

CHIEF HEALTH SERVICES OFFICER

Robert Evans



THE NEW “CICADA” COVID-19 VARIANT

(This is for informational purposes only.)

For medical advice or diagnosis consult your physician.)

News of a “highly mutated” strain of SARS-CoV-2, with headlines focusing on the unusually large number of genetic changes it carries, has sparked understandable concern in recent weeks. Its official name is BA.3.2, but it earned the nickname "cicada" because, analogous to the insect's pattern, it first appeared back in 2024, went dormant for a while, and resurfaced this past winter. In Northern Europe, the "cicada" variant this winter was responsible for 30% of the infections. According to the CDC, in the United States, as of February 11, "cicada" was detected in 25 different states, including Texas.

Why is “cicada” making news?

While all viruses change over time, SARS-CoV-2 does so especially quickly. Every time the virus copies itself inside a cell, its genetic material mutates. Most of these changes are neutral, but occasionally one gives the virus an advantage over other variants, allowing that version to spread. Compared to the current predominant strains of SARS-CoV-2, which had about 30 mutations, the "cicada" variant carries over 70 genetic changes in its spike protein, the part of the virus that helps it getting into cells. This may allow the virus to more easily evade immunity from previous infections or earlier vaccines.

What dangers does the ‘cicada’ variant pose?

Since people’s immune systems are less effective at detecting “cicada,” this variant could spread more easily, possibly causing more COVID-19 cases. Even though “cicada” is spreading, there’s no indication that it is any more dangerous or that it causes more severe disease than the COVID-19 variants that have circulated widely over the past few years. However, especially given that current vaccines may not be as effective against “cicada”, prevention remains important. That is particularly true for people over 65 years of age and those with chronic health conditions, who can experience severe illness.

Do available vaccines provide meaningful protection against “cicada”?

Vaccines prime the immune systems by reminding them of what the virus looks like. Most of the COVID-19 strains, including the current dominant XFG lineage of the virus in circulation, are well-targeted by this year's vaccine formulation. But a poorly matched vaccine simply won't recognize the new variant as quickly, which means it takes longer for the immune systems to mount a defense. Even though “cicada” can partially evade antibodies generated by vaccination or past infections, vaccines are still expected to provide protection against severe illness, helping to prevent hospitalizations and deaths.

Blue Skies Wellness

Do available vaccines provide meaningful protection against “cicada”?

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How recently must a person be vaccinated to be protected?

The current COVID-19 vaccine formulation is set for the year until fall 2026, so you can still get one if you haven't yet. Generally, getting vaccinated annually is sufficient, even though the vaccine's effectiveness wanes after several months. In previous years, there have been two annual COVID-19 surges, one in the winter and another in the summer. People over the age of 65 and those in high-risk groups could consider getting their second shots in late spring to protect against a potential summer surge. The COVID-19 vaccine being developed for this fall may include protection for the new "cicada" variant.

Do traditional at-home COVID-19 tests detect the “cicada” variant?

Standard at-home antigen tests are still expected to reliably detect the new variants, including “cicada”, as they target parts of the virus that do not change as rapidly as the spike protein. So, your home test kits will still work. Just make sure they have not expired. There is currently no evidence that the “cicada” variant causes more severe disease or unique symptoms. Common symptoms remain similar to those of other SARS-CoV-2 Omicron subvariants, of which “cicada” is a member. If you have fever, cough, fatigue, congestion, or severe sore throat isolate, get tested, and/or consult your physician.

What can you do to protect yourself and your fellow residents?

Take these commonsense steps to avoid getting or spreading COVID-19:

- Vaccination: stay up to date with your vaccinations.
- Isolation: if you feel unwell, e.g., you have fever, cough, fatigue, congestion, or severe sore throat - stay in your apartment to prevent spreading the disease.
- Masking: if you must leave the apartment during high-transmission periods, i.e., from the 1st to the 5th day of symptoms, wear a high-quality N95 or KN95 mask - if certain health condition(s) do not preclude you from wearing a mask.
- Hand hygiene: Wash your hands after using the bathroom, before preparing food or eating, and before leaving and after returning to your apartment. Frequent hand-washing decreases the chance of a respiratory infection by 16 to 21%.
- Seek medical advice: if you have concerns about your risk of developing a severe infection due to your own health conditions consult your physician.

DIRECTOR OF WELLNESS

Ashlie Maltos



MHS GENESIS Patient Portal Refill Request

Wilford Hall Pharmacy has notified Blue Skies that the MHS GENESIS Patient Portal is currently unavailable for submitting medication refills until further notice. What this means for you: Residents who normally request medication refills through the Genesis Patient Portal must now call in their refill requests. Refill Phone Number: 726-215-9456 (This number is also listed on your medication bottle.) For any additional questions or assistance, please contact Ashlie Maltos at 210-568-3282.

Alzheimer's Caregivers Support Group - Thursday, May 7 at 1pm, Freedom House Chapel

UT Health Annual Parkinson's Symposium

UT Health San Antonio will be hosting their Annual Parkinson's symposium on Saturday, **May 30**, 8am-3pm. You will learn from experts about the latest research, treatment options, and community support and gain the knowledge needed to make informed health decisions. RSVP is required directly to UT Health along with signing up in Uniguest. For more information, please contact Judith Gil at 210-568-3416

Wilford Hall Emergency Dept. Transition

On April 4, the Wilford Hall Emergency Department transitioned to an Urgent Care Center.

Here's what you need to know:

- The Urgent Care Center will be open daily from 6am – 6pm
- It will treat non-life-threatening illnesses and injuries
- Emergency response services will still be available 24/7
- For life-threatening emergencies, please call 911 or go to the nearest Emergency Room

Massage Therapy News

Tina Payton will be moving later this month, but her dedication to her clients at Blue Skies remains strong. To ensure a smooth transition, she has arranged for her colleague, Rita Fleet, to take over her clientele. We're excited to welcome Rita to Blue Skies and are confident she will provide excellent care to our residents. Please visit the specialist section of our newsletter for her contact information to schedule an appointment!

Lackland Legal

Lackland Legal will be at West to meet individually with West residents on Tuesday, **June 2**. 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. Will Worksheets are available in the Wellness Office or online at <https://aflegalassistance.law.af.mil>.

Blue Skies Wellness

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 Group or Specialist will be at BST WEST 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:

Alsace Family Practice - Nurse Practitioner Karina Owens, 830-538-3550, **Wednesdays** in the Specialty Clinic. Please call to schedule an appointment.

MD VIP - Dr. Patrick Peters, 210-521-7676. Tuesday, **May 5, 12, 19, and 26**, 8am-12pm, Specialty Clinic. Please call to schedule an appointment.

Zarate Medical Group - Dr. Jocelyn Zarate, 210-587-8787, Tuesday, **May 26**, Specialty Clinic Two. Please call to schedule an appointment.

Alamo Visiting Physicians - Dr. Silva, 210-201-2429, Thursday, **May 7, 14, 21, and 28**. Please call to schedule an appointment.

Specialists:

Audiology: Audicles Hearing Aid Service – Dr. Garcia and Dr. Crank, 210-820-0525. By appointment on Thursday, **May 7 and 21**(Dr. Garcia); (Dr. Crank), 9am-12pm, Specialty Clinic Too.

Cardiology: Heart and Vascular Institute of Texas (HAVIT) - Dr. Bruce Kuo, 210-920-7220. Friday, **May 8**. Please call ahead to confirm appointment. 9:30am-12:30pm -BST WEST campus only.

Dental: Emerald Crossing Family Dentistry - Dr. Julian Martinez, DDS, 210-674-3122 or blueskiesoftxdental@gmail.com. Tuesday and Thursday, **May 5, 7, 12, 14, 19, 21, 26 and 28**, 9am-5pm.

Optometry: Valley Hi Optical: Jessica Campos, 210-674-9461. Friday, **May 1**, 10:30-11:30am to adjust eyeglasses and clean eyeglasses at no charge. To fill a prescription for eyeglasses, please call to schedule an appointment.

Pain Management (non-pharmaceutical) / Physiatry: Legacy Physiatry Group- Dr. Carlos Jarmillo, 972-881-4688. Friday, **May 22**. Please call to schedule an appointment.

Podiatry: At Home Foot Care – Dr Jason Mireles, DPM and Dr. Diane Trevino, DPM, 210-852-2427. Monday, **May 11**, 9am-4pm.

Blue Skies Wellness

Select Rehab Information

Barbara Freeman, PT Director of Rehab Services

Tuesday, **May 19** - ID Distribution – 11am-12pm – Located near lunchroom entrance – ID's to be used in hospitals to return to Blue Skies of Texas for nursing and rehab needs.

Friday, **May 22** - Free Fall Risk Assessment – 11am-12pm – Located in the lobby near the mailboxes

On the above dates, Therapist are available to answers questions and discuss monthly rehab topics.

Select Rehabilitation provides occupational, physical, and speech therapy services on campus. For further information, call your friendly neighborhood rehab dept. at 210-568-3408.

Brain Power 101: Use It, Grow It, Protect It

Keeping the brain healthy is possible at any age. Learning new skills, being creative, staying socially connected, and moving the body all help strengthen the brain. Activities like games, crafts, music, and learning new technology build new brain connections that support memory and thinking skills. Social interaction and group activities boost emotional well-being, while movement such as walking, chair exercise, tai chi, or dancing increases blood flow to the brain. Staying curious, active, and connected helps protect brain health and supports a stronger, more resilient mind.

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

CPR for Family & Friends Class

Hope Santos, Life Enrichment Manager

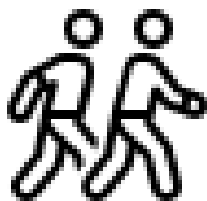
This is a classroom-based course that teaches the lifesaving skills of adult Hands-Only CPR, adult CPR with breaths, child CPR with breaths, adult and child AED use, infant CPR and mild and severe airway block for adults, children, and infants. Wednesday, **May 6** from 2-4pm, in the Roadrunner Lounge. This course utilizes video-led format combined with hands-on practice. Participants practice skills on CPR training manikins. This course is ideal for grandparents and caregivers. Please sign up in Uniguest.



Resident Fitness Clubs

Seasoned Soles Walking Group

The Seasoned Soles walking group meets every **Tuesday, Thursday, and Saturday** at 7am in the Bistro. We start walking at 7:15am, complete 2-4 miles, and finish around 8:15am. After the walk, we socialize over a cup of coffee. Fast, Medium, and Slow walkers or New to walking – we have a group for you. No one needs to walk alone. Participating in organized walks helps ensure a healthy lifestyle and is a great way to make new friends. No registration required, just show up. For more information, please contact Pat Perry, Vickie Phelps, or anyone wearing one of our new “Seasoned Soles” nametags.



Senior Wheels News

James Schuster

The weather continues to support excellent riding conditions we expect these conditions to continue. Senior Wheels announces its May weekly ride dates.

1. May 6th
2. May 13th
3. May 20th (Member photo shoot)
4. May 27th



Everyone who took part in last month’s Marketing event enjoyed themselves. Senior Wheels members took part in multiple video events. Special thanks to Leo Bell and Paul Campbell for their help in coordinating presence of club members on both Wednesday and Friday’s events. A special shot out to the fifteen club members who remained flexible with their time so that the club was represented. Looking forward to seeing the pictures once they become available.

Come out and join us. Riders gather at the main building flagpole at 7:20am and the rides starts at 7:30am.

Resident Fitness Clubs

24 Form/ Step Tai Chi Chaun

Garrie Gillaspie

We meet on many Wednesday and Thursday afternoons in CC2 on Wednesdays and CC1 on Thursdays.

Introductory Lessons start at 2:30-3pm except on B&A Wednesday and on Delayed time on Thursday after DRAC & RC meeting days.

Regular TAI CHI starts at 3-3:45pm.

May Dates: (6-7) (14) (20-21) (27-28)



TAI CHI TIDBIT

www.health.harvard.edu

The Health Benefits of Tai Chi. p.9

Gentle, yet powerful- that's a good way to describe Tai Chi. The movements are slow and controlled, but they can have a profound impact your physical and mental health.

In 2021, when researchers from Beijing University and Harvard Medical School published a scientific review of research on tai chi, they identified over 900 studies from 31 countries, published from 2010 to 2020 - nearly double the number of studies that the researchers had found six years earlier. More than a quarter of the studies were done in healthy people with the goal of preserving health. Nearly 7% of them focused on balance and the prevention of falls. Other conditions studied included heart problems, high blood pressure (hypertension), diabetes, chronic obstructive pulmonary disease (COPD), osteoporosis, breast cancer, depression, and insomnia. An overwhelming 95% of the studies reported improvements. And on average, participants practiced tai chi only 3 hours a week for 12 weeks during these studies, but they still reaped benefits.

With so many scientifically backed benefits, some have suggested that tai chi might well be dubbed "MEDICATION in Motion"

rather than

"MEDITATION in motion.

This chapter spells out some of the ways that tai chi can help you to be healthier and happier.

Where to Find Important Activity & Transportation Information

We'd like to remind all residents that key information about activities, fitness classes, and transportation is always available to you through the Uniguest app. This is the most up-to-date and reliable source for schedules, sign-ups, and important details.

Stay Informed We encourage everyone to check Uniguest regularly, as updates and changes are reflected there first. Whether you're signing up for an event, confirming a class time, or reviewing transportation options, Uniguest is your go-to resource.

If you need assistance accessing or navigating the app, please reach out to your Activity Coordinator, Terry Elizondo

Blue Skies Activities

Mark Your Calendars!

West Market Day – Friday, **June 19**

Purchase Tickets Now! Sunday, June 28 - Evita

Description of play. Tickets range in price from \$30-\$55, to purchase tickets, please visit: <https://www.sanpedroplayhouse.org/shows/evita/> or call the box office at 210-733-7258 for more information on accessible seating. When purchasing tickets please select the 2pm show in June.

Friday, **May 1 – Annual Garden Open House** – At the Gardens – 9am – Come explore a vibrant display of fresh, newly grown plants and enjoy the beauty of the garden in full bloom. We'll also be giving out refreshing, made-on-the-spot smoothies to celebrate the season.

Friday, **May 1 – Chocolate Parfait Day Making** – 2pm – Roadrunner Lounge – Enjoy a hands-on, senior friendly activity and great company. No experience needed.

Saturday, **May 2 - Pioneer Flight Museum: Wings & Wheels Fly-in event** - Bus departs at 9am. The Pioneer Flight Museum located in nearby Kingsbury Texas is a must see! For this special event, the whole place comes alive with living history, battle re-enactments, vintage and antique planes and automobiles. You will see World War I-era aircraft with

Monday, **May 4 – Lunch at Sammy's Restaurant** – Bus departs at 12:00pm – Sign up to enjoy a nice lunch at Sammy's, a third-generation establishment in historic Castroville, Texas, serving up a wide variety of tastes to include Steaks, Seaford, Mexican Food and Burgers.

Monday, **May 4 – Teatime Trivia & Teasers** – 3pm – Bistro Area – Residents will enjoy a cozy social setting while sipping a variety of teas and working together to solve fun trivia questions, riddles, and puzzles.

Tuesday, **May 5 – Cinco-de-Mayo snack & chat** – 1:30pm – Main Lobby – Come join us for a fun and festive time filled with delicious guacamole & chips, great conversations, and lively Cinco-de-Mayo entertainment from Ruben Naranjo.

Wednesday, **May 6 – National Nurses Day Celebration** - 2pm – BSTE Legacy Room – Bus departs at 1:30pm. Calling all nurses to come celebrate! We'll share laughter about our student-nurse days, tell stories, play nurse themed Bingo 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. Be sure to sign up in Uniguest if you would like to attend.

Wednesday, **May 6 – Suffering Surgery & Spirit Zoom** – 12pm – RRL – Instructor: Thomas Cole, PhD will talk about a journey to the Angels, this presentation explores how physical decline can become a catalyst for spiritual awakening. Through the lens of physical suffering and recovery, it reveals how limitations of the body, such as those that follow major medical procedures can open pathways to profound spiritual awareness, inner transformation, and a deeper perception of beauty and love in the spiritual realm.

Thursday, **May 7 – Mother's Day Celebration** – 1:30pm – Main Lobby – Join us for a special afternoon honoring all mothers. beautiful piano performance that's sure to make the day feel extra meaningful.

Blue Skies Activities

Monday, **May 11** - **Exotic Resort Zoo in Johnston City Tx and lunch at Pecan Street Brewing Restaurant** – Bus departs at 8:15am – This is a more of an interactive Safai Park, where you will ride on a trailer throughout the park, getting a chance to truly get up close and personal with the animals. Cost of the guided tour featuring over 700 animals and 45+ species is \$15.95 per person, Payable on site. You might want to buy a bucket of animal feed available for purchase, as you will have animals eating right out of your hand. Goat and Deer petting area is also on sight for you to enjoy. Afterwards we will head to eat lunch. Please keep in mind you must be able to take a large step up and down from a trailer to be able to go on the tour.

Tuesday, **May 12** – **Creative Reuse: Paper Roll Designs** – 1pm – Arts & Craft Room – Let' get creative and transform paper rolls into beautiful are wall designs. Great way to engage, be creative, and it's enjoyable.

Wednesday, **May 13** – **Picnic at Regional Park in Castroville Tx** – Bus departs East (FIRST) AT 10:45am, and BST West at 11am – Let's enjoy a relaxing picnic at the park and take in the beautiful weather together. A healthy sack lunch will be provided by your activity coordinators, so all you need to bring is your appetite and a smile!

On our way back to Blue Skies, we'll make a special stop at Haby's Alsatian Bakery to pick up some fresh pastries and sweet treats – perfect for ending the day on a delicious note. We hope you'll join us for this lovely outing!

Thursday, **May 14** – **Security Forces Museum and Enlisted Heritage plus lunch at Asia Kitchen** – They are dedicated to preserving the history and heritage of the United States Air Force Security Forces. Visitors can explore exhibits showcasing the evolution of security forces tactics, equipment, and personnel over the years. Then head out to lunch at Asis Kitchen. This restaurant offers an authentic taste of Southeast Asia. Our chefs craft each dish with love, using only the freshest ingredients to bring you the bold flavors and aromas of Thailand.

Thursday, **May 14** – **Springtime Tiny Terra Cotta Transformations** – 2pm – Arts & Craft Room. Let the season of Spring inspire us as we have fun using Decoupage to transform small terra cotta pots. We will be planting herbs into our finished pots.

Monday, **May 18** – **Brain Strong: How to keep Memory, and the Brain Working as We Age** – Zoom – 1pm – RRL – Forgetting things can be one of the most frustrating parts of aging. The good news is that there are meaningful ways to support and strengthen memory by understanding how the brain works and what helps keep it healthy. In this class, we'll explore everyday habits, intentional cognitive exercises, and general wellness strategies that can help slow age-related changes in memory and support long-term brain health. Please sign up in Uniguest if you would like to attend.

Monday, **May 18** – **Day Trippers & Travel Club Meeting** – 2pm – RRL – Everyone is invited to come and learn what exciting things are being planned for upcoming months. Partnership with BST Cruise Panners.

Blue Skies Activities

Tuesday, **May 19** – **Sip & Paint Wine Glass** – 2:30pm – Arts & Craft Room – You can enjoy a relaxing painting activity as you decorate a wine glass with your own creative design. This social activity encourages creativity, hand-eye coordination, and fun conversation while you enjoy yourself, sip your drink, and create something that's uniquely yours.

Wednesday, **May 20** – **San Pedro Playhouse: Steel Magnolias** – Bus departs at 6:15pm – This play remains an enduring celebration of love and community. Tickets range in price from \$30-\$55, to purchase your tickets please visit: <https://www.sanpedroplayhouse.org/shows/steel-magnolias/> or call the box office at 210-733-7258 for more information on accessible seating. When purchasing tickets, please select the 7:30pm show. Purchase Tickets Now!

Thursday, **May 21** – **Blue Skies of Texas Daytripper's Group** - Fredericksburgs National Museum of the Pacific War, Becker Vineyards and Shopping – Charter bus leaves at 8am – the cost is \$59 per person, plus a fee for either the museum or the Becker Vineyards. Pick up a flyer in CC3. We need a minimum of 30 residents to make this trip happen. Deadline to sign up is **May 6**.

Thursday, **May 21** – **BST Healing Hearts Together (HHT) Luncheon: Red Lobster** – Bus departs at 10:30am. From famous Cheddar Bay biscuits to the daily deals, you are sure to find exactly what you are looking for from their menu to include not only seafood but steaks, chicken and more. May birthdays will be celebrated on this outing. If you are a widow/widower, please be sure to sign up to join the group on this luncheon.

Friday, **May 22** – **Memorial Day Ceremony** - at 10am -Outside Vista Patio – Followed by cake and punch sponsored by Broadway Bank.

Friday, **May 22** – **Classic Toss Dart Game** – 3pm – CC1 – Join in for a game of darts – offers a unique blend of mental stimulation, physical health benefits, and social connection.

Saturday, **May 23** – **Gunslingers Military Appreciation Night Indoor Football League** – Bus departs at 2:45pm - It's Military Appreciation Night at the Coliseum, and we have received complimentary tickets for the game. The Gunslingers play indoor arena football which of fun and not like traditional football, sign up now for amazing football fun.

Tuesday, **May 26**- **Beer & A Look Back with Sports Center 2006 Year in Review** – 1pm – Roadrunner Lounge – This ESPN special will take us on an unprecedented look back at the most memorable moments from 2006. Beer and pretzel snacks will be provided.

Tuesday, **May 26** – **Dinner at La Esquinita Mexican Restaurant** – Bus departs at 4:45pm – This spot is famous for its authentic Mexican-style food. A casual, neighborhood feel. Sign up on Uniguest if you would like to attend.

Wednesday, **May 27** – **Move in Bloom Cardio & Zumba Party** – 10am – CC1&2 – Spring into motion with our Cardio & Zumba Party! This fun, high-energy class features easy-to-follow cardio and Zumba-inspired moves set to lively music that will get your heart pumping and your spirits lifted. Come enjoy a joyful workout and have fun with us as we dance, move and bloom!

Blue Skies Activities

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Wednesday, **May 27 – Wine tasting exploring Oregon** – BSTE Sky Lounge – Bus departs at 3pm – Join us for a 2-hour wine tasting experience. Minimal openings to go. Please sign up on Uniguest. A fee for this event will be charged to your account per person.

Thursday, **May 28 – Left, Right, Center Dice Game** – 10am – Main Lobby/Corner by Library area – Let's learn this game together. Come roll the dice. Easy to learn, no skill required, its social and fun.

Friday, **May 29 – Spring Sips and Bingo Hits-** -10am – Main Lobby. Join Tery for Spring inspired mimosas along with a variety of Bingo. Space is limited, please sign-up in Uniguest.

Saturday, **May 30 – UT Health Annual Parkinson's Symposium** - 8:30am-3pm – You will learn from experts about the latest research, treatment options, and community support and gain the knowledge needed to make informed health decisions. RSVP is required directly to UT Health along with signing up in Uniguest. For mor information, please contact Judith Gil at 210-568-3416.

Saturday, **May 30 – Tejas Steakhouse and Saloon and Tejas Rodeo.** Bus departs at 3:30pm. Located in nearby Bulverde Texas. Rodeo General Admission Ticket cost is \$35 and will be billed to your account, sign-up deadline is May 14th, as we do need to pre-purchase tickets. Cost of dinner at the steakhouse is your own. After having dinner, you will enjoy a great rodeo experience that starts at 7:30pm, prior to the show enjoy the unique one-of-a-kind Western setting. Please note for this trip seating for rodeo is bleacher type seating and there may be uneven walking surfaces.

Sunday, **May 31 – SA Missions Baseball** – Bus departs at 12pm. Sign up in Uniquet for a fabulous afternoon at Wolfe Stadium to see the Minor League Baseballs San Antonio Missions VS Corpus Christie Hooks. Tickets are \$11 each and will be billed to your account.

Monday, **June 1 – Amazon Fulfillment Center Tour w/brunch at IHOP restaurant.** Bus departs at 9:30am. On this trip we will be eating brunch at IHOP Restaurant then be visiting the Amazon Center located in nearby San Marcos Texas. Deadline to sign up is Wednesday, **May 20** we need to get everyone registered prior to attending tour. Closed toe Walking Shoes are required, and you may walk over a mile and use stairs on this tour.

Thursday, **Jun 4 – Create Musical Instruments** – 2:15pm – Arts & Craft Room – Let's get creative and make beautiful musical instruments!

Friday, **June 5 – JBSA Lackland's Security Forces Museum and Enlisted Heritage Museum** w/lunch to follow at Asia Kitchen. Bus departs at 10am. While there is one museum, there are two distinct museum facilities. Building 10501 continues its long association with the Security Forces career field. Its halls showcase Security Forces

Resident Sports, Clubs, Games and Scores

BSTW POKER CLUBS

Ron Rickard

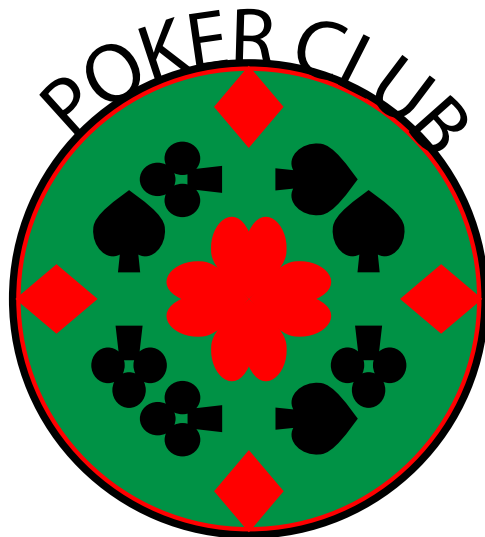
The BSTW Poker Clubs are opening their tables to new players, welcoming both regular participants and substitutes to join their weekly games. For those looking to enjoy a relaxed evening of cards, strategy, and camaraderie, these gatherings offer an inviting and social atmosphere.

Games take place twice a week in the Billiard Game Room, conveniently located adjacent to the Art Room. Players meet on **Monday evenings** from 6:30 to 9pm, and again on **Tuesdays** from 6:30 to 9:30 pm, providing two opportunities each week to sit in and play.

The structure of the games is designed to keep play accessible and enjoyable for everyone. Each session features a modest \$5 chip buy-in, with betting limits set at nickel, dime, and quarter increments, including a three-bet cap. Pots are split between high and low hands, adding an extra layer of strategy to each round. A joker is included in the deck and may serve as an ace or act as a wild card in straights and flushes, bringing an element of unpredictability to the table.

A variety of classic poker games are played, including Omaha, Five Card Draw, Five Card Stud, Seven Card Stud, and Ten Card Stud. Monday night games often include creative wild card variations, offering an added challenge for those who enjoy mixing things up. Texas Hold'em is not part of the rotation, as the limited betting structure does not lend itself well to that format.

Beyond the cards themselves, the clubs provide an excellent opportunity to connect with others in a friendly, low-pressure setting. Newcomers are encouraged to stop by on either night, observe a few hands, and get a feel for the group. Whether you're an experienced player or simply curious, the BSTW Poker Clubs offer a welcoming place to join in and enjoy the game.



Resident Sports, Clubs, Games and Scores

Choices

At this age who knew I would find making choices complicated. Where to live, what to drive, what to eat and for Pete sakes, what games to play, where to play and who to play with. How great to have choices. So I'll deal with the less complicated questions. What, where, when and who to play games with.

My number one rule in this category - it has to be fun. If I'm not having a good time at this age I need to do something else.

Pick a game that makes you feel good while you play and after the game is over. The game should challenge you and give you a chance to improve your skill. Losing is learning. Just have fun.

Pick people to play with that you enjoy and with who you have common interests but always be open to play with new people to expand your social contacts. You will be amazed at how often you find that you have lived in the same places, been to the same places, know the same people, have worked at similar jobs, have common hobbies or interests but you won't know if you don't share and listen. Including new players in your network of game players is critical for social growth. Just have fun.

You can play in your home, in other player's residence, in common areas and at club games. Some players get games going on car trips, bus rides, cruises. Any place where there is at least one other person to play with is an excuse to play a game. Just have fun.

Hand, Elbow, and Foot was designed to satisfy many of the needs for what, who, where, and when. A game with a challenge, with various players, in CC3, Monday at 6:30pm, Thursday at 1pm, and Friday at 6:30pm. No reservation, no money, no partner needed. Just be willing to learn the game and to socialize with new players. We teach. But most important - be open to have fun.

Blue Skies West Party Bridge Club

The BSTW Party Bridge Club holds games every **Monday** at 12:45pm and **Thursday** at 6:15pm in the Community Room of the Towers. All Blue Skies residents are welcome. Please sign up with a partner in the book in the Community Room. Don't forget to cancel if you are unable to play. If you need help finding a partner, contact Gail Gant for afternoon play and Al Wesson for evening play.

Recent winners are as follows:

April 13 1st: Dottie Cowan/ Mary Jane Caudill; 2nd: Keith Cole/George Thonet; 3rd: Don Skucas/Susan Singletary; 4th: Al Wesson/Christopherson

April 20 1st: Connie Germann/Mary Kay Ingram; 2nd: Wyn Padgett/Bill Ball; 3rd: Barbara Baruch/Lois Girton; 4th: Mary Jane Caudill/Dottie Cowan

April 27 1st: Mary Jane Caudill/Dottie Cowan; 2nd: Barbara Baruch/Lois Girton; 3rd: Connie Germann/Mary Kay Ingram

Spiritual Announcements

Catholic News

Annie Moore

Saturdays - 11am Mass (For Sunday by special dispensation of the San Antonio Archbishop) in the High Flight Chapel

First Saturday of the Month - Anointing of the Sick following Saturday Mass

Second Saturday of the Month - Birthdays and Anniversaries will be recognized with a special blessing at Saturday Mass

Saturdays/Sundays - Freedom House: Catholic residents will be visited in the afternoon with Holy Communion and prayers

Third Tuesday – 9am, Catholic Council meets in Vista Room #11. Guests are welcome.

Wednesdays - 9am, Communion Service in the High Flight Chapel

First Wednesday – 9:30am, Benediction and Adoration following Communion Service in the High Flight Chapel

Third Wednesday – 9:30am, Rosary following Communion Service in the High Flight Chapel

Fridays – 3-4pm, Eucharistic Exposition and Adoration, and Divine Mercy Chaplet in the High Flight Chapel

Pastoral Care - To meet privately with a priest for Reconciliation or Anointing, please contact St. Louis Catholic Rectory at 830-931-2826.

Homebound - If you are homebound and unable to attend Mass but would like to receive Holy Communion, you may contact John Siebert, Barbara Wilson, Mary Tucker, or Gil Wolfe by phone, text, or email and they will arrange for an Extraordinary Eucharistic Minister to bring the Holy Eucharist to your apartment,/cottage (see Resident Directory).

Hospital Visits - Most hospitals have a Catholic priest available; ask a staff member to contact a priest.

Prayer for the Nation

Patrick P. Caruana

We would like to welcome all to join us for "Prayer For The Nation" every **1st** and **3rd** Friday of each month.

We begin at 10am and conclude at 11am.

We meet in the Helen Lemay Room.

Please come to join us as we seek the LORD in PRAYER for our nation.

Spiritual Announcements

EPISCOPAL NEWS

WEEKLY SERVICE: Thursdays, 3pm in the High Flight Chapel at BSTW. This is an Episcopal Rite II service with Holy Communion and music. ALL are welcome! Following the service, we gather in The Bistro for fellowship and coffee.

We are a small, but active, church group that supports and is supported by St. Andrew's Episcopal Church, San Antonio. As such, opportunities to worship (in person and virtually) are numerous throughout each week:

Sunday: 8:30am Rite I communion service at St. Andrew's with live streaming

Sunday: 11am Rite II communion service at St. Andrew's with live streaming

Monday-Thursday: 9:30am Morning Prayer online streaming

Wednesday: 2pm Rite II communion service in the BSTE Chapel

Thursday: 3pm Rite II communion service in the BSTW High Flight Chapel

St. Andrew's website at <https://standrewsep.net>.

POINTS OF CONTACT

- Bonnie Gardner (see resident directory)

Primary Contact for BSTW Episcopal Congregation

- Fr. David Archibald (cell) 210.478.6091; david@standrewsep.net

Rector of St. Andrew's Episcopal Church, 6110 N.W. Loop 410, SA, Texas 78238

(church office) 210.853.0844; Office Hours: Monday-Thursday | 9am – 12:30pm

Centering Prayer / Silent Meditation

Centering Prayer, Silent Meditation are spiritual practices rooted in the Christian Tradition. The purpose of this silent prayer/meditation time is to be open, listening, and attentive to the Spirit and the presence of God.

We meet twice a month on the **1st** and **3rd Fridays** at 8:30-9:15am in the Helen LeMay Room (next to the Roadrunner Lounge near Lakeview Dining Room). All are welcome to join.

Friday, **May 1**

Friday, **May 15**

Questions: Contact Jena Hatchett or Robert Ferre

Spiritual Announcements

AFV II Protestant Church

National Day of Prayer Breakfast – Thursday, **May 7**

REGULAR SERVICES:

High Flight Chapel – **Sundays** at 9:30am and 11am

Fellowship time between services: 10:30–11am

Can't make it on Sunday? Watch the service broadcast on **Wednesdays** at 10:30am on the in-house channel 1890 or on the monitors in the Towers lobby. If you miss it, don't worry! We send out a YouTube link of the service by email each week, along with the bulletin and announcements. Not receiving the email? Let us know, and we'll add you to the list!

Freedom House – **Sundays** at 10:45am

Liberty House (3rd Level) – **Thursdays** at 10:30am

Pray for Our Nation – **1st** and **3rd Fridays** at 10am in the Helen LeMay Room

CONTACT US: If you are interested in joining our congregation, would like to speak with Pastors Wayne Knutson Jr., Clift Perry, or Jim Sweet, or have any questions, please leave a message with Kayla Ramsey at 210-277-8133. She will be happy to answer your questions or discreetly arrange an appointment for you.