

BST WELLNESS AND LIFE ENRICHMENT



MARCH 2023 EDITION

NOTES FROM WELLNESS & LIFE ENRICHMENT DIRECTOR

By Shari Proctor



**MILITARY &
VETERANS
SERVICES**

Bexar County Military and Veteran Services Presentation, Friday, Mar 10, 10:30am, Roadrunner Lounge. New Executive Director Keith Wilson (Ret, USA), Veteran Benefits Manager, Steven McKee (Ret, USA), and Nancy Taguacta, Asst Director, will be here to provide information on the veteran services they provide,

including the possibility of having a Veterans Service Officer come to BST West on a regular basis to assist veterans and surviving spouses who are applying for VA benefits.



Broadway Bank Presentation – The Economic Outlook, Friday, Mar 17, 10am, Roadrunner Lounge. Please sign up in CC3.

Blue Skies Hospice Support Group, Thursday, Mar 9 at both campuses. Our support



group is for anyone facing a loss, which can come in many ways. It could be the loss of a spouse or family member, loss of a lifestyle you once had with your spouse, loss of mobility, or loss of vision. The Group will meet on the **2nd Thursday** of each month: at the West Campus, the Group will meet at **10am** in the Helen LeMay Room, and at the East Campus, the Group will meet at **1pm** in CC3.



Broadway Bank Presentation – “Inflated Expectations,” Friday, Mar 17, 10am, Roadrunner Lounge. Will prices continue to increase? When will interest rates stop going up? Is the economy in recession? These are just some of the issues that will be addressed during an informative and engaging discussion regarding what's going on in the world and how it affects your assets. Presenter is Kelly M. Corbiere, CFA, CMT, CFP, Senior Vice President, Portfolio Manager. Please sign up in CC3.



ALZHEIMER'S CAREGIVER SUPPORT GROUP

By Sandra Guerra, Freedom House Director

Alzheimer's Support Group

Our Alzheimer's Association-sponsored support group meets on the **third Wednesday** of each month. Please join us on **Wednesday, Mar 15 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 Maltos

Lackland Legal - Lackland Legal will be at **East** to meet individually with East residents on **Tuesday, Mar 7**. They will be at the **West Campus on Tuesday, Mar 7** 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 Maltos 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 below on the left, will need to be replaced with the one on the right within the next 4 years, i.e., in 2026.



The new card will resemble the Common Access Card or "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 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 that this is not an urgent issue. Once you receive your new Military ID card, please 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 Maltos at 210-568-3282, or Elizabeth Bain at 210-568-3416.



WELLNESS CENTER

By Terry Elizondo, Medication Liaison

Reid Pharmacy Guidelines:

- Electronic prescriptions from physicians are the preferred and fastest method for medications. Please provide your physician's office with the following electronic address when sending electronic prescriptions: **DoD REID ePHCY**
- Submit requests for refills with the Wellness Center (Rm 112 at East and Rm 102 at West); forms are available at the drop box. Wellness does not accept empty med bottles/containers 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 McCauley, N.P., and Karina Owens, N.P., will be at BST West Specialty Clinic on the following dates. Please call 830-538-3550 to schedule an appointment.

- **Wednesdays, Mar 1, 8, 22 and 29, 9am-5pm**

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

- **West Specialty Clinic – Tuesdays, Mar 7, 14, 21 and 28, 8am-5pm**
- **East Specialty Clinic II – Fridays, Mar 10 8am-12pm**

Visiting Physicians Group – Dr. Pham will be at the **East Campus** on **Mondays, Mar 6, 13, 20 and 27** from **9:30am-4:30pm.** Please call 210-733-5072 to schedule an in-home appointment.



Zarate Medical Group – Dr. Jocelyn Zarate will be at the **West** Specialty Clinic 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, Mar 8 and 22** 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, Mar 10 and 24** 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 – Friday, Mar 3, 10-11am**
- **East Specialty Clinic – Friday, Mar 3, 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 – Mar 2, 7, 9, 14, 16, 21, 23, 28 and 30, 9am-5pm**
- **East Dental Clinic – Friday, Mar 3, 17, 24 and 31, 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, Mar 13, 9am-12pm**
- **East Specialty Clinic – Monday, Mar 13, 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, Mar 2, 9, 16 and 23, 9am-12pm**
- **East Specialty Clinic – Dr. Tracy Board, Audiologist
Wednesdays, Mar 22, 9am-12pm**

Massage Therapy

Jacqi Crow, Licensed Massage Therapist provides massage therapy at the East and West Campuses. For an appointment, please call or text Jacqi at 210-818-5242.



Tina Payton, Licensed Massage Therapist provides massage therapy at the West Campus. For an appointment, please call or text Tina at 830-446-9380.

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, Mar 24. 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

By Barbara Freeman, PT, Director of Rehab Services



A Brand-New Year: Let's Focus on Physical Activity

According to the Centers for Disease Control, only 28-34% of adults ages 65-74 and 35-44% of those who are 75 or older are physically active. Growing evidence shows that physical exercise does not have to be strenuous or even require a major time commitment. It is most effective when done regularly and in combination with a healthy diet, mental activity, and social interaction.

There are significant health benefits that can be gained with a moderate amount of daily physical activity. As metabolism naturally slows with age, maintaining a healthy weight is a challenge. Exercise helps increase metabolism and builds muscle mass, helping to burn more calories. Physical activity also reduces the impact of illness and chronic disease. People who exercise have a lowered risk of several chronic conditions including Alzheimer's disease, diabetes, obesity, heart disease, osteoporosis, and colon cancer. In addition, physical activity enhances mobility, flexibility, and balance in older adults. Strength training may also alleviate the symptoms of chronic conditions such as arthritis

There are also cognitive benefits of exercise for older adults. Physical Activity benefits regular brain functions and can help keep the brain active, which can prevent memory loss, cognitive decline, and dementia. Also, exercise improves your quality sleep, which is important for your overall health, by falling asleep more quickly and more deeply.



Furthermore, exercise boosts mood and self-confidence. Endorphins produced by physical activity can actually help you feel better and reduce feelings of sadness or depression. Also, being active and feeling strong naturally helps you feel more self-confident.

How Can Therapy Help? The Select Rehab team assists each person to progress towards their individualized fitness goals and is there to support them through both their challenges and successes. Select therapists are specially trained to help with a broad range of conditions that affect abilities to participate in physical activity and exercise. Select therapy can identify lifestyle changes that facilitate improved physical fitness levels and can offer assistance and guidance by creating an exercise plan that includes:

- Resistive weight bearing exercises
- Focus on body mechanics and posture while exercising
- Balance and stability activities
- Energy conservation with physical activity

Your physical, occupational and speech therapy team can treat mechanical pain and dysfunction that limit exercise participation and provide home modifications and functional safety assessments to ensure a safe space to perform exercises in the home.

**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, Mar 9 – ID Distribution, New Year, New Time: noon-1pm, Hi-Rise Lobby. IDs to be used in hospitals to return to Blue Skies of Texas for nursing and rehab needs.

Friday, Mar 10 – Lobby Area (outside the library): 11am-noon for Free Fall Risk Assessment and to discuss rehab topics of the month. Therapists will be available to answer questions. Snacks will be available. Come and see us.

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

West Campus:

Tuesday, Mar 14 – ID Distribution, New Year, New Time: 11am-noon, outside the Dining Room. Photo IDs provided by Select Rehab to be used in hospitals to return to Blue Skies of Texas for nursing and rehab needs.

Friday, Mar 17 – Lobby area near the mailboxes: 11am-noon for Free Fall Risk Assessment and to discuss rehab topics of the month. Therapists will be available to answer questions. Snacks will be 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

East Fitness Classes –

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

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

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

9am Water Fitness – Thursday, and Thursday, Pool

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

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

9am Aqua Zumba – Friday, Pool

West Fitness Classes –

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

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

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

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

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

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

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

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

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

1pm Balance – Wednesday and Friday, CC 1

2023 March Exercise Schedules are available at the Front Desk of both the East and West Campuses, and accessible online under “Activity Guides” at

<https://www.blueskiesoftexas.org/lifestyle2/activities/>.

Blue Skies of Texas

East & West

Life Enrichment/Activities News

SPECIAL ANNOUNCEMENT



The **Market Days** event at both East and West Campuses is quickly approaching. Do you have any products to sell that may be of interest to residents and employees, or do you know an individual or company that may also have such a product? You can sponsor them as a vendor during our Market Day Events. Vendors do need to pay a small fee to have a table; cost ranges



from \$15-\$25, based on the number of tables (up to 3). Please see your Activity Coordinators, Carol Estala (BSTE) or Paula Qualls (BSTW) for Vendor applications and more details. Applications need to be submitted to the Activity Coordinator at least 10 days before the event date. Please note these upcoming dates:

BSTW Market Day – Friday, Mar 10, 9am-2pm

BSTE Market Day – Friday, Apr 28, 9am-2pm

General Info

The information in the section below pertains to both campuses.

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.



Cancelation Policy for Bus: 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.

On-Site Activities

On-Campus Activities that require signup will have deadlines; please be sure to sign up early. For these activities, a minimum signup of seven residents is required, unless otherwise stated. In addition, if there is a supply charge for the activity and you are a no-show, or do not cancel by the deadline, your account will be charged the supply charge, so please be sure to mark your calendars when signing up for an event. Please see the timeline of events listed below for more details.



We want to hear from you. If you have a particular idea for an activity that you would like to enjoy at BST, or wish to explore an off-campus restaurant, museum, or special event, 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 note: we need at least 45 days prior notice of a special event you wish to see on our list of events.

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



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 as follows: BSTW at **5:45pm** and BSTE at **6pm**. One show left: **Saturday, Apr 1, at 7:30pm – Romeo and Juliet**.

We have reinstated the bus for the SA Philharmonic POPS series.

If you wish to also reinstate for the Classical Series, for the Saturday evening performances only, we need to ensure there is committed interest in attending the Classical Concert Series. Please contact your Activity Coordinator to let us know. **We need ten to sign up!**



The SA Philharmonic is made up of former Symphony musicians, and as was the case with the Symphony, they're selling subscriptions to their short 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/> or call 210-201-6006.

POPS - January-April (bus provided for Sat 7:30pm concerts)

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

CLASSICAL – Saturday, Mar 25 – Saturday, May 27

Currently, transportation is on your own, unless there is enough interest to provide a bus. Please see above.

Mar 25 – de Falla, Liszt, and Mendelsohn

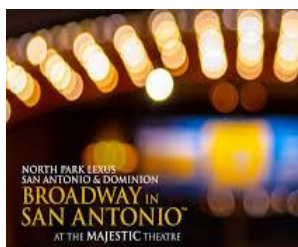
Apr 15 – Barber and Mozart

May 13 – Plaza, Piazzolla, Rodrigo and Beethoven

May 27 – Simon, Beethoven and Brahms

Community Events to Explore on Your Own:

Santikos Theaters’ “Military Monday”: \$5 tickets, large popcorn and 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.



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 listed below:

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, and experience iconic National Geographic footage brought to life by the emotional performance of a live symphony orchestra. 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>.

Sunday, Mar 19 – Secrets of Whales

Sunday, Jun 11 – Cosmic Adventure



BLUE SKIES EAST by Carol Estala, BST EAST Activity Coordinator

Wednesday, Mar 1 – Acadiana Café. Enjoy dinner Acadiana style with live jazz and amazing Cajun food! Please sign up via the Touchtown app. **Deadline has passed.**

Friday, Mar 3 – National Wear Blue Today! Let's really show our spirit here at Blue Skies by wearing BLUE! Did you also know today is National Thank an Employee Day, National Anthem Day and National I Want to Be Happy Day?

Friday, Mar 3 – Movie: The Pursuit of Happyness, 1:15pm, Legacy Room. Actor Will Smith stars in this uplifting drama based on the true story of a single father, Chris Gardner, who, with his young son, faced the challenges of being temporarily homeless before finding the way to achieve his dream. We'll have complimentary popcorn and soft drinks.



Saturday, Mar 4 – Black Bear Diner, a new restaurant located in San Antonio's Brooks City Base area. The goal of Black Bear Diner is to deliver scrumptious food in a friendly environment. Since breakfast is served all day, you can choose from breakfast or lunch options.

Please sign up via the Touchtown app.

Deadline is Sunday, Feb 26. Bus departs BST East at 10:15am.





Monday, Mar 6 – Left/Right/Center, 1:30pm, Legacy Room. This is a fun dice game that will have you laughing with friends as you roll the dice and win small prizes too. Come and join the fun!

Tuesday, Mar 7 – Town Hall, CC2, 10am. Come and hear Blue Skies news that pertains to our residents.

Tuesday, Mar 7 – DRAC Meeting, 2pm.

Wednesday, Mar 8 – Adult Coloring for Relaxation, 1:30pm, CC2/CC3. Adult coloring has many health benefits; please join us!



Thursday, Mar 9 – JBSA Lackland K-9 training demo and Taquería Mexico. Training Squadron at JBSA provides training to military working dogs (MWDs) used in patrol, drug and explosive detection, and specialized mission functions for the Department of Defense (DoD) and other government agencies. Come see firsthand how this training is done. Note this is an outside event, with stadium-style seating. After the

training demo, you will enjoy authentic Mexican food for lunch at Taquería Mexico.

Please sign up via the Touchtown app. Deadline is Thursday, Mar 2. Bus departs BST East at 9:30am.

Friday, Mar 10 – BST West Market Days, BSTW Main Lobby, 9am-2pm. East Campus will host a Market Day in April, but if you want to shop with vendors prior to that, you are welcome to head over to BSTW.

Sunday, Mar 12 – Daylight Saving Time Begins. Please remember to set your clocks ahead 1 hour.



Monday, Mar 13 – Coffee & Company, 9:45am, BSTE Main Lobby. Come and enjoy a cup of coffee and a sweet treat with friends. No program, just friends visiting friends over coffee.



Wednesday, Mar 15 – El Pilón Sabor Boricua. El Pilón offers authentic Puerto Rican cuisine, featuring daily lunch specials that will make you feel like you are dining in Puerto Rico. This restaurant was highly recommended by one of our Blue Skies East residents. **Please sign up via the Touchtown app. Deadline is**

Wednesday, Mar 8. Bus departs BST East at 11:15am.

Thursday, Mar 16 – Boccia Ball. 1:30pm, VFC. If you don't know about boccia ball, now is the time to find out, as we'll re-introduce the game at BSTE. We are hoping to get a good number of players this time around so we can continue offering this fun, interactive game for residents. Starting this month, we will offer this fun interactive game on the **3rd Thursday** of each month.

Friday, Mar 17 – St. Patrick's Day Celebration, 2:30pm, Arnold House. Don't be pinched for not wearing green on this day! Join us for an afternoon of St. Patrick's fun.



Friday, Mar 17 – Ragtime, 7:30pm, Woodlawn Theater. Based on the novel by E.L. Doctorow, Ragtime is a compelling epic capturing the American experience at the turn of the 20th century. It's a musical tracking three diverse families in pursuit of the American dream. Ragtime will be the last production at the Historic Woodlawn Theater; in April, the theater will be in the former location of the Bijou Theater in the Wonderland of the Americas Mall, taking on the new name of Wonder Theater. Just think: if you attend the show, you can brag that you attended the very last show in this historic building! Tickets are \$26 for senior citizens and can be purchased at <https://woodlawntheatre.org/ragtime> or by calling 210-267-8388 between 2pm-5pm Wed-Sat. Please sign up via the Touchtown app. Deadline is Friday, Mar 10. Bus departs BST East at 6:30pm.

Sunday, Mar 19 – Resident Concert Series: OPERA San Antonio, 3pm, BSTW Main Lobby. Please sign up for the bus via the Touchtown app. Deadline is Wednesday, Mar 15. Bus departs BST East at 2:15pm.

Tuesday, Mar 21 – Santikos Casa Blanca Theater and Bowling Alley. Let's spend a fun-filled afternoon at Santikos. You can enjoy lunch, choose to watch a movie, bowl a few games or even have some afternoon cocktails at the bar. Santikos hosts the following specials on Tuesday: Movies tickets are just \$4.99. Special \$4.99 food options include your choice of any large soda, large popcorn, pretzel, cheese/pepperoni pizza, hot dog, or boneless wings. Bowling is just \$34.00/ hour (up to 6 people) or \$17.00/game per person; shoe rental costs \$4.50. Please note: Santikos does not take cash, so please be sure to take your debit/credit card along. You will have about 3 hours to spend taking in all Santikos has to offer. Movie titles can be seen at <https://www.santikos.com/san-antonio/casa-blanca/theater-info/>. Please sign up via the Touchtown app. Deadline is Tuesday, Mar 14. Bus departs BST East at 11:30am.



Wednesday, Mar 22 – Presentation: An Honor Flight Experience, 1:30pm, Legacy Room (theater area). Three of our Blue Skies residents had the great opportunity to travel to Washington as honored military women. Please join Jan Olsen, Nancy Marks and Patsy Payne as they share photos and their stories of their experience from the trip.

Thursday, Mar 23 – RC Meeting, 2pm.

Friday, Mar 24 – Crafts with “Help Heal Veterans”, 10am, Legacy Room. Our friends from Help Heal Veterans are back with springtime crafts for you to enjoy. Crafting can be therapeutic, and this is why Help Heal Veterans was founded, to reach out and provide healing to those of us going through the struggles of life past and present. There is no cost for the class. Come and join the fun!



Saturday, Mar 25 – Karaoke with Friends, 7:30pm, Legacy Room. Come and sing or just enjoy the music. Please bring your own snacks and drinks. This group is led by Bill and Sue Wilt and meets the **last Saturday** of every month.



Monday, Mar 27 – Sea Island Shrimp House, family-owned and operated since 1965. Coast in to experience Sea Island's variety of fresh seafood. **Please sign up via the Touchtown App. Deadline is Monday, Mar 20. Bus departs BST East at 4:15pm.**

Tuesday, Mar 28 – Game Day, 1:15pm, Legacy Room. Come and join your friends and neighbors for an afternoon of good old fashioned fun, as you choose from a variety of board games, dice or card games to play.



Tuesday, Mar 28 – Witte Museum. For this late afternoon trip, you will enjoy free general admission exhibitions and galleries. The Witte is a museum where nature, science, and culture meet. Please wear comfortable shoes as there is a lot of walking, but also plenty of spots to sit and rest. **Please sign up via the Touchtown app. Deadline is Tuesday, Mar 21. Bus departs BST East at 2:30pm.**

Thursday, Mar 30 – Jewelry Making, 1:30pm, Sew 'n Sews Room. Spring is a time for new things, including accessories. Join us to make some spring-themed jewelry. Cost is \$6 each for supplies and will be billed to your account.

A Sneak Peek at April Activities @ BST EAST



Saturday, Apr 1 – San Antonio Opera: Romeo and Juliet, 7:30pm, Tobin. OPERA San Antonio presents Gounod's adaptation of Shakespeare's tragedy, Romeo and Juliet. As their romance blooms, so does the hatred between their houses, which compels these star-crossed young lovers to choose between their love for each other and love for their families. 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. To purchase tickets, call 210-223-8624 or visit <https://www.operasa.org/romeo-and-juliet>. **Please sign up via the Touchtown App. Deadline is Saturday, Mar 25. Bus departs BST East at 5:45pm.**

Saturday, Apr 1 – Stinson Field Dream Flight and Lunch. Head out to Stinson Airport to observe or join in on a dream flight. The Dream Flight organization is looking for WWII and Korean War men and women veterans who would be interested in going up for a short tandem flight. Special thanks to John Shatz, your fellow BST East resident who is helping to organize these flights. Please be on the lookout for more details to follow.



Sunday, Apr 2 – Palm Sunday.

Tuesday, Apr 4 – Umberto’s Italian Grill, with traditional Mediterranean cuisine, inspired by generations of home cooking. **Please sign up via the Touchtown app. Deadline is Tuesday, Mar 28. Bus departs BST East at 11:15am.**



BLUE SKIES WEST by Paula Qualls

BSTW LIFE ENRICHMENT “The Scoop of the Day”:

Six Medication Safety Tips:

1. Take medicine as prescribed by your doctor.
2. Store your medicines properly and check the expiration date.
3. Be aware of potential medication interactions and side effects.
4. Keep an updated copy of your medications.
5. Make sure that you share the list with all your physicians.
6. Do not share your medication with others.

Wednesday, Mar 1:

National Mahjong, 1pm, CC3

Crafts “Follies Easter Hats,” 2pm, Arts & Crafts Room. Please bring your own hat to decorate. If you have any questions, please contact Marcia Tinsley.

Computer Classes, 2:30pm, CC1

Pinochle, 3pm, CC3

Acadiana Cafe~ Enjoy dinner at Acadiana Café with Live Jazz Music, and amazing authentic Cajun cookin', this is the place to go in San Antonio. **Deadline to sign up was Feb 22.** Bus departs BST West at 4:15pm.

Cribbage, 6:30pm, CC3

Thursday, Mar 2:

Coffee with the Chef, 9:30am, Roadrunner Lounge

Brilliant Minds, 1pm, CC3

Episcopal Church, 3pm, High Flight Chapel

Bible Study, 6pm, CC2

Bridge, 6:15pm, CC3

Friday, Mar 3:

National Wear Blue Friday. It’s National Thank You Employee Appreciation Month! Let’s show BST spirit by wearing BLUE! It’s also National Anthem Day and National “I Want You to Be Happy Day”

Left Center Right Dice Game, 11:15am, CC3



National Mahjong, 1pm, CC3

Follies, 2pm, CC2

Scriptural Stations of the Cross, 2pm, High Flight Chapel. If you have any questions, please feel free to contact Tom or Sharon Dera.

Game Night, 6:30pm, CC3

Saturday, Mar 4:

Black Bear Diner, a brand-new restaurant located in San Antonio, Brooks City Base area. Easy going chain serving familiar all-day comfort food and desserts in a woodsy setting. Also, serving breakfast all day long. **Deadline is Feb 26 in CC3.**

Bus departs BST West 10am.

Mass, 11am, High Flight Chapel

Blue Notes Jazz Concert, 3pm, Main Lobby

Sunday, Mar 5:

Protestant Church, 9:30am and 11am, High Flight Chapel

Line Dancing, 5pm, CC2

Special Concert 6pm, Main Lobby featuring a violinist, cello, and pianist, Acoustic style classical music that you're sure to enjoy

Monday, Mar 6:

Bridge, 12:30pm, CC3

Follies, 2pm, CC2

Bible Study, 4:15pm, Pat Caruana, Conference Room 110

Bingo, 3:30pm, Main Lobby

Tuesday, Mar 7:

Line Dancing w/George, 10am, The Vista, Persimmon Room

Scrabble, 11am, Main Lobby

Town Hall Meeting, 2pm, Roadrunner Lounge and The Lakeview

Mahjong, 1pm, CC3

Bunco, 6:30pm, CC3

Wednesday, Mar 8:

National Mahjong, 1pm, The Vista - Common Area

B&A Party, Cocktails, 5pm, CC Rooms

Thursday, Mar 9:

JB SA Lackland K-9 Demo w/Lunch @ Taquería Mexico, Deadline to sign up is Mar 2 in CC3. BSTW departs @ 9:15am

DRAC Meeting, 1:30pm, Roadrunner Lounge

Boccia Ball, 2:45pm, CC1 & 2, It's a fun interactive game happening on the 2nd and 4th Thursday of the month promoting Vitality & Fitness.

Episcopal Church, 3pm, High Flight Chapel

Bible Study, 6pm, CC2

Bridge, 6:15pm, CC3



Hairspray, The Musical, Majestic Theater. For tickets please call 210-226-5700 or visit the website <https://sanantonio.broadway.com/subscriptions/>

Friday, Mar 10:

Market Days, 9am, Main Lobby

National Mahjong, 1pm, CC3

Follies, 2pm, CC2

Scriptural Stations of the Cross, 2pm, High Flight Chapel. Please feel free to contact Tom and Sharon Dera if you have any questions or inquiries.

Game Night, 6:30pm, CC3

Saturday, Mar 11:

Mass, 11am, High Flight Chapel

Blue Notes Jazz, 3pm, The Vista, Room 31

Sunday, Mar 12:

Daylight Savings Time begins. Spring forward one hour!

Protestant Church, 9:30am and 11am, High Flight Chapel

Line Dancing, 5pm, CC2

Karaoke, 5pm, Lakeview and Road Runner Lounge

Monday, Mar 13:

National Hydration and Nutrition Week, a great start to a better you!

Bridge, 12:30pm, CC3

Follies, 2pm, CC2

Bingo, 3:30pm, Main Lobby

Bible Study, 4:15pm, Pat Caruana, Conference Room 110

Game Night, 6:30pm, CC3

Tuesday, Mar 14:

Line Dancing w/George, 10am, The Vista, Persimmon Room

Scrabble, 11am, Main Lobby

ID Distribution – Select Rehab, 11am, adjacent to Dining Room Entrance

Mahjong, 1pm, CC3

Wednesday, Mar 15:

El Pilón Sabor Boricua. El Pilón offers Authentic Puerto Rican Cuisine, featuring daily lunch specials that will make you feel like you're in Puerto Rico. **Deadline to sign up is Mar 8 in CC3. BSTW departs at 11am.**

National Mahjong, 1pm, CC3

Pinochle, 3pm, CC3

Thursday, Mar 16:

Blackjack, 1pm, CC3

RC Meeting 1:30pm, Roadrunner Lounge

Episcopal Church, 3pm, High Flight Chapel



Stewart Bible Study, 4pm, CC3

Bible Study, 6pm, CC2

Bridge, 6:15pm, CC3

Friday, Mar 17:

Broadway Bank Presentation, 10am, Roadrunner Lounge

Left, Right, Center Dice Game, 11:15am, CC3

Fall Risk Assessment with Rehab Department, 11am, Main Lobby

National Mahjong, 1pm, CC3

Follies, 2pm, CC2

Scriptural Stations of the Cross, High Flight Chapel, 2pm, if you have questions, please feel free to contact Tom or Sharon Dera.

St. Patrick's Day Party, Liberty House, 2:30pm, Green Beer*

Ragtime, Woodlawn Theater, begins @ 7:30pm. Tickets for Senior Citizens cost about \$26. Tickets can be purchased at

<https://woodlawntheatre.org/ragtime> or by calling 210-267-8388. **Deadline to sign up is Mar 10 in CC3.** Bus departs BSTW @ 6:15pm

Game Night, 6:30pm, CC3

Saturday, Mar 18:

Mass, 11am, High Flight Chapel

Blue Notes Jazz, 3pm, The Vista, Room 31

Sunday, Mar 19:

Protestant Church, 9:30am and 11am, High Flight Chapel

National Geographic-Secret of the Whales, 2pm, Tobin Center

Resident Concert Series, "Opera SA," 3pm, Main Lobby

Line Dancing, 5pm, CC2

Monday, Mar 20:

Bridge, 12:30pm, CC3

Follies, 2pm, CC2

Bible Study, 4:15pm, Pat Caruana, Conference Room 110

Tuesday, Mar 21:

Santikos Casa Blanca Theater and Bowling Alley. Let's spend a fun-filled afternoon at Santikos. You can enjoy lunch, choose to watch a movie, bowl a few games or even have some afternoon cocktails at the bar. Santikos hosts the following specials on Tuesday: Movie tickets are just \$4.99. Special \$4.99 food options include your choice of any large soda, large popcorn, pretzel, cheese pizza, pepperoni pizza, hot dog or boneless wings. Bowling is just \$34 an hour (up to 6 people) or \$17.00 a game. Bowling shoe rentals are \$4.50. Santikos does not take cash, so please be sure to take your debit/credit card. You will have about 3 hours to spend taking in all Santikos has to offer. Movie titles can be seen at <https://www.santikos.com/san->



[antonio/casa-blanca/theater-info/](https://www.antonio/casa-blanca/theater-info/). We need 10 to sign up. **Deadline is Tuesday, Mar 14. Bus departs BSTW at 11:15am.**

Line Dancing w/George, 10am, Persimmon Room

Scrabble, 11am, Main Lobby

Ham Radio, 11am, CC3

Mahjong, 1pm, CC3

Bunco, 7pm, CC3

Wednesday, Mar 22:

Presentation: An Honor Flight Experience, 1:30pm, Legacy Room (BST East)

Three of our Blue Skies residents had the great opportunity to travel to Washington to be honored military women, Join Jan Olsen, Nancy Marks and Patsy Payne as they share pictures and their stories of their experience on the trip. Please see the Front Desk for transportation.

National Mahjong, 1pm, CC3

Follies Easter Hat Making, 2pm, Craft Room. Bring your own hat to decorate.

Pinochle, 3pm, CC3

Cribbage, 6:30pm, CC3

Thursday, Mar 23:

Boccia Ball 2:45pm, CC1 & 2

Episcopal Church, 3pm, High Flight Chapel

Stewart Bible Study, 4pm, CC3

Bible Study, 6pm, CC2

Bridge, 6:15pm, CC3

Friday, Mar 24:

Left, Right, and Center Dice Game, 11:15am, CC3

Mahjong, 1pm, CC3

Follies, 2pm, CC2

Scriptural Stations of the Cross, High Flight Chapel, 2pm, Please feel free to contact Tom and Sharon Dera if you have any questions.

Game Night, 6:30pm, CC3

Saturday, Mar 25

SA Philharmonic Presents Brett Mitchell, Conductor, featuring William Wolfram, Classic #7, de Falla, Liszt, and Mendelssohn, First Baptist Church. Tickets: sales@saphil.org or call 210-201-6006 and ask for Karen.

Mass, 11am, High Flight Chapel

Blue Notes Jazz, 3pm, The Vista, Room 31

Sunday, Mar 26:

Protestant Church, 9:30am and 11am, High Flight Chapel

Line Dancing, 5pm, CC2



Monday, Mar 27:

Sea Island Shrimp House, featuring the best seafood in San Antonio, Sea Island has been serving scratch cooked, high quality seafood with affordable prices for over 50 years. **We need 10 people to sign up.** **Deadline to sign up is Monday, Mar 20 in CC3. BSTW departure, 4pm.**

Bridge, 12:30pm, CC3

Follies, 2pm, CC2

Bible Study, 4:15pm, Pat Caruana, Conference Room 110

Tuesday, Mar 28:

Line Dancing w/George, 10am, The Vista, Persimmon Room

Scrabble, 11am, Main Lobby

Mahjong, 1pm, CC3

Witte Museum, San Antonio's science and natural history museum. It has garnered remarkable popularity which has skyrocketed since the building of the H-E-B Science and Tree House which holds a collection of interactive exhibits and activities for all ages. **Free admission after 3pm. BSTW departs at 2:15pm. Deadline to sign up is Tuesday, Mar 21 in CC3.**

Wednesday, Mar 29:

National Mahjong, 1pm, CC3

Follies Easter Hat Making, 2pm, Craft Room. Bring your own hat to decorate.

Pinochle, 3pm, CC3

Cribbage, 6:30pm, CC3

Thursday, Mar 30:

Blackjack, 1pm, CC3

Episcopal Church, 3pm, High Flight Chapel

Stewart Bible Study, 4pm, CC3

Bible Study, 6pm, CC2

Bridge, 6:15pm, CC3

Friday, Mar 31:

Left, Right, Center Dice Game, 11:15am, CC3

Mahjong, 1pm, CC3

Follies, 2pm, CC2

Game Night, 6:30pm, CC3



APRIL

"A Sneak Peek at Activities @ BST West"

Saturday, Apr 1:

Opera San Antonio at 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 to gain a better understanding of the production they are about to experience. The BST bus will depart as follows: **BSTW at 5:45pm. One show left – Romeo and Juliet. Deadline to signup is Saturday, Mar. 25 in CC3. For tickets visit <https://www.operasa.org/romeo-and-juliet> or call 210-223-8624.**

Stinson Field Dream Flight and Lunch. Head out to Stinson Airport to observe or join in on a dream flight. The Dream flight organization is looking for WWII and Korean War men and women veterans who would be interested in going up for a short tandem flight. More info coming soon.

Sunday, Apr 2:

Palm Sunday

Tuesday, Apr 4:

Umberto's Italian Grill, Authentic Italian food that will make you want more. **Deadline to sign up is Tuesday, Mar 28 in CC3. BSTW departs at 11am in CC3.** Umberto's does provide a military discount.

