

**NOTES FROM WELLNESS & LIFE ENRICHMENT DIRECTOR**

By Shari Proctor

Reid Pharmacy Prescription Medication Alert! Those of you who receive your medications from Reid Pharmacy, please remember that Reid Pharmacy does NOT fill prescriptions for emergency or urgent situations. For instance, if you go to the hospital, whether you go to the emergency department or you're admitted to the hospital, and you are prescribed a new medication to start taking immediately, do not have the hospital or urgent care center send the prescription to Reid Pharmacy. You must send it to a retail pharmacy such as HEB who can deliver the medication to you.



Blue Skies Hospice Support Group, Thursday, Jul 13 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

CC1.

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, Jul 19 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

Bexar County Veteran Service Office Appointments – Bexar County VSO will begin coming to the **West** campus once a month to meet one-on-one with residents who wish to file a claim. Please contact Ashlie Maltos at 210-568-3282 to book your appointment



for **Wednesday, Jul 26** and to find out what you need to take to your appointment. Please note: This is appointment-based with limited spots each month, and no walk-ins will be accepted.

Lackland Legal – Lackland Legal will be at **East** to meet individually with East residents on **Tuesday, Jul 11**. 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 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 3 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.

WELLNESS CENTER

By Terry Elizondo, Medication Liaison



Reid Pharmacy Closures:

Monday, Jul 3 and Tuesday, Jul 4 in observance of the Fourth of July.

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 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.

- Be sure to complete an “activate prescription” form to get new scripts filled.

PLEASE NOTE: 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

Please Note: For information regarding acceptance of specific insurance plans, please contact the Provider directly.

Primary Care Physicians

Alsace Family Practice –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, Jul 5, 12, 19, and 26 (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, Jul 11, 18, 25, and 27 (8am-5pm)**
- **East Specialty Clinic II — Fridays, Jul 7, 8am-12pm**

Visiting Physicians Group — Dr. Pham will be at the **East Campus** on **Mondays, Jul 3, 10, 17, 24, and 31 (9:30am-4:30pm)**. Please call 210-733-5072 to schedule an in-home appointment.

Zarate Medical Group — Dr. Jocelyn Zarate will be at the **West Specialty Clinic** **every other Tuesday (Jul 11, 25)** from **1-5pm**. Please call 210-587-8787 to schedule an appointment.

Visiting Practitioners — Dr. Joshua Novotny will be at the **East Campus** on **Wednesday, Jul 12** 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, Jul 14 and 28** 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, Jul 7, 10-11am**
- **East Specialty Clinic – Friday, Jul 7, 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 – Jul 11, 13, 18, 20, 25, and 27, 9am-5pm**
- **East Dental Clinic – Friday, Jul 14, 21, and 28, 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, Jul 10, 9am-12pm**
- **East Specialty Clinic – Monday, Jul 10, 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, Jul 6, 13, 20, and 27, 9am-12pm
- **East Specialty Clinic – Dr. Tracy Board, Audiologist**
Wednesdays, Jul 5, 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, Jul 28. 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.



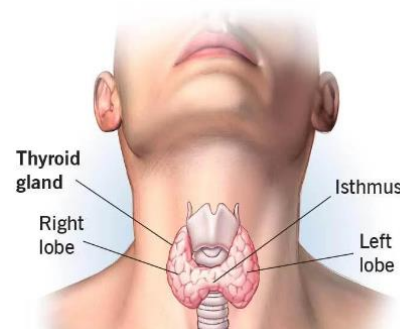
Physical Medicine and Rehab Specialists not only have specialty training in neurological and musculoskeletal problems, but also understand how these medical issues can affect a patient's ability to function independently, their mood and quality of life. Through their breadth of training, they aim to 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

Thyroid Health for Older Adults

The thyroid is a small, butterfly-shaped gland in the front of the neck. It plays an important role in making hormones that control the way the body uses energy. These hormones affect nearly every organ in your body and control many of your body's most important functions. For example, they affect your breathing, heart rate, weight, digestion, and mood.



Thyroid dysfunction is a general term for a medical condition that keeps your thyroid from making the right amount of hormones. Thyroid disease is very common; an estimated 20 million people in the United States have some type of thyroid disorder. What are some of the warning signs for thyroid dysfunction for older adults? Characteristic symptoms may include fatigue, weight gain, cold intolerance, hoarseness, constipation, and myalgia. Neurologic symptoms may include ataxia, depression, and mental status changes ranging from mild confusion to overt dementia. Older adults often experience comorbidities that may complicate the correct diagnosis of thyroid disease, the clinical consequences, and the approach to treatment. In addition, use of certain medications commonly used by older adults may interfere with thyroid function tests.

Diet and lifestyle changes may help in managing thyroid-related conditions. Individuals with thyroid disorders often feel sluggish and tired. Regular physical activity boosts energy, facilitates weight loss, reduces joint and muscle pain. Thyroid function is dependent on iodine. Intake of adequate iodine helps in proper thyroid gland regulation. Iodized salt, seafood such as fish / shrimp / tuna, seaweed and dairy products like milk, yogurt, and cheese are good sources of iodine. Aim for a diet that is rich in vegetables, fruits, whole grains and lean proteins (beans and fish) while reducing sugar and saturated fats. Since the immune system is affected by stress, look for ways to relax every day. Activities like yoga and meditation can help to reduce stress. In addition, aim for seven to eight hours of sleep every night.

Thyroid dysfunction can hinder work, social life and family life. Seeking professional advice to analyze your unique situation can often result in simple solutions. Your Select Rehab team can identify lifestyle changes that facilitate physical activity and wellness.



We can also provide practical information and resources to assist in health promotion such as wellness and increasing physical activity in your community.

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, Jul 13 – ID Distribution, Noon-1pm, Hi-Rise Lobby. IDs to be used in hospitals to return to Blue Skies of Texas for nursing and rehab needs.

Friday, Jul 14 – 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, Jul 18 – ID Distribution, 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, Jul 21 – 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



Blue Skies West Freedom Walk & Parade – Monday, Jul 3, 8am.

Wear your red, white, and blue and join us! The walk starts at the Flagpole. Free shirts for those that signed up before Monday, Jun 13. A special thank you to Vanguard for sponsoring the shirts!

East Fitness Classes –

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

10:15am Be Fit – Monday, Wednesday and Friday, V & F

2pm Line Dancing – Tuesday, and Thursday, V & F

6:45am Walking Class – Tuesday and Thursday, will start at the V & F

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



11:00am Core & Balance – Tuesday and Thursday, V & F

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

1pm Balance – Monday and Wednesday, CC 1

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

3pm Water Aerobics– Tuesday and Thursday

2023 July 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

**The information in the section below
pertains to both campuses.**



Touchtown is Active! What a great world we live in to have information at our fingertips. No more rushing over into a certain room in the main building to sign up for trips and in-house events. You can now do this from wherever you are! With both campuses utilizing this app, all will sign up for trips and in-house events via the Touchtown app. If you need assistance in getting this app on your phone or computer or navigating through the app, please see your Assistant Director of Resident Services or Activity Coordinator. Please pay special attention to the **BSTE** or **BSTW** within the app to ensure you are signing up under the correct campus, corresponding to your residence. Keep in mind that you may also call, email or meet in person with your Activity Coordinators, Carol Estala (BSTE) 210-568-5028 or Paula Qualls (BSTW) 210-568-3310 to assist in getting signed up for an activity or trip. Although this app and in-house channel are both great tools and resources for all, we still encourage you to read the monthly Wellness & Life Enrichment section of the newsletter, as this is where you will find in-depth information for trips, events and more!

BLUE SKIES OF TEXAS WEST – Residents using Touchtown, we have refreshed how the announcements and activities are presented through Touchtown. For example, all the bridge, mahjong, pickleball, bicycle club, bunco, billiards, tennis, exercise / fitness



classes, scrabble, blackjack, bingo, and other activities will be found under the ANNOUNCEMENT tab. All others requiring a signup, such as presentations, ID cards, Fall Assessment, Blood Drives, and outings will be under the ACTIVITY tab on Touchtown. If you have any questions, please feel free to ask the Front Desk or Paula Qualls.

Bus Trips – Please note: For all bus trips, transportation charges will be applied and charged to your account. **There is a 10-person (both campuses combined) minimum for all trips.** Trips to the Majestic and Tobin will not have a minimum or maximum number of people for the bus. However, you should expect higher transportation charges for those trips to Tobin and Majestic with fewer than 10 people.



Cancellation 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.



ArtsInspire is now moving to a more competitive social media platform using (# Ageless Creativity) Many of you have already begun working on projects to enter for 2023.

More information will be shared with us from LeadingAge during the month of July, stay tuned for the information on Touchtown and August Newsletter.

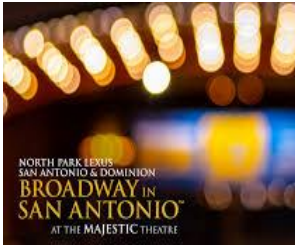


To Explore on Your Own

Do you have company coming to town, or do you still drive on your own? Below, you will find some great community activities that you can explore on your own. Keep in mind that Blue Skies will **not** be providing bus transportation for events in this “explore on your own” section.



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. Transportation on your own.



New 2023/2024 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.

2023/2024 Broadway SA season listed below:

Six – Oct 10-22

Annie – Nov 7-12

Tina: The Tina Turner Musical – Jan 16-21, 2024

Beetlejuice – Feb 13-18

Disney's Frozen – May 22-Jun 2

Clue – Jun 25-30



Blue Skies will have a bus for the following events. Purchase your tickets now!



Blue Skies has re-instated the bus to **The San Antonio Philharmonic** for Friday night concerts held at the beautiful First Baptist Church located on McCullough Ave. All shows start at **7:30pm**. The bus will **depart BST West at 6:15pm** and **BST East at 6:30pm on concert dates**. The SA Philharmonic is made up of former



Symphony musicians, and as was the case with the Symphony, they are selling subscriptions to their short season, as well as individual tickets. Individual tickets start at just \$30.00 each. For tickets and more details, please visit <https://saphil.org/events/> or call 210-201-6006. The new season begins in Sep 2023; please see concert schedule is as follows:



2023-24 San Antonio Philharmonic “Classics” Season information:

Chee-Yun and the Firebird – Sep 22

Helseth Plays Arutiunian – Oct 13

Mulligan conducts Dvorak – Nov 3

Rachmaninoff and Tchaikovsky – Dec 1

Villa-Lobos and Mahler – Jan 19, 2024

Carrasco conducts Mussorgsky – Feb 23

Mozart & Schumann – Mar 22

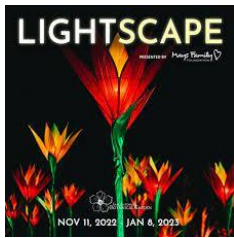
Gluzman plays Beethoven – Apr 19

Brahms and Dvorak – May 10

Goosby Returns and Beethoven’s 5th – May 31

We will update the new “POPS” season information as soon as it becomes available.

San Antonio Botanical Gardens LIGHTSCAPE. Tickets are on sale now. Don’t delay



in getting your tickets, as they will sell out quickly! 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! BST will have bus transportation departing BSTW at **4:45pm** and BSTE at **5pm on Thursday, Nov 30.**

When purchasing tickets, please be sure to **purchase your ticket for the date of Thursday, Nov 30** for the **5:45pm ticket time.** We have chosen this off-peak date to avoid the busy late holiday season. To purchase tickets, please visit sabot.org/Lightscape or call 210-536-1400. **Be sure you purchase tickets for the appropriate date and time in advance.**



JULY

For the month of July at BST E, please enjoy this summer month with special summer treats, games, music, movies, outings and more!



Monday, Jul 3 – Patriotic Cake and Coffee, 10:45am, BST E Main Lobby. Join us for a cake of red, white, and blue, and coffee too!

Tuesday, Jul 4 – Happy Fourth of July. I bet if you witness the Sky Lounge at nightfall on this evening, you will see a fantastic light show! Staff Holiday, limited staff on campus.

Wednesday, Jul 5 – San Antonio Fire Museum & Lunch at La Focaccia. The deadline has passed. **Bus departs BST E @ 9:30am.**

Thursday, Jul 6 – Left Center Right Dice Game, 10am, Legacy Room. Come and roll the dice with friends for an afternoon of fun and laughter and prizes. No prior knowledge of the game is needed; it is very easy to learn!

Friday, Jul 7 – Spanish Governor's Palace & Lunch, Mi Tierra Café y Panadería. The deadline to sign up has passed. **Bus departs BST E @ 8:30am.**



Monday, Jul 10 – Coffee and Company, 9:45am, BST E Main Lobby. Enjoy a complimentary cup of coffee and a sweet treat with friends. No program, just friends visiting friends over coffee.

Monday, Jul 10 – Touchtown Questions? 9:45am, Legacy Room (theater area). Are you in need of guidance with the Touchtown app or simply have a question on navigation through the app? Fellow resident Jan Olsen will be in the Legacy Room theater area to help you to make the most of Touchtown, which will keep you connected and involved in things here on campus. So grab a cup of coffee in the Main Lobby and make your way into the Legacy Room for help.

Tuesday, Jul 11 – B&A, 5pm, Sky Lounge. Birthday, Newcomers, and Anniversaries special dinner and entertainment, hosted by your resident Activity Council. Sign up in CC1, space is limited.

Wednesday, Jul 12 – Movie: Woodlawn, 2pm, Legacy Room (Theater Area). Woodlawn is a sports drama film directed by the Erwin Brothers, based on the true story



of Tandy Gerelds and Tony Nathan. Following government-mandated desegregation in 1973, Tony Nathan (Caleb Castille) joins fellow African American students at Woodlawn High School in Birmingham, AL. As violence and anger erupt in the city, Woodlawn football coach Tandy Gerelds (Nic Bishop) allows an outsider (Sean Astin) to speak to his players. His message of hope and love leads to a spiritual awakening that inspires star athlete Nathan, his teammates, and other members of the community to overcome the hate that surrounds them. Complimentary refreshments served.



Friday, Jul 14 – Cactus Pear Festival Concert, 2pm, Legacy Room.

A young artist ensemble. A donation to support the young artists was generously made by BSTE Sew-N-Sews.

Monday, Jul 17 – Book Club Meet and Greet, 10am, Legacy Room. Fellow resident Nancy Jones would like to start a book club! If you are interested please join this organizational meeting and bring a book you think might be of interest.

Monday, Jul 17 – Movie: The Intern, 1:45pm, Legacy Room (Theater Area). In this comedy-drama film, seventy-year-old widower Ben Whittaker (Robert DeNiro) has discovered that retirement isn't all it's cracked up to be. Seizing an opportunity to get back into the game, he becomes a senior intern at an online fashion site, founded and run by Jules Ostin (Anne Hathaway) Complimentary popcorn, sponsored by the ACC, and drinks provided.

Tuesday, Jul 18– Jewelry Making, 1:30pm, Sew-n-Sews Room. We will be making beautiful summer jewelry. In addition, if you have a piece of costume jewelry that is in need of repair or beaded jewelry you wish to donate to be repurposed, bring it to the class. No fees for the class.

Wednesday, Jul 19 – Botika Restaurant, located in San Antonio's Historic Pearl Brewery. Botika is a Peruvian-Asian restaurant led by Chef-Owner Geronimo Lopez, who has an impressive background in culinary arts spanning the globe. Deadline to sign up is **Wednesday, Jul 12. Bus departs BSTE @ 10:30am.**

Thursday, Jul 20 – Boccia Ball, 1:15pm, Vitality Fitness Center. Come join the fun! Boccia is an interactive game held on the **3rd Thursday** of every month.

Friday, Jul 21 – Movie: Jack, 1:45pm, Legacy Room (Theater Area). Do you know that this day is the birthday anniversary of the late Robin Williams? Let's celebrate all the years Robin Williams brought smiles and laughter to us all, and how he continues to do so through many of his classic movies. Jack is the story of a mischievous 10-year-old boy who acts like any other boy his age, except he's in a grown-up's body. This is one of Williams' wildest roles ever, you are taken on a hilarious ride as Jack explores the ups and downs of life from a kid's point of view. Popcorn, sponsored by the ACC, and drinks for everyone!



Sunday, Jul 23 – Krause House Theatre S.T.A.G.E. presents “Grumpy Old Men”,



Tickets are \$18.80 for Seniors and those with Military ID. This is the story of two aging men, Max and John, neighbors who have been feuding for most of their lives. Invigorated by their shared affection with the new neighbor across the street, the beautiful, eccentric, and charming Ariel, the two face off as romantic rivals until their hilarious shenanigans bring about

resolution to their long-standing difference. Deadline to sign up is **Sunday, Jul 16. Bus departs BSTE @ 12:45pm.**

Monday, Jul 24 – Adult Coloring, 1:15pm, CC2/CC3. Adult Coloring is a healthy way to relieve stress. It calms the brain and helps your body relax. This can improve sleep and fatigue while decreasing body aches, heart rate, respiration, and feelings of depression and anxiety.

Tuesday, Jul 25 – 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.

Wednesday, Jul 26, Be Our Guest – Col Bruce Wilcox, USAF (Ret), 1:30pm, CC2/CC3.

Be Our Guest will be a quarterly program that will star our BST residents, as many of our residents have amazing stories to tell. Your fellow resident Col Bruce Wilcox is our first guest in this series. Colonel Wilcox will be giving a presentation on “The Origination of the F-15 Program”. This year marks the 51st anniversary of the F-15. Be sure to mark your calendars to attend.



Thursday, Jul 27– National Refreshment Day, 1:30pm, Sky Lounge. In celebration of National Refreshment Day, come up early to the Sky Lounge to enjoy a nice refreshing treat before the RC meeting.

Thursday, Jul 27 – RC Meeting, 2pm, Sky Lounge. Mark your calendars to come and hear news from your BST East Resident Council.

Friday, Jun 28 – Institute of Texan Cultures and Rosario’s Mexican Restaurant.



The institute of Texas Cultures is a Component of The University of Texas at San Antonio. The Institute of Texan Cultures gives voice to the experiences of people from across the globe who call Texas home, providing insight into the past, present, and future. Rosario’s is now in its new 25,000 square foot building as they continue their 30 years of made-from-scratch menu items, featuring locally sourced ingredients and tried-and-true recipes that generations of San Antonio families

have come to love. There is no fee for the Institute of Texan Cultures, but they



graciously accept donations. The cost of lunch is on your own. Deadline to sign up is **Friday, Jul 21. Bus departs BSTE @ 10am.**

Saturday, Jul 29 – 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.

Sunday, Jul 30 – Resident Concert Series: Bazzani + 1, 3pm, BSTW Main Lobby. Be sure to sign up for the bus and enjoy a wonderful afternoon of musical talent. Complimentary refreshments follow the concert. Deadline to sign up is **Tuesday, Jul 25. Bus departs BSTE @ 2:15pm.**

Monday, Jul 31 – Movie: The Quick and the Dead, 1:45pm, Legacy Room. This movie, starring Sam Elliott, is a delight for fans of the classic Western. Complimentary popcorn, sponsored by the ACC, and drinks will be served.



A Sneak Peek at August Activities @ BST EAST

Tuesday, Aug 1 – DRAC Meeting, 2pm, Sky Lounge.

Thursday, Aug 3 – County Line Restaurant and Hopscotch Art Gallery San Antonio. Hopscotch is a uniquely curated, permanent experiential art gallery that features distinct interactive installations created by artists from around the world. Be sure to bring your camera, as there are many photo opportunities to have fun with as you immerse yourself within the gallery. Entry into Hopscotch Art experience is \$21.00 (a 10% discount) and will be **billed to your account**. County Line is a restaurant along downtown San Antonio's riverwalk that offers legendary Texas BBQ. Cost of lunch is on your own. Deadline to sign up is **Thursday, Jul 27. Bus departs BSTE @ 10:30am.**



Thursday, Aug 3 – National Watermelon Day, 2:30pm, Main Lobby. Come to the main lobby for some refreshing watermelon. Lycopene is a powerful antioxidant which can reduce inflammation and destroy free radicals, and did you know that watermelon has only 40 calories per cup, yet it has more lycopene than any other fruit or vegetable? Another fun fact is that the early explorers used watermelons as canteens.



BLUE SKIES WEST by Paula Qualls



For the month of July at BSTW, please enjoy the crafts, games, music, movies, treats, and outings!

Saturday, Jul 1 – National Postal Workday. Say words of thanks to our postal service worker for all the hard work in ensuring our mail delivery.

Monday, Jul 3 – Independence Day – Freedom Walk & Parade, 8am, BSTW all residents and staff are encouraged to participate in decorating your scooters, golf carts, or bicycles with red, white, and blue decor. The walk begins at BSTW Portico and will cover the perimeter of campus, with stops at Freedom House & Liberty House, and then we'll return to the starting point. Refreshments to follow. **Please sign up through Touchtown by Friday, Jun 30.**

Monday, Jul 3 – Ice Cream Social, 1pm, Main Lobby.

Monday, Jul 3 – BINGO, 3:30pm, Main Lobby.

Tuesday, Jul 4 – Happy Fourth of July.

Tuesday, Jul 4 – Scrabble, 11am, Main Lobby.

Wednesday, Jul 5 – San Antonio Fire Museum and Lunch at La Focaccia. While visiting the Fire Museum, you'll learn the history of the old fire engines. The cost of the museum is \$2.00 per person. You'll pay on the day of the trip. Afterwards you'll enjoy La Focaccia Italian Grill Pub. The cost of lunch is your own. **Sign up through Touchtown by Jun 28. BSTW departs at 9:15am.**

Thursday, Jul 6 – Pool Party, 2pm, It's a splish, splash pool party! See ya there! Refreshments will be served.

Friday, Jul 7 – Spanish Governor's Palace & Lunch at Mi Tierra Café y Panadería. The cost of the tour will be \$3 per person using your credit or debit card only. The tour will begin at around **9am**. The Museum is one of the last historic landmarks representing the last visual remnants of Presidio San Antonio de Bejar. It was the original comandancia (residence and working office) for the captains of the military garrison from 1722 until the early 1800s. You'll pay on the day of the trip. Afterwards you'll enjoy eating at Market Square Mi Tierra Café y Panadería. The cost of lunch is your own. **Sign up through Touchtown by Friday, Jun 30. BSTW departs at 8:15am.**



Monday, Jul 10 – SA Philharmonic Concert Presentation with Karen Cramer, 1pm, Roadrunner Lounge. BSTW residents are invited to attend this public presentation for those interested in learning more about the upcoming schedule to include dates, times, performances, tickets, classical series, pop series, and transportation to / from events. **The deadline to sign up is Monday, Jul 3 through Touchtown, or contact Paula Qualls.**

Monday, Jul 10 – Bingo, 3:30pm, Main Lobby.

Tuesday, Jul 11 – Scrabble, 11am, Main Lobby.

Tuesday, Jul 11 – Volunteers needed! Trivet Craft, 2:30pm, Liberty House. Sign up through Touchtown by **Wednesday, Jul 5** or see Paula Qualls.

Thursday, Jul 13 – National Jell-O Day, 11am, Bistro.

Thursday, Jul 13 – DRAC Meeting: Cancelled for the month of July.

Thursday, Jul 13 – Boccia Ball, 2:45pm, CC1 & 2.

Friday, Jul 14 – Left Center Right Game, 11am, CC3.

Friday, Jul 14 – Wine Tasting, 1pm, Roadrunner Lounge. **Sign up through Touchtown by Friday, Jul 7.** This event will be billed to your account. Sign-up limit is 25.

Friday, Jul 14 – BSTE Cactus Pear Concert, BSTW leaving at 2pm. Sign up through Touchtown by **Friday, Jul 7.**

Monday, Jul 17 – Bingo, 3:30pm, Main Lobby.

Tuesday, Jul 18 – Scrabble, 11am, Main Lobby.

Wednesday, Jul 19 – Botika Peruvian-Asian restaurant lunch outing, BSTW departs at 10:15am, sign up through Touchtown by Wednesday, Jul 12. This restaurant has a vibrant, inviting ambiance. Chef & Owner Geronimo Lopez has a developed menu based on his experience and travels throughout Asia and Latin America.

Wednesday, Jul 19 – Teaching Kitchens, 2pm, Bistro.

Thursday, Jul 20 – RC Meeting: Cancelled for the month of July.

Thursday, Jul 20 – National Moon Day with movie “Apollo 13”, 1pm, Liberty House Theater.

Friday, July 21 – Left Center Right Game, 11am, CC3.

Saturday, Jul 22 – Wood Planters Craft, 2pm, Craft Room, sign up through Touchtown by **Saturday, Jul 15** or see Paula Qualls. Great project for planting flowers for your balcony.

Sunday, Jul 23 – Krause House Theatre S.T.A.G.E. presents “Grumpy Old Men”, Tickets are **\$18.80 w/military ID**, the story of two aging men, Max & John, neighbors who have been feuding for most of their lives. Invigorated by their shared affection with



the new neighbor across the street, the beautiful, eccentric, & charming Ariel, the two lads face off as romantic rivals until their hilarious shenanigans bring about resolution to their long-standing differences. Tickets will be billed to your account. **Sign up through Touchtown by Jul 17. BSTW departs @ 12:30pm.**

Monday, Jul 24 – Guess how many Lollipops are in the Jar, 11am, Main Lobby.

Monday, Jul 24 – Bingo, 3:30pm, Main Lobby.

Tuesday, Jul 25 – Scrabble, 11am, Main Lobby.

Wednesday, Jul 26 – You Break, We Fix, Jewelry Repair, 2pm, Craft Room w/Hope. Do you have any jewelry in need of repair? Bring it to Hope, (fashion jewelry only.) **Please sign up through Touchtown by July 19.**

Thursday, Jul 27 – Bocchia Ball, 2:45pm, CC1 & 2.

Friday, Jul 28 – Market Days, 9am-2pm, Main Lobby. Everyone is welcome to visit all the exhibits or booths showing such things as jewelry, handmade items, Mary Kay, wood crafts, and more. **Those participating, please turn in your applications a week prior to the event. If you need an application, please see Paula Qualls.**

Friday, Jul 28 – Institute of Texan Cultures, Complimentary Tour with suggested donations of **\$7-\$10 per person**, i.e., it's not mandatory, only a suggestion. **Lunch at Rosario's Comidamex & Bar** serves traditional south-of-the-border specialties in a contemporary setting. It has been consistently voted Best Mexican Restaurant in San Antonio. **Sign up through Touchtown by Friday, Jul 21. BSTW departs at 9:45am.**

Sunday, Jul 30 – Resident Concert Series presents “Bazzani +1” Concert, 3pm, Main Lobby. Refreshments following the concert.

Monday, Jul 31 – Bingo, 3:30pm, Main Lobby.



“A Sneak Peek at Activities @ BST West”

Thursday, Aug 3 – Coffee with the Chef, 9:30am, Roadrunner Lounge.

Thursday, Aug 3 – County Line BBQ & Hopscotch Immersive Art, BSTW departs @ 10:15am, sign up through Touchtown by Monday, July 31. County Line BBQ is a great place to enjoy a plate of legendary Texas BBQ and ice-cold beer or margarita. This Riverwalk restaurant features an awesome riverside patio and open bar. Hopscotch is an immersive experiential brand that brings together artists in a collaborative environment to create unique, impactful and distinct experiences. **Hopscotch tickets will be billed to your account @ \$21.00 per person, which is at a 10% discount.**

