# 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

#### **AMD Vision Loss** Healthy Lifestyle Can Protect Eye Health

Changes to your eyesight are normal with age. You may be less able to see up close without reading glasses. It may take your eyes longer to adjust to changing light levels. These problems can usually be corrected with glasses, contact lenses, or improved lighting. But some changes can be a sign of disease.

A condition called age-related macular degeneration, or AMD, is the leading cause of vision loss in older adults in the U.S. It's caused by light-sensing tissue in the back of your eye, or retina, deteriorating. The deterioration happens in the center of the retina, called the macula. In advanced stages, AMD can make it hard to see things clearly when you look straight ahead. You may not be able to recognize faces, read, drive, or do certain household tasks independently.

You're more likely to have AMD at age 55 and older. Smoking, high cholesterol, and high blood pressure increase your risk for AMD. So does having a family history of the disease.

There are two types of AMD. Dry AMD, also called atrophic AMD, is more common. This condition progresses through several stages. Early AMD has no symptoms. In intermediate AMD, you might notice mild blurriness or have trouble seeing in low light. Late AMD usually causes a blurry area or blank spots in or near the center of



your vision. Colors may appear faded.

The other type is called neovascular, or wet, AMD. It can cause fast vision loss if not treated promptly. In wet AMD, abnormal blood vessels grow in the back of the eye. These can bleed and leak fluid that damages the macula. A telltale sign is when straight lines appear wavy or crooked. Dry AMD can also turn into wet AMD.

If you are diagnosed with AMD, there are several things you can do to slow its progression. "For those early and intermediate stages, it's all about a healthy lifestyle," says Dr. Tiarnán Keenan, an ophthalmologist at NIH. This includes eating a healthy diet, getting enough physical activity, and not smoking. A healthy lifestyle may also lower your chances of getting AMD in the first place.

Recently, the U.S. Food and Drug Administration approved the first two drugs for treating late dry AMD. The drugs can slow the progression of dry AMD, but not stop or reverse it. The most common treatments for wet AMD involve a doctor injecting medicines called anti-VEGF drugs into your eye. These help stop bleeding and fluid leakage from the abnormal blood vessels.

Learn more here: https://newsinhealth.nih. gov/2025/06/keep-amd-vision-loss-check



- 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** 



Weekly Activity Schedule & Fellowship Menu 4-5



**Health & Fitness Schedule** 



2



**July Event Flyers & Special Events** 



IO



**Brain Games** 

## Note from THE CENTER

#### Lighting Up Lives—Together

Dear Friends,

As fireworks light up the night sky this July, I can't help but see a reflection of the work we do together every day.

Each burst of light and color reminds me of the impact we create when our community comes together—staff, volunteers, donors, and partners—all working in harmony to bring hope, joy, and meaningful change. Fireworks don't happen without careful planning, a strong foundation, and the right spark. The same is true for the mission-driven work we do here.

Some sparks are small—like a kind word, a warm meal, or a helping hand—but their ripple effect is bright and far-reaching. Others are bold and booming, like launching a new program, reaching a fundraising milestone, or advocating for those in need. Every single spark matters. Together, they create a brilliant display of compassion and progress.

This month, as we celebrate the independence and resilience of our nation, let's also celebrate the incredible momentum we've built as a community. Thanks to your support, we are igniting brighter futures and lighting the way forward for those who need us most.

Wishing you a joyful and safe July—and thank you, as always, for being the spark that keeps us shining.

Warm regards,

DeLisa Leopold



July I 11:45am - Hydration Station w/Texas AgriLife

**July I, 8** 2:15pm - Slow Pace Beginner's Spanish 3:15pm - Intermediate & Conversation Spanish

July 2 9:45am - Brunch Bingo 1:00pm - Book Club

July 3 11:30am - 4th of July Potluck

July 4 Center Closed for the Holiday

**July 7, 21** 10:00am - Mexican Train 12:00pm - Swoop Card Game





**July 9** 10:00am - Card Creations 1:30pm - Arts & Crafts Series: Pressed Flower Bookmark

**July 10** 2:30pm - Yahtzee Tournament

**July 14, 28** 12:35pm - Bunco

July 17, 24, 31 2:00pm - Learning Calligraphy Class

**July 18** 10:00am - Downsizing Workshop

July 22 11:45am - Added Sugars Presentation w/Texas AgriLife

**July 26** 11:00am - 16th Annual Style Show & Luncheon



## GETTING & STAYING ACTIVE AS YOU AGE

Deciding to be physically active at any age is a positive choice for your well-being and has many important health benefits. As part of an active lifestyle, older adults should include a combination of exercise types. Even small amounts of activity throughout the day count toward the 150 minutes of moderate-intensity aerobic activity and two days of muscle-strengthening activities recommended each week.

Use these tips for getting and staying active.

#### Take it slow

It's important to increase your amount of physical activity gradually over a period of weeks to months. To reduce the risk of injury, start with lowerintensity activities that are appropriate for your current fitness level. Working your way up slowly and steadily can also help to build confidence, motivation, and a regular routine.

Talk with your doctor about exercising with chronic conditions and how existing health issues may affect your ability to do regular physical activity. Be as physically active as your abilities and conditions allow.

#### Set goals and monitor progress

Setting goals for your physical activity can encourage you to achieve increased physical activity levels, starting from your current level. Goals are most useful when they are specific and realistic. This type of goal setting can help update a general goal, such as to increase physical activity, into a measurable and actionable goal, such as to go for a 10-minute walk three times per week. Be sure to review your goals regularly as you make progress.

To help meet your goals, you can track and record your physical activity. Doing so daily can provide valuable information about progress toward achieving weekly physical activity goals. You can use a device (for example, a step counter) or keep a written log.

#### Identify and overcome barriers

Older adults may face barriers that prevent them from being physically active. Some people don't know about or have access to safe places to be active, facilities or equipment can be costly, and some people may have concerns about their ability, getting injured, or falling. Other common barriers include time, weather, and interest.

The first step to help overcome obstacles preventing physical activity is to identify potential barriers for you. Problem-solving, potentially with advice from a doctor or exercise professional, can help address the identified barriers with specific solutions. It's also important to reassess barriers over time, as situations change.

#### **Build social support**

Group-based physical activity, such as exercise classes, walking groups, or "exercise buddy systems," not only gets you moving, but also provides opportunities for social engagement, friendship, and emotional support. Social support from friends and family can increase motivation and be a key part of success for older adults working toward increasing their activity levels. Encouragement and interaction work well with physical activity!

#### Engage in a variety of activities

As part of moving more and sitting less each day, older adults should engage in a variety of activities. This approach can make activity more enjoyable and may reduce the risk of overuse injury. Older adults are also recommended to include a combination of aerobic, musclestrengthening, and balance activities each week.

Activity can be done through exercise, chores, errands, walking or biking for transportation, or leisure-time physical activity.

Consider trying both indoor and outdoor activities. Finding multiple ways to build enjoyable activity into your life and participating in activities you enjoy as you age can offer opportunities to increase physical activity.

https://www.nia.nih.gov/health/exerciseand-physical-activity/tips-getting-andstaying-active-you-age

## Weekly ACTIVITY SCHEDULE



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 <i>(1st Wed)</i>
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 <i>(1st Wed)</i>
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
2:00pm	Dementia Support Group (2nd Thur)
2:00pm	Loss Support Group (4th Thur)

### FRIDAY

Bingo

12:15pm









## FELLOWSHIP MEAL MENU

Monday	Tuesday	Wednesday	Thursday	Friday		
	1 Greek Chicken Bowl Dessert	2 Shredded Glazed Pork Cheesy Potatoes Broccoli Dessert	Potluck	4 CENTER CLOSED		
7	8	9	10	11		
Chicken Alfredo Salad Dessert	Cobb Salad Dessert	Beef Tacos Guacamole Dessert	Greek Omelet Casserole Fruit Dessert	Fried Chicken Sandwich Chips Watermelon		
14	15	16	17	18		
Chili Dogs Chips Dessert	Beef & Broccoli Rice Dessert	Chicken Kabobs Rice Pilaf Dessert	Million Dollar Chicken Casserole Broccoli Dessert	Pizza Salad Dessert		
21	22	23	24	25		
Orange Chicken Rice Broccoli Dessert	Beef & Bean Burrito Mexican Rice Dessert	Meatloaf Roasted Potatoes Green Salad Dessert	Salad Trio - Chicken Salad, Fruit Salad, Green Salad Croissant Dessert	Chef's Choice Dessert		
28	29	30	31			
Beef Nachos Dessert	BLT Sandwich Waldorf Salad Dessert	Italian Sandwich Ring Spinach & Strawberry Salad Dessert	Pork Tenderloin Potatoes Green 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



Monday	Tresday	W)ednesday	Thursday	Friday
	1 8:30am DrumFit (Diana) 9:30am Zumba Gold (Adaia) 10:30am Pilates (Meleah) 1:00pm Beginning Line Dancing (Dattie) 5:30pm Zumba (Sandra)	2 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)	3 8:30am Easy Pace (Renee) 9:30am Zumba Gold (Adaia) 10:30am Pilates (Meleah) 11:45am Chair Yoga (Sandra) 11:00pm Balance & Strength* (Sandra) 4:00pm Restorative Yoga (Myrna) 5:30pm Zumba (Sandra)	4th of July
7 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 (Loraine)	8 8:30am DrumFit (Diana) 9:30am Zumba Gold (Adaia) 10:30am Pilates (Meleah) 1:00pm Beginning Line Dancing (Dottie) 5:30pm Zumba (Sandra)	9 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)	10 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)	11 9:30am Posture Strength (MaryAnn) 11:00am Balance & Strength* (Sandra) 12:15pm Balance & Strength* (Sandra)
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### Gym Hours RM

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 l

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.









WINNER OF EACH TABLE WILL RECEIVE A PRIZE AND ENTERED INTO A DRAWING FOR THE TOURNAMENT PRIZE

GATHER YOUR FRIENDS & SIGN UP TO PLAY!

\$25 GIFT CARDS (VARIETY OF PLACES)
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COFFEE CREAMER PODS
SOLO CUPS
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LIPTON GALLON TEA BAGS
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POLYNESIAN, HONEY MUSTARD, ETC.
CANNED FRUIT OR PIE FILLING
BOTTLED WATER

THANK YOU TO THOSE THAT HAVE ALREADY DONATED!



FRI

**4TH OF JULY** 

As we celebrate our freedom, let's reflect on the values

that built this nation – liberty, equality, and courage.



www.bsbac.com

## BIRTHDAYS

Alcorn, Mildred Antoniolli, Andrew Araiza, Gloria Arredondo, Cheryl Baker, Shirley Bales, Mary Berardi, James Bernal, Karen Bilotti, Julie Bissey, Patty Blackwelder, Renee Block, Terry Brown, Maricela Byerly, Linda Carter, Marlene Champie, Clark Clark, Rachel Clark, Wanda Collier, James Collins, Scott Coones, Fred David Copeland, Diana Costello, Dennis Crowe, Allison Dietz, Dwight

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## HAPPY BRTHDAY!

Hernandez, Mary Ellen Herring, Betty Hoehn, Michelle Hood, Deborah Hurst, Robert Kaster Jr., Ralph Kent, Helen Kight, Elizabeth Knight, Cheryl Larson, Myron Leinen, Kathy Lin, Cheng Linares, Kathy Lively, Mary Kay Long, Robert Lynch, Patricia Mata, Julie McCollum, Carol McLennan, William Meredith, Glenn Metcalf, Eugene Miller, Michelle Moncrief, Kay Montecinos, Harry Morgan, Dorothy

Morris, Donna Oppenlander, Lynne Paniszczyn, Martha Patterson, Maria Patton, Jacalyn Pham, Kenny Powell, Jeannie Puckett, Nancy Quintero, Linda Rivas, Maria Roper, Marla Rumph, Rudolph Saucedo, Claudia Schievelbein, Helen Schroeder, George Schumacher, Ron Schwartz, Elizabeth Slade, Anita Smerick, Joyce Splawn, Larry Stautzenberger, Hanni Stout, Denise Taber, Yvonne Taylor, Fleeta

Thelander, Kathleen Thornton, Mildred Tilley, Karen Tomaino, Cynthia Van Dunk, Georgette Voss, Eileen Wagoner, Donald Wagoner, Karen Weaver, Jerry Weaver, Shirlee Webster, Remlee Weins, Fredrick Weins, Joleen White, Kathryn Whitney, Alice Wilken, Dale Wilken, Judy Williams, Deborah Williams, John Wilson, Sylvia Wood, Michelle Worley, Patricia Zamora, Norma Jean Zunker, Marie

## Broin GAMES



FLAG

FOURTH

FREEDOM

HOLIDAY

HOT DOGS

INDEPENDENCE

**JEFFERSON** 

JULY

Fourth of July Word Search Puzzle





ADAMS AMERICA BARBECUE CELEBRATION COLONIES CONGRESS FAMILY FIREWORKS LIBERTY MUSIC PARADE PATRIOTIC PICNIC REVOLUTION STATES SUMMER



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m	monijms*
	0

- 1. Head Goat String
- 2. Year Car Mattress
- 3. Olive Arm Racetrack
- 4. Steel Ear Kettle
- 5. Coffee Layers Spice
- 6. Duck Deer Venetian
- 7. Days Seas Continents
- 8. Private Dirt Yellow Brick
- 9. Bell Red Banana
- 10. Belt Bagel Doughnut



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

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

Solve the Moze

START



\*COMMONYMS SOLUTIONS: 1) Cheese; 2) All have springs; 3) All have pits; 4) Drums; 5) Cakes; 6) Blinds; 7) Seven; 8) Roads; 9) Pepers; 10) All have holes





#### The Mental Health Benefits of Exercise and Physical Activity

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



To learn more about the benefits of exercise visit www.nia.nih.gov/exercise.



National Institute

#### Want to get moving? Try different types of exercise!



#### Aerobic

Aerobic exercises improve the health of your heart, lungs, and circulatory system.



Muscle-strengthening

Muscle-strengthening exercises can help you stay independent and prevent fall-related injuries.



Balance exercises help prevent falls and can improve stability.

To learn more about older adults and exercise, visit: www.nia.nih.gov/exercise.

## Center HAPPENINGS



Enjoying the weather on the porch



Line Dancing Fun!



Downsizing Workshop



July day trip









































good Cshepherd

**BSBAC Talent Show** 

Thank you to all who took part in our Talent Show and Dinner and all that came to watch. We had a great time and enjoyed the acts of our talented members! We had the best crew helping us with set up and tear down.

You're the Best! Thank you YMSL (Young Men's Service League) and NDCL (National Daughters Charity League)



#### June Arts & Crafts Series

Members made patriotic table decor.

Join us each month on the 2nd Wednesday as we create something new!



#### We're Going on a Cruise in 2026!



BSBAC is organizing a member cruise up the Pacific Coast starting in Los Angeles, CA and ending in Vancouver, British Columbia. We had our first info session and are taking deposits now. If you'd like more infiormation, please reach out to Reghan Swenson, rwenson@bsbac.com, 830-438-3111 or Michelle Hoehn at mhoen@SimpleLuxuriesTravel.com, 830-282-4273.

#### 



















**Red, Ripe Roma** Perfect for cooking or salsa

Campari

Juicy and sweet with low acidity

**Crimson Queen** 

Deep red color with

homegrown flavor

**Nature Sweet Sunburst** Great for snacking

Heirloom Older varieties known for

unique colors and flavors

Nature Sweet Glorys

Great for cooking

or on a pizza

Tasti-Lee Vine ripened with high amounts of lycopene

Nature Sweet Cherub Very sweet, great in salads



**On The Vine** Sweet, juicy flavor with a rich texture

## 

#### Michelle Hoehn

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

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Bulverde/Spring Branch

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\*Hearing Treatment

\*Hearing Aid repair \*Ear Cleaning \*Vertigo/Dizziness/Imbalance \*Tinnitus Treatment (Ringing in the ears) 830-438-7766

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Matthew Hester Financial Advisor





## eam **Members**





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**Rod Garcia** Transportation



**Allen Klar** Transportation



**Terre Sawey** Transportation



**Candice Hitt** Bookkeeper & Grant Writer





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

Bobby Craft Ethan Myers Melodie Vise Michelle Hoehn Seth Prescott



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.





