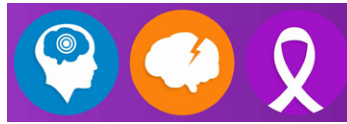


June 2023

# BSBAC Buzz



## Alzheimer's & Brain Awareness Month



**Alzheimer's And Brain Awareness Month** is declared each June by the Alzheimer's Association to help raise awareness about the disease, as well as show support for the millions of people worldwide living with Alzheimer's or another form of dementia.

**About Dementia.** Dementia is a general term for loss of memory, language, problem-solving and other thinking abilities that are severe enough to interfere with daily life. Alzheimer's is the most common cause of dementia. Dementia is not a single disease; it's an overall term — like heart disease — that covers a wide range of specific medical conditions. Disorders grouped under the general term "dementia" are caused by abnormal brain changes. These changes trigger a decline in thinking skills, also known as cognitive abilities, severe enough to impair daily life and independent function. They also affect behavior, feelings and relationships.

**Signs of dementia can vary greatly.** Examples include problems with:

- Short-term memory.
- Keeping track of a purse or wallet.
- Paying bills.
- Planning and preparing meals.
- Remembering appointments.
- Traveling out of the neighborhood.

Many conditions are progressive, which means that the signs of dementia start out slowly and gradually get worse. If you or someone you know is experiencing memory difficulties or other changes in thinking skills, don't ignore them. See a doctor soon to determine the cause. Professional evaluation may detect a treatable condition. And even if symptoms suggest dementia, early diagnosis allows a person to get the maximum benefit from available treatments and provides an

opportunity to volunteer for clinical trials or studies. It also provides time to plan for the future.

**Understanding Alzheimer's.** Alzheimer's is the most common cause of dementia, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 60-80% of dementia cases.

**Alzheimer's is not a normal part of aging.** The greatest known risk factor is increasing age, and the majority of people with Alzheimer's are 65 and older.

**Alzheimer's worsens over time.** Alzheimer's is a progressive disease, where dementia symptoms gradually worsen over a number of years.

**Alzheimer's has no cure,** but two treatments — aducanumab (Aduhelm™) and lecanemab (Leqembi™) — demonstrate that removing beta-amyloid, one of the hallmarks of Alzheimer's disease, from the brain reduces cognitive and functional decline in people living with early Alzheimer's. Other treatments can temporarily slow the worsening of dementia symptoms and improve quality of life for those with Alzheimer's and their caregivers. Today, there is a worldwide effort underway to find better ways to treat the disease, delay its onset and prevent it from developing.

Some risk factors for dementia, such as age and genetics, cannot be changed. But researchers continue to explore the impact of other risk factors on brain health and prevention of dementia...adopting multiple healthy lifestyle choices, including healthy diet, not smoking, regular exercise and cognitive stimulation, may decrease the risk of cognitive decline and dementia.

Visit [www.alz.com](http://www.alz.com) for more information.



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## Upcoming Events

**June 2 @ 3:00pm**  
Line Dance Competition

**June 7 @ 10:00am**  
Brunch Bingo

**June 7 @ 1:45pm**  
Book Club

**June 12 @ 12:35pm**  
Bunco

**June 13, 20, 27 @ 2:15pm**  
Beginning Spanish

**June 14 @ 10:00am**  
Card Creations Class

**June 14 - 11:00am-11:00pm**  
Marco's Pizza Fundraiser

**June 14 @ 1:00pm**  
Arts & Crafts Series: Patriotic  
Bandana Wreath

**June 15, 22, 29 @ 9:45am**  
Daytrip to The Falls on the Colorado  
Museum w/Lunch at Blue Bonnet  
Cafe

**June 19 @ 11:30am**  
Membership Connection Lunch

**June 21 @ 2:00pm**  
Caregiver's Support Group  
w/Hope Hospice

**June 26 @ 12:35pm**  
Bunco

**June 28 @ 1:30pm**  
Summer Floral Arranging Class

**June 29 - 10:30am-9:30pm**  
Panda Express BSBAC Fundraiser



*"Joy does not simply happen to us. We have to choose joy and keep choosing it everyday."*

*~Henri Nouwen*

## Note From the Center...

**By DeLisa Leopold, Executive Director**

### Giving is for everyone.

Occasionally we hear someone say, "I wish I could give more," or "I do not have the funds to contribute to the Center." We do not hear anything negative when we hear things like that, but what we do hear is there may be another opportunity for that individual to give.

Giving should not be directly associated with a monetary donation, but with what is possible for each individual, especially when that giving is to a nonprofit organization such as BSBAC.

Did you know that over 6,400 volunteer hours are logged at BSBAC each year? That is the equivalent of three full-time staff members. Our volunteers are crucial to what we do each day. Do you like to meet people and share what you love about BSBAC? The front desk may be the perfect spot for you

to volunteer. Do you love to cook? You would enjoy helping in the kitchen. Or you may be a wonderful addition to the group of volunteers that deliver meals each day to our homebound seniors.

Other ways to give that are not commonly referred to as giving are engaging in our social media by sharing our posts with others or commenting if it is something you were able to engage in or simply just talking to someone about BSBAC. You never know who may need to see a post or hear firsthand all we have to offer. This is a way that gives to BSBAC as well as others.

At the end of the day, we are all here participating in the same mission whether it be as an active member, an occasional visitor, a staff member, or a community supporter. In whichever way each of us can contribute is what makes it all possible.

**TOGETHER**  
**We Make a**  
**DIFFERENCE**

# June 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



## 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** 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  
**2:15pm** Bible Study



## FRIDAY

**9:00am** Library  
**9:00am** Socializing  
  
**11:00am**  
 Fellowship Meal  
  
**12:15pm** Bingo



Allen, Bob  
 Arnold, Kimberly  
 Barr, James  
 Bowman, Faye  
 Brestal, Bill  
 Broglie, Dianne  
 Burton, Regina  
 Cavanaugh, Joyce  
 Challen, Wanda  
 Cheadle, Vicki  
 Childress, Kay  
 Collier, Beth  
 Colvin, Jan  
 Cordes, Charline  
 Delmas, Paul  
 Palinkas, Phyllis  
 Dolan, Hedy  
 Farr, Calvin  
 Flores, Madeline

Fowler, Barbara  
 Fowler, Carolyn  
 Gallovich, Connie  
 Gibbens, Lou  
 Gideon, Shirley  
 Gresham, Peggy  
 Hagen, Linda  
 Hanson, Elaine  
 Hartman, Jim  
 Henke, June  
 Hernandez, Irene  
 Holler, Ruth  
 Hopkins, Robert  
 Iazard, Susan  
 Jacobson, Joan  
 Jones, Elizabeth  
 Kelley, Belinda  
 Kimbrough, Percy  
 Kober, James

Lansing, Ruth  
 Larson, Phyllis  
 Lee, Marilu  
 Lenk, Lorna  
 Lewis, Annette  
 Mccutchen, Eilleene  
 Mitchell, Tricia  
 Morgan, Jackie  
 Parchman, Vicki  
 Parker, Richelle  
 Peterson, Beth  
 Pittman, Virginia  
 Pomraning, Lynn  
 Ramirez, Juan  
 Roberts, Sam  
 Rodgers, Mary  
 Rodgers, Sam  
 Ross, Leland  
 Rowland, John

Salkowski, David  
 Shaffer, Pam  
 Sherrill, Jeff  
 Smith, Kathleen  
 Thatcher, Linda  
 Towry, Jo Ellen  
 Trammell, Vicki  
 Vinger, Lynda  
 Wagner, Richard  
 Watts, Nona  
 Watts, Ralph  
 Weiner, Melanie  
 Westgate, Janet  
 Wilson, Cindi  
 Wray, Bill  
 Young, Paul





# June 2023

## Center Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> Chicken Noodle Casserole Green Beans Cherry Dream Cake	<b>2</b> Green Salad Fruit Salad Macaroni Salad Dessert
<b>5</b> Beef Tacos Pinto Beans Dessert	<b>6</b> Spaghetti w/Meat Sauce Green Salad Garlic Bread Dessert	<b>7</b> Tuna Salad on Croissant Dill Pickle Pasta Salad Dessert	<b>8</b> Crescent Beef Casserole Yellow Squash Dessert	<b>9</b> Ham & Cheese Sliders Cole Slaw Dessert
<b>12</b> BLT Sandwich Chips Dessert	<b>13</b> Egg Rolls Fried Rice Dessert	<b>14</b> Pizza Salad Dessert	<b>15</b> Dorito Chicken Casserole Pinto Beans Dessert	<b>16</b> Pulled Pork Sandwich Potato Salad Dessert
<b>19</b> Potato Soup Green Salad Fruit Salad Dessert	<b>20</b> Salad Trio— Chicken Salad Potato Salad Green Salad Dessert	<b>21</b> BBQ Drumsticks Black Eyed Pea Salad Peach Cobbler	<b>22</b> Red Beans & Rice Green Salad Corn Bread Dessert	<b>23</b> Sub Sandwich Chips Balsamic Green Bean Salad Dessert
<b>26</b> Frito Pie Fruit Dessert	<b>27</b> Roast Beef Mashed Potatoes Green Beans Dessert	<b>28</b> Chef's Choice Dessert	<b>29</b> Scalloped Potatoes and Ham Casserole Green Beans Dessert	<b>30</b> Mexican Spaghetti Salad Dessert

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.

HNPOLID	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
CARB	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>								
ERWAT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>								
<input type="checkbox"/>									<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



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

## 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)

I Q	STANDING MISS	MISREMOSES
ONE ONE ONE	BATTLE	TIMES

- |              |             |             |             |
|--------------|-------------|-------------|-------------|
| ALEXANDRITE  | GARDEN      | LEMONADE    | SOLSTICE    |
| BARBECUE     | GEMINI      | LONGEST DAY | STRAWBERRY  |
| D-DAY        | GRADUATION  | OUTDOORS    | SUMMER      |
| DIPLOMA      | HONEYSUCKLE | PEARL       | THIRTY DAYS |
| FATHER'S DAY | JUNE        | PICNIC      | VACATION    |
| FLAG DAY     | JUNETEENTH  | ROSE        | WEDDING     |

## Commonyms

1. Story - Fortune - Bank
2. Rough - Curtain - Fringe
3. Cows - Goats - Coconuts
4. Charities - Golfers - Computers
5. Flood - Pilot - Flash
6. Grass - Clay - Hard
7. Cross - Head - Tail
8. Taxes - Heat - Dough
9. Finger - House - War
10. Tooth - Ice - Guitar

## May Answers

1. Chairs
2. They have covers
3. They come in strips
4. Island nations
5. Slang for coffee
6. Card Games
7. They have colonels
8. Goats
9. Eyes
10. Guards



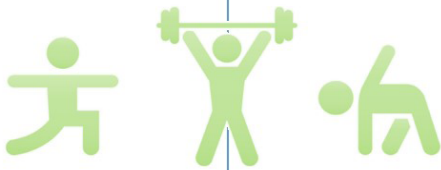

**HOMETOWN CARE**  Alamo Hospice  
A member of the Hospice Foundation

You have a choice when it comes to hospice care.  
 Choose local, choose the  
 "Best of the Best," choose Alamo Hospice.

1595 S. Main Street, Suite 101, Boerne, TX 78130  
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# June Health & Wellness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> 8:30am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba	<b>2</b> 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	9:30am Zumba Gold 10:30am Ballet Barre 12:00pm Beginning Zumba 1:00pm Beginning Line Dancing 5:30pm Zumba	8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	8:30am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba	9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	9:30am Zumba Gold 10:30am Ballet Barre 12:00pm Beginning Zumba 1:00pm Beginning Line Dancing 5:30pm Zumba	8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	8:30am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba	9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	9:30am Zumba Gold 10:30am Ballet Barre 12:00pm Beginning Zumba 1:00pm Beginning Line Dancing 5:30pm Zumba	8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	8:30am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba	9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	9:30am Zumba Gold 10:30am Ballet Barre 12:00pm Beginning Zumba 1:00pm Beginning Line Dancing 5:30pm Zumba	8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	8:30am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba	9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*

## GYM HOURS

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

Fri: 8:00am - 3:00pm

\*Class is FREE for all BSBAC Membes



**Beginning Zumba Gold**  
 Instructed by Mary Campos  
 Tuesdays @ 12:00pm



**ZUMBA gold**

"All the moves you love at a lower intensity focusing on balance, range of motion and coordination"

**NEW UPDATE**  
**BEGINNING LINE DANCE**

If you are interested in learning how to line dance, join us for this fun class!


**NEW TIME: TUESDAYS @ 1:00**  
 (STARTING 5/9/23)



Another class added!

**BALANCE & STRENGTH**

Thursdays @ 1:00pm



# 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, 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.”*

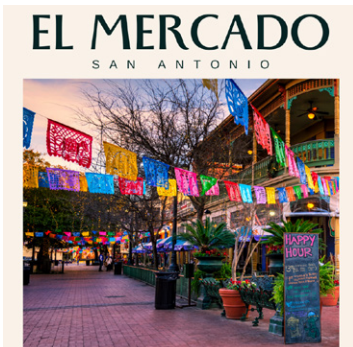
HELLO  
sunshine



# Activity Center Happenings



We had a self-care workshop for our ladies last month. They made homemade sugar scrub and did some shopping from Touchstone Crystal Jewelry. Thank you to Jean Larson for donating the sales proceeds back to the Center!



For our June daytrips, members went the El Mercado in downtown San Antonio and enjoyed lunch at Mi Tierra. Be sure to sign up for the trip this month to The Falls on the Colorado Museum and lunch at Blue Bonnet Cafe!





# Activity Center Happenings



We had a great time at our 24th Annual Run for the Hills! Thank you to our 2023 sponsors and everyone that participated in this year's event! Be sure to join us next year when we celebrate 25 years of the Run. We'll have more fun and celebrations to commemorate the event. Check out our webpage for drone video of the event provided by Yellow Rose Drones...<https://bsbac.com/Run-for-the-Hills>. See you next year for our 25th Celebration!



**TEAM THOMAS**  
Pepa & Sofi  
RE/MAX NORTH-SAN ANTONIO



## 2023 SPONSORS THANK YOU FOR YOUR SUPPORT!

BUILDING COMMUNITY



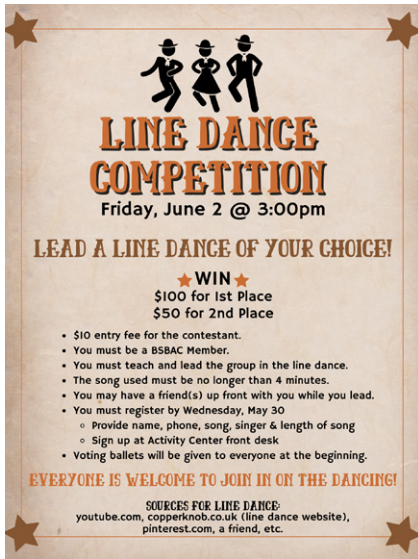
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Bulverde Dental/Guy Peterson, DDS • Cragg's Do it Best Lumber • DLW Software • Donald Wagoner, CPA • Frost Bank • Jeremy Fuller, State Farm • Kathleen Banse, State Farm  
OMNI Health Chiropractic • REHAB • South Texas Fracture Prevention Clinic • Schertz Bank & Trust • Security State Bank & Trust • Smithson Valley Family Medicine



# June Event Flyers



**LINE DANCE COMPETITION**  
Friday, June 2 @ 3:00pm

**LEAD A LINE DANCE OF YOUR CHOICE!**

★ WIN ★  
\$100 for 1st Place  
\$50 for 2nd Place

- \$10 entry fee for the contestant.
- You must be a BSBAC Member.
- You must teach and lead the group in the line dance.
- The song used must be no longer than 4 minutes.
- You may have a friend(s) up front with you while you lead.
- You must register by Wednesday, May 30
  - Provide name, phone, song, singer & length of song
  - Sign up at Activity Center front desk
- Voting ballots will be given to everyone at the beginning.

**EVERYONE IS WELCOME TO JOIN IN ON THE DANCING!**

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



**JUNE BRUNCH BINGO**




**WEDNESDAY, JUNE 7TH AT 10AM**

**SAUSAGE BISCUITS AND GRAVY WITH A GRAPE SALAD**

**6 GAMES OF BINGO - \$2 BRUNCH - \$4 DONATIONS APPRECIATED**



**DO YOU WANT TO LEARN TO SPEAK SPANISH?**



**SPANISH CLASS**

Starting June 13th  
Tuesdays @ 2:15pm  
\$10 for 6 week session

**iHOLA!**

Slow paced for Beginners  
Writing & Speaking  
Common Words & Phrases  
Mouth Formation  
Pronunciation  
Short Salutations & More!



**Arts & Crafts Series**



**Patriotic Wreath**

**WED, 6/14 @ 1:00PM**

All supplies will be provided.  
\$5 Donation appreciated



**JUNE DAY TRIP**





Thursday, June 15th, 22nd, and 29th

THE FALLS ON THE COLORADO MUSEUM

**BLUE BONNET CAFE**

Enjoy the day out in beautiful Marble Falls. Visit the Falls on the Colorado Museum filled with lots of local history then have lunch at the historic Blue Bonnet Cafe. Bus leaves promptly at 9:45am

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

\*\*\* These trips are for members only.\*\*\*



**SUPPORT THIS FLAVORFUL FUNDRAISER**

WEDNESDAY, JUNE 14TH, 2023 11:00AM - 11:00PM



Dear Family and Friends,

Order from Marco's PIZZA SPRING BRANCH on Wednesday, June 14th, 2023 from 11 am to 11 pm and Marco's will give 15 percent of the sales generated by you back to Bulverde/ Spring Branch Activity Center.

All you have to do is say you are ordering with Bulverde/ Spring Branch Activity Center. You can pick up, use curbside, or order for delivery.

When checking out using the app or online use fundraiser code: **BSBAC**

It's just a night of fundraising, you can order all day! Feed the office or come by for lunch and the money will go towards the fundraiser. Don't forget to tell your family and friends.

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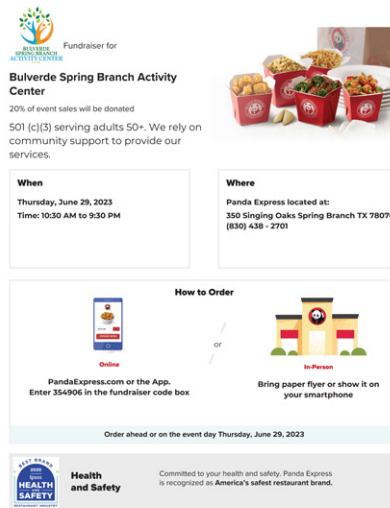
**ARTS & CRAFTS SERIES**

**Summer Floral Arranging**

JOIN INSTRUCTOR, CONNIE ZULAICA, FOR A FUN FLORAL ARRANGING CLASS

**WED, JUNE 28TH, 1:30PM**

Please bring a small or medium container of your choice. All other supplies will be provided.  
\$5 Donation Appreciated



**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**  
Thursday, June 29, 2023  
Time: 10:30 AM to 5:30 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 354906 in the fundraiser code box

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

Order ahead or on the event day Thursday, June 29, 2023

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



PLEASE JOIN US FOR OUR NEW

**MEMBERSHIP CONNECTION**

LUNCH

3rd Monday of each month @ 11:15 am

COME MEET NEW MEMBERS, LEARN ABOUT CENTER ACTIVITIES/GROUPS & CONNECT WITH STAFF

Food Provided by Bulverde Baptist Church

# Upcoming Special Events

**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, 830-238-4434  
30280 Cougar Bend  
www.bsbac.com/Style-Show

## 14th Annual Style Show and Luncheon

**SATURDAY, JULY 15, 11AM-2PM**

### Sponsorships

**Signature Sponsor: \$1,000**  
• Table for 8, recognition at event, logo on social media, banner, & program, item in goodie bag

**Trendsetter Sponsor: \$750**  
• 4 event tickets, recognition at event, logo on social media, banner, & program, item in goodie bag

**Spotlight Sponsor: \$500**  
• 2 event tickets, recognition at event, logo on social media, banner, & program, item in goodie bag

**Runway Sponsor: \$250**  
• Recognition at event, logo on social media, banner, & program, item in goodie bag

**Vendor: \$50**  
• Vendor space (1 table & 2 chairs), business card ad in program

SCAN TO REGISTER



**For More Information:**  
Reghan Swenson  
rswenson@bsbac.com, 830-238-4434  
30280 Cougar Bend  
www.bsbac.com/Style-Show

### BSBAC Christmas in July

Drive for our Meals on Wheels Clients

#### Wish List


- Tower Fans (both small & large)
- Body Wash & Lotion
- Toothbrushes & Toothpaste
- Shampoo & Conditioner
- Hair Brushes
- Deodorant
- Shave Cream & Disposable Razors
- Washcloths & Bath Loofahs
- Body Towels
- Sunscreen
- Antibiotic Ointment & Band-aids
- Single Serve Snacks (Applesauce, Peanut Butter Crackers, Cheese Crackers, Nuts, Etc.)
- Hard Candies (both regular & sugar free)
- Activity Books: Sudoku, Wordsearch, Crossword

*Merry Christmas & Thank You!*

Donations can be dropped off at BSBAC

## JUNE REMINDERS

Make time for fun, rest, and love 

Authenticity makes you shine 

You are worthy of love and attention 

Always be  kinder than you need to

You always have a choice 

Growth is not always visible 

OurMindfulLife.com 



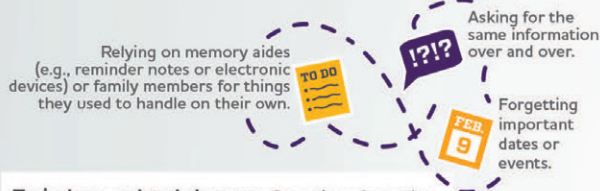
## KNOW the 10 SIGNS

EARLY DETECTION MATTERS

If you notice any of the 10 Warning Signs of Alzheimer's in yourself or someone you know, don't ignore them. Please consult your physician.

### #1 Memory changes that disrupt daily life

One of the most common signs of Alzheimer's, especially in the early stages, is forgetting recently learned information. For example:



**Typical age-related changes:** Sometimes forgetting names or appointments, but remembering them later.

### #2 Challenges in planning or solving problems

Some people may have difficulty concentrating and take much longer to do things than they did before.



Some people may experience changes in their ability to develop and follow a plan or work with numbers.

They may have trouble following a familiar recipe or keeping track of monthly bills.

**Typical age-related changes:** Making occasional errors when balancing a checkbook.

### #3 Difficulty completing familiar tasks

People with Alzheimer's often find it hard to complete daily tasks such as:



**Typical age-related changes:** Occasionally needing help to use the settings on a microwave or record a television show.

### #4 Confusion with time or place

People with Alzheimer's can lose track of dates, seasons and the passage of time.

They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.



**Typical age-related changes:** Getting confused about the day of the week but figuring it out later.

### #5 Trouble understanding visual images and spatial relationships



Some people may have difficulty reading, judging distance and determining color or contrast. In terms of perception, they may pass a mirror and think someone else is in the room. They may not realize they are the person in the mirror.

**Typical age-related changes:** Vision changes related to cataracts.

### #6 New problems with words in speaking or writing

People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name.

**Typical age-related changes:** Sometimes having trouble finding the right word.



### #7 Misplacing things and losing the ability to retrace steps

A person with Alzheimer's disease may put things in unusual places.

They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time.



**Typical age-related changes:** Misplacing things from time to time.

### #8 Decreased or poor judgment

People with Alzheimer's may demonstrate unusual changes in judgment or decision making.

For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers.



They may pay less attention to grooming or keeping themselves clean.

**Typical age-related changes:** Making a bad decision once in a while.

### #9 Withdrawal from work or social activities

A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports. They may also avoid being social because of the changes they have experienced.



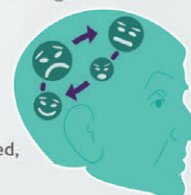
**Typical age-related changes:** Sometimes feeling weary of work, family and social obligations.

### #10 Changes in mood and personality

The mood and personalities of people with Alzheimer's can change.

They may be easily upset in places where they are out of their comfort zone.

They can become confused, suspicious, depressed, fearful or anxious.



**Typical age-related changes:** Developing very specific ways of doing things and becoming irritable when a routine is disrupted.



## CARE FOR YOUR BRAIN

### 10 WAYS TO PREVENT ALZHEIMER'S

#### EXERCISE

Aim for at least 2 1/2 hours of moderate to strenuous exercise per week.



#### MEDITERRANEAN DIET

More fruits, vegetables, whole grains, and legumes; less red meat and processed foods.

#### KEEP LEARNING

Education at any age is important! Join a class at community college or online.



#### SOCIALIZE

Connect with friends and family or join a community group.

#### GET SLEEP

Aim to get between 7-9 hours of sleep a night.



#### MENTAL HEALTH

Practice self-care activities weekly and seek treatment if needed.

#### CHALLENGE YOUR BRAIN

Try something new like walking in a new place or learning a new skill.



#### CREATE HEALTHY HABITS

Try to quit smoking and decrease your alcohol consumption.

#### PROTECT YOUR HEAD

Wear your seatbelt and helmet when necessary.



#### LOVE YOUR HEART

High blood pressure, diabetes, and obesity strain your heart and brain.





# What's Cooking



## Berry Fruit Salad

from kristineskitchenblog.com

This Berry Fruit Salad is an easy and healthy summer salad. A refreshing honey lime dressing takes this easy fruit salad recipe to a whole new level of deliciousness!



★★★★★  
5 from 3 ratings

Prep Time  
15 mins

Total Time  
15 mins

Servings: 6 servings    Calories: 104kcal

### Ingredients

- 1 pound fresh strawberries
- 8 ounces fresh blueberries
- 4 ounces fresh raspberries
- 4 ounces fresh blackberries
- 2 cups fresh cherries pitted
- zest of 1 small lime
- 1 tablespoon lime juice
- 1 tablespoon honey

### Instructions

1. Wash and gently dry berries and cherries; place in a large bowl.
2. In a small bowl, whisk together lime zest, lime juice, and honey. Pour over fruit and toss gently to combine.
3. Refrigerate until ready to serve. Fruit salad is best served the day it is made but will still be good on the second day.

### Nutrition

Calories: 104kcal | Carbohydrates: 26g | Protein: 2g | Fat: 1g | Saturated Fat: 1g | Sodium: 2mg | Potassium: 306mg | Fiber: 6g | Sugar: 18g | Vitamin A: 100IU | Vitamin C: 61.1mg | Calcium: 31mg | Iron: 0.8mg

## BERRIES

types & benefits  
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### ACAI BERRY

- ♥ boosts skin health
- ♥ stimulates healthy digestion
- ♥ high in antioxidants
- ♥ energy booster



### BLUEBERRY

- ♥ rich in antioxidants
- ♥ reduces belly fat
- ♥ promotes eye health
- ♥ aids digestion



### RASPBERRY

- ♥ helps with anti-aging
- ♥ antioxidants
- ♥ good for bone health
- ♥ promotes weight loss



### CRANBERRY

- ♥ high in fiber
- ♥ prevents tooth decay
- ♥ anti-inflammatory
- ♥ treats urinary tract infections



### GOOSEBERRY

- ♥ aids in digestion
- ♥ reduces blood sugar
- ♥ improves eyesight
- ♥ promotes hair growth



### BLACKBERRY

- ♥ heart protective
- ♥ source of potassium
- ♥ healthy hair
- ♥ effective anti-inflammatory



### STRAWBERRY

- ♥ source of vitamin C
- ♥ aids in weight management
- ♥ maintains healthy skin
- ♥ good for heart health



### GOJI BERRY

- ♥ increases energy level
- ♥ detoxifies
- ♥ boosts immune system
- ♥ healthy hair and skin



### ELDERBERRY

- ♥ antioxidant properties
- ♥ immune system booster
- ♥ anti-inflammatory
- ♥ energy boost



### BILBERRY

- ♥ healthy heart
- ♥ good for eyes
- ♥ rich in antioxidants
- ♥ protects the liver



## Berries help fight memory loss

Although you want to stay away from high-carb fruits, berries seem to help fight dementia.

Like wine and tea, berries also contain flavonoids. They're full of:

Antioxidants

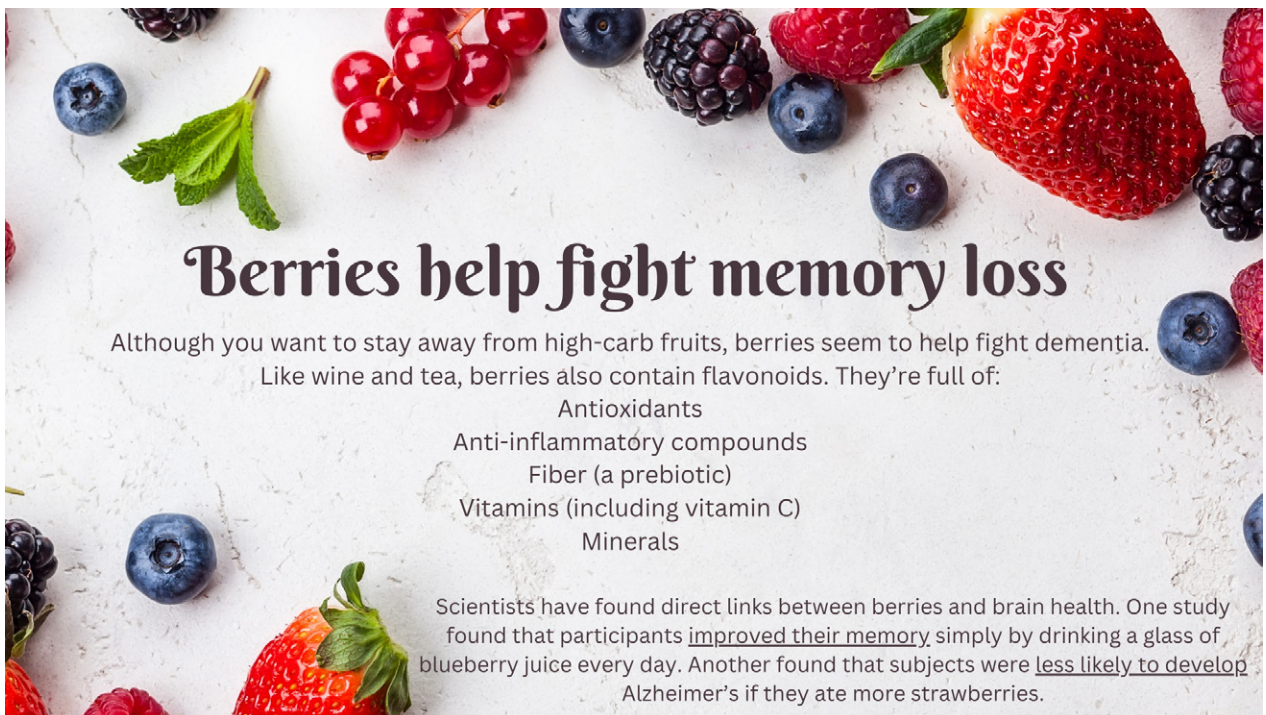
Anti-inflammatory compounds

Fiber (a prebiotic)

Vitamins (including vitamin C)

Minerals

Scientists have found direct links between berries and brain health. One study found that participants improved their memory simply by drinking a glass of blueberry juice every day. Another found that subjects were less likely to develop Alzheimer's if they ate more strawberries.



# Thank You Sponsors



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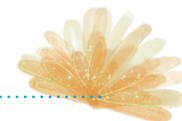
**Todd Foster**  
Transportation



**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.*

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