

The BSBAC Buzz



September
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



September is HEALTHY AGING MONTH®



This year's theme, **"Curiosity Has No Age Limit,"** celebrates the role curiosity can play in helping us stay engaged, keep learning, discover new interests, and continue exploring what comes next.

Founded in 1992, September Is Healthy Aging® Month was created to draw attention to the positive aspects of growing older and to encourage adults to take greater responsibility for their physical, mental, social, and financial well-being.

The 2026 theme recognizes curiosity as a powerful force for living a fuller, more engaged life. Whether learning a new skill, exploring a different perspective, trying a new activity, traveling to an unfamiliar destination, or simply asking more questions, curiosity helps keep us connected to the world around us.

"Curiosity is not reserved for the young," said Carolyn Worthington, founder of September Is Healthy Aging® Month and publisher of Healthy Aging®. "It is one of the qualities that keeps life interesting, meaningful, and rewarding at every age. Curiosity encourages us to learn, connect, grow, and continue discovering new possibilities throughout our lives."

Since its founding, September Is Healthy Aging® Month has received numerous local, state, and national proclamations recognizing its value. In 2021, a unanimous U.S. Senate resolution formally recognized September as Healthy Aging® Month, helping bring additional attention to the importance of healthy lifestyles, lifelong learning, and personal growth throughout adulthood.

Research has shown that lifelong learning, social engagement, physical activity, and maintaining a sense of purpose can contribute to overall well-being and quality of life. The 2026 theme encourages individuals, organizations, healthcare providers, community groups, libraries, senior centers, employers, and educators to promote activities that

stimulate curiosity and foster continued growth.

TEN WAYS TO CELEBRATE "CURIOSITY HAS NO AGE LIMIT"

- 1. Learn something new.** Take a class, attend a workshop, watch a tutorial, or explore a subject that has always interested you.
- 2. Explore your community.** Visit a museum, park, historic site, restaurant, or neighborhood you've never experienced before.
- 3. Try a new physical activity.** Consider walking, pickleball, yoga, tai chi, swimming, dancing, or another activity that challenges you in a positive way.
- 4. Read outside your comfort zone.** Choose a book, magazine, or article on a topic you know little about.
- 5. Connect with people of different generations.** Meaningful conversations across age groups can offer fresh perspectives and new ideas.
- 6. Embrace technology.** Learn how to use a new app, device, or online tool that can enhance your daily life.
- 7. Pursue a creative interest.** Write, paint, photograph, cook, garden, craft, or make music simply for the joy of learning.
- 8. Ask more questions.** Curiosity begins with a willingness to wonder and explore.
- 9. Revisit an old dream.** Consider a hobby, destination, skill, or goal you've always wanted to pursue.
- 10. Say yes to a new experience.** Growth often begins when we step outside familiar routines.

Visit <https://healthyaging.net/> to learn more about healthy aging.



Note from THE CENTER

The Big Give

Each year, The Nonprofit Council hosts The Big Give, a 24-hour online giving day, that allows nonprofits to raise awareness and fundraise for their mission. The BSBAC will participate again this year in The Big Give, and we ask for your support!

The 24-hour event will run from September 23 at 6 PM through September 24 at 6 PM, with an early donation period beginning on September 16th.

Donations can be made online starting September 16th at www.thebiggivesa.org or anytime in person at the Center. Any contribution made before September 23rd may be used for matching gifts during **The Big Give Match Minutes!** Please visit with Reghan Swenson for more information about giving & match minutes. We will be having a special The Big Give Bingo on Friday, September 18th to go along with the campaign. See the flyer for more details.

Be sure to follow our **BSBAC Facebook page** for more info as the event nears or visit www.thebiggivesa.org.

Our mission is not just important; it's vital. Your support, in any form, is a crucial part of this mission and is greatly appreciated.

Together, we can make a difference!



Celebrate Active Aging at BSBAC!

BSBAC celebrates Active Aging during the months of September and October. During this time, we celebrate healthy, vibrant living at every age! Throughout the months, we'll offer special activities, educational presentations, wellness opportunities, and community resources designed to help older adults stay active, connected, informed, and engaged. Be sure to check page 11 of this newsletter to see all the presentations and vendors that will be at the Center.

Join us as we celebrate aging well & discover new ways to live life to the fullest!



Upcoming EVENTS



September 1

11:45am - Presentation: Fall Prevention

September 7

Center Closed for Labor Day

September 9

10:00am - Card Creations

10:00am - Presentation: Reiki Energy Healing

1:30pm - Arts & Crafts: Paper Clip Art

September 10, 17, 24

10:15am - Daytrip to Clear Springs Restaurant

September 11

10:00am - Downsizing Workshop

September 15

11:45am - Lunch & Learn: Smart Cremation, Preplanning Services

September 16

10:00am - School Crafting Workshop

10:00am - Presentation: Fall Prevention & Fall Risk Screenings

September 18

10:00am - Flu Shot Clinic

September 22

11:45am - Lunch & Learn: Regenerative Medicine, Discover the Science

September 23

10:00am - Presentation: Simple Medicare Answers for Real Life

September 30

10:00am - Presentation: Aging With Dignity



Weekly ACTIVITY SCHEDULE

MONDAY



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

TUESDAY



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

WEDNESDAY



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

THURSDAY



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



FRIDAY



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



September

FELLOWSHIP MEAL MENU



Monday	Tuesday	Wednesday	Thursday	Friday
	1 King Ranch Chicken Pinto Beans Squash Dessert	2 Pork Loin with Brown Gravy Au Gratin Potatoes Beans Dessert	3 Cuban Pork Casserole Cole Slaw Roll Dessert	4 Labor Day Potluck Chicken Tenders Provided
7 CENTER CLOSED 	8 John Wayne Casserole Zucchini Roll Dessert	9 Shredded Glazed Pork Cheesy Potatoes Green Beans Dessert	10 Creamy Dijon Chicken Rice Green Beans Dessert	11 Sub Sandwich Chips Fruit Dessert
14 Chicken on a Biscuit Sandwich Cole Slaw Dessert	15 Skillet Sausage & Potatoes Broccoli Roll Dessert	16 Meatloaf Mashed Potatoes Green Beans Dessert	17 Chicken & Cheese Noodle Bake Carrots Roll Dessert	18 Sweet & Sour Chicken Rice Broccoli Pineapple Fortune Cookie
21 Caprese Chicken Breast Spinach Roll Dessert	22 Pasta Fagioli Soup Salad Breadstick Dessert	23 Chicken Parmesan Pasta Salad Breadstick Fruit	24 Creamy White Chili Green Salad Cornbread Dessert	25 Picadillo Pinto Beans Guacamole Tortilla Dessert
28 Ham & Cheese Sliders Coleslaw Dessert	29 Ceasar Salad with Chicken Cherry Tomatoes Croissant Dessert	30 Roast Mashed Potatoes Green Beans 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



September HEALTH & FITNESS



Monday	Tuesday	Wednesday	Thursday	Friday
	1 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)	2 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)	3 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)	4 8:15a Healthy Heart Cardio Lean (MaryAnn) 9:30a Posture Strength (MaryAnn) 11:00a Balance & Strength* (Sandra) 12:15p Balance & Strength* (Sandra)
7 CLOSED FOR LABOR DAY 	8 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)	9 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)	10 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)	11 8:15a Healthy Heart Cardio Lean (MaryAnn) 9:30a Posture Strength (MaryAnn) 11:00a Balance & Strength* (Sandra) 12:15p Balance & Strength* (Sandra)
14 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)	15 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)	16 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)	17 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)	18 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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28 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)	29 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)	30 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)		

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.

September EVENT FLYERS & SPECIAL EVENTS



BOOK CLUB

Facilitated by the Mammen Family Library

SEPTEMBER PICK

Murder at the Vicarage
By: Agatha Christie

WE'D LOVE FOR YOU TO JOIN US!

1st Wed. of each month • 1:00 PM



Join Us For Our
LABOR DAY POTLUCK

Join us for our Labor Day
End of Summer Potluck.

FRIDAY, SEPTEMBER 4TH AT 11AM

Fried Chicken will be served by the Center.

Please use the in-center signup to let us know if you're attending and what appetizer, salad, side, or dessert you will be bringing.

Don't cook, still signup and make a donation to help make sure we have enough food to share. Thank you!



CENTER CLOSED for Labor Day

MONDAY, SEPTEMBER 7TH

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 3 rd 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 2 nd Thursday of each month at 2:30pm - Support for those impacted by Dementia such as Spouses, Family, Friends, etc. - Resources - Communications	HOPE HOSPICE Loss Support 4 th 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

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



September Arts & Crafts

DIY Paper Clip Art and Flowers on Canvas

Wednesday, September 9th at 1:30pm

Sponsored by **HOPE HOSPICE**

September Day Trip

Clear Springs Restaurant



Join us for a relaxing day out of the heat as we go out to lunch at Clear Springs Restaurant then visit Naegelin's German Bakery in New Braunfels.

**Thursday, Sept 10th
Sept 17th
Sept 24th**

Bus Departs at 10:15am

\$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.****



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




The Big Give BINGO

Join us for a fun event playing bingo, winning prizes, and supporting the BSBAC!

PRIZES | FOOD | FUN

\$25 donation per person

This donation will go towards our Big Give campaign.

**Friday, Sept. 18th
3:00PM - 5:00PM**

Additional donations can be made in-center and can be used toward matching funds during the campaign.

BSBAC September Wishlist

\$25 Gift Cards (Variety of Places)

Large Round Oscillating Fans (\$40 each, 4 needed)

Dry Dog & Cat Food

Solo Cups

Coffee Creamer Pods

Bulk Hard Candy

Canned Pie Filling: Apple, Pumpkin, Cherry, Blueberry

Boxed Cake Mixes

Peanut Butter & Jelly

Paper Towels

Dawn Dish Soap

6" Paper Plates

Can Sodas: (Coke, Diet Coke, Dr. Pepper)

Individual Snack Packs: Goldfish, Fig Bars, Fruit Snacks, Cheez-it, Crackers, Cookies

If you would like to help us get these items or would like to donate towards an item (no matter how big or small...every bit helps our center), please see Beth.

Thank you to those that have already donated!



HAPPY BIRTHDAY!

September BIRTHDAYS

Ackey, Jean	Hartman, Donald	Pepperling, Penny
Adams, Charlotte	Hundley, Reagan	Phelps, Sandy
Aguirre, Richard	Ivy, Terry	Piet, William
Alderman, Sandra	Jimenez Mendez, Daniela	Pineda, Gladys
Anchan, Nevin	Johansen, Danny	Politte, Susan
Anderson, Ada	Johnson, Richard	Prescott, Seth
Anderson, Marilyn	Jones, Ellen	Ramirez, Mary
Anthony, Hattie	Karp, Kathy	Randall, Thaddeau
Arambula, Ana	Keeler, Ann	Ranly-Roberts, Diane
Baker, Kathryn	Kester, Robert	Richardson, Jesse
Baker, Norma	Kurth, Brenda	Riddell, Sue
Ballard, Yoshiko	LaFavers, Elnita	Rizzo, William
Bendele, Elizabeth	LaLonde, Barbara	Roach, Donald
Berry, William	LaNasa, Tammy	Robertson, Valorie
Bowles, Jacqueline	Lanier, Pat	Robinson, David
Brooks, Don	Larson, Joyce	Saldivar, Olga
Brooks, Tammy	Lichtenstein, Jenny	Santiago, Bernarda
Busch, Charlene	Lobato, Nita	Sawyer, Blanton
Calhoun, Shirley	Luke, Barney	Schroeder, Sandra
Campbell, Cynthia	Luster-Jackson, Jewel	Scott, Kathy
Campbell, Donnarie	Maciula, Madeleine	Segovia, Tomas
Campbell, Kathryn	Martens, Barbara	Seja, Josefina
Carter, John	Martinez, Maria	Sessums, Terry
Carter, Larry	Martinez, Victor	Siliven, Julie
Cicci, Patricia	Martinez, Wanda	Smith, Timmy
Cole, Juanda	Mason, Fred	Sparrow, Sharon
Colglazier, John	Masterson, William	Stephan, Karyn
Cox, Connie	Maziur, Virginia	Stokes, Patti
Cross, Jay	Merta, Julianne	Stone, Mary
Davila, Yolanda	Meuth, Trece	Stout, Julie
Deage, Donna	Meyer, LaRae	Swartzenderuber, Lois
Dorsett, Marianne	Miller, Brenda	Thiele, Diane
Dotson, Marvin	Moore, Nan	Thomason, Norma
Dougherty, Brian	Mora, Arnulfo	Timmons, Frances
Eads, Susan	Morin, Roberto	Treanor, Mary
Eanes, Harvey	Mullins, Armina	Tripp, Donna
Edwards, Evelyn	Munguia Sr, Victor	Trotti, Judith
Espericueta, Maria	Myers, Shirley	Vasquez, Lorenzo
Evans, Robert	Naranjo, Monica	Waggoner, Cindy
Fagan, Magaly	Nauschuetz, Karen	Wanke, Jane
Galindo, Adam	Neely, Geneva	Wemmert, Judy
Garay Roman, Nellie	Nisbett, Kaye	Wessels, Diane
Garcia, Barbara	Noll, Lisa	White, Amy
Geisbush, Dave	Norrgran, Patrick	Whitney, Mark
Gilmore, Gina	Ogden, Joyce	Wilken, Cheryl
Glass, Marlene	Owen, Rex	Winkler, Lorie
Gottardy, Richard	Packard, Anna	Word, Mary
Hakemack, Charles	Pappas, John	Wright, Wanda
Haringa, Olivia	Parker, Victoria	Yarnold, Pam



Save the Date!

SEPT. 23RD, 6PM - SEPT. 24TH, 6PM

»» EARLY GIVING STARTS SEPT. 16TH ««

Help our community seniors!

Any contribution made by cash or check on or before Sept. 23 can be used for MATCHING GIFTS during The Big Give Match Minutes!

YOUR generosity can have DOUBLE the impact for:



BULVERDE
SPRING BRANCH
ACTIVITY CENTER



MEALS
ON WHEELS
BULVERDE SPRING BRANCH

”

*Life is a journey.
Enjoy every mile.*



Brain GAMES



September



ACORNS

APPLES

AUTUMN

BACKPACK

BOOKS

COLORS

EQUINOX

FOOTBALL

HARVEST

LABOR DAY

LEAVES

LIBRA

PATRIOT DAY

RAIN

ROSH HASHANAH

SCHOOL

SEPTEMBER

THIRTY

VIRGO

WARM

WEATHER

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

Commonyms*

1. Humans - Porcupines - Books
2. Bell - Red - Green
3. Rose - Potato - Taste
4. Furniture - Mustaches - Skis
5. Doors - Paintings - Eye Glasses
6. Jurors - Roses - Doughnuts
7. Ear - Steel - Kettle
8. Ball - Salad - Coin
9. Question - Cork - Balloon
10. Bottle - Baseball Player - Mushroom

Sudoku

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

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

*COMMONYMS SOLUTIONS: 1) All have spines; 2) All are types of paper; 3) All have buds; 4) All need to be waxed; 5) All have frames; 6) All come in a dozen; 7) All are types of drums; 8) All are tossed; 9) All are popped; 10) All have caps

BSBAC PRESENTS ANNUAL ACTIVE AGING MONTHS SEPTEMBER & OCTOBER



News YOU CAN USE

Schedule of Events

Tuesday, September 1st

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

Presentation: Don't Let Fall Get You Down w/ AgriLife

Wednesday, September 9th

10am-11am (Dining Room)

Presentation: Reiki Energy Healing

10am-12pm (Dining Room)

Vendor: Home Instead

Monday, September 14th

10am-12pm (Dining Room)

Vendor: Manuel Guzman w/ Humana

Tuesday, September 15th

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

Lunch & Learn: Smart Cremation

Wednesday, September 16th

10am-11am (Dining Room)

Presentation: Falls & Fall Risk Screenings w/ Result PT

Friday, September 18th

10am-12pm (Dining Room)

Vendor: Flu Shot Clinic w/ Spring Branch Pharmacy

Monday, September 21st

10am-11am (Dining Room)

Vendor: Graceful Guidance

Tuesday, September 22nd

10am-11am (Dining Room)

Vendor: Caption Call

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

Lunch & Learn: Regenerative Health w/ Whole Life Wellness

Wednesday, September 23rd

10am-11am (Dining Room)

Presentation: Medicare 65 w/ Jill Bullock w/ Silver & Secure

Tuesday, September 29th

10am-11am (Dining Room)

Vendor: CQ Integrative Pain & Wellness

Wednesday, September 30th

10am-11am (Dining Room)

Presentation: Graceful Guidance

AGRI LIFE EXTENSION
FALL PREVENTION CLASS FOR SENIORS

DON'T LET Fall GET YOU DOWN!

Stay steady. Stay strong. Stay independent.

Join us for a fun and informative class designed to help you prevent falls and live life to the fullest this season and beyond.

IN THIS CLASS, YOU'LL LEARN:

- BALANCE & STRENGTH**
Simple exercises to improve balance, strength and stability.
- SAFETY AT HOME**
Tips to make your home safe and reduce fall risks.
- SMART MOVES**
Learn safe ways to move, bend, and get around.
- HEALTHY HABITS**
Medication, vision, hydration and more small steps that make a big difference.
- CONFIDENCE & CONNECTION**
Feel more confident and connect with others in your community.

DATE: **September 1, 2026**
TIME: **11:45 AM - 12:45 PM**

SMART CREMATION LUNCH & LEARN

All you need to know about preplanning for cremation services.

**September 15th
11:45 AM**

Food & Door Prizes!

A new month brings new beginnings, fresh hopes, and endless possibilities. Let's make every day meaningful and bright!

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

REGENERATIVE MEDICINE Educational Meeting

AT
BULVERDE SPRING BRANCH
ACTIVITY CENTER

30280 COUGAR BLVD
BULVERDE, TX 78163

SEPT 22ND 11:45-12:45

SIGN UP IN CENTER TO ATTEND

- DISCOVER THE SCIENCE OF REGENERATIVE MEDICINE
- SUPPORT NATURAL HEALING, YOUTHFULNESS, AND WELLNESS
- INNOVATIVE SOLUTIONS FOR A BETTER QUALITY OF LIFE
- HOPE, HEALING, A HEALTHIER FUTURE

SCIENCE. INNOVATION. HOPE.
A Better Tomorrow Starts Today.

September 9th at 1000 am

presented by
REIKI
ENERGY HEALING

A complimentary therapy to support your wellbeing.

What You'll Learn:

- What is Reiki?
- How does Reiki work?
- Benefits of Reiki

Who You'll Learn From

Bottom pairs 32 years of nursing expertise with Reiki Master training and certification to provide a grounded healing and learning experience.

Follow us on:
f i g t

www.lightnessenergyhealing.com

Falls Prevention & Fall Risk Screenings by results PHYSIOTHERAPY

Wednesday, September 16th @10AM

Commitment to Care:
We are 100% committed to our patients and achieving the best possible outcome for them. Our therapists give each of our patients' personalized treatment with their best interests in mind.

Our Philosophy:
Our therapists are committed to being the best clinicians in their field. They commit to a robust education program that gives them the skill set to treat the problems that patients seek our help for. At Results, we believe that people shouldn't have to live in pain.

Use the In-Center Signup Sheet to Register

Flu Shot Clinic

by
SPRING BRANCH
PHARMACY
WELLNESS • CONVENIENCE • 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**

What Nobody Told You About Turning 65

Wednesday, Sept. 23 | 10:00 AM | BSBAC

Simple Medicare answers for real life.

PRESENTED BY
Jill Bullock
Silver & Secure Health Insurance Brokers
silverandsecure.com

Graceful GUIDANCE
Helping families with care options for older adults

Aging With Dignity

LIGHT BITES | DOOR PRIZES | GOODIE BAGS

TOPIC

- Starting the Conversation - The Importance of Starting the Conversation Early
- How to Address the Emotional Challenges Involving the Needs of Older Adults
- Care Options: Assisted Living, Independent Living, Memory Care, Personal Care Homes, Home Care & Hospice
- Financial and Legal Planning
- Graceful Guidance Process

BSB ACTIVITY CENTER
30280 COUGAR BLVD
BULVERDE, TX 78163

10:00AM

SEPTEMBER 30, 2026

Center HAPPENINGS

Best of Bulverde & Spring Branch

Excited to be a part of the best community! We walked away with 2 Best of Categories: **Best Senior Care and Best NonProfit Human Services.**

We are so thankful for your votes and support for our mission.



♡ Thank You! ♡

Thanks to your incredible support, our Pampered Chef Pop-Up was a huge success!

TOGETHER, WE RAISED

\$936! ♡

All proceeds benefit:

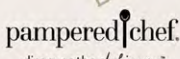
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 **MEALS ON WHEELS BULVERDE SPRING BRANCH**

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♡ Every purchase helps nourish lives and strengthen our community. ♡

We couldn't have done it without you!

 **pampered|chef.**
discover the chef in you™

♡ THANK YOU FOR SUPPORTING OUR MISSION! ♡



BIRTHDAY Vibes

Celebrating some of our August member birthdays!

Thank you to Amir Sanchez and Scott Freddie from IBC Bank for coming out and providing our members expert guidance on how to recognize phone and internet scams, protect personal information, and stay ahead of today's fraud threats.



We had a full house at our BSBAC Talent Showcase last week. We have some talented members here at the Center. Thank you to those that participated and those that attended the Showcase.





August WHAT'S IN SEASON?

Sweet Potato

- ✓ Cholesterol-Free
- ✓ Low-Sodium
- ✓ Good Source of Fiber
- ✓ Fat-Free
- ✓ Gluten-Free

Rich in vitamins and nutrients, sweet potatoes are an excellent healthy food choice that can be prepared in a variety of ways

One large potato (180g)

0.1g
FAT

162
CALORIES

3.6g
PROTEIN

3.9g
FIBER

37g
CARBS

very well

Top 7 Benefits of Sweet Potatoes

- 1 Help strengthen your immune system
- 2 Can help manage stress and anxiety
- 3 Support digestion
- 4 May help improve memory
- 5 Support eye health
- 6 Contain anti-inflammatory properties
- 7 Support healthy blood sugar levels

Dr. Tricia Pingel



SUPER FACTS ABOUT SWEET POTATOES

Sweet potatoes are incredibly rich in nutritional value, making them the perfect ingredient to supercharge your meal. Their added versatility means that sweet potatoes are the ultimate meal base or veggie smuggler! Here are a few super facts about sweet potatoes:

- 1 **Rich package of vitamins**
Vitamin A for healthy eyes and skin, C for a healthy nerve and immune system and B6 to aid metabolism and form red blood cells.
- 2 **Bone and muscle protection**
Sweet potatoes are full of calcium and potassium, which means that by eating sweet potatoes you are aiding bone strength, helping muscle function and regulation heart function.
- 3 **Great for gut health**
Rich in dietary fibre, sweet potatoes aid the digestive system to keep you regular and healthy.
- 4 **Made for 'supermeals'**
Sweet potatoes unique package of nutrients makes them the perfect base to create a 'supermeal'. That is, a balanced meal packed full of nutrition! Find more supermeals with sweet potatoes here.

ORIGINAL
SWEET
POTATOES

click here
to find out more

Sweet Potato

Commonly used
as the complex
carbohydrate
when prepping
for physique
fitness and
bodybuilding
contests



Offers heaps
of vitamin A,
carotenoids &
vitamin C

Loaded with
potassium
and fibre



Can be
**MICROWAVED
OR BAKED**



Strength athletes depend
on this root veg for **MASS
BUILDING** - ATP is key!

TRY IT...

baked and topped with plain Greek
yogurt and chopped green onions or
cut into strips and bake as fries!



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Manuel J Guzman Jr

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- ✓ Medicare Supplement Plans
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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.

