

# November 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



## Probing Aspirin's Benefits Exploring its Role in Prevention

You've probably taken aspirin for pain or a fever. But some people take a low dose of aspirin every day. It can reduce the risk of cardiovascular events like heart attacks and strokes. Now, scientists are learning that aspirin's effects differ based on a person's age and overall health.

Aspirin helps prevent heart attacks and strokes by keeping platelets from clumping. Platelets are tiny pieces of cells that help slow or stop bleeding by forming blood clots. But preventing blood clots from forming can make bleeding more likely. That means the health benefits of daily aspirin don't always outweigh the risks.

Studies have shown that a daily low-dose aspirin doesn't benefit everyone. For example, one study looked at older adults who took aspirin regularly for five years. It found that older adults taking aspirin did not live any longer without a disability than those who did not take it. And, taking a daily aspirin led to more bleeding episodes.

Recently, experts stopped recommending low-dose aspirin for preventing cardiovascular problems in adults over 60. For adults aged 40 to 59, they recommend low-dose aspirin be based on a person's heart disease risk.

"If you don't have a condition that puts you at risk from clotting, then there's really no rationale for inhibiting platelets with low-dose aspirin," says Dr. Sean Patrick Heffron, a preventive cardiologist at NYU Langone Health. "There are some people for whom a reduction

in clotting can really be a problem. For example, older people who are prone to falls." But some people are at higher risk for getting a clot. These include those who have a heart stent or have had a heart attack in the past.

Excess weight raises the risk for heart problems. But it turns out low-dose aspirin doesn't work well for prevention as your weight goes up. "The use of low-dose/baby aspirin in someone who hasn't had a heart attack may be beneficial, but only in those with a relatively low body weight," Heffron says.

The team is now testing another use for aspirin: lowering inflammation. Inflammation is your body's natural response to injury or infection. But chronic inflammation can lead to health problems.

"Obesity leads to long-term inflammation that doesn't resolve," Heffron says. "That may keep a person with a heavier weight at elevated risk for a heart attack or stroke."

Meanwhile, other research teams are exploring aspirin's potential to reduce the risk of certain cancers, preterm birth, and more.

"Aspirin deserves a lot more study," Heffron says. "While aspirin's use for cardiovascular disease may have fallen off in recent years, the potential for its use in other areas may be increasing. There's still a lot to learn for sure."

*From: <https://newsinhealth.nih.gov/2025/09/probing-aspirin-s-benefits>*



## 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



### November Event Flyers & Special Events

8-9



### Brain Games

10



Join Us

# IN MAKING A DIFFERENCE

## Launching Our Individual Giving Campaign

We're thrilled to announce the launch of our Individual Giving Campaign, a heartfelt initiative that invites each of you to be part of something truly transformative. At the BSBAC we believe that change begins with individuals—people who care deeply, act boldly, and give generously.

This campaign is about more than just donations. It's about building a community of supporters who share our mission of facilitating active aging and enhancing the quality of life for older adults. Whether you're a longtime donor or considering your first gift, your support fuels the programs, services, and advocacy that make our work possible.

## Why Individual Giving Matters

Individual contributions are the backbone of our organization. They allow us to:

- Respond quickly to urgent needs
- Sustain long-term projects
- Innovate and grow with flexibility
- Empower those we serve with dignity and care

Every dollar makes a difference. And every donor becomes part of a movement that's changing lives.

**Our Goal** - This season, we aim to raise \$75,000. With your help, we can reach—and exceed—this goal. Imagine the impact we can make together!

## How You Can Help

- Make a one-time or recurring donation at <https://givebutter.com/IGC2025> OR SCAN QR CODE
- Share our campaign with friends and family
- Follow us on social media and amplify our message
- Volunteer your time or talents—every gift counts

Together, we can turn compassion into action. Thank you for being part of our journey.

With gratitude,  
DeLisa Leopold – Executive Director



**GIVING IS NOT JUST ABOUT  
MAKING A DONATION,  
IT'S ABOUT MAKING A DIFFERENCE.**

## Upcoming EVENTS



### November 3, 17

10:00am - Mexican Train

### November 5

1:00pm - Book Club

### November 6, 13, 20

9:30am - Daytrip to San Marcos & Tanger Outlets

### November 7, 21

10:00am - Downsizing Workshop

### November 10, 24

12:35pm - Bunco

### November 11

11:45am - Lunch & Learn: Donor Advised Funds

### November 12

10:00am - Card Creations

1:30pm - Arts & Crafts Series:

### November 13

2:30pm - Dementia Support Group

### November 18

11:45pm - Presentation: Dessert Swap w/Texas AgriLife Ext.

### November 19

2:00pm - Caregiver's Support Group

### November 21

9:00am - Loss Support Group

### November 21

11:00am - Thanksgiving Community Luncheon

### November 26-28

Center Closed for the Holiday







# November is DIABETES AWARENESS MONTH

Diabetes affects millions of Americans and is a leading cause of serious complications, including kidney failure, lower-limb amputations, adult blindness and an increased risk of heart disease and stroke. Yet many people remain unaware they're at risk.

Genetics, lifestyle habits and limited access to healthcare all contribute to this growing health crisis.

This November in honor of **Diabetes Awareness Month and its theme — "Taking Action to Prevent Diabetes-Related Health Problems"** — the American Red Cross is offering free A1C screenings to all blood donors who haven't received the test in the past 12 months. The initiative is already making a difference. About 1 in 5 donors tested had results in the prediabetic or diabetic range—clear evidence that early awareness can save lives.

This is more than a health campaign — it's a humanitarian effort. By offering free A1C testing, the Red Cross gives donors vital health insights and encourages proactive steps toward better health, especially in communities most affected by diabetes.

## Why Everyone Should Pay Attention

Many people are at risk of developing type 2 diabetes and may be unaware of their condition. Factors such as genetics, lifestyle habits and limited access to healthcare contribute to this increased chance.

Diabetes remains a leading cause of kidney failure, lower-limb amputations and adult blindness — and adults with diabetes face twice the risk of heart disease and stroke compared to those without it.

"The A1C test measures average blood sugar levels over the past three months, providing a clearer and more reliable picture than a standard glucose test," explains Dr. Jorge Ríos, medical director for the American Red Cross. Dr. Ríos knows this firsthand — he discovered he had diabetes through an A1C test, which allowed him to act before serious complications developed.

Dr. Ríos immediately changed his diet, began exercising and started medication. Today, his diabetes is well managed — and his message is clear:

"If you have a parent, sibling, or grandparent with diabetes, get tested. And perhaps once a year, ask your doctor to test you if you have symptoms like I did, which was feeling very tired. It's an easy test and can save your life," says Dr. Ríos. "Know your numbers so you can make lifestyle changes."

## Dispelling Common Myths

Misinformation often prevents people from seeking help. Here are some common myths about diabetes—and the truths behind them:

**Myth:** Herbs or home remedies can cure diabetes.

**Truth:** Diabetes needs medical care and ongoing management.

**Myth:** Only older people get diabetes.

**Truth:** It can affect anyone, including kids and young adults.

**Myth:** If you feel fine, you don't need testing.

**Truth:** Diabetes can be silent for years; fatigue may be the only sign.

**Myth:** Diabetes is a death sentence.

**Truth:** With treatment and healthy habits, people can live full lives.

**Myth:** People with diabetes can't donate blood.

**Truth:** If well-managed, they can donate safely.

## Get Tested During November

To receive your free A1C result, make a successful blood, platelet, or plasma donation and ensure you haven't received an A1C test through the Red Cross in the past 12 months. Results will appear within one to two weeks in the Red Cross Blood Donor App or at RedCrossBlood.org. If your A1C is elevated, follow up with your healthcare provider.

From: <https://www.redcross.org/about-us/news-and-events/news/2025/diabetes-month--busting-myths--saving-lives.html#:~:text=This%20November%20in%20honor%20of%20Diabetes%20Awareness,The%20initiative%20is%20already%20making%20a%20difference>



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







“Age is merely the number of years the world has been enjoying you. Keep showing up with energy and purpose.”  
- Unknown





# November FELLOWSHIP MEAL MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 Zuppa Toscana Spinach Salad Dessert	4 French Onion Salisbury Steak Zucchini Feta Bake Dessert	5 Chicken Cordon Bleu Rice Pilaf Carrots Dessert	6 Chili Green Salad Cornbread Dessert	7 Chicken Fried Chicken Mashed Potatoes Green Beans Dessert
10 Cuban Sliders Black Bean & Corn Salad Dessert	11 Baked Ziti Green Salad Garlic Bread Dessert	12 Spaghetti & Meatballs Green Salad Garlic Bread Dessert	13 Creamy Rosemary Chicken Mashed Potatoes Green Beans Dessert	14 Cheeseburgers Chips Dessert
17 BBQ Meatballs Scalloped Potatoes Salad Dessert	18 Greek Chicken and Lemon Rice Bake Broccoli Dessert	19 Meatloaf Mashed Potatoes Green Beans Dessert	20 Chicken Parmesan Green Salad Garlic Bread Dessert	21 <b>Community Thanksgiving Luncheon</b> Turkey, Mashed Potatoes & Gravy provided
24 Honey Butter Chicken Biscuit Fruit Dessert	25 Chef's Choice Dessert	26 <b>CENTER CLOSED FOR THE HOLIDAY</b>	27 <b>CENTER CLOSED FOR THE HOLIDAY</b> 	28 <b>CENTER CLOSED FOR THE HOLIDAY</b>
				

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





# November HEALTH & FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 8:30a Easy Pace (Renee) 10:00a Line Dancing (Renee) 11:00a Active Aging Strength (Maryann) 12:15p Balance & Strength* (Sandra) 1:30p Balance & Strength* (Sandra) 4:00p Yoga (Tania) 5:30p Clogging (Lorraine)	<b>4</b> 9:30a Zumba Gold (Adaia) 10:30a DrumFit (Diana) 1:00p Beginning Line Dancing (Dottie) 2:30p Pilates (Meleah) 5:30p Zumba (Sandra)	<b>5</b> 9:00a Zumba Gold Toning (Adaia) 10:00a Active Aging Strength (Sissy) 11:15a Balance & Strength* (Sandra) 12:30p Balance & Strength* (Sandra) 2:30p Line Dancing (Dottie) 3:45p Mindful Flow & Core (Diana)	<b>6</b> 8:30a Easy Pace (Renee) 9:30a Zumba Gold (Adaia) 10:45a Chair Yoga (Sandra) 12:00p Balance & Strength* (Sandra) 2:30p Pilates (Meleah) 4:00p Restorative Yoga (Myrna) 5:30p Zumba (Sandra)	<b>7</b> 8:15a Self-Defense (Diana) 9:30a Posture Strength (MaryAnn) 11:00a Balance & Strength* (Sandra) 12:15p Balance & Strength* (Sandra)
<b>10</b> 8:30a Easy Pace (Renee) 10:00a Line Dancing (Renee) 11:00a Active Aging Strength (Maryann) 12:15p Balance & Strength* (Sandra) 1:30p Balance & Strength* (Sandra) 4:00p Yoga (Tania) 5:30p Clogging (Lorraine)	<b>11</b> 9:30a Zumba Gold (Adaia) 10:30a DrumFit (Diana) 1:00p Beginning Line Dancing (Dottie) 2:30p Pilates (Meleah) 5:30p Zumba (Sandra)	<b>12</b> 9:00a Zumba Gold Toning (Adaia) 10:00a Active Aging Strength (Sissy) 11:15a Balance & Strength* (Sandra) 12:30p Balance & Strength* (Sandra) 2:30p Line Dancing (Dottie) 3:45p Mindful Flow & Core (Diana)	<b>13</b> 8:30a Easy Pace (Renee) 9:30a Zumba Gold (Adaia) 10:45a Chair Yoga (Sandra) 12:00p Balance & Strength* (Sandra) 2:30p Pilates (Meleah) 4:00p Restorative Yoga (Myrna) 5:30p Zumba (Sandra)	<b>14</b> 8:15a Self-Defense (Diana) 9:30a Posture Strength (MaryAnn) 11:00a Balance & Strength* (Sandra) 12:15p Balance & Strength* (Sandra)
<b>17</b> 8:30a Easy Pace (Renee) 10:00a Line Dancing (Renee) 11:00a Active Aging Strength (Maryann) 12:15p Balance & Strength* (Sandra) 1:30p Balance & Strength* (Sandra) 4:00p Yoga (Tania) 5:30p Clogging (Lorraine)	<b>18</b> 9:30a Zumba Gold (Adaia) 10:30a DrumFit (Diana) 1:00p Beginning Line Dancing (Dottie) 2:30p Pilates (Meleah) 5:30p Zumba (Sandra)	<b>19</b> 9:00a Zumba Gold Toning (Adaia) 10:00a Active Aging Strength (Sissy) 11:15a Balance & Strength* (Sandra) 12:30p Balance & Strength* (Sandra) 2:30p Line Dancing (Dottie) 3:45p Mindful Flow & Core (Diana)	<b>20</b> 8:30a Easy Pace (Renee) 9:30a Zumba Gold (Adaia) 10:45a Chair Yoga (Sandra) 12:00p Balance & Strength* (Sandra) 2:30p Pilates (Meleah) 4:00p Restorative Yoga (Myrna) 5:30p Zumba (Sandra)	<b>21</b> 8:15a Self-Defense (Diana) 9:30a Posture Strength (MaryAnn) 11:00a Balance & Strength* (Sandra) 12:15p Balance & Strength* (Sandra)
<b>24</b> 8:30a Easy Pace (Renee) 10:00a Line Dancing (Renee) 11:00a Active Aging Strength (Maryann) 12:15p Balance & Strength* (Sandra) 1:30p Balance & Strength* (Sandra) 4:00p Yoga (Tania) 5:30p Clogging (Lorraine)	<b>25</b> 9:30a Zumba Gold (Adaia) 10:30a DrumFit (Diana) 1:00p Beginning Line Dancing (Dottie) 2:30p Pilates (Meleah) 5:30p Zumba (Sandra)	<b>26</b> CENTER CLOSED FOR HOLIDAYS	<b>27</b> CENTER CLOSED FOR HOLIDAYS 	<b>28</b> CENTER CLOSED FOR HOLIDAYS
				

Gym Hours 

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

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





# Class Descriptions

## HEALTH & FITNESS



### ACTIVE AGING

This class helps improve strength. The instructor will take you through a variety of exercises for a complete workout. Get comfortable using circuit equipment as well as resistance bands, medicine balls, free weights, etc.



### BALANCE & STRENGTH

This class is recommended for members with concerns about balance and loss of upper and lower body strength. Focus will be on functional fitness as well as balance and strength.

*\*Free to all members*



### CHAIR YOGA

Chair yoga is a gentle practice in which yoga postures are performed while seated and/or with the aid of a chair. Benefits include improved strength & energy, improved flexibility & balance, and improved concentration.



### DRUMFIT

DrumFIT's Music, Motion & Memory Program encourages participants to socialize and move together for brain and body health. This unique program uses movement through drumming to benefit both the mind and body.



### EASY PACE

Beginner to intermediate aerobics that includes cardio, marching in place, and basic arm and leg movement patterns. Improves muscle strength, flexibility, endurance, coordination, and balance.



### LINE DANCING

Line Dancing is choreographed to a variety of music with repeating series of steps that are performed in unison. Learn some fancy footwork while challenging your mind to memorize these fun sequences.



### MINDFUL FLOW & CORE

Peaceful meditation music while incorporating movement flexibility, static stretching, and core exercises. Equipment used will be straps, mats, foam rollers, and more to improve your mind, body and soul.



### PILATES

Pilates is a low impact exercise comprising controlled movements that enhance your balance, core strength, mobility, flexibility, and even mood. It focuses on the smaller and deeper muscles that support your structure and enhance your overall health.



### POSTURE STRENGTH

Gain a deeper understanding of postural alignment, postural habits, postural impacts and targeted exercises to correct them. Using strength and release principles of Corrective Exercise, this class will bring awareness to one's own imbalances and tips for everyday life.



### RESTORATIVE YOGA

A therapeutic style of yoga which utilizes props to make it easier for the body to get into certain poses. The focus of this class is relaxation, renewal, effortlessness, ease and a completely supportive environment.



### SELF DEFENSE

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



### YOGA

Slow flowing class of gentle stretching and physical postures using breath to connect mind and body. This is an excellent way for improving flexibility, balance and great for de-stressing.



### ZUMBA/ZUMBA GOLD

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



### ZUMBA TONING

Zumba Toning is perfect for those who like Zumba, but want to put extra emphasis on toning and sculpting to define those muscles. The challenge of adding resistance by using toning sticks, helps you focus on specific muscle groups, so your muscles stay engaged.



# November EVENT FLYERS & SPECIAL EVENTS

**BUVERDE SPRING BEACH  
ACTIVITY CENTER**  
est. 1992

## BOOK CLUB

Facilitated by the Mammien Family Library

**NOVEMBER'S PICK**

**The Giver of Stars**  
Author: Jojo Moyes

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

**NOVEMBER DAY TRIP**  
**San Marcos & Tanger**  
**OUTLETS**

**THURSDAY, NOVEMBER 6TH,  
13<sup>TH</sup> & 20<sup>TH</sup> AT 10AM**  
**LUNCH AT CRACKER BARREL**  
(SUBJECT TO CHANGE)

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

\*DAY TRIPS ARE RESERVED FOR BSBAC  
MEMBERS ON A FIRST COME, FIRST  
SERVED BASIS. BUS FEE WILL VARY PER  
DAY TRIP DEPENDING ON DESTINATION  
TRAVELED. DAY TRIP WAIVERS MUST BE  
SIGNED PRIOR TO GOING ON ANY DAY  
TRIP. THANK YOU!

**NOVEMBER  
ARTS & CRAFTS**

## Autumn Floral Arrangement

**WEDNESDAY, NOVEMBER 12<sup>TH</sup>**  
**AT 1:30PM**

**\$5 Donations  
greatly  
Appreciated**

**Please use in-  
center sign-up  
to register**

**NOVEMBER LUNCH & LEARN**  
**DONOR ADVISED FUNDS**

JOIN US TO LEARN MORE ABOUT DAF, HOW YOU  
CAN SAVE MONEY ON YOUR TAXES, AND HOW  
CHARITABLE GIVING CAN AFFECT YOUR TAXES.

**Matt Hester**  
BSBAC BOARD MEMBER & FINANCIAL  
ADVISOR W/ EDWARD JONES

**NOVEMBER 11TH**  
**11:45AM-12:45PM**  
**BSBAC GROUP X ROOM**

**BAKED ZITI WILL  
BE SERVED**

**RSVP:**  
Using the In-Center Signup

Please Join Us For Our

## thanksgiving LUNCHEON

**FRI, NOV 21ST 11AM**

**Turkey, Mashed Potatoes, & Gravy  
will be provided.**

Please use the in-center signup to let us  
know if you're attending and what salad,  
side, or dessert you will be bringing.

**BSBAC**

## November WISHLIST

- \$25 Gift Cards (Variety of Places)
- Donations toward a Commercial Double Door Refrigerator for MOW (\$2500)
- Metal Shelf for MOW Food Storage \$125
- Assorted Baskets & Plastic Storage Bins
- Commercial Room Dividers \$400
- Large & Small Disposable Aluminum Trays
- Heavy Duty Large & Small Clear Plastic Plates
- Heavy Duty Clear Plastic Cutlery
- 18 oz Solo Cups
- 8 oz Bottled Water (Individual bottles)
- Assorted Cans of Sodas
- Assorted Chip Snack Packs (Individual Bags)

**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.**

**TEXAS A&M  
AGRI LIFE  
EXTENSION**

## DESSERT SWAP

JOIN US AS WE DISCOVER HOW TO  
TRANSFORM CLASSIC THANKSGIVING  
DESSERTS INTO DELICIOUS, HEALTHIER  
VERSIONS!

**NOVEMBER 18**  
**11:45 A.M. - 12:45 P.M.**  
Samples of featured desserts will be  
provided.

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. Texas A&M AgriLife Extension is an equal opportunity provider.

**NOVEMBER 26TH - 28TH  
CENTER CLOSED**

## Happy Thanksgiving

**SEE YOU ON MONDAY!**







# BULVERDE JUBILEE & CRAFT SHOW

Join us in  
Celebrating our  
Community!

Saturday  
11/8  
10AM - 3PM

30280 Cougar Blvd  
Bulverde, TX 78163

- ★ Parade
- ★ Kids' Activities
- ★ Vendor Booths
- ★ Food
- ★ Live Music
- ★ Raffle Items

SCAN FOR  
REGISTRATION  
&  
SPONSORSHIPS



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



**Merry Christmas**  
2025 BSBAC  
Meals on Wheels Bulverde 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 bcollier@bsbac.com



## November BIRTHDAYS

Abbey, Joy  
Adkins, Raye  
Aleman, Susan  
Austad, Mary  
Austgen, Sandra  
Beltran, Adolfo  
Berardi, Estela  
Binge, Sally  
Brisbin, Margaret  
Bustamante, Maria  
Campbell, Margie  
Carnevale, Karen  
Caylao-Jones, Dorothy  
Clark, Sharon  
Cross, Durrelann  
Cross, Mark  
Daniel, Joyce  
Dillard, Carol  
DoByns, Bunnia  
Dockery, Mary  
Doll, Charlotte  
Dukes, Renee  
Dunbar, Alessandra

Duvert, Elizabeth  
Eash, Rose Marie  
Eicher, Dianna  
Eisenbrey, Ronald  
Ennis, Mabel  
Flores De Monreal, Maria  
Fraga, Maria  
Glasby, Carol Ann  
Glaspie, Shirley  
Goebel, Brian  
Gonzales, Martha  
Guerrero, Sonia  
Hawk, Don  
Hopkins, Judy  
Huebinger, Joyce  
Hutson, Lisa  
Hyder, Carolyn  
Ilardi, Elizabeth  
James, Diana  
Jones, Anna  
Jones, Blanca  
Jones, Linda

Karaffa, Alice  
Keller, Marlene  
Kennedy, Susan  
Kinnard, Linda  
LaBold, Charmaine  
Lane, Cindy  
Lee, Michele  
Leininger, Joy  
Lilly, Cathy  
Lunday, Carol  
MacLauchlan, Nicholas  
Markwardt, Teri  
Marsh, Dana  
Mcbride, Paula  
Mcrae, Janis  
Mcrae, Martha  
Medrano, Cecilia  
Miller, Linda  
Miller, Ray  
Minnig, Patricia  
Moore, George  
Morin, Lori  
Moss, Linda

Nicholson, Eddie Jo  
Oehlke, Virginia  
Palmer, Loretta  
Parga, Sylvia  
Parson, Sharon  
Perez, Rose Mary  
Pillow, Dale  
Rankin, Frank  
Ready, Joy  
Robinson, Michael  
Rodriguez, Ernesto  
Rogers, Rod  
Rossi, Zeena  
Rumpf, Mary  
Saavedra, Joe  
Salazar, Ralph  
Salvagno, Hatsue  
Sandenaw, Gayle  
Schmid, Vicki  
Schofield, Leslie  
Schroeder, Barbara  
Schroeder, Betty  
Shallcros, Margo

Smith, Maxine  
Snead, Lydia  
Solis, Susana  
Stanphill, Samuel  
Stone, Charisse  
Sutton, Kenneth  
Tomlinson, Sharon Ann  
Tullos, Susan  
Van Vleck, Marilyn  
Varnerin, Jean  
Walters, Mark  
Ward, Richard  
Wedding, Cassie  
Weil, Brenda  
White, Margaret  
Williams, Jon  
Wilson, Judy  
Wong, David  
Wood, David  
Wright, Greg  
Yeats, Lori  
Young, Dennis



# Brain GAMES



## Thanksgiving

WORD SEARCH

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

FALL	THANKFUL	NOVEMBER
GATHER	TURKEY	PLYMOUTH
HOLIDAY	CORNUCOPIA	STUFFING
PILGRIMS	FAMILY	THANKSGIVING
PUMPKIN	GOBBLE	CRANBERRIES
CORN	GRATITUDE	POTATOES
FEAST	PIE	TRADITION



## Commonyms\*

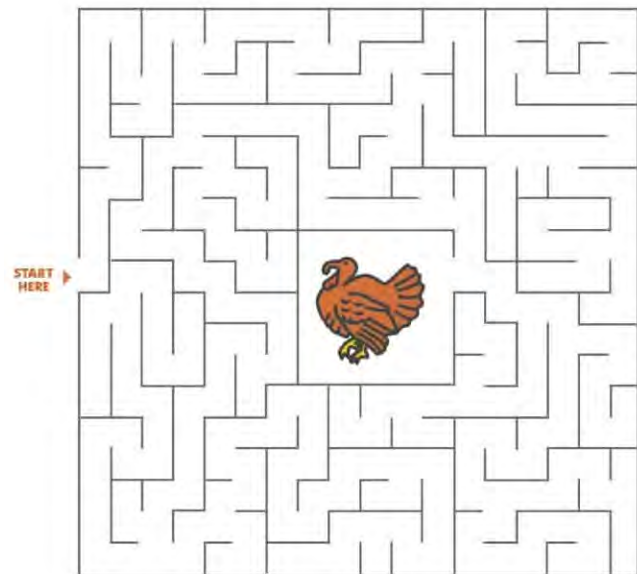
1. Ball - Salad - Coin
2. Cold - Fish - Ball
3. Doctor - Mailman - Dominos
4. Seventeen - Time - People
5. Miner - Dentist - Guitar Player
6. Scale - Tire - Checkbook
7. Aquarium - Army - Car
8. Doughnut - Cavity - Prescription
9. Time - End - Twilight
10. Santa's Sleigh - Churches - Schools

## Sudoku

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

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

## Solve the Maze



\*COMMONYMS SOLUTIONS: 1) All are tossed; 2) All are caught; 3) All deliver; 4) Magazines; 5) All use picks; 6) All get balanced; 7) All have tanks; 8) All get filled; 9) Zones; 10) All have bells







2025

## THIRD QUARTER IMPACT REPORT

### Membership Totals

July	1370
August	1395
September	1412

### Member Participation Statistics



- Community Education
- Cultural Events
- Health & Wellness
- Transportation
- Group Trips
- Recreation
- Social Activities/Events
- Nutrition/Fellowship Meals



898 Members checked in  
for activities 22,229 times



### Average Daily Member Visits

M	T	W	Th	F
433	334	363	287	321



### Volunteer Statistics

Hours	2701
Volunteers	185

### Meals on Wheels Statistics

Meals Served	3836
Clients Served	72



\$72,967 + raised through fundraising events,  
grants, and individual giving.



Thank you to our community of members, volunteers, sponsors and supporters  
that make our mission possible.

## 2025 ANNUAL MEETING FINANCIAL OVERVIEW



Annual Budget	\$610,000
Average Monthly Expenses	50,500
Revenue: January 2025 – September 2025)	
Membership Fees (Annual & Health/Fitness)	89,300
Fundraising	107,000
Grants*	91,900
Individual Giving	94,500
Thrift Store	30,000
Funds	17,400
Other (Rentals, Gift Shop, Interest, Bus, etc.)	53,300
<b>Total Revenue</b>	<b>\$483,400</b>

\*Grants are never guaranteed from year to year. These will decrease and be more difficult to obtain as overall government spending is cut resulting in more organizations applying for these limited funds.

BSBAC receives \$0 of government funding	
In-Kind Support (Volunteer Hours)	\$183,400
Current Cash Position	586,700
Required Six-Month Reserve	303,000
Designated Funds Donated Towards Building Project	500,000

Amounts have been rounded. Financial records are public and may be requested for exact amounts.

## Annual Meeting RECAP



### MEALS on WHEELS BULVERDE SPRING BRANCH

## MEALS ON WHEELS (MOW)



### Current Program

- Our meals source for the last several years has run its course. Currently, we have no control over our program's vetted options and have not been able to add any people from our waitlist.

It's the worst feeling to have to tell someone, 'We have a waitlist.' You can't speak those words without feeling emotion because you're telling someone this who doesn't have food and is hungry."

### New Program & Changes

- We will take control of our own program:  
**Meals on Wheels Bulverde Spring Branch**
- New Partners and Bulverde United Methodist Church: volunteer their kitchen and prep meals
- BSBAC: purchase food, pack MOW meals and manage delivery routes and drivers
- Start Date will be January 5, 2026
- We will assume a quantity of about 75 MOW clients weekly
- Meal Cost: \$3.50/meal = \$68,500 per year**
- We will pursue new grants & funding sources as there is no state or federal government funding.



# Center HAPPENINGS

ANNUAL  
MEETING  
2025

We held our 2025 Annual Membership Meeting in October and had a record turnout for the meeting. We presented the financial report, Center highlights, the Meals on Wheels initiative and honored those members we lost this year. Thank you to all the members that showed up!



## In Memory BSBAC Members

Willie Bayer  
Nancy Becker  
Bill Brestal  
Colleen Cody  
Michael Collini  
Betty Connor  
David Desmond  
James Elias  
Bea Farr  
Ernie Fishlock  
Sylvia Heitzman  
Regina Hess  
Regan Hill  
Rosemary Holbrook  
Robert Hopkins  
Chuck Hughes

Anita Jacks  
Wynona Johnson  
Frank Jones  
Ray McEachern  
Richard McElvaney  
Andy Pal  
Barbara Politte  
Barbara Reddy  
Ninfa Ruiz  
Ron Silven  
Marcel Trudeau  
Ruby Wagoner  
Susan Ward  
Pattie Joe Wilson  
Sharon Winn



**BELLA GROVES**  
UNCONDITIONAL JOY

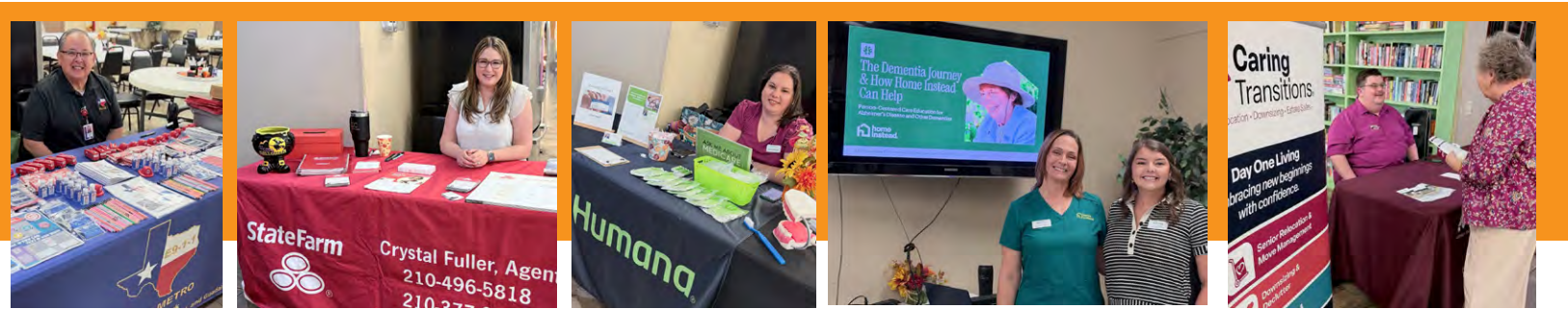
Thank you so much to the beautiful residents of Bella Groves for the sweet treats and love served up this week at the Center. The residents came with their families and shared their home baked sweet treats. We having you this morning at BSBAC to share your love of baking.



BSBAC Show Support for Breast Cancer Awareness!



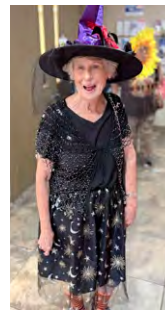




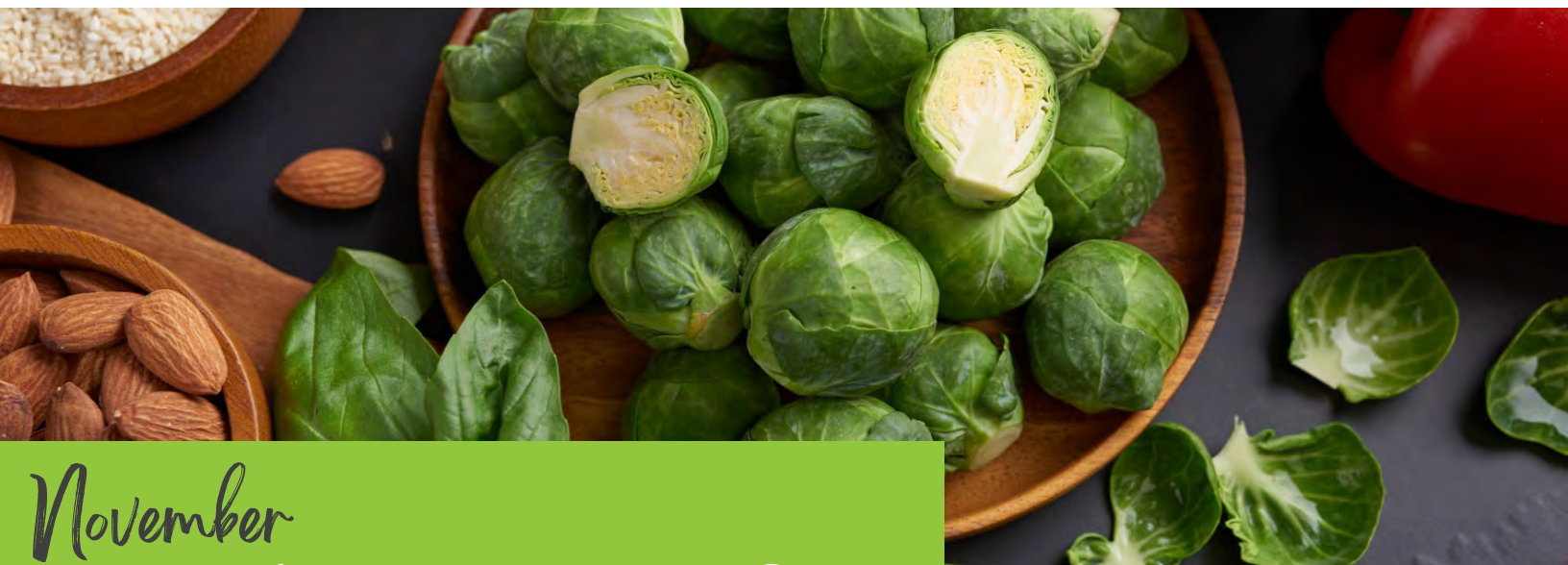
We've had another great month of presentations, vendors, and clinics for our Active Aging Month. Thank you to all the companies that came in to present their services to our members. If you'd like info on any of the presentation or vendors, please see Beth Collier.



# HALLOWEEN PARTY







# November WHAT'S IN SEASON?

## Health Benefits of Brussels Sprouts

- provides DNA protection
- lowers risk of cardiovascular concerns
- steamed Brussels sprouts provides cholesterol-lowering ability
- digestive system support
- anti-inflammatory
- contains sulfur D3T
- helps prevent cancer
- good source of Vitamin C
- low fat
- 1 cup = 4 grams fiber
- provides detoxification support
- good source of manganese, potassium iron, calcium, magnesium, phosphorus & molybdenum
- anti-inflammatory properties
- good source of Vitamin K
- good source of omega-3 fatty acid ALA
- helps with constipation
- good source of folic acid
- anti-diabetic & anti-microbial properties
- supports healthy eyes

**OAW** Health  
*cases advanced wellness*

### Roasted Brussels Sprouts with Maple Syrup, Garlic & Cayenne

servings: 4

2 lbs Brussels sprouts, trimmed & halved lengthwise  
1 T plus 1 tsp extra-virgin olive oil

2-4 cloves garlic sliced  
Himalayan salt to taste  
1 T Maple Syrup Grade B  
1/8 tsp cayenne pepper

Preheat oven to 400 degrees. On a rimmed baking sheet, toss Brussels sprouts & garlic slices with olive oil; season with salt. Roast until Brussels sprouts are browned in spots & tender when pierced 15-20 minutes, stirring halfway through. Combine syrup & cayenne pepper in bowl. Drizzle sprouts with maple syrup mixture, stir to coat & roast one minute. Enjoy!



Everyday I'm brussellin'

### Voots Vegetable of the Week

Brussels sprouts are related to cabbage, broccoli and kale.

Brussels sprouts were at one time considered gourmet. There is even a variety called "Royal Marvel."

### Store Well Waste Less

- Refrigerate in an open or perforated plastic bag in the vegetable drawer. They will keep for up to 10 days, but quality is best when used soon.
- Wash under cool running water and trim just before using:
- Remove outer leaves.
- Trim stem even with the bottom leaves.
- Leave whole, cut in halves or quarters, or shred.

## Brussels Sprouts

verywell

- Cholesterol-Free
- Low-Fat
- Good Source of Fiber
- Low-Sodium

A cup of Brussels sprouts contains 24% of your daily recommended amount of vitamin A

4g PROTEIN

56 CALORIES

4.1g FIBER

11g CARBS

0.8g FAT

(per cup, cooked)



# Thank You SPONSORS

## simpleLUXURIES TRAVEL

**Michelle Hoehn**  
Travel Consultant

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



up to \$2,000 on board credit



**GREAT  
PEOPLE.  
GREATER  
IMPACT.**



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



## 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

## PulseMAC<sup>TM</sup> Solutions

Measurement & Controls  
Collaborate-Design-Execute

- Operational efficiency
- Production optimization
- Collaboration
- Decision support
- Data integration
- Workflow automation

Serving Spring Branch & Surrounding Areas

**SAUR**  
WATER WELL SERVICE

Working Hard to Keep Fresh Water in Texas!

- Water Storage
- Water Analysis
- Well Inspections & Chlorination
- Submersible Pump Repair

Call (830) 885-5633  
Text (830) 237-9866

www.saurwaterwell.com  
Master Pump Installer Lic #600431

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



## RLE RESORT LIFESTYLE COMMUNITIES ... Emerald Oaks

## Sage Capital Bank

Financial Wisdom. Texas Roots.

Big banks see  
numbers, small banks  
see neighbors. Invest  
in your community by  
banking where your  
roots run deep.

www.sagecapitalbank.com



**BULVERDE  
PUMPKIN PATCH**



**FAMILY TREE**  
PRIVATE CARE

# Team Members



**DeLisa Leopold**  
Executive Director  
dleopold@bsbac.com



**Reghan Swenson**  
Marketing Coordinator  
rswenson@bsbac.com



**Jean Larson**  
Meals on Wheels Coordinator  
jl Larson@bsbac.com



**Beth Collier**  
Outreach Coordinator  
bcollier@bsbac.com



**Lauren Bippert**  
Membership Coordinator  
lbippert@bsbac.com



**Lisa Velasquez**  
Office Coordinator  
lvelasquez@bsbac.com



**Rod Garcia**  
Transportation



**Allen Klar**  
Transportation



**Terre Sawey**  
Transportation

## Board Members



Keri Sandvig: Chair  
Matt Hester: Vice Chair  
Hanni Stautzenberger: Treasurer  
Ethan Myers: Secretary

Bobby Craft  
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