

August 2024

BSBAC Buzz!



AN ACTIVE LIFE IS A GOOD LIFE!!

The mission of the Bulverde Spring Branch Activity Center is to facilitate active aging and to enhance the quality of life of older adults in our communities.



Weekly Activity Schedule & CENTER MENU

PAGE
4-5

Health & Fitness SCHEDULE

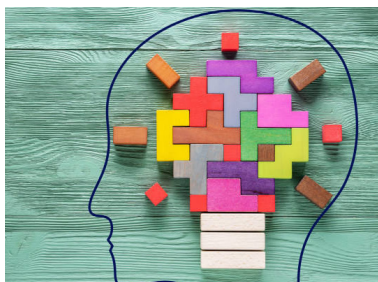
"Exercise not only changes your body, it changes your mind, your attitude, and your mood."



PAGE
6

Activity Center HAPPENINGS

PAGE
8-9



Brain GAMES

PAGE
10

August Event FLYERS

&

Special EVENTS



PAGE
12

Note from the CENTER & Upcoming EVENTS

PAGE
3

HOW DO I GET CENTER INFO?

- Weekly email and monthly printed newsletter
- BSBAC.com website
- Facebook page
- Posted flyers/notices at the Center
- Text messages & email updates
- Weekly Announcements



REAL-LIFE BENEFITS OF EXERCISE & PHYSICAL ACTIVITY

Why is physical activity important?

Exercise and physical activity are good for just about everyone, including older adults. No matter your health and physical abilities, you can gain a lot by staying active. In fact, studies show that “taking it easy” is risky. Often, inactivity is more to blame than age when older people lose the ability to do things on their own. Lack of physical activity also can lead to more visits to the doctor, more hospitalizations, and more use of medicines for a variety of illnesses.

Including all 4 types of exercise (endurance, strength, balance, flexibility) can benefit a wide range of areas of your life.

Staying active can help you:

- Keep and improve your strength so you can stay independent
- Have more energy to do the things you want to do and reduce fatigue
- Improve your balance and lower risk of falls and injuries from falls
- Manage and prevent some diseases like arthritis, heart disease, stroke, type 2 diabetes, osteoporosis, and 8 types of cancer, including breast and colon cancer
- Sleep better at home
- Reduce levels of stress and anxiety
- Reach or maintain a healthy weight and reduce risk of excessive weight gain
- Control your blood pressure
- Possibly improve or maintain some aspects of cognitive function, such as your ability to shift quickly between tasks or plan an activity
- Perk up your mood and reduce feelings of depression

Emotional benefits of exercise

Research has shown that exercise is not

only good for your physical health, it also supports emotional and mental health. You can exercise with a friend and get the added benefit of emotional support. So, next time you're feeling down, anxious, or stressed, try to get up and start moving!

Physical activity can help:

- Reduce feelings of depression and stress, while improving your mood and overall emotional well-being
- Increase your energy level
- Improve sleep
- Empower you to feel more in control

In addition, exercise and physical activity may possibly improve or maintain some aspects of cognitive function, such as your ability to shift quickly between tasks, plan an activity, and ignore irrelevant information.

Here are some exercise ideas to help you lift your mood:

- Walking, bicycling, or dancing. Endurance activities increase your breathing, get your heart pumping, and boost chemicals in your body that may improve mood.
- Yoga. This mind and body practice typically combines physical postures, breathing exercises, and relaxation.
- Tai Chi. This “moving meditation”

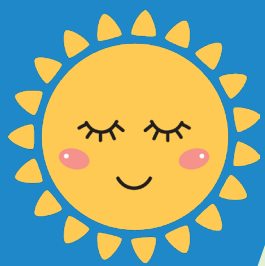
involves shifting the body slowly, gently, and precisely, while breathing deeply.

- Activities you enjoy. Whether it's gardening, playing tennis, kicking around a soccer ball with your grandchildren, or something else, choose an activity you want to do, not one you have to do.

Tips for older adults to stay motivated to exercise

1. Find simple ways to make exercise fun and enjoyable. The key to sticking with exercise is to make it interesting and enjoyable. Be creative. Do things you enjoy but pick up the pace. The variety helps keep things interesting!
2. Find ways to fit exercise into your day. You are more likely to exercise if it's a convenient part of your day.
3. Make exercise a social activity. Many people agree that an “exercise buddy” keeps them going.
4. Keep track of your exercise progress. The best way to stay motivated is to measure and celebrate your successes.

To learn more about healthy aging, visit <https://www.nia.nih.gov>.



NOTE FROM THE CENTER

By Jean Larson, Meals on Wheels & Kitchen Coordinator

We offer a daily fellowship lunch and love serving you each day! Here are a couple tips on making the most of your fellowship lunch experience:

It is mainly volunteers who cook and serve in the kitchen, please be patient and respectful of them and their service. We try very hard to prepare enough food for the day without wasting. As a result, there may be limited quantities on some days. The earliest notice of who is attending for lunch is greatly appreciated. The earlier you put your name on the list for the day, the more likely you are to receive what is on the menu.

You can purchase a can of soda or bottled water for \$1, please request these items before or after the lunch service, as we do get quite busy while serving. You do not have to line up right as lunch is beginning. If your name is on the list before we start serving, you will get a meal. However, if you come in at the end of the lunch service and we happen to be out of the main meal, we will offer you a different lunch, usually a sandwich.

If you will be arriving later than the cut off time, you can always call ahead to be added to the list.

To-go meals are offered to those who cannot be here during the given lunch time, will come in late after another activity, or for those who wish to take their meal home to eat.

We enjoy seeing you celebrating and socializing during our pot luck events!

Please remember that we do not have the capacity to cook or heat your dish. Cold dishes may be stored in the community refrigerator. Likewise, we do not clean your dishes before you leave. Please pack up in a timely manner for the next scheduled activity. To-go containers are not available for pot lucks. Adding your name on the sign-up sheet beforehand helps us plan the main dish and what else is needed for the pot luck.

UPCOMING EVENTS

August 2

5:00pm - Summer Rodeo Cowboy/Cowgirl Dance

August 5, 19

10:00am, 10:30am - Mexican Train

August 7

9:45am - Brunch Bingo
1:45pm - Book Club

August 12, 26

12:35pm - Bunco

August 14

10:00am - Card Creations
1:30pm - Arts & Crafts: Floral Arranging
2:00pm - Dementia Support Group

August 8, 15, 22

10:00am - Daytrip to the Witte Museum

August 15

2:15pm - Presentation on Long-Term Care presented by New York Life

August 21

2:00pm - Caregiver Support Group

August 22

2:15pm - Presentation on Affordable Cremation Services & Preplanning presented by the Neptune Society

August 27

11:30am - Labor Day Potluck



Weekly ACTIVITY SCHEDULE

MONDAY



- 9:00am Wood Carving
- 10:00am Dominos: Mexican Train 1 (1st & 3rd Mon)
- 10:30am Dominos: Mexican Train 2 (1st & 3rd Mon)
- 11:30am Fellowship Meal
- 12:35pm Bunco (2nd & 4th Mon)
- 1:00pm Bridge Foursome (1st & 3rd Mon)
- 1:30pm Dominos
- 2:30pm Table Tennis

THURSDAY



- 9:00am Wood Carving
- 9:30am Canasta Hand & Foot
Tables drawn @ 9:45am
Play begins @ 10:00am
- 11:30am Fellowship Meal
- 12:00pm Poker (1st Thurs)
- 12:00pm Mindful Meditation
- 1:00pm Bible Study

TUESDAY



- 11:00am Mah Jong
- 11:30am Fellowship Meal
- 1:00pm Bingo

FRIDAY



- 11:00am Fellowship Meal
- 12:15pm Bingo

WEDNESDAY






- 9:00am Bridge
- 10:00am Brunch Bingo (1st Wed)
- 10:00am Card Creations (2nd Wed)
- 11:30am Fellowship Meal
- 12:00pm Poker (2nd, 3rd, 4th Wed)
- 12:00pm Knitting/Crochet/Sewing Group
- 1:45pm Book Club (1st Wed)
- 2:00pm Dementia Support Group (2nd Wed)
- 2:00pm Caregiver Support Group (3rd Wed)



August

CENTER MEAL MENU



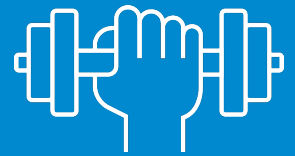
Monday	Tuesday	Wednesday	Thursday	Friday
			¹ Green Chili Chicken Enchilada Casserole Beans Rice Dessert	² Chicken Salad Greek Tortellini Salad Green Salad Dessert
⁵ Taco Salad Dessert	⁶ Breaded Chicken Sandwich Fruit Dessert	⁷ Nacho Bar Dessert	⁸ Ham & Cheese Quiche Fruit Dessert	⁹ Baked Potato Green Salad Dessert
¹² Chef's Choice Dessert	¹³ Million Dollar Casserole Carrots Dessert	¹⁴ Tortellini & Italian Sausage Bake Broccoli Dessert	¹⁵ King Ranch Chicken Beans Dessert	¹⁶ Pizza Green Salad Dessert
¹⁹ Potato Soup Green Salad Dessert	²⁰ Taquito Enchiladas Beans Rice Dessert	²¹ Beer Brats Greek Potato Salad Lemon Dump Cake	²² Philly Cheesesteak Tortellini Pasta Green Salad Dessert	²³ Ham & Cheese Sliders Broccoli Salad Dessert
²⁶ Spaghetti Green Salad Dessert	²⁷ Potluck Pulled Pork	²⁸ Pot Roast Potatoes Green Beans Dessert	²⁹ Chicken, Broccoli, Rice Casserole Carrots Salad Dessert	³⁰ Frito Pie Dessert



Fellowship Meal is served Mon-Thurs@ 11:30am, Fri@11:00am
(LUNCH IS SERVED FOR A 1/2 HOUR IN THE CENTER)

\$5 Donation/lunch (*Donations help make our fellowship meals possible*)
Menus are subject to change

August

HEALTH & FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 8:30am Easy Pace 9:30am Zumba Gold 10:30am Pilates 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba	2 9:30am Posture Strength 11:00am Balance & Strength* 12:15pm Balance & Strength*
5 8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:15pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	6 8:30am DrumFit 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba	7 9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:15am Balance & Strength* 12:30pm Balance & Strength* 2:30pm Line Dancing 4:00pm Mindful Flow & Core	8 8:30am Easy Pace 9:30am Zumba Gold 10:30am Pilates 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba	9 9:30am Posture Strength 11:00am Balance & Strength* 12:15pm Balance & Strength*
12 8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:15pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	13 8:30am DrumFit 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba	14 9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:15am Balance & Strength* 12:30pm Balance & Strength* 2:30pm Line Dancing 4:00pm Mindful Flow & Core	15 8:30am Easy Pace 9:30am Zumba Gold 10:30am Pilates 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba	16 9:30am Posture Strength 11:00am Balance & Strength* 12:15pm Balance & Strength*
19 8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:15pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	20 8:30am DrumFit 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba	21 9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:15am Balance & Strength* 12:30pm Balance & Strength* 2:30pm Line Dancing 4:00pm Mindful Flow & Core	22 8:30am Easy Pace 9:30am Zumba Gold 10:30am Pilates 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba	23 9:30am Posture Strength 11:00am Balance & Strength* 12:15pm Balance & Strength*
26 8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:15pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	27 8:30am DrumFit 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba	28 9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:15am Balance & Strength* 12:30pm Balance & Strength* 2:30pm Line Dancing 4:00pm Mindful Flow & Core	29 8:30am Easy Pace 9:30am Zumba Gold 10:30am Pilates 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba	30 9:30am Posture Strength 11:00am Balance & Strength* 12:15pm Balance & Strength*

GYM HOURS

Mon-Thurs: 8:00am - 6:00pm

Fri: 8:00am - 3:00pm

**Class is FREE for all BSBAC Members*



GET HYDRATED, STAY HYDRATED

DAILY WATER RECOMMENDATIONS FOR ADULTS CONSIST OF 3.4 L/DAY FOR MALES, AND 2.8 L/DAY FOR FEMALES.



WATER BOTTLE
Aim to refill your water bottle 3-5 times per day.



FOOD INTAKE
Food can contribute to your daily fluid goals.



SWEAT RATE
The more you sweat, the more fluid you require.



SET A TIMER
Remind yourself to drink some water.



PERFORMANCE
Dehydration can quickly impair performance.



HYDRATION
Use a urine chart to assess hydration.



BEVERAGES
Other drinks will contribute to fluid goals.



HEALTH
Staying hydrated is essential for good health.



Class Descriptions

HEALTH & FITNESS



ACTIVE AGING STRENGTH

This class helps improve strength. The instructor will take you through a variety of exercises for a complete workout. Get comfortable using circuit equipment as well as resistance bands, medicine balls, free weights, etc.



BALANCE & STRENGTH

This class is recommended for members with concerns about balance and loss of upper and lower body strength. Focus will be on functional fitness as well as balance and strength. ***Free to all members***



CHAIR YOGA

Chair yoga is a gentle practice in which yoga postures are performed while seated and/or with the aid of a chair. Benefits include improved strength & energy, improved flexibility & balance, and improved concentration.



DRUMFIT

DrumFIT's Music, Motion & Memory Program encourages participants to socialize and move together for brain and body health. This unique program uses movement through drumming to benefit both the mind and body.



EASY PACE

Beginner to intermediate aerobics that includes cardio, marching in place, and basic arm and leg movement patterns. Improves muscle strength, flexibility, endurance, coordination, and balance.



LINE DANCING

Line Dancing is choreographed to a variety of music with repeating series of steps that are performed in unison. Learn some fancy footwork while challenging your mind to memorize these fun sequences.



MINDFUL FLOW & CORE

Peaceful meditation music while incorporating movement flexibility, static stretching, and core exercises. Equipment used will be straps, mats, foam rollers, and more to improve your mind, body and soul.



PILATES

Pilates is a low impact exercise comprising controlled movements that enhance your balance, core strength, mobility, flexibility, and even mood. It focuses on the smaller and deeper muscles that support your structure and enhance your overall health.



POSTURE STRENGTH

Gain a deeper understanding of postural alignment, postural habits, postural impacts and targeted exercises to correct them. Using strength and release principles of Corrective Exercise, this class will bring awareness to one's own imbalances and tips for everyday life.



RESTORATIVE YOGA

A therapeutic style of yoga which utilizes props to make it easier for the body to get into certain poses. The focus of this class is relaxation, renewal, effortlessness, ease and a completely supportive environment.



YOGA

Slow flowing class of gentle stretching and physical postures using breath to connect mind and body. This is an excellent way for improving flexibility, balance and great for de-stressing.



ZUMBA/ZUMBA GOLD

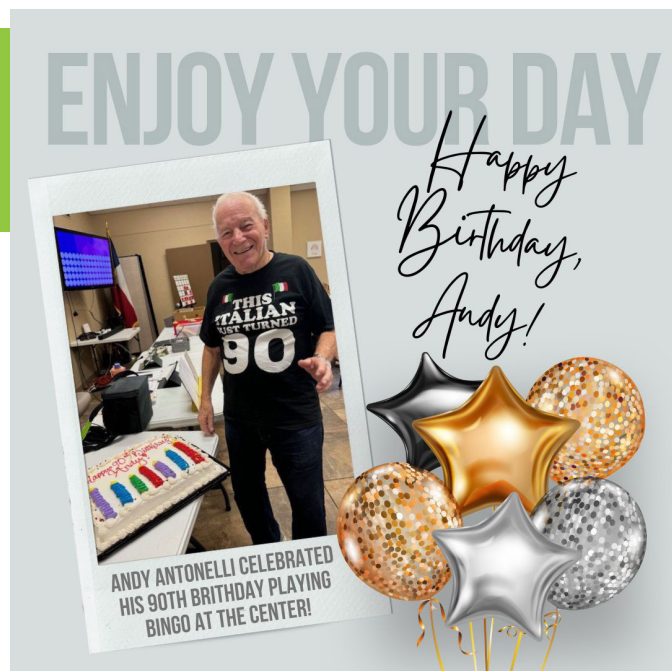
Zumba is a dance-fitness class that is set to zesty Latin music like salsa, merengue, mambo, etc. Zumba Gold modifies the moves and pacing to suit the needs of the active older participant.



ZUMBA TONING

Zumba Toning is perfect for those who like Zumba, but want to put extra emphasis on toning and sculpting to define those muscles. The challenge of adding resistance by using toning sticks, helps you focus on specific muscle groups, so your muscles stay engaged.

Center HAPPENINGS



4th of July Potluck





We had such a good time at the Annual Style Show! Thank you so much to our sponsors, community partners, boutiques, volunteers, models, and vendors for helping us make this year's event a success!



BRAIN GAMES



Number Block

The numbers in each row add up to the totals to the right. The numbers in each column add up to the totals along the bottom. The diagonal lines also add up the totals to the right. Fill in the missing numbers.

						15
3	2	6		1	1	19
	0	6	6	3		21
			0	3	5	21
2		2			3	16
	7	1	7	5	7	32
	7		1	5	0	20
15	21	27	25	21	20	20

Summer Holidays



Q E V J R H Y T L Z P F B I K I N G X S
W D C S E M A G N S U O S H S K O O B C
F A O I C E C R E A M T O V E P I J Z I
X N T B K G W L P H R Q E L R U T D R N
P O T E L O C S M A N B Y L I M A F E C
U M A V R I Z D W J G S R O F Q C X L I
C E G N S M O B R I Y N G T N H A S K P
H L E P F U E Q D L M C I Z O J V G N W
N I O T M R E L A X O M Y L B S N E I D
G P K Z R A J K O B H V I W E I Q F R A
S T M I X E C Y A N L D H N D V C O P U
D K E Q N O F R Z Q A J W A G B A H S G
N S L A M G B V E Y C A E X I D M R Z U
E J E M H E T C S M F R Q K T A P W T S
I D A L C S E I R O M E M R A Y I B N T
R H J U Z W T M A K B U I C V L N Q E X
F B E G A Z N S T R O P S D U R G L Y M
V A K R B X U W Q H S G N I E O N A C L
M G Y L U J D P S E N Z B E A C H I F R

- | | | | | |
|----------|----------|-----------|------------|--------------|
| August | canoeing | holidays | pool | sprinkler |
| barbecue | cottage | ice cream | popsicles | strawberries |
| beach | family | July | puzzles | summer camp |
| biking | friends | lake | reading | swimming |
| bonfires | games | lemonade | relax | traveling |
| books | hammock | memories | road trips | vacation |
| camping | hiking | picnics | sports | watermelon |

Bamboozles

The object is to try to figure out the well-known saying, person, place, or thing that each bamboozable is meant to represent. (Solutions below)

Talking 5280' 60 SECONDS	FACE ↑↑	BL_E
POLICY	JUKE JUKE JUKE	UJSTEN

Commonyms

1. A Wagon - A Weed - A Practical Joke
2. New York - An Airline - A Jacuzzi
3. Alarm - Grandfather - Cuckoo
4. A Cherry - A Wine Glass - A Rose
5. Gun - Baby - Talcum
6. Fan - Express - Junk
7. Mouse - Booby - Live
8. I - V - X
9. Palm - Pine - Christmas
10. A Boat - A Cradle - Van Halen

July Answers

1. They are waxed
2. They have cups
3. Pronouns
4. Largest of their kind
5. Blood suckers
6. They are contagious
7. Fractions
8. Shades of yellow
9. They have pits
10. Beans





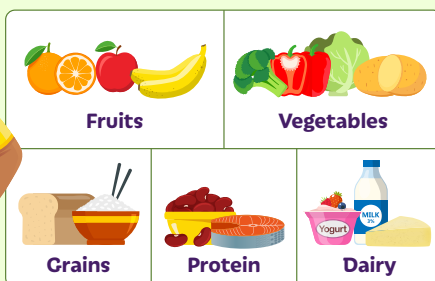
News YOU CAN USE

5 Tips for **Choosing Healthier Foods** as You Age

Follow these tips to help you maintain a healthy weight, get needed nutrients, and lower your risk of developing certain diseases.



Eat a variety of foods each day.



Read food labels to learn what's in your food.

Choose foods that don't have a lot of sugar, saturated fats, and sodium.



Be aware of how many calories you need per day.

Women 60+		Men 60+	
Physical activity	Calories	Physical activity	Calories
Not active	1,600	Not active	2,000-2,200
Moderately active	1,800	Moderately active	2,200-2,400
Very active	2,000-2,200	Very active	2,400-2,600

Keep a food diary to track what you eat.



Learn more about healthy eating as you age at www.nia.nih.gov/healthy-eating.



Taking a **quick exercise break**? Try one of these ideas!



Endurance

Endurance exercises improve the health of your heart, lungs, and circulatory system.



Flexibility

Stretching can improve your flexibility to make everyday activities easier.



Balance

Balance exercises help prevent falls and can improve balance.



Strength

Strength exercises can help you stay independent and prevent fall-related injuries.

➡ To learn more about exercise, visit: www.nia.nih.gov/exercise.

August EVENT FLYERS/SPECIAL EVENTS



SUMMER RODEO
Cowboy/Cowgirl Dance

SADDLE UP FOR A ROOTIN' TOOTIN' GOOD TIME! MUSIC, DANCING, AND REFRESHMENTS PROVIDED.

FRIDAY, AUGUST 2ND 5:00-7:00 PM

BULVERDE SPRING BRANCH ACTIVITY CENTER

SPONSORED BY:
WELMED
STONE OAK CLINIC



August Brunch Bingo

Pancake Bar w/ Fruit and Sausage

Wednesday, August 7th at 9:45am

6 Games of Bingo - \$2
Brunch - \$5
Donations Appreciated



Health & Wellness Classes

Friday at 10am beginning
8/9, 8/16, 8/23, & 8/30

Join us as we learn and talk about all things...NUTRITION. We'll dive into topics like hydration, meal prep, good & bad foods, healthy habits, and more all while trying to manage a healthier lifestyle.

Good food is good mood.



THE WITTE

AUGUST DAY TRIP
THURSDAY, AUGUST 8th, 15th, & 22nd

LUNCH AT GOOD TIMES CHARLIE'S RESTAURANT

10AM DEPARTURE
\$10 FOR MUSEUM TICKET plus \$10 PER PERSON IF RIDING THE BUS.
DON'T WANT TO RIDE THE BUS, FOLLOW ALONG IN YOUR OWN VEHICLE.

WE HAVE TO PURCHASE TICKETS IN ADVANCE, PLEASE PAY THE FRONT DESK FOR TICKETS & BUS WHEN SIGNING UP TO SECURE YOUR SPOT.



August Arts & Crafts

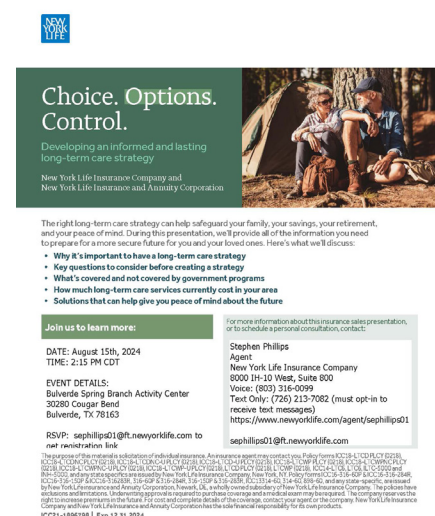
Summer

FLOWER ARRANGING

WEDNESDAY, AUGUST 14th
at 1:30pm

Bring a Small or Medium Container or Vase to make your arrangement.

DONATIONS APPRECIATED
\$5



Choice. Options. Control.

Developing an informed and lasting long-term care strategy

New York Life Insurance Company and New York Life Insurance and Annuity Corporation

The right long-term care strategy can help safeguard your family, your savings, your retirement, and your peace of mind. During this presentation, we'll provide all of the information you need to prepare for a more secure future for you and your loved ones. Here's what we'll discuss:

- Why it's important to have a long-term care strategy
- Key questions to consider before creating a strategy
- What's covered and not covered by government programs
- How much long-term care services currently cost in your area
- Solutions that can help give you peace of mind about the future

Join us to learn more:

DATE: August 15th, 2024
TIME: 2:15 PM CDT

EVENT DETAILS:
Bulverde Spring Branch Activity Center
30280 Cougar Bend
Bulverde, TX 78163

RSVP: saphillips01@ft.newyorklife.com to our registration link

For more information about this insurance sales presentation, or to schedule a personal consultation, contact:

Stephen Phillips
Agent
New York Life Insurance Company
3000 IH-10 West, Suite 800
Voice: (803) 316-0099
Text Only: (726) 215-7082 (must opt-in to receive text messages)
<https://www.newyorklife.com/agent/saphillips01>
saphillips01@ft.newyorklife.com

The purpose of this presentation is to provide information about individual insurance. An insurance agent may contact you. Policy forms, 00018-11020, 00018-11021, 00018-11022, 00018-11023, 00018-11024, 00018-11025, 00018-11026, 00018-11027, 00018-11028, 00018-11029, 00018-11030, 00018-11031, 00018-11032, 00018-11033, 00018-11034, 00018-11035, 00018-11036, 00018-11037, 00018-11038, 00018-11039, 00018-11040, 00018-11041, 00018-11042, 00018-11043, 00018-11044, 00018-11045, 00018-11046, 00018-11047, 00018-11048, 00018-11049, 00018-11050, 00018-11051, 00018-11052, 00018-11053, 00018-11054, 00018-11055, 00018-11056, 00018-11057, 00018-11058, 00018-11059, 00018-11060, 00018-11061, 00018-11062, 00018-11063, 00018-11064, 00018-11065, 00018-11066, 00018-11067, 00018-11068, 00018-11069, 00018-11070, 00018-11071, 00018-11072, 00018-11073, 00018-11074, 00018-11075, 00018-11076, 00018-11077, 00018-11078, 00018-11079, 00018-11080, 00018-11081, 00018-11082, 00018-11083, 00018-11084, 00018-11085, 00018-11086, 00018-11087, 00018-11088, 00018-11089, 00018-11090, 00018-11091, 00018-11092, 00018-11093, 00018-11094, 00018-11095, 00018-11096, 00018-11097, 00018-11098, 00018-11099, 00018-11100, 00018-11101, 00018-11102, 00018-11103, 00018-11104, 00018-11105, 00018-11106, 00018-11107, 00018-11108, 00018-11109, 00018-11110, 00018-11111, 00018-11112, 00018-11113, 00018-11114, 00018-11115, 00018-11116, 00018-11117, 00018-11118, 00018-11119, 00018-11120, 00018-11121, 00018-11122, 00018-11123, 00018-11124, 00018-11125, 00018-11126, 00018-11127, 00018-11128, 00018-11129, 00018-11130, 00018-11131, 00018-11132, 00018-11133, 00018-11134, 00018-11135, 00018-11136, 00018-11137, 00018-11138, 00018-11139, 00018-11140, 00018-11141, 00018-11142, 00018-11143, 00018-11144, 00018-11145, 00018-11146, 00018-11147, 00018-11148, 00018-11149, 00018-11150, 00018-11151, 00018-11152, 00018-11153, 00018-11154, 00018-11155, 00018-11156, 00018-11157, 00018-11158, 00018-11159, 00018-11160, 00018-11161, 00018-11162, 00018-11163, 00018-11164, 00018-11165, 00018-11166, 00018-11167, 00018-11168, 00018-11169, 00018-11170, 00018-11171, 00018-11172, 00018-11173, 00018-11174, 00018-11175, 00018-11176, 00018-11177, 00018-11178, 00018-11179, 00018-11180, 00018-11181, 00018-11182, 00018-11183, 00018-11184, 00018-11185, 00018-11186, 00018-11187, 00018-11188, 00018-11189, 00018-11190, 00018-11191, 00018-11192, 00018-11193, 00018-11194, 00018-11195, 00018-11196, 00018-11197, 00018-11198, 00018-11199, 00018-11200, 00018-11201, 00018-11202, 00018-11203, 00018-11204, 00018-11205, 00018-11206, 00018-11207, 00018-11208, 00018-11209, 00018-11210, 00018-11211, 00018-11212, 00018-11213, 00018-11214, 00018-11215, 00018-11216, 00018-11217, 00018-11218, 00018-11219, 00018-11220, 00018-11221, 00018-11222, 00018-11223, 00018-11224, 00018-11225, 00018-11226, 00018-11227, 00018-11228, 00018-11229, 00018-11230, 00018-11231, 00018-11232, 00018-11233, 00018-11234, 00018-11235, 00018-11236, 00018-11237, 00018-11238, 00018-11239, 00018-11240, 00018-11241, 00018-11242, 00018-11243, 00018-11244, 00018-11245, 00018-11246, 00018-11247, 00018-11248, 00018-11249, 00018-11250, 00018-11251, 00018-11252, 00018-11253, 00018-11254, 00018-11255, 00018-11256, 00018-11257, 00018-11258, 00018-11259, 00018-11260, 00018-11261, 00018-11262, 00018-11263, 00018-11264, 00018-11265, 00018-11266, 00018-11267, 00018-11268, 00018-11269, 00018-11270, 00018-11271, 00018-11272, 00018-11273, 00018-11274, 00018-11275, 00018-11276, 00018-11277, 00018-11278, 00018-11279, 00018-11280, 00018-11281, 00018-11282, 00018-11283, 00018-11284, 00018-11285, 00018-11286, 00018-11287, 00018-11288, 00018-11289, 00018-11290, 00018-11291, 00018-11292, 00018-11293, 00018-11294, 00018-11295, 00018-11296, 00018-11297, 00018-11298, 00018-11299, 00018-11300, 00018-11301, 00018-11302, 00018-11303, 00018-11304, 00018-11305, 00018-11306, 00018-11307, 00018-11308, 00018-11309, 00018-11310, 00018-11311, 00018-11312, 00018-11313, 00018-11314, 00018-11315, 00018-11316, 00018-11317, 00018-11318, 00018-11319, 00018-11320, 00018-11321, 00018-11322, 00018-11323, 00018-11324, 00018-11325, 00018-11326, 00018-11327, 00018-11328, 00018-11329, 00018-11330, 00018-11331, 00018-11332, 00018-11333, 00018-11334, 00018-11335, 00018-11336, 00018-11337, 00018-11338, 00018-11339, 00018-11340, 00018-11341, 00018-11342, 00018-11343, 00018-11344, 00018-11345, 00018-11346, 00018-11347, 00018-11348, 00018-11349, 00018-11350, 00018-11351, 00018-11352, 00018-11353, 00018-11354, 00018-11355, 00018-11356, 00018-11357, 00018-11358, 00018-11359, 00018-11360, 00018-11361, 00018-11362, 00018-11363, 00018-11364, 00018-11365, 00018-11366, 00018-11367, 00018-11368, 00018-11369, 00018-11370, 00018-11371, 00018-11372, 00018-11373, 00018-11374, 00018-11375, 00018-11376, 00018-11377, 00018-11378, 00018-11379, 00018-11380, 00018-11381, 00018-11382, 00018-11383, 00018-11384, 00018-11385, 00018-11386, 00018-11387, 00018-11388, 00018-11389, 00018-11390, 00018-11391, 00018-11392, 00018-11393, 00018-11394, 00018-11395, 00018-11396, 00018-11397, 00018-11398, 00018-11399, 00018-11400, 00018-11401, 00018-11402, 00018-11403, 00018-11404, 00018-11405, 00018-11406, 00018-11407, 00018-11408, 00018-11409, 00018-11410, 00018-11411, 00018-11412, 00018-11413, 00018-11414, 00018-11415, 00018-11416, 00018-11417, 00018-11418, 00018-11419, 00018-11420, 00018-11421, 00018-11422, 00018-11423, 00018-11424, 00018-11425, 00018-11426, 00018-11427, 00018-11428, 00018-11429, 00018-11430, 00018-11431, 00018-11432, 00018-11433, 00018-11434, 00018-11435, 00018-11436, 00018-11437, 00018-11438, 00018-11439, 00018-11440, 00018-11441, 00018-11442, 00018-11443, 00018-11444, 00018-11445, 00018-11446, 00018-11447, 00018-11448, 00018-11449, 00018-11450, 00018-11451, 00018-11452, 00018-11453, 00018-11454, 00018-11455, 00018-11456, 00018-11457, 00018-11458, 00018-11459, 00018-11460, 00018-11461, 00018-11462, 00018-11463, 00018-11464, 00018-11465, 00018-11466, 00018-11467, 00018-11468, 00018-11469, 00018-11470, 00018-11471, 00018-11472, 00018-11473, 00018-11474, 00018-11475, 00018-11476, 00018-11477, 00018-11478, 00018-11479, 00018-11480, 00018-11481, 00018-11482, 00018-11483, 00018-11484, 00018-11485, 00018-11486, 00018-11487, 00018-11488, 00018-11489, 00018-11490, 00018-11491, 00018-11492, 00018-11493, 00018-11494, 00018-11495, 00018-11496, 00018-11497, 00018-11498, 00018-11499, 00018-11500, 00018-11501, 00018-11502, 00018-11503, 00018-11504, 00018-11505, 00018-11506, 00018-11507, 00018-11508, 00018-11509, 00018-11510, 00018-11511, 00018-11512, 00018-11513, 00018-11514, 00018-11515, 00018-11516, 00018-11517, 00018-11518, 00018-11519, 00018-11520, 00018-11521, 00018-11522, 00018-11523, 00018-11524, 00018-11525, 00018-11526, 00018-11527, 00018-11528, 00018-11529, 00018-11530, 00018-11531, 00018-11532, 00018-11533, 00018-11534, 00018-11535, 00018-11536, 00018-11537, 00018-11538, 00018-11539, 00018-11540, 00018-11541, 00018-11542, 00018-11543, 00018-11544, 00018-11545, 00018-11546, 00018-11547, 00018-11548, 00018-11549, 00018-11550, 00018-11551, 00018-11552, 00018-11553, 00018-11554, 00018-11555, 00018-11556, 00018-11557, 00018-11558, 00018-11559, 00018-11560, 00018-11561, 00018-11562, 00018-11563, 00018-11564, 00018-11565, 00018-11566, 00018-11567, 00018-11568, 00018-11569, 00018-11570, 00018-11571, 00018-11572, 00018-11573, 00018-11574, 00018-11575, 00018-11576, 00018-11577, 00018-11578, 00018-11579, 00018-11580, 00018-11581, 00018-11582, 00018-11583, 00018-11584, 00018-11585, 00018-11586, 00018-11587, 00018-11588, 00018-11589, 00018-11590, 00018-11591, 00018-11592, 00018-11593, 00018-11594, 00018-11595, 00018-11596, 00018-11597, 00018-11598, 00018-11599, 00018-11600, 00018-11601, 00018-11602, 00018-11603, 00018-11604, 00018-11605, 00018-11606, 00018-11607, 00018-11608, 00018-11609, 00018-11610, 00018-11611, 00018-11612, 00018-11613, 00018-11614, 00018-11615, 00018-11616, 00018-11617, 00018-11618, 00018-11619, 00018-11620, 00018-11621, 00018-11622, 00018-11623, 00018-11624, 00018-11625, 00018-11626, 00018-11627, 00018-11628, 00018-11629, 00018-11630, 00018-11631, 00018-11632, 00018-11633, 00018-11634, 00018-11635, 00018-11636, 00018-11637, 00018-11638, 00018-11639, 00018-11640, 00018-11641, 00018-11642, 00018-11643, 00018-11644, 00018-11645, 00018-11646, 00018-11647, 00018-11648, 00018-11649, 00018-11650, 00018-11651, 00018-11652, 00018-11653, 00018-11654, 00018-11655, 00018-11656, 00018-11657, 00018-11658, 00018-11659, 00018-11660, 00018-11661, 00018-11662, 00018-11663, 00018-11664, 00018-11665, 00018-11666, 00018-11667, 00018-11668, 00018-11669, 00018-11670, 00018-11671, 00018-11672, 00018-11673, 00018-11674, 00018-11675, 00018-11676, 00018-11677, 00018-11678, 00018-11679, 00018-11680, 00018-11681, 00018-11682, 00018-11683, 00018-11684, 00018-11685, 00018-11686, 00018-11687, 00018-11688, 00018-11689, 00018-11690, 00018-11691, 00018-11692, 00018-11693, 00018-11694, 00018-11695, 00018-11696, 00018-11697, 00018-11698, 00018-11699, 00018-11700, 00018-11701, 00018-11702, 00018-11703, 00018-11704, 00018-11705, 00018-11706, 00018-11707, 00018-11708, 00018-11709, 00018-11710, 00018-11711, 00018-11712, 00018-11713, 00018-11714, 00018-11715, 00018-11716, 00018-11717, 00018-11718, 00018-11719, 00018-11720, 00018-11721, 00018-11722, 00018-11723, 00018-11724, 00018-11725, 00018-11726, 00018-11727, 00018-11728, 00018-11729, 00018-11730, 00018-11731, 00018-11732, 00018-11733, 00018-11734, 00018-11735, 00018-11736, 00018-11737, 00018-11738, 00018-11739, 00018-11740, 00018-11741, 00018-11742, 00018-11743, 00018-11744, 00018-11745, 00018-11746, 00018-11747, 00018-11748, 00018-11749, 00018-11750, 00018-11751, 00018-11752, 00018-11753, 00018-11754, 00018-11755, 00018-11756, 00018-11757, 00018-11758, 00018-11759, 00018-11760, 00018-11761, 00018-11762, 00018-11763, 00018-11764, 00018-11765, 00018-11766, 00018-11767, 00018-11768, 00018-11769, 00018-11770, 00018-11771, 00018-11772, 00018-11773, 00018-11774, 00018-11775, 00018-11776, 00018-11777, 00018-11778, 00018-11779, 00018-11780, 00018-11781, 00018-11782, 00018-11783, 00018-11784, 00018-11785, 00018-11786, 00018-11787, 00018-11788, 00018-11789, 00018-11790, 00018-11791, 00018-11792, 00018-11793, 00018-11794, 00018-11795, 00018-11796, 00018-11797, 00018-11798, 00018-11799, 00018-11800, 00018-11801, 00018-11802, 00018-11803, 00018-11804, 00018-11805, 00018-11806, 00018-11807, 00018-11808, 00018-11809, 00018-11810, 00018-11811, 00018-11812, 00018-11813, 00018-11814, 00018-11815, 00018-11816, 00018-11817, 00018-11818, 00018-11819, 00018-11820, 00018-11821, 00018-11822, 00018-11823, 00018-11824, 00018-11825, 00018-11826, 00018-11827, 00018-11828, 00018-11829, 00018-11830, 00018-11831, 00018-11832, 00018-11833, 00018-11834, 00018-11835, 00018-11836, 00018-11837, 00018-11838, 00018-11839, 00018-11840, 00018-11841, 00018-11842, 00018-11843, 00018-11844, 00018-11845, 00018-11846



BSBAC will be celebrating Active Aging in the months of September and October this year. We will have various educational presentations, vendors, and health clinics throughout the two months. Below are three of the upcoming clinics that members must schedule and appointment for. Please sign up at the Center for the Flu Shot Clinic. You will need to scan the QR code on the flyer to schedule a mammogram. If you need help, please ask a staff member.

We're coming to visit u!



Now offering both 2D and 3D mammograms

You are a candidate for a mammogram if you ...

- are age 40 or older (most insurance companies will pay for a screening mammogram for women age 25-39 with a doctor's order).
- have not had a mammogram in the past 12 months.
- are not pregnant or breastfeeding*
- Have no unusual breast symptoms such as lump, pain, changes in skin, or nipple discharge*

*If you are pregnant, breastfeeding or experiencing unusual breast symptoms, talk to your doctor about getting a different exam, or call us at 210-358-7020 to learn more.

Easy and convenient

- Screening takes 30 minutes or less.
- Bringing screening services directly to communities, workplaces, and events making it more convenient for women to access both 2D and 3D mammograms.
- Some financial assistance is available to qualifying women. Call 210-358-7020 for more information.

Schedule your mammogram

Call 210-358-7020 or scan the QR code below and complete the registration form. You can also go to HealthyUExpress.com and select "Schedule a Mobile Mammography Appointment". We will contact your insurance company to confirm your eligibility.



Scan to request an appointment

Bulverde Spring Branch Activity Center

30280 Cougar Bend, Bulverde, TX 78163

**October 7, 2024
8:00AM - 3:30PM**

**Register for appointment online at
HealthyUExpress.com**

On the day of your mammogram:
Wear a two-piece outfit. Avoid using lotion, deodorant, powder and perfume on your breasts and underarm area.



Flu Shot Clinic

by
Spring Branch Pharmacy

**Tuesday, September
17th from 10am-1pm**

**Friday, October 11th
from 9am-12pm**

Call to schedule your
appointment at:

830-438-3111



Allen, Elaine
Archer, Mary
Arizpe, Alvera
Arredondo, Rose Mary
Baker, Ronald
Barefoot, Carol
Bates, Phyllis
Becker, Sandra
Beissner, JoAnn
Benites, Juan
Berger, Suzie
Bishop, Joan
Block, Michelle
Bobrukiewicz, Joan
Boggs, Jean
Bommer, Jacque
Bravo, Rose
Brestal, Joan
Carroll, Sam
Christensen, Janet
Cobb, Regina
Cody, Colleen
Coe, Bill
Collard, Lisa
Collier, Abigail
Collier, Emma
Cottier, James
Crane, Russell
Curry, David

Deitch, Mike
DeLeon, Vicki
D'sousa, Joyce
Eisenbrey, Susan
Evans, Edna
Ewald, Beverly
Felps, Rita
Fincher, Martin
Freeman, Jean
Friedrich, Patrick
Gabelmann, Jackson
Gaines, Connie
Georgen, Darlene
Gill, Billie
Gossell, Julie
Guerra, Maria
Guyot, Carolyn
Hagen, Gary
Haines, Diana
Hedman, Zo
Hicks, Betty
Hicks, Daniel
Hime, Beverly
Holly, Callean
Hughes, Charles
Ihrer, Lillian
Ives, Mary Jane
James, Cindy
James, Dennis

Jones, William
Karp Jr., Harry
Kehoe, Susan
Keith, Dana
Keller, Dorothy
Killian, Jessie
Kilpper, Sandy
Koehler, Lynda
Kruciak, Deborah
Lageman, Neil
Lamarre, Susan
Lang, Linda
Lawson, Pat
Marshall, Patty
Martinez, Teresa
McCarty, Pat
Mccollum, Denise
Medina, Barbara
Medina, Pedro
Miles, Sonia
Miller, Loretta
Millsap, Carolyn
Misner, Helen
Moble, Yvonne
Montgomery, Verne
Moreno, Aurora
Mulero, Gladys
Mulero, Pedro
Munoz, Sandra

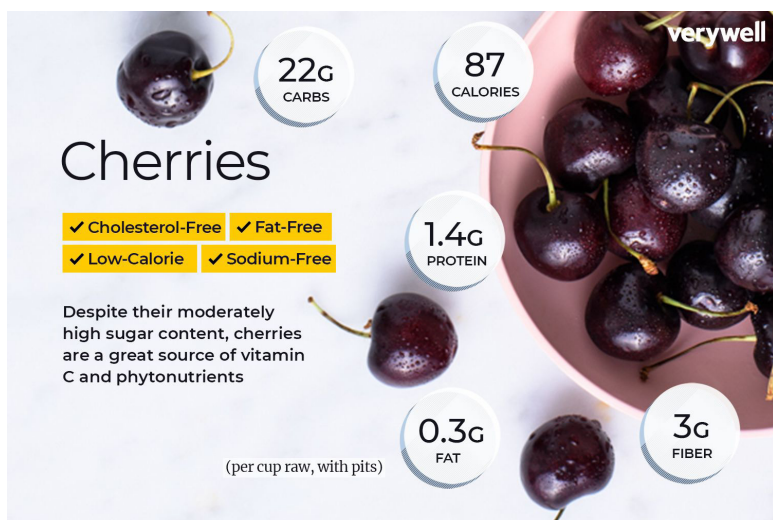
Myers, Ethan
Neibling, Jan
Nowakowski, Richard
Ochoa, Benito
Oehlke, Larry
Organ, Cynthia
Ottmers, Elizabeth
Overstreet, Norma
Peck, Kurt
Pelczar, Kenneth
Phelps, D. Ellis
Postel, James
Poteet, Jon
Pronovost, Elizabeth
Pulido, Gloria
Raichlen, Glenda
Rector, Rita
Remy, Larry
Reynolds, Wesley
Richardson, Patricia
Robinson, Margo
Roesser, Patricia
Rossi, Iris
Rothwell, Reann
Saintiny, Frenchy
Salkowski, Mary
Sbardellati, Judith
Schuminsky, Alan
Silveira, Rosa

Simendinger, Maryann
Simmons, Anne
Singer, Stanley
Sites, Keith
Snyder, Craig
Sproull, Peggy
Stevenson, Linda
Stockham, James
Sturts, Patricia
Tafolla, Santa
Thomas, Linda
Thomas, Max
Thrasher, Bonnie
Topper, Linda
Tortorelli, Catherine
Tysl, Linnell
Vance, Cathy
Varma, Indira
Wagner, Linda
Waldman, Kenneth
Whaley, Marianne
Whorton, Savola
Williams, Beverly
Williams, Jo
Williford, Patricia
Wolcott, Roberta
Wood, Jane
Worshim, Arnette

WHAT'S IN SEASON IN AUGUST?

Cherries are one of the most popular summer fruit, with around two million tonnes being produced worldwide every year!

Cherries are also wonderful for our health! That deep, dark red hue is a good sign that they pack an array of nutrients, vitamins and minerals. The benefits of cherries range from helping to relieve pain, prevent diseases like cancer and slow down the aging process. Cherries are also very rich in antioxidants.



TYPES OF CHERRIES

SWEET CHERRIES

Often eaten fresh, & added in cooked dishes like desserts & baked items



Bing



Rainier



Skeena



Chelan



Lambert



Sweetheart



Queen Anne



Tulare



Van



Lapins



Benton

SOUR CHERRIES

Too sour to eat raw; often used for pies, sauces, pickles, & preserves



Morello



Montmorency



Balaton



Amarena



North Star

BLACK CHERRIES

Used for making jams, wine, cocktails, & flavoring rum



5 Important HEALTH BENEFITS of

Cherries

"The heal all, antioxidant packed stone fruit"

HELP FIGHT CANCER & DISEASE

Antioxidants repair free radical damage & deprive cancer cells of proteins they need to grow

POWERFUL ANTI-INFLAMMATORY

Anthocyanins and bioflavonoids relieve pain associated with arthritis & gout and prevent migraines

"BRAIN FOOD" – IMPROVE MEMORY

Reduce oxidative stress in the brain & increase circulation, thereby improving communication between neurons

HELP YOU LOSE WEIGHT

Help limit the uptake of bad fat into the body and control blood cholesterol levels

RESET YOUR CIRCADIAN RHYTHMS

Contain melatonin which promotes & regulates our sleep patterns

DREAMY CHERRY SMOOTHIE

2 cups pitted cherries
1 ripe banana
2 medjool dates
1/2 tsp. vanilla
1 cup coconut water

Blend & Serve!

Cherries Health Facts!

- Reduces risk of chronic disorders
- Soothes arthritis pain
- Boosts memory power
- Promotes peaceful sleep
- Helps in weight loss
- Smoothens skin & prevents ageing
- Promotes healthy digestion
- Helps in treatment of diabetes
- Prevents colon cancer & prostate cancer
- Reduces risk of gout attacks
- Reduces risk of heart strokes



Thank you SPONSORS

FREE MOVING KIT

Morningstar has all the moving supplies you need and we're giving them away for free. Stop by a nearby Morningstar location for your free moving kit today.

Your kit will include boxes, bubble wrap, tape, and more.

4715 US Hwy 281 N | 830.438.4838



**NOAH'S ARK
SELF STORAGE**

CLIMATE CONTROL &
NON-CLIMATE CONTROL

30435 HWY 281 N
BULVERDE, TX 78163
830-980-8227
www.noahsarkselfstorage.com

The GVTC Foundation is here for you.
We're local, people-oriented, and most importantly,
we care.



Official Audiologist of Bulverde/Spring Branch

Our services include:

- *Hearing Testing
 - *Hearing Treatment
 - *Hearing Aid repair
 - *Ear Cleaning
 - *Vertigo/Dizziness/Imbalance
 - *Tinnitus Treatment (Ringing in the ears)
- 830-438-7766

172 Creekside Park, off Hwy 46

Mackenzie Thomas
Doctor of Audiology
20+ years
of experience



DLW Software LLC

Software & Web Solutions for Your Business

Microsoft® Dynamics 365 & CRM 2016
Consultation, Installation, Deployment,
Customization, & Extending

(830) 660-7856

DaleWiiken@DLWSoftwareLLC1.com

Computer Sales & Service
(by Appointment)

www.DLWSoftwareLLC1.com

Spring Branch, TX 78070

simpleLUXURIES TRAVEL

Michelle Hoehn
Travel Consultant

tel. 830.282.4273

MHoehn@SimpleLuxuriesTravel.com

www.SimpleLuxuriesTravel.com

up to \$2,000 on board credit



GREAT PEOPLE. GREATER IMPACT.



MSENGR.COM

Agency Owner



REGINA L. SILVA
LICENSED SALES AGENT

O: (830) 488-7670
C: (949) 836-2658
regina@selectsilva.com
5525 Blanco Rd. #103
Castle Hills, TX 78216
www.SelectSilva.com



**NEW PATIENT
SPECIAL**



Adult Care
Pediatric Care
Prenatal Care
Corrective Care
X-Ray Based Care
Spinal Adjustments
Wellness Care
Pain Management
Auto Accidents
Personal Injury

INSURANCE ACCEPTED

**18830 Forty Six Parkway
Bldg 1 Suite B
Spring Branch, TX 78070**

(830)327-7327

833-RENEWTX

www.renewfamilytx.com

GET SOCIAL WITH US



RENEWTEXAS

FirstUnited® SPEND LIFE WISELY®

CONTACT US

Address:
20480 Hwy 46
Spring Branch, TX 78070
United States

Phone:
(830) 980-5860

DIRECTIONS

Contact Us >

OUR SERVICES:

- ATM
- Night-Drop
- Notary
- Drive-Thru
- Coin-Counting
- Safe-Deposit-Box
- Instant-Issue-ATM



Kathleen Banse
Agent

33200 US Hwy 281 N
Bulverde, TX 78163
Bus 830 438 7025 Fax 830 438 7035
kathleen@kathleenbanse.com
www.kathleenbanse.com

Good Neighbor Agent since 2006



**TEAM THOMAS
Pepa & Sofi**

**RE/MAX North-San Antonio
Austin and Corpus**

210-722-5298

210-581-1900

RE/MAX logo

BSBAC Team MEMBERS



DeLisa Leopold
Executive Director
dleopold@bsbac.com



Reghan Swenson
Marketing Coordinator
rswenson@bsbac.com



Jean Larson
Meals on Wheels Coordinator
jlarson@bsbac.com



Beth Collier
Outreach Coordinator
bcollier@bsbac.com



Lauren Bippert
Membership Coordinator
lbippert@bsbac.com



Rod Garcia
Transportation



Alan Klar
Transportation

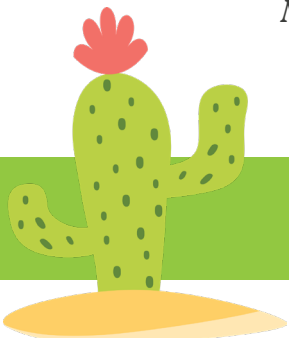


Candice Hitt
Bookkeeper & Grant Writer



**BULVERDE
SPRING BRANCH
ACTIVITY CENTER**
— est. 1991 —

The Bulverde Senior Center (BSC) and Bulverde Spring Branch Activity Center (BSBAC) is a non-profit 501 (c) 3 organization that provides services to seniors in the Bulverde/Spring Branch, Texas area. Current programs include Meals on Wheels, Senior Outreach, Social Activities, and Health & Fitness.



BSBAC Board MEMBERS

Brian Meuth: Chair
Ann Parham: Vice Chair
Keri Sandvig: Treasurer
Kelly Erwin: Secretary

Bobby Craft
Matt Hester
Ethan Myers

Hanni Stautzenberger
Melodie Vise



www.bsbac.com



830-438-3111



30280 Cougar Bend, Bulverde TX 78163