

January 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: <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



January Event Flyers & Special Events

8-9



Brain Games

10



Note from THE CENTER

A New Year, A Renewed Commitment

As we welcome the New Year, we want to express our heartfelt gratitude for your unwavering support and belief in our mission. Thanks to your generosity and dedication, we had successful fundraising events, delivered 20,000 meals to Meals on Wheels clients, welcomed over 200 new members, and enjoyed many other successes, all in the effort to further our mission.

This year, we're excited to continue our journey of making a lasting impact. With your partnership, we know we can achieve even greater milestones in 2025.

Let's make this year one of prosperity, progress, and compassion. Together, we can build brighter futures for those we serve.

From all of us at the BSBC, we wish you and your loved ones a New Year filled with happiness, health, and endless possibilities.

Thank YOU for being part of our community.

Happy New Year to you!

DeLisa Leopold, Executive Director



Upcoming EVENTS

January 6, 20

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

January 7, 14, 21, 28

2:15pm - Slow Pace Beginners Spanish

3:15pm - Slow Pace Intermediate Conversation & Reading Spanish

January 8

10:00am - Card Creations

1:00pm - Book Club

2:00pm - Dementia Support Group

January 13, 27

12:35pm - Bunco

January 14

11:45am - Healthy Carb Series #1



January 15

10:00am - Medicare 101 Educational Presentation

1:30pm - Arts & Crafts Series: Making Spa Scrubs

2:00pm - Caregiver's Support Group

January 16, 23, 30

10:00am - Daytrip to the Vietnam Army Grunt Museum

January 21

11:45am - Healthy Carb Series #2



January is GLAUCOMA AWARENESS MONTH

Glaucoma is a leading cause of vision loss and blindness in the United States — especially for older adults and African Americans. Glaucoma doesn't have any symptoms at first, but over time it can cause peripheral (side) vision loss and blindness.

There's no cure for glaucoma, but starting treatment as early as possible can help stop vision loss.

What is glaucoma?

Glaucoma is a group of eye diseases that can cause vision loss and blindness by damaging a nerve in the back of your eye called the optic nerve.

The symptoms can start so slowly that you may not notice them. The only way to find out if you have glaucoma is to get a comprehensive dilated eye exam.

There's no cure for glaucoma, but early treatment can often stop the damage and protect your vision.

What are the types of glaucoma?

There are many different types of glaucoma, but the most common

type in the United States is called open-angle glaucoma — that's what most people mean when they talk about glaucoma. Other types are less common, like angle-closure glaucoma and congenital glaucoma.

What are the symptoms of glaucoma?

At first, glaucoma doesn't usually have any symptoms. That's why half of people with glaucoma don't even know they have it.

Over time, you may slowly lose vision, usually starting with your side (peripheral) vision — especially the part of your vision that's closest to your nose. Because it happens so slowly, many people can't tell that their vision is changing at first.

But as the disease gets worse, you may start to notice that you can't see things off to the side anymore. Without treatment, glaucoma can eventually cause blindness.

When to get help right away

Angle-closure glaucoma can cause these sudden symptoms:

- Intense eye pain
- Upset stomach (nausea)
- Red eye
- Blurry vision

Anyone can get glaucoma, but some people are at higher risk, including people who:

- Are over age 60
- Are Black/African American and over age 40
- Are Asian American
- Are Hispanic/Latino
- Have a family history of glaucoma

This Glaucoma Awareness Month, join the National Eye Health Education Program (NEHEP) in encouraging everyone at higher risk for glaucoma to get a dilated eye exam. It's the best way to protect their vision!

Learn more at <https://www.nei.nih.gov/learn-about-eye-health/outreach-resources/glaucoma-resources>.



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)
- 2:30pm Table Tennis

TUESDAY

- 11:00am Mah Jong
- 11:30am Fellowship Meal
- 12:00pm Guitar
- 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 Poker & Beginning Poker (2nd, 3rd, 4th Wed)
- 12:00pm Knitting/Crochet/Sewing Group
- 12:00pm Chess
- 1:00pm Book Club (1st Wed)
- 2:00pm Dementia Support Group (2nd 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 Poker (1st Thurs)
- 12:00pm Mindful Meditation
- 1:00pm Bible Study

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)

“

January, The first month of the year,
a perfect time to start all over again,
changing energies and deserting old
moods, new beginnings, new attitudes.

CHARMAINE J FORDE



January

FELLOWSHIP MEAL MENU

Monday	Tuesday	Wednesday	Thursday	Friday
HAPPY NEW YEAR 2025		1 CENTER CLOSED 	2 Greek Omelet Casserole Tomato & Cucumber Salad Dessert	3 Pasta Fagioli Soup Green Salad Garlic Bread Dessert
6 Philly Cheesesteak Tortellini Pasta Green Salad Roll Dessert	6 Taco Salad Dessert	7 Sub Sandwiches Chips Dessert	8 Glazed Pork Loin Mashed Potatoes Carrots Dessert	9 Cabbage Roll Casserole Green Salad Dessert
13 Orange Chicken Rice Broccoli Dessert	14 Cheeseburger Soup Green Salad Dessert	15 Beer Brats Potato Salad Dessert	16 Turkey & Stuffing Casserole Green Beans Dessert	17 White Chili Salad Dessert
20 Salisbury Steak Mashed Potatoes Green Beans Dessert	21 Taquito Enchiladas Rice Guacamole Dessert	22 Chef's Choice Dessert	23 Cheeseburger Pie Green Salad Dessert	24 Frito Pie Salad Dessert
27 Cream of Tomato Soup Grilled Cheese Dessert	28 Baked Potato Bar Green Salad Dessert	29 Beef Stew Green Salad Dessert	30 Stuffed Bell Peppers Green Salad Dessert	31 Shepherd's Pie Broccoli 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





January HEALTH & FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday
		CENTER CLOSED		
6	7	8	9	10
8:30am Easy Pace (Renee) 10:00am Line Dancing (Renee) 11:00am Active Aging Strength (MaryAnn) 12:15pm Balance & Strength* (Sandra) 1:30pm Balance & Strength* (Sandra) 4:00pm Yoga (Tania) 5:30pm Clogging (Lorraine)	8:30am DrumFit (Diana) 9:30am Zumba Gold (Adaia) 10:30am Pilates (Meleah) 1:00pm Beginning Line Dancing (Dottie) 5:30pm Zumba (Sandra)	9:00am Zumba Gold Toning (Adaia) 10:00am Active Aging Strength (Sissy) 11:15am Balance & Strength* (Sandra) 12:30pm Balance & Strength* (Sandra) 2:30pm Line Dancing (Dottie) 3:45pm Mindful Flow & Core (Diana)	8:30am Easy Pace (Renee) 9:30am Zumba Gold (Adaia) 10:30am Pilates (Meleah) 11:45am Chair Yoga (Sandra) 1:00pm Balance & Strength* (Sandra) 4:00pm Restorative Yoga (Myrna) 5:30pm Zumba (Sandra)	9:30am Posture Strength (MaryAnn) 11:00am Balance & Strength* (Sandra) 12:15pm Balance & Strength* (Sandra)
13	14	15	16	17
8:30am Easy Pace (Renee) 10:00am Line Dancing (Renee) 11:00am Active Aging Strength (MaryAnn) 12:15pm Balance & Strength* (Sandra) 1:30pm Balance & Strength* (Sandra) 4:00pm Yoga (Tania) 5:30pm Clogging (Lorraine)	8:30am DrumFit (Diana) 9:30am Zumba Gold (Adaia) 10:30am Pilates (Meleah) 1:00pm Beginning Line Dancing (Dottie) 5:30pm Zumba (Sandra)	9:00am Zumba Gold Toning (Adaia) 10:00am Active Aging Strength (Sissy) 11:15am Balance & Strength* (Sandra) 12:30pm Balance & Strength* (Sandra) 2:30pm Line Dancing (Dottie) 3:45pm Mindful Flow & Core (Diana)	8:30am Easy Pace (Renee) 9:30am Zumba Gold (Adaia) 10:30am Pilates (Meleah) 11:45am Chair Yoga (Sandra) 1:00pm Balance & Strength* (Sandra) 4:00pm Restorative Yoga (Myrna) 5:30pm Zumba (Sandra)	9:30am Posture Strength (MaryAnn) 11:00am Balance & Strength* (Sandra) 12:15pm Balance & Strength* (Sandra)
20	21	22	23	24
8:30am Easy Pace (Renee) 10:00am Line Dancing (Renee) 11:00am Active Aging Strength (MaryAnn) 12:15pm Balance & Strength* (Sandra) 1:30pm Balance & Strength* (Sandra) 4:00pm Yoga (Tania) 5:30pm Clogging (Lorraine)	8:30am DrumFit (Diana) 9:30am Zumba Gold (Adaia) 10:30am Pilates (Meleah) 1:00pm Begin Line Dancing (Dottie) 5:30pm Zumba (Sandra)	9:00am Zumba Gold Toning (Adaia) 10:00am Active Aging Strength (Sissy) 11:15am Balance & Strength* (Sandra) 12:30pm Balance & Strength* (Sandra) 2:30pm Line Dancing (Dottie) 3:45pm Mindful Flow & Core (Diana)	8:30am Easy Pace (Renee) 9:30am Zumba Gold (Adaia) 10:30am Pilates (Meleah) 11:45am Chair Yoga (Sandra) 1:00pm Balance & Strength* (Sandra) 4:00pm Restorative Yoga (Myrna) 5:30pm Zumba (Sandra)	9:30am Posture Strength (MaryAnn) 11:00am Balance & Strength* (Sandra) 12:15pm Balance & Strength* (Sandra)
27	28	29	30	31
8:30am Easy Pace (Renee) 10:00am Line Dancing (Renee) 11:00am Active Aging Strength (MaryAnn) 12:15pm Balance & Strength* (Sandra) 1:30pm Balance & Strength* (Sandra) 4:00pm Yoga (Tania) 5:30pm Clogging (Lorraine)	8:30am DrumFit (Diana) 9:30am Zumba Gold (Adaia) 10:30am Pilates (Meleah) 1:00pm Begin Line Dancing (Dottie) 5:30pm Zumba (Sandra)	9:00am Zumba Gold Toning (Adaia) 10:00am Active Aging Strength (Sissy) 11:15am Balance & Strength* (Sandra) 12:30pm Balance & Strength* (Sandra) 2:30pm Line Dancing (Dottie) 3:45pm Mindful Flow & Core (Diana)	8:30am Easy Pace (Renee) 9:30am Zumba Gold (Adaia) 10:30am Pilates (Meleah) 11:45am Chair Yoga (Sandra) 1:00pm Balance & Strength* (Sandra) 4:00pm Restorative Yoga (Myrna) 5:30pm Zumba (Sandra)	9:30am Posture Strength (MaryAnn) 11:00am Balance & Strength* (Sandra) 12:15pm Balance & Strength* (Sandra)

Gym Hours

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

*Class is FREE for all BSBAC Members





Class Descriptions

HEALTH & FITNESS



ACTIVE AGING

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.



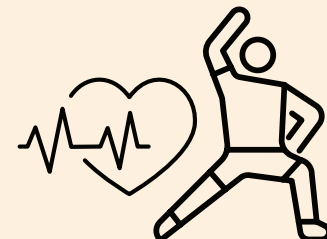
ZUMBA/ZUMBA GOLD

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.

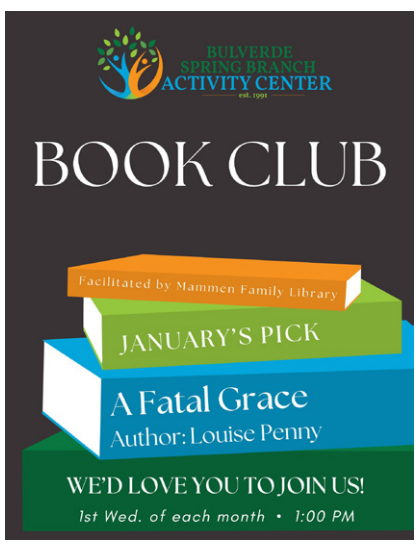


ZUMBA TONING

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.



January EVENT FLYERS & SPECIAL EVENTS



BULVERDE SPRING BRANCH ACTIVITY CENTER
EST. 1999

BOOK CLUB

Facilitated by Mammen Family Library

JANUARY'S PICK
A Fatal Grace
Author: Louise Penny

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



HEALTH FOCUS SERIES

CLASSES ARE PROVIDED BY TEXAS A&M AGRILIFE EXTENSION. EACH CLASS WILL FOCUS ON A HEALTH TOPIC RELATED TO INCORPORATING HEALTHY CARBS INTO YOUR MEALS.

ALL ABOUT HEALTHY CARBOHYDRATES

Four Week Class Series

- BUILDING A HEALTHY PLATE
- BALANCING CARBOHYDRATES
- FINDING THE SIDES: FRUITS & DAIRY
- THE SWEETENED TRUTH ABOUT CARBOHYDRATES

SESSIONS STARTING TUESDAY, JANUARY 14TH AT 11:45AM.
CLASS DATES: 1/14, 1/21, 2/4, & 2/11.

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER. THIS MATERIAL WAS FUNDED BY USDA'S SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM - SNAP. THE MEMBERS OF TEXAS A&M AGRILIFE WILL PROVIDE EQUAL OPPORTUNITIES IN PROGRAMS AND ACTIVITIES, EDUCATION, AND EMPLOYMENT TO ALL PERSONS REGARDLESS OF RACE, COLOR, SEX, RELIGION, NATIONAL ORIGIN, AGE, DISABILITY, GENETIC INFORMATION, SEXUAL ORIENTATION, SEXUAL ORIENTATION OR SEXUAL IDENTITY AND WILL STRIVE TO ADDRESS RACIAL AND SOCIAL EMPLOYMENT OPPORTUNITY THROUGHOUT TEXAS A&M AGRILIFE.



January Aris & Crafts

DIY...MAKING SPA SCRUBS

WEDNESDAY, JANUARY 15TH @ 1:30PM

\$5 DONATIONS

PLEASE USE IN CENTER SIGNUP SHEET TO MAKE SURE WE HAVE ENOUGH SUPPLIES



JANUARY DAY TRIP


Let's Explore the

VIETNAM ARMY GRUNT MUSEUM
THE ARMY GRUNTS STORY
THURSDAYS, JANUARY 16TH, 23RD, AND 30TH

Who is a Vietnam Grunt?
For the soldiers who served in the Vietnam War, the word grunt was not just a nickname but also a commentary on their status in the hierarchy of war. To be a grunt was to be in the infantry. It meant leaping out of helicopters into landing zones that were sometimes under enemy fire. It meant marching through elephant grass taller than a man and as sharp as a knife or slugging across streams and rivers so deep and muddy that men sometimes disappeared beneath the surface or found themselves mired in mud so thick it soaked the boots off their feet. It meant suffering from heat, humidity, rain and insects while straining under the burden of equipment, which could weigh as much as eighty pounds. It meant enduring endless marches up and down mountains, through jungles and into villages, looking for an enemy who was hard to find and sometimes even harder to fight. All the while being on the lookout for booby traps and ambushes. Finally, it meant tolerating hours and sometimes days of boredom and frustration, punctuated by moments of terror when contact was made with the enemy. Being a grunt may have been the least enviable and most underrated task of the Vietnam War." - www.enyclopedia.com

Lunch at the Anchor House
\$10 PER PERSON IF RIDING THE BUS.
DON'T WANT TO RIDE THE BUS, FOLLOW ALONG IN YOUR OWN VEHICLE. ***BUS IS FOR MEMBERS ONLY***

SIGN UP AT FRONT DESK Bus Departs at 10am



CONFUSED BY MEDICARE?

MEDICARE 101

ZACK STROTHER
LICENSED INSURANCE BROKER

JANUARY 15TH | 10:00AM
BULVERDE SPRING BRANCH ACTIVITY CENTER
30280 COUGAR BEND
BULVERDE, TX 78163

DENTAL | VISION | OVER THE COUNTER | EXTRA HELP FOR DRUGS
HEARING AIDS | MEDICAID | TURNING 65?

Learn how to access your benefits
All carriers
OTC catalogs provided

This is education - not a sales event
(830)446-1498



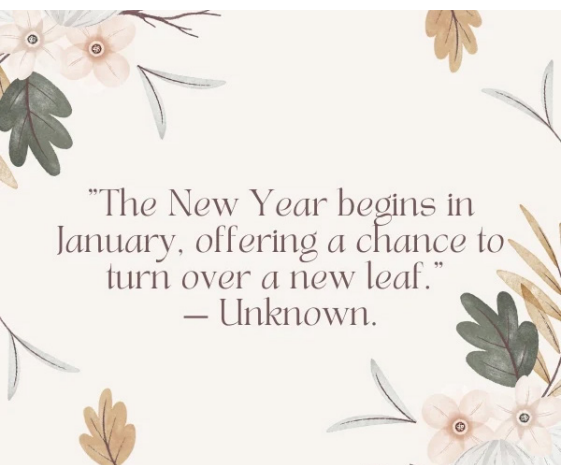
Start the New Year off Right

Health & Wellness Classes

Friday at 10am on 1/3, 1/10, 1/17, & 1/24

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.



"The New Year begins in January, offering a chance to turn over a new leaf."
— Unknown.



NEW SMALL GROUP INTEREST SHEET:

SUPPORTING EACH OTHER AFTER A LOSS

This small group is for those that have lost a spouse, significant other or family member, supporting each other through grief, navigating daily and social activities, along with helping and praying for each other in this new chapter in life.

Group will meet on Thursday mornings at 10am. Start date TBD.

If you are interested in joining, please see Beth in the front office.



BSBAC January Wishlist

- \$25 Gift Cards-Variety of Store, Restaurants, etc.
- According Plungers for the Bathrooms
- Lots of Black Disposable Tablecloths or Rolls
- Paper Plates & Bowls: Both Small & Large
- Cartons of Beef & Chicken Broth
- Canned Beans: Pinto, Black, Chickpea, Black-Eyed
- Large Coffee Filters
- Folgers Ground Coffee
- Creamer Pods- Any Flavor
- Coffee Stir Sticks
- Solo Drinking Cups
- Disposable Aluminum Roasting Pans Full & Half Sizes

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.



COMPETITION BBQ COOK-OFF
FEBRUARY 21-22, 2025
 BULVERDE COMMUNITY CENTER AND BULVERDE BOWLING CLUB
 1747 EAST AMMANN RD., BULVERDE.

PRESENTED BY



BENEFITTING



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

Not a cooker, but want to join the fun?

\$10 wristbands. Wristbands include parking, food tastings (as available), music, vendor shopping and a great time with friends!

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

\$200 team registration (No RV) includes:

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

\$250 team registration (RV Space) includes:

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

Jackpot categories/\$25 each:

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

Team Information
 DeLisa Leopold
 dleopold@bsbac.com

Sponsorship & Vendor Information
 Reghan Swenson
 rswenson@bsbac.com

REGISTRATION IS OPEN



SPONSORSHIP OPPORTUNITIES



The Bulverde BBQ Bash is an annual event that serves as a major fundraiser for the Bulverde Spring Branch Activity Center as well as a community event. The Cook-off gathers cooks and attendees from the Bulverde/Spring Branch area as well as surrounding communities and counties.

TITLE SPONSOR: \$5000 (1)

2 team spots, sponsor logo on all printed materials, display of sponsor banner* during event, 8 event wristbands, 4 event t-shirts

HOSPITALITY SPONSOR: \$2500 (2)

1 team spot, sponsor logo on event materials and promotions, display of sponsor banner* during event, 8 event wristbands, 4 event t-shirts

JUDGING SPONSOR: \$1000 (1)

1 team spot, sponsor flyer on judging tables (up to 6), display of sponsor banner* in judging area, 6 event wristbands, 5 event t-shirts

AWARDS SPONSOR: \$1000 (3)

1 team spot, sponsor flyer on guest tables (up to 6), display of sponsor banner* on award stage, 6 event wristbands, 5 event t-shirts

TEAM SPONSOR: \$1000 (6)

1 team spot, company name on team bags, display of sponsor banner* during event, 6 event wristbands, 5 event t-shirts

GATE SPONSOR: \$1000 (4)

1 team spot, sponsor logo on event schedule card, display of sponsor banner* during event, 6 event wristbands, 5 event t-shirts

T-SHIRT SPONSOR: \$500 (6)

Sponsor logo on event t-shirt, display of sponsor banner* during event, 4 event wristbands

KOOZIE SPONSOR: \$500 (1)

Sponsor logo on event koozie, display of sponsor banner* during event, 4 event wristbands

COMMUNITY PARTNER: \$250 (Unlimited)

Display of sponsor banner during event, 2 event wristbands. There are a variety of sponsorship options with this level; contact us for details!

The Bulverde Spring Branch Activity Center, a 501c3 nonprofit organization serving area seniors. We thank you for your support!



Please contact
 Reghan Swenson
 rswenson@bsbac.com
 or 830-438-3111
 regarding sponsorships.



January BIRTHDAYS

Alaniz, Arnold
 Anderson, Chris
 Ballard, Teresa
 Berna Rivers, Rose
 Berube, Michael
 Bippert, Lauren
 Bryant, Linda
 Buxkemper, Taylee
 Camphor, Joe
 Carroll, Nancigail
 Coe, Joy
 Deckert, Richard
 Demel, William
 Dix, Patricia
 Ferguson, Sylvia (sue)
 Fishlock, Ernie
 Folse, Lester
 Ford, Tex
 Gabourel, Mary
 Goebel, Alice (Dolly)
 Gonser, Patricia
 Gottardy, Barbara
 Hand, Sandra
 Heller, Etta

Hill, Sylvia
 Holland, Mary
 Homitsky, Jean
 Hudson, Rose
 Hughes, Karen
 Keegan, Sharon
 Koopmann, Jan
 Larson, Jean
 Mai, Daryl
 Malstaff, Christopher
 Marlar, Carolyn
 McCollum, John
 McFarlane, Barbara
 McGee, Jesse
 Mckay, Kathleen
 McLaughlin, Linda
 Metting, Kristie
 Micklitz, Hans
 Munger, Seiko
 Nehls, Janette
 Nelson, Pamela
 Nipper, Denise
 Olguin, Ernest
 Ouzts, Virginia

Parham, Ann
 Renth, Eric
 Richner, Claudia
 Robin, Josiane
 Rosario, Akiko
 Shanahan, Nelly
 Shumate, Victor
 Spohn, Edward
 Swanson, Colleen
 Swenson, Reghan
 Tyson, Alicia
 Van Vleck, Gary
 Vargas, Beatrice
 Velez Malagron, Juana
 Wager, Sonya
 Ward, Mitchell
 White, Michele
 Williams, Glendon
 Wood, Sharon
 Woodall, Diane
 Wright, Carolyn





Brain GAMES

January

- BITTER
- BLIZZARD
- CALENDAR
- CELEBRATION
- FIREPLACE
- FREEZING
- FROST
- FROSTY
- HIBERNATION
- HOLIDAY
- HOT CHOCOLATE
- ICICLE
- INDOOR
- JANUARY
- MITTENS
- MLK DAY
- NEW YEAR
- PARKA
- POLAR
- RESOLUTION
- SCARF
- SKIING
- SLEDDING
- SNOWFLAKE
- SNOWMAN
- SWEATER
- WINTER

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

Commonyms*

1. High - Uneven - Parallel
2. Goose - Theresa - Hubbard
3. Mare - Bronco - Mustang
4. Referee - Old TV - Killer Whales
5. Music - Mail - Safety Deposit
6. Rail - Chain - Link
7. Palm - Easter - Hot Fudge
8. Furniture - Skiis - Mustaches
9. Yawning - Laughter - Influenza
10. Mixed - Proper - Improper

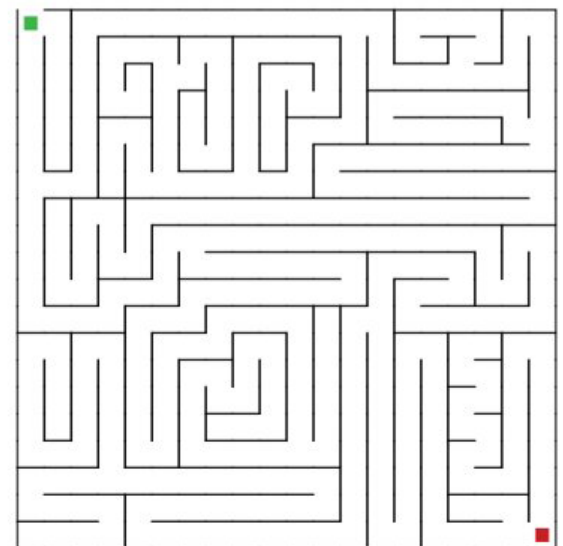


Sudoku

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

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

Solve the Maze



*COMMONYMS SOLUTIONS: 1) Gymnastics bars; 2) Mothers; 3) Horses; 4) They are black & white; 5) Boxes; 6) Fences; 7) Sundays/sundaes; 8) All are waxed; 9) All are catching; 10) Fractions



News YOU CAN USE



GLAUCOMA AWARENESS MONTH



Advanced Glaucoma



Healthy Vision

MYTHS + FACTS ABOUT GLAUCOMA



MYTH: Glaucoma only strikes older people.

FACT: Glaucoma can be diagnosed anytime in one's life, even shortly after birth.

MYTH: Glaucoma has warning signs.

FACT: Often, glaucoma has no symptoms until a person notices vision changes and irreparable damage has been done.

MYTH: Glaucoma is a rare disease.

FACT: No. About 3 million people in the U.S. and 80 million worldwide have glaucoma.

MYTH: I'm helpless against glaucoma.

FACT: No, you can do the following: schedule annual eye exams- and support glaucoma research through TGF.

MYTH: There is plenty of research going into glaucoma treatment and cures.

FACT: No, funding for some research programs has been cut. That's why TGF needs your support to fund the most promising research studies.



Give to TGF today.
glaucomafoundation.org

Center HAPPENINGS



Quarterly Birthday Winners from Jill Bullock with Silver & Secure



The Pre-K and Kindergarten classes from Living Rock Academy brought holiday cheer to the Center in December! They crafted ornaments, sang Christmas carols, and played BINGO with members. This special outreach experience was a true blessing for everyone involved!





Our Christmas Pajama Party was a huge success! We got a special visit from Santa Claus and Buddy the Elf! Thank you to the members of our Beginning Guitar Class for entertaining us with holiday music.



We partnered with First United Bank - Bulverde to make home-made holiday greeting cards at the Center. We then delivered them to The Heights of Bulverde for their residents.





January WHAT'S IN SEASON?

9 REASONS TO EAT MORE Cauliflower!

Antioxidants & Phytonutrients
Loaded with beta-carotene, kaempferol, quercetin, rutin, cinnamic acid and others, all helping to defend against reactive oxygen species (ROS)

Heart Health
Anti-inflammatories prevent blood vessel diameter reduction, which normally causes stroke & high blood pressure

Anti-Cancer
Contains several cancer-fighting compounds found to inhibit the growth or spread of cancer cells



Anti-Inflammatory
Contains indole-3-carbinol, vitamin K, and omega-3 fatty acids, all great anti-inflammatories

Brain Health
Rich in choline to help improve learning and memory & combat age-related memory decline

Detoxification
Glucosinolates support the liver and trigger enzymes in the body to aid in detoxification

Did you know?

Prolonged cooking of cauliflower lowers its health benefits by more than 75%.



verywell

Cauliflower

- ✓ Good Source of Vitamin K
- ✓ Good Source of Vitamin C
- ✓ Low-Sodium ✓ Low-Fat
- ✓ Good Source of Folate
- ✓ Cholesterol-Free

Cauliflower delivers a healthy dose of fiber and is rich with antioxidants

0.3G
FAT

2.1G
PROTEIN

27
CALORIES

32MG
SODIUM

5.3G
CARBS

2.1G
FIBER

2G
SUGAR

1 cup, raw and chopped

Roasted Cauliflower

1 head of cauliflower
Juice of 1 organic lemon
1/2 tsp Dijon mustard
3-4 cloves of garlic chopped
1/4 cup extra virgin olive oil
1 tsp chopped parsley

Whisk together lemon juice, garlic, olive oil & mustard in a big bowl. Cut up cauliflower & rinse. Let it dry thoroughly or pat dry with clean towel. Add cauliflower to the bowl & toss to coat. Place all the cauliflower evenly spread, on a baking pan and roast for 20-25 minutes in oven at 400 degrees. If the tops don't turn light golden brown, finish them off with a brief 2 minutes under the broil setting.



Thank You SPONSORS

FREE MOVING KIT

Morningstar has all the moving supplies you need and we're giving them away for free. Stop by a nearby Morningstar location for your free moving kit today.

Your kit will include boxes, bubble wrap, tape, and more.

4715 US Hwy 281 N | 830.438.4838



morningstar STORAGE
www.morningstarstorage.com

NOAH'S ARK SELF STORAGE

CLIMATE CONTROL & NON-CLIMATE CONTROL

30435 HWY 281 N
BULVERDE, TX 78163
830-980-8227
www.noahsarkselfstorage.com

GREAT PEOPLE. GREATER IMPACT.



M&S ENGINEERING
ELECTRICAL • CIVIL • MEP



MSENGR.COM

The GVTC Foundation is here for you.
We're local, people-oriented, and most importantly, we care.



\$35

NEW PATIENT SPECIAL



Adult Care
Pediatric Care
Prenatal Care
Corrective Care
X-Ray Based Care
Spinal Adjustments
Wellness Care
Pain Management
Auto Accidents
Personal Injury
INSURANCE ACCEPTED

**18830 Forty Six Parkway
Bldg 1 Suite B
Spring Branch, TX 78070**

(830)327-7327
833-RENEWTX
www.renewfamilytx.com

GET SOCIAL WITH US RENEWTEXAS

DLW Software LLC
Software & Web Solutions for Your Business

Microsoft® Dynamics 365 & CRM 2016 Consultation, Installation, Deployment, Customization, & Extending	Computer Sales & Service (by Appointment)
(830) 660-7856 DaleWilken@DLWSoftwareLLC1.com	www.DLWSoftwareLLC1.com Spring Branch, TX 78070

simpleLUXURIES TRAVEL

Michelle Hoehn
Travel Consultant
tel. 830.282.4273
MHoehn@SimpleLuxuriesTravel.com
www.SimpleLuxuriesTravel.com



up to \$2,000 on board credit

Agency Owner

REGINA L. SILVA
LICENSED SALES AGENT

O: (830) 488-7670
C: (949) 836-2658
regina@selectsilva.com
5525 Blanco Rd. #103
Castle Hills, TX 78216
www.SelectSilva.com



EXCELLENCE + INTEGRITY

CUSTOM HOME BUILDER IN THE TEXAS HILL COUNTRY

Sage Capital Bank
Financial Wisdom. Texas Roots.

PulseMAC Solutions
Measurement & Controls
Collaborate-Design-Execute

BIG SUR Pool Co.

SLEEK & SPARKLING CUSTOM POOLS

@bigsurpoolco | info@bigsurpools.com | (210) 389-6100

Team Members



DeLisa Leopold
Executive Director
dleopold@bsbac.com



Reghan Swenson
Marketing Coordinator
rswenson@bsbac.com



Jean Larson
Meals on Wheels Coordinator
jlarson@bsbac.com



Beth Collier
Outreach Coordinator
bcollier@bsbac.com



Lauren Bippert
Membership Coordinator
lbippert@bsbac.com



Rod Garcia
Transportation



Alan Klar
Transportation



Terre Sawey
Transportation



Candice Hitt
Bookkeeper & Grant Writer

Board Members

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

Bobby Craft
Ethan Myers
Melodie Vise
Michelle Hoehn
Seth Prescott



**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



30280 Cougar Bend, Bulverde TX 78163