

July 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

### Note from the CENTER & Upcoming EVENTS

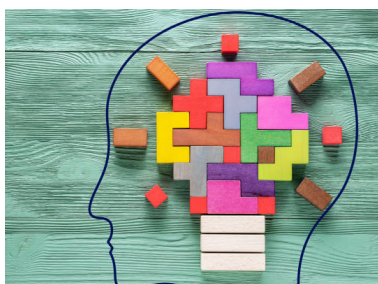
PAGE  
3

### 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

### Activity Center HAPPENINGS

PAGE  
8-9



### Brain GAMES

PAGE  
10

### July Event FLYERS & Special EVENTS



PAGE  
12



# BOOSTING YOUR HEALTH AS YOU AGE

There are many things you can do to help boost your health as you age, including making healthy food choices and not smoking.

But did you know that participating in social and other activities you enjoy can also help support healthy aging? Participating in activities you enjoy as you age is very important.



As you grow older, you may find yourself spending more time at home alone. Being lonely or socially isolated is not good for your overall health. For example, it can increase feelings of depression or anxiety, which can have a negative impact on many other aspects of your health. If you find yourself spending a lot of time alone, try participating in activities you find meaningful — those that create a sense of purpose in your daily life. These can include hobbies, volunteer activities, or time with family and friends.

## **BENEFITS OF AN ACTIVE LIFESTYLE.**

Engaging in social and productive activities you enjoy, such as taking an art class, joining a hiking club, or becoming a volunteer in your community, may help to maintain your well-being and independence as you age. An active lifestyle is more than just getting your daily steps in. It includes doing activities that are meaningful to you and benefit your mind, spirit, and body.

Research has shown that older adults with an active lifestyle:

- Are less likely to develop certain diseases
- Have a longer lifespan
- Are happier and less depressed
- Are better prepared to cope
- May be able to improve their thinking abilities

## **ACTIVITIES TO CONSIDER.**

### **Connect with Family & Friends**

- Play cards or other games with friends in person or online

- Travel with a group of older adults, such as a retiree group
- Video chat or call your friends and family members
- Try different restaurants with your loved ones
- Listen and share favorite music with your family
- Join a group interested in a hobby, such as knitting, hiking, birdwatching, painting, or wood carving

### **Learn Something New**

- Take a cooking, art, dance, language, computer class, etc.
- Form or join a book or film club
- Try yoga, tai chi, or another new physical activity
- Learn (or relearn) how to play a musical instrument
- Visit local museums. Many offer free group tours and educational programs.

### **Adopt Healthy Stress-Relieving Habits**

- Read a good book, magazine, or newspaper
- Practice gratitude and mindfulness
- Do tai-chi or yoga
- Cook your favorite healthy meal
- Enjoy the little things, such as a cup of coffee or sunrise

### **Become More Active in Your Community**

- Visit a community or senior center

and take part in its events and activities

- Serve meals or organize clothing donations for people in need
- Run errands for people with limited mobility or access to transportation
- Join a committee or help out with an activity at your place of worship
- Volunteer at a school, library, museum, hospital, or animal shelter
- Help with gardening at a community garden or park
- Sing in a community choral group, or play in a local band or orchestra or take part in a local theater troupe

### **Go Out and Get Moving**

- Garden (indoors or out) or do yard work
- Take an exercise class or do exercises at home
- Go dancing
- Walk or bicycle with a friend or neighbor
- Play with your grandchildren. Teach them a game or dance you remember from childhood.
- Take a stroll around the neighborhood or on nature trails

**Our mission here at BSBAC is to facilitate active aging and enhance the quality of life for older adults in our community.**

**LET US HELP YOU DO JUST THAT HERE AT THE CENTER! CHECK OUT ALL WE HAVE TO OFFER IN THIS NEWSLETTER.**





## NOTE FROM THE CENTER

By DeLisa Leopold, Executive Director

### Our 19th Annual Style Show & Luncheon is coming up on Saturday, July 27th.

Ladies, we hope you will join us for this fun, social event that includes lunch, signature cocktails, a style show featuring stylings from local boutiques modeled by some of our own BSBAC members. We will also have a vendor fair and raffle baskets! You can buy tickets online at <https://givebutter.com/styleshow> or in person at the Center. Be sure to get your tickets now before they sell out.

### The Bulverde Jubilee is Coming Back!

Over the past few years, many area residents have asked about the Bulverde Jubilee. This highly anticipated event brings the community together with excitement, entertainment, and unforgettable memories.

We are excited to share that the Friends of the Village of Bulverde have put their trust in our team to bring this wonderful community event back! Mark your calendar for November 9, 2024, to join us for a fun-filled day! The Bulverde Jubilee will be on the same day as our Annual Craft Show and will be held in conjunction with that event. It's going to be a great time. Stay tuned for more details!



## UPCOMING EVENTS

### July 1, 15, 29

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

### July 3

11:30am - 4th of July Potluck

1:45pm - Book Club

### July 3, 10

1:30pm - Intermediate Spanish

### July 4

Center Closed for the Holiday

### July 8, 22

12:35pm - Bunco

### July 9

8:00am - 9:30am - Dining Room Closed for Meeting



### July 10

10:00am - Card Creations

2:00pm - Dementia Support Group

### July 11, 18, 25

10:00am - Daytrip to Clear Spring Restaurant

### July 16

11:45am - Presentation by Graceful Guidance about care options for older adults

### July 17

2:00pm - Caregiver Support Group

### July 27

11:00am - 15h Annual Style Show & Luncheon

### July 31

1:30pm - Summer Floral Arranging Class



# 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
- 12:00pm Beginning Guitar
- 1:45pm Book Club (1st Wed)
- 2:00pm Dementia Support Group (2nd Wed)
- 2:00pm Caregiver Support Group (3rd Wed)







# CENTER MEAL MENU



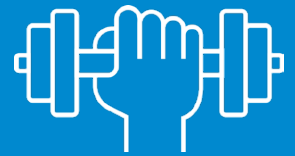
Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Eggroll Fried Rice Dessert	<b>2</b> Pulled Pork Sandwich Baked Beans Salad Dessert	<b>3</b> 4th of July Potluck 	<b>4</b> CENTER CLOSED 	<b>5</b> Greek Lemon Chicken Salad Dessert
<b>8</b> Cheeseburgers Chips Dessert	<b>9</b> Gazpacho Soup Cheese Quesadilla Dessert	<b>10</b> Lasagna Green Salad Garlic Bread Dessert	<b>11</b> Creamy Cajun Chicken Pasta Dessert	<b>12</b> Frito pie Fruit Dessert
<b>15</b> Mongolian Chicken Broccoli Dessert	<b>16</b> Creamy Sausage Mushroom Rigatoni Green Salad Dessert	<b>17</b> Bacon Wrapped Hot Dogs Potato Salad Dessert	<b>18</b> Honey Mustard Chicken Green Beans Dessert	<b>19</b> Taquito Enchiladas Mexican Rice Dessert
<b>22</b> Sub Sandwiches Chips Dessert	<b>23</b> Pasta Fagioli Soup Green Salad Garlic Bread Dessert	<b>24</b> Sausage & Potato Saute Green Beans Dessert	<b>25</b> Ham & Biscuit Sandwiches Carrot Raisin Salad Dessert	<b>26</b> Spaghetti with Meat Sauce Italian Salad Garlic Bread Dessert
<b>29</b> Taco Salad Dessert	<b>30</b> Chef's Choice Dessert	<b>31</b> Pizza Salad 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

# July

# HEALTH & FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>8:30am</b> Easy Pace <b>10:00am</b> Line Dancing <b>11:00am</b> Active Aging Strength <b>12:15pm</b> Balance & Strength* <b>1:30pm</b> Balance & Strength* <b>4:00pm</b> Yoga	<b>2</b> <b>8:30am</b> DrumFit <b>9:30am</b> Zumba Gold <b>10:30am</b> Pilates <b>1:00pm</b> Beginning Line Dancing <b>5:30pm</b> Zumba	<b>3</b> <b>9:00am</b> Zumba Gold Toning <b>10:00am</b> Active Aging Strength <b>11:15am</b> Balance & Strength* <b>12:30pm</b> Balance & Strength* <b>2:30pm</b> Line Dancing <b>4:00pm</b> Mindful Flow & Core	<b>4</b> <b>CENTER CLOSED</b> 	<b>5</b> <b>9:30am</b> Posture Strength <b>11:00am</b> Balance & Strength* <b>12:15pm</b> Balance & Strength*
<b>8</b> <b>8:30am</b> Easy Pace <b>10:00am</b> Line Dancing <b>11:00am</b> Active Aging Strength <b>12:15pm</b> Balance & Strength* <b>1:30pm</b> Balance & Strength* <b>4:00pm</b> Yoga	<b>9</b> <b>8:30am</b> DrumFit <b>9:30am</b> Zumba Gold <b>10:30am</b> Pilates <b>1:00pm</b> Beginning Line Dancing <b>5:30pm</b> Zumba	<b>10</b> <b>9:00am</b> Zumba Gold Toning <b>10:00am</b> Active Aging Strength <b>11:15am</b> Balance & Strength* <b>12:30pm</b> Balance & Strength* <b>2:30pm</b> Line Dancing <b>4:00pm</b> Mindful Flow & Core	<b>11</b> <b>8:30am</b> Easy Pace <b>9:30am</b> Zumba Gold <b>10:30am</b> Pilates <b>11:45am</b> Chair Yoga <b>1:00pm</b> Balance & Strength* <b>4:00pm</b> Restorative Yoga <b>5:30pm</b> Zumba	<b>12</b> <b>9:30am</b> Posture Strength <b>11:00am</b> Balance & Strength* <b>12:15pm</b> Balance & Strength*
<b>16</b> <b>8:30am</b> Easy Pace <b>10:00am</b> Line Dancing <b>11:00am</b> Active Aging Strength <b>12:15pm</b> Balance & Strength* <b>1:30pm</b> Balance & Strength* <b>4:00pm</b> Yoga	<b>16</b> <b>8:30am</b> DrumFit <b>9:30am</b> Zumba Gold <b>10:30am</b> Pilates <b>1:00pm</b> Beginning Line Dancing <b>5:30pm</b> Zumba	<b>17</b> <b>9:00am</b> Zumba Gold Toning <b>10:00am</b> Active Aging Strength <b>11:15am</b> Balance & Strength* <b>12:30pm</b> Balance & Strength* <b>2:30pm</b> Line Dancing <b>4:00pm</b> Mindful Flow & Core	<b>18</b> <b>8:30am</b> Easy Pace <b>9:30am</b> Zumba Gold <b>10:30am</b> Pilates <b>11:45am</b> Chair Yoga <b>1:00pm</b> Balance & Strength* <b>4:00pm</b> Restorative Yoga <b>5:30pm</b> Zumba	<b>19</b> <b>9:30am</b> Posture Strength <b>11:00am</b> Balance & Strength* <b>12:15pm</b> Balance & Strength*
<b>22</b> <b>8:30am</b> Easy Pace <b>10:00am</b> Line Dancing <b>11:00am</b> Active Aging Strength <b>12:15pm</b> Balance & Strength* <b>1:30pm</b> Balance & Strength* <b>4:00pm</b> Yoga	<b>23</b> <b>8:30am</b> DrumFit <b>9:30am</b> Zumba Gold <b>10:30am</b> Pilates <b>1:00pm</b> Beginning Line Dancing <b>5:30pm</b> Zumba	<b>24</b> <b>9:00am</b> Zumba Gold Toning <b>10:00am</b> Active Aging Strength <b>11:15am</b> Balance & Strength* <b>12:30pm</b> Balance & Strength* <b>2:30pm</b> Line Dancing <b>4:00pm</b> Mindful Flow & Core	<b>25</b> <b>8:30am</b> Easy Pace <b>9:30am</b> Zumba Gold <b>10:30am</b> Pilates <b>11:45am</b> Chair Yoga <b>1:00pm</b> Balance & Strength* <b>4:00pm</b> Restorative Yoga <b>5:30pm</b> Zumba	<b>26</b> <b>9:30am</b> Posture Strength <b>11:00am</b> Balance & Strength* <b>12:15pm</b> Balance & Strength*
<b>29</b> <b>8:30am</b> Easy Pace <b>10:00am</b> Line Dancing <b>11:00am</b> Active Aging Strength <b>12:15pm</b> Balance & Strength* <b>1:30pm</b> Balance & Strength* <b>4:00pm</b> Yoga	<b>30</b> <b>8:30am</b> DrumFit <b>9:30am</b> Zumba Gold <b>10:30am</b> Pilates <b>1:00pm</b> Beginning Line Dancing <b>5:30pm</b> Zumba	<b>31</b> <b>9:00am</b> Zumba Gold Toning <b>10:00am</b> Active Aging Strength <b>11:15am</b> Balance & Strength* <b>12:30pm</b> Balance & Strength* <b>2:30pm</b> Line Dancing <b>4:00pm</b> Mindful Flow & Core		

## GYM HOURS

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

Fri: 8:00am - 3:00pm

*\*Class is FREE for all BSBAC Members*



## Staying Safe in Hot Weather



### Watch for these signs of hyperthermia:



### Tips to prevent hot-weather illness:







## 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.

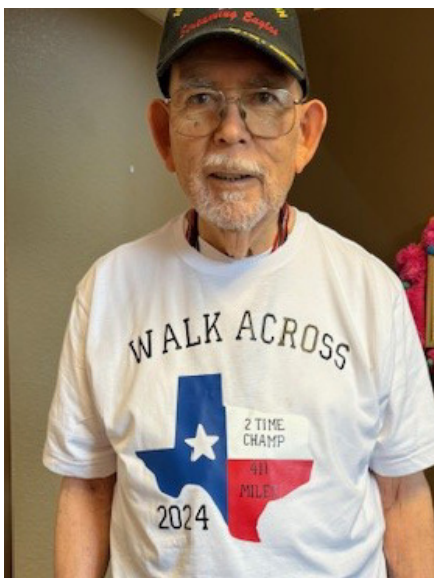


# Center HAPPENINGS

## LINE DANCE COMPETITION



Victor Munigua was our Walk Across Texas winner again this year. He walked a total of 411 miles during the 8 week challenge. His family made his this great t-shirt to celebrate his accomplishment.

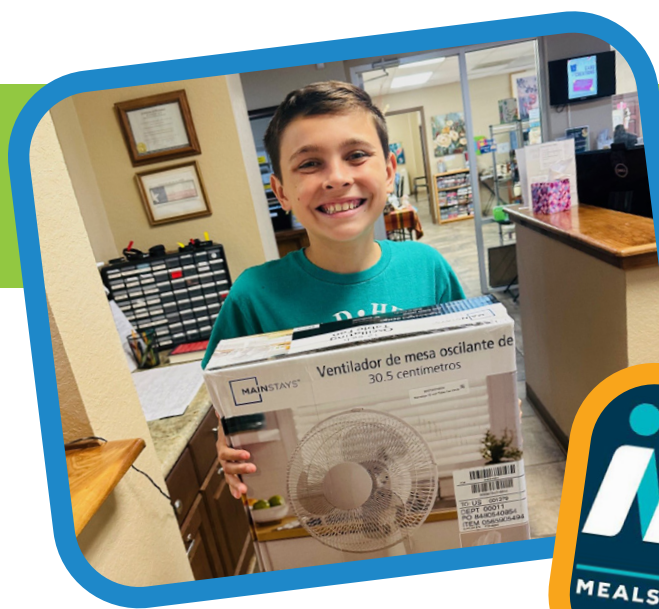


## Bingo Winners

Elda Palos & Carol Guyot were our progressive Bingo winners for May/June

*Celebrate*  
HOME OF THE BRAVE  
**America**  
Red ★ white ★ Blue  
*4th of July*  
Land of the FREE  
Liberty Stars & Stripes  
*Yankee Doodle Dandy*  
**U.S.A. ★ 1776**





*Thank you*

Big shoutout to Jaeger Gonzales with Comal County 4H for collecting items for our Meals on Wheels Christmas in July drive. He brought the donations collected to us for distribution to our MOW clients. Thank you for your support!



We have some very talented members here at the Center. Last Friday was our first ever BSBAC Talent Show. We had 9 acts and over 80 people in attendance. After the show, attendees enjoyed a spaghetti dinner sponsored by Paloma Hospice & Palliative Care and Assisted Living Pros. Thank you to our sponsors, contestants, judges and our volunteer group from Pieper High School for helping us make this event a success!





# BRAIN GAMES



## 4TH OF JULY WORD SEARCH

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

PATRIOTIC  
AMERICAN  
CELEBRATION  
JULY FOURTH

LIBERTY  
PARADE  
STRIPES  
STARS

BARBECUE  
BANNERS  
FLAG  
PARTY

FIREWORKS  
FREEDOM  
COOKOUT  
SPARKLERS

STAR-SPANGLED  
INDEPENDENCE  
BRAVERY  
BIRTHDAY



## Commonyms



1. Furniture - Mustaches - Skis
2. Golf Course - A Coffee Shop - A Quart
3. He - She - They
4. Jupiter - Alaska - The Blue Whale
5. Wood Tick - Leech - Mosquito
6. Yawning - Laughter - Influenza
7. Improper - Unit - Mixed
8. Marigold - Mustard - Canary
9. Snake - Cavity - Bottomless
10. Kidney - String - Black

## 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.

					26
		1		2	21
10		4			26
10	1		2		18
8		10	5	7	33
	2	8	6	4	30
48	9	28	24	19	24

## 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)

BUS INESS BUS INESS BUS INESS BUS INESS	tiLEVARTme	O F F O F F
the people	ATHALON ATHALON ATHALON	HAHANDND

## June Answers

1. They all have horns
2. They have benches
3. They have receivers
4. Seas
5. Chocolates
6. Sauces
7. They have threads
8. Boats
9. Car Races
10. They have roots



BAMBOOZLES SOLUTIONS: 1) Open for Business; 2) Travel Back in Time; 3) Off Sides; 4) We the People; 5) Triathlon  
6) Hand in Hand





## News YOU CAN USE

# 5 TIPS

to help you stay  
**motivated**  
to **exercise**

Being physically active is one of the most important things you can do each day to maintain and improve your health and keep doing things you enjoy as you age. Make exercise a priority with the following tips:

- 1 **Find ways to fit exercise into your day.** You are more likely to get moving if exercise is a convenient part of your day.



- 2 **Do activities you enjoy to make it more fun.** Be creative and try something new!



- 3 **Make it social.** Find a virtual "exercise buddy" to help keep you going and provide emotional support.



- 4 **If there's a break in your routine, get back on track.** Start slowly and gradually build back up to your previous level of activity. Ask your family and friends for support.



- 5 **Keep track of your progress.** Make an exercise plan and don't forget to reward yourself when you reach your goals.

Visit [www.nia.nih.gov/exercise](http://www.nia.nih.gov/exercise) to learn more.

# July

# EVENT FLYERS/SPECIAL EVENTS




**4th of July Potluck**  
Wednesday, July 3rd at 11:30am

Entertainment ★ Cheeseburger Sliders Provided ★ Fellowship

Please bring an appetizer, salad, side dish, or dessert to share.



**CELEBRATING 4TH OF JULY**

*Center Closed*

WILL REOPEN ON FRIDAY 7/5

July Day Trip

**Clear Springs Restaurant**

Join us for a relaxing day as we go out to lunch at Clear Springs Restaurant and visit the German Bakery in New Braunfels.

Thursday, July 11th  
July 18th  
July 25th

Bus Departs at 10:15am

\$10 per person if riding the bus.

Don't want to ride the bus, follow along in your own vehicle. Let us know you are going.

\*\*Day trips are reserved for BSBAC members on a first come, first served basis.\*\*

July Presentation  
By Beth w/ Graceful Guidance  
TUESDAY, JULY 16TH  
FROM 11:45AM-12:45PM

BETH IS PASSIONATE ABOUT HELPING FAMILIES AND HELPING THEM TO FIND CARE OPTIONS FOR OLDER ADULTS AND PROVIDES HER SERVICES AT NO COST. HERE AT GRACEFUL GUIDANCE OUR SERVICES OFFER OLDER ADULTS A LIFESTYLE OF CARE, CONVENIENCE, AND CONFIDENCE. WE HAVE A TEAM OF PROFESSIONALS THAT WILL PROVIDE EXCEPTIONAL SUPPORT ALONG WITH AN ENGAGING EXPERIENCE. WE ASSIST WITH A VARIETY OF RESOURCES!

- ASSISTED LIVING
- INDEPENDENT / RETIREMENT LIVING
- MEMORY CARE
- RESIDENTIAL / PERSONAL CARE HOME
- HOME CARE / HOME HEALTH
- HOSPICE / REHABILITATION
- VA BENEFITS / LTC INSURANCE

**Graceful GUIDANCE**  
Helping families with care options for older adults

You can bring your lunch or put your name on the lunch list for a to-go plate.

July Arts & Crafts  
*Summer*  
**FLOWER ARRANGING**



DONATIONS APPRECIATED \$5

Wednesday, July 31st at 1:30pm

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



**BINGO SNACKS**

EXCITING NEWS!

WE WILL BE GOING BACK TO POTLUCK STYLE BINGO SNACKS DURING BREAK. PLEASE BRING A SNACK TO SHARE WITH YOUR FELLOW BINGO FRIENDS AND SET THEM UP ON THE TABLE ALONG THE BACK WALL PRIOR TO BINGO STARTING.

WE ARE ALSO IN NEED OF DONATIONS FOR THE ACTIVITIES CABINET SUCH AS PAPER PLATES, NAPKINS, AND PLASTIC UTENSILS.

WE ARE IMPLEMENTING THIS POLICY DUE TO RISING FOOD COST AND LIMITED FOOD DONATIONS. THANK YOU FOR UNDERSTANDING.

**BSBAC CHRISTMAS IN JULY**  
**DRIVE FOR MEALS ON WHEELS**

*Wish List*

- Misting Fan Bottles
- Tower Fans (both small & large)
- Personal Hand-Held Fans
- Mosquito Spray
- Body Wash & Body Lotion
- Shampoo & Conditioner
- Deodorant
- Shave Cream & Disposable Razors
- Toothbrushes & Toothpaste
- Sun Hats
- Sunscreen
- Antibiotic Ointment & Band-aids
- Fly Strips
- Gatorades
- Hard Candies (both regular & sugar-free)

Single Serve Snack: Applesauce Cups, Yogurt Cups, Peanut Butter Crackers, Nuts, etc.

**BSBAC JULY WISH LIST**

- \$25 GIFT CARDS (VARIETY OF PLACES)
- LAUNDRY BASKETS W/ WHEELS (\$16 EACH, 2 NEEDED)
- 54X108 RECTANGLE DISPOSABLE TABLE CLOTHS
- HEAVY DUTY ELECTRIC CAN OPENER
- POTATO MASHER
- COFFEE CREAMER PODS
- FOLGERS COFFEE (RED CONTAINER)
- CHICKEN BROTH
- CANS OF CREAM OF CHICKEN OR CREAM OF MUSHROOM SOUPS
- CANNED CHICKEN OR TUNA
- CANNED FRUIT OR PIE FILLING
- INDIVIDUAL JUICE BOXES (NO POUCHES PLEASE)
- QUART ZIP-LOC BAGS

**We Need Your Help!**  
**We Need Dry Cat Food!**

WE ARE IN NEED OF SOME DRY CAT FOOD- BOTH SMALL AND LARGE BAGS FOR OUR MEALS ON WHEELS CLIENTS FOR OUR PETS ON WHEELS PROGRAM. WE WOULD LOVE YOUR HELP AND SUPPORT.

DROP OFF AT THE BULVERDE SPRING BRANCH ACTIVITY CENTER  
30280 COUGAR BEND, BULVERDE  
MONDAY-THURSDAY 9AM-4PM  
FRIDAY 9AM-3PM



IF YOU WOULD LIKE TO HELP US GET THESE ITEMS OR WOULD LIKE TO DONATE AN ITEM (NO MATTER HOW BIG OR SMALL...EVERY BIT HELPS CENTER), PLEASE SEE BETH.



JULY  
27  
2024  
11AM-2PM

# 15th Annual Style Show and Luncheon

- Enjoy a fun, social event with food & fashion
- Fashion stylings provided by local boutiques
- Vendor Fair & Raffle Baskets

TICKETS  
\$25  
PER PERSON



## For More Information:

Reghan Swenson  
rswenson@bsbac.com, 830-438-3111  
30280 Cougar Bend, Bulverde  
www.bsbac.com/Style-Show

JULY  
27  
2024  
11AM-2PM

# 15th Annual Style Show and Luncheon

## Sponsorships

- Signature Sponsor: \$1,000
  - Table for 8, recognition at event, logo on social media & banner, business card ad in program, item in goodie bag
  - THANK YOU JAN TYLER**
- Trendsetter Sponsor: \$750
  - 4 event tickets, recognition at event, logo on social media & banner, business card ad in program, item in goodie bag
- Spotlight Sponsor: \$500
  - 2 event tickets, recognition at event, logo on social media & banner, business card ad in program, item in goodie bag
  - THANK YOU KATHLEEN BANSE, STATE FARM & NOAH'S ARK**
- Runway Sponsor: \$250
  - 1 event ticket, recognition at event, logo on social media & banner, business card ad in program, item in goodie bag
- Vendor: \$50
  - Vendor space (1 table & 2 chairs), business card ad in program

SCAN TO  
REGISTER



## For More Information:

Reghan Swenson  
rswenson@bsbac.com, 830-438-3111  
30280 Cougar Bend, Bulverde  
www.bsbac.com/Style-Show



Alcorn, Mildred  
Antoniolli, Andrew  
Araiza, Gloria  
Arredondo, Cheryl  
Austad, Steve  
Badger, Lucy  
Baker, Shirley  
Bales, Mary  
Becker, Nancy  
Berardi, James  
Bernal, Karen  
Bilotti, Julie  
Blackwelder, Renee  
Block, Terry  
Brooks, Rose  
Brown, Maricela  
Byerly, Linda  
Carter, Marlene  
Carter, Robert  
Chavez, Emma  
Clark, Rachel  
Collier, James  
Coones, Fred David  
Copeland, Diana  
Crowe, Allison  
Davis, John

Dresbach, Marylou  
Elizondo, Xavier  
Eller, Belinda  
Engrave, Adaia  
Eubank, Norman  
Evetts, John  
Fielder, Kay  
Fletcher, Mary  
Gaines, Sam  
Garcia, Rodney  
Gatlin, Linda  
Gresham, Gary  
Halfhill, Susan  
Hamilton, Marilyn  
Harrell, Pamela  
Hartman, Linda  
Hartnett, Lorrie  
Hecker, Patti  
Hernandez, Mary Ellen  
Hess, Regina  
Hitt, Candice  
Hoehn, Michelle  
Jaksik, Mary  
Kent, Helen  
Knight, Elizabeth  
Knight, Cheryl

Larson, Myron  
Leinen, Kathy  
Leonard, Jeanie  
Linares, Kathy  
Littleton, Thelma  
Lively, Mary Kay  
Long, Robert  
Lynch, Patricia  
Mata, Julie  
McCollum, Carol  
Metcalf, Eugene  
Moncrief, Kay  
Morgan, Dorothy  
Morris, Donna  
Morris, Lynda  
Munkres, Ned  
Murray, Carol  
Ogden, Sidney  
Oppenlander, Lynne  
Owen, David  
Paniszczyn, Martha  
Patterson, Stephen  
Patton, Jacalyn  
Pope, Rosa  
Powell, Charles  
Putnam, Kelly

Ramos, Santiago  
Rangel, Mary  
Rankin, Diane  
Rumph, Rudolph  
Scheffler, Kimberly  
Schroeder, George  
Schumacher, Ron  
Schwartz, Elizabeth  
Selko, Claudia  
Sells, Sandra  
Sisk, Lindy  
Slade, Anita  
Slayton, Daniel  
Smerick, Joyce  
Splawn, Larry  
Stautzenberger, Hanni  
Stout, Denise  
Strickland, Bobbie  
Taber, Yvonne  
Taylor, Fleeta  
Thelander, Kathleen  
Thornton, Mildred  
Tomaino, Cynthia  
Trudeau, Marcel  
Voss, Eileen  
Wagoner, Donald

Wagoner, Karen  
Weaver, Jerry  
Weaver, Shirlee  
White, Kathryn  
Whitney, Alice  
Wilken, Dale  
Wilken, Judy  
Williams, John  
Wood, Michelle  
Worley, Patricia  
Young, Mary  
Zamora, Norma Jean  
Zunker, Marie





# WHAT'S IN SEASON IN JULY?

Green beans are one of the most versatile and widely available vegetables in the world. They come in different colors, shapes and sizes, but they all share a common origin: the common bean plant.

Green beans, also called snap beans or string beans, are a staple in many kitchens across the United States. They're a beloved side dish at family potlucks, holiday meals, and nightly dinners. Green beans contain protein, vitamins C and A, and beneficial minerals like calcium. Eating them may have health benefits, including for your heart.



## Parmesan Roasted Green Beans

YIELDS: 4 SERVINGS  
PREP TIME: 15 MINS  
TOTAL TIME: 35 MINS

### Ingredients

- 1 lb. fresh green beans, trimmed
- 2 Tbsp. extra-virgin olive oil
- 1/2 tsp. salt
- 2 cloves garlic, finely chopped
- 1/4 tsp. black pepper
- 1/2 c. shredded parmesan
- 1/4 c. shredded mozzarella

### Directions

1. Preheat oven to 425 degrees. On large sheet pan, toss green beans with oil and salt. Bake, tossing after 7 minutes, until beans are crisp-tender, 10-15 minutes.
2. Toss green beans again; sprinkle with garlic and 1/4 tsp. pepper. Top with parmesan and mozzarella.
3. Heat broiler. Broil beans, watching closely, until cheese is melted and golden brown, 2-3 minutes. Serve.



## Green Beans

### Health Benefits



Has Antiaging Properties



Great Anti Oxidants



Rich In Fiber



Cholesterol Free



Improves Body Immunity



Fat Free

22%

Vitamin K

18%

Manganese

16%

Vitamin C

10%

Folate

## Green Beans

- ✓ Cholesterol-Free
- ✓ Fat-Free
- ✓ Good Source of Fiber
- ✓ Sodium-Free

A nutrient-dense veggie packed with vitamin K and vitamin C

(per cup  
1/2-inch pieces)

31  
CALORIES

0.2g  
FAT

7g  
CARBS

verywell

2.7g  
FIBER

1.8g  
PROTEIN





# 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  
DaleWilken@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

## GREAT PEOPLE. GREATER IMPACT.



## 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

**Chiropractic  
Examination  
Posture Scan  
Neurological Scan  
X-Rays**



18830 46 Pkwy  
Bldg 1 Suite B  
Spring Branch, TX 78070  
(830)327-7327  
www.renewfamilytx.com

GET SOCIAL WITH US **RENEWFAMILYTX**

## RBFCU

### It's Banking...only Better!

Checking | Savings | Loans | Credit Cards

Join today – [rbfcu.org](http://rbfcu.org)

Federally insured by NCUA. Membership eligibility required. Restrictions may apply.  
Loans subject to credit approval. RN2168509

**Dura Sims**  
Business Development

Office: 210.988.1680  
Cell: 830.837.3162  
Fax: 210.988.1740  
Email: [Dsims@palomahealthservices.com](mailto:Dsims@palomahealthservices.com)  
[www.palomahealthservices.net](http://www.palomahealthservices.net)

4400 Piedras Drive | Suite 209  
San Antonio, TX 78228

**PALOMA**  
Hospice & Palliative Care



**TEXAS REGIONAL BANK**

## State Farm



**Kathleen Banse**  
830-438-7025

**Home  
Instead**  
*To us, it's personal*



# 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



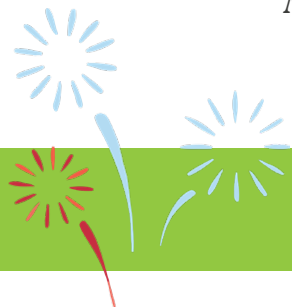
**Candice Hitt**  
Bookkeeper & Grant Writer



**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  
Hanni Stautzenberger  
Melodie Vise



www.bsbac.com



830-438-3111



30280 Cougar Bend, Bulverde TX 78163