

October 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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Note from the CENTER & Upcoming EVENTS

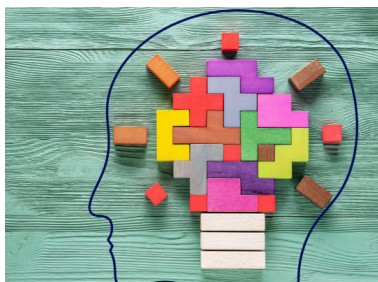
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HOW DO I GET CENTER INFO?

- 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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Brain GAMES

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October Event FLYERS & Special EVENTS



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OCTOBER IS BREAST CANCER AWARENESS MONTH

Helping Women
NOW.

What Causes Breast Cancer?



In order to reduce your risk of developing breast cancer in the future, it's important to first understand how breast cancer— and other types of cancer— develops. Cancer begins to grow and spread when a cell's DNA is damaged. This damage can be caused by either genetic factors or environmental and lifestyle factors, or a combination of the two. If you have the following risk factors for breast cancer, you may have an increased chance of developing breast cancer in the future.

Genetic Risk Factors

Genetic risk factors are inherited, or passed down, from parent to child through the genes. Because these factors are built into your DNA from birth, they cannot be changed or reduced. However, knowing that you have certain genetic risk factors for developing breast cancer can help you stay vigilant about watching for signs and symptoms of breast cancer and keeping up with routine breast self-exams and screening mammograms.

- Gender
- Age
- Race
- Family History
- Genome Changes
- Dense breast tissue
- Personal health history

- Menstrual & reproductive history

Environmental & Lifestyle Risk Factors

Unlike genetic risk factors, environmental and lifestyle risk factors can often be avoidable and are typically under an individual's control. Reducing these risk factors can help lower your chances of developing breast cancer in the future.

- Lack of physical activity
- Poor diet
- Being overweight or obese
- Drinking alcohol
- Smoking
- Radiation to the chest
- Combined hormone replacement therapy (HRT)

It is important to note that 70% of women diagnosed with breast cancer have no known risk factors, which means there are risk factors that haven't yet been identified, but hopefully will be in the future. This is why it is critical to also prioritize your breast health through early detection, such as breast self-exams, clinical breast exams, and screening mammograms.

Healthy Habits



Leading a healthy lifestyle is a good

Early detection - finding cancer before it spreads - is critical.

One in 8 women in the U.S. will be diagnosed with breast cancer in her lifetime. That is a staggering statistic, but there is hope. While breast cancer cannot usually be prevented, there are things you can do today to help lower your risk of developing breast cancer. The National Breast Cancer Foundation aims to educate you on the different types of breast cancer risk factors, what you can do to lower your risk, and provide you with an assessment tool to determine your risk of developing breast cancer in the future.

way to help reduce the environmental and lifestyle risk factors you may face. A healthy lifestyle is recommended to protect your overall health and may help reduce your risk for certain cancers.

- **Eat the rainbow:** Eating 3.5 to 5 cups of fruit and vegetables a day can help you lower your risk of developing breast cancer. A diet low in saturated fat and high in fruits and veggies can also help you maintain a healthy weight, lowering your risk for obesity and breast cancer.
- **Get regular physical exercise:** Moving your body or exercising for even 20 minutes a day can help reduce your risk of developing breast cancer, as well as increasing your overall health and wellness.
- **Maintain a healthy weight**
- **Limit alcohol or don't drink**
- **Do not smoke or quit smoking**

Scheduling Exams



In addition to living a healthy lifestyle to reduce your breast cancer risk factors, it is vital to practice early detection of breast cancer through regular screenings. Detecting breast cancer at an early stage, when treatment is more likely to be successful, still provides the best hope for survival. When detected in its earliest stages, the 5-year relative survival rate for breast cancer is 99%.



NOTE FROM THE CENTER

By DeLisa Leopold, Executive Director

It's that time of year again for our community to come together for the BSBAC Annual Meeting. The meeting will be held on Monday, October 28 at 9:30am. All active members are welcome to join us as we share Center updates and future plans. We will elect three new members to our Board of Directors. The three candidates are Michelle Hoehn, Seth Prescott, and Matthew Hester (second term). Terming off the Board are Brian Meuth and Ann Parham. It is with sincere gratitude that we thank Brian and Ann for the time, treasure, and talent they have given to the BSBAC community during their six years of Board service.



Michelle Hoehn

Michelle Hoehn is an experienced, global executive, having held leadership roles within private, public companies such as DHL and Impress USA (affiliate of Chicken of the Sea), and investment portfolio companies across a diverse group of industrial and manufacturing concerns early in her career. Later she founded Cultaca Group to assist organizations of all sizes to unlock the full potential of their Human Capital. Recently she has begun her latest venture, Simple Luxuries Travel by Michelle helping families enjoy Cruise Vacations worldwide. While very active with her business interests, her passion lies in actively leading her family's efforts in community engagement and local endowments.



Matthew Hester

Matt Hester is a born and raised Texan and has called the Texas Hill Country home for 10 years. He and his beautiful wife, Nicole, are a blended family with 6 great children. He attends Faith Alive Church in New Braunfels where he serves as an usher and has served the Bulverde/Spring Branch community as a Chamber of Commerce Ambassador, Co-Chaired the Chamber's Leadership class for 2 years, is a current member of the BSB Economic Development Foundation, and does volunteer work for the Pink Warriors Advocates Organization. Professionally Matt serves the Greater Hill Country area as a Financial Advisor with Edward Jones with his office located in Bulverde on 281N. Matt's favorite recreational activities are spending time with his family, traveling, reading, exercise, and cooking. Matt has been on the BSBAC board for two years and is looking forward to continuing his service in support of the mission.



Seth Prescott

A seasoned commercial real estate broker with a broad range of experience in the San Antonio area, South Central Texas markets along with a network for serving his clients in all Texas markets. He has representing hundreds of tenants, buyers, landlords, sellers and developers in locating, negotiating over 1,000 office, industrial, retail, medical, and land leases and purchase/sale transactions. Over his 22 year career, he has represented numerous Fortune 100/500 companies, doctors, hospitals, banks, attorneys, the US Government, govt. contractors, energy companies, biotech, non-profits, pension funds and REITS. Due to his understanding of the leasing and sale process, along with his strong relationships in the industry, he is effective in achieving the best terms for his clients. A proactive overachiever with a strong desire to serve his clients and provide "win, win" outcomes for all parties in the transaction.

UPCOMING EVENTS

October 1

11:30am - National Night Out Lunch

October 2

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

October 3, 10, 24

10:00am - Daytrip to The Buggy Barn Museum in Blanco w/lunch at the Redbird Cafe

October 7, 21

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

October 9

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

October 14, 28

12:35pm - Bunco

October 14

4:00pm - Spirit Night at The Branch Fundraiser

October 28

9:30am - BSBAC Annual Meeting

October 31

11:30am - Halloween Party & Potluck



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

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



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
3:15pm	Intermediate 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
1:45pm	Book Club (1st Wed)
2:00pm	Dementia Support Group (2nd Wed)
2:00pm	Caregiver Support Group (3rd Wed)



Wrinkles should
merely indicate
where smiles
have been.
~Mark Twain



October

CENTER MEAL MENU

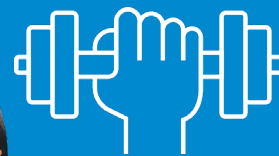




Monday	Tuesday	Wednesday	Thursday	Friday
	¹ National Night Out Luncheon	² Breaded Chicken Sandwich Chips Dessert	³ Green Chile Chicken Enchiladas Beans Rice Dessert	⁴ Cattle Drive Casserole Green Salad Dessert
⁷ Taco Soup Green Salad Dessert	⁸ Ham & Cheese Sliders Lemon Broccoli Salad Dessert	⁹ Philly Cheese Steak Sandwich Chips Dessert	¹⁰ Beef Mushroom Country Casserole Green Beans Dessert	¹¹ Spaghetti Green Salad Dessert
¹⁴ Red Beans & Rice Green Salad Dessert	¹⁵ Taquito Enchiladas Rice Guacamole Dessert Sponsored by:	¹⁶ Meatloaf Mashed Potatoes Green Beans Dessert	¹⁷ Turkey & Stuffing Casserole Broccoli Dessert	¹⁸ Nacho Bar Dessert
²¹ Salisbury Steak Mashed Potatoes Salad Dessert	²² Zuppa Toscana Salad Dessert	²³ Beef Stew Salad Dessert	²⁴ White Chicken Chili Green Salad Dessert	²⁵ Eggroll Fried Rice Dessert
²⁸ Chef's Choice Dessert	²⁹ Chicken Fajitas Beans Dessert	³⁰ Pizza Salad Dessert	³¹ Halloween Potluck 	

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

October HEALTH & FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><i>*Class is FREE for all BSBAC members</i></p>	<p>1</p> <p>8:30am DrumFit 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba</p>	<p>2</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>3</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>4</p> <p>9:30am Posture Strength 11:00am Balance & Strength* 12:15pm Balance & Strength*</p>
<p>7</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</p>	<p>8</p> <p>8:30am DrumFit 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba</p>	<p>9</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>10</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>11</p> <p>9:30am Posture Strength 11:00am Balance & Strength* 12:15pm Balance & Strength*</p>
<p>14</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 5:15pm Clogging</p>	<p>15</p> <p>8:30am DrumFit 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba</p>	<p>16</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>17</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>18</p> <p>9:30am Posture Strength 11:00am Balance & Strength* 12:15pm Balance & Strength*</p>
<p>21</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 5:15pm Clogging</p>	<p>22</p> <p>8:30am DrumFit 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba</p>	<p>23</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>24</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>25</p> <p>9:30am Posture Strength 11:00am Balance & Strength* 12:15pm Balance & Strength*</p>
<p>28</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 5:15pm Clogging</p>	<p>29</p> <p>8:30am DrumFit 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba</p>	<p>30</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>31</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>HAPPY HALLOWEEN</p>

GYM HOURS

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

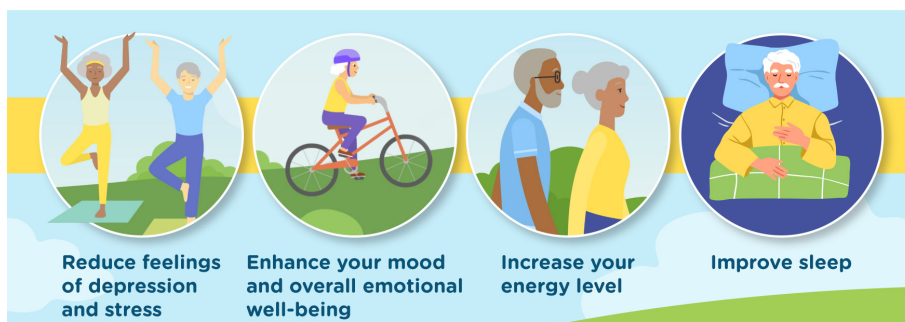
Fri: 8:00am - 3:00pm

**Class is FREE for all BSBAC Members*



The Mental Health Benefits of Exercise and Physical Activity

Have you been feeling down lately? Try exercising to help improve your mood! Exercise can:



**YOU'RE ONLY
ONE WORKOUT AWAY
FROM A GOOD MOOD.**



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



Thank you to Ben Baker from WIPFLI for donating his time last month to help clean up our garage. Also, thank you to the students from Bracken Christian School for coming over to help with our potluck lunch. They also got to play dice games with our members.



If you are interested in volunteering at the Center, please reach out to us!

PROGRESSIVE BINGO WINNERS



JODI JOHNSON



DIANA WOODELL



BILL BRESTAL



AL CORDES



ARTS & CRAFTS

Members made some beautiful fall hats during our Arts & Crafts class this week. Join us this month as we make fall gnome wall/door hangers.





Spring Branch Pharmacy came out to the Center for a flu shot clinic. If you missed it, they will be back out on Friday, October 11th.



I got my
FLU SHOT
Have you?



The Bulverde Spring Branch Chamber of Commerce delivery team stopped by to present us with the **Best of Bulverde Spring Branch Award for Best Senior Care/Services**. Thank you to everyone in the community that voted for us! We will continue to do all we can to serve the older adults in our community.



Thank you to everyone who supported us during The Big Give 2024! We surpassed our goal and tripled our donations from the 2023 campaign. We appreciate you so much!
#thebiggive2024 #SupportingSeniors

Our gift card winners were Sylvia & Jessie McGee!



Thank you!



We are so grateful for our generous supporters who gave during The Big Give 2024. Each gift made during this campaign will allow us to further our mission. Thank you to all who took part in this day with us!

We raised over \$23,000!!



BRAIN GAMES



Happy Halloween!



AFTERLIFE
AUTUMN
BAT
BLACK
BLOOD
BOO
BROOMSTICK
CACKLE
CADAVER
CANDY
CASKET
CAT
CAULDRON

COBWEB
COFFIN
CREEPY
DEMON
EERIE
GHOST
GHOUL
GRIM REAPER
HAUNT
HOWL

MIDNIGHT
MOON

MUMMY
OCTOBER
OGRE
OWL
PHANTOM
PRANK
SKELETON
SPIDER
TOMBSTONE
TRICK
VAMPIRE
WEREWOLF
WITCH

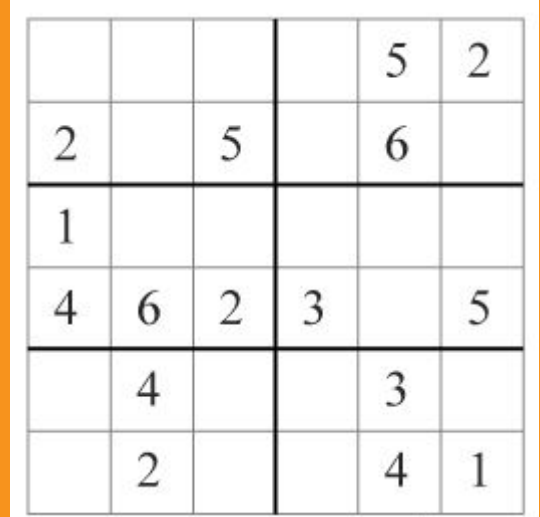
Commonyms

1. A Ball - A Fish - A Cold
2. A Baseball - A Salad - A Football
3. A Doughnut - A Cavity - A Prescription
4. Home - Dinner - License
5. Corn - Baby - Olive
6. Wagon - Ferris - Cart
7. Love - Chain - Dear John
8. Hot - Chili - Corn
9. Door - Grand - Nobel
10. The Navy - A Deli - An Absent Teacher

COMMONYMS SOLUTIONS: 1) They are caught; 2) They are tossed; 3) They are filled; 4) Plates; 5) Oils; 6) Wheels; 7) Letters; 8) Types of dogs; 9) Prizes; 10) They all have subs

Sudoku

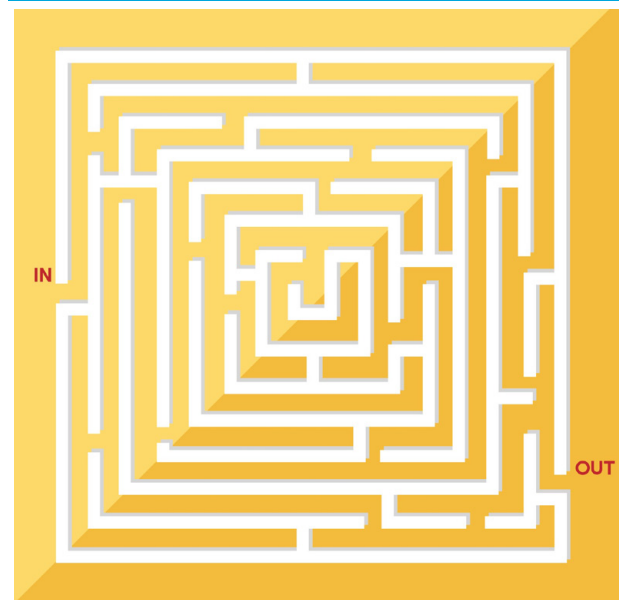
Fill the grid with the numbers 1 to 6 in such that each number appears only once in each row, column and region. (3 by 2 block)



Trivia

1. What are the ingredients in a Boulevardier?
2. Which state has the northernmost latitude in the contiguous states?
3. In AKC dog shows, what group would a Rottweiler be in?
4. What three crops, when planted together are known as the "Three Sisters"?
5. In Major League Baseball, how far is it from the pitcher's mound to home plate?

Solve the Maze



TRIVIA ANSWERS: 1) Bourbon, Campari, Sweet Vermouth; 2) Minnesota; 3) Working group; 4) Corn, Beans, & Squash; 5) 60 feet, 60 inches





Tuesday, October 1st

10am-12pm (Dining Room)

Vendor: Renew Texas Family Chiropractic

Wednesday, October 2nd

9am-12:30pm (Board Room)

Vendor: Carmen Health Kidney Screenings

Friday, October 4th

10am-12pm (Dining Room)

Vendor: Abundant Hospice

Monday, October 7th

8am-3:30pm (Mobile Bus-Outside)

Vendor: UHC Mammography Bus

Tuesday, October 8th

10:30am-11:30pm (Group X Room)

Lunch & Learn: Getting Your Ducks in a Row with Hope Hospice

Friday, October 11th

9am-12pm (Small Conference Room)

Vendor: Flu and or Covid Shots by Spring Branch Pharmacy

Tuesday, October 15th

10am-12pm (Dining Room)

Vendor: New York Life

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

Lunch & Learn: Estate Planning-charitable or legacy gift
by New York Life

Active Aging Month SCHEDULE OF EVENTS

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



Kidney Screening

Wednesday, October 2nd
from 9am-1:30pm

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 or sign up at the front desk to make an
appointment.



**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 **210-388-7020** to learn more.

Easy and convenient

- Screening takes 30 minutes or less.
- Bringing screening services directly to communities, workplaces, and events making it more convenient for women to access both 2D and 3D mammograms.
- Some financial assistance is available to qualifying women. Call **210-388-7020** for more information.

Schedule your mammogram

Call **210-388-7020** 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.



Rev 6/2023

**LUNCH AND
LEARN!**
"GETTING YOUR
DUCKS IN A ROW"

**October 8, 2024
11:45 AM - 12:45 PM**

**Bulverde Spring Branch Activity Center
30280 Cougar Bend, Bulverde, 78163**

Are your
ducks
in a row?



Come learn more about the forms you need to
help your physician and family know
YOUR choices so they will honor them.



Advance
Healthcare
Directives



Medical Power
of Attorney



Financial Power
of Attorney



M.O.S.T. and
DNRs



Presented by:
**HOPE
HOSPICE**
OF THE HILL COUNTRY

Hope Hospice of The Hill Country is a Non-Profit
501(c)(3) serving the community since 1984.
When it matters most, Ask for Hope.

Flu Shot Clinic

by
Spring Branch Pharmacy

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

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

Call to schedule you
appointment at:

830-438-3111



October EVENT FLYERS/SPECIAL EVENTS




**OCTOBER
BRUNCH BINGO**
WEDNESDAY, OCTOBER 2ND
BRUNCH @9:45AM
BINGO @10AM

**Autumn Apple Cinnamon Roll Bake
w/ Bacon**



6 Games of Bingo - \$2
Brunch - \$4
Donations Appreciated

**BEGINNING
CLOGGING CLASS**

Clogging is a lively, percussive folk dance that involves striking the floor with the toes or heels of shoes to create rhythm.

**Mondays @ 5:15
(Starting October 14th)**

If interested, please add your name to the list

**Health & Wellness
Classes**

**Friday at 10am on
10/4, 10/11, 10/18, &
10/25**

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.*




**BUGGY BARN
MUSEUM
BLANCO, TX**

OCTOBER DAY TRIP
THURSDAY, OCTOBER 3RD, 10TH, AND 24TH
BUS DEPARTS AT 10:00AM

The Buggy Barn Museum is located in the beautiful hill country of Blanco, Texas. Just 50 miles from almost all surrounding areas the museum makes it a great place to escape for the day. The museum is dedicated to providing a unique educational opportunity to step back in time. Expansion of the museum's collection and promoting the preservation of these modes of horse drawn transportation in history are two of the museum's primary goals.



There are over 250 unique buggies, carriages and wagon with no two the same! Dating from the 1840s-1900s, you'll be sure to step back in time! We have buggies from 11 different countries!

**LUNCH AT
THE**



**Redbud Cafe
market & pub**

\$5 FOR MUSEUM TICKET PLUS \$10 PER PERSON IF RIDING THE BUS.
DON'T WANT TO RIDE THE BUS,
FOLLOW ALONG IN YOUR OWN VEHICLE.

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

**OCTOBER
ARTS &
CRAFTS**

WEDNESDAY,
OCTOBER 9TH
AT 1:30PM



**FALL LEAF GNOME
WALL OR DOOR
HANGER**

\$5 DONATIONS GREATLY
APPRECIATED



**BSBAC Spirit Night at
the Branch Neighborhood Grill**

**Monday, October 14th
from 4pm-8:30pm**

Mention BSBAC and 15%
of the sales come back to us.

The Branch Neighborhood Grill

830-885-7352 17130 State Hwy 46,
Spring Branch

Join us for a Spooktacular



**HALLOWEEN
party**

**THURSDAY, OCTOBER 31ST
AT 11:30AM**

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

Prizes for Best Costume.

MONDAY, OCTOBER 28, 2024
9:30 AM

**ANNUAL
MEETING**

Your attendance is appreciated.
Refreshments & pastries provided.



**BULVERDE
SPRING BRANCH
ACTIVITY CENTER**
EST. 1991

**October
WISH LIST**

\$25 Gift Cards (Variety of Places)

OXO Potato Peeler (\$15)

Left Handed Can Opener (\$15)

Grab Sticks (\$10, 2 needed)

OXO Good Grips 1/4 cup Measuring Cup (\$7)

Lipton Gallon Tea Bags

Coffee Creamer Pods

Canned Veggies: Green Beans, Corn, Peas

Bottled Salad Dressings: Ranch, Italian, French, Balsamic, Greek

Hard Candies

Scissors (6 pairs)

Bottled Water (Individual bottles)

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.**

Thank you to those that have already donated!



BULVERDE JUBILEE & CRAFT SHOW

Join us in
*Celebrating our
Community!*

- ★ Parade
- ★ Kids' Activities
*Touch-a-Truck, Crafts, Face Painting & More
- ★ Vendor Booths
*Crafts, Services, Local Businesses, Non-Profits
- ★ Food
- ★ Live Music
*MC & The Mystics
- ★ Raffle Items

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

30280 Cougar Bend
Bulverde, TX 78163



SCAN FOR REGISTRATION
& SPONSORSHIPS



For More Information:
Reghan Swenson, rswenson@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, 16 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

★ FRIENDS OF THE JUBILEE - \$250

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

SCAN QR
CODE TO
REGISTER



For More Information:
Reghan Swenson, rswenson@bsbac.com
DeLisa Leopold, dleopold@bsbac.com
830-438-3111, 30280 Cougar Bend, www.bsbac.com



Join Us! JUBILEE PARADE



COME OUT FOR A GREAT FAMILY FUN DAY!

**Saturday
11/9**
Parade starts
at 11:00

School groups, churches, non-
profits, businesses, etc.
Register your parade entry now!



Parade runs down Cougar Bend across Bulverde and up Heimer Cove.

For More Information:
Reghan Swenson, rswenson@bsbac.com or DeLisa Leopold, dleopold@bsbac.com
830-438-3111, 30280 Cougar Bend, www.bsbac.com

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.

For more information, please contact:

Reghan Swenson, rswenson@bsbac.com or DeLisa Leopold, dleopold@bsbac.com



Adkins, Donna
Alonzo, Simon
Barron, Terry
Bigler, Janice
Bomersbach, Eunice
Brummett, Marian
Bullard, Ed
Cannon, Sandra
Castaneda, Leticia
Cauthon, Sandra
Chavez, Velda
Cicci, Michael
Clark, Vanessa
Coburn, Kim
Cockrell, Carman
Cosser, Helen
Decambaliza, Marilyn
Denman, Allyn
Dimmitt, Paula
Dingel, Carolyn
Doll, Larry
Elias, James
Evans, Mary

Fox, Ernestine
Freeman, Mark
Gatlin, Bruce
Gill, Debra
Glasby, George
Glast, Leah
Goforth, Walt
Gonzales, Margie
Gosselin, Japke
Gumm, Donna
Hardeman, Pam
Hatle, Gail
Hawkins, Ted
Henrich, Bill
Hernandez, Gloria
Heye, Laura
Huebner, Jill
Hunsicker, Steve
Jennings, Mike
Jones, Bonnie
Khokhar, Pir
Klar, Allen
LaFranchise, Erin

Lindemann, Brenda
Lindquist, Rosalie
Lopez, Minerva
Lozano, Joe
Martinez, Jeannette
Mauger, Joan
McAninch, Darlene
Mckinley, Michal
Miller, Matthew
Miwa, Rodrigo
Moreno, Linda
Noll, Betty
Phillips, Cynthia
Pitney, Martha
Pound, Charlotte
Ramirez, Emilio
Razo, Eusebio
Riley, Elayne
Roath, Jack
Roberts, Julie
Rodriguez, Graciela
Rogers, Tonie
Schlagel, Sharon

Schmalstieg, Lydia
Schmid, James
Schwabens, Christa
Scott, Ron
Seal, Olivia
Segovia, Ana
Sekel, Gene
Sharp, Eve
Shumate, Karen
Simmons, Kathy
Smerick, Chuck
Smith, Sherry
Specht, Linda
Spencer, Sandy
Tarbox, Dorothy
Tison, Dianna
Touchstone, Mary
Trudeau, Clorinda
Uithoven, Cheryl
Varela, Flor
Vargas, Alejandro
Velez-Begnoche, Wanda

Vonder Embse, Vicki
Walker, Donna
Wehe, Barbara
Weigensberg, Cheryl
Willars, Tonia
Williams, Melody
Williamson, Tammy
Williford, Ronald
Yeakley, Virginia
Zamora, Angel
Zamora, Ortencia





WHAT'S IN SEASON IN OCTOBER?

Cabbage is a leafy green, red, or white biennial plant grown as an annual vegetable crop for its dense-leaved heads.

Cabbage is a crisp, inexpensive, and versatile veggie that can be used in many recipes and add crunch and color to salads and sandwiches. Cabbage provides fiber and other nutrients like potassium and vitamin K, making it a great complement to a healthy lifestyle. Cabbage is a nutritious vegetable that can boost your body's natural defenses against disease.



Cabbage

- ✓ Cholesterol-Free
- ✓ Low-Sodium
- ✓ Low-Calorie
- ✓ Gluten-Free
- ✓ Fat-Free

Cruciferous vegetable shown to have anti-cancer properties. Good source of fiber



verywell

10 Health Benefits of... Cabbages

1. Detoxifies Stomach & Colon
2. Stimulates Immune System
3. Anti-Bacterial & Viral
4. Anti-Cancer
5. Anti-Oxidant
6. Muscle Builder
7. Blood Cleanser
8. Strengthens Eyes
9. Anti-Fungal
10. Rich in Iron and Sulphur



CABBAGE

HEALTH BENEFITS

Vitamin K – improves your concentration and helps brain work faster

Vitamin C – reduces free radicals and prevents you from premature ageing

Fiber – prevents problems related to digestion

Beta-carotene – promotes good eye health

Calcium – reduces the risks of osteoporosis



HOW TO CHOOSE

Pick a tight, compact head that seems to be heavy for its size and of a bright color. Choose the one that looks crisp and fresh, with either few loose leaves or no such leaves at all

HOW TO STORE

Wrap your cabbage in cling wrap to retain the moisture and store it in the fridge. Try to keep it whole because once halved, it starts to lose vitamin C. Halved cabbage can be stored in a fridge wrapped in cling wrap for up to four days



Thank you
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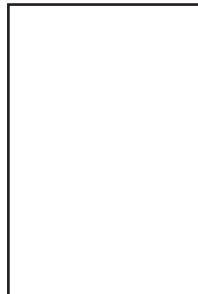
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Bookkeeper & Grant Writer



**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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Bobby Craft
Matt Hester
Ethan Myers

Hanni Stautzenberger
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