

The BSBAC Buzz



July
2026



An active life is a good life!



Note from the Center &
Upcoming Events

2



Weekly Activity Schedule
& Fellowship Menu

4-5



Health & Fitness Schedule

6



July Event Flyers & Special
Events

8-9



Brain Games

10



Center Happenings

12-13



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



Staying Active AS YOU AGE & THE BENEFITS OF EXERCISE



Physical activity can be beneficial at any stage of life. Staying active can be an opportunity to participate in activities you enjoy, spend time with friends and family, get outdoors, improve fitness, and maintain a healthy weight. Additionally, being physically active as an older adult may improve your health and health-related quality of life. Active older adults also tend to live longer!

Functional Ability and Fall Prevention

Physical activity improves physical function, making it easier to perform tasks of daily living, including household chores, getting into or out of a bed or chair, and moving around the house. This increased functional ability can help maintain independence and support independent living for older adults.

Movement and exercise may offer protection against osteoporosis and age-related loss of muscle mass, strength, and function, also known as sarcopenia. Improved physical function can reduce the risk of falling and likelihood of serious injury if there is a fall.

Disease Risk & Chronic Health Conditions

Physical activity can help to prevent certain diseases and chronic health conditions that are common among older adults. Being active can also help to slow or manage chronic disease and to delay death. For older adults who are managing a diagnosis, exercising with chronic conditions can improve quality of life and reduce the risk of developing new health conditions.

Mental & Emotional Health

Physical activity also supports emotional and mental health. Physical activity can help reduce feelings of depression and anxiety, improve sleep, and benefit overall emotional well-being. It may also improve or maintain some aspects of cognitive function, such as memory, attention, and ability to shift quickly between tasks. Older adults who exercise with others get the added benefit of social connection as well.

Three Types of Exercise & Physical Activity

Older adults need a mix of physical activities to stay healthy. Research has shown that it's important to get all three types: aerobic, muscle-strengthening, and balance.

Aerobic Activity: Sometimes referred to as endurance or cardio, aerobic activity involves moving the body's large muscles for extended periods of time. This will improve your endurance and the health of your lungs, heart, and circulatory system. It can also help lower the risk of diabetes, certain cancers, and heart disease. Examples include yard work, housework, dancing, swimming, climbing stairs, or exercise classes.

Muscle-Strengthening Activity: These activities improve physical function and can help you stay independent. They make it easier to perform everyday activities, such as getting up from a chair, climbing stairs, and carrying groceries. This type of exercise is the key to maintaining existing strength, slowing the loss of muscle mass, and helping to prevent falls and fall-related injuries. Examples include using resistance bands, weight machines or hand-held weights.

Balance-Training Activity: Balance involves maintaining the body's stability while still or in motion. Balance exercises can help to prevent falls and fall-related injuries. Examples include yoga, tai chi, standing on one foot, & walking backwards.

Exercising With Chronic Conditions

Almost anyone, at any age, can do some type of physical activity, even with a chronic condition. In fact, older adults with chronic conditions can benefit from physical activity. Talk with your doctor about your health and create a physical activity plan that works for you.

To learn more about health & aging: visit www.nia.nih.gov/health to find more health and aging information from NIH.



Note from THE CENTER



July at BSBAC: Staying Connected This Summer

Summer is in full swing, and while the Texas heat may encourage us to stay indoors, it's also the perfect reminder of how important it is to stay connected.

At the Bulverde Spring Branch Activity Center, every class, meal, game, and conversation is about more than just filling time—it's about building friendships, staying active, and enjoying life together. Whether you're joining us for fitness classes, sharing lunch with friends, learning something new, or simply stopping by for a visit, you're part of a community that cares.

Research continues to show that staying socially engaged and physically active plays an important role in healthy aging. Every visit to the Center is an opportunity to exercise your body, challenge your mind, and strengthen meaningful relationships. Even something as simple as sharing a meal or participating in a favorite activity can brighten your day and improve your overall well-being. We encourage you to try something new this month—you might discover a new hobby, make a new friend, or simply find another reason to smile.

July is a wonderful time to invite a friend or neighbor who may not know about BSBAC. Many people in our community are looking for opportunities to stay active and connected, and your invitation could make all the difference.

As we enjoy this season, we also want to thank our incredible volunteers, donors, and members who make our center such a welcoming place. Because of your support, BSBAC continues to be a place where friendships grow; lives are enriched, and everyone belongs.

We look forward to seeing you throughout July. Stay cool, stay active, and most importantly, stay connected!

Here's to a wonderful summer together!



Upcoming EVENTS

July 1

1:00pm - Book Club

July 3

Center Closed



July 6, 20

12:00pm - Loteria

July 8

10:00am - Card Creations

1:30pm - Arts & Crafts:

July 9

2:30pm - Dementia Support Group

July 10

10:00am - Downsizing Workshop

July 13, 27

12:35pm - Bunco

July 14

9:30am - Hearing Screenings

11:45am - Presentation: Medicare Scams

July 15

10:00am - School Crafting Workshop

2:30pm - Caregiver's Support Group

July 21

11:45am - Lunch & Learn: Smart Cremation

July 27

1:30pm - Loss Support Group



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 & 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)
- 1:00pm Guitar Instructional Class
- 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
- 1:15pm Bible Study
- 2:30pm Dementia Support Group (2nd Thur)



FRIDAY



- 11:00am Fellowship Meal
- 12:15pm Bingo



July

FELLOWSHIP MEAL MENU



Monday	Tuesday	Wednesday	Thursday	Friday
  		1 Grilled Drumsticks Brussels Sprouts Potato Salad Dessert	2 King Ranch Chicken Pinto Beans Dessert	3 CENTER CLOSED HAPPY 4TH OF JULY
6 Chicken Tenders Mashed Potatoes w/Gravy Green Beans Biscuit Dessert	7 Spaghetti with Meatballs Salad Breadstick Dessert	8 Taquito Enchiladas Pinto Beans Mexican Rice Dessert	9 Mesquite Grilled Chicken Rice Pilaf Broccoli Dessert	10 Waffles Sausage Mixed Berries Dessert
13 Sweet & Sour Chicken Rice Broccoli Dessert	14 Tex Mex Meatloaf Green Beans Roll Dessert	15 Hot Dogs Fruit Salad Dessert	16 Southwestern Casserole Buttered Corn Guacamole Dessert	17 Chicken Alfredo Normandy Veggies Breadstick Dessert
20 BBQ Meatballs Scalloped Potatoes Salad Dessert	21 Onion Chicken Mashed Potatoes Zucchini Dessert	22 Lasagna Salad Garlic Bread Dessert	23 BBQ Chicken Sandwich Ranch Beans Cole Slaw Dessert	24 Beef & Bean Burrito Pinto Beans Guacamole Dessert
27 Buffalo Chicken Wrap Carrots & Celery with Ranch Dip Dessert	28 Picadillo Pinto Beans Guacamole Tortilla Dessert	29 Philly Cheesesteak Sandwich Chips Fruit Dessert	30 Beef & Bean Cornbread Casserole Yellow Squash Dessert	31 Pulled Pork Sandwich Coleslaw Dessert

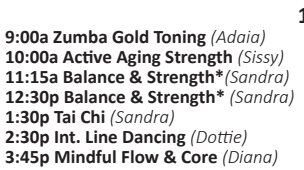
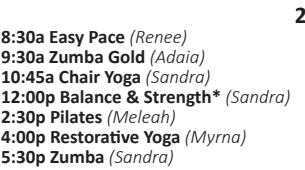
Fellowship Meal is served Mon-Thurs@ 11:30am, Fri@11:00am
(LUNCH IS SERVED FOR A 1/2 HOUR IN THE CENTER)

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



July HEALTH & FITNESS



Monday	Tuesday	Wednesday	Thursday	Friday
				
8:30a Easy Pace (Renee) 6 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)	9:30a Zumba Gold (Adaia) 7 10:30a DrumFit (Diana) 1:00p Beg. Line Dancing (Dottie) 2:30p Pilates (Meleah) 3:45p Active Aging Strength (Maryann) 5:30p Zumba (Sandra)	9:00a Zumba Gold Toning (Adaia) 1 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 (Diana)	8:30a Easy Pace (Renee) 2 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)	CENTER CLOSED 4th of JULY
8:30a Easy Pace (Renee) 13 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)	9:30a Zumba Gold (Adaia) 14 10:30a DrumFit (Sandra) 1:00p Beg. Line Dancing (Dottie) 2:30p Pilates (Meleah) 3:45p Active Aging Strength (Maryann) 5:30p Zumba (Sandra)	9:00a Zumba Gold Toning (Adaia) 15 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)	8:30a Easy Pace (Renee) 16 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)	9:30a Posture Strength (MaryAnn) 17 11:00a Balance & Strength* (Sandra) 12:15p Balance & Strength* (Sandra)
8:30a Easy Pace (Renee) 20 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)	9:30a Zumba Gold (Adaia) 21 10:30a DrumFit (Sandra) 1:00p Beg. Line Dancing (Dottie) 2:30p Pilates (Meleah) 3:45p Active Aging Strength (Maryann) 5:30p Zumba (Sandra)	9:00a Zumba Gold Toning (Adaia) 22 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)	8:30a Easy Pace (Renee) 23 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)	9:30a Posture Strength (MaryAnn) 24 11:00a Balance & Strength* (Sandra) 12:15p Balance & Strength* (Sandra)
8:30a Easy Pace (Renee) 27 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)	9:30a Zumba Gold (Adaia) 28 10:30a DrumFit (Sandra) 1:00p Beg. Line Dancing (Dottie) 2:30p Pilates (Meleah) 3:45p Active Aging Strength (Maryann) 5:30p Zumba (Sandra)	9:00a Zumba Gold Toning (Adaia) 29 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)	8:30a Easy Pace (Renee) 30 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)	9:30a Posture Strength (MaryAnn) 31 11:00a Balance & Strength* (Sandra) 12:15p Balance & Strength* (Sandra)

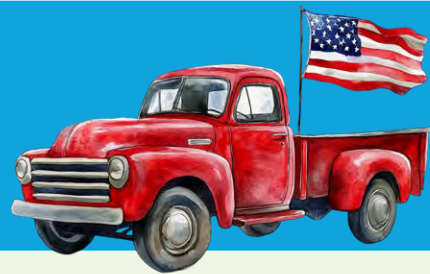
Gym Hours 

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.)



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.

July EVENT FLYERS & SPECIAL EVENTS

BULVERDE SPRING BRANCH ACTIVITY CENTER
EST. 1991

BOOK CLUB

Facilitated by the Mammen Family Library

JULY PICK

The Broken Girls
Author: Simone St. James

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

★ ★ HAPPY ★ ★
4th of July
CENTER CLOSED JULY 3RD

JULY ARTS & CRAFTS

PAINT YOUR OWN FLOWER POT

Show your creativity and design your own pot. Materials will be provided. Limited space available.

\$5 DONATION

SIGN-UP

BELOW

WEDNESDAY JULY 8TH
START AT 1:30PM
BSBAC Dining Room

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.

HOPE HOSPICE 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	ALZHEIMER'S ASSOCIATION Dementia Support 2nd Thursday of each month at 2:30pm - Support for those impacted by Dementia such as Spouses, Family, Friends, etc. - Resources - Communications	HOPE HAMPDEN-WEST 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

BULVERDE SPRING BRANCH ACTIVITY CENTER **MEALS ON WHEELS** **BULVERDE SPRING BRANCH**

ALTITUDE AUDIOLOGY
MILES ABOVE THE REST

Hearing Screenings

Take the First Step to Better Hearing

Tuesday, July 14th
9:30am-12:30pm

Schedule your appointment at: 830-438-3111 or stop by the Front Desk

Humana. A more human way to healthcare®

Save the date

Tue, July 14, 11:45 a.m.
Bulverde Spring Branch Activity Center
30280 Cougar Bend
Bring your friends!

You're invited Please join us for presentation on scams

• Bring your friends!
No obligation to enroll.

Call or email me to RSVP
Justin Cuadra
Licensed Humana sales agent
210-790-1785 (TTY: 711)
jcuadra1@humana.com

Y0040_GHRALEZEN_26_FLY_C

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

SMART CREMATION

Lunch & Learn

FOOD & DOOR PRIZES!
JULY 21 | 11:45 AM

• ALL YOU NEED TO KNOW ABOUT PREPLANNING FOR CREMATION SERVICES

SPACE IS LIMITED
Sign up in the office today!

SANDRA GRANGER (956)579-1364

BSBAC JULY WISH LIST

★ \$25 GIFT CARDS (VARIETY OF PLACES)
★ COMMERCIAL ROOM DIVIDER (\$250 EACH)
★ FEBREZE AIR FRESHENER
★ ASSORTED INDIVIDUAL CHIPS & CRACKERS
★ DINNER & BEVERAGE NAPKINS
★ SOLO DRINKING CUPS
★ PAPER PLATES (10", 8", & 6")
★ GROUND COFFEE
★ CREAMER PODS (ASSORTED FLAVORS)
★ 8OZ BOTTLED WATERS

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!



July BIRTHDAYS

S.T.A.G.E.
Presents
**MURDER ON
WEST MOON
STREET**
OPENING NIGHT
BENEFITS BSBAC
THURSDAY, JULY 16, 8PM
\$25
Scan QR Code
to buy online or
buy in person at
the Center

Get your tickets now for the Opening
Night showing of Murder on West
Moon Street.

**PROCEEDS FROM OPENING
NIGHT BENEFIT THE ACTIVITY
CENTER!**



Alcorn, Mildred
Araiza, Gloria
Arredondo, Cheryl
Arriola, Kathleen
Baker, Shirley
Balderas, Mark
Bales, Mary
Bartelli, Terry
Barthuli, Terry
Berardi, James
Bernal, Karen
Bissey, Patty
Blackwelder, Renee
Block, Terry
Brown, Maricela
Buchman, Elaine
Byerly, Linda
Carter, Marlene
Champie, Clark
Clark, Rachel
Clark, Wanda
Collier, James
Collins, Scott
Cooley, Deborah
Coones, Fred David
Copeland, Diana
Cresswell, Carol
Dawson, Chris
De La Hunt, Tami
DeMoss, Brent
Dietz, Dwight
Dresbach, Marylou
Dykes, James
Elizondo, Xavier
Eller, Belinda
Engrave, Adaia
Eubank, Norman
Fielder, Kay
Fletcher, Mary
Flowers, Kimetra
Frazier, Doris
French, Charlene
Froelich, Jerry
Garcia, Mirna
Garcia, Rodney
Gatlin, Linda
Gomez Rodriguez, Dora
Goodsir, Glenda

Green, Marlee
Gregoire, Maggie
Halfhill, Susan
Hamilton, Marilyn
Harrell, Pamela
Hartman, Linda
Hawk, Mark
Hecker, Patti
Hermann, Irma
Hernandez, Mary Ellen
Hill, Diane
Hoehn, Michelle
Hood, Deborah
Johnson, Karen
Joralemon, Sandra
Jordan, James
Kaster Jr., Ralph
Kent, Helen
Knight, Elizabeth
Knight, Cheryl
Kohler, David
Lamb, Margie
Larson, Myron
Leinen, Kathy
Leonard, Lisa
Lively, Mary Kay
Long, Robert
Lopez, Maria
Lynch, Patricia
Mata, Julie
Mayberry, Deana
McCollum, Carol
McLennan, William
Meier, Barbara
Meredith, Glenn
Metcalf, Eugene
Metcalf, Kathy
Meyer, Rosalie
Miller, Michelle
Moncrief, Kay
Montecinos, Harry
Mora, Sarita
Morgan, Dorothy
Morgan, Ronald
Morris, Donna
Oppenlander, Lynne
Owen, Helen
Paniszczyn, Martha

Parker, Robert
Patterson, Maria
Patton, Jacalyn
Pham, Kenny
Pourroy, Jennifer
Powell, Jeannie
Puckett, Nancy
Renta, Raphael
Richards, Virginia
Rivas, Maria
Roberti, Mark
Roper, Marla
Rumpf, Rudolph
Schievelbein, Helen
Schroeder, George
Schumacher, Ron
Schwartz, Elizabeth
Smerick, Joyce
Splawn, Larry
Stautzenberger, Hanni
Stout, Denise
Summerville, Sabine
Taber, Yvonne
Taylor, Fleeta
Thelander, Kathleen
Thompson, Michael
Thornton, Mildred
Tomaino, Cynthia
Tracy, Annalisa
Voss, Eileen
Wagoner, Donald
Wagoner, Karen
Weaver, Jerry
Weaver, Shirlee
Weins, Fredrick
Weins, Joleen
White, Kathryn
Wilken, Dale
Wilken, Judy
Williams, Deborah
Williams, John
Wilson, Sylvia
Worley, Patricia
Wotipka, Paul
Zamora, Norma Jean
Zunker, Larry
Zunker, Marie

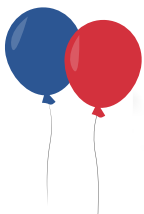


Brain GAMES



4th of July Word Search

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



AMERICA
BLUE
BRITAIN
DECLARATION
FIREWORKS
FLAG
FOURTH

FREEDOM
INDEPENDENCE
JULY
LIBERTY
NATION
PARADE
RED

REVOLUTION
RIGHTS
STATES
SUMMER
THIRTEEN
UNITED
WHITE



CRAYONSANDCRAVINGS.COM

Commonyms*

1. Twilight - End - No Parking
2. A Sports Page - A Movie - A Musical
3. Hockey - Restaurants - Banks
4. Doughnuts - Cavities - Prescriptions
5. Year - Address - Scrap
6. Statues - Turkeys - Initials
7. Rooster - Barber Shop - Beehive
8. Trains - Teapots - Referees
9. Rock - Table - Epsom
10. Jump - Swim - Three Piece

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		

Why is Fall Prevention Important

Many people see falls as a natural consequence of aging. In fact, some seniors repeatedly fall at home without ever reporting it to their healthcare providers unless they become seriously injured.

This may leave you wondering, "If falls happen so often, why is fall prevention important? Why spend so much time worrying about something that seems inevitable?"

In reality, falls can be devastating for seniors. And even though falls in older adults are common, research shows that most falls could have been prevented.

Falls are the most common type of accident in people over 65 years old. In fact, over 30% of seniors over 65 fall each year. That percentage rises to around 40% of seniors aged 85 and above. In about half of these cases, seniors suffer falls more than once.

Whereas a younger adult or child might be able to just get back up, many of these falls result in serious injuries for seniors. Seniors can end up in the hospital or needing surgery for injuries such as:

- Hip fractures
- Wrist or ankle fractures
- Traumatic brain injury
- Subdural hematoma (bleeding in the brain)

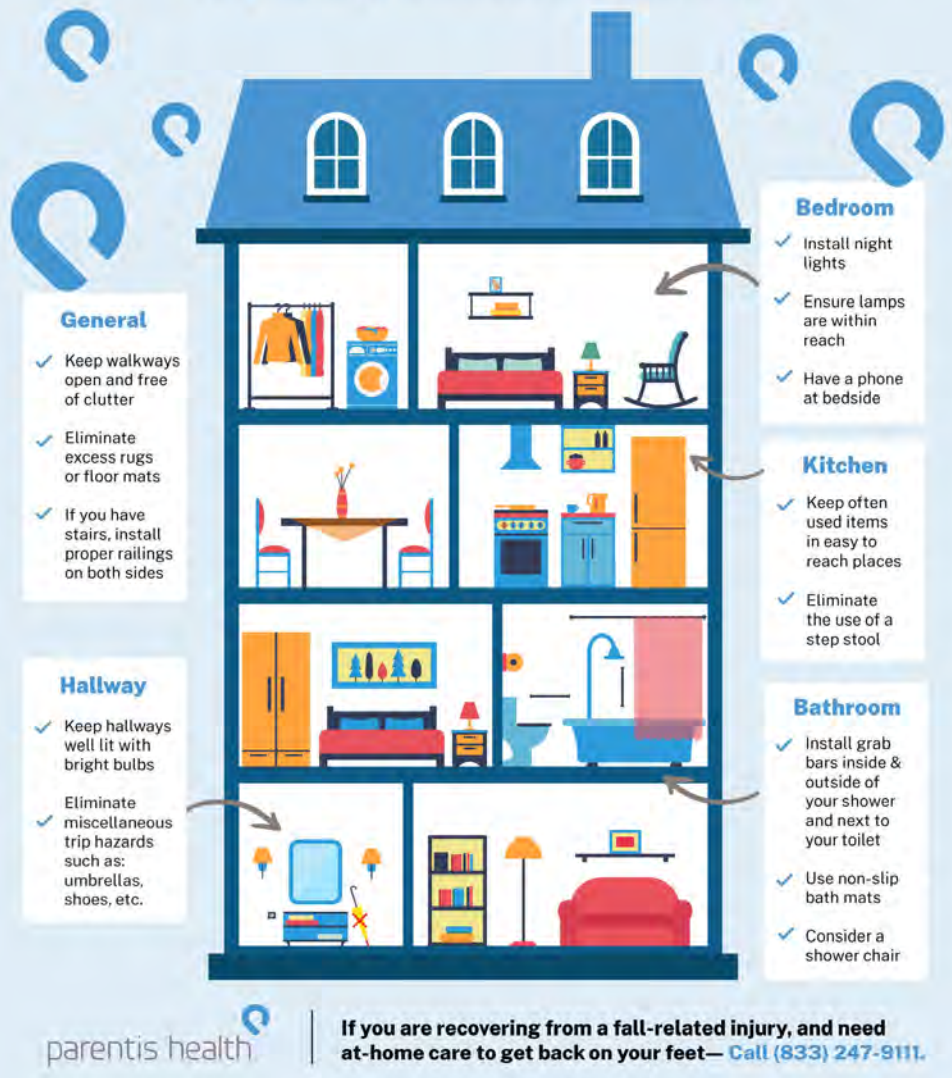
Even when falls don't result in any significant injury, they can still affect quality of life. Some seniors develop a fear of falling, which causes them to limit their activities. Over time this lack of activity leads to decreased strength, which actually leads to a higher risk of falls.

Many seniors aren't able to recover sufficiently after a fall to go back to living independently. This results in them needing to move to a senior care facility earlier than expected.



Senior Fall Prevention Fall-Proof Home Checklist

Every second of every day, an older adult (age 65+) suffers a fall in the U.S.—making falls the leading cause of injury-related hospitalization and death.
Using this simple home checklist could save a life.



General Fall Prevention Tips

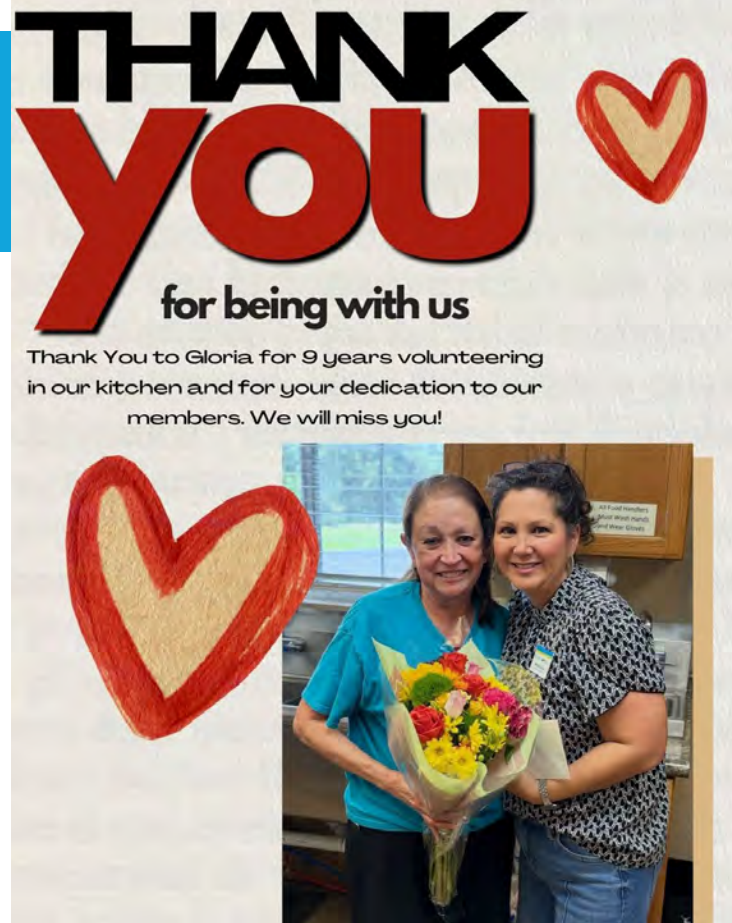
1. Streamline medications
2. Stay active
3. Wear sensible footwear
4. Remove trip hazards
5. Have adequate lighting in the house
6. Use assistive devices correctly
7. Have a designated way to call for assistance
8. Use a modified bed
9. Decrease nighttime bathroom trips
10. Keep floors dry
11. Install grab bars in bathrooms
12. Use adaptive equipment



Center HAPPENINGS



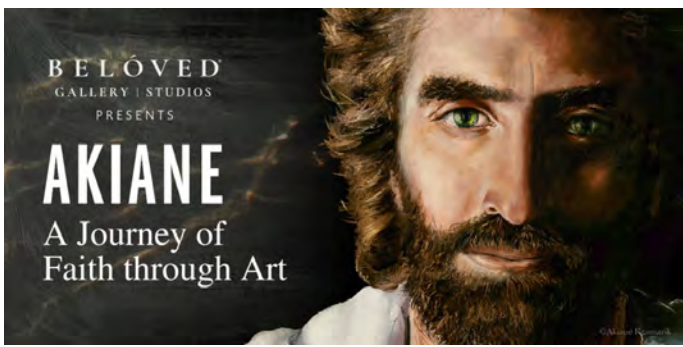
We love when our members celebrate their birthdays here at the BSBAC!



Arts & Crafts - 4th of July Door Hangers

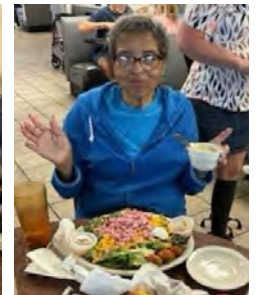
Thank you to Home Instead New Braunfels for sponsoring our craft project in June.





daytrip

June day trip to the Beloved Gallery & Bluebonnet Cafe



BINGO

Thank you to Alamo Heights Dermatology and First Light Home Care for sponsoring Bingo!



Bobbi Gallas

Celebrating our
1600TH MEMBER
at the BSBAC!





July WHAT'S IN SEASON?

Peaches

- ✓ Cholesterol-Free
- ✓ Fat-Free
- ✓ Sodium-Free

Rich in nutrients like vitamin A, vitamin C, B-complex vitamins, and potassium, peaches are a very healthy snack choice

(per small fruit)

12G
CARBS

51
CALORIES

2G
FIBER

1.2G
PROTEIN

0.3G
FAT

Peach Fun Facts

THE PEACH IS A MEMBER OF THE ROSE FAMILY AND IS A CLOSE RELATIVE OF ALMONDS.

THERE ARE OVER 2000 VARIETIES OF PEACHES

California produces about 50% of the USA peaches

Source: justfunfacts.com

Peach Categories:
Clingstone: The flesh of the fruit clings to the stone.
Freestone: The stone easily twists away from the fruit.

Georgia is "The Peach State"

PEACH AND NECTARINES ARE THE SAME SPECIES.

THE WORLD'S LARGEST PEACH COBBLER IS MADE IN GEORGIA EACH YEAR AND MEASURES 11 FEET X 5 FEET!



Just
PEACHY

WebMD

THE HEALTH BENEFITS OF

PEACHES

KEEP YOUR BONES HEALTHY
1 peach has as much as 250 milligrams of potassium.

HELP EYESIGHT
Has key nutrients for healthy vision.

HAS VITAMIN E
Helps keep your immune system healthy.

LOW-CALORIE
One medium peach has only 60 calories.

AID DIGESTION
1 medium peach has up to 9% of your daily fiber.

CONTAIN FLUORIDE
Helps get rid of the germs in your mouth that can cause cavities.

PROMOTE HEALING
1 peach has 15% of the vitamin C you need each day, which boosts the immune system.

SOURCES: Mayo Clinic; Ohio State University CARES; National Cancer Institute; National Institutes of Health Office of Dietary Supplements; Louis Bonardelle Foundation; Rutgers-New Jersey Agricultural Experiment Station; North Carolina Horticulture Hall; Cleveland Clinic; U.S. Department of Agriculture; "Nutritional USDA Foods Fact Sheet"; UW Health; Harvard Health Publishing; University of Southern California; Tufts University Health and Nutrition Letter; Ackerman Cancer Center; Proctor for Better Health Foundation.

simpleLUXURIES TRAVEL

Michelle Hoehn

Travel Consultant

tel. 830.282.4273

MHoehn@SimpleLuxuriesTravel.com

www.SimpleLuxuriesTravel.com

up to \$2,000 on board credit



Thank You SPONSORS & SUPPORTERS

Official Audiologist of Bulverde/Spring Branch

Our services include:

*Hearing Testing

*Hearing Treatment

*Hearing Aid repair

*Ear Cleaning

*Vertigo/Dizziness/Imbalance

*Tinnitus Treatment (Ringing in the ears)

830-438-7766

184 Creekside Park, off Hwy 46

Dr. Mackenzie Thomas

Dr. Tom Call



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



GREAT PEOPLE. GREATER IMPACT.



M&S ENGINEERING
ELECTRICAL • CIVIL • MEP



MSENGR.COM



TEXAS REGIONAL BANK

FAITH • FAMILY • SERVICE • INTEGRITY • LEGACY



JOLLYN HILLIARD
— REAL ESTATE ADVOCATE —



210-324-2423

JOLLYNHOMES.COM

BOOKKEEPING BY VAL

Personalized Service

Valarie J. Gatti



20540 Hwy 46 West
Ste 115 PMB 139
Spring Branch, TX 78070

C: 602-402-6000

P: 830-438-3828

bkpgbyval@gmail.com

Turning 65? Moving? Retiring? Medicare?

Life, Health, Dental and Medigap Insurance

Manuel Guzman Jr

Licensed Sales Agent



San Antonio, Rio Grande Valley
Austin, Houston & Texas

956-279-0929

MGuzmanJr@Outlook.com

Scan QR Code
To save my contact



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

Team MEMBERS



Delisa Leopold
EXECUTIVE DIRECTOR



Reghan Swenson
MARKETING/EVENT COORDINATOR



Jean Larson
MEALS ON WHEELS COORDINATOR



Beth Collier
OUTREACH COORDINATOR



Lauren Bippert
MEMBERSHIP COORDINATOR



Sheri Perez
PROGRAM SUPPORT ASSISTANT



Lisa Velasquez
DEVELOPMENT COORDINATOR



Rod Garcia
TRANSPORTATION



Allen Klar
TRANSPORTATION



Terre Sawey
TRANSPORTATION



Jay Lamont
TRANSPORTATION



Board Members

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

Melodie Vise
Michelle Hoehn
Seth Prescott
Zandra Duke
Trey Hancock

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.

