

The BSBAC Buzz



October
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



October is BREAST CANCER AWARENESS MONTH



Each October, people across the country unite to raise awareness and support for the millions of people affected by breast cancer. **Breast Cancer Awareness Month (BCAM)** reminds us that awareness is important—but it's our actions that save lives.

Breast cancer is the most common cancer in American women, except for skin cancers. Awareness is the first step toward taking meaningful action. BCAM isn't just symbolic. It's an annual, coordinated effort to educate, engage, and take action on behalf of those facing breast cancer—and those who may in the future.

BCAM reminds us that breast cancer doesn't wait. Right now, someone is getting the news that they have breast cancer and doesn't know what to do next. Someone is starting treatment and needs support to make it through. Because of BCAM, we can deliver help, hope, and support when it's needed most.

Since the first BCAM more than 40 years ago, breast cancer death rates in the U.S. have dropped by 44%. It's not a coincidence that greater awareness, increases in early detection, and advancements in treatment have coincided with the rise of BCAM. These efforts show that when we raise awareness, we can save lives.

1 in 8 women in the United States will be diagnosed with breast cancer in her lifetime. **This year, approximately 382,640 women in the U.S. will be diagnosed with breast cancer**—including 321,910 with invasive breast cancer and 60,730 with non-invasive (in situ) breast cancer. Chances are, you know at least one person who has been personally affected by breast cancer.

But there is hope. **When caught in its earliest, localized stages, the 5-year relative survival rate is over 99%.** Advances in early detection and treatment methods have significantly increased breast cancer survival rates in recent years, and there are currently over 4 million breast cancer

survivors in the United States.

What causes cancer to develop? Cancer begins in the cells which are the basic building blocks that make up tissue. Tissue is found in the breast and possibly other parts of the body. Sometimes, the process of cell growth goes wrong and new cells form when the body doesn't need them and old or damaged cells do not die as they should. When this occurs, a build up of cells often forms a mass of tissue called a lump, growth, or tumor.

Breast cancer occurs when malignant tumors develop in the breast. These cells can spread by breaking away from the original tumor and entering blood vessels or lymph vessels, which branch into tissues throughout the body. When cancer cells travel to other parts of the body, invade other organs, and begin damaging tissues and organs, the process is called metastasis.

Why early detection matters. Breast cancer found in its earliest stages is often easier to treat and less likely to have spread beyond the breast. Although no screening method can prevent breast cancer, staying familiar with how your breasts normally look and feel, getting recommended screenings, and promptly reporting any breast changes gives you the best opportunity to detect breast cancer as early as possible.

Signs and symptoms of breast cancer. Knowing the signs and symptoms of breast cancer can help you recognize changes that should be evaluated promptly. While not all breast cancer causes signs or symptoms, especially in the early stages, if signs and symptoms are present, they may include a breast lump, skin changes, changes in the nipple, and more. Any new or unusual breast changes should be reported promptly to your healthcare provider.

For more information, visit: <https://www.nationalbreastcancer.org/about-breast-cancer/>





Note from THE CENTER



From Gratitude to Giving: Thank You for Making a Difference

As we enter the most generous season of the year, I find myself reflecting on just how fortunate we are to have a community that believes in the mission of the Bulverde Spring Branch Activity Center.

Thank you. Truly. Thank you to everyone who supported BSBAC through The Big Give, where over \$34,000 was contributed to our mission. Whether you made a gift, shared our campaign, encouraged a friend to participate, or simply helped spread the word about the work we do, you played a part in making a difference for older adults in our community.

Your generosity helps make BSBAC so much more than a building. It allows us to create a place where older adults can stay active, continue learning, build friendships, find support, and—perhaps most importantly—feel connected and valued. From fitness and educational programs to social activities, community outreach, and Meals on Wheels, your support touches lives in countless ways.

And now, as Thanksgiving approaches, we are officially kicking off our Giving Season—a season of gratitude, generosity, and looking ahead.

Our Individual Giving Campaign

Beginning on Thanksgiving and continuing through the end of the year, our Individual Giving Campaign invites members, families, friends, neighbors, and supporters of BSBAC to make a year-end gift.

This campaign is especially meaningful because every individual gift represents someone choosing to invest in the well-being of older adults in our community.

Your gift can help ensure that BSBAC continues to be a place where people can come together, remain active and independent, learn something new, make a new friend, or simply know that they are not alone.

As we look toward the year ahead, we have exciting opportunities in front of us—and we want to be ready to meet them. Your year-end gift helps provide the resources and flexibility we need to continue growing programs, responding to community needs, and creating meaningful opportunities for active aging.

So, as you begin to plan your season of giving, I hope you will consider including BSBAC. Because when you give to BSBAC, you aren't just giving to a program. You're investing in people. You're investing in connection. You're investing in a community where aging is celebrated, and every stage of life has value.

Thank you for believing in our mission, for standing alongside us, and for helping make BSBAC a place where age truly is just a number.

With sincere gratitude,

DeLisa Leopold, Executive Director

*Thank
you!*



Upcoming EVENTS

October 6

10:00am - Blood Donation Mobile Unit
11:45am - Presentation: Harvesting Health by Texas AgriLife Extension

October 7

10:00am - Presentation: AACOG Ombudsman & Long Term Care
1:00pm - Book Club

October 8, 15, 29

10:00am - Daytrip to Briscoe Western Art Museum

October 13, 23

Pink Out Days



October 14

10:00am - Flu Shot Clinic
10:00am - Presentation: Healthy Living, Brain & Body by Alzheimer's Association
1:30pm - Arts & Crafts: Pumpkin Painting

October 20

11:45am - Lunch & Learn: Smart Cremation

October 21

10:00am - Presentation: Navigating Dementia with Home Instead

October 23

11:30am - Presentation: Comal ISD Bond by Superintendant Dr. Chapman

October 26

9:30am - BSBAC Annual Meeting

October 27

11:45am - Lunch & Learn: Senior Housing Transition Services

October 28

10:00am - Presentation: Hill Country Wound Care

October 30

11:00am - Halloween Party



Weekly ACTIVITY SCHEDULE

MONDAY



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



TUESDAY



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

WEDNESDAY



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

THURSDAY



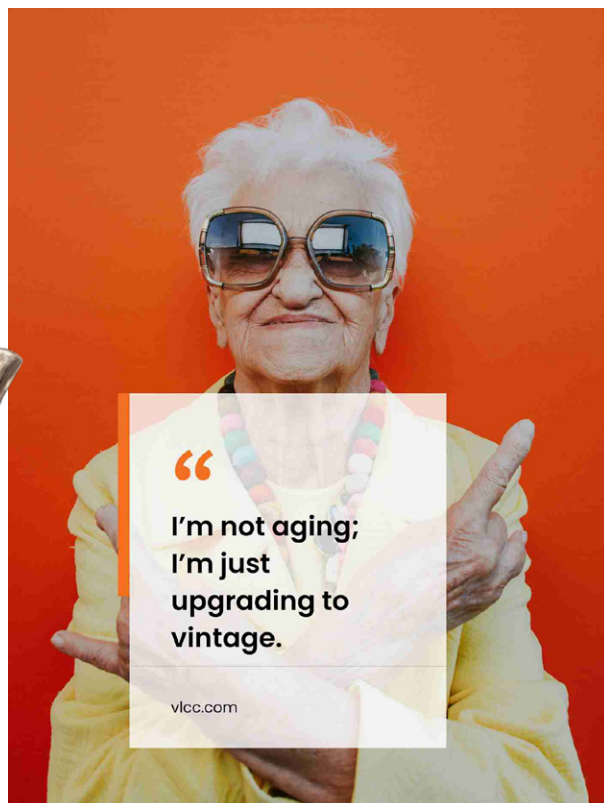
- 9:00am Wood Carving
- 9:30am Canasta Hand & Foot
- 10:30am Beginning Spanish
- 12:00pm Intermediate Spanish
- 11:30am Fellowship Meal
- 12:00pm Mindful Meditation
- 1:15pm Bible Study
- 2:30pm Dementia Support Group (2nd Thur)



FRIDAY



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



“
I’m not aging;
I’m just
upgrading to
vintage.”

vlcc.com

October

FELLOWSHIP MEAL MENU



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Cheeseburger Soup Green Salad Roll Dessert	2 Spaghetti with Meatballs Green Salad Breadstick
5 John Wayne Casserole Zucchini Roll Dessert	6 Frito Pie Fruit Dessert	7 Marry Me Chicken Mashed Potatoes Green Beans Dessert	8 King Ranch Chicken Pinto Beans Squash Dessert	9 Chicken Tenders Mashed Potatoes Corn Fruit Dessert
12 Pork Tenderloin Mashed Potatoes Green Beans Dessert	13 Ravioli Lasagna Green Salad Breadstick Dessert	14 Fideo Loco Salad Tortillas Dessert	15 Hearty Pasta Fagioli Salad Breadstick Dessert	16 Chicken Sandwich Waldorf Salad Coleslaw Dessert
19 Chicken Pot Pie with Biscuit Broccoli Dessert	20 Cuban Pork Casserole Green Beans Roll Dessert	21 Cheeseburger Three Bean Salad Sweet Potato Fries Dessert	22 Chicken Parmesan Pasta Green Salad Bread Dessert	23 Beef & Bean Burrito Pinto Beans Corn Guacamole Dessert
26 Soft Taco Pinto Beans Mexican Rice Dessert	27 Orange Chicken Rice Broccoli Fruit Fortune Cookie	28 Caprese Chicken Breast Spinach Roll Dessert	29 Sub Sandwich Chips Fruit Dessert	30 Pumpkin Chili Green Salad Cornbread 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



October HEALTH & FITNESS



Monday	Tuesday	Wednesday	Thursday	Friday
			1 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) 5:15p Zumba (Sandra)	2 8:15a Healthy Heart Cardio Lean (MaryAnn) 9:30a Posture Strength (MaryAnn) 11:00a Balance & Strength* (Sandra) 12:15p Balance & Strength* (Sandra)
5 8:30a Easy Pace (Renee) 10:00a Adv. Line Dancing (Renee) 11:00a Active Aging Strength (MaryAnn) 12:15p Balance & Strength* (Sandra) 1:30p Balance & Strength* (Sandra) 4:00p Yoga (Tania) 5:30p Beginning from Scratch Clogging 6:00p Clogging (Loraine)	6 9:30a Zumba Gold (Adaia) 10:45a DrumFit (Sandra) 1:00p Beg. Line Dancing (Dottie) 2:30p Pilates (Meleah) 3:45p Active Aging Strength (MaryAnn) 5:00p 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) 1:30p Tai Chi (Sandra) 2:30p Int. Line Dancing (Dottie) 3:45p Mindful Flow & Core (MaryAnn)	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) 5:15p Zumba (Sandra)	9 8:15a Healthy Heart Cardio Lean (MaryAnn) 9:30a Posture Strength (MaryAnn) 11:00a Balance & Strength* (Sandra) 12:15p Balance & Strength* (Sandra)
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Gym Hours 

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

*Balance & Strength Class is FREE for all BSBAC Members

Class Descriptions

HEALTH & FITNESS



ACTIVE AGING

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



BALANCE & STRENGTH

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

***Free to all members**



CHAIR YOGA

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



DRUMFIT

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



EASY PACE

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



HEART HEALTHY CARDIO LEAN

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



LINE DANCING

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



MINDFUL FLOW & CORE

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



PILATES

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



POSTURE STRENGTH

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



RESTORATIVE YOGA

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



TAI CHI

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



YOGA

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



ZUMBA/ZUMBA GOLD/ZUMBA TONING

Zumba is a dance-fitness class that is set to zesty Latin music like salsa, merengue, mambo, etc. Zumba Gold modifies the moves and pacing to suit the needs of the active older participant. Zumba Toning is perfect for those who like Zumba, but want to put extra emphasis on toning and sculpting the define those muscles.

October EVENT FLYERS & SPECIAL EVENTS

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

BOOK CLUB

Facilitated by the Mammen Family Library

OCTOBER PICK

Project Hail Mary

By: Andy Weir

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

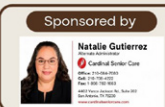
OCTOBER ARTS AND CRAFTS

MINI PUMPKIN PAINTING



Wednesday, October 14th | 1:30PM Dining Room

Sponsored by



Natalie Gutierrez
Cardinal Senior Care
10000 N. Loop West, Suite 100
Houston, TX 77057
713.462.1234
www.cardinalseniorcare.com

Use In-Center Signup Sheet to Register

OCTOBER DAY TRIP

Briscoe Western Art Museum

Join us for a docent-led tour through this history filled building with influences from the Battle of the Alamo, San Antonio Stock Show and Rodeo, Southwest and Native American Art and special exhibits like the Selena Forever, Tejano Legacy, and much more.



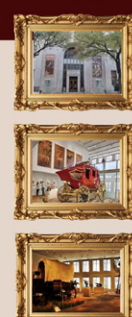
Thursdays, October 8th, 15th, and 29th

Museum Admission is \$10 Lunch at Alamo Cafe

Bus Departs at 10am

\$10 per person if riding the bus. Don't want to ride the bus, follow along in your own vehicle. Let us know you are going.

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



DID YOU KNOW ABOUT OUR AMAZING SUPPORT GROUPS?

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



 Caregiver Support 2nd Wednesday of each month at 2pm - Support for those caring for a loved one or someone needing help. - Coping Strategies - Stress Management - Resources	 Dementia Support 2nd Thursday of each month at 2:30pm - Support for those impacted by Dementia such as Spouses, Family, Friends, etc. - Resources - Communications	 Loss Support 4th Monday of each month at 1:30pm - Support for those that have lost a spouse, family member, friend, etc. - Peer-Led Discussions - Licensed Counselors - Safe space to share
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Contact: Beth Collier at 830-438-3111 or email bcollier@bsbac.com

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



MONDAY, OCTOBER 26, 2026
9:30AM-10:30AM

ANNUAL MEMBERSHIP MEETING

This meeting is to provide our members a recap of the year's operations, finances, and updates for the future.

Your attendance is appreciated. Refreshments & pastries provided.

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

SPECIAL PRESENTATION

COMAL ISD 2026 BOND

Proposition A

- New Academic/CTE Addition
- Classroom Audio/Video Life Cycle Replacements
- UPS Battery System Life Cycle Replacements
- Exterior Door Lock Enhancements

Proposition B

- Classroom Audio/Video Life Cycle Replacements
- UPS Battery System Life Cycle Replacements
- Exterior Door Lock Enhancements

FRIDAY, OCTOBER 23 AT 11:30AM

Presented by:
Dr. Chapman
Comal ISD Superintendent

Please join us for a special presentation from Comal ISD Superintendent, Dr. Chapman regarding the 2026 Bond proposal. Come learn about the proposal and ask your questions.

Bingo will begin after the presentation.

PETS ON WHEELS NEEDS YOUR DONATIONS



WE NEED DOG FOOD!

Please drop off at the Center or donate using the QR code (designate Pets on Wheels).



  **Thank you for your support!**

Join us for a Spooktacular



HALLOWEEN party

FRIDAY, OCTOBER 30TH AT 11:00AM

THIS IS NOT A POTLUCK, BRING YOUR OWN LUNCH OR SIGNUP EARLY FOR THE FELLOWSHIP MEAL. (While Supplies Last)

Please bring your favorite spooky snack, treat, or dessert to share.

Dress in your favorite costume.





October BIRTHDAYS

Allchin, Kenneth
Alvarado, Carrie-Ann
Anderson, Julia
Armstrong, Richard
Balmos, Janice
Balzar, Jo Anne
Banon, Chantal
Barron, Terry
Blanchard, Sue
Bohannon, Mary Kay
Britz, Catherine
Broughton, Marnie
Brown, Joyce
Budewig, Agnes
Canada, Ted
Chambers, Ruth
Chandler, Kristi
Chavez, Velda
Cicci, Michael
Clevenger, Karen
Coburn, Kim
Coker, Steve
Cosgrove, John
Cowgill, Maria
Crabtree, Barbara
de Boer, Carol
Decambaliza, Marilyn
Denman, Allyn
Denny, Clifton
Diaz Reyes, Luis
Doll, Larry
Eckerman, Sara
Evans, Mary
Flanagan, Mike
Fox, Kay
Gadcke, Therese
Garrido, Marlene
Gill, Debra
Glasby, George
Goforth, Walt
Goldstein, Jana
Gomez Rodriguez,
Guadalupe
Gosselin, Japke
Grell, Michelle

Gumm, Donna
Hardeman, Pam
Harkins, Nancy
Hawkins, Ted
Heideman, James
Henrich, Bill
Hernandez, Gloria
Hester, Matthew
Hodge, Lori
Hodge, Rick
Hunt, Randy
Iltis, Wayne
Jennings, Mike
Jones, Bonnie
Jongewaard, Faith
Jordan, Barbara
Jordan, Cynthia
Kaster, Annie
Kessler, Fred
Khokhar, Pir
Klar, Allen
Laubach, Will
Levine, Robin
Lind, Jennifer
Lindquist, Rosalie
Lindsey, Sally
Lozano, Joe
Luster, Lillie
Martin, Jeannie
Masterson, Barbara
Matson, Karen
Mauger, Joan
McAninch, Darlene
McElmurry, Laurie
Mckinley, Elaine
Meeks, Rhonda
Merrill, Ramona
Miller, Lisa
Moore, Anna
Nelson, Kimberly
Orosco, Lisa
Peterson, Pamela
Phillips, Cynthia
Plunkett, Wayne
Pound, Charlotte

Purtell, Vonna
Ramirez, Emilio
Rankin, Joseph
Ras, Cornelius
Razo, Eusebio
Reinschmidt, Kathy
Riley, Elayne
Roath, Jack
Roberts, Julie
Rodriguez, Gracie
Rodriguez, Graziella
Rogers, Terry
Rogers, Tonie
Romero, Mike
Scates, Jan
Schlagel, Sharon
Schmalstieg, Lydia
Scott, Ron
Seal, Olivia
Segovia, Ana
Sharp, Eve
Shumate, Karen
Sifuentes, Martha
Simmons, Kathy
Smith, Sherry
Sosa, Cecilia
Specht, Linda
Swatzell, Irma
Temple, Judy
Trudeau, Clorinda
Turner, Eliza
Van Hoorn, Mary
Varela, Flor
Velez-Begnoche,
Wanda
Vickers, Donna
Vise, Melodie
Vonder Embse, Vicki
Willars, Tonia
Williford, Ronald
Yeakley, Virginia
Zamora, Ortencia
Zella, Nicki

BULVERDE JUBILEE & CRAFT SHOW

Join us in
Celebrating our Community!

Saturday 11/14
10AM - 2PM

30280 Cougar Bend
Bulverde, TX 78163

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

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

SCAN FOR REGISTRATION & SPONSORSHIPS

BULVERDE SPRING BRANCH ACTIVITY CENTER

BSBAC

October Wishlist

- \$25 GIFT CARDS (VARIETY OF PLACES)
- COLLAPSABLE MOVING CARTS (2 NEEDED, \$68 EACH)
- LARGE ROUND OSCILLATING FANS (\$40 EACH, 2 NEEDED)
- DRY DOG & CAT FOOD
- BARS OF SOAP
- 3 COMPARTMENT FOAM FOOD CONTAINER TRAYS
- COFFEE CREAMER PODS
- DESSERT PLATES & SOLO CUPS
- MUSTARDS & SWEET BABY RAYS BBQ SAUCE
- CAN SODAS: (COKE, DIET COKE, DR. PEPPER)
- SINGLE SERVE POTATO CHIPS AND FRITOS

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!





Brain GAMES



ACORNS
APPLES
AUTUMN
AUTUMNAL
EQUINOX
BAKING
BONFIRE
BRISK AIR
CHESTNUTS
CIDER
COLUMBUS DAY
CORN MAZE
COZY
CRANBERRIES
FALL FOLIAGE
FOOTBALL
GOURDS
HALLOWEEN
HARVEST
HAYRIDES
INDIGENOUS
PEOPLES DAY



LEAVES
OKTOBERFEST
PUMPKINS
RAKING
SCARECROW



SOUP
SPICE
SPOOKY
SQUASH
SWEATERS

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Commonyms*

1. Pillow - Dog - Fist
2. Labor - Columbus - Ground Hog
3. Chop - Yard - Pogo
4. Lawn - Rocking - Wheel
5. Sheep - Watch - Seeing Eye
6. Sea - Taco - Turtle
7. Sand - Juke - Toy
8. Turkey - Teddy Bear - Stocking
9. Raisin - White - Rye
10. Scale - Legend - Key

Sudoku

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

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

*COMMONYMS SOLUTIONS: 1) Fights; 2) Days; 3) Sticks; 4) Chairs; 5) Dogs; 6) Shells; 7) Boxes; 8) They are stuffed; 9) Breads; 10) Parts of a Map

Schedule of Events

Tuesday, October 6th

10am-3pm (Outside Mobile Unit)

South Texas Blood & Tissue Blood Donation

11:45am-12:45pm (Group X Room)

Presentation: Harvesting Health by Texas A&M AgriLife Extension

11am-1pm (Dining Room)

Vendor: The Silva Agency

Wednesday, October 7th

10am-11am (Dining Room)

Presentation: AACOG Ombudsman and Long Term Care

Tuesday, October 13th

11am-1pm (Dining Room)

Vendor: The Silva Agency

Wednesday, October 14th

10am-12pm (Dining Room)

Vendor: Flu Shot Clinic w/ Spring Branch Pharmacy

10am-11am (Dining Room)

Presentation: Healthy Living: Brain & Body by the Alzheimers Association

10am-12pm (Dining Room)

Vendor: Graceful Guidance

Friday, October 16th

10am-12pm (Dining Room)

Vendor: David Newcomer Insurance

Tuesday, October 20th

10am-12pm (Dining Room)

Vendor: Tru-Skin Dermatology

11:45am-12:45pm (Group X Room)

Lunch & Learn: Smart Creation

Wednesday, October 21st

10am-11am (Dining Room)

Presentation: Navigating Dementia w/ Home Instead

Tuesday, October 27th

10am-12pm (Dining Room)

Vendor: ATI Physical Therapy

11:45am-12:45pm (Group X Room)

Lunch & Learn: Senior Housing Transition Services

Wednesday, October 28th

10am-11am (Dining Room)

Presentation: Hill Country Wound Care

Flu Shot Clinic

by
SPRING BRANCH
PHARMACY
WELLNESS • COMPOUNDING • DELIVERY

**Friday, September 18th
from 10am-12pm**

**Wednesday, October 14th
from 10am-12pm**

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



BUILDING BRAIN-HEALTHY HABITS

An education program presented by the Alzheimer's Association®



TIPS TO BUILD HEALTHY HABITS AND HELP PROTECT YOUR BRAIN
Research shows there are everyday habits you can build today to help protect your memory and thinking as you get older – even reducing your risk of cognitive decline and possibly dementia.

Join us to learn about:

- Healthy habits for your brain, like exercising and eating right.
- The brain-heart connection.
- Why brain health is important at all ages.
- Building your personalized action plan for brain-healthy habits.

**Wednesday, October 14
10:00 a.m. - 11:00 a.m.**

Bulverde Spring Branch Activity Center
10280 Cougar Bend
Bulverde, TX 78163

Visit alz.org/CBP to explore additional education programs in your area.

ALZHEIMER'S ASSOCIATION

SMART CREMATION LUNCH & LEARN

All you need to know about preplanning for cremation services.

**October 20, 2026
11:45 AM**

Food & Door Prizes!

Sign up in the office today or call Sandra Granger at (956) 579-1364

May your night sparkle with magic, laughter, spooky vibes, sweet candy, and glowing pumpkins!

You're Invited

The Alzheimer's & Dementia Journey

Understanding the disease and how **home instead.** can help!

Join us for an informative session!
Bulverde Spring Branch Activity Center
Date: Wednesday, October 21st
Time: 10:00 AM - 11:00 AM

Presented by:

home instead.

You Are Invited

LUNCH & LEARN
Senior Transition Services

WHAT YOU WILL LEARN

- What happens to the home when a loved one moves into long-term care
- How to coordinate belongings, movers, and estate sales
- The step-by-step Senior Transition process from start to closing
- Resources for legal support, assisted living, and veteran benefits
- How our fee works transparent and straightforward

**Tuesday, October 27
11:45 am - 12:45 pm**

The Bulverde Spring Branch Activity Center

From Where You Are To What's Next

exp (210) 823-5948 realstatewithnicki@gmail.com Nicole Pauley TX license #828374 PAULEY

A STEP TOWARD BETTER HEALTH

LEARN WITH SENIORS ALL ACROSS BULVERDE
FOOT WELLNESS • WOUND CARE • HYPERBARIC OXYGEN THERAPY

JOIN HILL COUNTRY WOUND CARE AND HYPERBARICS AT THE BULVERDE SPRING BRANCH ACTIVITY CENTER TO LEARN MORE ABOUT CARING FOR YOUR FEET AND UNDERSTANDING THE OPTIONS OF TREATMENT WE PROVIDE OUR PATIENTS.

**Wednesday
October 26, 2026
Starting at 10 AM**

**BSBAC
30280 Cougar Bend
Bulverde, TX 78163**

PHYSICIAN-LED SPECIALISTS | ADVANCED TREATMENTS: SPECIALIZED WOUND CARE & HYPERBARIC OXYGEN THERAPY (HBOT)

hillcountrywoundcare.com | 52837 US 281, Bulverde, TX 78163 | (830) 743-9728

Center HAPPENINGS

BSBAC out in the Community



Thank you Mammen Family Public Library for hosting the Community Health Resource Fair this past Saturday. We were counted amongst some of the best in our community!

Sending a big thank you to the Insurance Women of San Antonio (IWSA) for allowing us to present at their luncheon yesterday and for the donations we received. We appreciate your support of the BSBAC and Meals on Wheels BSB.



Thank you Hope Hospice for being our craft sponsor for September!



Our kitchen is always busy in the mornings...from preparing meals for BSB Meals on Wheels to lunchtime at the center for our community and members. Sending a very special thank you to all of the volunteers that make and prepare our meals, wash dishes, clean up the kitchen, and all the things in between. We are grateful for YOU!

BSBAC PRESENTS
• ANNUAL •
ACTIVE AGING
MONTHS
SEPTEMBER & OCTOBER

We had so many great presentations and vendors visit the Center in September for Active Aging Month! Thank you for sharing all the valuable information with our members. Join us this month as we have another full schedule of vendors and presentations! See page 11 of this newsletter for the full schedule.





October WHAT'S IN SEASON?



Pumpkin is a versatile addition to any meal, snack or healthy treat. Here, Tiffany DeWitt, RD, a dietitian with Abbott, shares some easy, delicious ways to enjoy it.

Roast It

Cut pumpkin into cubes and sprinkle with cinnamon and nutmeg. Mix pumpkin with butternut squash and sweet potatoes for a delicious way to round out a meal. Or roast pumpkin seeds with your favorite seasonal spices.

Blend It

Make a healthy smoothie with unsweetened almond milk, pumpkin puree, banana, pumpkin pie spice, vanilla extract and ice.

Puree It

Roast and puree pumpkin, add your favorite stock, milk or heavy cream, and seasonings for a healthy soup. Serve with a side salad.

Bake It

Add pumpkin puree to breads, pancakes and waffles. Or use as a substitute for butter and oil in brownies.

Add It

Throw roasted pumpkin seeds into your oatmeal, on salads and on sautéed green leafy vegetables. Or have a handful as a snack – but make sure they are low in added sugar and salt.



6 AMAZING BENEFITS OF PUMPKIN

1 PUMPKIN KEEPS EYESIGHT SHARP
One cup of cooked pumpkin gives you more than 200% of your daily Vitamin A.



2 PUMPKIN WILL KEEP YOU FULL
Pumpkin is a fantastic source of low-fat calorie fiber that will help you feel fuller longer.



3 IT CAN BOOST YOUR HEALTH
Fiber reduces blood pressure and cholesterol, both important factors in heart disease.



4 PUMPKIN MAY HELP REDUCE THE RISK OF CANCER
Beta-carotene is an antioxidant that protects the body from free radicals, lowering the risk of cancer.



5 PUMPKIN SEEDS CAN MAKE YOU SLEEP BETTER
The seeds are a source of tryptophan, which is converted into serotonin and melatonin.



6 PUMPKIN SEEDS ARE MOOD BOOSTERS
Pumpkin seeds are full of zinc and magnesium, which are touted as Mother Nature's antidepressant.



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& Surrounding Areas

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business, the difference
isn't always the product
- it's the experience,
installation,
attention to detail.



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https://saurwaterwell.com



Manuel J Guzman Jr

Licensed Independent Agent

Turning 65? Got Medicare questions? Are you retiring? Are you looking for health insurance? I can help. As a licensed agent I can help you navigate your Life & Health insurance options. Call, text or email me to schedule a free consultation.



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campGladiator



Natalie Gutierrez

Alternate Administrator



Cardinal Senior Care

Office: 210-684-7080

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Fax: 1-866-702-1663

4402 Vance Jackson Rd., Suite 202
San Antonio, TX 78230

www.cardinalseniorecare.com

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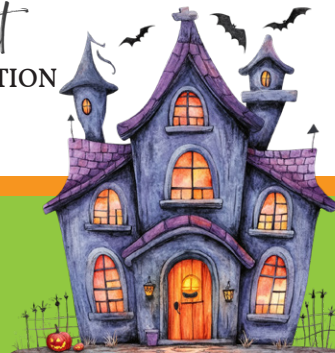
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The Bulverde Senior Center (BSC) and Bulverde Spring Branch Activity Center (BSBAC) is a non-profit 501 (c) 3 organization that provides services to seniors in the Bulverde/Spring Branch, Texas area. Current programs include Meals on Wheels, Senior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

