

BSBAC PRESENTS
• ANNUAL •
ACTIVE AGING
WEEK
OCTOBER 16-21, 2023

ACTIVE AGING WEEK
HEALTH & WELLNESS FAIR
OCTOBER 16TH-20TH, 2023





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

The mission of the Bulverde Spring Branch Activity Center is to facilitate active aging and enhance the quality of life for older adults in our communities.

We are a non-profit 501 (c) 3 organization.



**Scan to Donate
& Help Us
Continue
Our Mission**



WEEKLY SCHEDULE OF EVENTS

MONDAY, 10/16

10:30am - 11:30am

San Antonio Lighthouse for the Blind w/Veronica Barrientos

12:00pm - 1:00pm

Short-Term Home Health Care by Jill Bullock w/Silver & Secure

TUESDAY, 10/17

10:00am - 11:00am

What is an Ombudsman by Heather Armstrong w/AACOG

12:00pm - 1:00pm

Get Your Ducks in a Row by Stephanie Bigbee w/Hope Hospice

WEDNESDAY, 10/18

10:00am - 11:00am

Alamo Supportive Care by Shedell Giddens

12:00pm - 1:00pm

Hospice & Palliative Care and Home Health w/Christus VNA Homecare

THURSDAY, 10/19

9:15am - 10:00am

Let's Talk Dementia by Kayla Dudley w/Bella Groves

10:00am - 11:00am

Healthy Living for Your Brain & Body w/The Alzheimer's Association

11:45am - 12:45pm

Osteoarthritis by Nicole Stuart w/SOAR

FRIDAY, 10/20

9:30am - 10:30am

AACOG's Health & Wellness Programs by Kim Beasley w/AACOG

SATURDAY, 10/21

9:00am - 12:00pm: Hearing Screenings by Altitude Audiology

9:00am - 1:00pm: Blood Drive by South Texas Blood & Tissue Center

9:00am - 12:00pm: Flu Shots/COVID Boosters by Spring Branch Pharm

9:00am - 12:00pm: **BSBAC Active Aging Health Fair**



HEALTH FAIR VENDORS



ALTITUDE AUDIOLOGY
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- Hearing Aids
- Hearing Testing
- Ear Cleaning
- Hearing Aid Checks & Cleaning
- Vertigo/Dizziness/Imbalance

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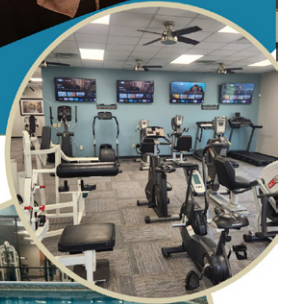


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DEBI CARRANZA
Community Engagement Professional
San Antonio

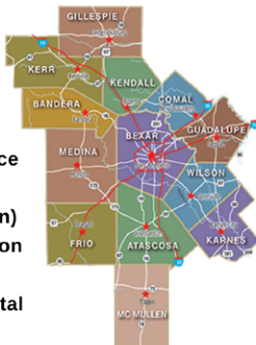
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- Aging & Disability Resource Center (Alamo Service Connection)
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LIVING IT UP AND GETTING BETTER WITH AGE!

COME JOIN THE FUN!

- ✔ FUN & ENGAGING ENVIRONMENT
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- ✔ COMMUNITY & SPECIAL EVENTS
- ✔ FACILITY RENTAL FOR YOUR NEXT EVENT

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.

SUPPORT BSBAC: VOLUNTEER, DONATE, SPONSOR



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SAVE THE DATE



November 1, 2023
12:30PM-5:30PM
Good Bull Ranch



November 11, 2023
9:00AM-2:00PM
BSB Activity Center



February 23-24, 2024
Bulverde Community
Center



April 12, 2024
6:30PM-9:30PM
Western Sky



THANK YOU FOR COMING!

*We appreciate your support of the
Bulverde Spring Branch
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