

The BSBAC Buzz



August
2026



An active life is a good life!



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Center Happenings

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How do I get info about the Center?

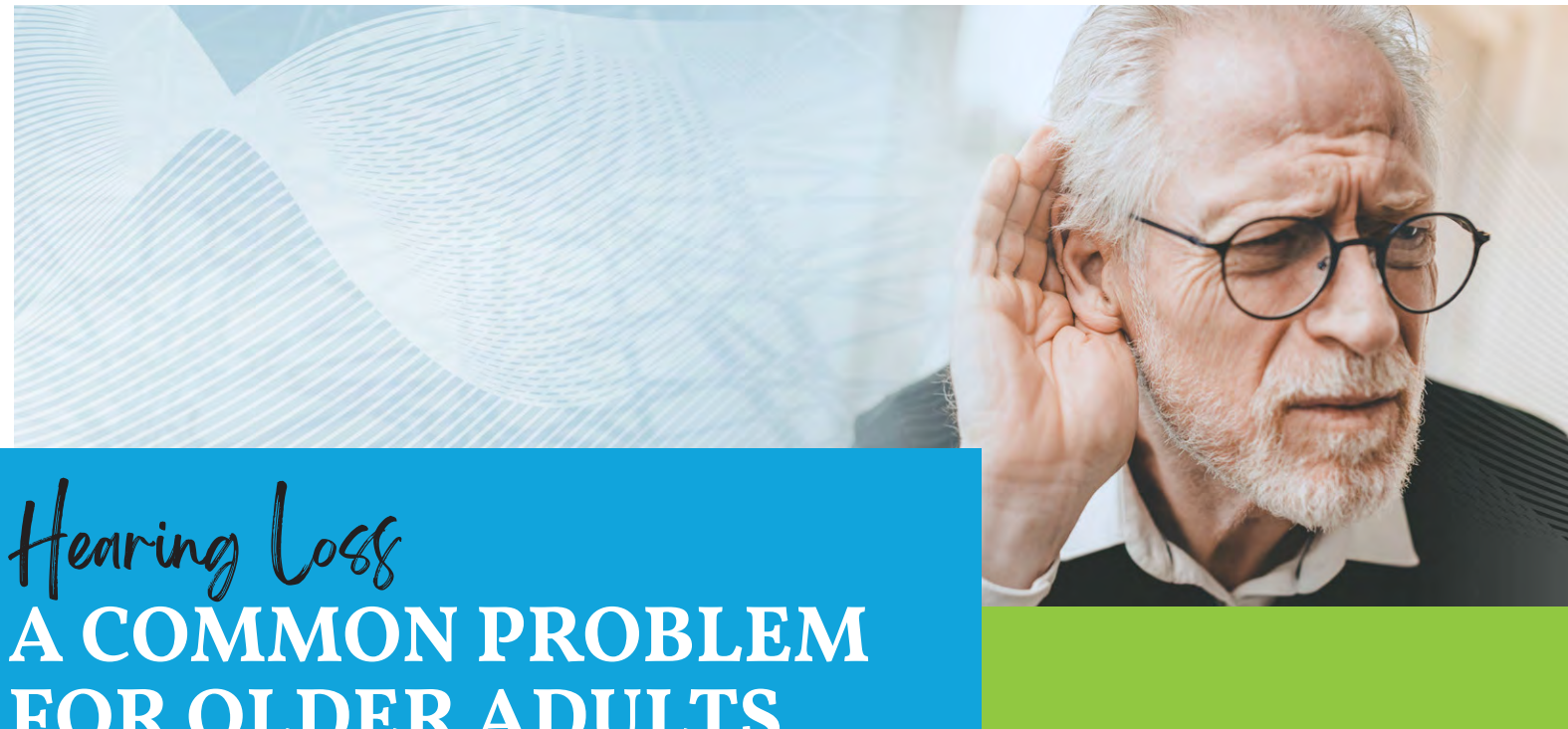
- Weekly email and monthly printed newsletter
- BSBAC.com website
- Facebook page
- Posted flyers/notices at the Center
- Text messages & email updates
- Weekly Announcements

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.



MEALS on WHEELS
BULVERDE SPRING BRANCH





Hearing Loss

A COMMON PROBLEM FOR OLDER ADULTS

Hearing loss is a common problem caused by loud noise, aging, disease, and genetic variations. About one-third of older adults have hearing loss, and the chance of developing hearing loss increases with age. People with hearing loss may find it hard to have conversations with friends and family. They may also have trouble understanding a doctor's advice, responding to warnings, and hearing doorbells and alarms.

Some people may not want to admit they have trouble hearing. Hearing problems that are ignored or untreated can get worse. If you have a hearing problem, see your doctor. Hearing aids, special training, certain medications, and surgery are some of the treatments that can help.

Signs of Hearing Loss

- Have trouble understanding what people are saying over the telephone
- Find it hard to follow conversations when two or more people are talking
- Often ask people to repeat what they are saying
- Need to turn up the TV volume so loud that others complain
- Have a problem understanding speech because of background noise
- Think that others seem to mumble
- Can't understand what's being said when children and people with higher pitched voices speak to you

Types of Hearing Loss. Sudden deafness, also known as sudden sensorineural hearing loss, is an unexplained rapid loss of hearing. It can happen to a person all at once or over a period of a few days. It should be considered a medical emergency. If you or someone you know experiences sudden hearing loss, visit a doctor immediately. **Age-related**

hearing loss, also called presbycusis, comes on gradually as a person grows older. It seems to run in families and may occur because of changes in the inner ear and auditory nerve, which relays signals from the ear to the brain. Presbycusis may make it hard for a person to tolerate loud sounds or to understand what others are saying. Age-related hearing loss usually occurs in both ears, affecting them equally. Because the loss is gradual, people with presbycusis may not realize they have lost some of their ability to hear.

Tinnitus is also common in older people. It is typically described as ringing in the ears, but it also can sound like roaring, clicking, hissing, or buzzing. It can come and go. It can be heard in one or both ears, and it may be loud or soft. Tinnitus is sometimes the first sign of hearing loss in older adults. It can accompany any type of hearing loss. Tinnitus is a symptom, not a disease. Something as simple as a piece of earwax blocking the ear canal can cause tinnitus. It can also be a sign of other health conditions, such as high blood pressure or allergies. Tinnitus can also occur as a side effect of certain medications.

Health effects of hearing loss. Hearing loss can affect cognitive health. Studies have shown that older adults with hearing loss have a greater risk of developing dementia than older adults with normal hearing. Cognitive abilities (including memory and concentration) decline faster in older adults with hearing loss than in older adults with normal hearing. A recent analysis of several studies found that people who used hearing restorative devices (such as hearing aids and cochlear implants) had a lower risk of long-term cognitive decline compared to people with uncorrected hearing loss.

Older people who can't hear well may become depressed or withdrawn from others because they feel frustrated or embarrassed about not understanding what is being said. Sometimes, older people are mistakenly thought to be confused, unresponsive, or uncooperative because they don't hear well. These circumstances can lead to social isolation and loneliness.

See more information on Page 11 of this newsletter.



Note from THE CENTER

As we welcome August, we are grateful for the wonderful summer we have had so far. We are fortunate to have such a caring and compassionate community. Every day, we have the privilege of witnessing the incredible difference our members, volunteers, donors, community partners, and supporters make in the lives of our neighbors.

Our center is so much more than a building—it is a community. It is where new friendships begin, lifelong skills are discovered, laughter is shared, and neighbors become family. Though we share this message often, it still stands that none of this would be possible without your continued support. Whether you attend a class, volunteer your time, make a donation, sponsor an event, or simply invite a friend to join us, you are helping build a stronger, healthier community for everyone.

Though the summer heat will have its grasp on us for some time yet, our summer season here at the BSBAC is starting to wind down, but not without a look back on a successful Style Show & Luncheon, as well as the fun activities, classes, and outings. We excitedly look ahead to the rest of the year that will be filled with more opportunities to connect, learn, and have fun! The coming months will include The Big Give, Active Aging Health Months, our annual Bulverde Jubilee, the Individual Giving Campaign, and much more! All of these efforts provide a wide variety of opportunities for our entire BSBAC community to be part of our mission. Stay tuned for more details on all that is coming your way!

Stay connected by reading our newsletters, following our social media pages, or just visiting with our team. Together, we can continue creating a welcoming place where every person feels valued, connected, and inspired.

Thank you for being an important part of our story.

Here's to a wonderful August filled with friendship, purpose, and new opportunities!

With gratitude,

DeLisa Leopold, Executive Director

Hello
August



Upcoming EVENTS

August 4

11:45am - Presentation: Elder Fraud

August 5

1:00pm - Book Club

August 3, 17

12:00pm - Loteria

August 10, 24

12:35pm - Bunco

August 12

10:00am - Card Creations

1:30pm - Arts & Crafts: Pressed Flower Vase

August 13, 20, 27

2:30pm - Daytrip to the Bexar County Heritage Center

August 13

2:30pm - Dementia Support Group

August 14

10:00am - Downsizing Workshop

3:00pm - Talent Showcase

August 19

10:00am - School Crafting Workshop

2:30pm - Caregiver's Support Group

August 18

11:45am - Presentation: Healthy Snacking

August 24

1:30pm - Loss Support Group

August 27

10:30am - Beginning Spanish

12:00pm - Intermediate Spanish



Weekly ACTIVITY SCHEDULE



MONDAY



- 9:00am Wood Carving
- 10:00am Open Games (Mexican Train, Swoop, etc.)
- 11:30am Fellowship Meal
- 12:00pm Loteria (1st & 3rd Mon)
- 12:35pm Bunco (2nd & 4th Mon)
- 1:00pm Bridge Foursome (1st & 3rd Mon)
- 1:30pm Loss Support Group (4th Mon)
- 2:30pm Table Tennis

TUESDAY



- 10:30am Mah Jong
- 11:30am Fellowship Meal
- 1:00pm Bingo
- 3:30pm Guitar Jam Session

WEDNESDAY



- 9:00am Bridge
- 10:00am Card Creations (2nd Wed)
- 11:30am Fellowship Meal
- 12:00pm Poker
- 12:00pm Knitting/Crochet/Sewing Group
- 1:00pm Book Club (1st Wed)
- 1:30pm Arts & Crafts Series (2nd Wed)
- 1:00pm Guitar Instructional Class
- 2:00pm Caregiver Support Group (3rd Wed)

THURSDAY



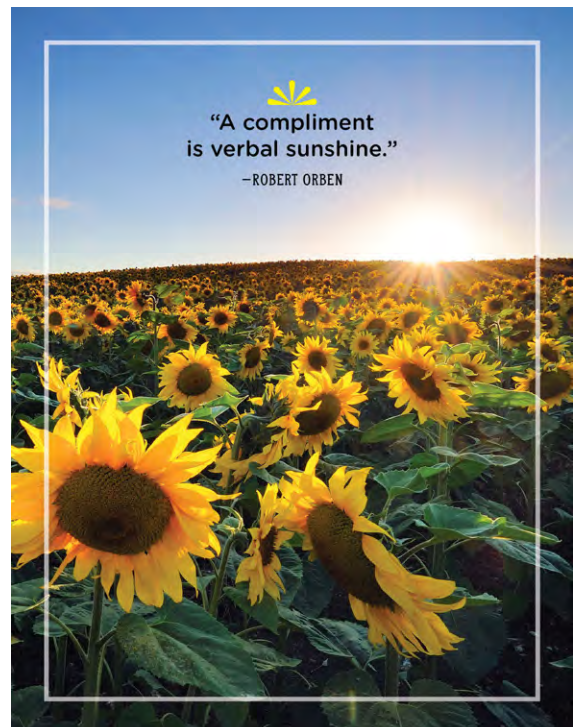
- 9:00am Wood Carving
- 9:30am Canasta Hand & Foot
- 10:30am Beginning Spanish
- 12:00pm Intermediate Spanish
- 11:30am Fellowship Meal
- 12:00pm Mindful Meditation
- 1:15pm Bible Study
- 2:30pm Dementia Support Group (2nd Thur)



FRIDAY



- 10:00am Downsizing Workshop (2nd Fri)
- 11:00am Fellowship Meal
- 12:15pm Bingo



August

FELLOWSHIP MEAL MENU



Monday	Tuesday	Wednesday	Thursday	Friday
3 Corn Chowder Salad Roll Dessert	4 Ravioli Lasagna Green Salad Breadstick Dessert	5 Chicken Cordon Bleu with Mustard Sauce Rice Pilaf Green Beans Dessert	6 Chicken Tenders Mashed Potatoes Gravy Corn Roll Dessert	7 Taquito Enchiladas Pinto Beans Spanish Rice Dessert
10 Spaghetti with Meatballs Green Beans Breadstick Dessert	11 Sweet & Sour Chicken Rice Broccoli Pineapple Fortune Cookie	12 BBQ Pulled Chicken Sandwich Pasta Salad Ranch Beans Dessert	13 Picadillo Pinto Beans Guacamole Tortilla Dessert	14 Ceasar Chicken Salad Roll Fruit Dessert
17 BBQ Meatballs Scalloped Potatoes Salad Dessert	18 Beef & Bean Burrito Pinto Beans Corn Guacamole Dessert	19 Frito Pie Fruit Dessert	20 Chicken on a Biscuit Sandwich Cole Slaw Fruit Dessert	21 Creamy White Chili Green Salad Corn Bread Dessert
24 Dijon Mustard Chicken Rice Green Beans Roll Dessert	25 Stuffed Peppers Buttered Corn Roll Dessert	26 Grilled Drumsticks Warm Potato Salad Caesar Salad Dessert	27 Ground Beef Stroganoff Green Beans Dessert	28 Chili Dogs Cole Slaw Fruit Dessert
31 Queso Chicken Pinto Beans Spanish Rice Tortilla Dessert				

Fellowship Meal is served Mon-Thurs@ 11:30am, Fri@11:00am
 (LUNCH IS SERVED FOR A 1/2 HOUR IN THE CENTER)

\$5 Donation/Lunch (Donations help make our fellowship meals possible)
 Menus are subject to change



August HEALTH & FITNESS



Monday	Tuesday	Wednesday	Thursday	Friday
3 8:30a Easy Pace (Renee) 10:00a Adv. 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 Beginning from Scratch Clogging 6:00p Clogging (Lorraine)	4 9:30a Zumba Gold (Adaia) 10:30a DrumFit (Diana) 1:00p Beg. Line Dancing (Dottie) 2:30p Pilates (Meleah) 3:45p Active Aging Strength (Maryann) 5:30p Zumba (Sandra)	5 9:00a Zumba Gold Toning (Adaia) 10:00a Active Aging Strength (Sissy) 11:15a Balance & Strength* (Sandra) 12:30p Balance & Strength* (Sandra) 1:30p Tai Chi (Sandra) 2:30p Int. Line Dancing (Dottie) 3:45p Mindful Flow & Core (Maryann)	6 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)	7 8:15a Healthy Heart Cardio Lean (MaryAnn) 9:30a Posture Strength (MaryAnn) 11:00a Balance & Strength* (Sandra) 12:15p Balance & Strength* (Sandra)
10 8:30a Easy Pace (Renee) 10:00a Adv. 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 Beginning from Scratch Clogging 6:00p Clogging (Lorraine)	11 9:30a Zumba Gold (Adaia) 10:30a DrumFit (Diana) 1:00p Beg. Line Dancing (Dottie) 2:30p Pilates (Meleah) 3:45p Active Aging Strength (Maryann) 5:30p Zumba (Sandra)	12 9:00a Zumba Gold Toning (Adaia) 10:00a Active Aging Strength (Sissy) 11:15a Balance & Strength* (Sandra) 12:30p Balance & Strength* (Sandra) 1:30p Tai Chi (Sandra) 2:30p Int. Line Dancing (Dottie) 3:45p Mindful Flow & Core (Maryann)	13 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)	14 8:15a Healthy Heart Cardio Lean (MaryAnn) 9:30a Posture Strength (MaryAnn) 11:00a Balance & Strength* (Sandra) 12:15p Balance & Strength* (Sandra)
17 8:30a Easy Pace (Renee) 10:00a Adv. 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 Beginning from Scratch Clogging 6:00p Clogging (Lorraine)	18 9:30a Zumba Gold (Adaia) 10:45a DrumFit (Sandra) 1:00p Beg. Line Dancing (Dottie) 2:30p Pilates (Meleah) 3:45p Active Aging Strength (Maryann) 5:30p Zumba (Sandra)	19 9:00a Zumba Gold Toning (Adaia) 10:00a Active Aging Strength (Sissy) 11:15a Balance & Strength* (Sandra) 12:30p Balance & Strength* (Sandra) 1:30p Tai Chi (Sandra) 2:30p Int. Line Dancing (Dottie) 3:45p Mindful Flow & Core (Maryann)	20 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)	21 8:15a Healthy Heart Cardio Lean (MaryAnn) 9:30a Posture Strength (MaryAnn) 11:00a Balance & Strength* (Sandra) 12:15p Balance & Strength* (Sandra)
24 8:30a Easy Pace (Renee) 10:00a Adv. 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 Beginning from Scratch Clogging 6:00p Clogging (Lorraine)	25 9:30a Zumba Gold (Adaia) 10:45a DrumFit (Sandra) 1:00p Beg. Line Dancing (Dottie) 2:30p Pilates (Meleah) 3:45p Active Aging Strength (Maryann) 5:30p Zumba (Sandra)	26 9:00a Zumba Gold Toning (Adaia) 10:00a Active Aging Strength (Sissy) 11:15a Balance & Strength* (Sandra) 12:30p Balance & Strength* (Sandra) 1:30p Tai Chi (Sandra) 2:30p Int. Line Dancing (Dottie) 3:45p Mindful Flow & Core (Maryann)	27 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)	28 8:15a Healthy Heart Cardio Lean (MaryAnn) 9:30a Posture Strength (MaryAnn) 11:00a Balance & Strength* (Sandra) 12:15p Balance & Strength* (Sandra)
31 8:30a Easy Pace (Renee) 10:00a Adv. 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 Beginning from Scratch Clogging 6:00p Clogging (Lorraine)				

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.



HEART HEALTHY CARDIO LEAN

Burn calories, tone muscles, and strengthen your heart with this equipment-free, low-impact cardio workout. Using steady, rhythmic movements that progressively elevate your heart rate, combined with full-range-of-motion exercises, this heart-healthy class is designed to reduce stiffness, improve endurance, and support cardiovascular health.



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

Slow down, breathe deeply, and move with intention. This class combines meditative music, elongated movement, static stretching, and core strengthening to improve flexibility, alignment, and body awareness. Using mats, straps, foam rollers, and more, you'll deepen your awareness of movement, discover areas of imbalance, and cultivate greater balance in body, mind & 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 share 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.



TAI CHI

Low-impact, "meditation in motion" practice ideal for seniors, offering significant benefits for balance, flexibility, and strength while reducing fall risk by nearly 50%. Includes gentle, slow-motion movements and weight-shifting exercises.



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 TONING

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 is perfect for those who like Zumba, but want to put extra emphasis on toning and sculpting the define those muscles.

August

EVENT FLYERS & SPECIAL EVENTS



BOOK CLUB

Facilitated by the Mammen Family Library

AUGUST PICK

The Book Woman of Troublesome Creek
Author: Kim Michele Richardson

WE'D LOVE FOR YOU TO JOIN US!

1st Wed. of each month • 1:00 PM

AUGUST PRESENTATION BY IBC BANK

PROTECT YOURSELF AND YOUR LOVED ONES

JOIN IBC BANK FOR A BRIEF EDUCATIONAL PRESENTATION ON RECOGNIZING AND PREVENTING PHISHING SCAMS THAT OFTEN TARGET OLDER ADULTS. LEARN PRACTICAL TIPS TO SAFEGUARD PERSONAL AND FINANCIAL INFORMATION.

TUESDAY, AUGUST 4TH

BULVERDE SPRING BRANCH ACTIVITY CENTER

11:45AM-12:45PM

TOGETHER, WE CAN HELP BUILD AWARENESS AND PREVENT FRAUD IN OUR COMMUNITY.

#IBCBANK #FRAUDPREVENTION #PHISHINGAWARENESS #COMMUNITYEDUCATION

Use In-Center Signup to Register

AUGUST ARTS & CRAFTS

DIY PRESSED FLOWER VASE

COLORS & STYLE OF FLOWERS MAY VARY



WEDNESDAY, AUGUST 12TH @ 1:30PM

\$5 DONATION APPRECIATED

USE IN-CENTER SIGNUP TO REGISTER

DID YOU KNOW ABOUT OUR AMAZING SUPPORT GROUPS?

We offer a variety of support services for those navigating a new way of living. Please know that you do not have to do it alone. Connect with those in our community who share similar experiences while gathering resources to help guide you through the process.



Caregiver Support

2nd Wednesday of each month at 2pm

- Support for those caring for a loved one or someone needing help.
- Coping Strategies
- Stress Management
- Resources



Dementia Support

2nd Thursday of each month at 2:30pm

- Support for those impacted by Dementia such as Spouses, Family, Friends, etc.
- Resources
- Communications



Loss Support

4th Monday of each month at 1:30pm

- Support for those that have lost a spouse, family member, friend, etc.
- Peer-Led Discussions
- Licensed Counselors
- Safe space to share

Contact: Beth Collier at 830-438-3111 or email bcollier@bsbac.com



August Day Trip

Bexar County Heritage Center

Thursdays, August 13th, 20th, and 27th

Bus Departs at 10am Lunch at Pico De Gallo



All exhibits are designed to engage the visitor with glimpses of Bexar County's historic treasures and contemporary cultural amenities by being both photogenic portals as well as multilayered, dramatic representations that create an immersive, in-depth, exciting, one-of-a-kind orientation to Bexar County and its ascendance to a world class destination and place to live.



\$10 per person if riding the bus

Don't want to ride the bus, follow along in your own vehicle. Just let us know you are going.

Day trips are reserved for BSBAC members on a first come, first served basis.

TALENT SHOWCASE

Join us as we watch our members showcase their talents in music, dance, drama, and more. Grab your seat, be ready for loads of entertainment, and some amazing performances.

All Are Welcome

Unforgettable Memories

More People = More Fun

Tickets \$5 per person



FRIDAY, AUGUST 14TH



3:00 PM

Crafters...We need your help!

Arlon Seay Elementary School has asked us to help make Holiday Crafts to decorate every door in their school for November.

Wednesday, June 17th @ 10am

Wednesday, July 15th @ 10am

Wednesday, August 19th @ 10am

Wednesday, September 16th @ 10am

Wednesday, October 21st @ 10am

Crafting materials will be supplied.

Use In-Center Signup below to Register



HEALTHY SNACKING



Identify smart snacking strategies!



Identify foods that are considered a healthy snack!



Identify fiber foods and their importance!

TUESDAY, AUGUST 18 11:45 A.M. - 12:45 PM

BSBAC AUGUST WISH LIST

\$25 GIFT CARDS (VARIETY OF PLACES)

CANOPIES (3-4 NEEDED, \$100 EACH)

FEBREZE AIR FRESHENER

DISINFECTANT WIPES

GALLON & QUART ZIP-LOC FREEZER BAGS

GALLON TEA BAGS

COFFEE AND CREAMER PODS

BULK HARD CANDY

CAN SODAS: (COKE, DIET COKE, DR. PEPPER)

INDIVIDUAL SNACK PACKS- GOLDFISH, FIG BARS, FRUIT SNACKS, CHEEZ-IT, CRACKERS, COOKIES
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.

HAPPY BIRTHDAY!

August BIRTHDAYS

Cook. Support. Give Back.

Join us for a special Pampered Chef Pop-Up to support a local mission that matters!

A FUNDRAISER BENEFITTING

**BULVERDE SPRING BRANCH
ACTIVITY CENTER**
est. 1991

MEALS ON WHEELS
BULVERDE SPRING BRANCH

A portion of all sales will be donated to support seniors in our community through meals, programs, and connections.

*Great Products.
Great Food.
Greater Impact.*

Every purchase helps nourish lives and strengthen our community.

POP-UP OPEN:
August 1st-21st

SCAN TO SHOP:

Your support makes a difference.

Your support helps the BSBAC and Meals on Wheels BSB continue their mission of facilitating active aging and enhancing the quality of life for older adults in our communities.

TO LEARN MORE, CONTACT:
Reghan Swenson
rswenson@bsbac.com

THANK YOU FOR YOUR SUPPORT OF OUR MISSION.

Adams, James	Guyot, Carolyn	Pronovost, Elizabeth
Ahr, Siegrid	Hagen, Gary	Pulido, Gloria
Archer, Mary	Haines, Diana	Raborn, Jonell
Ashley, Cindy	Hall, Kathleen	Raichlen, Glenda
Baker, Ronald	Hart, Carroll	Rector, Rita
Barefoot, Carol	Hermann, Frank	Reeh, Cynthia
Bates, Phyllis	Hicks, Betty	Reinschmidt, Mike
Beltran, Elida	Hicks, Daniel	Revell, Melodye
Benites, Juan	Hockert, Brigitte	Reyes, Linda
Berger, Suzie	Hunt, Katheline	Reynolds, Wesley
Bishop, Joan	Ives, Mary Jane	Richardson, Patricia
Block, Michelle	Ivy, Mary	Richner, Freddie
Boggess, Alfred	James, Cindy	Roberts, Suzanne
Boggess, Anne	James, Dennis	Robinson, Margo
Boggs, Jean	Johnson, Virginia	Roesser, Patricia
Bommer, Jacque	Jorgensen, Phyllis	Rossi, Iris
Bradbury, Bethany	Juarez, Gloria	Rothwell, Reann
Brandner, Shirley	Kehoe, Susan	Salkowski, Mary
Bravo, Rose	Killian, Jessie	Sandvig, Keri
Brestal, Joan	Kilpper, Sandy	Sawey, Terre
Briggs, Melinda	King, Cindy	Sbardellati, Judith
Brodie, Deb	Kirk, Brian	Schmidt, Kimberly
Busch, Tom	Kruciak, Deborah	Sennett, Meghan
Chandler, Patricia	Lageman, Neil	Silveira, Rosa
Clark, Jeff	Landry, Carol	Simendinger, Maryann
Cobb, Regina	Lane, Kim	Simmons, Anne
Collard, Lisa	Lang, Linda	Singer, Stanley
Conry, Lisa	Leininger, Annice	Smith, Kathryn
Cottier, James	Lerma, Alejandro	Spears, Charles
Crockett, Lynda	Marshall, Patty	Sproull, Peggy
Crowder, Patricia	Martinez, Teresa	Stein, Vicki
Curtiss, Joseph	Mccollum, Denise	Stevenson, Linda
Davis Wilson, Judy	Medina, Barbara	Stinson, Christine
Deage, Ron	Medina, Elsie	Stutts, Glenda
Deitch, Mike	Medina, Mirthala	Tafolla, Santa
DeLeon, Vicki	Medina, Pedro	Tew, Jane
DeVries, Nina	Miller, Anthony	Thomas, Frank
Dillinger, Karen	Miller, Judy	Thomas, Max
Doss, Harry	Miller, Loretta	Topper, Linda
D'sousa, Joyce	Millsap, Carolyn	Trevino, Elizabeth
Eisenbrey, Susan	Myers, Ethan	Truitt, John
Ellis, Peggy	Navarrete, Graciela	Tysl, Lynnell
Ermis, Jan	Neibling, Jan	Vance, Cathy
Evans, Edna	Nelson, Gregory	Wagner, Linda
Ewald, Beverly	Nowakowski, Richard	Waldman, Kenneth
Filer, Stefan	Ochoa, Benito	Walkenhorst, Jaime
Fincher, Martin	Oehlke, Larry	Walker, Carol
Flanagan, Olivia	Organ, Cynthia	Washmon, Sandra
Garay, Dana	Ottmers, Elizabeth	Whaley, Marianne
Garza, Isabel	Overstreet, Norma	Williams, Beverly
Gill, Billie	Pelczar, Kenneth	Williford, Patricia
Goacher, Hubert	Perez, Sheri	Wiseman, Roger
Gordon, Kathy	Pixley, Marilyn	Worshim, Arnette
Gullion, Ronnie	Postel, James	

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*Life is a journey.
Enjoy every mile.*





Brain GAMES



August Word Search

Beach Ball	Picnic	Family	Lemonade
Ice cream	Travel	Vacation	Popsicle
Pool	Hurricane	Relax	Sun
Swim	Barbecue	Summer	Hot
Camping	August	School	Ocean



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

Commonyms*

1. Wagon - Wheel - Practical Joke
2. Jacuzzi - Airline - New York
3. Alarm - Cuckoo - Grandfather
4. Cherry - Rose - Wine Glass
5. Gun - Baby - Talcum
6. Fan - Junk - Express
7. Mouse - Live - Booby
8. Palm - Pine - Christmas
9. Boat - Cradle - Chair
10. Brain - Lungs - Ears

Sudoku

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

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

*COMMONYMS SOLUTIONS: 1) All are pulled; 2) All have jets; 3) Clocks; 4) All have stems; 5) Powders; 6) Mail; 7) Traps; 8) Trees; 9) They rock; 10) They have lobes

How to cope with hearing loss

If you notice signs of hearing loss, talk with your doctor. If you have trouble hearing, you should:

- Let your family and friends know you have a hearing problem.
- Ask people to face you and to speak louder and more clearly. Ask them to repeat themselves or reword what they're saying.
- Pay attention to what is being said and to facial expressions or gestures.
- Let the person talking know if you do not understand what was said.
- Find a good location to listen. Place yourself between the speaker and sources of noise or look for quieter places to talk.

The most important thing you can do if you think you have a hearing problem is to seek professional advice. Your family doctor may be able to diagnose and treat your hearing problem. Or your doctor may refer you to other experts, like an otolaryngologist (ear, nose, and throat doctor) or an audiologist (health professional who can identify and measure hearing loss).



Devices to help with hearing loss

Many types of assistive devices are available to help people with hearing loss. These devices can amplify sounds, provide alerts, and help you communicate with others. For example, alert systems work with doorbells, smoke detectors, and alarm clocks to send visual signals or vibrations. Devices that use keyboards, touch screens, or text-to-speech technology can help you give and receive information more effectively. Learn more about the wide range of assistive devices available for people with hearing loss from the National Institute on Deafness and Other Communication Disorders.

Hearing aids are electronic, battery-run assistive devices that make some sounds louder. There are two main ways to get a hearing aid: by prescription or over the counter.

- An audiologist or hearing aid specialist can prescribe hearing aids for people with significant or complicated hearing loss. Prescription hearing aids require a medical exam, and then the health care professional will fit and adjust the device.
- Hearing aids have recently become available without a prescription. Over-the-counter hearing aids, which are sold in stores and online, may help people with mild to moderate hearing loss. Before buying a hearing aid, find out if your health insurance will cover part of the cost.

If you are experiencing hearing loss, talk with your doctor about assistive devices that may be available to help.



(((Six Signs of Hearing Loss)))

About one-third of older adults have hearing loss, and the chance of developing it increases with age.

Trouble understanding people over the phone

Finding it hard to follow conversations when two or more people are talking

Often asking people to repeat themselves



Needing to turn up the TV volume higher than other people do

Trouble understanding others because of background noise

Thinking that others seem to mumble

To learn more about hearing loss, visit www.nia.nih.gov/hearing-loss.



HEARING LOSS can be linked to other important HEALTH ISSUES



Center HAPPENINGS

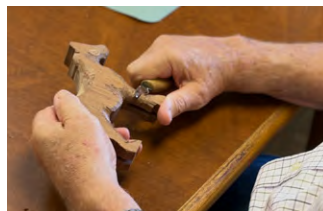


*Happy
Birthday*

We love celebrating our members' birthdays
here at the BSBAC!

Wood Carving Group

We have so many activities here at the Venter, including wood carving. They are always working on something fun and have great conversation. Join them every Monday & Thursday at 9:00am.



Thank you to the S.T.A.G.E. Bulverde Community Theatre for the benefit showing of Murder on West Moon Street and the donation of \$2,140 from sales. We appreciate you!



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The Boutique
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THREADS

Our 17th Annual Style Show & Luncheon was a hit!

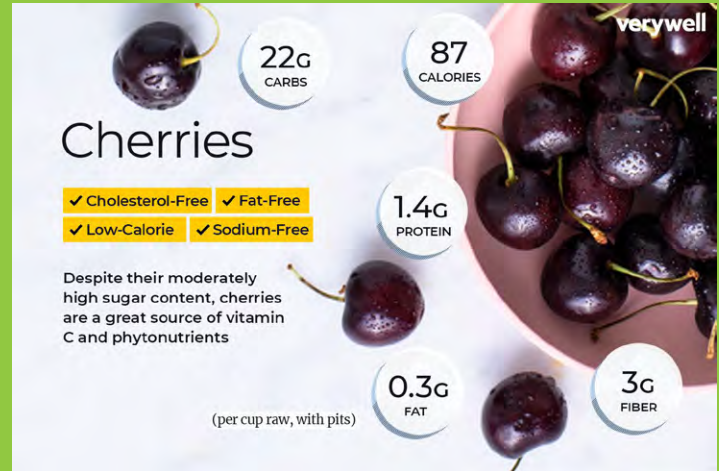
We had so much fun at the Style Show. Thank you to everyone that came, participated, volunteered and contributed. With your help, we were able to raise \$8,000 for the Center. Save the date of July 24, 2027 to join us next year... you don't want to miss out!

17th Annual Style Show & Luncheon





August WHAT'S IN SEASON?



5 Important **HEALTH BENEFITS** of



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DREAMY CHERRY SMOOTHIE

2 cups pitted cherries
1 ripe banana
2 medjool dates
1/2 tsp. vanilla
1 cup coconut water

Blend & Serve!

"The heal all, antioxidant packed stone fruit"

HELP FIGHT CANCER & DISEASE

Antioxidants repair free radical damage & deprive cancer cells of proteins they need to grow

POWERFUL ANTI-INFLAMMATORY

Anthocyanins and bioflavonoids relieve pain associated with arthritis & gout and prevent migraines

"BRAIN FOOD" - IMPROVE MEMORY

Reduce oxidative stress in the brain & increase circulation, thereby improving communication between neurons

HELP YOU LOSE WEIGHT

Help limit the uptake of bad fat into the body and control blood cholesterol levels

RESET YOUR CIRCADIAN RHYTHMS

Contain melatonin which promotes & regulates our sleep patterns

TYPES OF CHERRIES

SWEET CHERRIES

Often eaten fresh, & added in cooked dishes like desserts & baked items



Bing



Rainier



Skeena



Chelan



Lambert



Sweetheart



Queen Anne



Tulare



Van



Lapins



Benton

SOUR CHERRIES

Too sour to eat raw; often used for pies, sauces, pickles, & preserves



Morello



Montmorency



Balaton



Amarena



North Star

BLACK CHERRIES

Used for making jams, wine, cocktails, & flavoring rum



Nutritional & Medicinal Benefits

HOW TO CONSUME CHERRY

1. RAW

Sweet cherries are tasty to eat raw, and are commonly used in desserts or made into brandy, jellies, syrups, and candies.

2. AS A HOME REMEDY

Cherry juice is often drank for its antioxidant qualities or as a cough suppressant.

3. AS A SUPPLEMENT

Cherry supplements contain the fruit's properties to treat coughs, bronchitis, gout, and arthritis.

DID YOU KNOW?

CHERRY PITS CAN RELEASE TOXINS, BUT YOU'D HAVE TO CHEW A LOT OF PITS BEFORE YOU WOULD HIT A DANGEROUS LEVEL.



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Owner, General Dentist

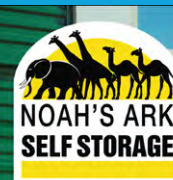
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The Bulverde Senior Center (BSC) and Bulverde Spring Branch Activity Center (BSBAC) is a non-profit 501 (c) 3 organization that provides services to seniors in the Bulverde/Spring Branch, Texas area. Current programs include Meals on Wheels, Senior Outreach, Social Activities, and Health & Fitness.

