

WELLNESS & LIFE ENRICHMENT

EAST

MARCH 2026



NOTES FROM THE DIRECTOR- ASHLIE MALTOS

New Addition to the Wellness Team – We have some exciting news for the Wellness Department! Vivian Chavana has joined our Wellness Team as our Medication Liaison! Please stop in and give a big Welcome to Vivian since she is new to Blue Skies!

COVID Test Kits - All good things must come to an end. The mail-order program through the United States Postal Service is no longer distributing free COVID-19 test kits. Residents will now need to purchase test kits independently from local pharmacies, retailers, or other available suppliers.

We appreciate your understanding and encourage everyone to plan ahead to ensure they have access to testing when needed.

Lackland Legal - Lackland Legal will be at the East campus to meet individually with East residents on Tuesday, March 3. 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 Judith Gil (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. Will Worksheets are available in the Wellness Office or online at <https://aflegalassistance.law.af.mil>.

Medication Liaison

Please stop by the Wellness Department to receive information on how to activate new medications, along with requesting refills. You can find the PowerPoint presentation and summary fact sheet in Uniguest under the Resident Guide section, Lackland Pharmacy tab. ESCRIBE address to provide to your physicians:

DOD JBSA LACKLAND PHARMACY: NCPDP 5912236, NPI 1063829414

East Campus medication pick-up times in Wellness Office: **Tuesday & Thursday 1-3pm and Fri 12-2pm**. Please fill out forms located outside the Wellness Office med pick up door for all refills and activation of new scripts. For any questions, contact Medication Liaison, Caitlin Brennan, at 210-568-3417.

PLEASE NOTE: Wilford Hall is unable to fill prescriptions on an emergency basis. If you need medication the 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 Wilford Hall Pharmacy.

Medical & Wellness Schedule

Please note: For information regarding acceptance of specific insurance plans, please contact the Provider directly. To schedule an appointment with a Physician Group or Specialist, please call the telephone number listed for each individual provider below. Please see the dates and times below that Physician Groups or Specialists will be at the BST East Campus. As always, please call ahead for an appointment. It is best not to assume a clinic will be available on a walk-in basis.

Primary Care Providers Schedule:

MD VIP- Dr. Patrick Peters, 210-521-7676. By appointment only, BST West Specialty Clinic.

Harmony Cares Medical Group- Dr. Roffers, call 210-468-0800 for in-home appointments on Mondays

Alamo Visiting Physicians- Thursday, March 5, 12, 19, and 26, 9am-12pm, please call 210-201-2429 to schedule an appointment.

Specialists:

Audiology: Audicles Hearing Aid Service- Dr. Tracy Board, 210-820-0525. By appointment on **Wednesday, March 4 & 25,** 9am-12pm.

Cardiology: Heart and Vascular Institute of Texas (HAVIT), Dr. Bruce Kuo, 210-920-7220. **Friday, March 13 and 27,** 9am-4pm- BST WEST campus only.

Dental: Emerald Crossing Family Dentistry- Dr Julian Martinez, DDS, 210-674-3122 or blueskiesoftxdental@gmail.com **Friday, March 6, 13, 20, and 27,** 9am-5pm.

Massage Therapy: Jacqui Crow, Licensed Massage Therapist, 210-818-5242 for massage at East & West campuses. Tina Payton, Licensed Massage Therapist, 830-446-9380 for massage at the West campus only. Both therapists can be contacted via text or phone call.

Mental Wellness: Counselor Judy Wessley provides one-on-one counseling in the privacy of your own home. For information or assistance in obtaining mental wellness services, please contact Ashlie Maltos.

Occupational, Physical, and Speech Therapy: Select Rehabilitation provides therapy services on the East Campus in the Vitality & Fitness Center. For more information, see the Select Rehab information piece below.

Optometry: Valley Hi Optical - Jessica Campos will be in the specialty clinic on **Friday, March 6**, 1-2pm to adjust and clean eyeglasses at no charge. To fill a prescription for eyeglasses, please call 210-674-9461 to schedule an appointment.

Pain Management (non-pharmaceutical) / Physiatry: Legacy Physiatry Group, Dr. Carlos Jaramillo, 972-881-4688. **Friday, March 27**, by appointment only at West Campus.

Podiatry: At Home Foot Care – Dr. Jason Mireles, DPM, and Dr. Diane Trevino, DPM, 210-852-2427. **Wednesday, March 11**, 1-4pm.

Select Rehab Information: Barbara Freeman is your PT, Director of Rehab Services.

Thursday, March 12 – ID Distribution – 11am to 12pm – Located in the Hi-Rise lobby - ID's to be used in hospitals to return to Blue Skies of Texas for nursing and rehab needs.

Friday, March 13 – Free Fall Risk Assessment – 11AM to 12 PM – Located in the main lobby outside of the library

On the above dates, Therapist is available to answers questions and discuss monthly rehab topics. For further information Call your friendly neighborhood rehab dept. at 210-568-3408.

March Into Motion: Step Outside for Better Health

March brings longer days, warmer sunshine, and the perfect opportunity to enjoy safe outdoor movement. As the season shifts, your therapy team encourages you to take advantage of the fresh air while boosting strength, balance, and overall wellness.

Even a few minutes outside can make a big difference. Gentle walks on level pathways help maintain mobility, improve heart health, and support confidence with everyday activities. Outdoor movement also lifts mood, reduces stress, and provides natural vitamin D—an essential part of healthy aging.

Easy Ways to Get Moving This March:

- Take short daily walks around the community grounds for a relaxing, sensory-rich activity
- Practice gentle standing balance exercises near a sturdy railing
- Do light stretching on a patio or shaded bench

To learn how your therapy team can help you stay safe, active and support your wellness journey, Call your friendly neighborhood rehab dept. at 210-568-3408.

LIFE ENRICHMENT TEAM

Hope Santos, Life Enrichment Manager; Carol Palomo, BST Lead Activities Coordinator;
and Terry Elizondo, BSTW Activities Coordinator

Blue Skies of Texas Fitness News

Farmer's Market at the Pearl & Lunch at La Gloria- Saturday, March 14.



Join us for a wonderful day out as we visit the Farmer's Market at The Pearl - a lively outdoor market featuring over 50 local vendors offering fresh products, handmade crafts, and unique local goods. Enjoy the opportunity to shop, walk, explore The River Walk, and soak in the vibrant atmosphere. The bus will depart from Blue Skies at 10:15am, so don't miss your chance to stroll through the market, chat with artisans, and discover one-of-a-kind treasures. Afterward, we'll head to La Gloria, a popular Mexican restaurant, for lunch at 1pm. Come hungry and ready to enjoy delicious flavors inspired by the streets of Mexico. Come join us for good food, fresh finds, and a fun day in the city!

Tai Chi in the Breeze.

Join us for a refreshing outdoor Tai Chi session designed to promote balance, relaxation, and gentle movement. We'll meet **Tuesday, March 10** at 10:15am just outside Cochran's for a peaceful morning of slow, flowing movement in the fresh air. After class, enjoy a warm cup of chai tea to round out the experience with comfort and connection. Perfect for all fitness levels!



East Fitness Classes –

6:45am Walking Club – Tuesday / Thursday – V&F

9am Pilates - Tuesday / Thursday -V&F

10am Chair Yoga - Monday & Wednesday

10am Zumba Stretch - Friday - V&F

10:15am Tai Chi - Tuesday / Thursday - V&F

11am Balance – Tuesday / Thursday – V&F

11am Chair Exercise – Tuesday / Thursday – AH

11am Be Fit/Chair Class - Monday / Wednesday / Friday - V&F

11am Chair Zumba - Friday - V&F

1:15pm Dexterity Class - Tuesday - V&F

3pm Line Dancing – Wednesday – V&F

BSTE Activities Information

Uniguest App is where you will find all up to date on and off-campus activities.

How to sign up: Please sign up for Activities and Bus Trips via the Uniguest app, if you require assistance, please contact your Activity Coordinator, Carol Palomo, 210-568-5028 or carolpalomo@blueskiestx.org.

Sign-up Tips and information: Sign-ups for trips and sign-up required activities are done through the Uniguest app. If you require assistance, please contact your Activity Coordinator.

Sign-ups are individual:

For bus trips and certain in-house activities requiring sign-up, it is best to sign up as soon as possible via Uniguest as space is limited. Please note that each person **MUST** sign up on their own, as writing in the note section that someone else is attending is not considered a sign-up for the other person.

East/West Campus:

Check Uniguest listing for the correct campus, if you sign up under the wrong campus, this could inadvertently cause you to lose your seat on the bus if the correct campus list is full. Seats are allocated for each campus. Please ensure you are signing up for the correct campus, either BSTW or BSTE.

Bus Times: Please note, for any event in which you ride a bus, the listed time on app and on Uniguest slides is the bus departure time, not the actual time event takes place.

Utilizing a rollator, Walker or Wheelchair on bus trips?

If you are needing to use a walker, rollator, wheelchair or powerchair on a bus trip please be sure to include this information on the NOTES section in Uniguest upon signing up as we monitor this information to ensure these devices can safely be transported with you and if need be to modify number of residents on the trip to allow for these devices on the bus.

Tickets/Entry fee/Supply fees/meals on trips: Some in-house activities are charged a small supply fee; if applicable, it will be noted below as well as on Uniguest. Bus trip outings that require a ticket for the event will be indicated; you need to purchase a ticket on your own on the website or phone number provided. If your Activities Coordinator pre-purchases a ticket or pays for the entry fee, the ticket cost/entry fee will be billed to your resident account, and this information will be indicated below and on Uniguest.

Minimum requirement for bus trips in the community: Bus trips require a minimum of 10 residents (East & West combined). Transportation fees do apply and are calculated/based on the number of people, miles, and hours for the trip. When you sign up to ride the BST bus, please be in the front lobby 10-15 minutes prior to the departure time to ensure our buses depart at the scheduled time. Bus costs are calculated by BST transportation department and vary based on multiple factors involved. Transportation fees are billed to your resident account. For questions on transportation please contact Katrina Cantu, 210-247-6119 or at extension 1085.

Bus trips between campuses: For special events, there is no transportation charge. However, if these between-campus trips are after 4:30pm, or anytime on a weekend or holiday, and if the number of residents is below 8 passengers, the bus between campuses will be canceled, and you will need to find alternative transportation options.

Cancellation Policy: You must cancel 48 hours in advance of the trip, or you will be charged transportation fees. If a ticket, entry fee, or supply fee is required, you need to cancel 7 days prior to the event date, or you will be charged for the cost of the ticket/entry or supply fee.

Meals on outings: For trips/outings that involve a meal, the cost of the meal is your own.

Important Reminder! Deadline to sign up for trips: 7 days prior to event/trip date unless otherwise noted. Please don't wait until the last minute to sign up via Uniguest.

Mark Your Calendars – Special Events and Important News

Friday, March 27 – BSTE Market Days – If you have a vendor you would like to host, please see your Activity Coordinator for a Vendor Application. Please note there is a small fee for a vendor table, and applications need to be in no later than March 17.

Thursday, April 9 – Blue Skies East Fiesta! Please make plans to join us for this on-campus Fiesta celebration with a special guest appearance of some Fiesta Royalty.

Friday, April 17 – AARP Senior Driving Course at BST East.

Saturday, April 25 – Fiesta Flambeau Parade – We will have a bus for this magnificent city of San Antonio Fiesta event. This is the famous fiesta night parade. Please keep an eye out for more details and advertising soon.

Wednesday, May 6 – National Nurses Day Recognition – Calling all retired nurses at Blue Skies! Please save the date and join us at 2pm in the Legacy Room as we celebrate this incredible profession, its rich history, and the wonderful opportunity it has to offer future nurses. We'll share laughter about our student-nurse days, tell stories, and enjoy reconnecting with one another. Please consider bringing a small memento such as a pin, cap, yearbook, photos, or any keepsake from your nursing journey. Special light refreshments will be served. More details are coming soon!

Important news

Changes in Scheduling March and April

Skills and Drills – has changed to 1:15pm (no longer 1:30pm) every Tuesday, with the first Tuesday of the month being held at Arnold House and all other sessions in the Vitality Fitness Center.

Line Dancing – Yee-Haw! Line dancing is back! Let's step into spring with "to the right, to the right, to the right." Have fun with the "San Antonio Stroll" as we learn the stroll steps, which appeared on the teen scene in 1958. Come learn the origin of the song "Black Velvet" and its line dance. Be sure to hop on over to the Vitality Fitness Center every Wednesday at 3pm starting on March 11 for some boot scootin' fun.

Widow and Widow Healing Hearts Group Meeting date and time has changed from the 2nd Thursday of the month to the 1st Thursday due to Fiesta event conflict. The April meeting is scheduled to be held at BST West Legacy Room on **Thursday, April 2** at 10am, with a bus from East at 9:30am.

GET YOUR TICKETS NOW!

There are currently no scheduled activities in which you need to pre-purchase a ticket on your own.

Suggestion Welcome!

Have a suggestion for a great activity or outing, let your Activities Coordinator, Carol Palomo, know. You can either stop by the Life Enrichment office, call 210-568-5028, or send an email to carolpalomo@blueskiestx.org

BST EAST

March Activity Highlights

Sunday, March 1 – National Share a Smile Day – All day long! We dare you to share your smile! Anyone in the immediate vicinity deserves a smile. Keep the day a secret and make them wonder why you are smiling, or, even better, tell them that it's Share a Smile Day and request that they pass their smile on to someone else!

Monday, March 2 - Reading of the Newsletter – 9:45am- Main Lobby. Come to hear all about upcoming activities and events.

Monday, March 2 – PF Chang's and Trader Joe's – Bus departs at 11:15am. On this trip, you will be going out to eat, then heading over to Trader Joe's to do some shopping. PF Chang's offers a variety of Asian, Thai, Korean, and Japanese food dishes. Trader Joe's is an international supermarket offering quality, unconventional, and interesting products at a great price.

Monday, March 2 – HEB or Walmart Shopping – 1pm. Sign up in Uniguest for HEB or Walmart shopping. You tell the bus driver which one you wish to go to. These are to HEB on Valley Hi or Walmart on Ray Ellison/410.

Tuesday, March 3 – Seniors Skills and Drills – Arnold House – 1:15pm. You are sure to have fun as you work on fine motor skills, eye-hand coordination, and dexterity. For this session, we will be joining our friends at Arnold House. Please note that Skills and Drills is every Tuesday, but please note the location change (Arnold House) and time change (2pm) only for the session held on the 1st Tuesday of the month. All other sessions will be held in the Vitality Fitness Center at 1pm.

Wednesday, March 4 – It's all in the Words: A Bit of Brain Game Fun – 2pm – Legacy Room. In celebration of National Grammar Day and Words Matter Week, let's have some fun with words by doing a variety of fun brain games. Come and perhaps win a small prize.

Thursday, March 5 – Tycoon Flats and McNay Art Museum – Bus departs at 1:15pm. Tycoon Flats offers a large selection of specialty burgers, cold draft beer, and more. After eating this late lunch/early dinner, we will head over to the McNay Art Museum to enjoy the Thursday complimentary admittance to the museum. McNay was founded in 1954 and was the first modern art museum in Texas.

Thursday, March 5 – Left/Right/Center Dice game – 2pm- Legacy room. Enjoy a fun, interactive game with your neighbors that is super easy to catch on to. Perhaps you will win a small prize.

Friday, March 6 – HEB or Walmart Shopping – 9:30am. Sign up in Uniguest under Activities for HEB or Walmart shopping. You tell the bus driver which one you wish to go to. These are to HEB on Valley Hi or Walmart on Ray Ellison/410.

Friday, March 6– JBSA Lackland BX shopping Trip – Bus departs at 1pm. Please sign up in Uniguest under Activities. Remember, you must have a military ID for this trip.

Friday, March 6 – No Bake Baking with Oreos! – 2pm – CC2/CC3. It is National Oreo Cookie Day, time to get creative with some no-bake baking. Please sign up for this fun, interactive class with recipes too.

Saturday, March 7 – JBSA Lackland Military Retiree Appreciation Day – Bus departs at 8:30am. WHASC Health Fair, which includes an info booth/blood pressure screening, oral cancer screening, and more.

Monday, March 9 – San Antonio Shoe & General Store and Don Pedro's. Bus departs at 9:30am. Step into spring with a new pair of shoes as you enjoy shopping for those shoes at SAS. After shopping, enjoy a great lunch at Don Pedro's Mexican restaurant.

Monday, March 9 – Coffee and Company and Uniguest Training with Jan – 9:45am – Main Lobby. Please come and enjoy some coffee. In addition, Ms. Jan Olsen will be available for some Uniguest help and guidance.

Monday, March 9 – HEB or Walmart Shopping – 1pm. Sign up in Uniguest for HEB or Walmart shopping. You tell the bus driver which one you wish to go to. These are to HEB on Valley Hi or Walmart on Ray Ellison/410.

Tuesday, March 10– Tai Chi in the Breeze – 10:15am – Outside Cochran's.

Tuesday, March 10– Senior Skills and Drills – 1:15pm – Vitality Fitness Center. Join Hope and Carol for a class that will help you with dexterity, fine motor skills, and more through a variety of activities. We will also be learning some basic sign language skills.

Wednesday, March 11 – Card Bingo – 10am – CC3. Join us for this fun bingo game with a unique twist. Perhaps you will win a prize.

Wednesday, March 11 - Inspirational Movie: A League of Their Own – 2pm – Legacy Room Theater. This movie is an iconic film celebrating the real-life All-American Girls Professional Baseball League (AAGPBL) during WWII. Starring Geena Davis, Tom Hanks, and Madonna, it highlights women overcoming gender barriers in sports, challenging traditional beauty standards, and proving their athletic skills. A perfect movie for National Women’s History Month. Complimentary drinks and popcorn.

Thursday, March 12 – Game Day with Friends – 10am – Legacy Room. What is better than some good old-fashioned board games? Well, playing with friends of course. Please join us for some morning fun.

Thursday, March 12 – The Atrium Re-Awaking Celebration – 3pm – Atrium. We are celebrating the new look and feel of our beautiful Atrium. Please join us. Refreshments will be served.

Friday, March 13 – HEB or Walmart Shopping – 9:30am. Sign up in Uniguest under Activities for HEB or Walmart shopping. You tell the bus driver which one you wish to go to. These are to HEB on Valley Hi or Walmart on Ray Ellison/410.

Friday, March 13– JBSA Lackland BX shopping Trip – Bus departs at 1pm. Please sign up in Uniguest under Activities. Remember, you must have a military ID for this trip.

Friday, March 13 – Wine Tasting – 1:30pm – BSTW Road Runner Lounge. Bus departs at 1pm. We’re excited to invite you to a special Spring/Summer wine tasting event featuring a curated selection from Cline Vineyards and a personal charcuterie board. Cost per person is \$28 and will be billed to your account. Space is limited, so please be sure to reserve your spot via Uniguest.

Saturday, March 14 - Farmer’s Market at the Pearl & Lunch at La Gloria. Bus departs at 10:15am. Join Life Enrichment Manager Hope Santos for a day at the Historic Pearl Brewery for their weekend Market, which is a true representation of our South Texas growing ranching and artisanal food community, featuring a producer-only Farmers Market and other vendors. What a perfect time to visit, as it is National Vegan Month. After strolling through the Market, you will enjoy a great lunch at La Gloria featuring food from the streets of Mexico.

Sunday, March 15 – Celebration at American Legion 460 in Castroville Texas. The bus departs East first at 10:30am. Celebrating 106 years of Service to our Community, State and Nation, the Legion is hosting a brisket plate sale and annual raffle fundraiser along with some great music. Plates are \$15 per person and include: Brisket, Potato salad, Coleslaw, Beans, Bread, and Iced Tea. Raffle tickets are \$5 each with multiple drawings and a chance to win over 50 prizes. You do not need to be present to win. Please sign up in Uniguest for a fun day of music, food, and more in nearby Castroville, all while supporting the American Legion Post 460.

Monday, March 16 – Shimmering Shamrocks: Getting to Know your EVS Crew – 10am – Legacy Room. In honor of the season of luck and renewal, our Shimmering Shamrocks event will provide residents with an opportunity to engage with some of our Environmental Services (EVS) team in a relaxed and joyful setting. Through conversation starters, lighthearted activities and games, and the sharing of some special snacks, residents will have the opportunity to get to know the wonderful team members who help make our community shine every day. This event is all about appreciation and building stronger relationships – because behind every sparkling hallway is a smiling face who cares. Space is limited, sign up in Uniguest now.

Monday, March 16 – HEB or Walmart Shopping – 1pm. Sign up in Uniguest for HEB or Walmart shopping. You tell the bus driver which one you wish to go to. These are to HEB on Valley hi or Walmart on Ray Ellison/410.

Monday, March 16 – On the Brink of Spring Fling w/live music by Pete Martinez – 2:30pm – Main Lobby. The first day of spring is quickly approaching, let's celebrate with some great music, refreshing treats, and some spring sangria too.

Tuesday, March 17 – Presentation by UT Dental Health Science Students: Periodontal Disease and Your Systemic Health– 10am – Legacy Room. This class presentation is part 3 of a 3-part series, with each series involving a different connective component. Come join this interactive, informational, and fun experience with helpful information regarding the interconnection of oral and systemic health. For this session, you will also enjoy an educational Bingo game. Please sign up in Uniguest now.

Tuesday, March 17 – Canceled Senior Skills and Drills – 1:15pm – Vitality Fitness Center. For this week, Skills and Drills is cancelled due to a special St. Patty's Day event. Please sign up in Uniguest to join us for the special event as described below.

Tuesday, March 17 – Beer & Balloon Shenanigans: A St. Patty's Day Bash – 2:45pm - Arnold House. This isn't your average St. Patrick's Day party; it's a full-on shenanigan fest where balloons take center stage and the beer flows emerald, green. Be sure to sign up in Uniguest to join your friends for a bash that promises shamrocks, laughs, fun snacks, and a wee bit of mischief.

Wednesday, March 18 – Spring Crafts with Gianna and Leslie – 9:45am – CC2 & CC3. Sign up to join in on some crafting fun. Gianna and Leslie provide a variety of crafts to try your hand at. Refreshments will be available.

Thursday, March 19 – BST Healing Hearts Together Luncheon: Casa Pasta Restaurant. The bus departs East campus first at 11am. Healing Hearts is a supportive widow and widower' group of residents here at Blue Skies who share the common bond of losing a spouse. On this lunch outing, we will head to Casa Pasta, a family-owned and operated Italian restaurant with fresh homemade dishes. If you are a widow or widower and wish to attend, please sign up in Uniguest. We will be recognizing and celebrating our March birthdays on this outing.

Friday, March 20 – HEB or Walmart Shopping – 9:30am. Sign up in Uniguest under Activities for HEB or Walmart shopping. You tell the bus driver which one you wish to go to. These are to HEB on Valley Hi or Walmart on Ray Ellison/410.

Friday, March 20 – Pieces of Spring – 10am – Legacy Room. Don't let your mind go to pieces! Do you know that jigsaw puzzles offer several cognitive benefits that can support healthy aging. Doing a jigsaw puzzle exercises multiple areas of the brain simultaneously, which can help maintain mental sharpness as you age. Please join us in putting the colors of spring together with a friendly jigsaw puzzle contest.

Friday, March 20– JBSA Lackland BX shopping Trip – Bus departs at 1pm. Please sign up in Uniguest under Activities. Remember, you must have a military ID for this trip.

Monday, March 23 – Monday Movie: “Easter Parade” with Mimosas and Muffins – 10am – Legacy Room Theater. Said to be Irvin Belin's happiest Musical Ever made, the film is set against the backdrop of New York's Easter festivities. In this 1948 romantic musical film starring Judy Garland and Fred Astaire, a dancer by the name of Don acquires a new innocent protégé, Hannah, vowing to make her a star in time for the next year's Easter parade. Mimosas and muffins will be served while enjoying this classic film.

Monday, March 23 – HEB or Walmart Shopping – 1pm. Sign up in Uniguest for HEB or Walmart shopping. You tell the bus driver which one you wish to go to. These are to HEB on Valley Hi or Walmart on Ray Ellison/410.

Tuesday, March 24 – Senior Skills and Drills – 1:15pm – Vitality Fitness Center. Join Hope and Carol for a class that will help you with dexterity, fine motor skills, and more through a variety of activities. We will also be learning some basic sign language skills.

Wednesday, March 25 – Cascarone Making - 10am – CC3. What are cascarones? They are the perfect fun filled egg used at Fiesta and Easter celebrations. Come try your hand at making some and learn all about the Cascarone.

Wednesday, March 25 – Card Sharks w/ friends – 2:30pm – Arnold House. Come join your friends at Arnold House for a BST Style Card Shark game, featuring jumbo cards, mind-stimulating fun, and prizes.

Thursday, March 26 – UTSA Institute of Texan Cultures and lunch at La Focaccia Italian Grill – bus departs at 9:30am. For over 50 years, the Institute of Texan Cultures has been a gateway to understanding the rich tapestry of cultures that have shaped Texas. It honors and celebrates the many ways that communities from around the world influenced the Lone Star State through music, dance, food, storytelling, traditions, religion, artisan skills, and ways of life. This trip takes you to their newly opened location in downtown San Antonio. Ticket cost is \$5 a person, billed to your account. The cost of your Italian-style lunch at La Focaccia is on your own.

Friday, March 27 – BSTE Market Days – 8:30am to 1:30pm – CC Rooms. A variety of vendors will be on campus for your shopping pleasure.

Friday, March 27 – HEB or Walmart Shopping – 9:30am. Sign up in Uniguest under Activities for HEB or Walmart shopping. You tell the bus driver which one you wish to go to. These are to HEB on Valley Hi or Walmart on Ray Ellison/410.

Friday, March 27– JBSA Lackland BX shopping Trip – Bus departs at 1pm. Please sign up in Uniguest under Activities. Remember, you must have a military ID for this trip.

Friday, March 27 – Beer & A Look Back with Sports Center 2006 Year in Review – 2pm – Legacy Room Theater. What was happening 20 years ago in sports? This ESPN special will take us on an unprecedented look back at the most memorable moments from 2006. Highlights will cover sports from both professional and college football, basketball, golf, and much more! Come stroll down sports memory lane as you enjoy some nice cold beer and special treats.

Friday, March 27 – Cajun Fest Dinner Benefit at Bandera Natural History & Art Museum. Bus departs BSTE first at 2:15pm. Enjoy a delicious Cajun-inspired meal prepared and served by Bandera High School Band culinary students, featuring Shrimp gumbo with rice, Jambalaya, green beans, potato salad, and fried Cajun cake. Cost is \$25 per plate, payable at the door. All proceeds go to the Lakefills Community Center.

Sunday, March 29 – San Antonio Gunslingers Football. Bus departs at 1:45pm. The San Antonio Gunslingers are a professional indoor football team owned by our friend Mr. Don Rackler and Brian Rackler. The Rackler family is providing complimentary tickets for our Blue Skies residents. Upon signing up in Uniguest, please indicate if you require handicap accessible seating. Deadline for signing up is March 12. This is the opening season game held in the Freeman Coliseum with San Antonio Gunslingers VS Tulsa Oilers.

Monday, March 30 – HEB or Walmart Shopping – 1pm. Sign up in Uniguest for HEB or Walmart shopping. You tell the bus driver which one you wish to go to. These are to HEB on Valley hi or Walmart on Ray Ellison/410.

Monday, March 30 – Movie by Moonlight: Erin Brockovich – 6:15pm – Legacy Room Theater Area. Another great film for Women’s History Month. Erin Brockovich highlights the true story of a determined legal assistant who uncovers a massive environmental scandal. It exemplifies resilience, courage, and the power of an individual to fight for justice and effect change. Complimentary popcorn and drink.

Tuesday, March 31 – Wash Cloth Bunnies – 10am – CC3. Just in time for the Easter season, join us in this fun craft of making bunnies out of washcloths.

Tuesday, March 31– Senior Skills and Drills – 1:15pm – Vitality Fitness Center. Join Hope and Carol for a class that will help you with dexterity, fine motor skills, and more through a variety of activities. We will also be learning some basic sign language skills.

Tuesday, March 31 – RAC Social with DJ – 2pm to 4pm – Main Lobby.

April 2026 - a sneak peek at the first week

Wednesday, April 1 – Artificial Intelligence (AI) Made Simple: Everyday Users for Beginners, A Live Zoom Session –BSTW Roadrunner Lounge. Bus departs BSTE at 9am. In this introductory talk, they will break down some basic AI terminology and take a nontechnical look at how AI works. You will be introduced to popular chatbots and discuss specific applications that can simplify tasks, spark creativity, and provide valuable insights. All are designed for the novice user. Sign up in Uniguest if you would like to attend.

Wednesday, April 1 – April Fools’ Day Fun – 3pm – Main Lobby. When life gives you lemons, make lemonade or jokes! Join us for some fun joke telling on this April fools’ day as we enjoy lemonade and lemon-themed treats.

Thursday, April 2 – Healing Hearts Together Widow and Widower Meeting – 10am – BSTW Helen Lemay Room. Bus departs BSTE at 9:30am. This bi-monthly meeting is for anyone who is a widow/widower who wishes to bond with others who understand. For this meeting, we will enjoy an Easter/Spring themed activity and light snacks.

Friday, April 3 – HEB or Walmart Shopping – 9:30am. Sign up in Uniguest under Activities for HEB or Walmart shopping. You tell the bus driver which one you wish to go to. These are to HEB on Valley Hi or Walmart on Ray Ellison/410.

Friday, April 3 - JBSA Lackland BX shopping Trip – Bus departs at 1pm. Please sign up in Uniguest under Activities. Remember, you must have a military ID for this trip.

Friday, April 3 – Easter Candy Dice Game – 1:30pm – Legacy Room. Come roll the dice with friends in this egg-citing Easter game.

Monday, April 6 – NCAA Basketball Championship Watch Party – Legacy Room. We will spend the evening enjoying great basketball, fun food, and friendship. Please look out for more details coming soon