

The BSBAC Buzz



January
2026



An active life is a good life!



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& Fellowship Menu

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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



January is GLAUCOMA AWARENESS MONTH

Glaucoma is a leading cause of vision loss and blindness in the United States. But as many as half of people with glaucoma don't know they have it.

Glaucoma has no early symptoms. The only way to check for it is to get a comprehensive dilated eye exam. There's no cure for glaucoma, but starting treatment as early as possible can help stop vision loss.

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

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

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

What is glaucoma? Early detection and treatment can protect your vision. Glaucoma is a group of diseases that can damage the optic nerve in the eye. The optic nerve is the part of the eye that sends electrical impulses for sight to the brain. If left untreated, glaucoma can cause permanent vision loss or blindness.

What causes glaucoma? Clear fluid flows in and out of a small space at the front of the eye and keeps the tissues in the eye healthy. If this fluid drains too slowly, it puts pressure on the optic nerve and can cause glaucoma.

What are the symptoms of glaucoma? Often, there are no symptoms at first. Vision stays normal and there is no pain. But as the disease gets worse, side vision may begin to fail.

Objects straight ahead may be clear, but objects to the side may not be seen. Over time, with no treatment, people with glaucoma may not be able to see objects straight ahead.

How is glaucoma detected? An eye care professional can determine whether a person has glaucoma through a comprehensive dilated eye exam. During this exam, drops are put into the eyes to enlarge the pupils. The eye care professional is then able to see more of the inside of the eye to check for signs of damage to the optic nerve. A dilated eye exam is important because screening for eye pressure alone is not enough to detect glaucoma.

Medicare can help pay for part of a comprehensive dilated eye exam. For more information on this Medicare benefit, visit: www.nei.nih.gov/Medicare.

Does increased eye pressure mean that I have glaucoma? Not necessarily. Increased eye pressure means you are at risk for glaucoma, but does not mean you have the disease. A person has glaucoma only if the optic nerve is damaged. If you have increased eye pressure but no damage to the optic nerve, you do not have glaucoma. However, you are at risk. Follow the advice of your eye care professional.

How is glaucoma treated? Glaucoma cannot be cured, but treatment can help control the pressure in your eye and delay further damage to the optic nerve. The most common treatments include: Medications, such as eye drops or pills; laser surgery; or traditional surgery. Treatment usually begins with medication and, if needed, laser surgery.

How can I protect my vision? Early detection and treatment are the best ways to control glaucoma before it causes permanent vision loss. If you are at higher risk for glaucoma, be sure to get a comprehensive dilated eye exam every one to two years.

For more information, please contact the National Eye Institute (NEI) by email at 2020@nei.nih.gov or visit www.nei.nih.gov.



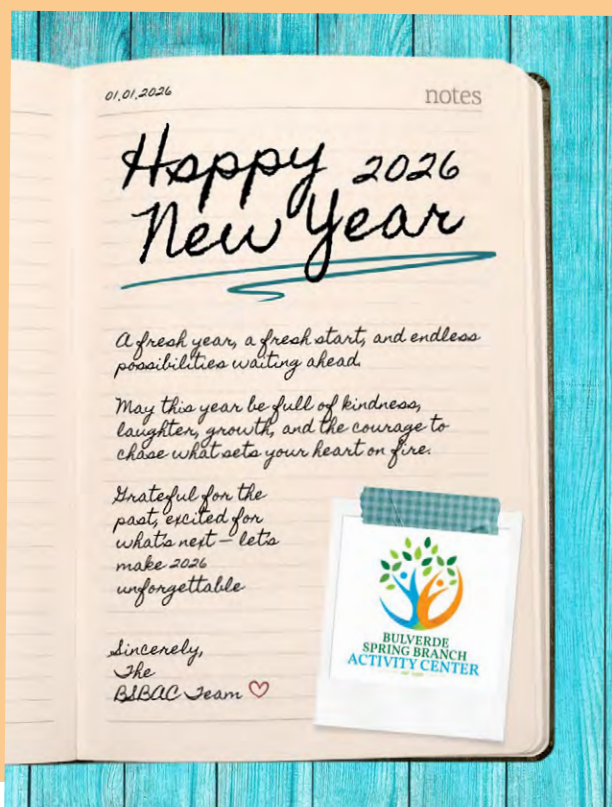
Note from THE CENTER

January invites us to pause, reflect, and look ahead with hope. As we begin a new year, we are grateful for the incredible support that made last year's work possible. Because of you—our donors, volunteers, partners, and friends—we were able to serve our community in meaningful ways and make a real difference in the lives of those we support. Your support also brought us over \$56,000 in the Individual Giving Campaign and 65 seniors had a blessed holiday season thanks to the Tree of Blessings supporters.

The start of a new year also brings new opportunities. In the months ahead, we are focused on strengthening our programs, expanding our reach, and continuing to respond to the needs we see every day. Whether it's launching new initiatives, deepening partnerships, or finding more efficient ways to serve, our commitment remains the same: to show up with compassion, purpose, and impact.

As we move forward, we invite you to stay connected and engaged. There are many ways to be part of the work—through volunteering, advocacy, sharing our mission with others, or making a gift that fuels our programs year-round. Thank you for starting this year with us. Together, we are building a stronger community and a brighter future.

Kind Regards,
DeLisa Leopold, Executive Director



Upcoming EVENTS

2026

Happy New Year!
♥

January 1
Center Closed

January 5, 19
12:00pm - Loteria
1:00pm - Bridge Foursome

January 5, 12, 19, 26
2:45pm - Intermediate Spanish

January 6, 13, 20, 27
3:45pm - Slow Pace Beginner's Spanish

January 7
10:00am - Brunch Bingo
1:00pm - Book Club

January 8
2:30pm - Dementia Support Group

January 12, 26
12:35pm - Bunco

January 14
10:00am - Card Creations
1:30pm - Arts & Crafts: DIY Sugar Scrub

January 21
1:00pm - Caregiver's Support Group

January 23
10:00pm - Loss Support Group

January 28
10:00am - Card Creations



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)
- 2:30pm Table Tennis
- 2:45pm Intermediate Spanish

TUESDAY



- 10:30am Mah Jong
- 11:30am Fellowship Meal
- 1:00pm Bingo
- 3:45pm Beginner's Spanish

WEDNESDAY



- 9:00am Bridge
- 10:00am Card Creations (2nd & 4th 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)
- 1:30pm Guitar
- 2:00pm Caregiver Support Group (3rd Wed)

THURSDAY



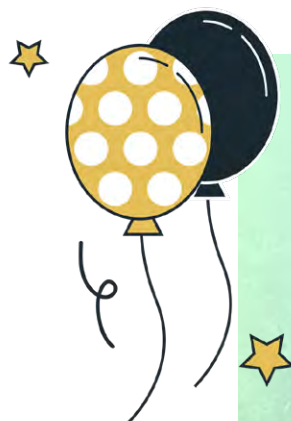
- 9:00am Wood Carving
- 9:30am Canasta Hand & Foot
- 11:30am Fellowship Meal
- 12:00pm Mindful Meditation
- 1:00pm Bible Study
- 2:30pm Dementia Support Group (2nd Thur)



FRIDAY



- 10:00am Grief Support Group (4th Fri)
- 11:00am Fellowship Meal
- 12:15pm Bingo



**"Aging is not
about how many
years have
passed, but how
much life you've
embraced."**

-Sophia Loren

January

FELLOWSHIP MEAL MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 CENTER CLOSED	2 Chef's Choice
5 Egg Roll Fried Rice Fortune Cookie	6 Red Beans & Rice Cucumber & Tomato Salad Dessert	7 Cheese Pasta Salad Bread Dessert	8 King Ranch Chicken Pinto Beans Corn Dessert	9 Sub Sandwich Pea Salad Chips Dessert
12 Chicken Tenders Mashed Potatoes with Gravy Buttered Corn Roll Dessert	13 Creamy Sausage & Mushroom Rigatoni Green Beans Roll Dessert	14 Italian Crescent Ring Pasta Salad Dessert	15 Ham & Cheese Quiche Steamed Broccoli Brownie	16 Greek Tortellini Salad Carrots & Celery Croissant Dessert
19 Pasta Fagioli Soup Green Salad Garlic Knot Orange	20 Sausage Wrap Mac & Cheese Wilted Slaw Tortilla Cookie	21 Taquito Enchilada Pinto Beans Spanish Rice Guacamole	22 Million Dollar Chicken Casserole Roasted Carrots Roll Banana	23 Cheeseburger Chips Jello Cup
26 Chicken Pot Pie Biscuit Top Mandarin Oranges Pudding Cup	27 Ham & Cheese Sliders Wilted Slaw Cinnamon Apples Granola Bar	28 Buffalo Chicken Wrap Black Beans Carrots & Celery Raisins	29 Turkey & Stuffing Casserole Green Beans Grapes Dump Cake	30 Chicken Salad Broccoli Salad Croissant Banana

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

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



January HEALTH & FITNESS



Monday	Tuesday	Wednesday	Thursday	Friday
			CENTER CLOSED	
5 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)	6 9:30a Zumba Gold (Adaia) 10:30a DrumFit (Diana) 1:00p Beginning Line Dancing (Dottie) 2:30p Pilates (Meleah) 5:30p Zumba (Sandra)	7 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)	8 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)	9 8:15a Self-Defense (Diana) 9:30a Posture Strength (MaryAnn) 11:00a Balance & Strength* (Sandra) 12:15p Balance & Strength* (Sandra)
12 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)	13 9:30a Zumba Gold (Adaia) 10:30a DrumFit (Diana) 1:00p Beginning Line Dancing (Dottie) 2:30p Pilates (Meleah) 5:30p Zumba (Sandra)	14 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)	15 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)	16 8:15a Self-Defense (Diana) 9:30a Posture Strength (MaryAnn) 11:00a Balance & Strength* (Sandra) 12:15p Balance & Strength* (Sandra)
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*Balance & Strength Class is FREE for all BSBAC Members

Gym Hours

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

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.

January EVENT FLYERS & SPECIAL EVENTS



BOOK CLUB

Facilitated by the Mammien Family Library

JANUARY'S PICK

Night Road

Author: Kristin Hannah

WE'D LOVE FOR YOU TO JOIN US!

1st Wed. of each month • 1:00 PM

Interested in playing

LOTería BINGO



Beginning January 5th
Every 1st & 3rd Mondays at 12pm

Please use the in-center interest sheet to register to play. More information will be given closer to the date.

Learn to speak ESPAÑOL

Slow Pace Beginner's Spanish Class



Tuesdays @ 3:45PM

8 Week Session

\$20
For new class members

INSTRUCTOR:
Mabel Brown

January Arts & Crafts

DIY Honey Lemon Sugar Scrub

Wednesday, January 14th
at 1:30pm



Use the In-Center sign-up sheet to register.
\$\$ Donation Appreciated

Brunch Bingo



Wednesday, January 7th
at 9:45am

6 Games of Bingo
\$1 per card, 3 card minimum

Breakfast Sandwiches
Kleches
Brunch
Breakfast Treats
Muffins
Biscuits

 **MEALS ON WHEELS**
BULVERDE SPRING BRANCH

COOK TEAMS NEEDED



BE PART OF SOMETHING BIGGER!
Actively seeking volunteer cook teams for our growing Meals on Wheels Program.

COOK TEAMS MUST BE AVAILABLE:

- 2 shifts a month
- Monday, Tuesday, Wednesday
- Shifts are 2-3 hours
- Shift Starts at 7:30am
- Cooking takes place at Bulverde Methodist Kitchen
- Must have or be able to obtain a food handlers certificate

BRING A TEAM OF 4 OR MORE UP TO JOIN A COOKING

FOR MORE INFORMATION:
Please contact Darlene Evans
awdarlene1@gmail.com

 **MEALS ON WHEELS**
BULVERDE SPRING BRANCH



“CREATING A MORE JOYFUL COMMUNITY FOR FAMILIES IMPACTED BY DEMENTIA”

DEMENTIA SUPPORT GROUP

WHEN: SECOND THURSDAY OF THE MONTH @2:30P

WHERE: IN BSBAC DINING ROOM

BY: BELLA GROVES

GRIEF AND HOPE SUPPORT GROUP

A space to share, listen, and heal-together.



This peer-led group encourages open conversation and connection over coffee. A counselor will be present to help guide discussions and support emotional needs as they arise.

What to Expect:

- Peer-led discussions
- Compassionate listening
- Guided support from a counselor
- A safe space to honor your grief and explore hope

When & Where:
Bulverde Spring Branch Activity Center
Fourth Friday of the month
10:00 am

 **HOPE**
Free of charge
Open to all adults grieving a loss due to death
For more information or to join, please contact:
Grief & Hope Center (830) 358-5300

BSBAC January WISH LIST



\$25 Gift Cards (Variety of Places)

Contributions toward BBB Food Cost (Any Amount is helpful)

- 50 Rolls of Paper Towels
- 20oz and 12oz Paper Bowls
- Full and Half Size Disposable Aluminum Pans
- 16oz Plastic Disposable Soup Containers w/ Lids
- Drink Dispensers (2 needed, \$50 each)
- Rolling Carts (2 pack, \$150)
- Farberware 2qt Saucepan (2 needed, \$25 each)
- Farberware 1qt Saucepan (2 needed, \$22 each)
- Kitchen Shelf Liners (4 needed, \$15 each)

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!

HAPPY BIRTHDAY!

January BIRTHDAYS

Alaniz, Arnold
Anderson, Chris
Ballard, Teresa
Bartys, Tony
Berube, Michael
Bippert, Lauren
Blair, Charles
Burgess, Jenny
Buxkemper, Taylee
Cables, Trude
Camphor, Joe
Campos, Olivia
Canales, Rey
Cattan, Jonathan
Charlesworth, Mariellen
Collins, Jean
Cowley, Robbi
Craven, Sheila
Dailey, Kathleen
Deckert, Richard
Demel, William
Dix, Patricia
Ferguson, Sue
Folse, Lester
Ford, Tex
Fraizer, Aleshia
Freiburger, Sue
Freiburger, Vincent

Gates, Punnapa
Gottardy, Barbara
Griffith, Linda
Hand, Sandra
Harrel, Nita
Hart, Regina
Held, Mike
Heller, Etta
Hill, Sylvia
Holland, Mary
Hudson, Rose
Hughes, Bryan
Hughes, Karen
Jones, Steven
Koopmann, Jan
Lagneau, Laurent
Lagrone, Andrew
Lamkins, Nancy
Larson, Jean
Lichlyter, Kyle
Luna, Tania
Mai, Daryl
Malstaff, Christopher
Marlar, Carolyn
McGee, Jesse
Mckay, Kathleen
McLaughlin, Linda
Mercon, Ann-Marie

Miller, Ken
Mosher, Maureen
Munger, Seiko
Nehls, Janette
Olguin, Ernest
Ouzts, Virginia
Purtell, Sean
Renth, Eric
Revell, David
Rosario, Akiko
Rubio, Meleah
Sims, Judi
Steelman, Peggy
Sugg, Rebecca
Swanson, Colleen
Swenson, Reghan
Tanner, Wayne
Thomas, Sarah
Thornton, Ken
Tyson, Alicia
Vedder, Faith
Ward, Mitchell
Wiens, Fred
Williams, Glendon
Wood, Sharon
Wright, Carolyn
Wright, Pj



“
Life is a journey.
Enjoy every mile.”

COMPETITION BBQ COOKOFF

FEBRUARY 27-28, 2026
BULVERDE COMMUNITY CENTER & BULVERDE BOWLING CLUB
1747 EAST AMMANN RD, BULVERDE

REGISTRATION FEES

TEAM REGISTRATION (NO RV) INCLUDES: \$200

- Team Space
- Entry into chicken, ribs & brisket

TEAM REGISTRATION (RV SPACE) INCLUDES: \$250

- Team Space
- Entry into chicken, ribs & brisket

JACKPOT CATEGORIES: \$25 EACH

- Mimosa
- Beans
- Dutch Oven Dessert
- Kid's Cook
- Salsa
- Cook's Choice
- People's Choice (Free)

CONTACT INFO

TEAM INFO:
DeLisa Leopold
dleapaldebsbac.com

SPONSORSHIP & VENDOR INFO:
Reghan Swenson
rswensonebsbac.com

NOT A COOKER, BUT WANT TO JOIN THE FUN?
Come for our People's Choice Competition!
Enjoy food tastings (as available), live music, vendor shopping and a great time with friends!

BBQ OPEN TO THE PUBLIC
Saturday, February 28, 10am - 4pm

The Bulverde Spring Branch Activity Center, a 501(c)(3) nonprofit organization, and Meals on Wheels Bulverde Spring Branch serve area seniors.
Thank you for your support!

SPONSORSHIP OPPORTUNITIES

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

TITLE SPONSOR: \$5000 (1)
2 team spots, sponsor logo on all printed/online materials, promotions, recognition throughout event as Title Sponsor, display of sponsor banner* at event, 5 event t-shirts

HOSPITALITY SPONSOR: \$2500 (2)
1 team spot, sponsor logo on event materials and promotions, display of sponsor banner* during event, 4 event t-shirts

JUDGING SPONSOR: \$1000 (4)
1 team spot, sponsor flyer on judging tables (up to 6), display of sponsor banner* in judging area, 3 event t-shirts

AWARDS SPONSOR: \$1000 (3)
1 team spot, sponsor flyer on guest tables (up to 6), display of sponsor banner* on award stage, 3 event t-shirts

TEAM SPONSOR: \$1000 (4)
1 team spot, company promo item in team bags, display of sponsor banner* during event, 5 event t-shirts

GATE SPONSOR: \$1000 (4)
1 team spot, sponsor logo on event schedule card, display of sponsor banner* during event, 5 event t-shirts

T-SHIRT SPONSOR: \$500 (6)
Sponsor logo on event t-shirt, display of sponsor banner* during event, 2 event t-shirts

KOOZIE SPONSOR: \$500 (1)
Sponsor logo on event koozie, display of sponsor banner* during event

COMMUNITY PARTNER: \$250 (Unlimited)
Display of sponsor banner during event. There are a variety of sponsorship options at this level - contact us for details!

VENDOR SPACE: \$50
Vendor space on Saturday, 2/28 from 10am-3pm
*Sponsor provides banner

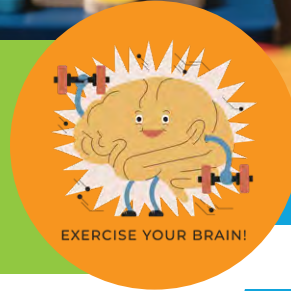
CONTACT INFO

REGHAN SWENSON
rswensonebsbac.com
850-438-5111

The Bulverde Spring Branch Activity Center, a 501(c)(3) nonprofit organization, and Meals on Wheels Bulverde Spring Branch serve area seniors.
Thank you for your support!



Brain GAMES



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

blizzard	frostbite	igloo	skating	snowman
December	frozen	jacket	skiing	snowshoes
February	gloves	January	sleigh	solstice
fireplace	hockey	longjohns	slippery	sweater
flannel	holidays	mitts	snowballs	toboggan
flurries	hot chocolate	scarf	snowboarding	whiteout
frigid	icicle	shovel	snowflakes	wintertime

Commonyms*

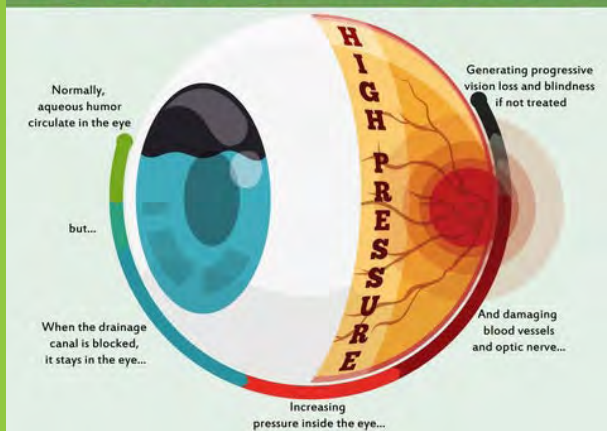
1. Year - Address - Scrap
2. Trains - Teapots - Referees
3. Statues - Turkeys - Initials
4. Rooster - Barber Shop - Beehive
5. Pickup - Fire - 4x4
6. Jump - Swim - Three Piece
7. McDonalds - St. Louis - A Foot
8. Mud - Pot - Coconut
9. Rock - Table - Epsom
10. New - Full - Crescent

Sudoku

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

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

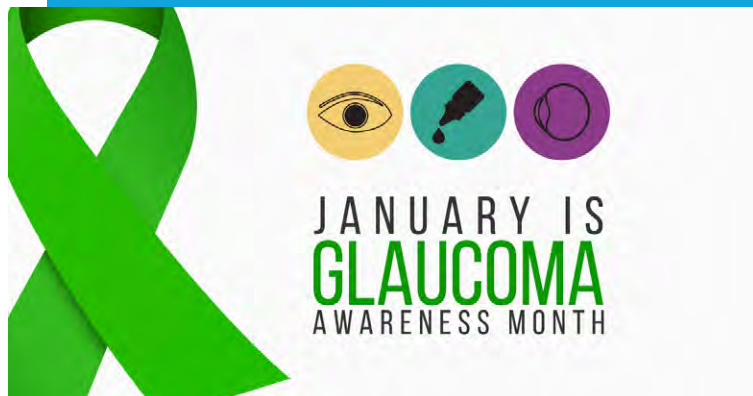
DEVELOPMENT OF GLAUCOMA



HOW EYE DOCTORS DETECT GLAUCOMA

- **Glaucoma Testing:** As part of the routine eye exams, doctors include specific tests for glaucoma – a group of eye conditions that can cause blindness. This includes a simple and painless procedure to measure the intraocular pressure (IOP) of your eye, which is a key indicator of glaucoma. Elevated IOP can lead to damage to the optic nerve, which is vital for good vision.
- **Optic Nerve Assessment:** During the exam, your doctor will closely examine your optic nerve for any signs of damage. This is crucial as glaucoma often causes no symptoms in its early stages and can only be detected through a comprehensive eye exam. Detecting optic nerve damage early is vital for preventing irreversible vision loss.
- **Field of Vision Measurement:** Glaucoma can affect your peripheral (side) vision without you noticing. Field of vision tests check for any blind spots or areas of impaired vision.
- **Dilated Eye Exam:** A key part of the comprehensive dilated eye exam is pupil dilation. By using special drops to widen your pupils, your eye doctor can get a better view of the inside of your eyes. This allows for a more detailed examination of the retina and optic nerve for signs of damage from diseases like glaucoma, diabetic retinopathy, and macular degeneration.
- **Regular Monitoring:** If any signs of glaucoma or other eye conditions are detected, we will recommend a suitable treatment plan and regular monitoring. Early detection and treatment can help control conditions like glaucoma, reducing the risk of total vision loss.

News YOU CAN USE



MYTHS + FACTS ABOUT GLAUCOMA



MYTH: Glaucoma only strikes older people.

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

MYTH: Glaucoma has warning signs.

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

MYTH: Glaucoma is a rare disease.

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

MYTH: I'm helpless against glaucoma.

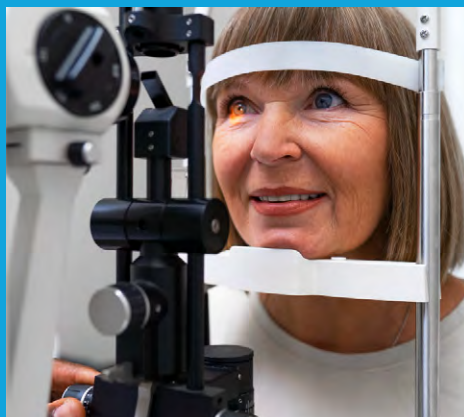
FACT: No, you can do the following: schedule annual eye exams- and support glaucoma research through TGF.

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

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

tgf
THE GLAUCOMA FOUNDATION
OUR VISION-YOUR SICK

Give to TGF today.
glaucomafoundation.org



Schedule Your Glaucoma Screening

The significance of glaucoma screenings cannot be overstated, especially when considering the nature of glaucoma as a potentially devastating eye condition that can lead to irreversible vision loss. While it's true that there is currently no cure for glaucoma, early detection, and timely treatment can significantly alter the course of the disease.

Treatment options available today are highly effective in managing eye pressure, the primary risk factor for glaucoma, thereby slowing the disease's progression and helping to prevent further vision loss. This proactive approach is crucial in reducing the likelihood of significant visual disability that can accrue over a patient's lifetime.

Center HAPPENINGS

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



We are so grateful for our community for providing our Meals on Wheels seniors with special gifts and food for Christmas, and for our volunteers who brought cheer to them this holiday season!



CANASTA CHRISTMAS



Thank
you



Our Christmas Pajama Party Potluck was very festive! Members had good food, good company, and a good time. Thank you to the members of our Guitar Class for entertaining us with holiday music.



HAPPY
HOLIDAYS



January

WHAT'S IN SEASON?



Cauliflower

verywell

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

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



Did you know?

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

9 Reasons To EAT MORE Cauliflower!

BROUGHT TO YOU BY



WWW.LIVELOVEFRUIT.COM

Heart Health

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

Digestive Benefits

Excellent source of fiber, as well as compounds to help regulate gut bacterial growth

Brain Health

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

Vitamins & Minerals

Cauliflower is like a natural multi-vitamin! Rich in omega-3 fatty acids, vitamin's C, B & K, & many more!

Anti-Inflammatory

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

Detoxification

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

Anti-Cancer

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

Healthy Substitution

Great meat substitute to cut down on animal protein intake. Great as a hummus base!

Antioxidants & Phytonutrients

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

Full Article At:
www.livelovefruit.com



Roasted Cauliflower

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

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

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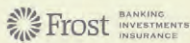
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Lauren Bippert
MEMBERSHIP COORDINATOR

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.

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