



December 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.”



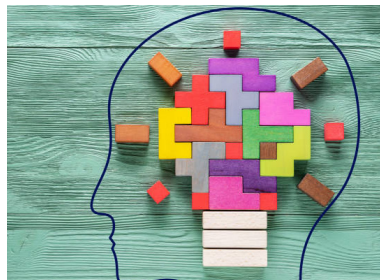
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HOW DO I GET CENTER INFO?

- 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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THE FLU & OLDER ADULTS

Each year, millions of people suffer from seasonal influenza, which is often called the flu. Flu is a respiratory illness caused by viruses that infect the nose, throat, and sometimes the lungs.

Flu is a mild illness for some people. But for others, including older adults and those with chronic (long-lasting) health conditions, the flu can be very serious and even life-threatening. Getting a flu vaccine every year can help prevent the flu. The vaccine is safe, effective, and available for little to no cost to you.



How serious is the flu?

Most people who get the flu feel better after a few days to two weeks. However, the flu can make you seriously ill. Some people develop other health issues and complications. These can be mild, such as a sinus or ear infection, or more serious, like pneumonia.

You are more at risk for flu and its complications if you:

- Are age 65 or older
- Have certain medical conditions such as asthma, diabetes, or chronic kidney disease
- Have heart disease or have had a stroke
- Live in a nursing home or other long-term care facility

How does the flu spread?

The flu is contagious, which means it spreads from person to person. It mostly spreads through droplets in the air when people with flu cough, sneeze, or talk. It can spread from up to six feet away. Although it isn't as common, the flu can also spread from surfaces — for example, if you touch something the virus is on and then touch your nose, mouth, or eyes.

It's possible to spread the flu before you feel sick and when you have symptoms. Typically, people with the flu can spread it a day before, and

up to a week after feeling sick. Young children and people with weakened immune systems may be able to spread the flu for even longer. If you or someone you know is sick with the flu, take steps to help prevent spreading the disease.

Is it the flu, a cold, or COVID-19?

The common cold, flu, and COVID-19 are respiratory illnesses caused by different viruses. They can all cause similar symptoms. If you have symptoms, a health care provider can determine the cause of your illness and help you take steps to feel better.

A cold is often milder than the flu. The flu and COVID-19 have similar symptoms, but COVID-19 spreads more easily and symptoms tend to be more severe. It's also more common to have a change in your sense of smell or taste with COVID-19.

People with the flu can have fever, chills, dry cough, general aches and pains, and a headache. They feel very tired. Sore throat, sneezing, stuffy nose, or stomach problems are less common.

How can you prevent the flu?

The most effective way to prevent the flu is to get a flu vaccine every year. Everyone 6 months and older should get a flu vaccine. It makes it less likely that you will get the flu. It also reduces your chances of being

hospitalized or dying if you do get sick with the flu.

In addition to getting your flu vaccine, you can help stop the spread of flu by:

- Washing your hands
- Covering your mouth when you cough or sneeze
- Avoiding touching your eyes, nose, or mouth
- Staying home when you are sick
- Avoiding close contact with people who are sick
- Cleaning and disinfecting frequently touched surfaces at home, work, or school

What can you do if you get the flu?

If you get the flu, there are steps you can take to feel better. Act fast! First, talk with a health care provider. The flu and COVID-19 have similar symptoms, so you may need to get tested for an accurate diagnosis. This will also help determine which medications might make you feel better.

There are prescription drugs, called antivirals, that are used to treat people with the flu. If you take them within 48 hours after flu symptoms begin, these drugs can make you feel better more quickly. Be sure to rest and drink plenty of fluids.



NOTE FROM THE CENTER

By DeLisa Leopold, Executive Director

End-of-Year Reflections and Gratitude

As the year comes to a close, I find myself reflecting on the incredible year we've had here at the BSBAC. Together, we've navigated challenges, celebrated milestones, and continued to plan for the future. This year, we accomplished so much thanks to your unwavering support:

- 200+ Volunteers logged over 9000 hours.
- We welcomed 377 new members.
- Members enjoyed over 329,000 hours of wellness, education, and socializing.

These achievements are a testament to the power of collaboration, commitment, and common interest in our mission of facilitating active aging for older adults. Aside from the statistics, what truly stands out is the people behind them. The amazing members who come to the Center to nourish themselves both physically and mentally as well as the friendships they've developed with fellow members. The dedicated volunteers who work tirelessly day in and day out to support our members and see that the 80+ Meals on Wheels clients are taken care of. The BSBAC team, including instructors, bus drivers, board members, and staff who work to make sure that the BSBAC is the very best it can be each day. And, the supporters who give so generously to ensure that our work continues.

Looking ahead to 2025, we're excited to continue building on this foundation. Our plans include enhancing our programming to meet members' needs and the highly anticipated launch of a capital campaign to fund a new Health and Wellness building.

As we prepare for the new year, we invite you to stay engaged:

- Volunteer: Join us in our efforts.
- Give: Your contributions fuel our impact.
- Share: Help spread the word about our mission.

Thank you for being an important part of our story. Together, we're not just imagining a better future—we're creating it.

Wishing you a joyful holiday season!

UPCOMING EVENTS

December 2, 16

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

December 4

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

December 5

9:30am - Daytrip to the San Marcos Premier Outlets w/lunch at Cracker Barrel

December 6

3:00pm - IGC Bingo

December 9, 23

12:35pm - Bunco

December 11

10:00am - Card Creations
1:30pm - Cookie Swap & Friendship Soup in a Jar
2:00pm - Dementia Support Group

December 18

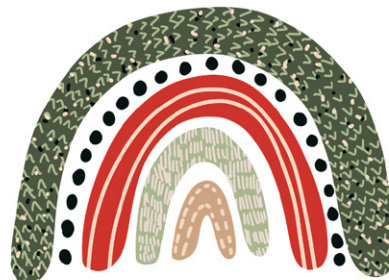
2:00am - Caregiver's Support Group

December 19

11:30am - Christmas Pajama Party & Potluck

December 24-27, 31

Center Closed for the Holidays



Happy Holidays!



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
- 12:00pm Guitar
- 1:00pm Bingo

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



**"YOUTH IS
A GIFT
OF NATURE,
BUT AGE
IS A
WORK OF ART."**

— STANISLAW JERZY LEC



December

CENTER MEAL MENU

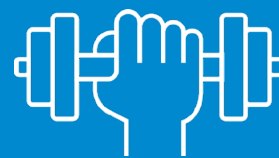








Monday	Tuesday	Wednesday	Thursday	Friday
2 Taquito Enchiladas Rice Guacamole Dessert	3 Red Beans & Rice Green Salad Dessert	4 Lasagna Green Salad Dessert	5 Creamy Dijon Chicken Broccoli Dessert	6 Sub Sandwiches Chips Dessert
9 Chicken Tenders Mashed Potatoes and Gravy Green Beans Dessert	10 Spaghetti & Meatballs Green Salad Garlic Bread Dessert	11 Beef Tacos Pinto Beans Dessert	12 Chicken Pot Pie Salad Dessert	13 Baked Potato Bar Salad Dessert
16 BBQ Meatballs Scalloped Potatoes Dessert	17 Nacho Bar Dessert	18 Cheeseburgers Black Eyed Pea Salad Dessert	19 Christmas Potluck Ham & Tamales provided 	20 Chef's Choice Dessert
23 Ham & Biscuit Sandwiches Lemon Broccoli Salad Dessert	24 CENTER CLOSED 	25 CENTER CLOSED	26 CENTER CLOSED 	27 CENTER CLOSED 
30 Pizza Green Salad Dessert	31 CENTER CLOSED			

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

December HEALTH & FITNESS SCHEDULE



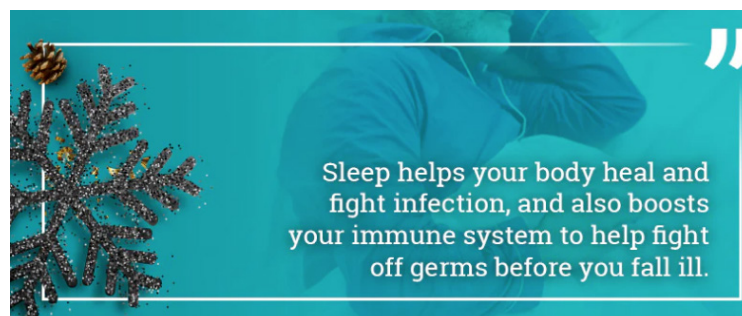
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:15pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga 5:30pm Clogging</p>	<p>3</p> <p>8:30am DrumFit 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba</p>	<p>4</p> <p>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</p>	<p>5</p> <p>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</p>	<p>6</p> <p>9:30am Posture Strength 11:00am Balance & Strength* 12:15pm Balance & Strength*</p>
<p>9</p> <p>8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:15pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga 5:30pm Clogging</p>	<p>10</p> <p>8:30am DrumFit 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba</p>	<p>11</p> <p>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</p>	<p>12</p> <p>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</p>	<p>13</p> <p>9:30am Posture Strength 11:00am Balance & Strength* 12:15pm Balance & Strength*</p>
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<p>23</p> <p>8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:15pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga 5:30pm Clogging</p>	<p>24</p> <p> CLOSED FOR THE HOLIDAYS</p>	<p>25</p> <p></p>	<p>26</p> <p> </p>	<p>27</p>
<p>30</p> <p>8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:15pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga 5:30pm Clogging</p>	<p>31</p> <p>CENTER CLOSED</p>	<p></p>	<p></p>	<p><i>*Class is FREE for all BSBAC members</i></p>

GYM HOURS

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

Fri: 8:00am - 3:00pm

**Class is FREE for all BSBAC Members*





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.



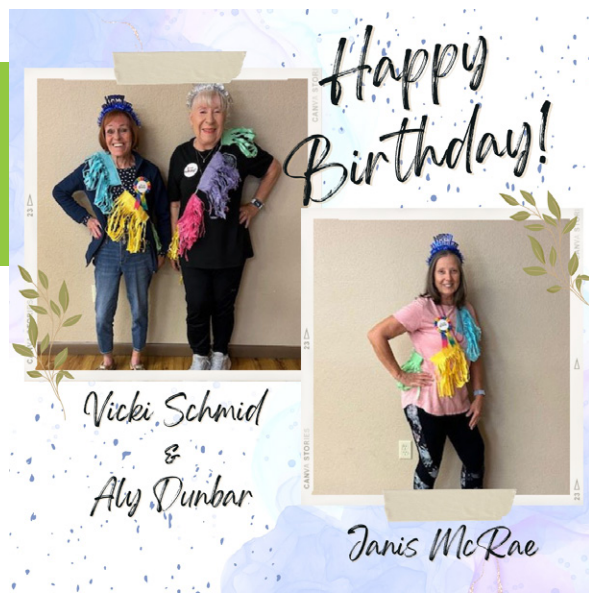
ZUMBA TONING

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 had such a great time at the Bulverde Jubilee & Craft Show! Thank you to all the sponsors, community members, volunteers, the band (MC & The Mystx) and vendors for helping us make this event a success. It was a beautiful day, and our community had a wonderful time!

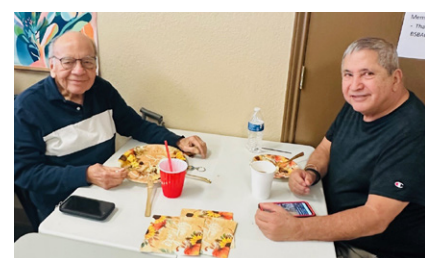


THANK YOU SPONSORS





We had a great time at our Thanksgiving Community Potluck. Thank you to the Pieper NJROTC students and Keri Sandvig from Texas Regional Bank for volunteering their time to help setup and serve at the event. We appreciate you!



BRAIN GAMES



Word Search

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

Word Bank

ORNAMENTS ELVES MISTLETOE REINDEER CAROLS
STOCKING WORKSHOP CHIMNEY CANDYCANE WINTER
RUDOLPH COOKIES HOLIDAY SNOWFLAKE GARLAND
PRESENTS NORTHPOLE NATIVITY GIVING FIREPLACE

Commonyms

1. Tree - Car - Elephant
2. Back - Side - Butterfly
3. Finish - Fishing - Dotted
4. Metal - Radar - Lie
5. Stop - Spot - Strobe
6. Trap - French - Glass
7. State - Sales - Income
8. Navy - Deli - Absent Teachers
9. Person - Watch - Mountain
10. Roof - Street - Bowling Alley



Sudoku

Fill the grid with the numbers 1 to 6 in such that each number appears only once in each row, column and region. (3 by 2 block)

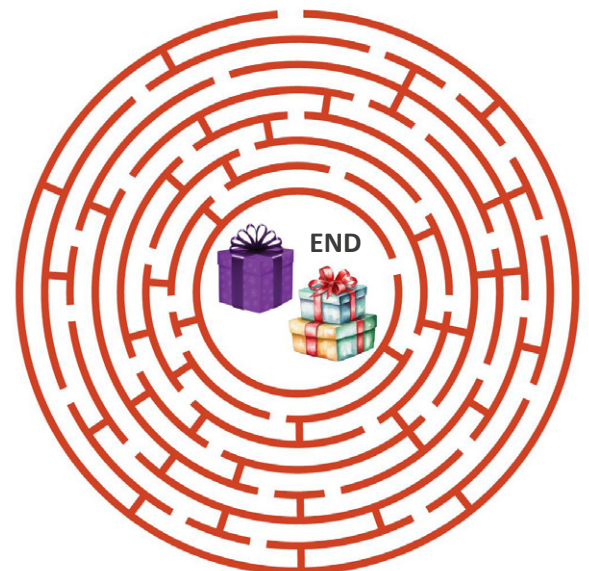
9	6	3	8	4	2	7	
2	4		9	5	8	1	3
			3	7			6
7	2		6	8			
			2				1
3		5		4		8	
			4			5	2
6		2				1	4
	5			3			

Trivia

1. In what country did the first Starbucks open outside of North America?
2. Which company's slogan is "You're in good hands"?
3. Who was the first televised President?
4. Originally, Amazon only sold what kind of product?
5. In 2009, what became the first Morse code character to be added since WWII?

Solve the Maze

START



COMMONYMS SOLUTIONS: 1) They have trunks; 2) Swim strokes; 3) Lines; 4) Detectors; 5) Lights; 6) Doors; 7) Taxes; 8) All have subs; 9) All have faces; 10) All have gutters

TRIVIA ANSWERS: 1) Japan; 2) Allstate; 3) Roosevelt; 4) Books; 5) The "@" symbol



Individual Giving CAMPAIGN



Individual Giving Campaign is active now!

Thanks to your generosity, we've been able to accomplish so much this year. We expanded programming to include additional health & wellness classes and educational programs, and through our Meals on Wheels and Pets on Wheels program we continue to serve 80+ homebound seniors each day. Every step forward has been fueled by supporters like you.

At the Bulverde Spring Branch Activity Center, we are committed to facilitating active aging and enhancing the quality of life for older adults in our communities. To achieve this, we are seeking the support of generous individuals like you.

We have been blessed with the opportunity to receive a matching gift of up to \$60,000! A gift of any size will bring us closer to our goal, help us receive the matching gift, and make an impact on the lives of area seniors through our work.

Your contribution may be made by scanning the QR code below to contribute online or complete a giving card in Center with your check or pledge. Donate \$25 or more and get a free t-shirt (while supplies last).

Thank you for considering this opportunity to give back. Your support is invaluable, and together, we can do more. Thank you for believing in our mission and being part of our community.



SCAN TO DONATE



GIVING IS NOT JUST ABOUT MAKING A DONATION, IT'S ABOUT MAKING A DIFFERENCE.

Center Stats & Testimonials

1097 MEMBERS CHECKED IN FOR ACTIVITIES 53,099 TIMES*



AVERAGE DAILY MEMBER VISITS*

M	T	W	Th	F
331	259	283	234	275

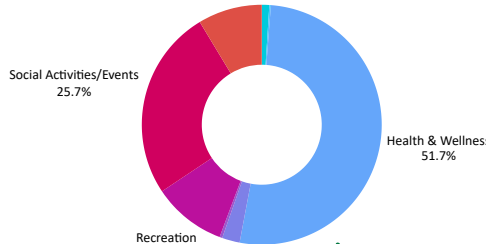
MEALS ON WHEELS STATISTICS*

Meals Served 14,726
Clients Served 120



"I recently joined this amazing place! The BSBAC is a place where people can connect with one another and not only find friends and socialization but pursue their interests. I love the fitness classes and the circuit gym!"
~ Member

MEMBER PARTICIPATION STATS*



"BSBAC is a facility that does more than just extend the lifespan of a truly underserved population, it brings joy and a sense of being alive again. On top of that, they also have a Meals on Wheels program that provides meals and services to home-bound seniors."
~ Member

"The people are great and the classes and instructors are wonderful. As a nearly 80 year old who was using a walker a year ago, I feel they have made it possible for me to walk on my own again."
~ Member

"This place is a safe harbor in the storm of aging. They show love & compassion to all that walk through their doors. You have to see it to believe it's truly a place like no other. The team mission flows from the Director and each member of the staff are invested. I call it a mission in motion. Volunteers are recognized and respected and you learn quickly how to give the same service they give."
~ Volunteer

"I have been a Meals on Wheels volunteer for 2 years now, and it has changed my life. I simply love it there and all the people. It truly is a blessing to have in our community. BSBAC offers so many things for the elderly, and it helps so much in this community!"
~ Meals on Wheels Volunteer

*Statistics through third quarter 2024

December EVENT FLYERS/SPECIAL EVENTS

*December
Brunch Bingo*

**WEDNESDAY, DECEMBER 4TH
AT 9:45AM**

**Sausage & Hashbrown Breakfast Casserole
& Fresh Fruit**

**6 GAMES OF BINGO - \$2
BRUNCH - \$5
DONATION APPRECIATED**

BOOK CLUB

Facilitated by Mammen Family Library

DECEMBER'S PICK

Meet Me at the Museum
Author: Anne Yungston

WE'D LOVE YOU TO JOIN US!
1st Wed. of each month • 1:45 PM

INDIVIDUAL GIVING CAMPAIGN

BINGO

Join us for a fun event playing bingo & winning prizes all while supporting the BSBAC!

\$20 PER PERSON
All proceeds will go towards our Individual Giving Campaign fundraiser to support the BSBAC.

FRIDAY DEC 6
3:00PM - 5:00PM

Prizes ★ Food ★ Fun

VISIT OUR DONATION SITE HERE:
[HTTPS://GIVEBUTTER.COM/IOC2024](https://givebuttter.com/ioc2024)

*Christmas Cookie Swap &
Make Friendship Soup in a Jar Gift*

COME FILL UP YOUR COOKIE JAR!
BRING ANY 2 DOZEN COOKIES TO SHARE AND RECEIVE 2 DOZEN COOKIES TO BRING HOME.
OUR CRAFT THIS MONTH IS DIY FRIENDSHIP SOUP IN A JAR WHICH IS A GREAT GIFT FOR THE HOLIDAYS.

Wednesday, December 11th at 1:30PM

\$5 Donation is Greatly Appreciated

Bring your best cookies!

**2024 BSBAC
Meals on Wheels
Angel Tree**

**WE NEED
YOUR HELP!**

IT'S THE MOST WONDERFUL TIME OF THE YEAR. IF IT'S WITHIN YOUR HEART TO GIVE TO OTHERS THIS HOLIDAY SEASON, PLEASE TAKE A GIFT TAG FROM THE TREE. EACH MEALS ON WHEELS CLIENT PUT THEIR NEEDS AND WISHES ON EACH TAG.

PLEASE DO NOT WRAP GIFTS! BRING ITEMS WITH EITHER A LARGE GIFT BAG OR A ROLL OF GIFT WRAP AND ATTACH THE GIFT TAG TO YOUR GIFT. ALL GIFTS ARE DUE BACK BY FRIDAY, DECEMBER 13TH. THANK YOU FOR BEING THE LIGHT TO OTHERS THIS HOLIDAY SEASON.

ANY QUESTIONS, PLEASE CONTACT
BETH COLLIER
BSBAC OUTREACH COORDINATOR
AT: 830-438-3111 OR EMAIL: BCOLLIER@BSBAC.COM

*November
Day Trips*

**SAN MARCOS
PREMIUM OUTLETS**
A SIMON CENTER

CELEBRATING **40** YEARS OF STYLE

TangerOutlets
1981-2021

**Thursday, November 7th, November 14th,
November 21st, & December 5th**

* Please only sign up for one day trip so others can join the fun too

9:30am Departure
\$10 per person if riding the bus. Don't want to ride the bus, follow along in your own vehicle.

**CHRISTMAS PAJAMA
Party & Potluck**

**THURSDAY, DECEMBER 19TH
@ 11:30AM**

Join us for a festive and cozy Christmas Pajama Party & Potluck. Slip into your favorite PJs, make a dish to share with everyone, and get ready for an afternoon of holiday cheer and fun!

USE SIGN UP SHEET BELOW TO LET US KNOW IF YOU'RE PLANNING TO BE HERE & WHAT YOU ARE BRINGING. THANK YOU!

Center will provide Ham & Tamales.

SELF-DEFENSE
for Seniors

BENEFITS OF SELF-DEFENSE FOR SENIORS

Apart from protecting seniors from any damage or loss that attackers or thieves may cause, there are numerous other benefits of self-defense.

- improves confidence
- become more aware and cautious of surroundings
- teaches seniors not to trust or talk to everyone, especially strangers
- offers physical and mental health benefits

If interested, please add your name to the interest sheet.

DATE & TIME TBD

LEARN HOW TO PROTECT YOURSELF

CLOSED
for the
HOLIDAYS

12/24/24 - 12/27/24
&
12/31/24 - 1/1/25



COMPETITION BBQ COOK-OFF FEBRUARY 21-22, 2025

BULVERDE COMMUNITY CENTER AND BULVERDE BOWLING CLUB
1747 EAST AMMANN RD., BULVERDE.

PRESENTED BY



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BENEFITTING



**BULVERDE
SPRING BRANCH
ACTIVITY CENTER**

Proceeds benefit the Bulverde
Spring Branch Activity Center, a
501c3 nonprofit organization
serving area seniors.
Thank you for your support!

Not a cooker, but want to join the fun?
\$10 wristbands.

Wristbands include parking, food tastings (as available), music, vendor
shopping and a great time with friends!

BBQ Open to the Public
Saturday, February 22, 10am-4pm

\$200 team registration (No RV) includes:

- Team Space
- Entry into chicken, ribs & brisket.

\$250 team registration (RV Space) includes:

- Team Space
- Entry into chicken, ribs & brisket.

Jackpot categories/\$25 each:

- Mimosa
- Beans
- Dutch Oven Dessert
- Margarita
- Kid's Cook
- Salsa
- Cook's Choice

Team Information
DeLisa Leopold
dleopoldesbac.com

**Sponsorship & Vendor
Information**
Reghan Swenson
rswenson@bsbac.com

**REGISTRATION
IS OPEN**



This holiday season, we hope you will *share the love* by supporting our aging neighbors nationwide.

**MILLIONS OF SENIORS ARE LEFT BEHIND, ALONE AND HUNGRY,
AND THE PROBLEM IS ONLY GROWING.**



**1 IN 2 SENIORS
LIVING ALONE**
lack the income to pay
for basic needs¹

**THE SENIOR
POPULATION IS SET
TO REACH 91M**
in the next decade, with
112M EXPECTED
by 2060¹



**ABOUT
13 MILLION SENIORS**
are threatened by or
experience hunger²

**MEALS ON WHEELS DELIVERS NUTRITIOUS MEALS AND
COMPANIONSHIP; WE HELP SENIORS AGE IN THEIR HOMES.**



"I have the sweetest people that bring my meals. They are precious. I call them my angels. They are always polite and talk to me sometimes, which is good when stuck in a place. It's a breath of fresh air when they come in."

-MARY LOU, MEALS ON WHEELS CLIENT

Over the last 16 years, Subaru and its retailers have helped the Meals on Wheels network provide **MORE THAN 4.6 MILLION MEALS** to seniors in need across the country.

**GET A GREAT VEHICLE AND SUPPORT A GREAT CAUSE.
WITH EVERY NEW SUBARU PURCHASED OR LEASED, SUBARU AND ITS RETAILERS
ARE DONATING A MINIMUM OF \$300 TO CHARITY, LIKE MEALS ON WHEELS.
NOVEMBER 21, 2024 THROUGH JANUARY 2, 2025.**

LEARN MORE AT WWW.MEALSONWHEELSAMERICA.ORG/SHARETHELOVE.

Information data sources available at www.MealsonWheelsAmerica.org/Facts.
¹ The Escalating Issue of Senior Hunger, pg. 1; ² The Escalating Issue of Senior Hunger, pg. 2



Abbott, Carol
Adams, Diane
Adams, Lorna
Allen, Margaret
Anderson, Debbie
Antczak, Sheron
Banis, Wendy
Barbour, Isidra
Baron, Pierre
Barrett, Martha
Bauernfeind, Gloria
Been, Elaine
Benites, Nora
Berry, Milber
Berryhill, Sherry
Bilotta, Gail
Boaz, Matthew
Bowles, Jeff
Burgess, Heidi
Burkett, Greg
Cardenas, Alfred
Carnes, Don
Chism, May
Christner, Linda
Clark, Dwight

Corbin, Kathleen
Cordes, Alfred
Cozart, Linda
Dawdy, Claudia
Deitch, Leslie
Dickens, Diane
Dodd, Janet
Dwyer, Nancy
Edmiston, Robert
Ellingsworth, Brenda
Fairley, Sandra
Ferguson, Richard
Ferrell, Cassandra
Fischer, Dagmar
Flores, Jesse
Foster, Bill
Gilbert, Andrea
Gilbert, Joan
Graham, Nancy
Grohman, Cynthia
Guerra Jr., Fidelio
Hawkins, Gloria
Hazzard, Barbara
Heard, Marjorie
Herd, Connie

Hildebrandt, Debbie
Holliday, Annette
Hopkins, Doris
Hughes, Kelley
Hutson, David
Jimenez, Guillermo
Keith, Carol
Kimbrough, Daynelle
Kirk, Julie
Kirschbaum, Fran
Knibbe, Sharon
Landacre, Dona
Letarte, James
Lindsay, Jay
Loesch, Margie
Loop, Larry
Lucas, Kathy
Macbeth, Addie
Mammen, Lori
Mason, Peggy
Matheny, Pat
Matsler Brod, Lynn
McClain, Linda
McGee, Silvia
Mcnaul, Debbie

Mcnaul, Joe
Mendenhall, Pam
Moore, Sonia
Morse, Richard
Munoz, Lydia
Nicholson, Michael
Nyland, Rita
Oar, David
Orozco, Maria
Ottea, Julia
Pal, Andy
Petersen, Celia
Piet, Dolores
Pigg, Merinda
Planchet, Stephen
Poss, Noelle
Potter, Jean
Potter, Terry
Reddrick, Jeanne
Reynolds, Shauna
Rhea, Rebecca
Ringland, Alan
Rizzo, Diane
Robinson, Cheryl
Rodriguez, Stephen

Sansom, Judy
Sargen, Cheryl
Saucedo, Alberto
Schwabens, Otto
Seader, Elaine
Shirey, Kathleen
Smith, Kristy
Sohocki, George
Stringer, Gloria
Suehs, Christine
Sweet, Debby
Taylor, John
Taylor, Lindy
Tenney, Twyla
Tiller, Karen
Tomsett, Fran
Walker, Richard
Walther, Judy
Wickwar, Larry
Worthey, Viola
Zimmerman, Patricia

WHAT'S COOKIN' IN DECEMBER?



Sourdough bread is a rich source of vitamins and minerals, including healthy carbs, protein, fiber, iron, and vitamins like folic acid.

Sourdough relies on a mix of wild yeast and lactic acid bacteria, rather than baker's yeast, to leaven the dough. It's richer in nutrients, less likely to spike your blood sugar, contains lower amounts of gluten, and is generally easier to digest than bread made with baker's yeast. Buying sourdough bread from an artisan baker or a farmers market increases the likelihood of it being "true" sourdough bread.



Health Benefits of Sourdough Bread

1 Easier Digestion

Fermentation breaks down gluten and proteins, improving digestibility and promoting healthy gut microbiota through prebiotics.

2 Lower Glycemic Index

Causes a slower rise in blood glucose levels due to lactic acid, beneficial for managing diabetes or prediabetes.

3 Rich in Nutrients

Fermentation enhances mineral bioavailability (magnesium, iron, zinc), improving overall nutrition and increasing antioxidant properties.

4 Heart Health

Can lower cholesterol, improve lipid profiles, and reduce inflammation, decreasing cardiovascular disease risk.

5 Rich in Probiotics

Contains beneficial bacteria like Lactobacillus and Bifidobacterium, supporting gut health, digestion, and immune function.

6 Reduced Phytates

Fermentation reduces phytate content, enhancing mineral absorption and contributing to better overall nutrition compared to other breads.

<https://www.healthbenefitstimes.com/health-wiki/sourdough-bread/>

HealthBenefits
times.com

How To Make Sourdough Bread

Ingredients:

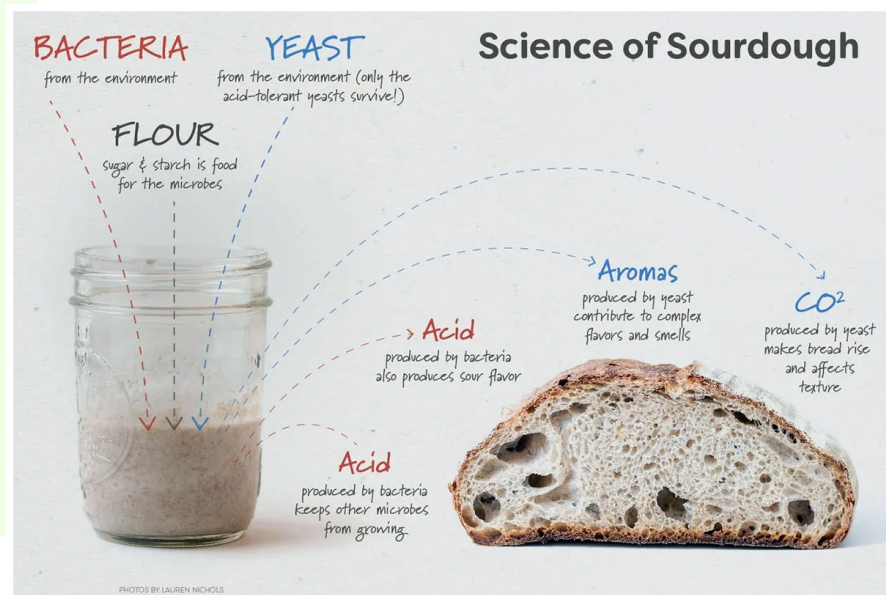
- 3-3 ¼ c four unbleached all-purpose flour (You can substitute whole wheat flour)
- 1 ¼ c water
- ¾ c active sourdough starter
- 1 ½ tsp sea salt



****Note:** You can make your own starter at home. However, the process will take a few days or you can purchase a starter kit from Amazon.



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SCAN AND SAVE BULVERDE LOCATION

SAHealth.com/ER



BSBAC Team MEMBERS



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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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