

# ROADRUNNER

SEPTEMBER 2024

VOLUME 2024-09



## FROM THE DIRECTOR

### First 90 Days

Honored is the overwhelming thought and word that comes to mind when thinking of my first 90 + days at Blue Skies of Texas. Before arriving, I spent some time reviewing information and stories concerning Blue Skies of Texas. Upon arrival, I was afforded the opportunity to hear firsthand more fantastic stories about our residents and their lives. Our staff has also communicated many more inspiring stories and I have seen their dedication and work ethic. I want to say thank you to our residents as they have welcomed me with warmth and humor. I also want to thank our staff, as they have done the same as well as demonstrating their genuine care for our residents and striving to enhance their livelihood on a daily basis. So as the saying goes - seeing is believing, and I am a true believer.

I have also taken the time to observe many processes and procedures and as many of you know we are beginning to make some subtle and not so subtle changes. Please know and understand, I realize change can be difficult as so many of us are creatures of habit (probably myself first and foremost). As we make changes, we are looking at many things, one is our staff's efficiency, meaning what can we do that is more effective and in turn allows us to increase our time enhancing the livelihood of our residents. This also means we are trying to enhance our staff's work efficiency and hopefully, creating a better work life balance for them. I have said many times to my staff, having been responsible for implementing change, I am not a huge fan of change, but I love the results. Once again, thank you all for a fantastic first 90 days!

## Save the Date:

**Monday, September 2 – Labor Day Holiday**

**Wednesday, September 4 – Fraud & Scam Awareness presentation by Broadway Bank – Roadrunner Lounge – 2pm**

**Thursday, September 5 – Alzheimer's Caregivers Support Group Meeting – FH Chapel – 1:30pm**

**Tuesday, September 10 – Kitchen Tour – 2:30pm**

**Wednesday, September 11 – DFCS Presentation – RR Lounge – 10am**

**Thursday, September 12 - DRAC Meeting - Roadrunner Lounge - 1:30pm**

**Friday, September 13 – Be a Traveler...Not a Tourist Presentation - Roadrunner Lounge – 3-5pm**

**Tuesday, September 17 – Those Amazing 80's! – CC Rooms - 5pm**

**Thursday, September 19 - Resident Council Meeting - Roadrunner Lounge - 1:30pm**

**Wednesday, September 18, 6pm thru Thursday, September 19, 6pm – The Big Give**

# Welcome

## New Residents

New residents coming soon to a neighborhood near you.

**Norman &  
Eileene Smith, #1307**

**Mark Delaney, #528**

**Phyllis McBee, #1701**

**Gerard "Butch" &  
Sharon Nery, #1306**

# Resident Services Announcements

## Labor Day

Monday, **September 2** is Labor Day. Please make note of the following closures:

WHASC - closed

Mail Delivery - suspended

Blue Skies Transportation - Suspended

Blue Skies Staff - minimal, as on weekends

## Dress Code

At Blue Skies of Texas, we strive to create a comfortable and tasteful dining experience for all residents. Our dress and appearance policy reflects this commitment.

For Sunday Brunch and Friday/Saturday evening meals (after 5pm), we encourage a slightly more formal approach to attire. Men are preferred to wear slacks and shirts with sleeves or jackets, while women are encouraged to wear slacks, skirts, or dresses. These occasions are seen as a bit more than casual, more like a date night or a pleasant evening with friends.

For all other meals, casual attire is perfectly acceptable. However, we ask that residents avoid wearing short shorts, crop tops, or t-shirts with off-color or inappropriate sayings or images, as these are not considered in good taste. Additionally, hats should be removed in dining venues unless they are worn for religious reasons, medical needs, or during special events where hats are deemed appropriate.

We kindly request that residents' guests also observe these dress considerations to maintain the same level of comfort and respect for all diners. We appreciate your cooperation in upholding these standards at Blue Skies of Texas.

## One Highlight and Important Note

Starting with the October Roadrunner, we are going digital! However, we will still have hard copies available at the front desk. For more information, please see the "Roadrunner Newsletters" article.

## Cordless Window Blinds

Effective **June 1**, 2024, all window covering products sold in the United States must be cordless or have inaccessible cords and approved tensioning devices. This law came about due to a potential strangulation hazard for small children from these cords. Going forward, Blue Skies of Texas will comply with this new regulation whenever new window covering products are installed on our campus.

## Reminder

As we all know in just a couple of months, we are privileged to take part in one of our most sacred and important responsibilities as American citizens – the right to vote. I encourage all of you to be part of the process, however I want to point out a few of the policies we have here at Blue Skies of Texas concerning political activities. As you can imagine there is reason for this message as we have already started seeing political type documents displayed on a few bulletin boards. I encourage you all to refer to the Residents Guide concerning bulletin boards "These boards are for general information only (no political or editorial articles)" and the portion titled "Political Activities". I have directed our staff to discard this type of material if seen in common areas.

## Introducing "Fact or Fiction"

We are excited to introduce a new section in the coming months called "Fact or Fiction," designed to help clarify any rumors or information circulating at the west campus.

Here's how it works: if you come across a rumor or piece of information that you're unsure about and would like to verify its accuracy, simply reach out to Resident Services by the 22nd of each month. We'll investigate and provide you with the facts in the upcoming Roadrunner. Resident participation is key to making this initiative a success. Together, we can ensure that accurate information is shared within our campus. Looking forward to uncovering the truth with you!

# Resident Services Announcements

## Safety

It's HOT in Texas! The Texas heat wave isn't going anywhere for a while so please be sure to drink plenty of water and avoid the heat as much as possible. To avoid the heat, consider going out before 9am or after 7pm, exercise with a friend for safety, avoid the outdoors in the early afternoon (about noon to 3pm) when the sun is the strongest, dress in lightweight light-colored clothing and wear a hat and sunglasses.

## AFIO Chapter Meeting

The Association of Former Intelligence Officers (AFIO) briefing will be held on Monday, **September 9**, the second Monday of the month to accommodate Labor Day activities on the first Monday. The program this month will be a comparison of the F-22 and F-35 stealth aircraft, "Some secrets from the CIA", and a video on the 32 men that opened the Normandy beach on D-Day. The program will begin at noon in the Roadrunner Lounge.

## Safety Inspections of Tower

Apartments/Practice Fire Evacuations  
It's time for our annual Fire Drills and Safety Inspection. A typical inspection will take about 10 minutes. How does this work? The Fire Drills will start the process. Once you hear the announcement over the speaker, you will remain in your apartment and a staff member will meet and brief you on evacuation. If you have a "Do Not Enter" notice on file and are not present for the Fire Drill, we will still enter your apartment to complete the inspection, although our preference is for residents to be present for the fire drill and inspection. Again, this is for Tower Apartments only. The detailed schedule is as follows:

Towers 1 & 2 – Tuesday, **September 10**, 2-4pm

Towers 3 & 4 – Thursday, **September 26**, 2-4pm

## Roadrunner Newsletters

This month's Roadrunner will be the last edition that will be delivered to your door. We have given this careful consideration and have concluded that the technology we currently have in place (Uniguest, and the BST resident portal) is sufficient in providing you with the information that is pertinent to you. If you are still interested in a printed version of the Roadrunner, one can be made available to you at the front desk. Don't forget that you also have the option of having the Roadrunner emailed to you. Simply email your request to [Roadrunner@blueskiestx.org](mailto:Roadrunner@blueskiestx.org) and you will be added to the newsletter email distribution list.

## Printed Statements

As you know, each month your monthly statement arrives at the Front Desk, usually about the 5th of the month. We have noticed that most residents don't come and pick them up (in August, we had almost 200 left, the same number as this time last year). If you recall last year, the Front Desk would put the statements in envelopes and place them in internal mail; we will be going back to that process, due to the number of statements not being picked up. If you'd prefer to have your statement emailed to you, please reach out to Wendy Sobczyk via email at [wendysobczyk@blueskiestx.org](mailto:wendysobczyk@blueskiestx.org).



# Resident Services Announcements

## Big Give 2024 Benefiting the Intergenerational Preschool at Freedom House ~ Sarah Manzke

We at the Air Force Villages Charitable Foundation invite you to participate in the 11th Annual Big Give SA, from 6pm on Wednesday, **September 18** through 6pm on Thursday, **September 19**. Our fundraising goal is to raise \$50,000 to provide for various needs for the caregivers and the children they serve.

In anticipation of these giving days to benefit the Intergenerational Preschool (I.P.), would you like to learn first-hand about how it makes a difference at Blue Skies? Ms. Samantha “Sam” Hardin, the I.P.’s Director, and her staff invite you to a tour, with two options: Wednesday, **September 4** or Wednesday, **September 11**, each from 9:00-9:30am. Please meet at Freedom House; no RSVP is required. We’ve chosen the I.P. as our focus this year in large part due to the positive difference it makes both for the children, and for the BST employee parents / family members who take their kids there.



Sam Hardin recently asked a) Freedom House caregivers, b) Blue Skies residents with a spouse who is a Freedom House resident, and c) parents of the children who attend the I.P., for thoughts on the center’s impact. One quote came from Freedom House’s speech therapist:

“The children bring instant joy to our residents during blended activities and their frequent strolls throughout the facility. At the only intergenerational preschool in Texas, the children get an extra lesson in respect and patience for the older generation, and our residents become more engaged and expressive. The egg hunts, costume parades, and petting zoos they share bring such sweet memories of caring for their own families.”

Please consider making a gift as part of the Big Give, in support of this wonderful resource!



- Although the Big Give hasn’t yet begun, you may actually make your gift from **September 11 through 19** via the Big Give website for AFVCF, <https://www.thebiggivesa.org/organizations/air-force-villages-charitable-foundation>.
- Also, if you would like to let us know now about your giving plans (basically, making a pledge), we would be delighted to receive the news, and to share the overall Big Give pledge total with other potential donors!

Please call, email (210 568-3211; [mitchmillar@blueskiestx.org](mailto:mitchmillar@blueskiestx.org)) or stop by the Corporate Office if you have any questions about this Big Give effort.

## Employee Halloween Costume Contest

There will be items up for “sale” (\$2 per chance drawing) weekly starting on Monday, **September 16** leading up to Halloween. Historically, these “raffles” have brought in over \$1000, and all proceeds go towards prizes for the Employee Halloween Costume Contest. Plan on coming to The Lakeview on Thursday, **October 31** at noon to watch the parade of costumes, it’s always a good laugh for everyone!

## Trunk or Treat

If you’re interested in participating in what we hope will be the 1st annual Trunk or Treat hosted by Aleisha Dillard, Front Desk Supervisor, stop by the front desk and sign up before the deadline of Friday, **October 25**. There will be prizes for the BEST dressed pet and BEST decorated trunk! The Trunk or Treat will be held in the flagpole parking area of the main entrance and will begin at 2pm on Halloween, Thursday, **October 31**.

# Resident Services Announcements

## Friday Night Lights Presents... ~ Ashlie Maltos

Be on the ball as leaves start to tumble and fall. If you’ve recently gotten a suspicious text message about your TRICARE coverage, don’t respond. Instead, report it to TRICARE. Some beneficiaries have gotten a text message from 888-763-0248. The sender claims to be Wisconsin Physicians Service, the TRICARE For Life contractor. But the text message is really part of a phishing scam targeting TRICARE For Life beneficiaries. The message says the recipient’s TRICARE coverage will expire due to nonpayment. It tells the recipient to call a toll-free number. “The Defense Health Agency has recently learned of this phishing scam,” said Anne Breslin, TRICARE For Life program manager at the Defense Health Agency. “While it seems to be aimed at TFL beneficiaries, scammers may try to target anyone who has a TRICARE plan. You should stay aware and report any suspicious messages or calls that say they’re from TRICARE.”



It’s important to know that WPS doesn’t collect payments. Also, WPS won’t try to contact you via text message.

TRICARE will never text or call you asking for: Payment, or Personal identifying information. Keep these tips in mind when it comes to your personal information:

- Never share personal or financial information with someone you don’t know.
- Don’t open unsolicited, unexpected text messages or emails.
- Don’t open links from unknown numbers or emails. Instead, contact your TRICARE contractor using a phone number or website you know is real to verify that they’re trying to reach you.



## Pest Control Schedule

	<b>Friday, September 6</b>	<b>Friday, September 13</b>	<b>Friday, September 20</b>	<b>Friday, September 27</b>
<b>Tower Apts.</b>	331-338, 341-348, 431-438	411-418, 421-428	511-518, 521-528	531-538, 541-548
<b>Cottages</b>	1700	1800	1900-2000	2100-2200
<b>Ranch Homes</b>	811, 813, 815, 817	821, 823, 825, 826	827, 828, 829, 830	831, 834, 835, 836, Pavilion 1
<b>Specials</b>	Village Center, Kitchen, The Vista Office and A Wing	Exterior of Main Tower Building	Liberty House, The Vista B and C Wings	Freedom House: Int. and Ex.

# Employee Anniversaries

	Location	Anniversary Date	Years of Service
Victor Compean	Dining Services	September 2	3
Cherry Portillo	Hospice	September 6	1
Erika Morante	Liberty House	September 8	1
Josefa Aguero	EVS Housekeeper	September 9	21
Vanessa Rangel	EVS Custodian	September 10	6
Cynthia Yanez	Finance	September 12	16
Maria Moreno	Freedom House	September 14	17
Adrian Medrano	Finance	September 14	6
Charles Campos	Maintenance	September 14	31
Adela Chimal	Dining Services	September 16	2
Marisol Ocampo	Transportation	September 16	5
Leticia Martinez	EVS Housekeeper	September 16	8
Russell Hinson	Freedom House	September 18	18
Gabriel Garcia	Transportation	September 19	1
Devin Willis	EVS Custodian	September 20	3
John Davis	Maintenance	September 20	19
Nora Galvan	EVS Housekeeper	September 21	3
Fernando Renteria	Maintenance	September 22	26
Angel Gil	Finance	September 23	13
Patricia Escobar	EVS Housekeeper	September 23	2
Guadalupe Solis	Beauty Shop	September 26	10
Wilma Jones	Dining Services	September 27	5
Paula Espiricueta	Liberty House	September 29	7
Raquel Rodriguez	Dining Services	September 30	2
Josephine Aguirre	Liberty House	September 30	5
Silvia Morales	Liberty House	Septmber 12	16



# Resident Updates

## Rotary Corner ~ Debby Cox

The San Antonio West Rotary Club meets here at Blue Skies West on the first and third



Tuesday of each month

from 12-1pm in the Roadrunner Lounge.

Our speaker on August 6 was Carlos Contreras, CEO of Goodwill San Antonio. We learned that Goodwill is more than the stores we see and the donations we make. Goodwill is an educational enterprise that provides essential training, equipping individuals with skills that unlock new horizons. With the support of community partners, Goodwill touches the lives of over 50,000 individuals annually.

Our August 20th meeting featured a visit from our District Governor, Kristen Salazar. She is on the road to visiting every Rotary Club in

District 5840, encompassing 44 counties and 2300 Rotarians. We shared our projects and learned about her goals for the coming year.

Please join us on Tuesday, **September 3** when our meeting will feature a speaker from the San Antonio Food Bank. Founded in 1980, the Food Bank serves 100,000 individuals a week in 29 counties, one of the largest service areas in Texas. All residents are welcome to attend and enjoy our programs. If you have any questions, please contact Debby Cox (see Resident Roster) or visit our Website:

<https://www.RotaryClubofSanAntonioWest.org>  
or Facebook page:

<https://www.facebook.com/RotarySAWest>

## Fraud & Scam Awareness ~ Broadway Bank

Broadway Bank presents speaker Crystal Muniz, AVP Fraud Manager, on Wednesday, **September 4** at 2pm in the Roadrunner Lounge. Join us to learn how to spot the different types of scams, what you can do, how to avoid scams and who needs to be contacted.

## Freedom House Dementia Caregivers Support Group

The Freedom House Support Group will meet on Thursday, **September 5**, at 1:30pm in the Freedom House Chapel. For those who want to join us for lunch, we will have a reserved table in the Lakeview Dining Room starting at noon. This monthly support group provides an opportunity for caregivers affected by Alzheimer's Disease or related dementias to share their experiences and receive guidance and support. We welcome all those who have loved ones residing in Freedom House and those who are caring for loved ones at home. If you wish to bring your loved one to Freedom House while you attend the meeting, please contact Annabell Garcia at 210-838-6301 or [annabellgarcia@blueskiestx.org](mailto:annabellgarcia@blueskiestx.org).

## Lackland Spouses Club Membership Drive ~ Lee Wells

Would you like to join the Lackland Spouses Club? Stop by the Main Lobby on Thursday, **September 5**, from 9:30-11am at BST West (or in the afternoon in the BST East Main Lobby from 1-2pm) for the Lackland Spouses Club Membership Drive. As Liaison to both Blues Skies West and East there will be tables set up in the Main Lobby to sign up as a member of the Lackland Spouses Club. We have many activities and fellowship opportunities with our active-duty wives. We are also involved with both military and civilian charities. Dues are \$40 for married ladies or gentlemen, there is no charge for widows or widowers. Come and join us for a lot of fun.

## In Memoriam

Tom Ryan - August 9

Cecelia Bengeler - August 14

Richard Hannert - August 18

# Resident Updates

## Football Event ~ Jim Conner

On Saturday, **September 7**, Nebraska and Colorado play at 6:30pm in Lincoln. I have reserved the Helen LeMay room for anyone who wants to join us to watch the game and enjoy the comradery. We will bring heavy hors d'oeuvres and Leo Bell is bringing keg beer. Bring what else you might want to drink and any snacks you want to share. Please let me know if you plan to attend.

## BSTW Entertainment Committee

### ~ Sandra Snyder

Your BSTW Entertainment Committee invites all residents and friends to the "Village Princess" Welcome Aboard theme Party - Sunday, **September 8**, from 6-9pm in The Lakeview.

The San Antonio Swing Dance Society will bring a DJ, and dancers to demonstrate and teach us to swing to the music! Wear your favorite Hawaiian shirt or any cruise attire you want. Sign up for a seat or an entire table in CC3. Enjoy group participation games, a Photo Booth, music and dancing. Bring your own snacks and beverages. We need a head count to have plenty of tables. Deadline for sign up is Friday, **August 30**.

## Distinguished Flying Cross Society

### ~ Robert Certain

The Alamo Chapter of the Distinguished Flying Cross Society will hold its monthly open meeting on Wednesday, **September 11** at 10am in the Roadrunner Lounge at Blue Skies West. Bill Odle will present an aircraft safety briefing - from contractor to pilot. He will present Primary System/Aviation Safety Processes used in aircraft Design, Build and Test. He will also cover Contractual Safety Tasks Performed during Military Aircraft Design, Build, Test and Delivery/Post Delivery Support, Risk Assessment and Categories, and Hazard Tracking System. All residents of Blue Skies East or West are welcome to attend.

## Gadabouts ~ Jane Hill

On Friday, **September 13**, it will be your "lucky" day to try out the new Chili's Restaurant at Dove Creek Shopping Center, 311 W Loop 1604. Their extensive menu can be viewed at [chilis.com](http://chilis.com). Signup sheet is in the red Gadabouts notebook located in CC3. Chili's opens at 11:00am and we will be there when they open. Bus boarding will be at 10:30am and will depart at 10:45am. Looking forward to seeing all you singles and caretakers on Friday the 13th!

## Football Event ~ Bob Harris

Wear orange and come watch the UTSA - UT game from 6-10pm on Saturday, **September 14**, in the Helen LeMay Room. BYO drinks and snacks. No RSVP needed.

## "Go Teachers Go" ~ Betty Overacker

The American Radio Relay League (ARRL) empowers teachers to bring amateur radio and wireless technology into their classrooms via the "ARRL Teachers Institute" (TI). This five-day professional development workshop is filled with lectures, hands on activities, demonstrations, building programs, robotics, and amateur radio. Its objective is to provide teachers at all grade levels with tools and strategies to introduce wireless technology into their classrooms. TI is funded entirely by donor contributions via the ARRL Education Fund. Teachers pay an application fee, but all other costs (transportation, lodging and course materials) are covered at a cost of 4 thousand dollars per individual. During the last three years, 175 educators have attended the ARRL TI on wireless technology. This program will continue to inspire our future generation's interest and exploration that will likely take humanity to Mars and beyond. All are welcome to attend the next BST Amateur Radio Club meeting on Tuesday, **September 17** in Meeting Room 110 at 11:30am. Please contact Bob Stuckert for more information.

73—Best Regards in Ham Language



# Resident Updates

## September 11 B&A Says Happy Birthday to US Air Force ~ Corlea Plowman

All BST West residents and guests are invited to celebrate the birthday of the US Air Force on Wednesday, **September 11**, at the Birthday and Anniversary event (B&A). Doors open for the hosted Social Hour in CC1-3 at 5pm. Dinner service in The Lakeview is at 6pm. Clinton Vance Trio will be the entertainment.

Bob Howen will be available to take Birthday & Anniversary pictures from 4-5:30pm in the Helen LeMay Room. Please check in with Judy Howen.

The dinner includes:

**Starter:** Goat Cheese and Beet Salad

**Entrée:** Pork Tenderloin with Chef's Signature Coffee Rub topped with Espresso Demi Glaze served with Sharp Cheddar Duchess Potatoes, Vichy Carrots

**Dessert:** Blueberry Lemonade Cheesecake

**Bread:** Sliced Baguette

Water, Coffee or Iced Tea

\$28 Per Person

**Alternative Entrée:** Salmon with Lemon Caper Beurre Blanc

Dinner reservations are required. All those planning to attend, including guests, must sign up on the Sign-Up List in CC3. If you need to cancel after 11am Monday, **September 9**, call the Dining Services Office (210-568-3232). If you wish to create a table of 6-8, call Bonnie Gardner or Donna Bowman. Seating will be assigned for all others. Reservations are not made through the Dining Room for this event.

Hosts for the Social Hour are:

ARMY: Elaine & Leo Bell, Jr., Ray & Fran Bell, Bill & Judi Butkovich, Dan & Marti Corcoran, Karen Davis, Mike & Peggy Durack, Jack Fay, Fred & Martha Glauner, Jim & Yvonne Goodenough, Jerre & Kathy Griffin, Carl & Elaine Hallada, Charles Hall, George Henson, Charles Hobb, Kyle Hood, Tom & Luanne Jones, Ralph & Edie Kelly, Bill & Brenda Lee, Bill & Dee (LH) Mann, Kevin & Jeanne Marie McNamara, Red & Pat Natkin, Jim & Vickie Phelps, Walter Pike, Brian & Kathleen Raymond, James & Lu Schuster, Ritchie Seymour, Jasper & Chong Sims, and Mike & Sylvia Slominski.

NAVY: Bill & Linda Ball, Karl & Mary Bourgeois, Roman & Joann Gonzales, Bonnie Lutz, David & Diane Marx, Ron Miller, Jerry & Judy Pearce, Clare Taylor, Mark & Marti Wessman, and Peggy Wright.

COAST GUARD: Kent & Gerry Williams

MARINES: Tom & Blaine Craig, Mac & Karen McDonald, Jim & Vivian Ray, Tom & June Reedy, and Doug & Merry Stewart.



# Resident Updates

## Dining Room Advisory Council ~ Leo Bell

The August Wine Tasting event was excellently received. Chef Jeronimo created an exceptional charcuterie board to accent the wine, pairing them with a variety of flavors. Ms. Lauren and Ms. J. Bell added to our wine knowledge. An old favorite of mine was brought in for a special after-market tasting, 13 Celsius (available as Sauvignon Blanc or Pinot Gris, <https://www.13celsiusvineyards.com>). The label on it changes color from blue-to-gold when this Pinot Gris is chilled perfectly at 13C. Please ask for it! Enough requests will continue its availability.



Someone suggested that we have a wine tasting every two months. We always have a list of residents wanting to attend and must create a waiting list in case someone is unable to come. There was only one no-show for this tasting. Please let me know if you desire a wine tasting event EVERY TWO MONTHS, if we can arrange it. Use the same format on Uniguest as for dining comments to DRAC or contact me directly. (Please see Resident Directory.)



Our First Quarterly Jerry Garcia Sunday Brunch received a cheerful and festive reception. Encouraged by Elaine Bell and Karen Davis, Peggy and Bob Gracy, Wally Pike, and I wore our splendid J-Garcia creations. The Second Quarterly J-Garcia Sunday Brunch will be held on Sunday, December 8. MARK YOUR CALENDARS!!! Let's try and get 3-5 tables of J-Garcia tie wearers. AND wouldn't it be neat to have these photos IN COLOR so all can see the blends Jerry continues to make from Heaven?

The back-of-the-house (BOTH) winner for August is two-time honoree Dixie Garcia. The front-of-the-house (FOTH) winner is first-timer Eilene Herrera. We are thrilled to reward their noteworthy service to BSTW residents. Their photos will be in the next Roadrunner Newsletter.

There remain five spaces for the Tuesday, **September 10** kitchen tour at 2:30pm. Please let DRAC representative Juanita Hess know if you wish to be included in the September tour.

Gazpacho is back. Quality BBQ ribs are back. Calamari breading is staying on (and tasty). Salad forks are arriving with the salad orders. DRAC is getting it done for our BSTW residents. Our next DRAC meeting is Thursday, **September 12** at 1:30pm in the Roadrunner Lounge.

## Gadabouts ~ Jane Hill

On Friday, **September 13**, it will be your "lucky" day to try out the new Chili's Restaurant at Dove Creek Shopping Center, 311 W Loop 1604. Their extensive menu can be viewed at [chilis.com](http://chilis.com). Signup sheet is in the red Gadabouts notebook located in CC3. Chili's opens at 11:00am and we will be there when they open. Bus boarding will be at 10:30am and will depart at 10:45am. Looking forward to seeing all you singles and caretakers on Friday the 13th!

## BSTW Resident Council Meeting ~ Jane Hill

The Blue Skies West Resident Council meeting will be held on Thursday, **September 19** at 1:30pm in the Roadrunner Lounge. The Resident Council serves as the liaison between Blue Skies West Management and residents. Stay up to date on what is happening in your community regarding management, finances, marketing, construction and more. All residents are welcome to attend, and we extend a special welcome to all new residents. **10**

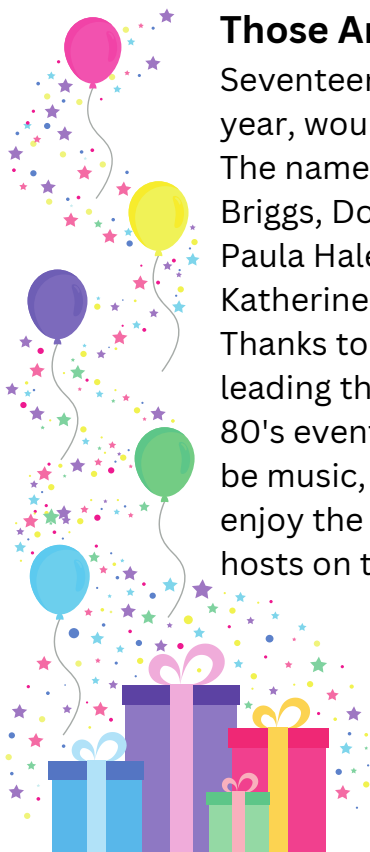
## Resident Updates

### Those Amazing 80's! ~ Dottie Conner

Seventeen residents of Blue Skies West who are entering their Amazing 80's this year, would like you to help us celebrate this awesome milestone!

The names of these residents (in alphabetical order) are Barbara Aydlett, Jack Briggs, Dorothy Conner, Janet Croce, Roy Diatkar, Mike Durack, Robert Ferre, Paula Haley, George Henson, Tom Jones, Ralph Kelly, Ron Miller, Karen Pearce, Katherine Rajczi, Carolyn Shipman, Geary Wallace, and Allen Wesson.


Thanks to our Fearless Leader Al Wesson (who came up with the idea and is leading the charge), we have banded together for a fantastic evening of fun! The 80's event will start at 5pm on Tuesday, **September 17** in the CC rooms. There will be music, beverages, appetizers, cake and some other surprises. Please come and enjoy the evening with friends. No gifts please, but you can congratulate the hosts on their Birthdays with a thank you!! Get Ready to Party!!



# HAPPY BIRTHDAY

### Red Hat Luncheon ~ Vivian Ray

This month's lunch is hosted by Lee Wells and Celia Kellogg.

On Friday, **September 20**  at 11:30am, we will dine at El Mirasol Alon, 10003 NW Military Hwy #2107, San Antonio, TX 78231. Please be in the lobby by 10:30am. The bus leaves at 10:45am. When you sign up on the sheet, you must indicate "W" if you are using a walker or wheelchair because the bus only accommodates one wheelchair. If you sign up and can't go, it is essential that you remove your name from the sheet by the Wednesday morning before the luncheon. If you do not remove your name, you will be considered a "no call, no show," and will be charged the transportation cost. Please don't prevent someone on the waiting list from attending because you didn't take your name off the list in time.

### Fall Retreat Planned – Don't Miss the Deadline

On Saturday, **September 28** there will be a day long retreat focusing on "LOSS". Loss comes to us in many forms...certainly many have lost loved ones this year and still grieve over the emptiness left in their lives. However, others have lost some of their mobility issues or left a beautiful home for a smaller apartment, many struggle with memory issues. "Life is Hello...Life is Goodbye" will be held on Saturday, September 28th, 9:30am-4pm. Dr. Molly O'Phelan and Chaplain "Doc" Jones will be our presenters. Each have advanced degrees and training in dealing with the subject of loss.

This promises to be an educational and uplifting time. It will help you (or someone you know) understand why it is vital we deal with grief, the individual and unique ways we grieve, and the physical, emotional and spiritual reaction to grief. This is sponsored by the Protestant Chapel but open to all residents. The only cost (\$15) is for lunch. Call the church office to register 210-568-3372. Deadline to sign up is Friday, **September 20**. Location will be in the large sunroom of the Vista.

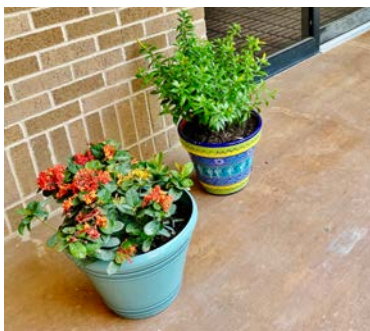
# Resident Updates

## Well Known Horticulturist to Visit ~ Jim Conner

David Rodriquez, Texas A & M AgriLife Extension Service, will be coming back to Blue Skies West campus on Friday, **September 27**. He will start at 10am with a presentation in the Roadrunner Lounge, on Texas Superstar plants, a bit of local agricultural history and he'll answer questions about gardening in this area. He will then visit the garden giving helpful tips of what and how we are doing with our plants. After the garden visit we will return to the main building and those that want can pick up a lunch and we'll all eat in the Roadrunner Lounge with David. Many of you have probably heard David on his weekly radio broadcasts from local nurseries.

## A New Bright Spot! ~ Dottie Conner

Three new pots of plants have been spotted outside The Lakeview / Roadrunner back door of the Towers. Both the pretty pots and flowering plants in them add a bright spot for all of us to enjoy. They are donations from Blue Skies Garden Club member, Marti Wessman, who purchased them with her own funds and will be tending to them (watering, etc.).



## Blue Skies Dancers ~ Dottie Conner

Marcia Tinsley has organized a group of residents who enjoy show dancing called the Blue Skies Dancers. Their most recent performance was at the New Resident Welcome Event put on by Paula Haley. Marcia choreographed "Hello Dolly" and Sandy Seigel did "Old Town Road" and "Waltz Across Texas". The next performances are on Sundays, **October 13 & 20** at the "Texas Hoedown Follies" which Marcia is producing. Watch for more news! If you would like to join the Blue Skies Dancers, contact Marcia Tinsley (see resident roster).

## Blue Skies Handbells ~ Nancy Sowada

It is not too late to join the Blue Skies West Handbell Choir! We are still welcoming members in September. If you can read music, we invite you to join us every Thursday from 10:30 to 11:30 am in the Blue Skies West craft room (down the hall past the chapel). We are rehearsing a variety of Christmas and Holiday music we plan to perform in December in various venues. We have more than 3 octaves (more than 30) handbells, but we need more people to play all of them. Please join us!

## Village Voices ~ Nancy Sowada

It's not too late! The Village Voices choir is still welcoming members in September. If you have sung in a choir and/or can read music, please join us for rehearsals every Tuesday from 1:30 to 3:30 pm in the Blue Skies West chapel. The choir is rehearsing a variety of music and we plan to sing for Veterans Day in November, the Blue Skies West tree lighting ceremony, and our regular Christmas and Holiday Programs in December. Please join us!

## Mark Your Calendars Now!! ~ Karen M. Reid

Last November BST had its first ever concert by the San Antonio Symphonic Band. This was a major event and total success according to the residents. This year we're scheduled to be the band's first concert of the season. Our concert will be on Sunday, **October 13**, in The Lakeview at 3pm. The theme for this year's concert is Movie Magic and All Hallow's Eve. Mark your calendars now and tell your neighbors to join you for a first-class event to kick off the Fall season.

# Resident Updates

## Voting in Bexar County ~ Maureen Parrish

In August, BSTW Resident Services hosted Frances Moreno from the Bexar Co. Election Office and Texas State Representative John Lujan.



Voting in Bexar County

They made a presentation to residents on the process for applying to receive mail-in election ballots and provided applications for those that attended. If you were not able to attend and would still like to request an application for a mail-in ballot, it isn't too late! You may do so online at [www.bexar.org](http://www.bexar.org) and click on the link for Voting in Bexar County. Then open the section listing Early Voting & Absentee Ballots. This page will list the criteria for voters eligible to request a mail-in ballot and give you a link to be able to download an application.

Important Reminders when completing your application to request a mail-in ballot:

- Make sure to include your Texas Driver's License and/or the last 4 numbers of your Social Security Number on your application along with a valid phone number. This information is helpful for the Early Voting Clerk to correctly identify you or clarify any information on the application.
- In section 3, please make sure to select your reason for why you are requesting to vote by mail.
- A new application must be completed and turned in each calendar year for mail-in voting. (If you turn in a ballot January 1st of each year it will be in effect for all elects through December 31st of that same year.)
- If you are specifically wanting to vote in a primary election, make sure to select your party preference.
- Don't forget to sign the application!

If you have any questions and would like to speak with Ms. Moreno from Bexar Co. Elections Office, you may contact her by phone at 210.335.1429 OR email: [francesmoreno@bexar.org](mailto:francesmoreno@bexar.org).

If you have questions for your Texas State Representative (Dist. 118) John Lujan you may call his office at 210.595.0068 OR email his District Office Director, Gracie Flores, at [gracie.flores@house.texas.gov](mailto:gracie.flores@house.texas.gov).

## An Exceptional Gardener ~ Jim Conner

If you have ever visited the BSTW garden plots around 7 AM you will probably find Renu Pollock there and she will most likely have some vegetables to offer you. She has been growing vegetables in the Blue Skies gardens for over 20 years and almost every day you will find her walking back to the towers with a bag of fresh produce which she generously distributes to residents and staff. She not only shares her produce but has helped virtually everyone in the garden, preparing and/or caring for their plots. She is truly a caring and sharing person and we are lucky to have her as part of our Garden Club.

## Activities Coordinating Council (ACC) ~ Tom Reedy

The Budget Requests for ACC Resident Activities, for the 2025 funding year, will be accepted from **October 1-31**. The chairs of all current Activities will receive a copy of the Budget Request form via email on Tuesday, **October 1**. Completed budget requests should be returned to Tom Reedy, ACC Chair, by Thursday, October 31. The 2025 ACC budget will be presented to the membership for approval at the annual meeting on Thursday, **December 5**.

# Resident Updates

## **New Pastor Hired for Protestant Chapel**

**~ Dottie Conner**

The search is over...We have a new pastor! The Protestant Church of Blue Skies has three pastors. Weekly services are held in our beautiful chapel, as well as at Liberty House and Freedom House. In addition to their preaching schedule, hospital visits, they tend to the needs of our congregation and counsel many of the residents of our Blue Skies Community. When Pastor Gil Richardson retired in January, a search committee was appointed to find his replacement. After several months' interviewing, we have hired Rev. Clift Perry. Rev. Perry served 30 years in the Air Force and recently retired from nine years as Head Pastor at First Baptist Church of Helotes.

Clift and his lovely wife, Brenda, were welcomed with a lively reception on Sunday, August 11. Pastor Knutson introduced the Perrys, Board Chair Frank Holder lightened up the day with some fun "pastor jokes" and Judy Howen interviewed Brenda and Clift, helping us all get to know them better. We are so excited to have the Perrys as part of our pastoral team and church family. Please introduce yourself when you see Clift in the hallway or around the Bistro. Better yet – meet him in church.

## **Golf Range Volunteer Opportunity**

**~ Ron Miller, Golf Range Manager**

The golf range is looking for 2 volunteers to augment our current crew. Volunteers typically spend one morning a month picking up and cleaning golf balls. Training is provided for operating the golf ball retrieval cart and ball washer. No experience is needed. It is not necessary to be a golfer! Volunteers just need to enjoy being outdoors for a couple of hours, normally on a Wednesday. Contact Ron Miller for questions, additional details, or to volunteer.



## **Entertainment Videos Available Online ~ Layne Perelli**

You now have two ways to view past Entertainment Events such as the November 2023 "Follies". On your computer, smart TV, or phone, just go to Uniguest and scroll down to Video Gallery, click, and then click on BSTW Entertainment Productions.

Alternatively, from the BSTW Resident Portal, click on Resident Activities and then scroll down to and click on the Entertainment Committee link. There you'll find additional BSTW Entertainment videos. Information about the Committee, the current membership list, and our upcoming Events Schedule is also provided.

We're planning to add many more videos as they become available. Our newer residents will have an opportunity to be amazed at what they missed, and our old hands can reminisce about their past accomplishments and bygone performers they knew.

If you would like the challenge of helping create venues to showcase our many talented residents in the future, consider joining the Committee. You'll find it's a rewarding (and fun) way to engage with the Community. Our valuable Blue Skies traditions won't continue without the next generation of enthusiastic newcomers getting involved.

# Resident Updates

## Resident Council Elections ~ Jane Hill

Are you curious about the Resident Council? What they do? Who they are? This is an opportunity for you to find out more and perhaps even participate.

The Blue Skies West Resident Council (RC) serves as the Air Force Villages, Inc. (AFV) Board of Directors' officially sanctioned liaison between BSTW residents and BSTW/AFV Management.

The RC provides up-to-date information between Management and Residents and may also assist in problem resolution.

RC membership is comprised of two (2) Area Representatives from each geographic area of BSTW: Towers I, II, III, IV, Lakes 1100-1500, Lakes 1600-2000, Oaks 2100-2400, Oaks 2500-2800, and the Gardens.

These are the roles and responsibilities of the RC representatives:

- Make yourself known to all residents you represent.
- Keep yourself well informed in the areas of management, finance, marketing, maintenance, construction, dining services, etc.
- Attend the RC monthly meetings or have a knowledgeable resident represent you.
- Inform residents that there is a proper procedure for addressing issues they believe should be brought before the RC.
- Encourage residents to use the RC resident "Suggestions and/or Concerns Form" to properly document and present issues to the RC for consideration.
- Communicate with your residents frequently.
- Attend the pre-RC agenda planning meetings

An Election Committee chaired by the RC Executive Secretary will be confirmed in the September meeting. Nominations will begin in October. You will find a box at the front desk with forms titled: "Notice of Intent to Stand for Election to RC". All nominees must complete the form, even those who are continuing in their current role. Three continuous years is the maximum time as a representative.

Nominations end **October 31** and the Elections Committee will tally results and give them to the RC Chair. Election results will be announced at the November meeting with results publicized in December communications. New Council members will be installed in December with duties to begin on January 1, 2025.

This is your home and your community. This is an opportunity to learn, provide input and feedback, and make Blue Skies a better place for everyone.

## Save the Dates!

~ Susan Griffith

A Good Ol' Texas Hoedown will entertain us all on Sunday,

**October 13**, and Sunday,

**October 20**, in The

Lakeview and Roadrunner Lounge.

You'll see your fellow residents singing, dancing, and acting silly to The Songs of Texas, including "The Yellow Rose of Texas", "San Antonio Rose", "Cotton-Eyed Joe", and, of course, "Deep in the Heart of Texas", plus many more! So, dust off your western duds and join hosts Jack Church and Paula Haley for a Good Ol' Texas Hoedown!



## Thank you

Thank you to each and every one of you for the continuous flow of cards, messages, prayers, flowers, happy gifts, and your patience! I am blessed for family, friends, and our Father, and I am SO happy to be home! Many more thanks... Ginny Callanan

# Resident Updates

## **Library News ~ Barbara Folkesson and Peggy Durack**

The nearby local libraries (Castroville, Lytle and San Antonio) are not taking donations due to lack of space. Therefore, we will put duplicate donations and books with older copyright dates on the donation table in the library.

**Returning Library materials** --Return books in the slot in tall cabinet by desk. Return DVD's and music CD's in slot in cabinet along music wall.

**Lobby Library** -- The main library is located in the living room/fireplace area. We have fiction, large print, biographies, military, paperbacks, Reader's Digest condensed books (including some in large print), and miscellaneous non-fiction. We also have a collection of books written by Blue Skies residents. They have a green dot/gold star on the spine label and are located on a table across from the New Books. In addition, there are magazines, jigsaw puzzles (in the cabinets under the magazines), a small collection of audiobooks, DVDs and music CDs. In the art room and pool table room, there are books on art, crafts (knitting, sewing, etc.), and quilting. There is also a library on the 2nd floor in Liberty House.

**Donations** -- If you have a lot of books to donate, please check with Barbara Folkesson or Peggy Durack (see resident directory). We generally keep books that have a copyright date of 2019 or newer.

Frequently we put older books out on a black skirted table in the lobby for residents and/or employees. Share them with friends and family as we do not want them back.

**DVD's and Music CD's** --We are in the process of re-organizing the music CD's and movie DVD's; we will eventually be updating the online movie database. At the moment, we are not taking new donations of these materials. Note that the Thrift Shop at BSTW is also not taking DVD's and music CD's however you can take unwanted items to Goodwill. Older audiovisual formats (VCR, cassettes, etc.) just need to be discarded. Please do not bring them to the library!

**Liberty House** (library is located on 2nd floor) Code Red (Flynn); Red Sky Mourning (Carr); Dead Man Switch (Quirk).

**Root Beer Floats by Broadway Bank** Cathy, Marissa, and Susan, our friends from Broadway Bank, helped everyone cool down on a hot 100+ degree day. They served up root beer floats with big scoops of ice cream. They had many satisfied residents who are happy with their service at the bank window and at the ice cream table!



## **World Heritage Sites II: 12 More of the World's Greatest Places ~ Friends of Castroville Library**

Join the Great Courses Discussion Group on Monday evenings from 6:30-8pm at the Discover Church (15495 US Hwy 90 E) to learn about twelve of the world's greatest places. This is a video lecture course series where you will learn about 12 fascinating sites which have earned the distinction of being named World Heritage Sites. These wondrous feats of accomplishment represent the milestones of human civilization – each one a stepping stone from our distant past to our collective future.

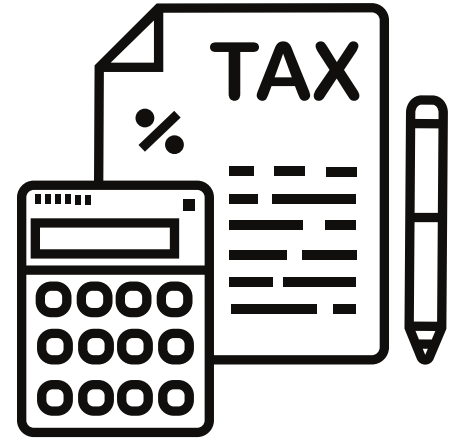




# Resident Updates

## 2024 Tax Prep by AARP/IRS Certified Preparers

Resident volunteers will be available next February-April to e-file your tax returns for 2024 at no cost to you! Think about the savings in cost and time. You still need to collect and organize your records so that a tax aide can fill out the required forms and schedules. Most of us do not have W-2s to worry about. However, we do get all those 1099-Rs, 1099-INTs, 1099-DIVs, and other tax related paperwork from banks, brokers, and other financial sources. Think about collecting all those type documents in a single folder as they arrive. It is better to have too much, rather than misplacing a key document.



When you have all of your documents you can stop at the Front Desk to sign-up for an appointment to have your taxes done. For you, tax prep is a simple two-step process; (1) at your scheduled appointment a tax aide will go through all your documents with you and ask some relevant questions, and then you can go about your day while we do your taxes, and (2) you will be called back when the taxes are completed and reviewed for accuracy by two separate certified tax preparers before we walk you through the results and get your signature before we submit the return via e-file that same day. You leave the process with ALL the documents you brought us, plus you have a hard copy of the completed tax submission to the IRS.

Different financial sources send out their paperwork at different points in time. Some folks will have all their documents by the end of January 2025, but most folks will have their items show up between then and the first of April. That range of time is good because we cannot do all the taxes in the last few days before the 15 April deadline! (DFAS and Social Security statements should arrive by mid-January. If you do not have them, start calling for them.)

The new and higher Standard Deduction rates have meant that it does not pay to itemize your deductions. However, if you have experienced high out-of-pocket medical expenses, purchased a car or RV, sold your home, donated large amounts to charities, or moved into Blue Skies during 2024 you will likely be an exception that can claim added deductions. Talk with us and document your expenses, especially new residents. Do not wait until Feb or Mar 2025 to deal with this!

Last year we processed over 130 returns for residents and employees at no cost to the taxpayer. We would like to serve even more folks during the coming tax season. If you have questions about the service and basic tax issues, please contact Al Wesson or John Folkson. Phone numbers can be found in the directory.

**Deadline** for the next Roadrunner is  
Sunday, **September 22**

Send articles to [roadrunner@blueskiestx.org](mailto:roadrunner@blueskiestx.org)

Next Publication Date: Monday, **September 30**



# Resident Updates

## Grazing in San Antonio ~ Bill Ball

Mr. and Mrs. Clandestine Gourmet and a couple of friends recently had dinner at SAVOR – the restaurant run by the Culinary Institute of San Antonio at the Pearl. In effect, SAVOR is a live classroom where culinary students are actively learning by serving their patrons. In the restaurant’s words: “Located on the campus of the Culinary Institute of America, San Antonio, and nestled in the Pearl, SAVOR provides a unique dining experience that highlights the talents of CIA students under the supervision of the college’s world-class faculty.

SAVOR is closed Friday, August 9 through Friday, September 13, for the students’ summer break.”

With locations in New York, California, Texas, and Singapore, the Culinary Institute of America is the world’s premier culinary college. Founded in 1946, the not-for-profit CIA offers master’s, bachelor’s, and associate degrees with majors in culinary arts, baking and pastry arts, food business management, hospitality management, culinary science, and applied food studies. Students serve working rotations through the restaurant kitchen and as wait staff when they near graduation.

In our late July visit, we had wonderful food and terrific service. The students know their stuff about the food, the ingredients, and how each dish is prepared. We went early before it started to get busy, so we chatted with the server and chef, and the noise level was comfortable. Once the restaurant fills up, it can be pretty noisy, so we suggest going early.

The restaurant offers the choice of a three-course dinner (\$55) or a four course dinner (\$61). Each course allows multiple options, and the restaurant is happy to adjust their cooking to cater to vegetarians and vegans. The food itself is international in scope, with choices ranging from mussels, meatballs, squid, lamb, fish, duck and eggplant. The fourth course may include desserts such as cherrie clafoutis, chocolate mousse with praline, and pear tatin with vanilla gelato.

SAVOR is not inexpensive, but for a special occasion, and if you make an early reservation for a quieter start to your meal, this restaurant is a great experience for a dinner with friends. SAVOR is open Monday through Friday – 5-8pm; Located at the Pearl, 200 E Grayson Street, Suite #117, San Antonio, TX 78215; Phone: 210-554-6484

{Note: The “Clandestine Gourmet” searches high and low for food that delights, from a wide range of cuisines.}

## Wine Tasting Event

### ~ Dottie Conner

Terry Elizondo, BSTW Activities Coordinator, arranged another fun wine tasting event in August, with wine provided by Southern Glaziers winery, a Blue Skies distributor. The happy crowd sampled various red and white wines with individual charcuterie boards to clear the palate between tastings, from our Blue Skies kitchen. The tastings provide the chance to sample “proprietary” wines not normally encountered through large stores.



# Sports, Games, & Scores

## Bridge Results ♦♠♥♣♦♠♥♣♦

We play party bridge on Mondays, relaxed duplicate (not ACBL Certified) bridge on Thursdays and one Tuesday a month. Sign up in CC3.

	1 Place	2 Place	3 Place
July 29	Wood / Gant	Padgett / Flood	Girton / Siefken
August 5	Newman / Higginbotham	Graves / Sweigart	Wood / Gant
August 12	Germann / Wesson	Reedy / Bader	McKinney / Wood
August 19	Flood / Wesson	Reedy / Bader	Newman / Higginbotham
August 20 Duplicate	Ingram / Holland	Hough / D. Skucas	McKinney / Flood

## Ladies BUNCO Group ~ JoAnn Oldham

We will be rolling the dice on Tuesday, September 3 at 3:30pm, in CC3. Bring \$1 for the "POT" and invite a friend and join in the fun. 🎲🎲🎲🎲

On Tuesday, September 17 we will not be playing Bunco instead we will join Those Amazing 80's in celebration of their birthdays in the CC Rooms at 5pm.

### Winners for August

Jeanie Shirley, Cathy Bee, Jane Hill, Lee Wells, Betty Chalfont, Brenda Perry, Annette Johnson, Joyce Ann Goodwin

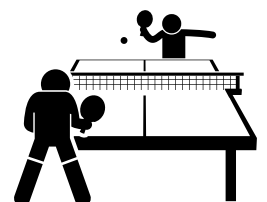
## Tennis & Pickleball ~ Linda Prose

Our Tennis and Pickleball courts offer a great opportunity for fun and exercise. Please come out and join us for Tennis on Monday and Friday mornings and for Pickleball on Tuesday, Thursday, and Saturday mornings. Please contact Linda Prose (see resident directory) for details on the start times. See y'all out there!



## Ping Pong ~ Bob Stuckert

Don't forget that there is a ping pong table, located in Vista Room 19, for community use. Paddles and balls are in the first wardrobe on the right as you enter the room. Play is on a first come, first served basis. Please cover the table when you are finished.



# Sports, Games, & Scores

## Adventures of the Seasoned Soles ~ John and Pat MacIntyre

August is usually considered the Dog Days of Summer. For the Seasoned Soles it not only means hot and humid walks in the morning, but also the Dragon Days of Summer.

On August 4, Tom and Cynthia Cochran, John and Pat MacIntyre, Pat Perry, and Greg MacIntyre, John's son who was visiting from his home in Bangkok, ran or walked the E-Dragon Summer Series 5K #5 in Martin Luther King Park. John and his son walked the 5K together. The Cochrans and John all won first place age group awards, and Pat won a third-place award in a group of women runners.

The following Saturday, August 10, Pat Perry and Pat and John MacIntyre ran the Dragon's Den 10K at Pearsall Park considered one of the toughest cross-country courses in the San Antonio area. The MacIntyres each won first place awards in their age groups. In addition to finisher medals, all the finishers were offered huge, barbecued Turkey legs, the size of Dragon's legs. The next race for the Seasoned Soles will be the Whine Run on the Monday, September 2.



## Tai Chi for Balance ~ Bill Ball

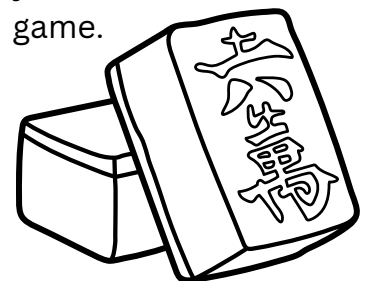
A sample video is now available for viewing by Blue Skies residents! We recently filmed one of the excellent Tai Chi for Balance classes held at Blue Skies of Texas. In this class, Hope Santos shows how to use Tai Chi and Stretching to improve balance, breath and movement. Tai Chi offers many advantages for seniors. Regular practice can increase balance, flexibility and strength, and even improve cardiovascular fitness. Balance becomes ever more important as we age, so regular Tai Chi exercise can help avoid serious falls. The video offers a 43-minute introduction to Tai Chi for Balance and can be used for practice in addition to the scheduled classes held at Blue Skies of Texas West and East. Each live class is a little different, making it interesting and fun, but a video is also great when you can't get to a live class.

This video was filmed with two cameras to provide side-by-side full-face and side-aspect views to better see and understand the exercise movements while watching them. It's available via an "unlisted" YouTube link for Blue Skies of Texas residents, but is not openly available to the general public: <https://youtu.be/1GtFm-SiTzE> We hope you enjoy the video and decide to join the live classes! You'll likely find that your own balance and flexibility improve significantly by participating in the classes that are held at 10:30am Tues/Thurs mornings at East; and at 1pm Wed afternoons at West.

## Mahjong

### ~ Nan Smith

Wright Patterson Mahjong meets every Tuesday at 1pm in CC3. National Mahjong meets every Wednesday at 12:30pm and Friday at 1pm in CC3. All are welcome. Please come and join us. We will teach you to play, if you are new to the game.



# Spiritual News

## Catholic News

**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, beginning about 1:30pm, with Holy Communion and prayers

**Third Tuesday** – 9am, Catholic Council meets in Conference Room #110. Guests are welcome.

**Wednesdays** - 9am, Communion Service in the Vista Willow Chapel

**First Wednesdays** – 9:30am, Benediction and Adoration following Communion Service in the Vista Willow Chapel

**Third Wednesdays** – 9:30am, Rosary following Communion Service in the Vista Willow Chapel

**Fridays** – 3-4pm, Eucharistic Exposition and Adoration in the Vista Willow Chapel

**Pastoral Care** - To meet privately with a priest for Reconciliation or Anointing, please contact Fr. Richard Bendorf (see Resident Directory)

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

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

## Centering Prayer / Silent Meditation ~ Linda Ricketts

We meet on the 1st and 3rd Fridays of every month. In September we will meet on Fridays, **September 6 and 20** in the Helen LeMay Room from 8:30-9:30am. All are welcome to join us for a short reading followed by 20 minutes of silence together. Questions: Call or email Jena Hatchett or Linda Ricketts.

What is centering prayer? Centering Prayer is a nondenominational contemplative practice rooted in Christian spirituality. The purpose is to be open to the presence of God and to cultivate inner stillness and peace. In our group we include the reading of a short inspiring text, a period of quiet meditation (usually 20 minutes), and a time for (optional) sharing. Centering Prayer is not meant to replace other kinds of devotion or prayer. Rather, it adds depth of meaning to all prayer and facilitates the movement from more active modes of prayer – verbal, mental or affective prayer – into a receptive prayer of resting in God.

All are welcome! You may also want to look at this Website: [www.contemplativeoutreach.com](http://www.contemplativeoutreach.com)

**Episcopal Church Services** with the Holy Eucharist continue on Thursdays at 3pm in the High Flight Chapel.

## Protestant Church

### REGULAR SERVICES:

High Flight Chapel – Sunday at 9:30 am and 11 am

- Sunday service is repeated at 10:30 am on Wednesdays on Channel 1890 or lobby monitors.
- Fellowship time between services: 10:30-11 am

Freedom House – Sundays at 10:45 am

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

Pray For Our Nation – 1st and 3rd Fridays at 10am in the Helen LaMay Room

### CONTACT US:

If you are interested in joining our congregation or wish to speak with Pastors Wayne Knutson Jr., Dan Figueroa, or Clifton Perry, please leave a message with Kayla Ramsey, our Church Administrator, at 210-568-3372. She will discreetly arrange an appointment for you.



# Resident Updates

## BSTW Social Club

In 2016, a group of residents came together to explore the feasibility of developing an upscale, “club like” concept for the Roadrunner Lounge, complete with individual liquor storage boxes. The concept was approved by Management with the proviso that the project be funded completely by the residents. The first stage of the project included 39 liquor storage boxes, which quickly sold out. Followed by a second stage of 24 boxes, which also sold out quickly. Construction of additional boxes was stopped when there was no more convenient, unobtrusive wall space left in the Roadrunner Lounge.

Over time, with the cooperation of BSTW Dining Services, the project has evolved into a popular place for before and after dinner drinks and socialization. Unfortunately, there is no convenient place to build additional boxes. However, occasionally boxes become available when a resident decides to sell their box when they no longer use it as much as they once did. To



maintain fairness in the box resale process, the Social Club Steering Committee maintains a waiting list from which the resale transfer must be made. Residents wanting to be added to the waiting list should send an email expressing their desire to either Tom Jones or Ralph Kelly, whose email addresses can be found in the BSTW Resident Directory. Please note that only residents who are storage box owners can be members of the Social Club and attend the monthly Final Friday Flings.

However, resident non-box owners are welcome and invited to use the Roadrunner Lounge and the setups provided for drinks before or after dinner, with the exception of official events sanctioned by Blue Skies Management and the Final Friday Fling, which is reserved for box owners only.

Non-box owners must abide by the Social Club rules, i.e. clean up after themselves, and do not carry uncovered liquor bottles into The Lakeview. A copy of the Social Club rules can be obtained by contacting Tom Jones or Ralph Kelly by email.