

June 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

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Note from the CENTER & Upcoming EVENTS

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Health & Fitness SCHEDULE

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



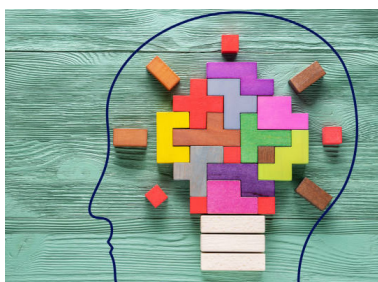
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HOW DO I GET CENTER INFO?

- 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

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June Event FLYERS &

Special EVENTS



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ALZHEIMER'S & BRAIN AWARENESS MONTH

Worldwide, 55 million people are living with Alzheimer's and other dementias.

Alzheimer's disease is a degenerative brain disease and the most common cause of dementia. Dementia is not a specific disease. It's an overall term that describes a group of symptoms.



About Dementia. Dementia is a general term for loss of memory, language, problem-solving and other thinking abilities that are severe enough to interfere with daily life. Alzheimer's is the most common cause of dementia. Dementia is not a single disease; it's an overall term — like heart disease — that covers a wide range of specific medical conditions. Disorders grouped under the general term “dementia” are caused by abnormal brain changes. These changes trigger a decline in thinking skills, also known as cognitive abilities, severe enough to impair daily life and independent function. They also affect behavior, feelings and relationships.

Signs of dementia can vary greatly. Examples include problems with:

- Short-term memory.
- Keeping track of a purse or wallet.
- Paying bills.
- Planning and preparing meals.
- Remembering appointments.
- Traveling out of the neighborhood.

Many conditions are progressive, which means that the signs of dementia start out slowly and gradually get worse. If you or someone you know is experiencing memory difficulties or other changes in thinking skills, don't ignore them. See a doctor soon to determine the cause. Professional evaluation may detect a treatable condition. And even if symptoms suggest dementia, early diagnosis allows a person to get the maximum benefit from available treatments and provides an opportunity to volunteer for clinical trials or studies. It also provides time to plan for the future.

Understanding Alzheimer's. Alzheimer's is the most common cause of dementia, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 60-80% of dementia cases.

Alzheimer's is not a normal part of aging. The greatest known risk factor is increasing age, and the majority of people with Alzheimer's are 65 and older.

Alzheimer's worsens over time. Alzheimer's is a progressive disease, where dementia symptoms gradually worsen over a number of years.

Alzheimer's has no cure, but two treatments — aducanumab (Aduhelm™) and lecanemab (Leqembi™) — demonstrate that removing beta-amyloid, one of the hallmarks of Alzheimer's disease, from the brain reduces cognitive and functional decline in people living with early Alzheimer's. Other treatments can temporarily slow the worsening of dementia symptoms and improve quality of life for those with Alzheimer's and their caregivers. Today, there is a worldwide effort underway to find better ways to treat the disease, delay its onset and prevent it from developing.

Symptoms of Alzheimer's

The most common early symptom of Alzheimer's is difficulty remembering newly learned information.

Just like the rest of our bodies, our brains change as we age. Most of us eventually notice some slowed thinking and occasional problems with remembering certain things. However, serious memory loss, confusion and other major changes in the way our minds work may be a sign that brain cells are failing.



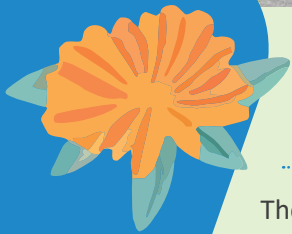
Alzheimer's changes typically begin in the part of the brain that affects learning. As Alzheimer's advances through the brain it leads to increasingly severe symptoms, including disorientation, mood and behavior changes; deepening confusion about events, time and place; unfounded suspicions about family, friends and professional caregivers; more serious memory loss and behavior changes; and difficulty speaking, swallowing and walking.

People with memory loss or other possible signs of Alzheimer's may find it hard to recognize they have a problem. Signs of dementia may be more obvious to family members or friends. Anyone experiencing dementia-like symptoms should see a doctor as soon as possible. If you need assistance finding a doctor with experience evaluating memory problems, your local Alzheimer's Association can help. Earlier diagnosis and intervention methods are improving dramatically, and treatment options and sources of support can improve quality of life.

Resources on Website: alz.org

Two helpful support resources you can tap into are **ALZConnected**, the message boards and online social networking community, and **Alzheimer's Navigator**, a web tool that creates customized action plans, based on answers you provide through short, online surveys.

You can also take the free, online education courses: **Understanding Alzheimer's and Dementia** and **Know the 10 Signs: Early Detection Matters**.



NOTE FROM THE CENTER

By DeLisa Leopold, Executive Director

The rising temperatures mark the end of our spring season, and what a great one it has been!

We hosted our second annual Celebrate the Journey Gala and celebrated 25 years of Run for the Hills. We enjoyed potlucks, day trips, and other fun social activities. We tried our hand at new crafts and took in informative educational programs. We kept active, filling the exercise room and gym each day. We made new friends, welcoming 80+ new members.

Through a collective effort, we raised an impressive sum of over \$60,000 for our mission. This was made possible not just through our fundraising events, but also through the generous individual giving, volunteer hours, and in-kind contributions. Your support has been invaluable in making our mission possible.

We have a fun-filled summer planned, so keep an eye on the weekly calendar!

Our team is honored to serve you, and we look forward to seeing YOU!

Thank you♥

UPCOMING EVENTS

June 3, 17

10:00am - Mexican Train

June 5

10:00am - Brunch Bingo

1:45pm - Book Club

June 5, 12, 19, 26

1:30pm - Intermediate Spanish

June 7

2:30pm - Line Dancing Competition

June 10, 24

12:35pm - Bunco

June 12

10:00am - Card Creations

1:30pm - Arts & Crafts: Pressed Flower Lanterns

2:00pm - Dementia Support Group

June 14

2:30pm - BSBAC Talent Show & Spaghetti Dinner

June 20

11:30pm - First Day of Summer 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

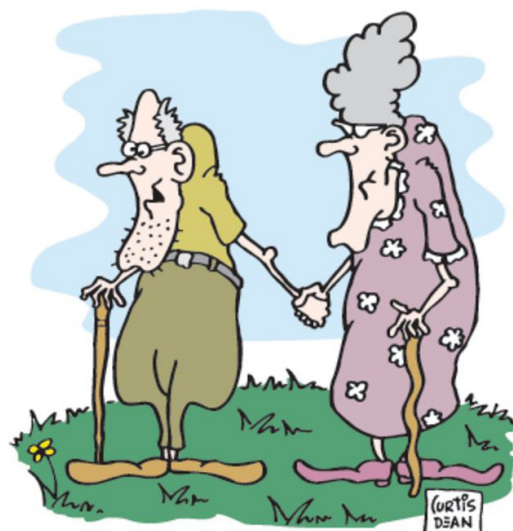


- 11:00am Fellowship Meal
- 12:15pm Bingo

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



"Remember when shake, rattle and roll meant more than just getting out of bed?"

CENTER MEAL MENU



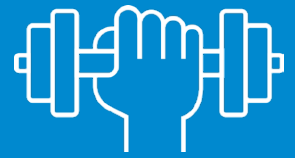
Monday	Tuesday	Wednesday	Thursday	Friday
				
3 Polish Casserole Green Salad Cornbread Dessert	4 BLT Chips Dessert	5 Pizza Green Salad Dessert	6 Greek Chicken & Lemon Rice Asparagus Dessert	7 Ravioli with Marinara Sauce Dessert
9 Frito Pie Fruit Dessert	10 Pulled Pork Ranch Beans Cole Slaw Dessert	11 Chipotle Chicken Bowls Dessert	12 Ham & Cheese Quiche Broccoli Dessert	13 Pot Roast Sliders French Fries Carrot Raisin Salad Dessert
17 Sausage & Potato Sauté Green Beans Dessert	18 Chef's Choice Dessert	19 Hamburgers Dill Pickle Pasta Salad Orange Fluff Dessert	20 Honey Mustard Chicken Green Beans Dessert	21 Chicken Salad Balsamic Green Bean Salad Green Salad Roll Dessert
24 Sausage Mac & Cheese Coleslaw Dessert	25 Beef & Mushroom Casserole Carrots Dessert	26 Hot Italian Sandwich Pasta Salad Dessert	27 Stuffed Bell Peppers Corn Salad Dessert	28 Chicken & Waffles Fruit 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

June

HEALTH & FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:15pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	4 8:30am DrumFit 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba	5 9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:15am Balance & Strength* 12:30pm Balance & Strength* 3:00pm Line Dancing 4:00pm Mindful Flow & Core	6 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	7 9:30am Posture Strength 11:00am Balance & Strength* 12:15pm Balance & Strength*
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24 8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:15pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	25 8:30am DrumFit 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba	26 9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:15am Balance & Strength* 12:30pm Balance & Strength* 3:00pm Line Dancing 4:00pm Mindful Flow & Core	27 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	28 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*



THE BENEFITS OF DRINKING WATER

Helps with:

Weight control



Kidney function
in detoxification



Digestion
regulation



Muscle function



Skin vitality





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



Did you know we had a beginning guitar class? Members are doing so well in our guitar class led by member and volunteer, Barbara Masterson. If you are interested in joining the group, please come by and check it out. Class is held weekly on Tuesdays at 3:30pm. They will be performing at our upcoming talent show in June, so be sure to come and enjoy!



SPOTLIGHT THEATRE & ARTS GROUP ETC

BSBAC was awarded \$1,795 for the opening show fundraiser for the S.T.A.G.E. performance of Seven Nuns in Vegas! Thank you to S.T.A.G.E. and a big thank you to all that bought tickets and attended the show. We appreciate your support!



Bird Dog & Cat Fish PET SHOP

Thank you to Bird Dog & Cat Fish Pet Shop in Spring Branch for donating pet food and setting up a collection bin in the store for our Pets on Wheels program.





Walk Across Texas
Winners!

We had a great time at the 25th Annual Run for the Hills!

This year we partnered with the Kiwanis Club of Texas Hill Country for a Pancake Breakfast. Thank you to our sponsors and community partners for their support and to everyone that participated!

2024 SPONSORS



**25th Annual
Run for the Hills**

THANK YOU FOR YOUR SUPPORT!

























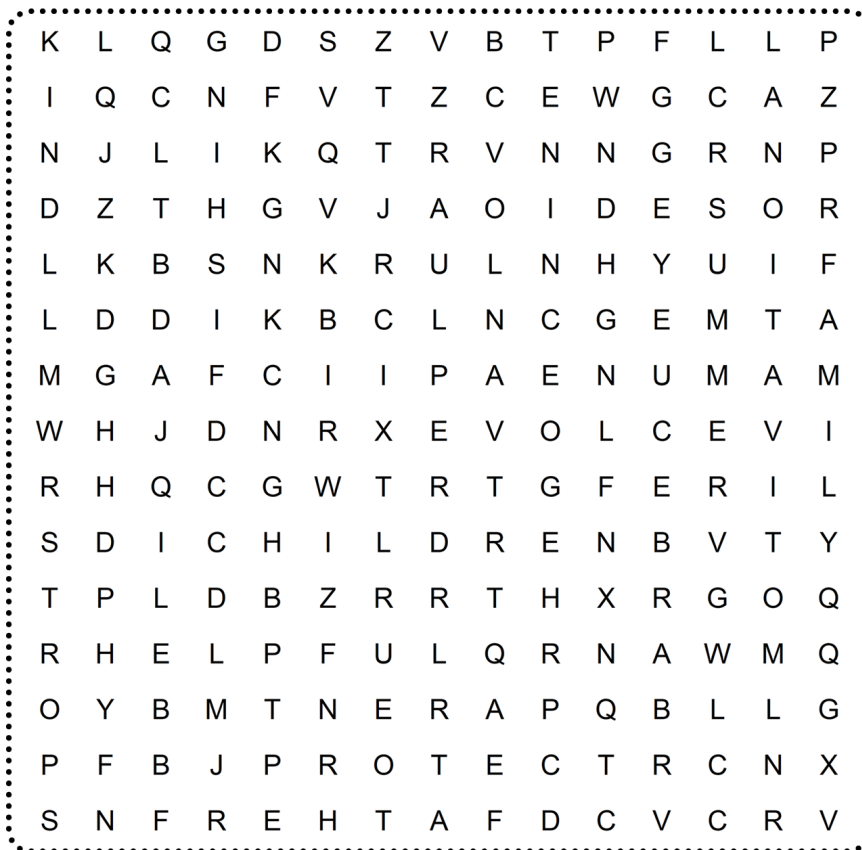
Guy Peterson, DDL



BRAIN GAMES



FATHER'S DAY WORD SEARCH



BARBECUE
BRAVE
CHILDREN
DAD
FAMILY

FATHER
FISHING
GRILLING
HELPFUL
JUNE

KIND
LOVE
MOTIVATIONAL
PARENT
PICNIC

PROTECT
SPORTS
STRONG
SUMMER
TEACHER



Commonyms

1. A Bull - A Car - A Shoe Salesman
2. A Courtroom - A Dugout - A Park
3. A Football Team - A Phone - A Stereo
4. Yellow - Black - Baltic
5. Dark - White - Milk
6. Steak - Spaghetti - Tartar
7. A Bobbin - Spider Web - A Screw
8. Tow - Row - Show
9. Rally - Stock - Drag
10. Families - Trees - Hair

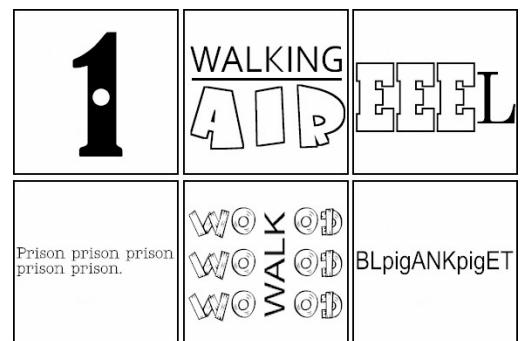
Number Block

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.

						19
5	8	2		2		17
2		7	5	3	5	27
5		8	3		1	26
	4		8	2		32
6	1		4	5	2	20
8	1	1	5		7	26
32	25	24	25	19	23	38

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)



May Answers

1. Books
2. They have whistles
3. They're carved
4. They all have combs
5. Trucks
6. Suits
7. They all have arches
8. Pies
9. Salts
10. Moons



News YOU CAN USE

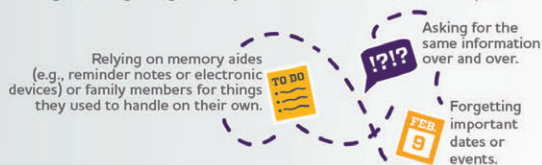
KNOW the 10 SIGNS

EARLY DETECTION MATTERS

If you notice any of the 10 Warning Signs of Alzheimer's in yourself or someone you know, don't ignore them. Please consult your physician.

#1 Memory changes that disrupt daily life

One of the most common signs of Alzheimer's, especially in the early stages, is forgetting recently learned information. For example:



Typical age-related changes: Sometimes forgetting names or appointments, but remembering them later.

#2 Challenges in planning or solving problems

Some people may have difficulty concentrating and take much longer to do things than they did before.



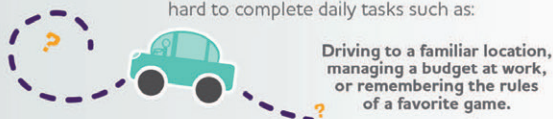
Some people may experience changes in their ability to develop and follow a plan or work with numbers.

They may have trouble following a familiar recipe or keeping track of monthly bills.

Typical age-related changes: Making occasional errors when balancing a checkbook.

#3 Difficulty completing familiar tasks

People with Alzheimer's often find it hard to complete daily tasks such as:



Typical age-related changes: Occasionally needing help to use the settings on a microwave or record a television show.

#4 Confusion with time or place

People with Alzheimer's can lose track of dates, seasons and the passage of time.

They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.



Typical age-related changes: Getting confused about the day of the week but figuring it out later.

#5 Trouble understanding visual images and spatial relationships



Some people may have difficulty reading, judging distance and determining color or contrast. In terms of perception, they may pass a mirror and think someone else is in the room. They may not realize they are the person in the mirror.

Typical age-related changes: Vision changes related to cataracts.

#6 New problems with words in speaking or writing

People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name.

Typical age-related changes: Sometimes having trouble finding the right word.



#7 Misplacing things and losing the ability to retrace steps

A person with Alzheimer's disease may put things in unusual places.

They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time.



Typical age-related changes: Misplacing things from time to time.

#8 Decreased or poor judgment

People with Alzheimer's may demonstrate unusual changes in judgment or decision making.



For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers.

They may pay less attention to grooming or keeping themselves clean.

Typical age-related changes: Making a bad decision once in a while.

#9 Withdrawal from work or social activities

A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports. They may also avoid being social because of the changes they have experienced.



Typical age-related changes: Sometimes feeling weary of work, family and social obligations.

#10 Changes in mood and personality

The mood and personalities of people with Alzheimer's can change.

They may be easily upset in places where they are out of their comfort zone.

They can become confused, suspicious, depressed, fearful or anxious.



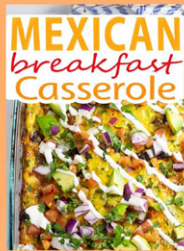
Typical age-related changes: Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

June

EVENT FLYERS/SPECIAL EVENTS

June Brunch Bingo

WEDNESDAY, JUNE 5TH AT 9:45AM



6 GAMES OF BINGO - \$2
BRUNCH - \$5
DONATIONS APPRECIATED

June * ARTS & CRAFTS *



Patriotic Craft Sticks Gnomes and Stars

Wednesday, June 12th @ 1:30pm

\$5 DONATION IS GREATLY
APPRECIATED.
THANK YOU!

LINE DANCE COMPETITION

Friday, June 7 @ 2:30pm

LEAD A LINE DANCE OF YOUR CHOICE!

★ PRIZE WINNINGS ★

\$100-1st Place ★ \$50-2nd Place ★ \$25-3rd Place

- \$10 entry fee for the contestant.
- You must be a BSBAC Member.
- You must teach and lead the group in the line dance.
- The song used must be no longer than 4 minutes.
- You may have a friend(s) up front with you while you lead.
- You must register by Wednesday, June 5
 - Provide name, phone, song, singer & length of song
 - Sign up at Activity Center front desk

EVERYONE IS WELCOME TO JOIN IN ON THE DANCING!

Those participating along with the contestants will receive a ballot to vote for their favorites.

SOURCES FOR LINE DANCE:

youtube.com, copperknob.co.uk (line dance website), pinterest.com, a friend, etc.

WHO'S GOT TALENT
AT BSBAC

Talent Show & Spaghetti Dinner Fundraiser!

FRIDAY, JUNE 14TH FROM
3PM-5PM
(STARTING AFTER BINGO)

\$70 per ticket

Performances by our very own
Members... Who will win?!

Spaghetti Dinner
Following the Show



Guidelines

1

Talent can be any type of
amateur entertainment
(singers, dancers, spoken
word, instruments, etc.)

2

All entries must be
pre-registered with Beth
by May 30, 2024

3

Each act will be given 5
minutes to enter, perform,
and exit. We suggest a 2-3
minute performance max.

4

BSBAC will provide a
performance area,
electricity and microphone
for performance.

5

Each performer/group gets
5 tickets to sell to friends
& family.
More people = More fun!

6

Prizes awarded for top 3
performances. Good Luck or
should we say "Break a leg".

1ST DAY OF SUMMER POTLUCK

THURSDAY, JUNE 20TH
STARTS AT 11:30AM

CENTER WILL PROVIDE
BBQ CHICKEN

SIGN UP TO ATTEND &
BRING A DISH TO SHARE

"Hello June! It's time to
embrace the sunshine and the
endless possibilities it brings."

— Unknown

June Wish List

\$25 Gift Cards
(Variety of Places)

Laundry Baskets w/ Wheels
(\$16 each, 2 needed)

Canned Chicken

Coffee Creamer Pods

Cans of Cream of Chicken or
Cream of Mushroom Soups

Chicken Broth

Quart Zip-Loc Bags

Individual Juice Boxes
(no pouches please)

If you would like to help us get these items or would like to donate towards an item (no matter how big or smaller...every bit helps our 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
- 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
- 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



Adkins, James
Alonzo, Nelli
Barr, James
Bodiford, Donna
Bond, Joan
Boswell, Cindy
Bowman, Faye
Branco, Lois
Bravo, Martha
Brestal, Willard
Broglie, Dianne
Cavanaugh, Joyce
Challen, Wanda
Cheadle, Vicki
Childress, Kay
Collier, Beth
Colvin, Jan
Conner, Betty
Cordes, Charline
Creasman, Elizabeth
Delmas, Paul
Denman, Marsha
Palinkas, Phyllis
Dolan, Hedy

Elza, Debbi
Erwin, Kelly
Farr, Calvin
Fielder, Gerald
Flores, Madeline
Fowler, Barbara
Fowler, Carolyn
Galloviich, Connie
Garcia, Alberto
Gibbens, Lou
Gresham, Peggy
Hagen, Linda
Hall, Phyllis
Hanson, Elaine
Harrison, Dianne
Hartman, Jim
Haynes, Harvey
Henke, June
Hernandez, Irene
Hime, James
Holler, Ruth
Hopkins, Robert
Izard, Susan
Jacks, Anita

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Wray, Bill
Young, Paul



WHAT'S COOKING IN JUNE?

Strawberries are low-calorie fruits rich in vitamin C, manganese, folate, and antioxidants. They may help prevent heart disease, diabetes, and cancer, and improve blood sugar control and insulin sensitivity.

Strawberries are bright red, juicy, and sweet. They're an excellent source of vitamin C and manganese and also contain decent amounts of folate (vitamin B9) and potassium. Strawberries are very rich in antioxidants and plant compounds, which may have benefits for heart health and blood sugar control.

Strawberries

- ✓ Cholesterol-Free
- ✓ Low-Fat
- ✓ Sodium-Free
- ✓ Gluten-Free
- ✓ Low in Saturated Fat
- ✓ Good Source of Fiber

Rich in fiber, vitamin C, potassium, and antioxidants

0.5g
FAT

49
CALORIES

1g
PROTEIN

3g
FIBER

11.7g
CARBS

(per cup, raw halves)

verywell

WebMD

HEALTH BENEFITS OF

STRAWBERRIES



THEY COULD BOOST YOUR MEMORY

The flavonoids may help to offset inflammation in the brain and delay age-related memory loss.



THEY'RE HEART-SMART

Packed with heart-protective and blood-pressure-lowering nutrients including potassium and antioxidants.



THEY MAY FIGHT CANCER

Nutrients like fiber, folate, vitamin C, ellagic acid, and flavonoids may reduce the risk of cancer.



THEY'RE A LOW-CALORIE SNACK

1 cup, about 8 strawberries, has 53 calories, 1.1 grams of protein, and 8.2 grams of sugar.

SOURCES: Circulation, Annals of Neurology, British Journal of Nutrition, Journal of Agriculture and Food Chemistry, USDA.



Strawberries are the only "fruit" with seeds on the outside. Because their seeds are not on the inside they are not technically a fruit—they are actually a member of the rose family.



There are about

200
SEEDS

on each strawberry!

Strawberries are low in calories but HIGH IN VITAMINS.

C
B
K

3.5 LBS. PER YEAR



The average American eats almost 3.5 lbs. of the berry each year!

75%



California produces 75% of the strawberries grown in the U.S. That's about 2 billion pounds!

FUN FACTS!

They can whiten your teeth! They make great jam, shortcakes, pies and delicious ice cream. They can be dehydrated and turned into fruit leather or frozen and saved for later!



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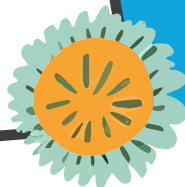
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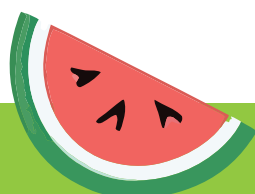


Candice Hitt
Bookkeeper & Grant Writer



**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.



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