

November 2024 

BSBAC

Buzz



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





November is National Diabetes Month


November is National Diabetes Month, a time when communities across the country seek to bring attention to diabetes. This year's focus is on taking action to prevent diabetes health problems.

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It affects about 37 million Americans, including adults and youth. Diabetes can damage the eyes, kidneys, nerves, and heart, and it is linked to some types of cancer.


But there's also good news: Taking charge of your health may help you prevent diabetes health problems. Here are some tips to get started:


 **Manage your blood glucose, blood pressure, and cholesterol levels:** Research shows that managing your diabetes as soon as possible after diagnosis may help prevent diabetes health problems. You can start by managing your diabetes ABCs. Ask your health care team what your ABCs goals should be.


 **Take small steps towards healthy habits:** Lifestyle habits such as planning healthy meals, being physically active, getting enough sleep, and not smoking may help you manage your diabetes ABCs. You don't have to do it all at once. Start slow and build healthier habits from there

 **Take your medicines on time:** Remember to take your medicines even if you

feel healthy. Talk with your doctor or pharmacist if you have trouble taking your medicines on time or at the correct dose.

 **Reach or maintain a healthy weight:** If you are overweight or obese, ask your primary care provider if healthy eating, physical activity, or other weight-loss treatments may help you manage your weight.

 **Take care of your mental health:** Managing diabetes can be hard. If you feel down, sad, or overwhelmed, learn about healthy ways to cope with stress. Consider talking to a mental health counselor or joining a support group.

 **Work with your health care team:** Managing diabetes takes a team. Your health care team may include a primary care provider, diabetes specialist, registered dietitian, or certified diabetes educator. Ask your primary care provider if you should talk with other health care professionals about your diabetes. Diabetes medicines, devices, and office visits can be expensive. A social worker or a member of your health care team may be able to help you find community resources or financial help for diabetes care.

For more information, visit: <https://www.niddk.nih.gov/health-information/community-health-outreach/national-diabetes-month>



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Upcoming Events

November 1 @ 10:00am
Brunch Bingo

November 1 @ 1:45pm
Book Club

November 1
3rd Annual BSBAC Clay Shoot

November 8 @ 10:00am
Card Creations Class

November 8 @ 1:15pm
Arts & Crafts Series: Pumpkin Button
Art

November 9, 16, 30 @ 10:00am
Daytrip: San Marcos Premium
Outlets w/Lunch at Outback
Steakhouse

November 10 @ 11:00am
Veteran's Day Celebration Potluck &
Vietnam Veteran Pinning

November 11 @ 9:00am
23rd Annual Craft Show &
BBQ Plate Sale

November 13 @ 12:35pm
Bunco

November 20 @ 11:30am
Membership Connection Lunch

November 21 @ 11:30am
Thanksgiving Community Luncheon

November 22-24
Center Closed for Thanksgiving

November 27 @ 12:35pm
Bunco



Happy November!

May it be a time of reflection, gratitude and simple joy!

Note From the Center...



By DeLisa Leopold, Executive Director

In a world where countless challenges and issues demand our attention, individual giving campaigns are powerful tools to make a lasting impact. These campaigns enable individuals like you to support causes close to your heart, bringing about positive change in your community and beyond. BSBAC is excited to launch this year's Individual Giving Campaign. BSBAC is in a season of growth, and we invite you to be part of our journey.

The Power of Individual Giving:

Individual giving campaigns harness the collective strength of compassionate individuals driven by a common purpose. Here's why your participation matters:

1. Personal Connection: When you give individually, you can choose to support a cause that resonates with your values and personal experiences. Your gift becomes a reflection of your commitment to a better world. We hope that the connection is at the BSBAC.

2. Lasting Impact: Every dollar contributed through our individual giving campaign goes a long way in effecting change. Small donations add up, and together, we can make a significant impact in furthering our mission.

3. Empowerment: By participating, you become an advocate for the cause you support. Your support inspires others to join the cause, creating a ripple effect of positive impact.

Our Cause: Our organization is dedicated to facilitating active aging and enhancing the lives of older adults. Our work spans across the Bulverde Spring Branch area and beyond. With your support, we can continue our mission, allowing even more older adults to thrive.

Ways to Get Involved: Here are some ways you can contribute to our Individual Giving Campaign:

1. Make a Donation: Your financial support, no matter the amount, will directly impact our cause. Whether

it's a one-time donation or a recurring monthly contribution, every bit counts.

2. Share Your Story: Share your connection to our cause on social media and inspire others to get involved.

3. Volunteer Your Time: If you have the time and skills to offer, consider volunteering with BSBAC. Your expertise can be invaluable in advancing our mission.

4. Become an Advocate: Join our advocacy efforts and help us raise awareness and support for our cause within your community.

5. Fundraise: Organize your mini-campaign among your friends, family, and colleagues to support our cause. You can set up a peer-to-peer fundraising page to track progress. Visit with our staff on how to get started.

In this fast-paced world, individual giving campaigns offer an opportunity for each of us to make a difference, one person at a time. Your participation in our Individual Giving Campaign will help us achieve our mission and bring about a positive impact. Together, we can continue to make our community a wonderful place.

Join our mission today. Your contribution, no matter how small, makes a valuable impact. Thank you for being a part of the BSBAC community.

To donate, scan the QR code or visit www.bsbac.com/Donate or BSBAC to check out the campaign incentives!

Thank you for making the BSBAC the wonderful place it is!



SCAN TO DONATE



November 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
10:30am Beginning
 Guitar
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 Poker
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 (1st,
 2nd, 3rd Thurs)

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



Abbey, Joy
 Austad, Mary
 Austgen, Sandra
 Berardi, Estela
 Bergis, Virginia
 Blasco, Richard
 Brisbin, Margaret
 Brockmeier, Roxanna
 Bryan, Loretta
 Burke, Dianna
 Bustamante, Maria
 Carnevale, Karen
 Cave, Randal
 Cheadle, Marvin
 Contreras, Lucila
 Cross, Mark
 Cunningham, Joyce
 Daniel, Joyce
 De Guzman, Michelle
 Dockery, Mary

Doll, Charlotte
 Dukes, Renee
 Dunbar, Alessandra
 Eash, Rose Marie
 Edmunds, Emily
 Eisenbrey, Ronald
 Ennis, Mabel
 Frey, Mary
 Gerescher, Carolann
 Glasby, Carol Ann
 Glaspie, Shirley
 Guerrero, Sonia
 Hawk, Don
 Henas, Rhonda
 Jaksik, David
 Keenan, Herbert
 Kennedy, Susan
 Kinnard, Linda
 LaBold, Charmaine
 Lange, Vandy

Marsh, Dana
 McBride, Paula
 McDonald, Marianne
 Mcrae, Janis
 Mcrae, Martha
 Miller, Linda
 Minnig, Patricia
 Murray, Kelly
 Nagel, Donna
 Nicholson, Eddie Jo
 Nipper, Hunter
 Oehlke, Virginia
 Ontiberos, Louis
 Palmer, Loretta
 Parga, Sylvia
 Parson, Sharon
 Pozero, Marilyn
 Putnam, Todd
 Ranger, Cathy
 Rankin, Frank





Roberts, Geviene
 Robinson, Michael
 Rogers, Rod
 Rumpf, Mary
 Ryman, Evelyn
 Saavedra, Joe
 Salazar, Ralph
 Sandenaw, Gayle
 Schimke, Lori
 Schroeder, Betty
 Sherrill, Peggy
 Simone, Gary
 Sisk, Kaci
 Smith, Maxine
 St.Clair, Dana
 Stevens, Veronica
 Strauss, Deborah
 Sundt, Jacqueline
 Tallman, Flora
 Tyler, Willie

Van Vleck, Marilyn
 Varnerin, Jean
 Walters, Mark
 Ward, Rich
 Ward, Richard
 Wedding, Cassie
 Weil, Brenda
 White, Madeleine
 Wilson, Judy
 Wise, Gary
 Wood, David
 Young, Dennis





November 2023 Center Meal Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|---|
|  | | <p>1 Chicken Parmesan Soup Green Salad Garlic Bread Dessert</p> | <p>2 Beef Tortellini Skillet Green Salad Garlic Bread Dessert</p> | <p>3 Roast Beef Sliders Carrot Raisin Salad Dessert</p> |
| <p>6 Ground Turkey Chili Green Salad Cornbread Dessert</p> | <p>7 Lasagna Salad Dessert</p> | <p>8 Taco Salad Guacamole Dessert</p> | <p>9 Greek Omelet Casserole Balsamic Green Beans Dessert</p> |  <p>10 VETERANS DAY Honoring All Who Served ★ ★ ★ POTLUCK LUNCH ★ ★ ★</p> |
| <p>13 Red Beans & Rice Cucumber & Tomato Salad, Dessert</p> | <p>14 Meatloaf Mashed Potatoes Green Beans Dessert</p> | <p>15 Tortellini Bake Asparagus Dessert</p> | <p>16 Scalloped Potatoes & Ham Layered Salad Dessert</p> | <p>17 Ham & Bean Soup Green Salad Dessert</p> |
| <p>20 BBQ Meatballs Scalloped Potatoes Salad Rolls Dessert</p> | <p>21 Thanksgiving Community Lunch</p> | <p>22 CENTER CLOSED FOR THE HOLIDAY</p> |  <p>23</p> | <p>24 CENTER CLOSED FOR THE HOLIDAY</p> |
| <p>27 Spaghetti with Meat Sauce Green Salad Garlic Bread Dessert</p> | <p>28 Chef's Choice</p> | <p>29 Baked Potato Bar Dessert</p> | <p>30 Chef's Choice</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



Games Galore

Number Block



The missing numbers are integers between 0 and 12. The numbers in each row add up to totals to the right. The numbers in each column add up to the totals along the bottom. The diagonal lines also add up the totals to the right.

| | | | | | | | |
|----|----|----|----|----|----|----|----|
| | | | | | | | 50 |
| 3 | 5 | 1 | 8 | | 3 | 1 | 27 |
| 9 | 7 | | 3 | 6 | 5 | 0 | 30 |
| 1 | 5 | 3 | 2 | 6 | | 6 | 28 |
| | 4 | 1 | 11 | 2 | 0 | 10 | 31 |
| 8 | 0 | 9 | 2 | 1 | 2 | | 23 |
| 3 | 8 | | | | 9 | 11 | 56 |
| | | 12 | 4 | 6 | 5 | 4 | 49 |
| 37 | 37 | 36 | 37 | 35 | 29 | 33 | 38 |

FALL WORD SEARCH

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

ACORN

APPLES

AUTUMN

CANDY

CIDER

FOOTBALL

HALLOWEEN

HARVEST

HAYRIDE

LEAVES

NOVEMBER

OCTOBER

PUMPKIN

RAKE

SCARECROW

SEPTEMBER

SUNFLOWER

SWEATER

THANKSGIVING

TURKEY

Bamboozles

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

| | | |
|----------------------------|----------------|--|
| LYING JOB | PROGRAM | FREE ALL ALL ALL |
| AGENT AGENT | NE?? | SMOKE SMOKE SMOKE SMOKE |

Commonyms

- Bird - Board - Berry
- Basketball Player - Baby - Soccer Player
- A Rock Band - Traffic - A Copy Machine
- A Pirate Ship - A Mailbox - A School
- A Bomb - A Kiss - A Flower
- A Waitress - An Iceberg - A Tongue
- A Potato - A Storm - A Needle
- Steam - Bird - Bubble
- Brick - Swiss - Blue
- Rubber - Gum - Cork

Oct. Answers

- They have flights
- They have balls
- They have needles
- They all fly
- They have necks
- They are mounted
- They are cracked
- They have "tails"
- They are driven
- They have pits



November Health & Wellness Schedule

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|--|
|  |  | <p>1</p> <p>9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga</p> | <p>2</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>3</p> <p>9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*</p> |
| <p>6</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>7</p> <p>9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba</p> | <p>8</p> <p>9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga</p> | <p>9</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>10</p> <p>9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*</p> |
| <p>13</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>14</p> <p>9:30am Zumba Gold 10:30am Pilates 1:15pm Beginning Line Dancing 5:30pm Zumba</p> | <p>15</p> <p>9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga</p> | <p>16</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>17</p> <p>9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*</p> |
| <p>20</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>21</p> <p>9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba</p> | <p>22</p> <p>CENTER CLOSED FOR THE HOLIDAY</p> | <p>23</p>  | <p>24</p> <p>CENTER CLOSED FOR THE HOLIDAY</p> |
| <p>27</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>28</p> <p>9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba</p> | <p>29</p> <p>9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga</p> | <p>30</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> |  |

GYM HOURS

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

Fri: 8:00am - 3:00pm

*Class is FREE for all BSBAC Membes



5 Senior Health Tips for the Holidays



Choose Healthy Food



Follow Exercises



Take Breaks



Stay Hydrated



Stick to a Sleep Schedule

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

Diane Adams & Charline Cordes were our progressive Bingo winners sponsored by Regina Silva, Select Silva Agency, LLC



Happy Birthday!

Graciela Rodriguez was our October birthday giftcard winner sponsored by Jill Bullock, Independent Insurance Agent, Silver & Secure



NO TRICKS JUST TREATS

The month of October found the Hand and Foot Canasta group busy as usual. First was their LAST Tournament of the year, held on October 12th, it was a fun day with everything running smoothly compared to last tournament kerfuffle. 22 players completed to win the COVETED TROPHY, MONEY AND BRAGGING RIGHTS.

FIRST PLACE: MICHAEL RITTER 2nd: Loretta Miller, 3rd: Debbie Herring & 4th: Claudia Selko.

During the year two players made it to the winner's circle twice and deserve to be mentioned: Dianna Burke and Claudia Selko. **Congratulations to All!**

Members made cute diy ghosts for our Arts & Crafts class this month.



Spicing things up this Halloween

October 26th found the Hand and Foot Canasta group all dressed up for a day of fun with a potluck and costume party. Everyone brought a delicious plate of food and we all gained a few pounds; "these people can cook." Cards were played as normal with everyone feeling in a very festive mood. Costumes were cute, ghoulish and awesome.



Come Join Us!

We invite anyone interested in playing cards from the center to join us for our weekly Hand and Foot Canasta Card games. We start at 10 am each Thursday, you need to be here by 9:45 to play. Never played we will teach you. We are a very inclusive group and have a lot of fun together. Questions call Irene Archer 951-260-7969.

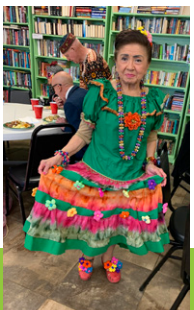


Activity Center Happenings



2022 ACTIVE AGING HEALTH WEEK & HEALTH FAIR

We have had some great presentations during our Active Aging Week! We had a record number of participants for the Health Fair with over 30 vendors and lots of participants. We even had quite a few members win door prizes. Thank you to everyone for participating!



November Event Flyers



NOVEMBER'S
Brunch Bingo

WEDNESDAY, NOVEMBER 1ST
@ 9:45AM



Monte Cristo Breakfast Sliders w/ Fresh Fruit

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



Arts & Crafts Series

PUMPKIN Button Art

8 NOV. 1:30PM



All Supplies Provided
\$5 Donation Appreciated



*November & December
Day Trips*



SAN MARCOS
PREMIUM OUTLETS
A SIMON CENTER

CELEBRATING **40** YEARS OF STYLE

TangerOutlets
1981-2021

Thursday, November 9th, November 16th
November 30th & December 7th

* Please only sign up for one day trip so others can join the fun too!

9:30am Departure
\$10 per person if riding the bus. Don't want to ride the bus, follow along in your own vehicle.

Lunch at Outback Steakhouse

JOIN US FOR THIS VERY SPECIAL EVENT

★ ★ ★

VIETNAM 50TH ANNIVERSARY PINNING CEREMONY & VETERANS DAY CELEBRATION

10TH NOVEMBER AT 11AM



HONORING ALL WHO SERVED
POTLUCK LUNCH IN THE BSBAC
DINING ROOM

★ ★ ★

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




YOU ARE INVITED TO

Thanksgiving

COMMUNITY LUNCHEON

Please join us!

November **21** 11:30 a.m.

BSBAC - 30280 Cougar Bend, Bulverde

Turkey & mashed potatoes will be provided.
Please sign up to bring a favorite dish to share.



BSBAC
DONATION DRIVE

STUFF THE TRUNK

18
NOV

DURING OUR
THANKSGIVING
LUNCHEON

HELP US STUFF THE TRUNK WITH NON-PERISHABLE ITEMS AS WELL
AS PAPER GOODS FOR MEALS ON WHEELS AND AREA SENIORS!



ITEMS CAN BE BROUGHT TO THE
CENTER PRIOR TO TUES. 11.18
30280 COUGAR BEND, BULVERDE



NOVEMBER 22ND - NOVEMBER 24TH

CENTER CLOSED

*Happy
Thanksgiving*

SEE YOU ON MONDAY!






Upcoming Special Events

BULVERDE SPRING BRANCH
ACTIVITY CENTER

23RD ANNUAL CRAFT SHOW

Vendor Booths * Bake Sale * BBQ Plate Sale

SATURDAY
NOV. 11, 2023 * 9AM - 2 PM

For More Information or to Reserve
a Booth, please contact
Reghan Swenson, 830-438-3111
rswenson@bsbac.com



30280 COUGAR BEND, BULVERDE TX 78163

JOIN US FOR OUR 23RD ANNUAL CRAFT SHOW!

WE WILL HAVE OVER 30 VENDORS SELLING THEIR HANDMADE ITEMS AND OTHER GOODS.

WE WILL ALSO HAVE A BBQ PLATE AND BAKE SALE!

COME GET YOUR HOLIDAY SHOPPING DONE EARLY.

Calling all bakers!

BAKE SALE

AT THE ANNUAL CRAFT SHOW
SATURDAY 11TH NOVEMBER

Items may be dropped off Fri. 9-3pm or 7-9am Sat.

Whole cakes, pies or loaves are welcome. Cookies, muffins, brownies, etc. may be bundled in quantities of 3, 6, or 12.



THANK YOU!

November Wish List

- \$25 Gift Cards (Variety of Places)
 - Sizzix Big Shot Die Cut/Embosser \$180 (for Card Creations)
 - Spandex Tablecloths -Neutral Color (\$25 for a set of 2)
 - 12-16qt Soup Pot (\$45 each)
 - Spice Racks (\$20 each- 2 needed)
 - Drink Dispensers (\$30 each- 2 needed)
 - 8 Cup Plastic Measuring Cup (\$16 each)
 - Small Dessert Plates
 - Canned Chicken or Tuna
 - Canned Vegetables
 - Canned Cream Soups
 - Boxed Broth
 - Individual Creamer Pods for Coffee
 - Folgers Coffee
 - Individual Juice Boxes or Bottles (No Pouches Please)
- 

{GIVE THANKS}

for each new morning
with its light
FOR REST AND SHELTER
OF THE NIGHT
for health and food
for love and friends
FOR EVERYTHING
THY GOODNESS SENDS

~ralph waldo emerson~

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!



NOVEMBER IS NATIONAL DIABETES MONTH

ARE YOU AT RISK FOR TYPE 2 DIABETES?

1 IN 10 PEOPLE HAVE DIABETES (MOST HAVE TYPE 2 DIABETES)



1 IN 4 PEOPLE DON'T KNOW THEY HAVE DIABETES



YOU CAN STAY HEALTHIER LONGER AND LOWER YOUR RISK OF TYPE 2 DIABETES WITH THESE STEPS:

- **STAY AT A HEALTHY WEIGHT**
- **EAT WELL**
- **BE ACTIVE**

THESE FACTORS INCREASE YOUR RISK FOR DEVELOPING TYPE 2 DIABETES:



Being overweight



Race and ethnicity: African American, Hispanic/Latino American, American Indian, Pacific Islander, Asian American



Being physically active less than 3 times a week



Having a parent, brother, or sister with type 2 diabetes

45+

Being 45 years or older



Having had gestational diabetes (diabetes in pregnancy) or giving birth to a baby who weighed more than 9 pounds



8 Exercise Ideas for Seniors Managing Diabetes

Seniors managing diabetes face many challenges even more so due to age and natural wear and tear of joints and muscles. There are ways to help improve your health even while managing chronic conditions like diabetes.

How exercise improves managing diabetes

Scientifically, exercising makes changes in the body when it comes to glucose levels. It has the potential to increase or decrease blood sugar levels. But it can also help improve the body's ability to produce insulin, increasing insulin sensitivity. Monitoring your blood sugar levels every 15 minutes throughout your workout will help you manage and treat it if it is low. Sometimes low blood sugar can occur if you've skipped meals or have been exercising for a long period of time.

Exercising while managing diabetes helps to:

- Improve insulin production
- Lower cholesterol
- Manage weight loss
- Improve flexibility, range, and balance
- Improve mental wellness

Even though these exercises are low impact, help to keep the body healthy by strengthening the muscles, encouraging tissue and cell repair, and lowering stress levels, you still need to be cautious.

<https://hcpnv.com/blog/8-exercise-ideas-for-seniors-managing-diabetes/>

8 Exercise Ideas for Seniors Managing Diabetes

Exercise is a key component for managing diabetes and related symptoms. Seniors who stay physically active can better manage their blood glucose levels which can significantly limit uncomfortable and painful symptoms associated with diabetes.

THE EIGHT EXERCISE IDEAS:

- Swimming
- Bodyweight/Resistance Band exercises
- Active Stretching
- Work with a personal trainer
- Balance exercises
- Rowing
- Yoga
- Walk outdoors



What's Cooking



Pumpkin

A great source of Vitamin A, and fiber, and also a good source of zinc and potassium

Protein 2g

Fibre 3g

Carbs 12g

Fat 0g

Calories 50



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10 WAYS TO USE A PUMPKIN

BY ALEXIS NORDBLUM | LEXISCLEAN KITCHEN.COM

1 Make a DIY PUMPKIN PIE SPICE and add it into your coffee grinds in the morning

3 Make a SUGAR SCRUB: coconut oil, pumpkin pie spice, raw honey, and cinnamon

2 Add leftover pumpkin puree into your MORNING SMOOTHIE

6 TRY IT IN A COCKTAIL: Dunk the rim of the martini glass into a cinnamon and coconut sugar mixture: In a shaker add: ice, 1 tbsp pumpkin puree, vanilla vodka, dash of cinnamon, dash of lemon juice, and squeeze of raw honey; shake and pour

4 Mix some pumpkin puree INTO YOUR DOG'S FOOD! The high fiber and water content will help with digestion

5 PANCAKES!

7 SEPARATE THE SEEDS FROM THE GUTS AND ROAST THEM with some sea salt for the perfect protein packed mid-day snack

8 Leftover canned pumpkin? FREEZE INDIVIDUAL SERVINGS in an ice cube tray

9 Make a vitamin-rich pumpkin BODY BUTTER to soften the skin: pumpkin puree, full-fat coconut milk, and cinnamon

10 Make it SAVORY IN AN AUTUMN SOUP! Loaded with essential vitamins and minerals that protect the body

#EVERYDAYMOMENTS

6 AMAZING BENEFITS OF PUMPKIN

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



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



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



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







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



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



Pumpkin Facts

-  Pumpkins were first found in North America.
-  The largest pumpkin weighed almost as much as 8 baby elephants!
-  Pumpkin is actually a fruit!
-  Pumpkins belong to the Cucurbitaceae family - with cucumbers, melons and squash.



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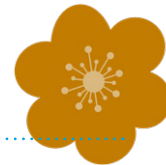
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