadline to sign up is Nov 3 in CC3. **Bus from BSTW departs at 4:30pm.**
National Mahjong, 1:30pm, CC3
Game Night, 6:30pm, CC3

Saturday, Nov 12:

Wonder Women Walk, 9am, Lobby Entrance
Jon Wayne Veteran Appreciation Event. Mr. Don Rackler owner of Jon Wayne Heating and Air has once again invited our Veterans here at Blue Skies out to his place in La Vernia, Texas for an amazing event that truly honors all of you! His staff



along with Volunteer Event Coordinator, Dee Holting have worked hard to put on an amazing program and meal. Please, sign up in CC3 and include the following T-shirt size/ Branch of Service/Rank and Years of Service. **Deadline to sign up is Tuesday, Nov 1 in CC3. BSTW departs at 2:15pm.**
Blue Notes Jazz, 3pm, The Vista Rm 31

Sunday, Nov 13:

Protestant Church, 9am & 11am, High Flight Chapel
Line Dancing, 5pm, CC2
Roaring 20's, 6:30pm, Road Runner Lounge

Monday, Nov 14:

iPad Class, 11am, Rm110
Bridge, 1:30pm, CC3
Bingo, 3:30pm, Main Lobby
Game Night, 6:30pm, CC3

Tuesday, Nov 15:

Line Dancing w/George, 10am, Persimmon Room
Scrabble, 11am, Main Lobby
Select Rehab ID Distribution, 11am, Main Dining Entrance
HAMM Radio 11am, CC3
Bunco 7pm, CC3

Wednesday, Nov 16:

Luna Rosa Puerto Rican Grill y Tapas is San Antonio's premier destination for authentic Puerto Rican Cuisine, Tapas, and Cocktails. Deadline to sign up is **Wednesday, Nov 9** in CC3. **Bus from BSTW departs at 10:45am.**
National Mahjong, 1:30pm, CC3
Computer Classes, 2:30pm, CC1
Pinochle, 3pm, CC3
Cribbage, 6:30pm, CC3

Thursday, Nov 17:

Thankful Walk Entry Form, 11am, Main Lobby (please see Paula Qualls)
Interphase Bible Study, 4pm, CC3
Bridge, 6pm, CC3
Bible Study, 6pm, CC2

Friday, Nov 18:

Thankful Walk Quest Begins! Being blessed, thankful, and grateful is in the air! The challenge of the quest is to see how many quotes you can spot and re-quote. Tidbits will be found both inside such as the common areas and outside around the campus of the main building. Go to the Main Lobby on **Thursday, Nov 17** at **11am** where you will find a table with complete instructions and an entry form. Be sure to turn in your



completed form in the “thankful box” in the Main Lobby by **noon** on **Wednesday, Nov 30**. Winners will be announced and prizes will be awarded on **Thursday, Dec 1**.

Friday, Nov 18:

Market Days, 9am, Main Lobby
National Mahjong, 1:30pm, CC3
Game Night, 6:30pm, CC3

Saturday, Nov 19:

Blue Notes Jazz, 3pm, The Vista, Room 31
SA Philharmonic: Classics 4: Christopher Wilkins, First Baptist Church.
Christopher Wilkins returns to transport you on a musical expedition stretching from the frozen terrain of the South Pole to the infinite vacuum of space by way of the highly descriptive music of Vaughn-Williams’ Symphony No. 7, “Sinfonia Antarctica”, and Holst’s masterpiece, The Planets. For tickets and more details please visit <https://saphil.org/events/>. Transportation is on your own.

Sunday, Nov 20:

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

Monday, Nov 21:

Turkey Trot, 9am, Main Lobby Entrance. Grab your walking shoes and join us with a short mini warm up with Hope! We’ll have lots of fun wearing our tutus.
National Cranberry Day, 11am, Main Lobby
Bridge, 1:30pm, CC3
Bingo, 3:30pm, Main Lobby
Game Night, 6:30pm, CC3

Tuesday, Nov 22:

Line Dancing w/George, 10am, Persimmon Room
Scrabble, 11am, Main Lobby
Rotary, 11am, Road Runner Lounge
Bunco, 7pm, CC3

Wednesday, Nov 23:

National Espresso Day, 8am, Bistro
National Mahjong, 1:30pm, CC3
Computer Classes, 2:30pm, CC1
Pinochle, 3pm, CC3
Cribbage, 6:30pm, CC3

Thursday, Nov 24:

Happy Thanksgiving Day to each of you, as we give thanks for the many wonderful blessings given to us daily. Celebrate all the joys that life has to offer. God Bless!
Bridge, 6pm, CC3



Friday, Nov 25:

National Mahjong, 1:30pm, CC3
Game Night, 6:30pm, CC3

Saturday, Nov 26:

Blue Notes Jazz, 3pm, The Vista Rm 31

Sunday, Nov 27:

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

Monday, Nov 28:

Bridge, 1:30pm, CC3
Bingo, 3:30pm, Main Lobby
Game Night, 6:30pm, CC3

Tuesday, Nov 29:

Let the Christmas Decorating Begin!
Line Dancing w/George, 10am, Persimmon Room
Scrabble, 11am, Main Lobby
Rotary, 11am, Roadrunner Lounge
Bunco, 7pm, CC3

Wednesday, Nov 30:

National Mahjong, 1:30pm, CC3
Computer Classes, 2:30pm, CC1
Pinochle, 3pm, CC3
Cribbage, 6:30pm, CC3

Wednesday, Nov 30: Lightscape at Botanical Gardens. Departs BSTW Lobby at 4:45pm.

End of the Thankful Walk Quest. Please turn in your form at the Front Desk by noon.

"A Sneak Peek at DECEMBER Activities @ BST West"

Thursday, Dec 1:

Announcement of the Winners of the Thankful Walk Quest, 11am, Main Lobby
Village Voices, 7pm, Main Lobby
Dr. Seuss' How the Grinch Stole Christmas, Majestic Theater. Showtime, 7:30pm. Please visit https://sanantonio.broadway.com/subscriptions/for_details.

Friday, Dec 2:

Briscoe Middle School, 10am, Main Lobby
San Antonio Messiah, BSTW departs at 5:45pm, Church of Jesus Christ of Latter-Day Saints, 6240 UTSA Blvd. This performance is at no cost, with general admission seating available. Deadline to sign up is **Friday, Nov 25** in CC3.



Saturday, Dec 3:

Candlelight Home Tour hosted by the Castroville Conservation Society.

Tickets are \$25.00 per person and can be charged to your account. Deadline to sign up is **Monday, Nov 28** in CC3. Bus from BSTW departs at **4:30pm**.

Sunday, Dec 4:

Resident Concert Series, San Antonio Brass Quintet, 3pm, Main Lobby. Refreshments afterwards.

Monday, Dec 5:

Pierce Elementary School, 10am, Main Lobby

Wine Tasting, 1:30pm, Road Runner Lounge

Tuesday, Dec 6:

West Side Willie's Grill and Icehouse, 11:30am. Transportation departs BSTW Lobby at 11:30am. Deadline to sign up is **Tuesday, Nov 29** in CC3.

Wednesday, Dec 7:

St. Louis Children Christmas Program, 10am, Main Lobby. You won't want to miss this. The school will be bringing their 3rd, 4th, and 5th graders to tell the story of Mary and Joseph.

Jamming with Jim, 3pm, Main Lobby. He'll have a song list, but you can also make requests!

