



# SCHEDULE OF EVENTS

## MONDAY, SEPT. 21

- 9:00AM-12:30PM: Flu Shot Clinic provided by Spring Branch Pharmacy
- 11:30AM-12:00PM: Advance Directives Presentation by Hope Hospice
- 12:00PM-12:30PM: Estate Planning Presentation by Jason Rammel, P.C.

## TUESDAY, SEPT. 22

- 10:00AM-11:00AM: Cooking Well with Diabetes by Jymann Davis, Texas A&M AgriLife
- 11:00AM: Blood Sugar Checks by Hope Hospice
- 11:00AM-12:00PM: Lunch Sponsored by Hope Hospice
- 12:00PM-1:00PM: Beyond the Meal Presentation by Danielle Hammond-Krueger, Texas A&M

## WEDNESDAY, SEPT. 23

- 9:30AM-10:30AM: Bone Health Presented by Annette Gantz, So. TX Fracture Clinic
- 12:00PM-12:45PM: Humor in Aging Presented by Opal Umpiere
- 1:30PM-2:30PM: Memory Care by Amanda Kurtz, The Canyons of Stone Oak

## THURSDAY, SEPT. 24

- 11:00PM-12:00PM, 1:00PM-4:00PM: Hearing Screenings provided by Altitude Audiology
- 12:00PM: Hearing Presentation presented by Mackenzie Thomas, Altitude Audiology (Lunch Provided by BSBAC)

## FRIDAY, SEPT. 25

- 9:30AM-11:30AM: Blood Pressure Checks

## SATURDAY, SEPT. 26

- 9:00AM-2:00PM: Blood Drive Provided by South Texas Blood & Tissue Center

*(\*All Sessions and Clinics will require registration as space is limited, and some sessions will be broadcast virtually via ZOOM)*



**BULVERDE  
SPRING BRANCH  
ACTIVITY CENTER**  
SERVING ADULTS 50+

