

September 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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Health & Fitness SCHEDULE

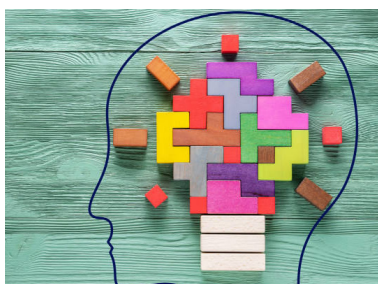
"Exercise not only changes your body, it changes your mind, your attitude, and your mood."



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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



SEPTEMBER IS HEALTHY AGING MONTH

September is Healthy Aging® Month and the time to get started on better health practices.

Think it's too late to "re-invent" yourself? Think again. It's never too late to find a new career or volunteer opportunity, a new sport, passion or hobby. And, it's the time to travel, now more than ever. This annual health observance month is designed to focus national attention on the positive aspects of growing older.

Join us here at the Center for all our Active Aging Month events and activities! See page 11 for more details.

Celebrating Healthy Aging Month helps to draw attention to the myths of aging, and to shout out 'Hey, it's not too late to take control of your health, it's never too late to get started on something new.' Why not think about the positive aspects of aging instead of the stereotypes and the negative aspects?" This month is designed to encourage people to rejuvenate and get going on positive measures that can impact the areas of physical, social, financial and mental wellness.

Tips for Reinventing Yourself during September Is Healthy Aging Month:

- **Do not act your age or at least what you think your current age should act like.** What was your best year so far? 40? 60? Now? Picture yourself at that age and be it. Have fun and enjoy the good things around you!
- **Be positive in your conversations and your actions every day.** When you catch yourself complaining, check yourself right there and change the conversation to something positive.
- **Have negative friends who complain all of the time and constantly talk about how awful everything is?** Make a change. Surround yourself with energetic, happy, positive people of all ages and you will be happier too.
- **Stand up straight!** Good posture is important for aging because it can help prevent injury, maintain

a healthy spine, and improve balance.

- **How's your smile?** Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Not only is it the first thing people notice, but good oral health is a gateway to your overall well-being.
- **Lonely?** Stop brooding and complaining about having no friends or family. Do something about it now. Right this minute. Pick up the phone, landline, or cell and make a call to do one or more of the following: Volunteer your time, Take a class, Invite someone to meet for lunch, brunch, dinner, or coffee. **Come enjoy the activities we offer here at the Center and make new friends!**
- **Start walking for your health.** Walking is a popular and cost-effective way to exercise that can have many health benefits for older people: Improved health and wellbeing, Reduced risk of disease, Stronger bones and muscles, Improved balance and coordination, and more.
- **Make this month the time to set up your annual physical and other health screenings.** Annual physicals and health screenings are important for older people because they can help identify and treat health problems early,

and prevent serious conditions. Regular checkups allow healthcare professionals to monitor the effectiveness of medications, address side effects, and make adjustments. **Join us at the Center for our upcoming Health Screenings!**

- **Find your inner artist.** Who says taking music lessons is for young school children? You may have an artist lurking inside you just waiting to be tapped. Have you always wanted to play the piano, violin, or guitar? Have you ever wondered if you could paint a portrait or scenic in oil? What about working in wood? Sign up now for art or music classes and discover your inner artist!
- **Make sure you have at least one social encounter a day.** Having a sense of community and positive connections in your life is crucial to the aging process.
- **Commit yourself to a couple of activities outside your home a week.** It's important to keep your mind active and stimulated. Make sure you make time for hobbies or experiences that make you HAPPY. Having passion for things we enjoy doing (i.e. hiking, dance class, painting, book club, playing chess, etc.) keeps us youthful and gives us a sense of PURPOSE.

Visit <https://healthyaging.net/> for more.



NOTE FROM THE CENTER

By DeLisa Leopold, Executive Director



The Big Give

Each year, The Nonprofit Council hosts The Big Give, a 24-hour online giving day that allows nonprofits to raise awareness and fundraise for their mission. The BSBAC will participate in The Big Give, and we ask for your support!

The event will run from September 18 at 6 PM through September 19 at 6 PM, with an early donation period beginning on September 11.

Last year, with your generous support, we raised an impressive \$7347.11. This year, we have set an ambitious goal of \$10,000 for our campaign. Your continued support will help us make an even bigger impact!

Your donation may also be made in person at BSBAC. If received before September 17, we will use your contribution for Match Minutes! Please visit our office for more information.

Follow the BSBAC Facebook page for details as the event nears or visit thebiggivesa.org.

Our mission is not just important; it's vital. Your support, in any form, is a crucial part of this mission and is greatly appreciated. Together, we can make a difference!

UPCOMING EVENTS

September 2

Center Closed for Labor Day

September 4

9:45am - Brunch Bingo

1:45pm - Book Club

September 9, 23

12:35pm - Bunco

September 11

10:00am - Card Creations

1:30pm - Arts & Crafts: Floral Arranging

2:00pm - Dementia Support Group

September 12, 19, 26

10:00am - Daytrip to The Dienger Trading Co.
on Boerne's Main Street

September 13

3:00pm - The Big Give Bingo

September 16, 30

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

September 18

10:00am - The Big Give Parking Lot Party

September 27

11:00am - Comal County Fair Day Potluck

See Page 11 for the Active Aging Presentation and Health Screening Schedule.

We have many great presentations, health screenings, and vendors coming in September.



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 <i>Tables drawn @ 9:45am</i> <i>Play begins @ 10:00am</i>
11:30am	Fellowship Meal
12:00pm	Poker (1st Thurs)
12:00pm	Mindful Meditation
1:00pm	Bible Study

TUESDAY

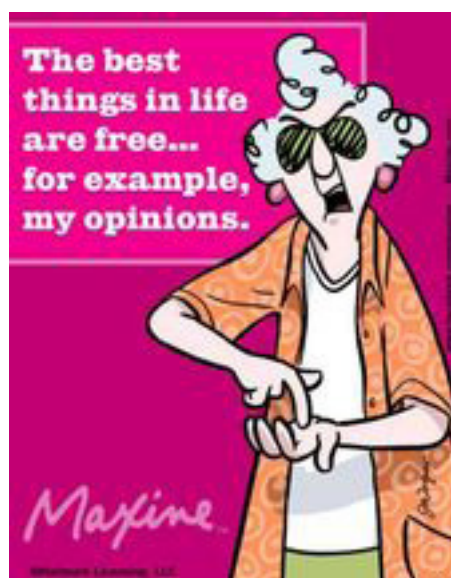
11:00am	Mah Jong
11:30am	Fellowship Meal
1:00pm	Bingo
2:15pm	Beginning Spanish
4:00pm	Guitar

FRIDAY

10:00am	Health & Nutrition Class
11:00am	Tech Support Class (every other Fri)
11:00am	Fellowship Meal
12:15pm	Bingo
1:00pm	Tech Support Class (every other Fri)

WEDNESDAY

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





September

CENTER MEAL MENU

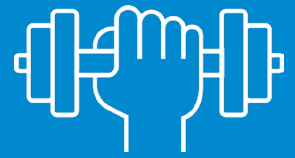





Monday	Tuesday	Wednesday	Thursday	Friday
CENTER CLOSED 	Taco Salad Dessert	Stacked Enchiladas Beans Dessert	Onion Chicken Green Beans Dessert	Nacho Bar Green Salad Dessert
Chicken Parmesan Soup Green Salad Dessert	Chicken Bacon Ranch Sliders Fruit Dessert	Italian Crescent Ring Pasta Salad Dessert	Stuffed Bell Peppers Corn Dessert	Egg Roll Fried Rice Dessert
BBQ Meatballs Scallop Potatoes Salad Dessert	Corn Chowder Green Salad Dessert	Cheeseburgers Black Eyed Peas Mixed Berry Cobbler	Scalloped Potatoes & Ham Green Salad Dessert	Roast Beef Sliders Green Salad Dessert
Broccoli Chicken Casserole Carrots Dessert	Chef's Choice Dessert	Street Tacos Corn & Bean Salad Dessert	Greek Omelet Casserole Fruit Dessert	Comal County Fair Potluck Dessert
Sub Sandwiches Chips 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

September HEALTH & FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  LABOR DAY	3 8:30am DrumFit 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba	4 9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:15am Balance & Strength* 12:30pm Balance & Strength* 2:30pm Line Dancing 3:45pm Mindful Flow & Core	5 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	6 9:30am Posture Strength 11:00am Balance & Strength* 12:15pm Balance & Strength*
9 8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:15pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	10 8:30am DrumFit 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba	11 9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:15am Balance & Strength* 12:30pm Balance & Strength* 2:30pm Line Dancing 3:45pm Mindful Flow & Core	12 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	13 9:30am Posture Strength 11:00am Balance & Strength* 12:15pm Balance & Strength*
16 8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:15pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	17 8:30am DrumFit 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba	18 9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:15am Balance & Strength* 12:30pm Balance & Strength* 2:30pm Line Dancing 3:45pm Mindful Flow & Core	19 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	20 9:30am Posture Strength 11:00am Balance & Strength* 12:15pm Balance & Strength*
23 8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:15pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	24 8:30am DrumFit 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba	25 9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:15am Balance & Strength* 12:30pm Balance & Strength* 2:30pm Line Dancing 3:45pm Mindful Flow & Core	26 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	27 9:30am Posture Strength 11:00am Balance & Strength* 12:15pm Balance & Strength*
30 8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:15pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga		HELLO September 		

GYM HOURS

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

Fri: 8:00am - 3:00pm

*Class is FREE for all BSBAC Members



RenewActive[™]
by UnitedHealthcare

You can't help getting older, but
you don't have to get old.



GEORGE BURNS,
American comedian, actor and musician





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

We celebrated some monumental birthdays this month. Thank you for sharing your special day with us at the Center!

HAPPY 94TH BIRTHDAY



IRIS ROSSI CELEBRATED 94 WITH US!

HAPPY 100TH BIRTHDAY!



Angie Guerra celebrated an amazing birthday at the Center this week!
Happiest of Birthdays to you!



Members made beautiful arrangements in the floral arranging class.



We now have a flag retirement drop-off box thanks to Jonathan & Markuz Almaguer from Boy Scout Troop 360. The boys hand-made this box for us to keep at the Center as a service to the community.

If you have an old or damaged flag, please drop it in the box at the front of our building and the VFW Post 12205 will dispose of it properly.





DAY TRIP →

Members visited the Witte Museum and had lunch at Good Time Charlies for the August day trip. One group also got to celebrate Whataburger's birthday celebration with free milkshakes! Join us this month on the trip to Dienger Trading Co. in Boerne.



BRAIN GAMES



AUTUMN WORD SEARCH



WORD LIST

ACORN
AUTUMN
BONFIRE
BRISK
CIDER
CORN
CRISP
EQUINOX
FALL
FESTIVAL
FOLIAGE
FOOTBALL
GOURD
HALLOWEEN
HARVEST
HAYSTACK
JACKET
LEAVES
NOVEMBER
OCTOBER
PINE CONE
PUMPKIN
SCHOOL
SEPTEMBER
SQUASH
SWEATER
THANKSGIVING
TREES

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



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.

					13
3	6			2	15
	7	0	3	3	21
	3		1		18
3		5			18
3		2			22
25	20	16	17	16	25

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)

TOWthrowEL		TIDE
HAND HAND EXPERIENCE		CORNE. CORNE.

Commonyms

1. The Brain - The Lung - The Ear
2. Spider - Fiddler - Hermit
3. Back - Butterfly - Side
4. A Car - A Tree - An Elephant
5. A Bear - A Hammer - A Lobster
6. Finish - Fishing - Dotted
7. Metal - Radar - Lie
8. Music - Mail - Safe Deposit
9. Rail - Chain - Picket
10. Palm - Easter - Hot Fudge

August Answers

1. They all have subs
2. They have faces
3. They have gutters
4. Bars in gymnastics
5. Mothers
6. Horses
7. They're black & white
8. Boxes
9. Fences
10. All Sundays/Sundaes





Active Aging Month SCHEDULE OF EVENTS

Monday, September 9th

10am-12pm (Dining Room)

Vendor: Comal County Public Health Department

Tuesday, September 10th

10:30am-12:30pm (Dining Room)

Vendor: The Havens and The Laurels in Stone Oak w/ Jill Altman

11:45am-12:45pm (Group X Room)

Presentation: Meet our Newest Internal Medicine Doctors

Wednesday, September 11th

10am-12pm (Dining Room)

Presentation: Get the Facts about Added Sugar by Amanda Molina w/ AgriLife

Friday, September 13th

9am-2pm (Small Conference Room)

Vendor: Carmen Health Kidney Screenings

Monday, September 16th

10:30am-12:30pm (Dining Room)

Vendor: Air Med Care w/ Philip Walker

Tuesday, September 17th

10am-12:30pm (Small Conference Room)

Vendor: Flu Shot Clinic by Spring Branch Pharmacy

10:30am-11:30pm (Dining Room)

Presentation: ACOG Ombudsman Program by Heather Armstrong

Wednesday, September 18th

10am-12pm (Dining Room)

Vendor: Captel Outreach w/ Alex Hall

Tuesday, September 24th

10am-12pm (Mobile Bus-Outside)

Vendor: South Texas Blood and Tissue

11:45am-12:45pm (Group X Room)

Lunch & Learn: Hearing Life

Wednesday, September 25th

10:30am-11:30am (Dining Room)

Presentation: Bulverde Assisting Living

MEET & TALK

HEALTHFIRST PRIMARY CARE

DR. ARIA DAYANI
DR. DIVYA MUTHAPPA

SEPTEMBER 10TH @ 11:45 AM

Come meet our Newest Internal Medicine Doctors in our community. They would love to meet you and answer your questions.

Don't let your kidneys give you an unexpected surprise...

Kidney Screening
Friday, September 13th
from 9am-2pm

Half of patients starting dialysis didn't know they had a serious health problem.
Don't delay, get checked!
For your FREE kidney screening, please call 830-438-3111 to make an appointment for Friday, September 13th from 9am-2pm.

Carmen
[kidney] HEALTH

Flu Shot Clinic

by
Spring Branch Pharmacy

Tuesday, September 17th
from 10am-12:30pm

Friday, October 11th
from 9:30am-12pm

Call to schedule your appointment at:
830-438-3111

**GET THE FACTS:
Added Sugars**

Wednesday, September 11, 2024
@ 10 am

Discover the hidden dangers of added sugar and learn how to reduce your intake for better health.

Join us for a presentation and smoothie bike demonstration.

Location:
Bulverde Spring Branch Activity Center
30280 Cougar Bend
Bulverde, TX 78163
Phone: 830-438-3111
info@bsbac.com

TEXAS A&M AGRILIFE EXTENSION

BULVERDE SPRING BRANCH ACTIVITY CENTER

Texas A&M AgriLife Extension Service provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

ENHANCE YOUR HEARING HEALTH

Experience the difference with our state-of-the-art technology, compassionate care, and commitment to your hearing wellness

HearingLife

Lunch & Learn:
Tuesday,
September 24th
at 11:45am

Light Lunch will be provided.
25 max attendees

Alamo LTC Ombudsman Program

What is a Long-Term-Care Ombudsman?

Advocating for Residents and Their Rights!

Tuesday, September 17th
at 10:30am

Come learn about the long-term-care ombudsman program and how they can support and empower people living in nursing homes and assisted living communities and their families.

**DONATE BLOOD DRIVE
SAVE LIFE**

Tuesday, September 24th from
9am-12pm

BSBAC, 30280 Cougar Bend, Bulverde, TX 78163

REGISTER NOW!
<https://donor.southtexasblood.org/donor/schedule/2409>

by South Texas Blood and Tissue

September EVENT FLYERS/SPECIAL EVENTS

September Brunch Bingo
Wednesday, 9/4 @ 9:45am



MISSISSIPPI BREAKFAST SIN CASSEROLE

Health & Wellness Classes

Friday at 10am on
9/6, 9/20, & 9/27

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.

September
Arts &
Crafts



Wednesday,
September 11th at
1:30PM

\$5 Donation is
Greatly
Appreciated

DECORATE
YOUR FALL
HAT!



Speak Spanish
With Confidence
Slow Paced for Beginners

Writing Speaking

Learn Something New: Culture Heritage

Mouth Formation Pronunciation Short Salutations

Common Words & Phrases

Classes start Tuesday, September 10th from 2:15-3:15pm and will be every Tuesday for 8 weeks. Cost is \$10 per person for the 8 week class.

DO YOU WANT TO
LEARN TO SPEAK
SPANISH?

GRACIAS

SPANISH CLASS

This is an Intermediate Spanish class. Classes start Wednesday, September 11th at 1:30pm and will be every Wednesday for 8 weeks.

¡HOLA!

Intermediate to Advanced
Writing & Speaking
Common Words & Phrases
Mouth Formation
Pronunciation
Short Salutations
& More!

September Day Trip
9/12, 9/19, and 9/26

Massachusetts, as all in eni. d. Tu' restil m ar nau' ms' u

du. a. Mi ipm...

You asked & we're going for a fun filled day to Boerne's Main Street. For more than a century, the Blenger Trading Co. has been at the center of our small town's community. Originally a dry goods store, the building has been home to everything from a team of geologists to the town's main library.

10:30AM DEPARTURE
\$10 PER PERSON IF RIDING THE BUS.
DON'T WANT TO RIDE THE BUS.
FOLLOW ALONG IN YOUR OWN VEHICLE * Must be a member to ride the bus.

**COMAL COUNTY
FAIR POTLUCK**

11AM | FRIDAY, SEPTEMBER 27TH

JOIN US FOR LUNCH AND BRING YOUR FAVORITE APPETIZER, SALAD, SIDE DISH, AND/OR DESSERT TO SHARE WITH EVERYONE.

**SEPTEMBER
WISH LIST**

- \$25 Gift Cards (Variety of Places)
- Treadmill for Gym (see Beth)
- Grab Sticks (\$10, 2 needed)
- Silicon Brushes
- Sweet -n- Low & Splenda Packets
- Canned Pie Filling, Any Flavor
- 11" Paper Plates
- Canned Rotel Tomatoes
- Individual Juice Boxes or Bottles (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 small...every bit helps our center), please see Beth.

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 35-39 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.
- Offering 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.



BULVERDE JUBILEE & CRAFT SHOW

Join us in
Celebrating our Community!

**Saturday
11/9**
10AM - 3PM

30280 Cougar Bend
Bulverde, TX 78603

- ★ Parade
- ★ Kids' Activities
- ★ Vendor Booths
- ★ Food
- ★ Live Music
- ★ Raffle Items

SCAN FOR
REGISTRATION
&
SPONSORSHIPS



For More Information:
Regan Swenson, rsvenson@bsbac.com
DeLisa Leopold, dleopold@bsbac.com
830-438-3111, www.bsbac.com

SPONSORSHIP OPPORTUNITIES

Join us in celebrating our community! We are bringing back the Bulverde Jubilee and partnering it with our annual Craft Show. It will be a fun day that includes a parade, kids' activities, vendor booths, food, live music, and raffle items.

★ HERITAGE HERO - \$10,000

Title sponsorship of the entire event, largest logo on all promotional materials, banner & social media, naming rights for a prominent event feature, full-page ad on social media and newsletters, 10 VIP tickets w/reserved tables, parade entry, vendor booth

★ TRADITIONAL TRAILBLAZER - \$5,000

Naming rights for an event feature (contact staff for details), large logo on all promotional materials, banner & social media, half-page ad on social media and newsletters, 8 VIP tickets w/reserved tables, parade entry, vendor booth

★ LEGACY LEADER - \$2,500

Prominent sign location along parade route, logo on promotional materials, banner & social media, 1/4 page ad on social media and newsletters, 6 VIP tickets w/reserved seating, parade entry, vendor booth

★ BULVERDE BOOSTER - \$1,000

Sign along parade route, logo on banner & social media, business card ad on social media and newsletters, 4 VIP tickets w/reserved seating, parade entry, vendor booth

★ COMMUNITY PARTNER - \$500

Logo on banner & social media, business card ad in newsletter, 2 VIP tickets w/reserved seating, parade entry, vendor booth

★ FRIENDS OF THE JUBILEE - \$250

Logo on banner & social media, business card ad in newsletter, parade entry, vendor booth

SCAN QR
CODE TO
REGISTER



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DeLisa Leopold, dleopold@bsbac.com
830-438-3111, 30280 Cougar Bend, www.bsbac.com



The Big Give
is coming up soon!

SEPT. 18-19, 6PM-6PM

Our community seniors need your help!

Any contribution made by cash or check on or before
September 17 can be used for **MATCHING GIFTS** during
The Big Give Match Minutes!
YOUR generosity will have DOUBLE the impact!

Donate Now: scan code or
donate in person at the Center



BINGO

Join us for a fun event playing bingo,
winning prizes, and supporting the BSBAC!

PRIZES | FOOD | FUN

\$20 entry per person

This entry fee will go towards our Big Give
fundraiser to support the BSBAC.



Friday, Sept. 13th
3:00PM - 5:00PM

VISIT OUR DONATION SITE HERE:

<https://www.thebiggive.org/organizations/bulverde-spring-branch-activity-center>



“

“Giving is not just about
making a donation. It is
about making a
difference.”

Kathy Calvin



Ackey, Jean
Alderman, Sandra
Anderson, Marilyn
Anthony, Hattie
Baker, Kathryn
Ballard, Yoshiko
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Bowles, Jacqueline
Brooks, Don
Brooks, Tammy
Calhoun, Shirley
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Clark, Jim
Cox, Connie
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Gardner, Barry
Gonzalez, Jorge
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Hakemack, Charles
Hartman, Donald
Herczeg, Joe
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Johansen, Danny
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Karp, Kathy
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Lanier, Pat
Larson, Joyce
Lothringer, Kathlenn
Luke, Barney

Maciula, Madeleine
Mai, Elizabeth
Martens, Barbara
Mason, Fred
Masterson, William
McAlpine, Vernice
McCormick, John
Moore, Nan
Morin, Roberto
Mullins, Armina
Munguia Sr, Victor
Naranjo, Monica
Nauschuetz, Karen
Nisbett, Kaye
Noll, Lisa
Norrgran, Patrick
Ogden, Joyce
Owen, Rex
Packard, Anna
Pappas, John

Parker, Victoria
Phelps, Sandy
Piet, William
Pineda, Gladys
Ramirez, Mario
Ramirez, Mary
Ranly-Roberts, Diane
Riddell, Sue
Rizzo, William
Roach, Donald
Robertson, Valorie
Schroeder, Sandra
Segovia, Tomas
Sessums, Terry
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Sparrow, Sharon
Stout, Julie
Swartzenderuber, Lois
Thomason, Norma
Trenor, Mary

Trotti, Judith
Uhlig, Greg
Valdez, Robert
Vasquez, Lorenzo
Vela, Dahlia
Wanke, Jane
Wessel, Pamela
Whitney, Mark
Wilken, Cheryl
Winkler, Lorie
Word, Mary



WHAT'S IN SEASON IN SEPTEMBER?

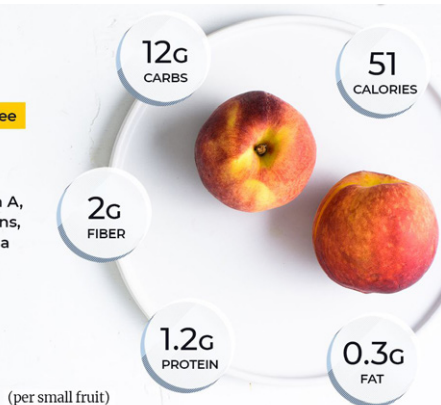
Peaches are sweet, juicy fruits that are rich in vitamins, minerals, and antioxidants.

They're thought to have originated in China more than 8,000 years ago (1Trusted Source). Peaches are related to plums, apricots, cherries, and almonds. They're considered drupes or stone fruit because their flesh surrounds a shell that houses an edible seed. They can be eaten on their own or added to a variety of dishes. The nutritious peach is chock-full of antioxidants and may protect from heart disease, cancer, and moisture loss in your skin, among several other benefits.

Peaches

✓ Cholesterol-Free ✓ Fat-Free
✓ Sodium-Free

Rich in nutrients like vitamin A, vitamin C, B-complex vitamins, and potassium, peaches are a very healthy snack choice



YELLOW PEACH
Yellow flesh
A sweet-tangy blend

A combination of sugar and acidity that gives you a harmonious balance of sweet and tangy.

VS.



WHITE PEACH
White flesh
Purely sweet

Light acidity means you'll enjoy a flavor on the sweeter side.

VS.



DONUT PEACH
Pale yellow flesh
Sweet with almond overtones

A combination of sweet and mildly nutty, a flavor unique to this variety.

Tips For Using Peaches

- If you don't have, or are out of fresh peaches, you may be able to adapt recipes for use with canned, frozen, or [freeze-dried versions](#).
- We tend to associate peaches with sweet dishes, but if you haven't tried them in a savory dish, you're missing out! Try adding chunks of fresh peaches to salads and grill thick slices for an easy summer side dish.
- Avoid mushy peaches by giving each one a gentle squeeze. A mushy peach will feel a little too soft and have wrinkled or shriveled skin.
- If a peach looks old, give it the sniff test. An peach past its prime may have a fermented or slightly 'off' smell.
- Shop different types of ethnic stores and farmers markets during the summer season to find other peach varieties.

PEACH NUTRITION BENEFITS

1

Combats Free Radicals

Peaches display strong antioxidant properties that have long-term implications for fighting disease and ridding the body of free radicals.



2

Fights and Prevents Cancer

The skin, pulp, seeds and flowers from the peach tree have all been shown to fight cancer.

3

Prevents Dangerous Heart-Related Conditions

These "stone fruits" have proved to have a unique combination of bioactive compounds that, together, create drastic improvement in individuals at risk for heart disease.

4

Reduces Inflammation

Among its many anti-inflammatory abilities, peach nutrition stops the production of inflammatory cytokines and suppresses the release of histamines in the bloodstream that cause allergic reactions.

5

Treats Gut Disorders

Not only does the extract of peach flowers protect against certain cancers, but it's also a reasonable treatment for certain gut disorders known as motility disorders.

6

Destroys Candida Fungus

Peach nutrition fights and eliminates the growth of candida fungus with its combination of polyphenols, bioflavonoids and condensed tannins.

7

Supports Healthy Eyes

Because they contain the powerful antioxidants like lutein, peaches also help to protect your eyes and keep them healthy.



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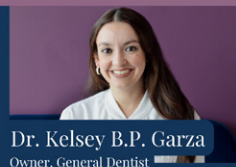
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**BULVERDE
SPRING BRANCH
ACTIVITY CENTER**
— est. 1991 —

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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