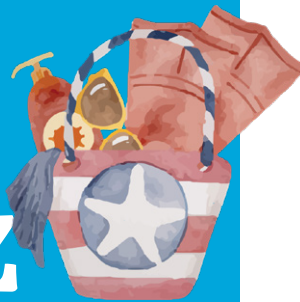


# August BSBAC Buzz



*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.*



## Health Capsule

### Healthy Eating Linked to Better Brain Health

As the U.S. population ages, more adults are developing thinking and memory problems, called mild cognitive impairment. Scientists have been looking for ways to prevent or delay this type of mental decline and more severe disorders, like dementia.

Some studies have found links between healthy eating and improved thinking and memory. An eating pattern called the MIND diet has shown promise. It features leafy greens and other vegetables. It prefers berries over other fruit. It also encourages eating whole grains, beans, nuts, and at least one weekly serving of fish. It limits red meat, sweets, cheese, fast food, and fried foods.

To study the effects of the MIND diet, scientists analyzed data from about 14,000 people. Their average age was around 64 at the start. About 57% were female, 70% were White, and 30% were Black. Their eating patterns were assessed. Their cognitive health was measured



at the beginning and end of the study, about 10 years later.

Overall, people who were eating foods most similar to the MIND diet were less likely to have problems with thinking and memory. They also had slower rates of cognitive decline. People who most closely stuck to the MIND diet had a 4% reduced risk of cognitive problems compared to those who ate a very different diet.

"With the number of people with dementia increasing with the aging population, it's critical to find changes that we can make to delay or slow down the development of cognitive problems," says Dr. Russell Sawyer of the University of Cincinnati, who led the study.

*From News in Health: <https://newsinhealth.nih.gov/2024/12/healthy-eating-linked-better-brain-health>*



## How do I get info about the Center?

- Weekly email and monthly printed newsletter
- BSBAC.com website
- Facebook page
- Posted flyers/notices at the Center
- Text messages & email updates
- Weekly Announcements



Note from the Center & Upcoming Events

2



Weekly Activity Schedule & Fellowship Menu

4-5



Health & Fitness Schedule

6



August Event Flyers & Special Events

8-9



Brain Games

10



# Note from THE CENTER

## Soaking Up the Season—And the Impact

Summer is in full swing, and here at BSBAC, and we're not slowing down! While the season brings sunshine, vacations, and a break from routine for many, it also offers us a special time to reflect, reconnect, and ramp up for what's ahead.

From summer programs and outreach events to planning for fall initiatives, we've been hard at work—and the results are already showing. Whether it's more meals served, more families supported, or more volunteers stepping up, the impact of our community is growing stronger every day. The pages of this newsletter tell the tale. We've had fun, we've raised money for our mission, and we have embraced the wonderful community around us.

This season has also brought fresh energy and new many new faces. We've welcomed new supporters, hosted special events, and expanded our reach—thanks to people like you. Your time, donations, and advocacy are helping us turn today's efforts into tomorrow's change.

As we enjoy the long days and warm nights, we're reminded that even in the most laid-back season, compassion never takes a vacation. We're so grateful to have you by our side, helping us build a brighter, more connected community—one act of kindness at a time.

Wishing you a safe, joyful, and purpose-filled summer!

Warm regards,

DeLisa Leopold



## Upcoming EVENTS

### August 1, 15

10:00am - Downsizing Workshop

### August 1

11:00am - Dog Days of Summer Potluck



### August 4, 18

10:00am - Mexican Train

12:00pm - Swoop Card Game

### August 6

9:45am - Brunch Bingo

1:00pm - Book Club

### August 7, 14, 21, 28

2:00pm - Calligraphy Class

### August 7

2:30am - Dementia Support Group

### August 11, 25

12:35pm - Bunco

### August 12

12:00pm - "Antique People" Comedy Production

### August 13

10:00am - Card Creations

1:30pm - Arts & Crafts Series: Pressed Flower Bookmark

### August 22

10:00am - Grief & Hope Support Group







# Healthy Eating

## Nutrition & Diet as You Age

### Know Your Food Groups

Making smart food choices is an important part of healthy aging. Understanding the different food groups — and how much of each should make up your diet — can help you form a healthy eating pattern over time.

It is important to get the recommended amount of each food group without going over your daily recommended calories. Keep in mind that the amount you should eat to maintain your weight depends on your age, sex, and level of physical activity.

### Overcoming Roadblocks to Health Eating

Healthy eating can help you lose or maintain weight, feel better overall, and possibly decrease your chances of getting certain diseases. Making smart food choices is important at any age. But eating healthy can be difficult even if you know which foods you should buy and prepare. Your budget, physical issues, mood changes, and dietary restrictions can be roadblocks to eating food that's best for you. Here are suggestions for dealing with common problems that can make it harder for older adults to follow through on smart food choices.

**Trying to eat healthy on a budget?** Even when you know which healthy foods to choose, people living on fixed or limited incomes may not be able to buy what's ideal. Start by deciding how much you can afford to spend on food.

There are a number of resources

that can help you plan a food budget. For example, the U.S. Department of Agriculture supports Iowa State University's **Spend Smart-Eat Smart program**. This website also features more than 100 inexpensive recipes, with nutrition information and cost per serving.

Try to plan some meals around featured items and consider purchasing extra nonperishables such as canned goods when they're on sale. Use coupons when possible and ask your grocery store staff if they have a senior discount or loyalty rewards program. Consider buying store-brand products, which are often the same as more expensive brand-name ones. Focus on buying healthy and inexpensive produce. Many nutritious fruits and vegetables — such as bananas, apples, oranges, lettuce, green peppers, and carrots — may be reasonably priced.

### Problems chewing or swallowing food?

People who have problems with their teeth or dentures often avoid eating meat, fruits, or vegetables and might miss out on important nutrients. If you are having trouble chewing, see your dentist to check for problems. If you wear dentures, the dentist can check the fit.

If food seems to get stuck in your throat or is hard to swallow, it might be that you don't have enough saliva in your mouth. Or, there may be other reasons, including problems with the muscles or nerves in your throat, problems with your esophagus, or gastroesophageal reflux disease. Talk to your doctor about what might be causing your swallowing

issues.

**Physical problems making it hard to eat?** Sometimes illnesses such as Parkinson's disease, stroke, or arthritis can make it harder to cook or feed yourself. Your doctor might recommend an occupational therapist. The therapist might make a custom splint for your hand, give you special exercises to strengthen your muscles, or suggest rearranging things in your kitchen. Special utensils and plates might make mealtimes easier or help with food preparation.

**Food tastes different?** Maybe your sense of taste, smell, or both has changed. Growing older, having dental problems, and medication side effects can cause your senses to change. Taste and smell are important for a healthy appetite and eating. Try adding fresh herbs, spices, or lemon juice to your plate. Some medicines can change how food tastes, make your mouth dry, or reduce your appetite. In turn, some foods can change how certain medicines work.

**Just not hungry?** Changes to your body as you age can cause some people to feel full sooner than they did when they were younger. Lack of appetite can also be a side effect of a medicine you are taking. Talk with your doctor about any side effects you may be experiencing. Your doctor may be able to suggest a different drug.

Learn more: <https://www.nia.nih.gov/health/healthy-eating-nutrition-and-diet>





# Weekly ACTIVITY SCHEDULE

## MONDAY

- 9:00am Wood Carving
- 10:00am Dominos: Mexican Train 1 (1st & 3rd Mon)
- 11:30am Fellowship Meal
- 12:00pm Swoop Card Game (1st & 3rd Mon)
- 12:35pm Bunco (2nd & 4th Mon)
- 1:00pm Bridge Foursome (1st & 3rd Mon)
- 2:30pm Table Tennis

## TUESDAY

- 11:00am Mah Jong
- 11:30am Fellowship Meal
- 1:00pm Bingo

## WEDNESDAY

- 9:00am Bridge
- 10:00am Brunch Bingo (1st Wed)
- 10:00am Card Creations (2nd Wed)
- 11:30am Fellowship Meal
- 12:00pm Advanced Poker Group
- 12:00pm Beginning Poker Group
- 12:00pm Knitting/Crochet/Sewing Group
- 1:00pm Book Club (1st Wed)
- 2:00pm Caregiver Support Group (3rd Wed)

## THURSDAY

- 9:00am Wood Carving
- 9:30am Canasta Hand & Foot  
*Tables drawn @ 9:45am*  
*Play begins @ 10:00am*
- 11:30am Fellowship Meal
- 12:00pm Mindful Meditation
- 2:30pm Dementia Support Group (2nd Thur)

## FRIDAY

- 10:00am Downsizing Workshop (1st & 3rd Fri)
- 10:00am Grief Support Group (4th Fri)
- 11:00am Tech Support Class (2nd & 4th Fri)
- 11:00am Fellowship Meal
- 12:15pm Bingo







# August

## FELLOWSHIP MEAL MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Dog Days of Summer Potluck 
4 Fried Chicken Sandwich Coleslaw Chips Dessert	5 Red Beans & Rice Tomato & Cucumber Salad Dessert	6 Beef Stroganoff Salad Roll Dessert	7 Chicken Parmesan Green Salad Dessert	8 Frito Pie Fruit Watermelon
11 Ham & Cheese Sliders Watermelon Chips Dessert	12 Margarita Grilled Cheese Fruit Dessert	13 Mexican Street Tacos Black Bean & Corn Salad Dessert	14 King Ranch Chicken Beans Dessert	15 Pulled Pork Baked Beans Coleslaw Dessert
18 BBQ Meatballs Scalloped Potatoes Dessert	19 Chicken Almondine Roasted Carrots Dessert	20 Cheeseburgers Blackeyed Pea Salad Dessert	21 Chicken Tenders Mac & Cheese Broccoli Salad Dessert	22 Beef Tortellini Green Salad Garlic Bread Dessert
25 Chef's Choicee Dessert	26 Orange Chicken Rice Broccoli Dessert	27 Chicken Mashed Potatoes Roasted Carrots Dessert	28 Salisbury Steak Zucchini Feta Bake Dessert	29 Taquito Enchiladas Beans 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





# August HEALTH & FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> 9:30a Posture Strength (MaryAnn) 11:00a Balance & Strength* (Sandra) 12:15p Balance & Strength* (Sandra)
<b>4</b> 8:30a Easy Pace (Renee) 10:00a Line Dancing (Renee) 11:00a Active Aging Strength (Maryann) 12:15p Balance & Strength* (Sandra) 1:30p Balance & Strength* (Sandra) 4:00p Yoga (Tania) 5:30p Clogging (Lorraine)	<b>5</b> 8:30a DrumFit (Diana) 9:30a Zumba Gold (Adaia) 1:00p Beginning Line Dancing (Dottie) 2:30p Pilates (Meleah) 5:30p Zumba (Sandra)	<b>6</b> 9:00a Zumba Gold Toning (Adaia) 10:00a Active Aging Strength (Sissy) 11:15a Balance & Strength* (Sandra) 12:30p Balance & Strength* (Sandra) 2:30p Line Dancing (Dottie) 3:45p Mindful Flow & Core (Diana)	<b>7</b> 8:30a Easy Pace (Renee) 9:30a Zumba Gold (Adaia) 10:45a Chair Yoga (Sandra) 12:00p Balance & Strength* (Sandra) 2:30p Pilates (Meleah) 4:00p Restorative Yoga (Myrna) 5:30p Zumba (Sandra)	<b>8</b> 9:30a Posture Strength (MaryAnn) 11:00a Balance & Strength* (Sandra) 12:15p Balance & Strength* (Sandra)
<b>11</b> 8:30a Easy Pace (Renee) 10:00a Line Dancing (Renee) 11:00a Active Aging Strength (Maryann) 12:15p Balance & Strength* (Sandra) 1:30p Balance & Strength* (Sandra) 4:00p Yoga (Tania) 5:30p Clogging (Lorraine)	<b>12</b> 8:30a DrumFit (Diana) 9:30a Zumba Gold (Adaia) 1:00p Beginning Line Dancing (Dottie) 2:30p Pilates (Meleah) 5:30p Zumba (Sandra)	<b>13</b> 9:00a Zumba Gold Toning (Adaia) 10:00a Active Aging Strength (Sissy) 11:15a Balance & Strength* (Sandra) 12:30p Balance & Strength* (Sandra) 2:30p Line Dancing (Dottie) 3:45p Mindful Flow & Core (Diana)	<b>14</b> 8:30a Easy Pace (Renee) 9:30a Zumba Gold (Adaia) 10:45a Chair Yoga (Sandra) 12:00p Balance & Strength* (Sandra) 2:30p Pilates (Meleah) 4:00p Restorative Yoga (Myrna) 5:30p Zumba (Sandra)	<b>15</b> 9:30a Posture Strength (MaryAnn) 11:00a Balance & Strength* (Sandra) 12:15p Balance & Strength* (Sandra)
<b>18</b> 8:30a Easy Pace (Renee) 10:00a Line Dancing (Renee) 11:00a Active Aging Strength (Maryann) 12:15p Balance & Strength* (Sandra) 1:30p Balance & Strength* (Sandra) 4:00p Yoga (Tania) 5:30p Clogging (Lorraine)	<b>19</b> 8:30a DrumFit (Diana) 9:30a Zumba Gold (Adaia) 1:00p Beginning Line Dancing (Dottie) 2:30p Pilates (Meleah) 5:30p Zumba (Sandra)	<b>20</b> <b>ALL MORNING CLASSES CANCELLED</b> <del>9:00a Zumba Gold Toning (Adaia)</del> <del>10:00a Active Aging Strength (Sissy)</del> <del>11:15a Balance &amp; Strength* (Sandra)</del> <del>12:30p Balance &amp; Strength* (Sandra)</del> 2:30p Line Dancing (Dottie) 3:45p Mindful Flow & Core (Diana)	<b>21</b> 8:30a Easy Pace (Renee) 9:30a Zumba Gold (Adaia) 10:45a Chair Yoga (Sandra) 12:00p Balance & Strength* (Sandra) 2:30p Pilates (Meleah) 4:00p Restorative Yoga (Myrna) 5:30p Zumba (Sandra)	<b>22</b> 9:30a Posture Strength (MaryAnn) 11:00a Balance & Strength* (Sandra) 12:15p Balance & Strength* (Sandra)
<b>25</b> 8:30a Easy Pace (Renee) 10:00a Line Dancing (Renee) 11:00a Active Aging Strength (Maryann) 12:15p Balance & Strength* (Sandra) 1:30p Balance & Strength* (Sandra) 4:00p Yoga (Tania) 5:30p Clogging (Lorraine)	<b>26</b> 8:30a DrumFit (Diana) 9:30a Zumba Gold (Adaia) 1:00p Beginning Line Dancing (Dottie) 2:30p Pilates (Meleah) 5:30p Zumba (Sandra)	<b>27</b> 9:00a Zumba Gold Toning (Adaia) 10:00a Active Aging Strength (Sissy) 11:15a Balance & Strength* (Sandra) 12:30p Balance & Strength* (Sandra) 2:30p Line Dancing (Dottie) 3:45p Mindful Flow & Core (Diana)	<b>28</b> 8:30a Easy Pace (Renee) 9:30a Zumba Gold (Adaia) 10:45a Chair Yoga (Sandra) 12:00p Balance & Strength* (Sandra) 2:30p Pilates (Meleah) 4:00p Restorative Yoga (Myrna) 5:30p Zumba (Sandra)	<b>29</b> 9:30a Posture Strength (MaryAnn) 11:00a Balance & Strength* (Sandra) 12:15p Balance & Strength* (Sandra)

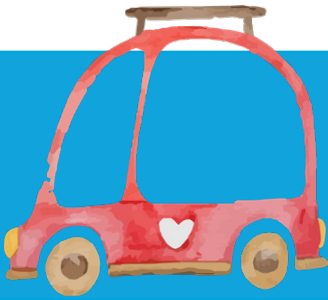
Gym Hours 

Mon-Thurs: 8:00am - 6:00pm, Fri: 8:00am - 3:00pm

\*Balance & Strength Class is FREE for all BSBAC Members







# Class Descriptions

## HEALTH & FITNESS



### ACTIVE AGING

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.



### SELF DEFENSE

Class incorporates gross motor skills by learning strikes. Practicing these strikes over and over in classes creates muscle memory allowing you to be able to protect yourself. You also will learn to project your voice to deter predators. (Boxing wraps are recommended for hitting the pad, but not required.)



### 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

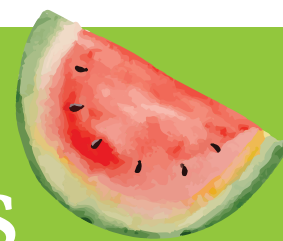
Zumba is a dance-fitness class that is set to zesty Latin music like salsa, merengue, mambo, etc. Zumba Gold modifies the moves and pacing to suit the needs of the active older participant.



### 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.

# August EVENT FLYERS & SPECIAL EVENTS



August Potluck

## DOG DAYS OF SUMMER

International Beer Day

**FRIDAY, AUGUST 1<sup>ST</sup> AT 11AM**

Center will provide Hot Dogs and Beer.

Bring an appetizer, salad, side and/or dessert to share with everyone.

Donations of \$5 are greatly appreciated.

Please use the in-center signup sheet to let us know if you plan to attend and what you will bring to share.

## August Branch Bingo

WEDNESDAY, AUGUST 6<sup>TH</sup>  
9:45AM

King's Hawaiian  
Cheesecake Danish  
with Sausage

6 Games of Bingo - \$2  
Brunch - \$5  
Donations Appreciated

BULVERDE SPRING BRANCH  
ACTIVITY CENTER  
est. 1994

## BOOK CLUB

Facilitated by the Mammen Family Library

**AUGUST'S PICK**

The Last Bookshop in London Author: Madeline Martin

WE'D LOVE YOU TO JOIN US!  
1st Wed. of each month • 1:00 PM

JOIN US!

## READER'S THEATER PRODUCTION OF "ANTIQUE PEOPLE"

Tuesday, Aug. 12th  
12:00pm-12:45pm

LOVE > DEMENTIA

"CREATING A MORE JOYFUL COMMUNITY FOR FAMILIES IMPACTED BY DEMENTIA"

## DEMENTIA SUPPORT GROUP

WHEN: SECOND THURSDAY OF THE MONTH @2:30P

WHERE: IN BSBAC DINING ROOM

BY: BELLA GROVES

AUGUST ARTS & CRAFTS

## WOODEN DECOUPAGE COASTERS (SET OF 4)

WEDNESDAY, AUGUST 13<sup>TH</sup> AT 1:30PM

\$5 DONATIONS GREATLY APPRECIATED

USE IN-CENTER SIGNUP TO REGISTER

## GRIEF AND HOPE SUPPORT GROUP

A space to share, listen, and heal—together.

This peer-led group encourages open conversation and connection over coffee. A counselor will be present to help guide discussions and support emotional needs as they arise.

**What to Expect:**

- Peer-led discussions
- Compassionate listening
- Guided support from a counselor
- A safe space to honor your grief and explore hope

**When & Where:**

Bulverde Spring Branch Activity Center  
Fourth Friday of the month  
10:00 am

**HOPE**  
HAMPEL-WUEST  
GRIEF & HOPE CENTER

Free of charge  
Open to all adults grieving a loss due to death  
For more information or to join, please contact:  
Grief & Hope Center (830) 558-5300

Your donations to the BSBAC Gift Shop are welcome and appreciated.

Please place items in a bin behind the jewelry cabinet and our volunteer team will sort, price and display.

**Items not accepted include:**

- Clothing
- Shoes
- Dish Sets
- Cookware (pots & pans)
- Broken/non-working items
- DVDs, VHS tapes, and cassette tapes
- Games, Puzzles, Books

**Frequently purchased items include:**

- Jewelry
- Handbags & Accessories
- Gift items
- Seasonal items
- Knick-knacks/figurines
- Kitchen Accessories

All Gift Shop proceeds benefit the programs here at the BSBAC.



THANK YOU!

## August Wish List

\$25 Gift Cards (Variety of Places)

Large Soup Pot  
\$50 each, 2 Needed

Large Ice Cream Scoops  
\$10 each, 6 Needed

Glass or Acrylic Drink Dispensers w/ Stands,  
\$50 each, 2 Needed

Dessert Sized Paper Plates

Single Serve Snacks:  
Granola Bars, Cheese Crackers, etc.

Canned Beans:  
Pinto, Black, Kidney, etc.

Chicken Broth

12oz. Soda Cans: Coke, Diet Coke, Dr. Pepper, Sprite, etc.

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
- ★ Vendor Booths
- ★ Food
- ★ Live Music
- ★ Raffle Items

**Saturday  
11/8**

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 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



For More Information:

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



**X**  
Celebrity  
Cruises

**Who's Ready to Cruise with BSBAC?**

*We're cruising along the Pacific Coast!*

**Sailing Dates: Thursday, April 30, 2026 - Friday, May 8, 2026**

**Day 1 Los Angeles, CA**

Thu, Apr 30, 2026. Departs: 4:00pm

**Day 2 San Diego, CA**

Fri, May 1, 2026. Docked: 8:00am to 4:00pm

**Day 3 At Sea - Cruising**

Sat, May 2, 2026

**Day 4 San Francisco, CA**

Sun, May 3, 2026. Arrival: 8:30am

**Day 5 San Francisco, CA**

Mon, May 4, 2026. Departs: 5:00pm

**Day 6 At Sea - Cruising**

Tue, May 5, 2026

**Day 7 At Sea - Cruising**

Wed, May 6, 2026

**Day 8 Victoria, British Columbia**

Thu, May 7, 2026. Docked: 8:00am to 8:00pm

**Day 9 Vancouver, British Columbia**

Fri, May 8, 2026. Arrival: 7:00am

\*Times are estimates and may change.

**simpleLUXURIES  
TRAVEL**

Michelle Hoehn, Travel Consultant  
830.282.4273  
Mhoehn@simpleluxuriestravel.com

Contact us  
for more  
info!

## August BIRTHDAYS

Adams, James  
Archer, Irene  
Ashley, Cindy  
Baker, Ronald  
Bates, Phyllis  
Beissner, JoAnn  
Benites, Juan  
Berger, Suzie  
Bishop, Joan  
Block, Michelle  
Bobrukiewicz, Joan  
Boggess, Alfred  
Boggess, Anne  
Boggs, Jean  
Bommer, Jacques  
Bravo, Rose  
Brestal, Joan  
Briggs, Melinda  
Byron, Lyn  
Chandler, Patricia  
Christensen, Janet  
Clark, Jeff  
Cobb, Regina  
Collard, Lisa  
Conry, Lisa

Cottier, James  
Crane, Russell  
Crockett, Lynda  
Curtiss, Joseph  
Deage, Ron  
Deitch, Mike  
DeLeon, Vicki  
Doss, Harry  
D'sousa, Joyce  
Eisenbrey, Susan  
Ellis, Peggy  
Erler, David  
Evans, Edna  
Ewald, Beverly  
Felps, Rita  
Fincher, Martin  
Flanagan, Olivia  
Gardner, Doreen  
Gill, Billie  
Goacher, Hubert  
Gossell, Julie  
Guerra, Angie  
Guyot, Carolyn  
Hagen, Gary  
Haines, Diana

Harbold, Robin  
Hart, Carroll  
Herring, James  
Hicks, Betty  
Hicks, Daniel  
Holly, Callean  
Ihrer, Lillian  
Ives, Mary Jane  
Ivy, Mary  
Johnson, Virginia  
Juarez, Gloria  
Kehoe, Susan  
Kilpper, Sandy  
Koehler, Lynda  
Kruciak, Deborah  
Lane, Kim  
Lang, Linda  
Macias, Miguel  
Maguire, Patricia  
Marshall, Patty  
Martinez, Teresa  
McCarty, Pat  
Medina, Barbara  
Medina, Pedro  
Montgomery, Verne

Muir, Dorothy  
Neibling, Jan  
Nelson, Gregory  
Noble, Lethy  
Nowakowski, Richard  
Ochoa, Benito  
Organ, Cynthia  
Ottmers, Elizabeth  
Overstreet, Norma  
Pelczar, Kenneth  
Pixley, Marilyn  
Postel, James  
Pronovost, Elizabeth  
Pulido, Gloria  
Raborn, Jonell  
Reyes, Linda  
Reynolds, Wesley  
Richardson, Patricia  
Richner, Freddie  
Roberts, Suzanne  
Robinson, Margo  
Roesser, Patricia  
Rossi, Iris  
Rothwell, Reann  
Salkowski, Mary

Simendinger, Maryann  
Simmons, Anne  
Singer, Stanley  
Spradley, Robert  
Sproull, Peggy  
Stevenson, Linda  
Stinson, Christine  
Stutts, Glenda  
Thomas, Max  
Tilley, Gary  
Topper, Linda  
Trevino, Elizabeth  
Truitt, John  
Vance, Cathy  
Waldman, Kenneth  
Walkenhorst, Jaime  
Walker, Carol  
Washmon, Sandra  
Whaley, Marianne  
Williams, Beverly  
Williford, Patricia  
Wiseman, Roger  
Worshim, Arnette

# Brain GAMES

## Summer Word Search

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

AUGUST  
BARBECUE  
BEACH  
FAMILY  
FLIP FLOPS  
FUN  
HOT  
ICE CREAM

ICE POP  
JULY  
JUNE  
OCEAN  
PICNIC  
POOL  
RELAX  
SHORTS

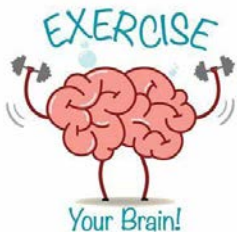
SPRINKLER  
SUMMER  
SUNGLASSES  
SUNSCREEN  
SUNSHINE  
SWIMSUIT  
VACATION



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## Commonyms\*

1. Cities - Noses - Guitars
2. Slide - Slip - Square
3. Toilet - Fly - Wrapping
4. Moons - Hearts - Clovers
5. Wing - Lug - Square
6. Odd - Even - Irrational
7. Rose - Bay - Stained Glass
8. Moss - Lime - Forest
9. House - Horse - Dragon
10. Board - Bird - Berry

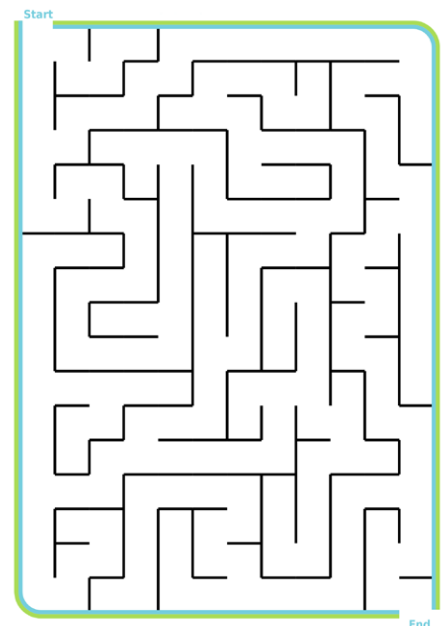


## Sudoku

A 9x9 square must be filled in with numbers from 1-9 with no repeated numbers in each line, horizontally or vertically.

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

## Solve the Maze



\*COMMONYMS SOLUTIONS: 1) All have bridges; 2) Knots; 3) Paper; 4) Lucky charms; 5) Nuts; 6) Numbers; 7) Windows; 8) Greens; 9) Flies; 10) Black...





# News YOU CAN USE

**USDA** Food and Nutrition Service  
U.S. DEPARTMENT OF AGRICULTURE

## Start simple with MyPlate

Healthy eating is important at every life stage,  
with benefits that add up over time, bite by bite. Small changes matter.

### Eat Healthy with MyPlate

MyPlate is the official symbol of the five food groups. Learn how to make MyPlate work for you. The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

#### Discover budget-friendly food ideas

MyPlate can help you make healthy choices within your budget. Find savings in your area and discover new ways to prepare budget-friendly foods in Shop Simple with MyPlate.

#### Set personal goals for healthy eating

Build healthy eating habits one goal at a time! Use the Start Simple with MyPlate app to pick simple daily food goals, see real-time progress, and earn badges along the way.

#### Find easy, low-cost recipes

View delicious recipes in our very own MyPlate Kitchen! Search by ingredient to use what you already have or browse by category to find something new. Save your favorites, make personalized cookbooks, and more!

Visit <https://www.myplate.gov/> more information and tools.

*MyPlate.gov is based on the Dietary Guidelines for Americans, 2020-2025*



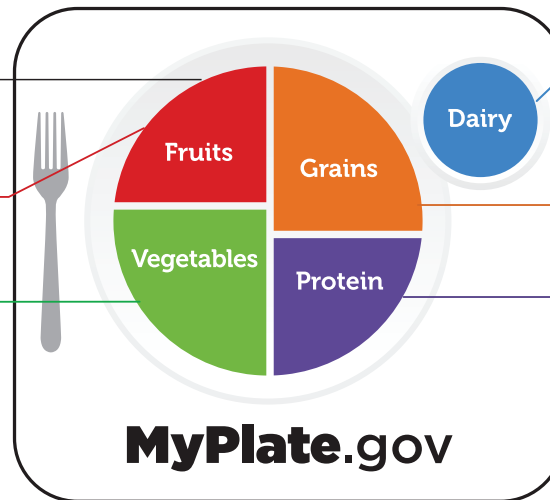
Make half your plate fruits and vegetables.

Focus on whole fruits.

Vary your veggies.

**Limit**

Choose foods and beverages with less added sugars, saturated fat, and sodium.



Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions).

Make half your grains whole grains.

Vary your protein routine.

**Activity**

Being active can help you prevent disease and manage your weight.

**DGA** Dietary Guidelines for Americans

FNS-921  
January 2022  
USDA is an equal opportunity provider, employer, and lender.

Fruits	Vegetables	Grains	Protein	Dairy
<p>Focus on whole fruits like fresh, frozen, canned, or dried.</p> <p>Buy fruits to have them available to add to your meal or eat as a snack. If you buy juice, select 100% fruit juice.</p>	<p>Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.</p> <p>Fresh, frozen, and canned count, too. Look for "reduced sodium" or "no-salt-added" on the label.</p>	<p>Choose whole-grain versions of common foods such as bread, pasta, and tortillas.</p> <p>Not sure if it's whole grain? Check the ingredients list for the words "whole" or "whole grain."</p>	<p>Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.</p> <p>Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.</p>	<p>Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.</p> <p>Lactose intolerant? Try lactose-free milk or a fortified soy beverage.</p>
Daily Food Group Targets — Based on a 2,000 Calorie Plan				
Visit <a href="https://www.myplate.gov/MyPlatePlan">MyPlate.gov/MyPlatePlan</a> for a personalized plan.				
<p><b>2 cups</b></p> <p>1 cup counts as:</p> <ul style="list-style-type: none"> <li>1 small apple</li> <li>1 large banana</li> <li>1 cup grapes</li> <li>1 cup sliced mango</li> <li>½ cup raisins</li> <li>1 cup 100% fruit juice</li> </ul>	<p><b>2½ cups</b></p> <p>1 cup counts as:</p> <ul style="list-style-type: none"> <li>2 cups raw spinach</li> <li>1 cup cooked collard, kale, or turnip greens</li> <li>1 small avocado</li> <li>1 large sweet potato</li> <li>1 cup cooked beans, peas, or lentils</li> <li>1 cup cut cauliflower</li> </ul>	<p><b>6 ounces</b></p> <p>1 ounce counts as:</p> <ul style="list-style-type: none"> <li>1 slice of bread</li> <li>½ cup cooked oatmeal</li> <li>1 small tortilla</li> <li>½ cup cooked brown rice</li> <li>½ cup cooked couscous</li> <li>½ cup cooked grits</li> </ul>	<p><b>5½ ounces</b></p> <p>1 ounce counts as:</p> <ul style="list-style-type: none"> <li>1 ounce cooked lean chicken, pork, or beef</li> <li>1 ounce tuna fish</li> <li>¼ cup cooked beans, peas, or lentils</li> <li>1 Tbsp peanut butter</li> <li>2 Tbsp hummus</li> <li>1 egg</li> </ul>	<p><b>3 cups</b></p> <p>1 cup counts as:</p> <ul style="list-style-type: none"> <li>1 cup dairy milk or yogurt</li> <li>1 cup lactose-free dairy milk or yogurt</li> <li>1 cup fortified soy milk or yogurt</li> <li>1½ ounces hard cheese</li> <li>1 cup kefir</li> </ul>

**Limit**

Choose foods and beverages with less added sugars, saturated fat, and sodium.

Limit:

- Added sugars to <50 grams a day.
- Saturated fat to <22 grams a day.
- Sodium to <2,300 milligrams a day.

**Activity**

Don't forget physical activity!

Being active can help you prevent disease and manage your weight.

Kids ≥ 60 min/day Adults ≥ 150 min/week



# Center HAPPENINGS



Our Spanish Class had their end of session cooking workshop and learned quickly how to make corn masa and to cook it. They made quesadillas and homemade nachos as well. All the food was delicious, and they had a great time! Thank you to Mabel Brown for another great Spanish session!



**We had a fun time at our Yahtzee Tournament!**

Thank you to the volunteers from YMSL and CBC for helping and playing with our members for the tournament. We appreciate you!







**16th Annual StyleShow & Luncheon**  
We had such a good time at the Annual Style Show! Thank you so much to our sponsors, community partners, boutiques, volunteers, models, and vendors for helping us make this year's event a success!







# August WHAT'S IN SEASON?

## Grapes

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

Grapes are a healthy, naturally sweet treat—especially if you are trying to reduce your processed sugar intake

verywell

62 CALORIES

1g FIBER

0.3g FAT

0.6g PROTEIN

16g CARBS

(per cup, seedless)

## parentcircle INTERESTING FACTS ABOUT GRAPES

### ORIGIN

About 130 million years ago, in Europe (areas around modern-day Georgia, Armenia and Iraq)

### IN CULTURE & HISTORY

- Used to make wine in the ancient Greek, Mesopotamian and Roman civilizations
- Has references in ancient Egyptian hieroglyphics



### DID YOU KNOW?

- The grape plant is known as a 'vine' and the plantation is called a 'vineyard'
- There are more than 8,000 varieties of grapes
- Grapes have 80% water and 20% dietary fibre
- They are grown separately as table grapes (for consuming as a fruit) and wine grapes (for preparing wine)
- A cluster or bunch has around 70 grapes
- Leaves from the grape plant are used in traditional Greek and Lebanese cooking

## 10 Incredible Health Benefits of Grapes

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WWW.LIVELOVEFRUIT.COM

### Cancer Prevention

Resveratrol helps DNA repair free radical damage

### Heart Health

Phytochemicals activate a process in our genes to help reduce damage to heart muscle

### Digestive Health

Soothe irritated digestive tracts and help relieve indigestion

### Lung Support

Grapes are one of the best ways to help detox and clear the lungs of impurities

### Kidney Health

Grapes are a natural diuretic, & eliminate toxic waste more efficiently

### Eye Health

Protect the retina from deterioration

### Allergy Relief

High in anti-inflammatories to help relieve allergic response

### Bone Health

Grapes help improve bone calcium retention and reduce osteoporosis risk

### Migraine Relief

Help reduce blood pressure & therefore help ease built up blood pressure which causes migraines

### Sustained Energy

The perfect snack for increasing energy levels mid-day and improving mental clarity





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**Candice Hitt**  
*Bookkeeper & Grant Writer*

## Board Members

Keri Sandvig: Chair  
Matt Hester: Vice Chair  
Hanni Stautzenberger: Treasurer  
Kelly Adams Daves: Secretary

Bobby Craft  
Ethan Myers  
Melodie Vise  
Michelle Hoehn  
Seth Prescott



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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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