

The BSBAC Buzz



June
2026



An active life is a good life!



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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



June is **ALZHEIMER'S & BRAIN AWARENESS MONTH**

Worldwide, more than 55 million people are living with Alzheimer's or another dementia, and two-thirds of Americans have at least one major potential risk factor for dementia. Take action now — for yourself, your loved ones and for the fight to end Alzheimer's.

Take Charge of Your Brain Health

Learn the difference between normal aging and Alzheimer's and adopt a healthy habit for your brain.

"Cognitive decline" refers to changes in the ability to think that happen as people age. Some changes are a normal part of getting older, but you can take steps to slow that decline. More significant decline or severe changes are not normal and may be a sign of Alzheimer's disease or other dementia.

"Dementia" is a general term used to describe problems with thinking and memory that are severe enough to interfere with a person's daily life. Alzheimer's is the most common cause of dementia but there are several kinds of dementia. Dementia is not a normal part of aging.

Why Get Checked?

If you notice any of the 10 warning signs of Alzheimer's disease in yourself or someone you know, schedule an appointment with your doctor. An early diagnosis of Alzheimer's provides a range of benefits for the individuals who are diagnosed.

Medical benefits

Getting checked by your doctor can help determine what's causing symptoms. If Alzheimer's is the cause, an early diagnosis allows you:

- Access to treatment options: Current medications do not cure Alzheimer's, but two treatments — donanemab (Kisunla®) and lecanemab (Leqembi®) — demonstrate that removing beta-amyloid, one of the hallmarks of Alzheimer's disease, from the brain reduces cognitive

and functional decline in people living with early Alzheimer's. Others may help lessen symptoms, such as memory loss and confusion, for a limited time. An early Alzheimer's diagnosis provides you with a better chance of benefiting from treatment.

- An opportunity to participate in clinical trials: An early diagnosis makes individuals eligible for a wider variety of clinical trials, which advance research and may provide medical benefits.
- A chance to prioritize your health: Some lifestyle changes, such as controlling blood pressure, stopping smoking, participating in exercise, and staying mentally and socially active, may help preserve cognitive function.

Emotional and social benefits

Receiving an early Alzheimer's diagnosis may help lessen anxieties about why you are experiencing symptoms. You and your family also have the opportunity to maximize your time together and access resources and support programs.

More time to plan for the future

Do you know who you would want to make decisions for you in the event you're no longer able to? An earlier diagnosis also allows you to be open with your family and support network about what you want during each stage of the disease. This can give you peace of mind, reduce the burden on family members and prevent disagreements.

Planning ahead allows you to express your wishes about legal, financial and end-of-life decisions. You and your family will be able to review and update legal documents, discuss finances and property, and identify your care preferences. You can also address potential safety issues, such as driving or wandering, ahead of time.

Visit <https://www.alz.org/abam#takeAction> for more information.



Note from THE CENTER



Shifting the Narrative on Aging: From Limitation to Possibility

For too long, aging has been framed as a slow fade—a story defined by loss, limitation, and decline. It’s a narrative we’ve absorbed from media, culture, and sometimes even our own expectations. But what if that story is incomplete? What if aging is not an ending, but an evolution?

Across our communities, older adults are redefining what it means to grow older. They are starting businesses, mentoring younger generations, volunteering in meaningful ways, and continuing to pursue passions that bring purpose and joy. Aging is not a single experience—it’s as diverse and dynamic as the people living it.

Shifting the narrative begins with recognizing the value older adults bring to our world. Their lived experience offers wisdom that cannot be taught in a classroom. Their resilience reflects lives fully lived, with challenges met and lessons learned. And their continued contributions strengthen families, organizations, and entire communities.

Language matters. When we talk about aging only in terms of decline, we unintentionally reinforce stereotypes that limit opportunity and connection. But when we speak about aging as a stage rich with potential, we open the door to more inclusive, vibrant communities where everyone can thrive—at every age.

This shift is not just cultural—it’s personal. It invites each of us to reconsider how we view our own aging and the aging of those around us. It challenges us to replace assumptions with curiosity, and to see older adults not for what they may have lost, but for all they continue to offer.

At its best, aging is a story of growth, connection, and continued purpose. By changing the way we talk about it, we can change the way we experience it.

Join us at BSBAC as we tell a better story—one that honors the fullness of life at every age.



Upcoming EVENTS

June 1, 15

12:00pm - Loteria

June 3

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

June 4

9:30am - May Daytrip Makeup Date
1:15pm - Bible Study Resumes

June 5

10:00am - Downsizing Workshop
3:00pm - Line Dancing Competition

June 8, 22

12:35pm - Bunco

June 10

10:00am - Card Creations
10:00am - Presentation: Neptune Society
1:30pm - Arts & Crafts: Door Hangers

June 11, 18, 25

10:15am - Daytrip: Beloved Gallery

June 11

2:30pm - Dementia Support Group

June 12

10:00am - Downsizing Workshop

June 17

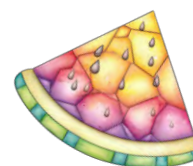
10:00am - School Crafting Workshop
2:30pm - Caregiver’s Support Group

June 22

1:30pm - Loss Support Group

June 23

11:45am - Presentation: Summer Safety



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



June

FELLOWSHIP MEAL MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 Frito Pie Corn Fruit Dessert	2 Honey Butter Chicken Biscuit Coleslaw Dessert	3 Italian Ring Pasta Salad Dessert	4 Stuffed Pepper Corn Dessert	5 Fajita Nacho Bar Dessert
8 Sausage Wrap Mac & Cheese Green Beans Dessert	9 Mesquite Grilled Chicken Rice Pilaf Broccoli Dessert	10 Rancho del Rey Beans Rice Dessert	11 Baked Potato w/Fixings Salad Dessert	12 Spaghetti w/ Marinara Sauce Normandy Veggies Bread Stick Dessert
15 Chicken Parmesan Pasta Salad Garlic Bread Dessert	16 Beef Tortellini Skillet Roasted Carrots Dessert	17 Hamburgers Dill Pickle Pasta Salad Dessert	18 Chicken Pot Pie Broccoli Dessert	19 Chicken Salad Croissant Broccoli Ramen Salad Dessert
22 Tex Mex Meatloaf Green Beans Roll Dessert	23 Buffalo Chicken Wrap Carrots & Celery w/Ranch Dip Dessert	24 Southwestern Casserole Buttered Corn Guacamole Dessert	25 Ravioli Lasagna Salad Dessert	26 Chicken Caesar Salad Breadstick Dessert
29 Beef, Bean & Cornbread Casserole Yellow Squash Dessert	30 Chicken Alfredo Italian Veggies Breadstick 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



June HEALTH & FITNESS



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>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 6:30p Clogging (Lorraine)</p>	<p>2</p> <p>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)</p>	<p>3</p> <p>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 (Diana)</p>	<p>4</p> <p>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)</p>	<p>5</p> <p>8:15a Self-Defense (Diana) 9:30a Posture Strength (MaryAnn) 11:00a Balance & Strength* (Sandra) 12:15p Balance & Strength* (Sandra)</p>
<p>8</p> <p>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 6:30p Clogging (Lorraine)</p>	<p>9</p> <p>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)</p>	<p>10</p> <p>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 (Diana)</p>	<p>11</p> <p>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)</p>	<p>12</p> <p>8:15a Self-Defense (Diana) 9:30a Posture Strength (MaryAnn) 11:00a Balance & Strength* (Sandra) 12:15p Balance & Strength* (Sandra)</p>
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<p>29</p> <p>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 6:30p Clogging (Lorraine)</p>	<p>30</p> <p>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)</p>			

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.

June

EVENT FLYERS & SPECIAL EVENTS

Brunch Bingo



Wednesday, June 3rd @ 9:45am
Bingo starts promptly @ 10am

Sponsored by
Jollyn Hilliard Real Estate Advocate

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

Use the In-Center Signup to register.
 Only those that signed up will receive brunch.


BSBAC KEEPING COOL THIS SUMMER DRIVE

Make this summer the coolest one yet. Donate a new item or two and help our Meals on Wheels clients beat the heat this summer. Items needed are listed below.

- Small Tower Fans
- Cooling Towels
- Sunscreen
- Bug Spray
- Hand Held Fans/Misters
- Electrolyte Packets
- Gatorades

Items can be brought to the Bulverde Spring Branch Activity Center. Any questions, please call Beth at 830-438-3111 or email bcollier@bsbac.com. Thank you!

COLLECTING ITEMS UNTIL JUNE 30th



LINE DANCE COMPETITION

Friday, June 5 @ 3:00pm

LEAD A LINE DANCE OF YOUR CHOICE!

★ PRIZE WINNINGS ★
 \$100-1st Place ★ \$50-2nd Place ★ \$25-3rd Place


- \$10 entry fee for the contestant.
- You must be a BSBAC Member.
- You must teach and lead the group in the line dance.
- The song used must be no longer than 4 minutes.
- You may have a friend(s) up front with you while you lead.
- You must register by Wednesday, June 3 (\$10 Registration Fee)
 - Provide name, phone, song, singer & length of song
 - Sign up & pay fee at Activity Center front desk

EVERYONE IS WELCOME TO JOIN IN ON THE DANCING!
 Those participating along with the contestants will receive a ballot to vote for their favorites.

SOURCES FOR LINE DANCE:
 youtube.com, copperknobs.co.uk (line dance website), pinterest.com, a friend, etc.

June Presentation by Neptune Society

We provide high-quality, dedicated services to families in need.




WHY CHOOSE CREMATION?

CREMATION IS TODAY'S SENSIBLE CHOICE. MORE FAMILIES ARE CHOOSING CREMATION THAN EVER BEFORE BECAUSE OF ITS AFFORDABILITY, FLEXIBILITY, AND SIMPLICITY.

WHY CHOOSE NEPTUNE?

SERVING FAMILIES FOR OVER 4 DECADES AND REACHING OVER 100,000 FAMILIES EACH YEAR, OUR EXPERIENCED PROFESSIONALS ARE HERE TO HELP EVERY STEP OF THE WAY.

WEDNESDAY, JUNE 10th FROM 10AM-11AM



JOIN US FOR 4TH OF JULY themed DOOR HANGERS!

★ Wednesday June 10th ★
1:30 PM



June Day Trip

Thursdays, June 11th, 18th, and 25th
 Bus Departs at 9:30am

Beloved Gallery

Deep in the heart of the Texas, where the Hill Country and Highland Lakes converge, Beloved Gallery awaits your arrival. Founded to amplify the work of extraordinary artists, our mission is for people of all backgrounds to experience faith through art. Beloved Gallery's inaugural exhibition, *Akiane: The Early Years*, fuses art, poetry, and film in a thoughtfully designed space, where every detail invites wonder. Come experience the unique and untold story of Akiane Kramarik and see the original world-famous Prince of Peace painting, completed by Akiane at age eight through a guided tour. Our goal is for one million people to experience the exhibition at no cost to our guests. We look forward to your visit. (**CLEAR BAG POLICY, just like our local schools.**) \$15 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.

Lunch at the Blue Bonnet Cafe

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.



 <p>Caregiver Support 3rd Wednesday of each month at 2pm</p> <ul style="list-style-type: none"> • Support for those caring for a loved one or someone needing help. • Coping Strategies • Stress Management • Resources 	 <p>Dementia Support 2nd Thursday of each month at 2:30pm</p> <ul style="list-style-type: none"> • Support for those impacted by Dementia such as Spouses, Family, Friends, etc. • Resources • Communications 	 <p>Loss Support 4th Monday of each month at 1:30pm</p> <ul style="list-style-type: none"> • Support for those that have lost a spouse, family member, friend, etc. • Peer-Led Discussions • Lincensed Counselors • Safe space to share
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Contact: Beth Collier at 830-438-3111 or email bcollier@bsbac.com



SUMMER SAFETY

Beat the heat this summer! Join us for a fun session on staying safe in the sun!

Learn how to stay hydrated and protect your skin for a safe, fun summer!

June 23, 2026
11:45 pm - 12:45 pm



Texas A&M AgLife Extension Service is an equal opportunity employer and program provider. Texas A&M AgLife Extension Service provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture and the County Commissioners Courts of Texas Cooperating.

BSBAC June WISH LIST

ITEMS NEEDED:

- \$25 Gift Cards to a Variety of Places
- Commercial Room Divider (\$250 each)
- Square Card Tables (6-8 needed, \$50 each)
- Folding Black Side Tables (6-8 needed, \$45 for 2pk)
- Extendable Feather & Cleaning Brushes (\$45 each)
- Oscillating Fans (6 needed) (\$50 each)
- Deodorant
- Febreze Air Freshener
- Dinner Napkins
- 6" Paper Plates
- Creamer Pods
- Pudding Cups
- Breakfast Cereal
- Juice Boxes
- Boz Water Bottles

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!

June BIRTHDAYS

- | | | |
|--------------------------|---------------------|---------------------|
| Adams, Loraine | Goacher, Alicia | Parchman, Vicki |
| Adkins, James | Hagen, Linda | Parker, Richelle |
| Arizpe, Irma | Hardwick, Kevin | Pomraning, Lynn |
| Arnold, Kimberly | Hardy, Fern | Ramirez, Juan |
| Bailey-Lucas, Betty | Harris, Susan | Raska, Hollie |
| Balzar, William | Harrison, Dianne | Roberti, Cheryl |
| Barnes, Jennetta | Hartman, Jim | Roberts, Sam |
| Barnes, Lesley | Henke, June | Rodgers, Mary |
| Bartosh, Susan | Hennessee, Mary | Rodgers, Sam |
| Bolt, Kimla | Hernandez, Irene | Rosenfeld, Lynn |
| Bond, Joan | Herzik, Patricia | Rowland, John |
| Boswell, Cindy | Hughes, Karen | Salkowski, David |
| Branco, Lois | Hughes, Russell | Schmidt, Jerry |
| Bravo, Martha | Humphrey, Charlotte | Sebastian, Diana |
| Brogie, Dianne | Ingram, Suzi | Sherrill, William |
| Cage, Estelle | Izard, Susan | Smith, Kathleen |
| Cavanaugh, Joyce | Jacobs, Margaret | Snyder, Valerie |
| Challen, Wanda | Johnson, Richard | Sosenka, Donald |
| Chastain, Doreen | Jones, Elizabeth | Staffel, Jaycene |
| Cheadle, Vicki | Kimbrough, Percy | stasko, shirley |
| Childress, Kay | Kober, James | Stringer, Belva |
| Clement, Mike | Konet, Laura | Suehs, Thomas |
| Coker, Joni | Krause, Vincent | Sugg, Rusty |
| Collier, Beth | Larson, Phyllis | Tessendorf, Larry |
| Colvin, Jan | Lassetter, Nina | Thiele, Wanda |
| Connaway, Carolyn | Lawhon, Julie | Thomas, David |
| Cordes, Charline | Lee, DeAnn | Thompson, Christine |
| Cuncannan, Mary | Lee, DeeAnn | Towry, Jo Ellen |
| Cuncannan, Michael | Lee, Marilu | Trammell, Vicki |
| Denman, Marsha | Lenk, Lorna | Trouson, darlene |
| Diaz, Luis | Lewis, Annette | Truehardt, Thomas |
| Dick, Steven | Lewis, William | Urbach, Raymond |
| Dix, Robert | Lin, May | Van Buren, Cynthia |
| Dodgen Palinkas, Phyllis | Lopez, Massiel | Velasquez, Rene |
| Dolan, Hedy | Lopez, Michael | Wagner, Richard |
| Dougherty, Chungki | Magill, Diana | Waldman, Karen |
| Erwin, Kelly | Maguire, James | Wallace, Karen |
| Evans, Lynell | Maier, William | Watts, Nona |
| Fielder, Gerald | Malaga, Steve | Waynick, Patricia |
| Fischer, Flora | Martinez, Mark | Westgate, Janet |
| Flores, Madeline | McKenzie, Darla | Williams, Jim |
| Fowler, Carolyn | Medbury, Charles | Wilson, Cindi |
| French, Ronald | Morse, Mary | Wray, Bill |
| Garcia, Ron | Noval, Marcela | Young, Paul |
| Gilbert, Lenn | Osborn, Tori | |

Saturday
July 25, 2026
11am - 2pm
30280 Cougar Bend
Bulverde

17th Annual
Style Show & Luncheon

- Enjoy a fun, social event with food & fashion
- Fashion stylings provided by local boutiques
- Vendor Fair & Raffle Baskets

TICKETS
\$25
PER PERSON

For More Information:
Reghan Swenson
rswenson@bsbac.com, 830-438-3111
www.bsbac.com/Style-Show





Brain GAMES



JUNE

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

Sunshine
 Graduation
 Camp
 Celebration
 Mountain
 Outdoors
 Travel

Recreation
 Swimming
 Holiday
 Vacation
 Eagle
 Grow
 Hiking

Summer
 Flag
 Picnic
 Gardening
 Fathers
 Family
 Baseball

Commonyms*

1. Home - Dinner - License
2. A Doughnut - A Cavity - A Prescription
3. A Cork - A Question - A Balloon
4. Fog - A Jack - A Body Builder
5. Aquarium - An Army - A Car
6. Bottle - Baseball Player - Mushroom
7. A Bell - Mouth - A Shoe
8. Doctor - Mailman - Domino's
9. Secret - Double - Real Estate
10. Twilight - End - No Parking

Sudoku

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

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

*COMMONYMS SOLUTIONS: 1) Plates; 2) They are filled; 3) They are popped; 4) They all lift; 5) They have tanks; 6) They have caps; 7) They have tongues; 8) They deliver; 9) Agents; 10) Zones

Ten Early Signs and Symptoms



ALZHEIMER'S AND BRAIN AWARENESS MONTH

Medical Tests for Diagnosing Alzheimer's

There is no single test that can determine if a person is living with Alzheimer's or another dementia. Physicians use diagnostic tools combined with medical history and other information, including neurological exams, cognitive and functional assessments, brain imaging (MRI, CT, PET) and cerebrospinal fluid or blood tests to make an accurate diagnosis.

- **Medical History:** medical history, including psychiatric history and history of cognitive and behavioral changes.
- **Physical exam and diagnostic tests:** review of diet, nutrition & alcohol use, review of medications, assess overall health, general lab test
- **Neurological exam:** will look for signs of stroke, Parkinson's, brain tumors, fluid buildup in the brain and other conditions that may impair memory
- **Cognitive, functional and behavioral tests:** evaluate memory, thinking and simple problem-solving abilities, and may quickly assess changes in behaviors and symptoms. There are also computerized cognitive tests and devices that can be used.
- **Depression screen and mood assessment:** to evaluate a person's sense of well-being
- **Brain imaging:** often includes structural imaging with magnetic resonance imaging (MRI) or computed tomography (CT).
- **Other testing options:** include cerebrospinal fluid (CSF) tests, blood tests, genetic testing

1. Memory loss that disrupts daily life. One of the most common signs of Alzheimer's disease, especially in the early stage, is forgetting recently learned information. Others include forgetting important dates or events, asking the same questions over and over, and increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.

2. Challenges in planning or solving problems. Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have difficulty concentrating and take much longer to do things than they did before.

3. Difficulty completing familiar tasks. May find it hard to complete daily tasks. Sometimes they may have trouble driving to a familiar location, organizing a grocery list or remembering the rules of a favorite game.

4. Confusion with time or place. May lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

5. Trouble understanding visual images and spatial relationships. May experience vision changes. This may lead to difficulty with balance or trouble reading. They may also have problems judging distance and determining color or contrast, causing issues with driving.

6. New problems with words in speaking or writing. May have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves.

7. Misplacing things and losing the ability to retrace steps. May put things in unusual places. They may lose things and be unable to go back over their steps to find them again. He or she may accuse others of stealing, especially as the disease progresses.

8. Decreased or poor judgement. May experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money or pay less attention to grooming or keeping themselves clean.

9. Withdrawal from work or social activities. May experience changes in the ability to hold or follow a conversation. As a result, they may withdraw from hobbies, social activities or other engagements. They may have trouble keeping up with a favorite team or activity.

10. Changes in mood or personality. may experience mood and personality changes. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, with friends or when out of their comfort zone.

Center HAPPENINGS

Thank you Med Team, Inc. for sponsoring our Arts & Crafts this month. Our members enjoyed rock painting and had a great time!



Members supporting the Spurs playoff run!



Cruising Fun

"My daughter and I had an amazing time on the BSBAC Pacific Coast cruise on Celebrity. The food, entertainment and staff were outstanding! Thank you to Michelle for setting up this wonderful cruise and supporting the Activity Center." -Donna Charkow, BSBAC Member

If you'd like to experience a cruise, please reach out to Michelle Hoehn and she can help you with all your needs. She currently has another BSBAC cruise in the works sailing out of Galveston, TX. Michelle is a BSBAC board member and will donate all commissions made from any BSBAC member cruise back to the Center. Contact Michelle at 830.282.4273, Mhoehn@simpleluxuriestravel.com.





April day trip to Winding Branch Ranch, Specht's Texas Restaurant, & Confetti & Cream Ice Cream Shop



April Day Trip

June

WHAT'S IN SEASON?



Cucumber verywell

1.9g CARBS
0.3g FIBER
8 CALORIES
0.1g FAT
0.3g PROTEIN

✓ Cholesterol-Free ✓ Fat-Free
✓ Sodium-Free ✓ Gluten-Free
✓ Low-Calorie

Cucumbers are a good source of vitamin K, which may help with blood clot prevention

(per 1/2 cup, slices)

parentcircle
HEALTH BENEFITS OF CUCUMBER

- Fights Diabetes
- Maintains heart health
- Prevents cancer
- Strengthens bones
- Promotes skin health
- Increases hydration
- Aids weight loss
- Reduces inflammation
- Manages blood sugar level
- Regulates blood pressure
- Protects kidneys
- Improves digestion

Cucumber

Everything You Need to Know!



Grasp The Basics

- Scientific name: Cucumis sativus
- A popular creeping vine commonly found in cool, temperate regions
- A close cousin of melon, squash, and pumpkins
- Has a subtle, refreshing flavor with a crunchy texture

Types Of Cucumber

SLICING

Usually used for salads, juices, and sandwiches.

- Armenian
- English/European
- American
- Kyuri/Japanese Cucumbers
- Persian

PICKLING

Usually used for pickling, salsa, and dips.

- Kirby
- Gherkins
- Lemon

SEEDLESS

Nutritional Content

- 96% water
- Packed with antioxidants
- Good source of vitamin B complex, C, and K (1)

Delicious Ways To Include It In Your Diet

- Balsamic Cucumber Salad
- Cucumber Sandwiches
- Cucumber Cocktails

CUCUMBER WATER

TO MAKE

Mix cucumber slices with water in large pitcher, and steep overnight.



BENEFITS

Body detoxifier, clears & lightens skin, keeps you hydrated, cures dark circles on eye, flattens tummy, treats bloating and many others.



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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.

