

January 2023

BSBAC Buzz



January is Glaucoma Awareness Month



More than 3 million people in the United States have glaucoma. The National Eye Institute projects this number will reach 4.2 million by 2030, a 58 percent increase.

Glaucoma is called “the sneak thief of sight” since there are no symptoms and once vision is lost, it’s permanent. As much as 40% of vision can be lost without a person noticing.

Glaucoma is the leading cause of irreversible blindness. Moreover, among African American and Latino populations, glaucoma is more prevalent. Glaucoma is 6 to 8 times more common in African Americans than Caucasians.

Over 3 million Americans, and over 60 million people worldwide, have glaucoma. Experts estimate that half of them don’t know they have it. Combined with our aging population, we can see an epidemic of blindness looming if we don’t raise awareness about the importance of regular eye examinations to preserve vision. The World Health Organization estimates that 4.5 million people worldwide are blind due to glaucoma.

WHAT IS GLAUCOMA?

Glaucoma is a group of eye diseases that gradually steal sight without warning. Although the most common forms primarily affect the middle-aged and the elderly, glaucoma can affect people of all ages.

Vision loss is caused by damage to the optic nerve. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain.

There is no cure for glaucoma—yet. However, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease.

REGULAR EYE EXAMS ARE IMPORTANT

Glaucoma is the second leading cause of blindness in the world, according to the World Health Organization. In the most common form, there are virtually no symptoms. Vision loss begins with peripheral or side vision, so if you have glaucoma, you may not notice anything until significant vision is lost.

The best way to protect your sight from glaucoma is to get a comprehensive eye examination. Then, if you have glaucoma, treatment can begin immediately.

HELP RAISE AWARENESS

Here are some ways you can help raise awareness:

1. Talk to friends and family about glaucoma. If you have glaucoma, don’t keep it a secret. Let your family members know.
2. Refer a friend to www.glaucoma.org.
3. Request to have a free educational booklet sent to you or a friend. (Available at the Center)

To learn more, please visit <https://glaucoma.org/january-is-glaucoma-awareness-month/>



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Upcoming Events

January 2
Center Closed for New Year's

January 4 @ 10:00am
Brunch Bingo

January 4 @ 1:45pm
Book Club

January 9 @ 12:35pm
Bunco

January 11 @ 12:30pm
Healthy Carb Class 1

January 12 @ 10:00am
Daytrip: James Avery Jewelry
Headquarters & Museum w/lunch at
Rio Ranch Cafe

January 18 @ 12:30pm
Healthy Carb Class 2

January 18 @ 1:45pm
Caregiver Support w/Hope Hospice

January 19 @ 10:00am
Daytrip: James Avery Jewelry
Headquarters & Museum w/lunch at
Rio Ranch Cafe

January 19 @ 12:30pm
Arts & Crafts Series: Pizza Pan Craft

January 23 @ 12:35pm
Bunco

January 25 @ 12:30pm
Healthy Carb Class 3

January 26 @ 10:00am
Daytrip: James Avery Jewelry
Headquarters & Museum w/lunch at
Rio Ranch Cafe



"January, the first month of the year. A perfect time to start all over again. Changing energies and deserting old moods. New beginnings, new attitudes."

Charmaine J. Forde



Note From the Center...

By DeLisa Leopold, Executive Director

Here we are with a new year upon us. There is an exciting energy that comes with the new year, one of renewal, dedicated efforts to health and wellness, and maybe even the desire to try something new. We are excited for the new year here at BSBAC because we have a great year planned!

Our administrative team has spent the past few weeks reviewing what our members are enjoying, and how we can improve upon that. Health & Wellness classes will help keep everyone on track with their wellness goals, and we will offer new activities to round out our

offerings. Our 2023 fundraising efforts are in full swing including the very first BSBAC Gala in April!

I invite you to use your renewed energy by trying a new activity or wellness class, consider volunteering with us or by asking how you can support our fundraising efforts.

We are excited for the year ahead, mostly because we get to spend it with you!

I wish you all a wonderful start to the new year and I thank you for being part of the BSBAC community.



January Weekly Activity Schedule



MONDAY

9:00am Library
9:00am Socializing
9:00am Ride the Bus
10:00am Dominoes
9:00am Wood Carving
10:00am Men's Fellowship

11:30am Fellowship Meal

12:35pm Bunco (2nd & 4th Mon)
1:00pm Bridge Foursome (1st & 3rd Mon)



TUESDAY

9:00am Library
9:00am Socializing
9:00am Open Games
9:00am Ride the Bus
11:00am Mah Jong

11:30am Fellowship Meal

1:00pm Bingo
2:00pm Guitar



WEDNESDAY

9:00am Library
9:00am Socializing
9:00am Bridge
9:00am Ride the Bus
10:00am Brunch Bingo (1st Wed)

11:30am Fellowship Meal

12:00pm Knitting/Crochet/Sewing
1:45pm Book Club (1st Wed)
2:00pm Caregiver Support Group (3rd Wed)



THURSDAY

9:00am Library
9:00am Socializing
9:00am Ride the Bus
9:00am Wood Carving
10:00am Canasta HF
12:00pm Poker

11:30am Fellowship Meal

1:00pm Mindful Meditation
2:00pm Table Tennis



FRIDAY

9:00am Library
9:00am Socializing
9:00am Ride the Bus

11:00am Fellowship Meal

12:15pm Bingo



Allen, Tim
 Andariese, Irene
 Anderson, Elaine
 Appleby, Janet
 Babbitt, Jimmy
 Berube, Michael
 Bippert, Lauren
 Blotter, Cyndi
 Brandt, Emmy Lou
 Brienzi, Tracy
 Bryant, Linda
 Buell, Weldon
 Bullock, Annie
 Burgess, Gay
 Cables, Trude
 Caliandro, Jeanne
 Campos, Gilbert
 Casillas, Louis
 Castillo, Maria
 Chalk, Maylee
 Clark, Donald
 Clements, John
 Collard, Michael
 Collins, Jean
 Condra, Juanita

Craven, Sheila
 Crist, Nancy
 Dearthoff, Vivian
 Demel, William
 Dix, Patricia
 Eckert, Dolores
 Esquivel, Louis
 Felan, Rebecca
 Ferguson, Sue
 Fischer, Peter
 Fishlock, Ernie
 Forbes, Charlie
 Ford, Tex
 Foreman, Sharon
 Foster, Connie
 Fuller, David
 Garcia Lopez, Beatrice
 Gonser, Patricia
 Gonzales, Patsy
 Gordon, Carolina
 Gottardy, Barbara
 Grant, Nick
 Grunert, Siggy
 Guevara, David
 Hager, Jacqueline

Hales, Laura
 Hammock, Kristen
 Hand, Sandra
 Hart, Regina
 Hartman, Debra
 Hatten, Charles
 Herr, Susan
 Hill, Sylvia
 Holbrook, Midori
 Holbrook, Rosemary
 Hughes, Karen
 Irie, Dianna
 Jenkins, Andrea
 Jordan, Louis
 Kelley, Jerry
 Lagron, Andrew
 Lamkins, Nancy
 Lamont, Jay
 Lara, Reyes
 Larson, Jean
 Lee, Darrell
 Lothringer, Larry
 Mai, Daryl
 Mandrigues, Mary
 Marlar, Carolyn

Mccrea, Debbie
 Mcfarlane, Barbara
 Mcgee, Jesse
 McGlothlin, Claire
 Mckay, Kathleen
 Medina, Oscar
 Micklitz, Hans
 Montgomery, Sachiko
 Mosher, Maureen
 Munger, Seiko
 Murphy, Alex
 Muzny, Janet
 Myer, Carrie
 Nehls, Janette
 Nelson, Phyllis
 Nipper, Denise
 Olguin, Ernest
 Pal, Andy
 Parchman, John
 Parham, Ann
 Pitcock, Ron
 Powell, Devin
 Price, Terry
 Ramirez, Elida
 Regalado, Estella

Renth, Eric
 Rosario, Akiko
 Rosario, Markus
 Rusher, George
 Saavedra, Nora
 San Roman, Shari
 Sanders, Claudette
 Schreve, Marshall
 Schroeder, Kathleen
 Shanahan, Nell
 Shipway, Jack
 Shook, Willie
 Shumate, Victor
 Sims, Judi
 Smith, Ethel
 Snyder, Debby
 Stadler, Pat
 Stewart, Terry
 Stout, Dennis
 Swenson, Brent
 Swenson, Reghan
 Switzer, Sandy
 Tallman, Yeong
 Tarter, Marcelle
 Tew, Jane

Thomas, Ranjana
 Thorne, Patricia
 Towe, Scotty
 Turner, Dan
 Tyson, Alicia
 Ulland, Nancy
 Valdez, Andrea
 Van Blarcum, Gloria
 Van Vleck, Gary
 Vickers, Michael
 Vinnall, Dottie
 Wager, Sonya
 Weissgarber, Angela
 Whitehead, Edwina
 Williams, Glendon
 Williams, Patricia
 Wise, Jo Ann
 Wood, Sharon
 Wright, Carolyn
 Wright, Sharon
 Wulf, Mary Lou
 Wurm, David
 Zulaica, Connie



January 2023 Center Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>2</p>	<p>3</p> <p>Spaghetti Green Salad Garlic Bread Dessert</p>	<p>4</p> <p>Pizza Green Salad Dessert</p>	<p>5</p> <p>Chicken Bacon Ranch Casserole Green Salad Dessert</p>	<p>6</p> <p>Turkey Salad Sandwich Fruit Salad Dessert</p>
<p>9</p> <p>Bacon Potato Corn Chowder Green Salad Cornbread Dessert</p>	<p>10</p> <p>Hamburgers Baked Beans Chips Dessert</p>	<p>11</p> <p>Egg Rolls Chinese Chicken Salad Dessert</p>	<p>12</p> <p>Quiche Fruit Biscuits Dessert</p>	<p>13</p> <p>Beef Tacos Mexican Rice Dessert</p>
<p>16</p> <p>Caprese Sandwiches Broccoli Salad Dessert</p>	<p>17</p> <p>Frito Pie Fruit Dessert</p>	<p>18</p> <p>Chef's Choice Dessert</p>	<p>19</p> <p>Turkey & Stuffing Casserole Green Beans Dessert</p>	<p>20</p> <p>Tuna Salad Green Salad Carrot Raisin Salad Dessert</p>
<p>23</p> <p>Beef Noodle Casserole Green Salad Dessert</p>	<p>24</p> <p>Bean & Cheese Chalupas Guacamole Dessert</p>	<p>25</p> <p>Meatball Subs Caesar Salad Dessert</p>	<p>26</p> <p>BBQ Chicken Legs Black Eyed Pea Salad Potato Salad Dessert</p>	<p>27</p> <p>Chicken a la King Green Salad Dessert</p>
<p>30</p> <p>Grilled Cheese Cream of Tomato Soup Dessert</p>	<p>31</p> <p>Pulled Pork Sandwich Mac & Cheese Dessert</p>			

Fellowship Meal is served Mon-Thurs@ 11:30am, Fri@11:00am
(LUNCH IS SERVED FOR A 1/2 HOUR IN THE CENTER)
Suggested Donation \$4 (Donations help make our fellowship meals possible)
Menus are subject to change



Mumbo Jumbo

Unscramble each of the clue words. Take the letters that appear in boxes and unscramble them for the final message.

RIBLYRA	<input type="checkbox"/>						
HOSLCO	<input type="checkbox"/>						
OBOOK	<input type="checkbox"/>						
DYTSU	<input type="checkbox"/>						
NALRE	<input type="checkbox"/>						

Bamboozles

The object is to try to figure out the well-known saying, person, place, or thing that each bamboozable is meant to represent. (Solutions below)

have have hold hold	obstacles obstacles COMING	HAplayRD get get
foot foot	INccccGS	TRI AL

January Word Search

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

- | | | | | | |
|------------|------------|------------|------------|-----------|---------------|
| Wool | Wood Stove | Wintertime | Windy | Wind | Thermal |
| Storm | Snowstorm | Snowflake | Snowboard | Snow | Slippery |
| Sled | Ski | Scarf | Polar | Mittens | Melt |
| Jack Frost | Jacket | Icy | Ice Skates | Ice | Hot Chocolate |
| Heater | Heat | Frost | Frosty | Frostbite | Freezing Rain |
| Freezing | Fireplace | Fire | earmuffs | Comforter | cold |
| coat | Chill | Blizzard | Blanket | Black Ice | Bitter Cold |
| Below Zero | Arctic | | | | |

Commonyms

- Raisin - White - Rye
- Eiffel - Water - Watch
- Surfing Waves - TV's - Toothpaste
- Calendar - Stone Fruit - Tombstones
- The Scale - The Legend - The Key
- Shepherd - Sheet Music - White House
- Turkey - Teddy Bear - Xmas Stocking
- Porkey - Wilber - Arnold
- Volleyball - Office with Computers - Fisherman
- Tapestry - Braided - Area

Dec. Answers

- Breads
- Towers
- They have tubes
- They all have dates
- Parts of a map
- They have staffs
- They are stuffed
- Pigs
- They have nets
- Rugs



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January Health & Wellness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>2</p>	<p>3</p> <p>9:30am Zumba Gold 10:30am Ballet Barre 12:00pm Zumba Gold Seated 5:30pm Zumba</p>	<p>4</p> <p>8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga</p>	<p>5</p> <p>8:30am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 4:00pm Restorative Yoga 5:30pm Zumba</p>	<p>6</p> <p>9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*</p>
<p>9</p> <p>8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga</p>	<p>10</p> <p>9:30am Zumba Gold 10:30am Ballet Barre 12:00pm Zumba Gold Seated 5:30pm Zumba</p>	<p>11</p> <p>8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga</p>	<p>12</p> <p>8:30am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 4:00pm Restorative Yoga 5:30pm Zumba</p>	<p>13</p> <p>9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*</p>
<p>16</p> <p>8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga</p>	<p>17</p> <p>9:30am Zumba Gold 10:30am Ballet Barre 12:00pm Zumba Gold Seated 5:30pm Zumba</p>	<p>18</p> <p>8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga</p>	<p>19</p> <p>8:30am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 4:00pm Restorative Yoga 5:30pm Zumba</p>	<p>20</p> <p>9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*</p>
<p>23</p> <p>8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga</p>	<p>24</p> <p>9:30am Zumba Gold 10:30am Ballet Barre 12:00pm Zumba Gold Seated 5:30pm Zumba</p>	<p>25</p> <p>8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga</p>	<p>26</p> <p>8:30am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 4:00pm Restorative Yoga 5:30pm Zumba</p>	<p>27</p> <p>9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*</p>
<p>30</p> <p>8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga</p>	<p>31</p> <p>9:30am Zumba Gold 10:30am Ballet Barre 12:00pm Zumba Gold Seated 5:30pm Zumba</p>			

GYM HOURS

Mon-Thurs: 8:00am - 5:00pm

Fri: 8:00am - 3:00pm

*Class is FREE for all BSBAC Membes



NOTICE
Gym Seasonal Hours
December 12
through
February 3
the Cym will close at 5pm

<p>1</p>  <p>Drink more water</p>	<p>2</p>  <p>Get moving</p>	<p>3</p>  <p>Watch your portions</p>
<p>4</p>  <p>Nurture relationships</p>	<p>8 Health Resolutions You Can Keep</p>	<p>5</p>  <p>Get more rest</p>
<p>6</p>  <p>Snack smarter</p>	<p>7</p>  <p>Get some sun</p>	<p>8</p>  <p>Go easy on yourself!</p>

Health & Wellness Class Descriptions



ACTIVE AGING STRENGTH

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***



BALLET BARRE

The exercises build gradually, are safe and can be performed by anyone. Muscles become toned and lengthened, posture is improved, and movement becomes more graceful as the student becomes more aware of his/her body.



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.



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.



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.



YOGA/YOGA MIXED

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/SEATED

Zumba is a dance-fitness class that is set to zesty Latin music like salsa, merengue, mambo, etc. Zumba Gold modifies the moves and pacing to suit the needs of the active older participant.



ZUMBA TONING

Zumba Toning is perfect for those who like Zumba, but want to put extra emphasis on toning and sculpting to define those muscles. The challenge of adding resistance by using toning sticks (or light weights), helps you focus on specific muscle groups, so your muscles stay engaged.

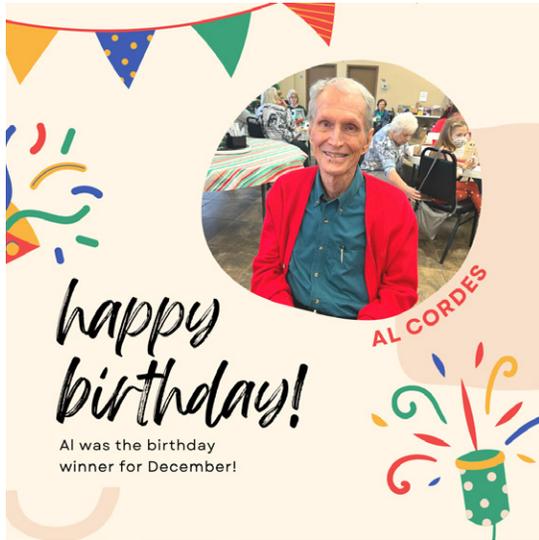


“Exercise not only changes your body, it changes your mind, your attitude, and your mood.”





Activity Center Happenings



BINGO WINNERS

MABEL ENNIS WAS THE PROGRESSIVE TUESDAY BINGO WINNER SPONSORED BY AUDREY CHEATUM, REALTOR



ALICIA TYSON WAS THE PROGRESSIVE FRIDAY BINGO WINNER SPONSORED BY SELECT SILVA AGENCY



December was a fun month of festivities at the Center including our cookie swap and ugly/festive sweater contests! Members also had a few parties off-site to celebrate the holidays.





Activity Center Happenings



MEALS ON WHEELS ANGEL TREE AND SCHOOL DONATIONS

We had our 2nd Annual Meals on Wheels Angel Tree this year and were overwhelmed by the community and member support. We had an abundance of gifts and items donated and given to our seniors in need. The local schools in the Pieper High School feeder pattern also did donation drives and donated many items to our Center and our cause. We cannot thank you all enough for your support!



Thank you to everyone that came out to our Annual Christmas Luncheon! We had a great lunch and lots of fellowship with the members! Special shoutout to our BSB Fire & EMS for joining us.



January Event Flyers

JANUARY BRUNCH BINGO



CROISSANT BREAKFAST BAKE W/ SAUSAGE
Wednesday, January 4th @ 10am
 6 Games of bingo - \$2
 Brunch - \$4
 Donations Appreciated

HEALTH FOCUS SERIES

CLASSES ARE PROVIDED BY TEXAS A&M AGRILIFE EXTENSION. EACH CLASS WILL FOCUS ON A HEALTH TOPIC RELATED TO INCORPORATING HEALTHY CARBS INTO YOUR MEALS.

ALL ABOUT HEALTHY CARBOHYDRATES

Four Week Class Series

- BUILDING A HEALTHY PLATE
- BALANCING CARBOHYDRATES
- FINDING THE SIDES: FRUITS & DAIRY
- THE SWEETENED TRUTH ABOUT CARBOHYDRATES

CLASSES BEGIN WEDNESDAY, JANUARY 11TH FROM 12:30-2PM
 NEXT CLASS DATES: 1/18, 1/25, & 2/1

UGDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER. THIS MATERIAL WAS FUNDED BY UGDA'S SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP). THE MEMBERS OF TEXAS A&M AGRILIFE WILL PROVIDE EQUAL OPPORTUNITIES IN PROGRAMS AND ACTIVITIES. EDUCATION AND EMPLOYMENT TO ALL PEOPLE REGARDLESS OF RACE, COLOR, SEX, RELIGION, NATIONAL ORIGIN, AGE, DISABILITY, GENETIC INFORMATION, VETERAN STATUS, SEXUAL ORIENTATION OR GENDER IDENTITY AND WILL STRIVE TO ACQUIRE FULL AND EQUAL EMPLOYMENT OPPORTUNITY THROUGHOUT TEXAS A&M AGRILIFE.

BETTER LIVING FOR TEXANS

JANUARY DAY TRIP
 Thursdays January 12th, 19th, & 26th

Rio Ranch Cafe
good food for good people

Bus Departs Promptly at 10AM

Join us for a fun trip out to Kerrville to visit the James Avery Headquarters & Museum. Lunch at Rio Ranch Cafe.

\$10 per person if riding the bus. Don't want to ride the bus, follow along in your own vehicle.

ARTS & CRAFTS SERIES

PIZZA PAN CRAFT

THURSDAY, JANUARY 19 @ 12:30PM



ALL SUPPLIES WILL BE PROVIDED
 \$5 DONATION IS APPRECIATED

Please sign up by Jan. 13th

STARTING JANUARY 12TH

BIBLE STUDY

Get to learn more about the holy scriptures with us!

THURSDAYS
 1PM-2PM

LED BY SHANE CARTER
 PROJECT 10:27

If interested, please sign-up on the sheet provided.



Update your info!

THE NEW YEAR IS A GREAT TIME TO MAKE SURE WE HAVE YOUR CORRECT INFO!

We often use email, text messages and phone calls for communication from us here at the Center for closures, class cancellations, etc. Please make sure to let us know if there are any changes.

MEMBERSHIP

! IMPORTANT CHANGE

As of Jan. 1st, 2023, Annual Membership fees will be increasing

- Individual Membership: \$50/year
- Couple Membership: \$75/year

This increase equates to about \$4/month per person to participate in all the activities the Center offers.* This increase helps us to continue providing activities and services for the membership.

The Bulverde Senior Center (BSC) dba 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. We do not receive any federal, state, or local funds. *(Excludes extra monthly fitness fees, or additional fee activities.)



Upcoming Special Events



4th Annual Bulverde BBQ Battle

The Bulverde BBQ Battle is an annual event that serves as a major fundraiser for the Bulverde Spring Branch Activity Center as well as a community event. The BBB is held every year on the last weekend of February. The Cook-off gathers cooks and attendees from the Bulverde/Spring Branch area as well as surrounding communities and counties.

Join us at our new location this year...

1747 East Ammann Road, Bulverde for a fun weekend!
Not a cooker, but want to join the fun? \$10 wristbands will be good for Friday and Saturday and include parking, BBQ tastings, music, vendor shopping and a great time with friends!

BULVERDE SPRING BRANCH ACTIVITY CENTER PRESENTS

BULVERDE BBQ BATTLE

COMPETITION BBQ COOK-OFF
FEBRUARY 24-25, 2023

1747 EAST AMMANN ROAD, BULVERDE, TX 78163

TITLE SPONSOR
Vulcan
Materials Company

\$200 team registration includes:
• Entry into chicken, ribs & brisket.

\$250 team registration includes:
• Team Space (RVs welcome)
• Entry into chicken, ribs & brisket.

Jackpot categories/\$25 each:
• Beans
• Dutch Oven Dessert
• Margarita
• Kid's Cook
• Salsa
• Cook's Choice

Not a cooker, but want to join the fun?
\$10 wristbands, good for Friday and Saturday.
Wristbands include parking, BBQ tastings, music, vendor shopping and a great time with friends!

Open to the Public
Friday, February 24 at 5pm - 10pm and
Saturday, February 25, 10am - 8pm

Scan for:
Team registration
Sponsorship Opportunities
Event wristbands.

Team Information
DeLisa Leopold
dleopold@bsbac.com

Sponsorship & Vendor Information
Reghan Swenson
rswenson@bsbac.com

BULVERDE SPRING BRANCH ACTIVITY CENTER

4th Annual Bulverde BBQ Battle
Sponsorship Opportunities

The Bulverde BBQ Battle is an annual event that serves as a major fundraiser for the Bulverde Spring Branch Activity Center as well as a community event. The first year of the event, 2020, BSAC hosted 26 competition cooking teams. In 2021, we hosted 46 teams. The cook-off gathers cooks and attendees from the Bulverde/Spring Branch area as well as surrounding communities and counties.

For more information regarding sponsorships, please contact Reghan Swenson at 830-438-3111 or rswenson@bsbac.com

The Bulverde Spring Branch Activity Center is a nonprofit, 501(c)(3) organization.

Tier 1 - \$5000
TITLE SPONSOR (1)
2 team spots, sponsor logo on all printed and online event materials, 20 motions, recognition throughout event as Title Sponsor, display of sponsor banner* during event, 10 event wristbands and 5 event t-shirts.
Thank you Vulcan Materials

Tier 2 - \$2500
HOSPITALITY SPONSOR (1)
Team spot, display of sponsor logo on band tent/stage, 10 motions, 8 event wristbands and 4 event t-shirts.
Thank you ATC Foundation

Tier 3 - \$1000
JUDGING SPONSOR (1)
Team spot, sponsor flyer on judging tables (up to 6), display of sponsor banner* in judging area, 6 event wristbands and 3 event t-shirts.

AWARDS SPONSOR (1)
Team spot, sponsor banner on awards stage, sponsor flyer on awards (up to 6), 6 event wristbands and three event t-shirts.
Thank you Big Sur Pool Co.

TEAM SPONSOR (2)
Team spot, display of sponsor banner* during event, company promo item may be added to team bags, 6 event wristbands and three event t-shirts.

Tier 4 - \$500
T-SHIRT SPONSOR (6)
Sponsor logo on event t-shirts, display of sponsor banner*.

KOOZIE SPONSOR (1)
Sponsor logo on koozie, display of sponsor banner* during event, 6 event wristbands and 3 event t-shirts.
Thank you Texas Lone Star Title

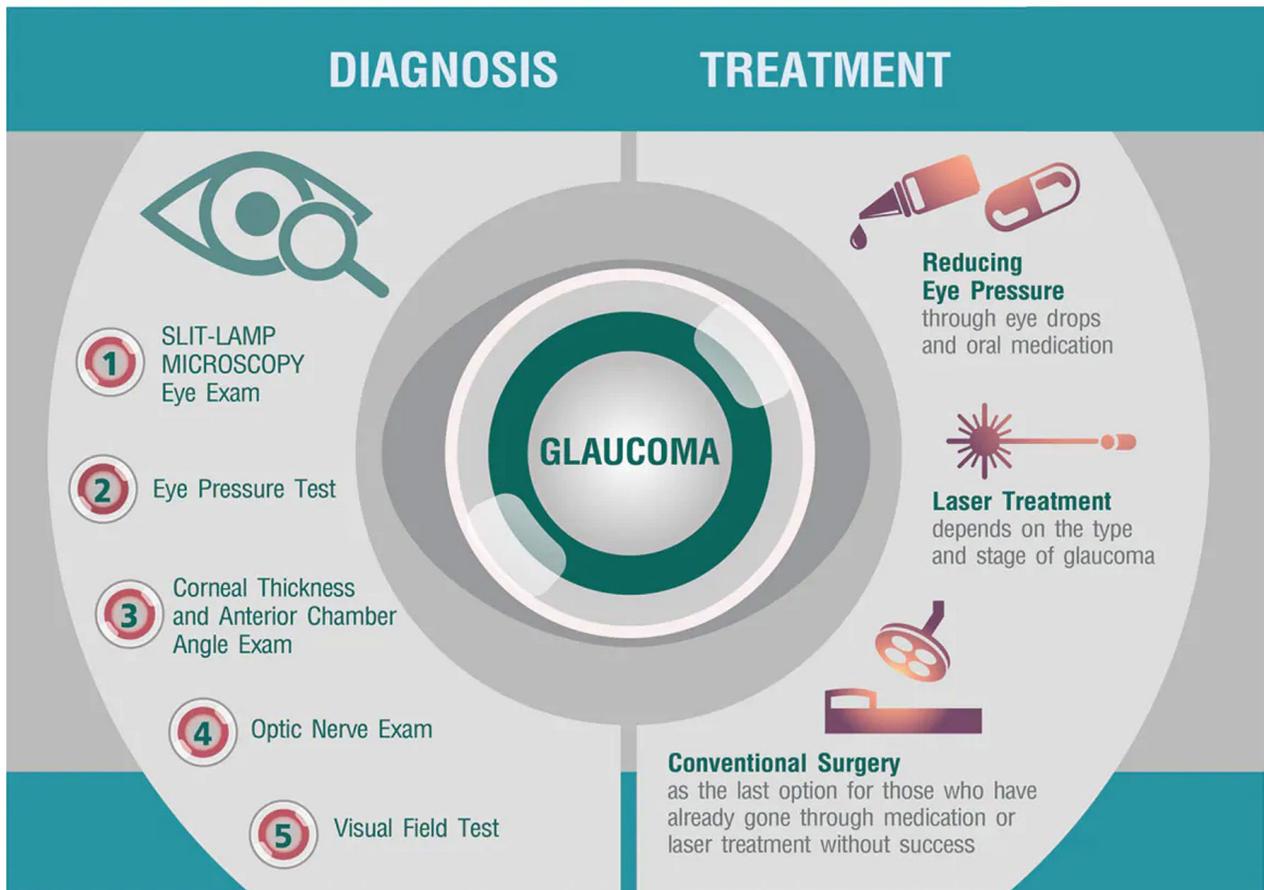
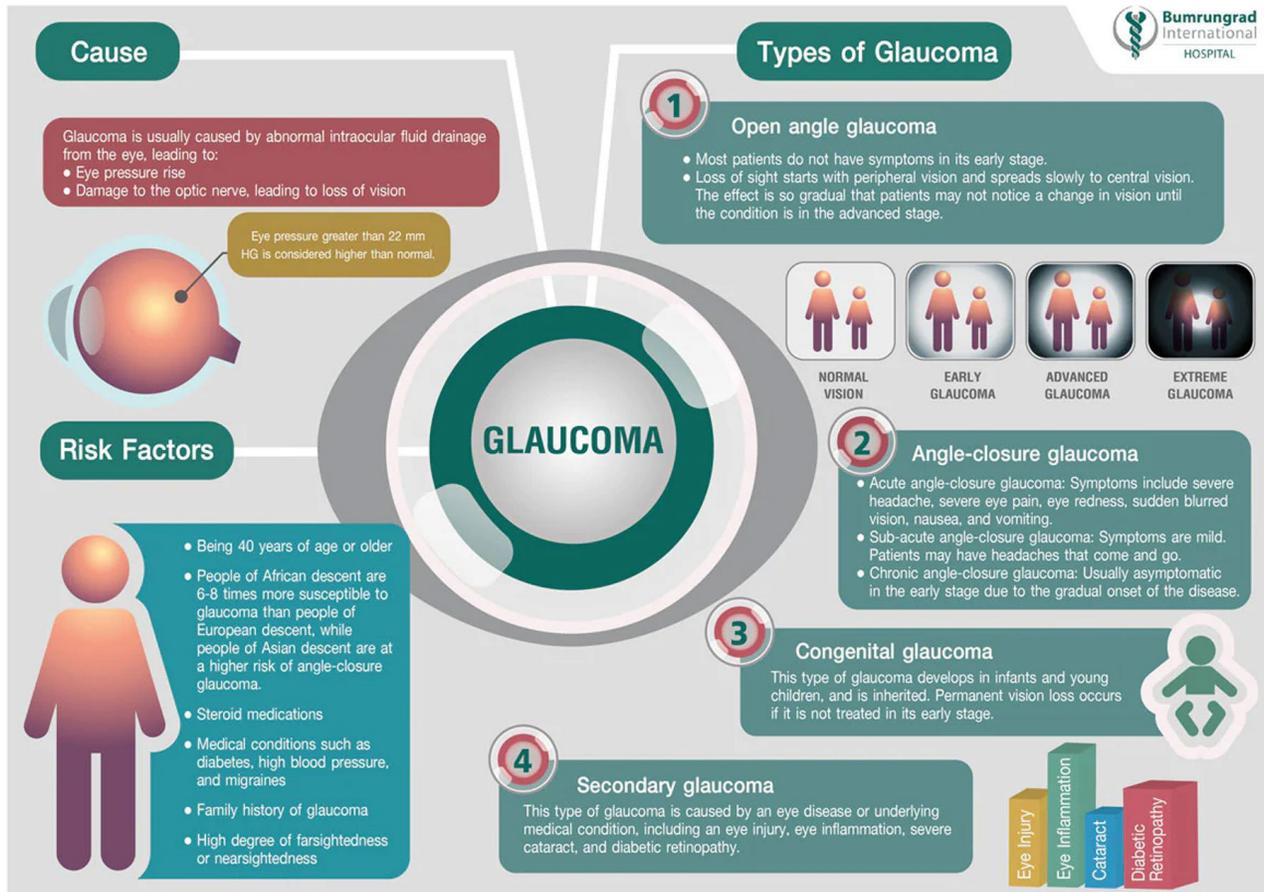
RAFFLE SPONSOR (4)
Sponsor logo on raffle item flyer, verbal recognition during raffle drawings/awards presentation, display of sponsor banner*.

Tier 5 - \$250
COMMUNITY PARTNER
Each sponsorship includes 4 event wristbands and display of sponsor banner during event and logo on event banner. There are variety of sponsorship options with this level. Contact us for details!

*Provided by sponsor

“Each new year, we have before us a brand new book containing 365 blank pages. Let us fill them with all the forgotten things from last year—the words we forgot to say, the love we forgot to show, and the charity we forgot to offer.”

PEGGY TONEY HORTON





News You Can Use



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Glaucoma Screening

Since the damage caused by glaucoma cannot be reversed, early treatment is vital.



Age	Glaucoma Screening	
	For People with <i>no</i> risk factors	For People with risk factors*
18-39 years	At least once during this period	Every 1-2 years or as directed by the doctor
40-64 years	Every 2-4 years	Every 1-2 years or as directed by the doctor
65 years or older	Every 1-2 years	Every year or as directed by the doctor



* Risk factors include people with certain medical conditions such as diabetes and high blood pressure, certain eye conditions such as retinal detachment, previous eye injury, a family history of eye conditions such as glaucoma and macular degeneration, work which requires heavy strain on the eyes, the use of medications which affect the eyes, and the wearing of contact lenses.

By Dr. Orathai Suwanpimolkul, Glaucoma Specialist, Eye Center, Bumrungrad Hospital



11 VITAMIN-RICH FOODS TO IMPROVE EYE HEALTH

You may have lots of foods that are beneficial to your eye health right in your fridge without realizing it. Find out what important foods may be hiding in your kitchen.

1 CARROTS



- Contains beta-carotene
- Aids in the smooth functioning of the retina

2 LEAFY GREEN VEGETABLES



- Great antioxidants to maintain eye health
- Can prevent cataracts and macular degeneration

3 RAW RED BELL PEPPERS



- Great source of vitamin C
- Helps maintain the eye's blood vessels
- Reduces risk of developing cataracts

4 SUNFLOWER SEEDS AND NUTS



- Great source of vitamin E
- Can reduce the chances of macular degeneration

5 SALMON



- Filled with omega-3 fatty acids
- Helps maintain eye health
- Aids in treatment of eye problems

6 FISH OIL



- Great source of omega-3 fatty acids
- Accessible and affordable

7 EGGS



- Contains lutein and zeaxanthin
- Helps lower the risk of macular degeneration

8 CITRUS FRUITS AND BERRIES



- Filled with vitamin C
- Helps maintain eye pressure
- Aids in normalizing blood pressure

9 WHOLE GRAINS



- Great source of complex carbohydrates
- Helps maintain blood sugar levels
- Can prevent cataracts and macular degeneration

10 LEGUMES



- Contains bioflavonoids and zinc
- Helps protect the retina
- Can prevent macular degeneration and cataracts

11 LEAN BEEF



- Great source of zinc
- Helps bring vitamin A to your retina
- Aids in creating a protective pigment

For more tips on keeping your eyes healthy through natural, homeopathic methods, visit healingtheeye.com





Brussels Sprouts

verywell

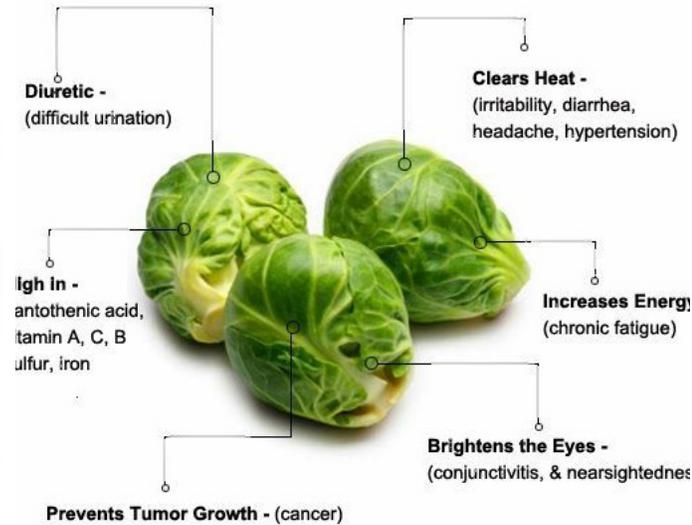
✓ Cholesterol-Free ✓ Gluten-Free
 ✓ Low in Saturated Fat ✓ Low-Fat
 ✓ Low-Sodium ✓ High-Fiber

Provides 16 percent of your daily needs of fiber in one cup. Excellent source of vitamin C and vitamin K

4G PROTEIN
 56 CALORIES
 4.1G FIBER
 11G CARBS
 0.8G FAT

(per cup, cooked with no fat)

Brussel Sprouts
 Thermal Nature = Cooling
 Flavor = Pungent, Slightly Bitter, Mildly Sweet



ROASTED BRUSSEL SPROUTS WITH WALNUTS

• INGREDIENTS •

- 1 1/2 lbs brussel sprouts
- 1/2 cup chopped walnuts
- 3 tblsp olive oil
- 3/4 tsp salt
- 1/2 tsp ground black pepper

• INSTRUCTIONS •

- peel outer leaves off of brussel sprouts, cut off stems and halve.
- mix brussel sprouts in bowl with olive oil, salt, and pepper until coated.
- pour on sheet pan.
- roast @ 400° for 35 to 40 minutes, shaking pan throughout to ensure even roasting.

Thank You Sponsors



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Candice Hitt
Bookkeeper



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

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.



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