

July 2023

BSBAC Buzz



How Older Adults Can Get Started with Exercise



Deciding to become physically active can be one of the best things you can do for your health. Exercise and physical activity are not only great for your mental and physical health, but they can help keep you independent as you age. Now, let's talk about getting started.

How much activity do older adults need?

According to the Physical Activity Guidelines for Americans (PDF, 14.5M) you should do at least 150 minutes (2 ½ hours) a week of moderate-intensity aerobic exercise, like brisk walking or fast dancing. Being active at least three days a week is best, but doing anything is better than doing nothing at all. You should also do muscle-strengthening activities, like lifting weights or doing sit-ups, at least 2 days a week. The Physical Activity Guidelines also recommend that as part of your weekly physical activity you combine multiple components of exercises. For example, try balance training as well as aerobic and muscle-strengthening activities. If you prefer vigorous-intensity aerobic activity (like running), aim for at least 75 minutes a week.

Start slowly when beginning exercise. The key to being successful and safe when beginning a physical activity routine is to build slowly from your current fitness level. Over-exercising can cause injury, which may lead to quitting. A steady rate of progress is the best approach.

To play it safe and reduce your risk of injury:

- Begin your exercise program slowly with low-intensity exercises.

- Warm up before exercising and cool down afterward.
- Pay attention to your surroundings when exercising outdoors.
- Drink water before, during, and after your workout session, even if you don't feel thirsty. Play catch, kickball, basketball, or soccer.
- Wear appropriate fitness clothes and shoes for your activity.
- If you have specific health conditions, discuss your exercise and physical activity plan with your health care provider.

We have many opportunities for you to exercise here at the Center. The classes we offer include Balance & Strength, Zumba, Line Dancing, Pilates, Yoga, and more. Our gym features treadmills, a recumbent bike, an elliptical and nine EGYM weight machines with state-of-the-art technology that provide you with a guided, safe, and effective workout experience. Our Center is the only place in our area to have this equipment. If you need help with any of your exercise goals, please visit with one of our trainers or staff.



<https://www.nia.nih.gov/health/how-older-adults-can-get-started-exercise>.



Inside this issue

Upcoming Events & Note from the Center
PAGE 2

Weekly Activity Schedule
PAGE 3

Center Meal Menu
PAGE 4

Games Galore
PAGE 5

Health & Wellness Schedule
PAGE 6

Health & Wellness Descriptions
PAGE 7

Activity Center Happenings
PAGE 8-9

July Event Flyers & Special Events
PAGE 10-11

News You Can Use
PAGE 12-13

What's Cooking
PAGE 14

Thank You Sponsors
PAGE 15

Center Contact Info
PAGE 16



Upcoming Events

July 4
Center Closed for Holiday

July 6 @ 10:00am
Brunch Bingo

July 6 @ 1:45pm
Book Club

July 6, 13, 27 @ 9:45am
Daytrip: The Guenther House w/
lunch at the restaurant and Kilwins
for ice cream

July 10 @ 12:35pm
Bunco

July 12 @ 10:00am
Card Creations Class

July 12 @ 12:30pm
Self-Care Workshop: Ideal
Therapeutic Massage and Craft
making Neck Heating Pads/Eye
Pillows

July 15 @ 11:00am
14th Annual Style Show & Luncheon

July 17 @ 11:30am
Membership Connection Lunch

July 19 @ 2:00pm
Caregiver's Support Group
w/Hope Hospice

July 26 @ 12:35pm
Arts & Crafts Series: Watercolor
Tape Artt

July 31 - 10:30am-9:30pm
Panda Express BSBAC Fundraiser



*"May we think of freedom not as the right to do as we please, but as the opportunity to do what is right."
~Peter Marshall*



Note From the Center...

By DeLisa Leopold, Executive Director

We are halfway through the year, and it has been very busy here at the Center. I wanted to share our Mid-Year Snapshot report with you so you can see for yourself. We are looking forward to continuing this increased activity and welcoming new members for the rest of 2023!



2023 Mid-Year Snapshot



193 NEW MEMBERS IN 2023
through June 30, 2023

MORE THAN 800 MEMBERS
checked in for activities
over 25,000 times



OVER 8,000 MEALS DELIVERED BY VOLUNTEERS
to over 80 homebound seniors



PROVIDED FOOD, SUPPLIES, & MEDICINE
for Pets on Wheels

OVER 100 SET-UPS
on our EGYM strength
equipment



135 VOLUNTEERS LOGGED OVER 4,000 HOURS
helping with Meals on Wheels, kitchen, front desk, maintenance, gardening, events, teaching classes & more

\$110,000+ RAISED
through fundraising



150 CHECK-INS
for monthly group day trips to the James Avery Headquarters, Camp Verde, Marble Falls, The Mercado, & The Ridge Marketplace in Kerrville



THANK YOU TO OUR COMMUNITY SPONSORS

We are grateful to have incredible community partners whose contribution makes a big impact on our community and helps us continue our mission.



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

July Weekly Activity Schedule



MONDAY

9:00am Library
9:00am Socializing
9:00am Wood Carving
10:00am Dominoes:
 Mexican Train (1st &
 3rd Mon)

11:30am
 Fellowship Meal

12:35pm Bunco
 (2nd & 4th Mon)
1:00pm Bridge
 Foursome
 (1st & 3rd Mon)
1:30pm Dominoes
2:30pm Table Tennis



TUESDAY

9:00am Library
9:00am Socializing
11:00am Mah Jong

11:30am
 Fellowship Meal

1:00pm Bingo
2:15pm Beginning
 Spanish



WEDNESDAY

9:00am Library
9:00am Socializing
9:00am Bridge
10:00am Brunch
 Bingo (1st Wed)
10:00am Card
 Creations (2nd Wed)

11:30am
 Fellowship Meal

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



THURSDAY

9:00am Library
9:00am Socializing
9:00am Wood Carving
10:00am Canasta HF
10:00am Daytrip
 (2nd, 3rd, 4th Thurs)
12:00pm Poker

11:30am
 Fellowship Meal

12:30pm Mindful
 Meditation
1:00pm Bible Study



FRIDAY

9:00am Library
9:00am Socializing

11:00am
 Fellowship Meal

12:15pm Bingo



Araiza, Gloria
 Arredondo, Cheryl
 Austad, Steve
 Baker, Shirley
 Bales, Mary
 Berardi, James
 Bernal, Karen
 Bilotti, Julie
 Blackwelder, Renee
 Block, Terry
 Boothe, Diana
 Brown, Maricela
 Byerly, Linda
 Carter, Marlene
 Carter, Robert
 Cash, Vicki
 Chavez, Emma
 Coones, Fred David
 Crowe, Allison

Dresbach, Marylou
 Elizondo, Xavier
 Eller, Belinda
 Engrave, Adaia
 Eubank, Norman
 Fletcher, Mary
 Garcia, Rodney
 Gatlin, Linda
 Gresham, Gary
 Halfhill, Susan
 Hamilton, Marilyn
 Harrell, Pamela
 Hartman, Linda
 Hartnett, Lorrie
 Hernandez, Mary Ellen
 Hess, Regina
 Hitt, Candice
 Hoehn, Michelle
 Jaksik, Mary

Kent, Helen
 Kight, Elizabeth
 Knight, Cheryl
 Larson, Myron
 Leinen, Kathy
 Linares, Kathy
 Lively, Mary Kay
 Long, Robert
 Lynch, Patricia
 Mata, Julie
 McCollum, Carol
 Metcalf, Eugene
 Moncrief, Kay
 Morris, Donna
 Murray, Carol
 Owen, David
 Paniszczyn, Martha
 Patterson, Stephen
 Paxton, Jackie

Pope, Rosa
 Powell, Charles
 Putnam, Kelly
 Ramos, Santiago
 Rangel, Mary
 Rankin, Diane
 Schumacher, Ron
 Selko, Claudia
 Sisk, Lindy
 Slade, Anita
 Smerick, Joyce
 Stautzenberger, Hanni
 Stout, Denise
 Strickland, Bobbie
 Taylor, Fleeta
 Thelander, Kathleen
 Trudeau, Marcel
 Voss, Eileen
 Wagoner, Donald




Wagoner, Karen
 Wilken, Dale
 Wilken, Judy
 Williams, John
 Wood, Michelle
 Worley, Patricia
 Young, Mary
 Zamora, Norma Jean
 Zunker, Marie





July 2023

Center Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Baby Back Ribs Potato Salad Cole Slaw Dessert</p>	<p>4</p> 	<p>5</p> <p>Hamburgers Chips Watermelon Dessert</p>	<p>6</p> <p>Pork Tenderloin Mashed Potatoes Roasted Brussel Sprouts Dessert</p>	<p>7</p> <p>Chicken Salad Fruit Salad Macaroni Salad Dessert</p>
<p>10</p> <p>Egg Rolls Lo Mein Dessert</p>	<p>11</p> <p>Sub Sandwiches Chips Fruit Dessert</p>	<p>12</p> <p>Asian Chicken Salad Dessert</p>	<p>13</p> <p>Fajita Chicken Bake Pinto Beans Mexican Rice Dessert</p>	<p>14</p> <p>Roast Beef Sliders Carrot Raisin Salad Dessert</p>
<p>17</p> <p>Mongolian Chicken and Rice Broccoli Lemon Cream Pie</p>	<p>18</p> <p>Frito Pie Fruit Dessert</p>	<p>19</p> <p>Beef Kabobs Rice Pilaf Cherry Pie Bars</p>	<p>20</p> <p>Sausage & Shrimp Jambalaya Green Salad Corn Bread Dessert</p>	<p>21</p> <p>Taco Salad Dessert</p>
<p>24</p> <p>Pulled Pork Sandwich Coleslaw Dessert</p>	<p>25</p> <p>Veggie Stir-Fry Rice Dessert</p>	<p>26</p> <p>BLT Sandwich Fruit Dessert</p>	<p>27</p> <p>Onion Chicken Green Beans Pistachio Cream Bars</p>	<p>28</p> <p>Chef's Choice Dessert</p>
<p>31</p> <p>Pizza Green Salad 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.

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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)

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4TH OF JULY WORD SEARCH

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

- | | | | | |
|-------------|-----------|--------------|-----------|--------|
| America | Fireworks | Independence | Red | United |
| Blue | Flag | July | Sparklers | White |
| Britain | Fourth | Liberty | Stars | |
| Celebrate | Freedom | Parade | Stripes | |
| Declaration | Holiday | Picnic | Summer | |

Commonyms

1. Green - Moola - Dough
2. Playing - Time - Greeting
3. Punch - Hair - A Volleyball
4. High - Balance - Laser
5. Human - Rat - Relay
6. Cat - Dog - Gold
7. Toad - Foot - Bar
8. French - Eskimo - Hershey
9. Area - Fire - Zip
10. Gray - Red - Timber

June Answers

1. Tellers
2. Parts of a golf course
3. They produce milk
4. They have drives
5. Lights
6. Tennis court surfaces
7. Winds
8. They all rise
9. Paints
10. Picks

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July Health & Wellness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</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>4</p> 	<p>5</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>6</p> <p>8:30am Easy Pace 9:30am Zumba Gold 10:30am Pilates 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba</p>	<p>7</p> <p>9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*</p>
<p>10</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>11</p> <p>9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba</p>	<p>12</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>13</p> <p>8:30am Easy Pace 9:30am Zumba Gold 10:30am Pilates 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba</p>	<p>14</p> <p>9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*</p>
<p>17</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>18</p> <p>9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba</p>	<p>19</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>20</p> <p>8:30am Easy Pace 9:30am Zumba Gold 10:30am Pilates 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba</p>	<p>21</p> <p>9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*</p>
<p>22</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>23</p> <p>9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba</p>	<p>24</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>25</p> <p>8:30am Easy Pace 9:30am Zumba Gold 10:30am Pilates 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba</p>	<p>26</p> <p>9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*</p>
<p>29</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>30</p> <p>9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba</p>			

GYM HOURS

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

Fri: 8:00am - 3:00pm

*Class is FREE for all BSBAC Membes



THE FIRST WEALTH IS
health.

—RALPH WALDO EMERSON

10 BENEFITS OF EXERCISE FOR OLDER ADULTS



Maintain independence

Promotes mood and energy

Manage weight

Enhances sleep health

Reduce health risks

Strengthens mobility and flexibility

Improves brain function

Improves body image

Boosts mental health

Elevates sexual function

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***



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.



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.



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, effortless 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

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.

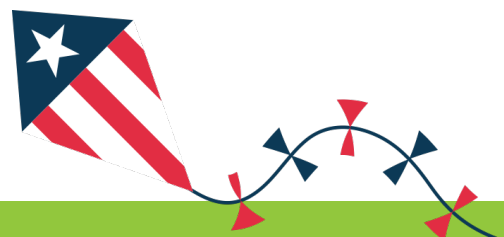


ZUMBA TONING

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

Alicia Tyson & Charline Cordes were our progressive Bingo winners sponsored by Pam, Specialty Hospital of New Braunfels and Audrey Cheatum, Realtor



HAPPY Birthday

CELEBRATING PAUL DELMAS

LINE DANCE COMPETITION

Our members had a great time at the Line Dancing Competition last month. There were so many good dances and fun was had by all. Congratulations to the winners and kudos to those members that got up to teach and lead the dances.





Activity Center Happenings



JUNE ARTS & CRAFTS SERIES

We had two craft classes last month. Members made patriotic bandana wreaths for the 4th of July holiday and summer floral arrangements. Join us this month for a new fun craft.



MEMBER SPOTLIGHT: VICTOR MUNGUIA

Victor visits the Center almost every day we are open. He does multiple fitness classes a day, works out in the gym, and is always friendly and upbeat. He was our Walk Across Texas champion, by walking 286 miles! His daughter made him this shirt to celebrate him and his accomplishment.



July Event Flyers



JULY BRUNCH BINGO
 Wednesday, July 5th at 10am
 Crustless Quiche Lorraine and Yogurt Parfaits

6 Games of bingo - \$2
 Brunch - \$4
 Donations Appreciated

JULY DAY TRIP



THURSDAYS: JULY 6TH, 13TH & 27TH

Spend the day visiting one of San Antonio's Finest Historical Homes owned by C.H. Guenther, Founder of Pioneer Flour Mills. Enjoy walking the grounds, touring the home, visiting the museum, having lunch at the restaurant, and shopping at the River Mill Store. Afterwards, we will visit Kilwinns for Ice Cream.

BUS DEPARTS PROMPTLY AT 9:45AM

****DAY TRIPS ARE RESERVED FOR BSBAC MEMBERS ON A FIRST COME, FIRST SERVED BASIS.****

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

JULY'S SELF CARE WORKSHOP
 Wednesday, July 12th at 12:30pm

Join us for a relaxing afternoon while learning about the benefits of Therapeutic massage and how it may help you. Luis Garcia with Ideal Therapeutic Massage will be speaking and giving chair neck & shoulder massages during the event.

We will also be making No Sew Neck Heating Pads and Eye Pillows with Essential Oils.

Please use the sign up below.

ARTS & CRAFTS SERIES

Watercolor Tape Art

WED. 7/26, 1:00PM

All supplies will be provided.
\$5 donation appreciated

Fundraiser for Bulverde Spring Branch Activity Center

20% of event sales will be donated
 501 (c)(3) serving adults 50+. We rely on community support to provide our services.

When: Monday, July 31, 2023
 Time: 10:30 AM to 9:30 PM

Where: Panda Express located at:
 350 Singing Oaks Spring Branch TX 78070
 (830) 438 - 2701

How to Order:

Online: PandaExpress.com or the App. Enter 354907 in the fundraiser code box

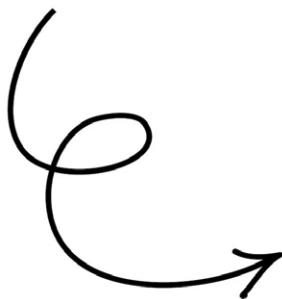
In Person: Bring paper flyer or show it on your smartphone

Order ahead or on the event day Monday, July 31, 2023

Health and Safety: Committed to your health and safety, Panda Express is recognized as America's safest restaurant brand.

Participating fundraiser guests are required to present a valid fundraiser flyer (paper flyer or digital image) with each order to receive credit towards the fundraiser. Flyers may not be distributed inside or within the vicinity of the restaurant including, without limitation to, the restaurant parking lot before or during the fundraiser. Panda Restaurant Group reserves the right to cancel any and all fundraiser events. © 2023 Panda Restaurant Group of Restaurants, Inc. All rights reserved. Panda Express, the Panda Express logo and Singing Oaks are service marks of Panda Restaurant Group, Inc. All other marks are the property of their respective owners. See us at Singing Oaks on 7/31/23.

Self-care is important! Use this July calendar as a guide for your self-care throughout the month. Try them all or just a few.



JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Set your self-care goals for the month.	2 Learn a new skill to make your life easier.	3 Practice mindfulness for 10 minutes.	4 Write in your gratitude journal.	5 Create a vision board for the 2018-19 school year.	6 Spend 50 minutes walking outside.	7 Swim 10 laps.
8 Spend time with a child who will tell you the truth.	9 Watch your favorite movie.	10 Reach out to a struggling friend and offer to do something with them.	11 Get take out.	12 No social media.	13 Schedule a doctor's visit.	14 Read a book.
15 Evaluate your self-care goals for the year.	16 Take an exercise class.	17 Send a friend an encouraging email.	18 Turn your phone off for 12 hours.	19 Find a therapist, pastor, or friend who can listen to your problems.	20 Send your best friend a thank you note.	21 Buy yourself a book.
22 Buy some essential oils for your home.	23 Eat a healthy lunch.	24 Visit a spa.	25 Go for a 15 minute run.	26 Call your favorite family member.	27 Walk for 50 minutes.	28 Listen to your favorite song on repeat.
29 Swim 10 laps.	30 Make a list of all your accomplishments.	31 Watch your favorite series on Netflix.				

"IF YOU LOOK INTO YOUR OWN HEART, AND YOU FIND NOTHING WRONG THERE, WHAT IS THERE TO WORRY ABOUT? WHAT IS THERE TO FEAR?" - Confucius

Upcoming Special Events

Get Your Style Show Tickets Now!

This year's Annual Style Show will be held on Saturday, July 15th. It is a fun, social event that includes a catered lunch, signature cocktails, a style show featuring stylings from local boutiques, a vendor fair and more! You can buy tickets online using the QR code on the flyer or in person at the Center.

We will have a vendor fair and are still looking for vendors in the areas of skincare, jewelry, purses, accessories, fashion, nutrition, home goods, etc. If you are interested, please contact Reghan Swenson at rswenson@bsbac.com for more information.

Sponsored by:



SATURDAY, JULY 15, 11AM-2PM

14th Annual Style Show and Luncheon

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

TICKETS \$25 PER PERSON

Ticket includes lunch, drinks, dessert, goodie bag & door prize entry

For More Information:
Reghan Swenson
rswenson@bsbac.com, 830-438-3111
30280 Cougar Bend
www.bsbac.com/Style-Show

BOOKKEEPING BY VAL

JULY WISH LIST

- SIZZIX BIG SHOT DIE CUT/EMBOSSER \$150 (FOR CARD CREATIONS)
- \$25 GIFT CARDS (VARIETY OF PLACES)
- CHALK MARKERS \$10 EACH
- PIZZA PANS \$15 EACH / NEED 4
- PIZZA CUTTER \$10 EACH
- KITCHEN KNIFE BLOCK SET \$100 EACH
- FOLGERS COFFEE
- CANNED CHICKEN
- INDIVIDUAL JUICE BOXES OR BOTTLES (NO POUCHES PLEASE)

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!

WANT TO HELP IN YOUR LOCAL COMMUNITY?

Meals on Wheels @ The Bulverde Spring Branch Activity Center is in need of drivers to deliver meals.

WE NEED YOUR HELP!

Please call Jean Larson
830-438-3111
jl Larson@bsbac.com



Health Benefits of Physical Activity for Adults



IMMEDIATE

A single bout of moderate-to-vigorous physical activity provides immediate benefits for your health.

LONG-TERM

Regular physical activity provides important health benefits for chronic disease prevention.



Sleep
Improves sleep quality



Less Anxiety
Reduces feelings of anxiety



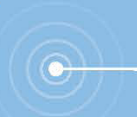
Blood Pressure
Reduces blood pressure



Brain Health
Reduces risks of developing dementia (including Alzheimer's disease) and reduces risk of depression



Heart Health
Lowers risk of heart disease, stroke, and type 2 diabetes



Cancer Prevention
Lowers risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach



Healthy Weight
Reduces risk of weight gain



Bone Strength
Improves bone health



Balance and Coordination
Reduces risks of falls

Emerging research suggests physical activity may also help boost immune function.

Nieman, "The Compelling Link," 201-217.
Jones, "Exercise, Immunity, and Illness," 317-344.





News You Can Use



Physical activity can make daily life better.

When you're active and strong, it's easier to:



Do everyday tasks, like chores and shopping



Keep up with the grandkids



Stay independent as you get older

And it has big health benefits, too.

✓ Less pain

✓ Better mood

✓ Lower risk of many diseases

How much activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.

at least
150
minutes
a week

AND

Muscle-strengthening activity

Do activities that make your muscles work harder than usual.

at least
2
days
a week



Break it up over the whole week however you want!

Physical activity can help manage many health problems.

✓ Reduce symptoms of arthritis, anxiety, and depression

✓ Help keep diabetes and high blood pressure under control

Just getting started?

No problem — start slow and do what you can. Even a 5-minute walk has real health benefits. Build up to more activity over time.

Mix in stretches and activities to improve your balance, too! Keep your body flexible and help lower your risk of falls.

And all sorts of activities count.



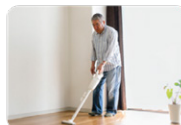
Even things you have to do anyway



Even things that don't feel like exercise

You can get more active.

No matter your age, you can find a way that works for you.



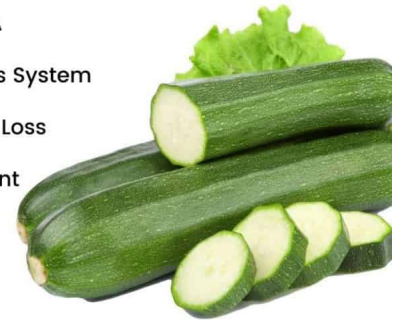


What's Cooking



10 HEALTH BENEFITS OF ZUCCHINI

- 1 Full of Vitamin C
- 2 May Help Prevent Diseases
- 3 Rich in Vitamin A
- 4 Good for Nervous System
- 5 Good for Weight Loss
- 6 High Fiber Content
- 7 Good for Eyes
- 8 Low Calories
- 9 Rich in Antioxidants
- 10 Hydrating



EatYourNutrition.com

Roasted Zucchini

★★★★★ 4.75 from 120 votes

How to make the best easy roasted zucchini! Topped with Parmesan and Italian seasoning, this delicious zucchini is never soggy and goes with so many dishes.



PREP:	COOK:	TOTAL:
15 mins	15 mins	30 mins

SERVINGS: 6 servings

Ingredients

- 4 small zucchini *ends trimmed, quartered lengthwise*
- 1/3 cup freshly grated Parmesan
- 1 teaspoon [Italian seasoning](#)
- 1/2 teaspoon [kosher salt](#)
- 1/4 teaspoon [black pepper](#)
- 1 1/2 tablespoons [extra-virgin olive oil](#)
- 1 tablespoon freshly squeezed lemon juice
- 2 tablespoons chopped fresh herbs *such as parsley, basil, dill, or a mix (optional)*

Instructions

- 1 Preheat the oven to 400 degrees F. Coat a cooling rack with nonstick spray and place on a rimmed baking sheet.
- 2 In a small bowl, stir together the Parmesan, Italian seasoning, salt, and pepper.
- 3 Place the zucchini in a large bowl. Drizzle with the oil and sprinkle with the Parmesan mixture. Toss to coat, then arrange the zucchini on top of the cooling rack on the prepared baking sheet, being careful not to overlap the spears.
- 4 Place in the oven and bake until the zucchini is tender, about 12 to 15 minutes. Turn the oven to broil. Cook until the Parmesan is lightly crisp on top, about 2 to 3 minutes. Don't walk away! The second you stop watching the cheese, it will decide to burn.
- 5 Remove the zucchini from the oven and immediately squeeze the lemon juice over the top. Sprinkle with herbs. Enjoy warm or at room temperature.

DID YOU KNOW?

ZUCCHINI HAS MORE POTASSIUM THAN A BANANA?!

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Transportation



Rod Garcia
Transportation



Candice Hitt
Bookkeeper



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.

Board Members

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Ann Parham: Vice Chair
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