

December 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



Halting Heart Attack & Stroke Get Medical Help Fast

A heart attack or stroke can happen within seconds. Getting treatment fast for these medical emergencies can mean the difference between life and death or disability. But do you know the symptoms of these dangerous events? And do you know if you're at risk for having one?

More than 1.5 million people have a heart attack or stroke every year in the U.S. Heart attack happens when blood flow to the heart gets blocked, most commonly by a blood clot. Stroke happens when blood flow to the brain gets disrupted. The most common type of stroke is caused by a blood clot stuck in a blood vessel that feeds the brain. Stroke can also be caused by a blood vessel in the brain that breaks open and bleeds into nearby tissue.

"Early treatment is key to improving your chances of survival," says Dr. Gina Wei, a heart-health expert at NIH. Treatment may include either rapidly dissolving or removing the clot to open up the blocked blood vessel. For some heart attack cases, emergency surgery is used to redirect blood flow around the blockage.

Getting help immediately can save a life and reduce damage to the heart or brain. Less damage to these vital organs can also mean less disability afterward, and a faster recovery, explains Dr. Clinton Wright, a neurologist and stroke researcher at NIH. So it's important to be on alert for symptoms of a heart attack or stroke for both yourself and the people around you. Every minute matters.

Know the Symptoms, Act Fast

The most common symptoms of a heart attack are pain, heaviness, or discomfort in the center or left side of your chest. But they're not the only symptoms. Women are more likely than men to have other symptoms, like pain or numbness in the left arm.

Some people may also feel a rapid or irregular heartbeat. Others feel pain or discomfort in one or both arms, the back, shoulders, neck, jaw, or above the belly button. You may also feel short of breath or suddenly sweat a lot for no apparent reason. Rarer symptoms include feeling extremely tired for no reason, nausea and vomiting, and dizziness.

For stroke, the most common symptoms are facial drooping, arm weakness, and trouble speaking. "There can also be a sudden loss of balance or coordination, or sudden trouble seeing in one or both eyes," Wright says.

If you or anyone around you has these symptoms, call 9-1-1 immediately. Don't wait. Treatment can start in an ambulance on the way to the hospital. This helps improve the odds of survival and recovery. Don't drive yourself to the ER or ask someone to drive you. It may delay treatment.

For more information: <https://newsinhealth.nih.gov/2024/12/halting-heart-attack-stroke>



Note from the Center & Upcoming Events

2



Weekly Activity Schedule & Fellowship Menu

4-5



Health & Fitness Schedule

6



December Event Flyers & Special Events

8-9



Brain Games

10



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



Join Us IN MAKING A DIFFERENCE

A Season of Gratitude and Giving

As we turn the page to December, we're reminded of the warmth, generosity, and community spirit that define this time of year. It's a chance to pause, reflect on the past twelve months, and recognize the extraordinary kindness that makes our work possible.

This year, because of you, we have had a year full of growth, provision, and purpose. Every act of generosity—whether volunteering, donating, advocating, or simply sharing our mission—has helped strengthen our community.

We are thankful for the year we have had and are excited for what's to come in the year ahead. You are what makes the BSBAC community thrive and we invite you to continue to be part of our success. You can...

Give: Your year-end gift helps us meet immediate needs and plan for a strong start to 2026.

Share: Tell a friend, colleague, or neighbor about our work. Awareness fuels impact.

Engage: Join us for Center events and activities or volunteer with us!

Most importantly, we want to say **thank you**. Your support doesn't just help us serve—it inspires us. It shows what's possible when a community comes together with compassion and purpose.

From all of us at the BSBAC, we wish you a peaceful holiday season and a hopeful New Year.

May this season bring warmth to your home and joy to your heart.



Upcoming EVENTS

December 1, 15

10:00am - Mexican Train

December 3

1:00pm - Book Club

December 8, 22

12:35pm - Bunco

December 9

11:45am - Presentation: Let's Talk Meds & Travel

December 10

10:00am - Card Creations

1:00pm - Christmas Cookie Swap

1:30pm - Arts & Crafts Series: DIY Christmas Ornaments

December 11

2:30pm - Dementia Support Group

December 16

11:45pm - Presentation: Energy Bites w/Texas AgriLife Ext.

December 17

2:00pm - Caregiver's Support Group

December 18

11:30am - Christmas Pajama Party & Potluck

December 19

9:00am - Loss Support Group

December 24-26

Center Closed for Christmas

December 31

Center Closed for New Year's Eve





Flu Prevention

7 TIPS FOR OLDER ADULTS

Do you stock up on tissues and cough drops at the first sign of a chill in the air? Are you bracing for that first telltale sniffle of the season?

As winter nears, getting sick might seem inevitable. However, while we can't completely avoid seasonal germs, we can take steps to avoid a flu infection. This is especially important as we get older, when our immune system isn't as robust as it used to be—and serious illness and complications from the flu are more likely. The Centers for Disease Control and Prevention (CDC) estimates 70-85% percent of seasonal flu-related deaths and 50-70% of seasonal flu-related hospitalizations have occurred in people age 65 and older.

How can older adults prevent the flu?

- 1. Get vaccinated:** The best way to prevent the flu is to stay up to date with your flu vaccine. Getting vaccinated is especially critical for older adults. "People age 65 and older should opt for high-dose flu vaccines or adjuvanted flu vaccines, which are specifically designed to boost the immune response in older adults," said Dorothea Vafiadis, Senior Director of NCOA's Center for Healthy Aging.
- 2. Practice good hygiene:** The flu virus spreads through respiratory droplets when an infected person coughs, sneezes, or talks. You can also catch the flu by touching contaminated surfaces and then touching your face. Someone who has the flu can spread the virus to others for about one day before they start experiencing symptoms and up to five days after getting sick. Practicing basic good hygiene can significantly lower your risk of getting the flu and infecting others when you're sick.
- 3. Prioritize good nutrition and hydration:** Older age, chronic disease, environmental toxins, and other factors can weaken our immune system. Good nutrition can help counteract some of these effects by priming our body to fight off infection.
- 4. Get plenty of sleep:** Sleep is crucial for a healthy immune system, but many older adults struggle with getting enough rest. To power up your slumber: Aim for 7 to 9 hours of quality sleep each night.
- 5. Stay physically active:** Regular exercise not only keeps your body fit; it also enhances your immune system. A recent study found that exercising at moderate intensity for 15 minutes may help boost immunity by increasing levels of natural killer (NK) cells. These cells help our body destroy harmful pathogens, even if we've never been exposed to them before.² Physical activity can also help flush bacteria out of your lungs and airways, reducing your odds of becoming ill.

- 6. Avoid close contact with people who are sick:** Since the flu is highly contagious, avoiding exposure to those who are already sick is another key strategy for preventing the flu. If you know someone has the flu (or flu-like symptoms), maintain a safe distance:

- 7. Manage stress and moods as much as possible:** It's no secret that stress and poor health go hand in hand. Chronic stress can compromise our immune system functioning and make us more vulnerable to illnesses like the flu. To keep your immune system working the way it should, make it a point to manage your stress from day to day.

Should you start experiencing flu symptoms—such as fever, chills, body aches, or fatigue—contact your health care provider right away. Early treatment with antiviral medications can reduce the severity of your symptoms, shorten the duration of your illness, and prevent serious complications that can land you in the hospital.

Preventing the flu as an older adult requires a combination of proactive measures, from eating healthy to getting vaccinated. By taking charge of your health, you can improve your odds of enjoying a safe, flu-free season.

<https://www.ncoa.org/article/flu-prevention-101-7-tips-for-older-adults/>



Weekly ACTIVITY SCHEDULE



MONDAY



- 9:00am Wood Carving
- 10:00am Dominos: Mexican Train (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
- 2:45pm Intermediate Spanish

TUESDAY



- 11:00am Mah Jong
- 11:30am Fellowship Meal
- 1:00pm Bingo
- 3:45pm Beginners Spanish

WEDNESDAY



- 9:00am Bridge
- 10:00am Card Creations (2nd & 3rd 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)
- 1:30pm Arts & Crafts Series (2nd Wed)
- 1:30pm Guitar
- 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
- 1:00pm Bible Study
- 2:30pm Dementia Support Group (2nd Thur)

FRIDAY



- 10:00am Grief Support Group (3rd Fri)
- 11:00am Fellowship Meal
- 12:15pm Bingo



"The trick is to age honestly and gracefully and make it look great, so that everyone looks forward to it"

-Emma Thompson





December

FELLOWSHIP MEAL MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 Taco Salad Dessert	2 Orange Chicken Rice Broccoli Dessert	3 Philly Cheesesteak Sandwich Chips Fruit Dessert	4 Baked Potato Bar w/Fixings Green Salad Dessert	5 Sausage Hoagies Potato Salad Dessert
8 Chicken Tenders Mashed Potatoes Corn Dessert	9 Beef & Bean Burrito Spanish Rice Dessert	10 Zuppa Toscana Salad Dessert	11 Beef Tacos Black Beans Dessert	12 Egg Roll Fried Rice Dessert
15 Salisbury Steak Mashed Potatoes Green Beans Dessert	16 Salad Trio Smoked Chicken Salad D's Salad Green Salad Dessert	17 Cheeseburger Black-Eyed Pea Salad Chips Dessert	18 HOLIDAY POTLUCK Ham Sweet Potatoes Green Beans	19 Taquito Enchilada Pinto Beans Dessert
22 Chef's Choice Dessert	23 Pizza Green Salad Dessert	24 CENTER CLOSED 	25 CENTER CLOSED 	26 CENTER CLOSED 
29 Spaghetti Green Salad Dessert	30 Ham & Cheese Sliders Apple Salad Dessert	31 CENTER CLOSED 	1 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

Monday	Tuesday	Wednesday	Thursday	Friday
1 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)	2 9:30a Zumba Gold (Adaia) 10:30a DrumFit (Diana) 1:00p Beginning Line Dancing (Dottie) 2:30p Pilates (Meleah) 5:30p Zumba (Sandra)	3 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)	4 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)	5 8:15a Self-Defense (Diana) 9:30a Posture Strength (MaryAnn) 11:00a Balance & Strength* (Sandra) 12:15p Balance & Strength* (Sandra)
8 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)	9 9:30a Zumba Gold (Adaia) 10:30a DrumFit (Diana) 1:00p Beginning Line Dancing (Dottie) 2:30p Pilates (Meleah) 5:30p Zumba (Sandra)	10 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)	11 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)	12 8:15a Self-Defense (Diana) 9:30a Posture Strength (MaryAnn) 11:00a Balance & Strength* (Sandra) 12:15p Balance & Strength* (Sandra)
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29 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)	30 9:30a Zumba Gold (Adaia) 10:30a DrumFit (Diana) 1:00p Beginning Line Dancing (Dottie) 2:30p Pilates (Meleah) 5:30p Zumba (Sandra)	31 CENTER CLOSED 	1 CENTER CLOSED 	

Gym Hours 

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

*Balance & Strength Class is FREE for all BSBAC Members



RenewActive
by UnitedHealthcare



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.





PHARMACY PRESENTATION

Let's Talk Meds & Travel...

Join us for a unique presentation regarding medications and travel. Come ask your medication questions and get some much needed clarification from Trina S. Williams, a Texas-Licensed Pharmacist for nearly 30 years.

- ✔ Prescription & OTC Medication
- ✔ Medical Devices
- ✔ Travel

Use In-Center Signup to Register

Tuesday, Dec 9th
10:45am

Please use
in-center
sign-up to
register.



FOOD DEMO AND TASTING

HOLIDAY ENERGY BITES

JOIN US AS WE LEARN HOW TO MAKE TASTY HOLIDAY ENERGY BITES



TUESDAY, DECEMBER 16, 2025
11:45 A.M. - 12:45 P.M.

*Arkansas AgLife's Extension Services is an equal opportunity employer and program provider. *Arkansas AgLife's Extension Services provides equal opportunities in its programs and employment to persons regardless of race, color, sex, religion, national origin, marital status, age, disability, sexual orientation, gender identity, or sexual expression. *Arkansas AgLife Extension Services is a participant in the U.S. Department of Agriculture's, and the U.S. Forest Service's Environmental Stewardship and Forest Conservation.



BSBAC
December Wish List

\$25 GIFT CARDS (VARIETY OF PLACES)
ROLLING CARTS (2 PACK, \$150)
CANOPIES (3-4 NEEDED, \$100 EACH)
SUPPLIES FOR CARD CREATIONS: STICKERS, PAPER,
EMBELLISHMENTS, ETC. (\$50)
DRINK DISPENSERS (2 NEEDED, \$50 EACH)
FARBERWARE 2QT SAUCEPAN (2 NEEDED, \$25 EACH)
FARBERWARE 1QT SAUCEPAN (2 NEEDED, \$22 EACH)
KITCHEN SHELF LINERS (4 NEEDED, \$15 EACH)
STOVE TOP STUFFING MIX
CANNED FRUIT
SNACK SIZED ZIP LOCK BAGS
CHICKEN BROTH
PUDDING CUPS

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!

Center will be

Closed

for the Holidays!

CLOSED

24 DEC - 26 DEC

31 DEC - 1 JAN

REOPENING

2 JAN



Merry Christmas
2025 BSBAC
Meals on Wheels Sulverde Spring Branch
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 GIFT ITEMS IN LARGE PLASTIC OR CANVAS GIFT BAG WITH GIFT TAG ATTACHED. ALL GIFTS ARE DUE BACK BY FRIDAY, DECEMBER 12TH, 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 bccollier@bsbac.com

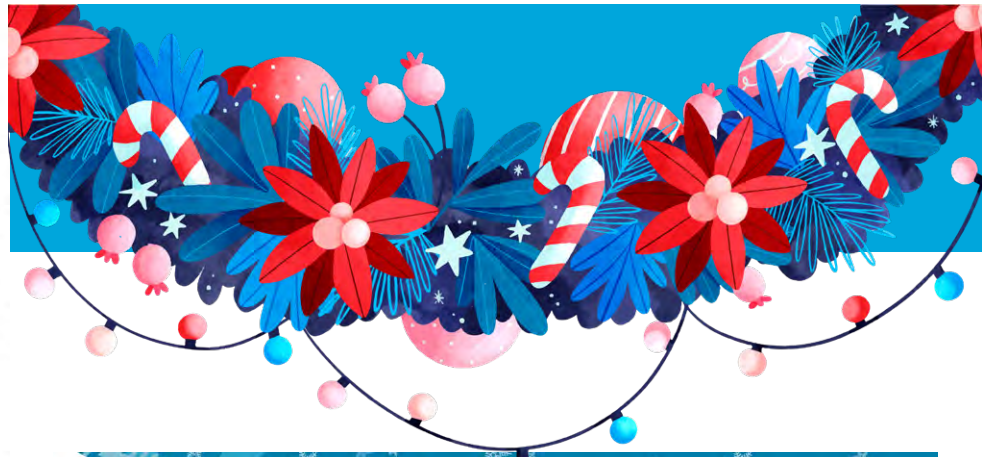


**NOMINATE
THE
BSBAC!**



**WE NEED
YOU!**

Nominate the BSBAC to receive
an unrestricted impact grant
from the McKenna Foundation.



SUBARU share the love® EVENT

November 20 through January 2.

**BSBAC is once again partnering with Subaru to make
an impact in the lives of homebound seniors.**

This holiday season, Subaru and Meals on Wheels America are coming together through the Subaru Share the Love® Event to help ensure that older adults across the country receive the meals, care and connection they need to live independently and with dignity. When you choose Meals on Wheels America as your charity of choice, your selection helps support the delivery of meals and friendly visits to older adults nationwide.

From November 20, 2025 through January 2, 2026, Subaru and its retailers will donate a minimum of \$300 to charities, like Meals on Wheels, for every new Subaru vehicle sold or leased.

LEARN MORE HERE:



** Hello December!*

"DECEMBER IS A REMINDER
THAT DESPITE THE
CHALLENGES, EVERY ENDING
IS A NEW BEGINNING WAITING
TO UNFOLD."

www.zubair800000.com

December BIRTHDAYS

Abbott, Carol
Adams, Diane
Adams, Lorna
Allen, Margaret
Anderson, Debbie
Antczak, Sheron
Baldwin, Frank
Banis, Wendy
Barrett, Martha
Bauernfeind, Gloria
Been, Elaine
Benites, Nora
Boaz, Matthew
Bowles, Jeff
Brennan, Robert
Burkett, Greg
Chism, May
Christner, Linda
Clark, Dwight
Corbin, Kathleen
Cordes, Alfred
Cosgrove, Marcia
Cozart, Linda

Davis, Sherry
Dawdy, Claudia
Deitch, Leslie
Dickens, Diane
Dodd, Janet
Dwyer, Nancy
Ellingsworth, Brenda
Eustrom, Rebecca
Fairley, Sandra
Ferguson, Richard
Ferrari, Judith
Flores, Jesse
Forinash, Aurora
Foster, Bill
Gilbert, Andrea
Gilbert, Joan
Gill, David
Gregoire, Alan
Groat, Kathryn
Guerra Jr., Fidelio
Hamilton, Shawn
Hawkins, Gloria
Hazzard, Barbara

Heard, Marjorie
Hildebrandt, Debbie
Holliday, Annette
Hurst, Cindy
Hutchison, Patricia
Hutson, David
Iltis, Lisa
Jimenez, Guillermo
Kakar, Muhd Suleman
Keith, Carol
Kenisky, John
Kimbrough, Daynelle
Kirk, Julie
Knibbe, Sharon
Lagneau, Laura
Lamers, Michael
Landacre, Dona
Lawson, Linda
Letarte, James
Lindsay, Jay
Lobato, Abel
Loesch, Margie
Macias, Concepcion

Mammen, Lori
Mann, Linda
Matsler Brod, Lynn
Mattice, Cindy
McClain, Linda
McGee, Silvia
Meeks, Robert
Mendenhall, Pam
Montecinos, Joann
Morse, Richard
Munoz, Lydia
Nyland, Rita
Oar, David
Orozco, Maria
Ottea, Julia
Perkins, Kristi
Peterson, Larry
Piet, Dolores
Pixley, Charles
Potter, Jean
Potter, Terry
Powell, Stacey
Pritz, Michael

Puckett, Bill
Purtell, Marlene
Reed, Shirley
Rhea, Becky
Rizzo, Diane
Robinson, Cheryl
Sansom, Judy
Santos, Belinda
Sargen, Cheryl
Schneider, Richard
Schofield, Cindy
Schwenn, Jenalee
Shirey, Kathleen
Shrader, Cindy
Simpkins, Holly
Smith, Kristy
Suehs, Christine
Tenney, Twyla
Tiller, Karen
Van Den Bergh, Flo
Walker, Richard
Walther, Judy
Wilson, Toni
Zimmerman, Patricia

Brain GAMES



Christmas

Word Search

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

Word list:

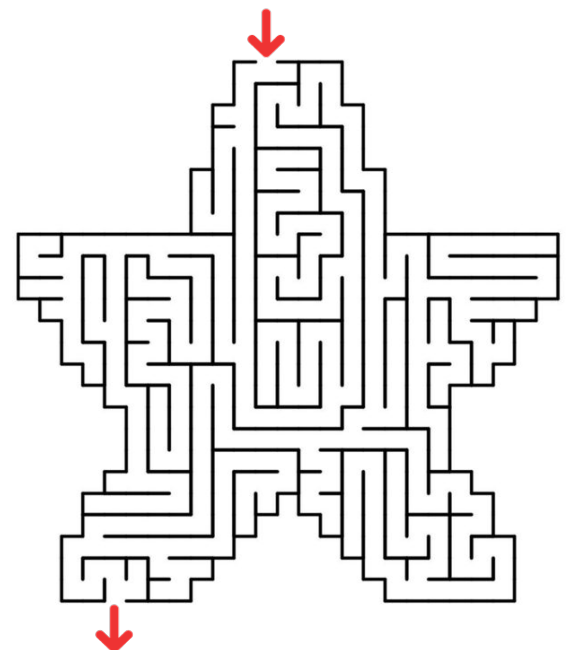
ANGEL	FROSTY	NATIVITY	SPIRIT
CHRISTMAS	FRUITCAKE	PRESENTS	STAR
EGGNOG	GIFT	REINDEER	STOCKING
ELVES	GREETINGS	SLEIGH	TIDINGS
FAMILY	MANGER	SNOWMAN	WREATH

Sudoku

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

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

Solve the Maze



*COMMONYMS SOLUTIONS: 1) Types of knots; 2) Types of paper; 3) Nuts; 4) Flies; 5) Types of numbers; 6) Shades of green; 7) All have blocks; 8) Types of crabs; 9) They have waves; 10) They have bowls

EXERCISE



Your Brain!

Commonyms*

1. Slip - Square - Slide
2. Toilet - Fly - Wrapping
3. Lug - Wing - Square
4. House - Dragon - Horse
5. Prime - Irrational - Odd
6. Hunter - Lime - Forest
7. Sprinters - Cities - Toddlers
8. Spider - Fiddler - Hermit
9. Hair - A Brain - Ocean
10. A Cook - A Toilet - College Football



Gifts WITH A PURPOSE

2025 INDIVIDUAL GIVING CAMPAIGN



Matching Funds!
YOUR GIFT HAS
DOUBLE THE
IMPACT!



Gifts WITH A PURPOSE
2025 IGC GIVING FORM

Please fill out this form to help your gift to the charity provided.

Gift	Gift Amount	Total
1. Meals on Wheels	<input type="checkbox"/> 1 Week of Meals: \$25 <input type="checkbox"/> 1 Month of Meals: \$100 <input type="checkbox"/> 1 Year of Hot Food: \$900	\$
2. Member Services	<input type="checkbox"/> 1 Month of Transportation: \$50 <input type="checkbox"/> 1 Annual Membership for a Couple: \$75 <input type="checkbox"/> 1 Year of Social Activities & Daytrips: \$150 <input type="checkbox"/> 1 Year of all Memberships & Daytrips: \$500	\$
3. Health & Wellness	<input type="checkbox"/> 1 Month of Fitness Classes & EGYM: \$35 <input type="checkbox"/> 6 Months of Fitness Classes & EGYM: \$200	\$
4. Where Most Needed	<input type="checkbox"/> Your Gift of Any Amount <input type="checkbox"/> 1 of Everything: \$1,435	\$
My Total Gift: \$		

You Can Also Contribute Online
<https://givebutter.com/IGC2025>

Scan to Give

Thank you for your support!

MAIL FORM IN ENVELOPE PROVIDED TO:
Bulverde Spring Branch Activity Center
4001 Box 513, Bulverde, TX 78163

Individual Giving CAMPAIGN



Dear Members, Supporters, and Friends,

Each day, we are reminded that the true strength of our organization comes from the people who believe in it – people like you. Your generosity, kindness, and faith in our mission make everything we do possible.

We also want to recognize the outstanding leadership of our Executive Director and the incredible team that brings our mission to life each day. Their commitment and innovation continue to move us forward in a rapidly changing world.

When you give, you're not just making a donation, you're helping change lives. You're standing beside us as we reach further, care deeper, and dream bigger for our community.

This year's Individual Giving Campaign is a celebration of that shared spirit. Together, we can continue to make a difference – one act of generosity at a time.

Looking ahead, we are excited about the opportunities and challenges that await us. The Board remains committed to strong governance, financial stewardship, and strategic growth, ensuring that our organization remains impactful and sustainable for years to come.

Thank you for being part of our journey. Your belief in our mission strengthens our resolve and deepens our impact. Together, we are building a brighter future.

With appreciation,
Board of Directors, Bulverde Spring Branch Activity Center

Our **2025 Individual Giving Campaign** is in full swing and will continue through the end of the year. We have created a Giving Catalog and Form to make it easy to choose your gift to the BSBAC and Meals on Wheels Bulverde Spring Branch.

Give a gift with purpose this holiday season!

You Can Also Contribute Online
<https://givebutter.com/IGC2025>



SCAN TO GIVE

We're Creating a Home Away From Home



"Because of my limited mobility and neuromuscular disorder, I had trouble cooking for myself. My daily diet consisted of coffee, peanut butter & jelly and a bag of popcorn. I was not in a good place emotionally and was feeling helpless and hopeless. When I began receiving Meals on Wheels, it felt like I had a purpose to get up in the morning because I knew someone was coming each day. To know that I had a meal and all I had to do was eat it, was so amazing. Each of the donors are so kind and compassionate. I am so thankful for MOW!"
Linda Christen, MOW Client

4 WHERE MOST NEEDED

Your gift helps us continue our mission
"The mission of the Bulverde Spring Branch Activity Center is to facilitate active aging and enhance the quality of life for older adults in our communities."
One of Everything: \$1,435
Your Gift of Any Amount: \$

Most Popular Gift



"I appreciate all they do. Including, in addition to the meals, so many things, like dropping off an unexpected heater when there was icy weather. And all the time and trouble spent on acquiring Angel Tree gifts. Best of all, just seeing their smiling faces and hearing their kind comments when they bring the meals. It lights up my day each time they bring my food."
Darlene Thompson, MOW Client



Lifting Spirits, Changing Lives - One Gift at a Time



Your gift fights hunger and isolation for older adults in our community
Meals on Wheels (MOW) is a service that delivers nutritious meals to people who are homebound due to age, illness, or disability. Volunteers deliver meals to individuals' homes, providing essential nutrition while also offering social contact and a wellness check. More than half of older adults report feeling lonely. For those who are homebound, the holidays can be the most isolating time of the year. Instead of the familiar sounds of family gatherings and laughter, many seniors hear only the echo of empty rooms. For some, the friendly face of a Meals on Wheels volunteer may be the only human contact they have all week.

MOW Bulverde Spring Branch Program Provides:

- Outreach Services
- Christmas Angel Tree
- Food & Supply Drives
- Provisions & Services as needed
- Pets on Wheels: Food & Vet Services

Meals for a Week: \$25
Meals for a Month: \$100
Pet Food for a Year: \$500



No senior should have to wait through silent nights.

2 MEMBER SERVICES



"The Center has made everyday a day to look forward to. We have been coming to the Center for over 20 years and just love it here! We like the hours of activities offered. This place has truly saved us and has given us so much pleasure in life. The staff is great. This Center is the best!"
- Jo & Charles Corda, Members

Your gift helps older adults fight loneliness & isolation

We know there are many benefits, both physical and cognitive, to older adult socialization. Socialization is essential for older adults because staying connected strengthens emotional well-being, reduces loneliness, and supports a healthier, more active life. That is why we offer various opportunities for socializing.

The BSBAC Memberships:

- Daily Fellowship Meals
- Various games including bingo, bunnies, card games, dominoes, etc.
- Activities & Events including Arts & Crafts, Book Club, Support Groups, Daytrips, Parties & More
- Educational Opportunities
- Bus transportation to and from the Center

1 Month of Transportation: \$50
Annual Membership for a Couple: \$75
1 Year of Social Activities & Daytrips: \$150

Together - We Can Make a Difference!



SOCIAL ISOLATION & LONELINESS HAS NEGATIVE EFFECTS

3 HEALTH & WELLNESS



Your gift helps older adults stay active
We know that increased physical activity leads to overall improved health. Regular, and independent—boosting physical health, mental clarity, and overall quality of life. This is why we offer many different exercise classes throughout the week.

Health & Wellness Programming:

- Balance & Strength classes free to all members
- Over 20 other classes throughout the week including Line Dancing, Pilates, Active Aging, Strength, Zumba, Chair Yoga & Self Defense
- State-of-the-art EGYM Strength Equipment
- Cardio equipment including treadmills, stationary bikes, and elliptical machine

1 Month of Fitness Classes & EGYM: \$35
6 Months of Fitness Classes & EGYM: \$200

EGYM
fit for life



Active Living - Lifelong Connections

Thank you for your support!

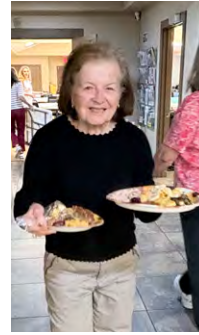
Center HAPPENINGS

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





Thank you to all who came out for our Community Thanksgiving Luncheon! Rain or Shine you showed up with smiles. Thank you to the students from Bracken Christian School and Pieper HS JROTC for helping us prepare and serve our members and guests. We appreciate you!



Happy 89th Birthday!



Raul



CARD CREATIONS

Our first Generations Dinner was a huge hit - thanks to everyone who joined in! There was great conversation all around. Thank you to CBC Northside for volunteering to cook the food!



It was all about the Floral Design this month for Arts and Crafts. Members made arrangements in beautiful reds, oranges and yellows. It's Fall Y'all!





December WHAT'S IN SEASON?

10 Health Benefits of Tangerine



Tangerines

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

Excellent source of vitamin C and phytonutrients.
Keep your portion to 1 to 2 tangerines maximum



How to Use Tangerine



Did you know?

Tangerine essential oil exerts antispasmodic and sedative effects that are popularly used in aromatherapy to **relax muscles** and **soothe the nervous system**. Additionally, clinical research suggests that the acid compounds in tangerine peel extracts may have potential as **teeth whitening agents**.

Source: herbazest.com - For informational purposes only.

HerbaZest.

Tangerine vs. Orange



Tangerine



Orange

vs

- Smaller, thin skin that's easy to peel
- Stronger taste with a tart edge
- High in Vitamin A and Iron, more fiber
- Used in salads, salsas, and grill marinades
- Best Paired With Coffee, BBQ

- Larger, thicker skin
- Sweet, less tangy
- High in Vitamin C, calcium, and fiber
- Used in sauces, desserts, and drinks
- Best Paired With Variety of drinks and desserts

FUN FACTS

Named after the port of Tangier, Morocco, from where they were originally shipped to Europe!

Did you know that orange trees are evergreens and don't lose their leaves in the winter?

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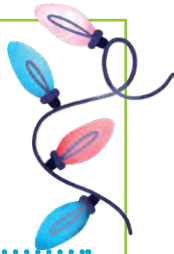


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Ethan Myers: Secretary

Bobby Craft
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Seth Prescott
Zandra Duke



**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.



www.bsbac.com



830-438-3111



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