

October 2022

BSBAC



Buzz



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



October is Breast Cancer Awareness Month



Breast Cancer Awareness Month is an annual campaign to increase awareness of the disease. Join in the cause to help women in need today.

Join the National Breast Cancer Foundation as they RISE together to help uplift women in need. Their mission is to provide help and inspire hope to those affected by breast cancer through early detection, education, and support services.

From the NBCF, "This year we RISE to ensure every woman has access to the screenings she needs and the support she deserves. When we RISE, we Rally in Screening Everyone." This is the time to rise up and do even more.

Here are a handful of ways you can help:

Rally In Screening Everyone

- Make a donation to provide life-saving mammograms to women in need. New this year, choose exactly where your donation goes.

Rally In Serving Everyone

- Make a donation to support patient navigators who specialize in serving at-risk populations.
- Volunteer to join virtually in Helping Women Now.

Rally In Supporting Everyone

- Spread the word about Breast Cancer Awareness Month on Facebook, Instagram, Twitter, or LinkedIn.
- Host a virtual fundraiser or Facebook fundraiser benefitting NBCF.
- Leave a hope-filled message on the Wall of Support
- Share the story of how you or a loved one have been affected by breast cancer.

- Proudly wear a pink ribbon during October or year-round.

Early Detection is Key

According to the American Cancer Society, when breast cancer is detected early, and is in the localized stage, the 5-year relative survival rate is 99%. Early detection includes doing monthly breast self-exams, and scheduling regular clinical breast exams and mammograms.

Free Educational Guides Online

NBCF is dedicated to delivering comprehensive, educational information on breast health and healthy living. From understanding the importance of early detection, to knowing how to prepare for a mammogram, NBCF's online resources and guides aim to empower women and men with useful information. Visit <https://www.nationalbreastcancer.org/educational-guides/> to request guides.

For more information, please visit <https://www.nationalbreastcancer.org/> or <https://www.cancer.org/cancer/breast-cancer.html>



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

Oct. 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

October 4 @ 11:30am
National Night Out Kick-Off Lunch
provided by Bulverde PD

October 5 @ 10:00am
Brunch Bingo

October 5 @ 1:45pm
Book Club

October 10-15
Active Aging Week

October 10 @ 12:35pm
Bunco

October 11 @ 11:00am
Silver & Secure Vendor Table

October 12 @ 1:45pm
Arts & Crafts Series:
Fall Floral Arranging

October 13 @ 10:00am
Daytrip: Spring Creek Gardens w/
lunch at Beefy's on the Green

October 15 @ 9:00am
Active Aging Health Fair

October 20 @ 10:00am
Daytrip: Spring Creek Gardens w/
lunch at Beefy's on the Green

October 24 @ 9:00am
Annual Meeting

October 24 @ 12:35pm
Bunco

October 26 @ 1:45pm
Cinema at the Center:

October 31 @ 11:30pm
Halloween Potluck Party



*October shows us how beautiful
it is to let things go.*



Note From the Center...

By DeLisa Leopold, Executive Director

Grateful. When thinking of what I want to convey in this article, this is the word that comes to mind alongside every thought.

I would like to introduce myself as the new Executive Director of the Bulverde Spring Branch Activity Center. I have been with the Center since 2018 and have worked in the nonprofit field for over 20 years. The opportunity to serve this community is an amazing one. For this I am Grateful.

With my new role came cheers, hugs, tokens of appreciation and overwhelming support from the members, volunteers and administrative team. What makes that especially wonderful? It's what

we do here. We support, celebrate, and enjoy each other through personal trials, health and wellness goals or just the ins and outs of the day. For this I am Grateful.

Everyone has a place here and our goal is to make that apparent as soon as you walk in the door. We benefit from many that give of their time, talent, and resources to make it possible for us to fulfill our mission. We often hear that the Center serves as "home away from home". For this I am Grateful.

As I embark on my new journey here at BSBAC, I am excited for what the future holds while honoring the path set forth by those that served before me. For this I am Grateful.



October Weekly Activity Schedule



MONDAY

9:00am Library
9:00am Visiting/
 Socializing
9:00am Ride the Bus
10:00am 42 -
 (Dominoes)
9:00am Wood Carving
10:00am Men's
 Fellowship

11:30am
 Fellowship Meal

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



TUESDAY

9:00am Library
9:00am Visiting/
 Socializing
9:00am Open Games
9:00am Ride the Bus
10:00am Mexican
 Train - (Dominoes)
11:00am Mah Jong

11:30am
 Fellowship Meal

1:00pm Bingo



WEDNESDAY

9:00am Library
9:00am Visiting/
 Socializing
9:00am Bridge
9:00am Ride the Bus
10:00am Brunch
 Bingo (1st Wed)

11:30am
 Fellowship Meal

12:00pm Knitting/
 Crochet/Sewing
1:45pm Book Club
 (1st Wed)
1:45pm Arts & Crafts
 Class (2nd Wed)
2:00pm Spanish
2:00pm Caregiver
 Support Group
 (3rd Wed)



THURSDAY

9:00am Library
9:00am Visiting/
 Socializing
9:00am Cards
9:00am Ride the Bus
10:00am Canasta HF
12:00pm Poker

11:30am
 Fellowship Meal

1:00pm Mindful
 Meditation
2:00pm Table Tennis



FRIDAY

9:00am Library
9:00am Visiting/
 Socializing
9:00am Ride the Bus

11:00am
 Fellowship Meal

12:10pm Bingo



Alice Briones
 Amparo Gallo
 Anna Moore
 Arlene Sellars
 Barbara Wehe
 Bonnie Jones
 Bruce Gatlin
 Carl St.Clair
 Carman Cockrell
 Carrye Franzel
 Charlotte Pound
 Christa Schwaben
 Chuck Smerick
 Clorinda Trudeau

David Barger
 Deborah Poole
 Deborah Slangal
 Debra Gill
 Donna Gumm
 Eunice Bomersbach
 Eve Sharp
 Gail Hatle
 Gene Wager
 Gloria Hernandez
 Janice Balmos
 Janice Bigler
 Janis Jordan
 Japke Gosselin

Jeannette Martinez
 Jill Bullock
 Joan Mauger
 Johnnie Hughley
 Joyce Brown
 Joyce Delancy
 Joyce Hitsman
 Julie Roberts
 Karen Mutz
 Karen Shumate
 Kathy Halverson
 Kathy Simmons
 Kim Coburn
 LeVan Pal

Linda Moreno
 Linda Specht
 Lynda Crockett
 Marian Brummett
 Marilyn
 DeCambaliza
 Mark Kohnitz
 Martha Pitney
 Roberta Brown
 Matthew Hester
 Elaine McKinley
 Nat Warner
 Olivia Seal
 Patti Pitcock

Paula Dimmitt
 Mike Jennings
 Ronald Williford
 Sandy Spencer
 Sherry Smith
 Steve Hunsicker
 Ted Hawkins
 Terry Barron
 Thomas Fadoir
 Tonia Willars
 Tonie Rogers
 Vicki Vonder Embse
 Wanda Velez-Begnoche





October 2022

Center Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Sub Sandwiches Chips Dessert	4 National Night Out Smokey Mo's Lunch	5 Potato Soup Green Salad Dessert	6 Stuffed Peppers Green Salad Ambrosia Salad Dessert	7 Taco Salad Dessert
10 Pizza Salad Dessert	11 Chicken Pot Pie Layered Salad Dessert	12 Queso Chicken Mexican Rice Dessert	13 John Wayne Casserole Salad Dessert	14 Chef's Choice Dessert
17 Beef Tacos Guacamole Dessert	18 Hamburgers Potato Salad Dessert	19 Chicken Salad Green Salad Jello Salad Dessert	20 Cajun Chicken and Sausage Casserole Green Salad Cornbread	21 Baked Ziti Green Salad Garlic Bread Dessert
24 Salad Bar Tuna Salad Cottage Cheese Dessert	25 Polish Sausage Mac & Cheese Salad Dessert	26 Spaghetti Green Salad Garlic Bread Dessert	27 Crescent Beef Casserole Cucumber & Tomato Salad Dessert	28 Vegetable Beef Soup Green Salad Dessert
31 Halloween Potluck 				

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

Sponsored by: Alamo Hospice

Mumbo Jumbo

Unscramble each of the clue words. Take the letters that appear in boxes and unscramble them for the final message.

LBLAET	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TPA	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ZAZJ	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PIH HPO	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SAALS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
BLMALROO	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

C

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)

29017	DIN ^{chick} NER	FACE
straw straw straw straw	SEIGH TINSE MISTETOE SNOWFAKE	CABINLAKE



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 |

Commonyms

- Wagon - Ferris - Cart
- Love - Chain - Dear John
- Hot - Chili - Corn
- Bricks - Eggs - Carpets
- Skyscraper - Hemingway - Twain
- Tone - Zest - Dove
- Door - Grand - Nobel
- Pillow - Dog - Fist
- Dinner - Straight - Leather
- Labor - Columbus - Groundhog

Sept. Answers

- Plates
- First Ladies
- Oils
- Captains
- Cheese
- They have bells
- They have bills
- Baskets
- Zones
- Agents




HOMETOWN CARE Alamo Hospice
 a member of the Regent Senior Care

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 Choose local, choose the
 "Best of the Best," choose Alamo Hospice.

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 (830) 816-5024 • www.alamohospice.com



October Health & Wellness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:15am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	4 9:30am Zumba Gold 10:30am Ballet Barre 5:30pm Zumba	5 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	6 8:15am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 4:00pm Restorative Yoga 5:30pm Zumba	7 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
10 8:15am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	11 9:30am Zumba Gold 10:30am Ballet Barre 5:30pm Zumba	12 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	13 8:15am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 4:00pm Restorative Yoga 5:30pm Zumba	14 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
17 8:15am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	18 9:30am Zumba Gold 10:30am Ballet Barre 5:30pm Zumba	19 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	20 8:15am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 4:00pm Restorative Yoga 5:30pm Zumba	21 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
24 8:15am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	25 9:30am Zumba Gold 10:30am Ballet Barre 5:30pm Zumba	26 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	27 8:15am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 4:00pm Restorative Yoga 5:30pm Zumba	28 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
31 8:15am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga				
				

GYM HOURS

Mon-Thurs: 9:00am - 6:00pm

Fri: 9:00am - 3:00pm

*Class is FREE for all BSBAC Membes



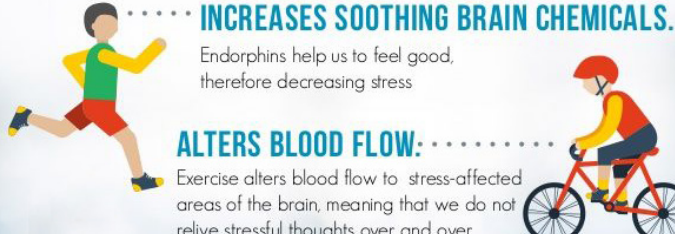
RenewActive™
by UnitedHealthcare



5 reasons physical activity helps stress management!

..... **INCREASES SOOTHING BRAIN CHEMICALS.**
Endorphins help us to feel good, therefore decreasing stress

ALTERS BLOOD FLOW:
Exercise alters blood flow to stress-affected areas of the brain, meaning that we do not relive stressful thoughts over and over



..... **ACTS LIKE MEDITATION IN MOTION.**
Exercise alters blood flow to stress-affected areas of the brain, meaning that we do not relive stressful thoughts over and over

PROMOTES MANY HEALTH BENEFITS.
This includes better mental health, lower risk of developing some cancers, better weight control and much more!

..... **CAN BE DONE AT ANY TIME.**
Fitting in 15min a day can aid cognitive function and performance, you don't have time to not exercise!



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, effortlessness, 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 WAS THE PROGRESSIVE TUESDAY BINGO WINNER

DELORES LOPEZ WAS THE PROGRESSIVE FRIDAY BINGO WINNER
SPONSORED BY CHERYL ETTINGER, COLDWELL BANKER



Joyce Cunningham was our Bingo Bucks winner at our first Spirit Day! She was sporting her Texas A&M cap. Join us each month for Spirit Day and show your team spirit!

HAPPY
fall
y'all



Activity Center Happenings



BSBAC HEALTH & WELLNESS

Our Health & Wellness classes as well as our Gym have had record numbers of members attend the last couple months. We are so excited and happy that members are taking advantage of all the classes we offer here at the Center. We offer many classes for all activity levels. Our Egym equipment is state of the art. The machines are custom set and personalized to you. If you haven't gotten set up on the machines yet, please see a staff member to do so!



ATTENTION CARD PLAYERS

Every Thursday morning at 10 a.m., for many years a group of card players have faithfully shown up in the Center Dining Room to play cards. The game they play is called "Hand & Foot Canasta." They play until lunch time, then setting their cards aside will have lunch together. After lunch, playing resumes until they have completed two full games. They play for fun and while playing share many funny stories and laughter fills the dining room.

All Center members are welcome to join the players and if you have never played before they will happily teach you how. On **October 20**, They will be having a special day of teaching anyone interested. Teams are chosen at 10 am and play begins promptly following. Please join us for an enjoyable day of card playing, conversation, and lunch.

Sign up Sheet at Center!



October Event Flyers

The City of Bulverde's Kick-off Event

Tuesday, October 4th
11:30am @ BSBAC

Join us for lunch and festivities with door prize drawings, and get to know your neighbors!

Hosted by the City of Bulverde, Bulverde Police Dept., Bulverde Improvement, Inc. and the Heights of Bulverde.
Food catered by Smokey Mo's BBQ.

October Brunch Bingo
WEDNESDAY, OCTOBER 5TH @10AM

6 GAMES OF BINGO - \$2
BRUNCH - \$4 DONATION APPRECIATED

PUMPKIN FRENCH TOAST
CASSEROLE WITH BACON

SIGN UP BELOW

Arts & Crafts Series

Fall Floral Arranging

Wednesday, October 12, 1:45pm

Instructed by Connie Zulaica
All supplies will be provided.

\$5 Donation Appreciated

Please sign up by Friday, October 7th

OCTOBER DAY TRIP
Thursdays, Oct 13th & 20th

Join us as we visit Spring Creek Gardens. Enjoy the coffee shop, outdoor gardens, and wine tasting room. Lunch will at Beefy's on the Green.
Bus leaves promptly at 10AM

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

Silver & Secure
MEDICARE MADE SIMPLE

Are you ready for Medicare Annual Enrollment?

Jill will be onsite to make sure you're prepared

Oct. 11: 11AM-1PM | Nov. 8: 11AM-1PM | Nov. 29: 11AM-1PM
Or By Appointment

Medicare Annual Enrollment Period (AEP) October 15th – Dec. 7th will soon be here and that means your mailbox is getting filled to the brim, your phone doesn't stop ringing, and every time you turn on the television you hear another commercial about Medicare plans. You may be asking yourself, do I really need to pay attention to any of this?

WHAT SHOULD I DO DURING AEP?

Many beneficiaries know they need to be doing something during AEP each year, but they're not sure what. The constant calls, and radio and television ads cause people anxiety because they wonder if they should be making a change or doing SOMETHING.

The good news is that you do NOT have to change your plan if you like your plan. However, you should review your current plan's changes and consider "shopping" just to make sure you get the best coverage and benefits available to you.

HOW DO I KNOW IF I NEED TO MAKE CHANGES TO MY PLAN?

Your Medicare Advantage or Part D Insurance plan provider will send you a document in September called the Annual Notice of Change. Take 15 minutes to sit down and review this document. It will tell you if the premium is changing, and if your copays, drug formulary, or pharmacy networks are changing. The Annual Notice of Change lists the plan's changes side-by-side from 2022 to 2023.

WHAT CHANGES CAN I MAKE DURING AEP?

- 1) Do nothing and your current Medicare coverage will automatically renew in 2023
- 2) Enroll in, leave, or change your Medicare Part D drug plan
- 3) Switch from Traditional Medicare (w/ a Medicare Supplement) to Medicare Advantage plan
- 4) Switch from a Medicare Advantage back to Traditional Medicare (w/ a Medicare Supplement)
- 5) Change from one Medicare Advantage Plan to another

MONDAY, OCTOBER 24, 2022
9:00 AM

ANNUAL MEETING

Your attendance is appreciated.
Refreshments & pastries provided.

BULVERDE SPRING BRANCH ACTIVITY CENTER
est. 1992

CINEMA AT THE CENTER

Wednesday, October 26, 2022 @1:30pm

COME ENJOY A MOVIE, SNACKS & FELLOWSHIP

COCO
Coco is a 2017 American computer-animated fantasy film produced by Pixar Animation Studios and released by Walt Disney Pictures.

The story follows a 12-year-old boy named Miguel who is accidentally transported to the Land of the Dead, where he seeks the help of his deceased musician great-great-grandfather to return him to his family among the living and to reverse his family's ban on music.

JOIN US IF YOU DARE

HALLOWEEN Potluck

OCTOBER 31 2022 - AT 11:30 AM

CHILI/FRITO PIE - GIVEAWAYS - FUN

PRIZES FOR BEST COSTUMES!

Pumpkin season

October wish List

2 Small Spatulas \$10 each	15 Cube Storage Unit \$43 each	4 Ice Buckets w/ Lid \$23 each	6 Liter Glass Carafe \$40
2 Orange Tablecloths \$20 each	2 4ft Folding Tables \$63 each	Large Container of Lemonade Mix	Individual Coffee Creamer Pods



Upcoming Special Events



Annual Active Aging Health Fair & Open House



SERVICES AVAILABLE AT THE EVENT:	SATURDAY, OCTOBER 15TH	ONSITE:
UHS MAMMOGRAPHY BUS	9AM-12PM	WE WILL HAVE A VARIETY OF HEALTH & WELLNESS VENDORS
SOUTH TEXAS BLOOD & TISSUE BLOOD DRIVE	30280 COUGAR BEND	AN OPPORTUNITY TO VIEW OUR FACILITY
RIVER CITY PRODUCE	BULVERDE, TX 78163	FLU SHOTS & COVID BOOSTERS BY SPRING BRANCH PHARMACY
SENSATIONAL SALADS & WRAPS		

WHO WE ARE?

The Bulverde Senior Center (BSC) dba Bulverde Spring Branch Activity Center (BSBAC) is a non-profit 501 (c) 3 organization that provides services to seniors in the Bulverde/Spring Branch, Texas area. Current programs include Meals on Wheels, Senior Outreach, Social Activities, and Health & Fitness.

WHAT WE DO

We do many things here at the Bulverde Spring Branch Activity Center as our mission is to facilitate active aging and enhance the quality of life for older adults in our communities. We provide services and resources to seniors, homebound and those in need, through our Meals on Wheels program. We also provide Pet Meals on Wheels to our homebound members. We have many social activities going on all week throughout the Center. These include card games, exercise classes, group games, educational seminars, arts & crafts classes, daytrips, and much more.

Interested in becoming a vendor, please contact Beth Collier

CALL US FOR MORE INFO
830-438-3111

bcollier@bsbac.com
www.bsbac.com



2022 AAHF SCHEDULE OF EVENTS

Monday, October 10th

10:30am-11:30am (Dining Room-Diversers)

Presentation: Let's Have A Jarcuterie Party by Jymann Davis w/ Texas AgriLife

12pm-1pm (Group X Room)

Lunch & Learn: Short Term Home Health Care w/ Jill Bullock w/ Silver & Secure

Tuesday, October 11th

10am-11am (Dining Room-Diversers)

Presentation: Learn the Medicare Basics by Esse Moreno & Bre Walker

11:45am-12:45pm (Group X Room)

Lunch & Learn: by Nicole Stuart w/ SOAR

Wednesday, October 12th

10am-11am (Group X Room)

Presentation: What Comal Public Health Has to Offer

11:45am-12:45pm (Group X Room)

Lunch & Learn: Advance Directives by Stephanie Bigbee w/ Hope Hospice

Thursday, October 13th

9:15am-10am (Group X Room)

Presentation: ART Transportation Outreach by Doris Martinez w/ AACOG

10am-11am (Group X Room)

Presentation: Healthy Living for your Brain & Body by Dianne Teran w/ the Alzheimer's Association

Friday, October 14th

9:45am-10:45am (Dining Room-Diversers)

Presentation: What makes Home Health Different by Jessica Garcia w/ Dogwood Home Health Care

Saturday, October 15th

8:30am-1pm Mammograms by UHS Mammography Bus

9am-2pm Blood Drive by South Texas Blood & Tissue Center

9am-12pm Flu Shots by Spring Branch Pharmacy

9am-12pm Active Aging Health Vendor Fair, River City Produce, & Sensational Salads & Wraps



BULVERDE SPRING BRANCH ACTIVITY CENTER

22ND ANNUAL CRAFT SHOW

Vendor Booths * Bake Sale * BBQ Plate Sale

SATURDAY
NOV. 12, 2022 * 9AM - 3PM

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

30280 COUGAR BEND, BULVERDE TX 78163

NOVEMBER 2ND 2022

2ND ANNUAL

BSBAC CLAY SHOOT 2022

TEAMS OF FOUR \$900 • SPECIALTY TEAMS \$500*

SPONSORSHIP OPPORTUNITIES AVAILABLE

GOOD BULL RANCH
8415 FM 311
SPRING BRANCH, TX

12:30PM - REGISTRATION
1:45 PM - SAFETY MEETING
2:00 PM - START TIME
5:00 PM - FOOD & DRINKS

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OCTOBER BREAST CANCER AWARENESS MONTH



BREAST CANCER AWARENESS BY THE NUMBERS

Every



A WOMAN IS DIAGNOSED WITH BREAST CANCER.

1 in 8 women

WILL BE DIAGNOSED WITH BREAST CANCER.



Every



A WOMAN IN THE U.S. LOSES HER LIFE TO BREAST CANCER.



ABOUT

2.8 million

FEMALE SURVIVORS OF BREAST CANCER LIVE IN THE U.S.

An estimated



232,670 women

AND



2,360 men

WILL BE DIAGNOSED BY THE END OF 2014.

THIS YEAR,

40,000 women

AND

430 men

WILL DIE OF THE DISEASE.

“BUT ONLY OLDER WOMEN GET BREAST CANCER, RIGHT?”



More than **250,000** women under 40 in the U.S. LIVE WITH A BREAST CANCER DIAGNOSIS.

...AND AT LEAST

13,000 more young women

WILL BE DIAGNOSED THIS YEAR.

“WHAT CAN I DO?”

EXERCISE.



10-19 HOURS PER WEEK CAN LOWER YOUR RISK UP TO 30%.

DRINK LESS.



IF YOU'RE A WOMAN AND YOU DRINK, LIMIT YOUR ALCOHOL INTAKE TO REDUCE YOUR RISK.

KNOW THE SIGNS.



BE AWARE OF WHAT'S NORMAL FOR YOU AND TELL YOUR DOCTOR ABOUT ANY CHANGES.

BE YOUR OWN ADVOCATE.



CREATE A PREVENTION AND TREATMENT PLAN WITH YOUR DOCTOR THAT FOCUSES ON YOUR NEEDS.

BROUGHT TO YOU BY:

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SOURCES: American Cancer Society, Cancer Facts & Figures 2013-2014. <http://www.cancer.org/research/cancerfactsfigures/cancerfactsfigures/cancer-facts-figures-2013> American Cancer Society, Breast Cancer Overview. <http://www.cancer.org/cancer/breastcancer/overviewguide/breast-cancer-overview-key-statistics>

Young Survival Coalition, Breast Cancer In Young Women. <http://www.youngsurvival.org/breast-cancer-in-young-women> National Cancer Institute. <http://www.cancer.gov/cancertopics/types/breast> Fat or fit: The joint effects of physical activity, weight gain, and body size on breast cancer risk. Cancer. 2012 Oct 1;118(19):4860-8. Doi: 10.1002/cncr.27433. Epub 2012 Jun 25. <http://www.ncbi.nlm.nih.gov/pubmed/22733561/>



YES MEN CAN GET BREAST CANCER

10%

of men diagnosed with breast cancer have a genetic link to the disease.

LESS THAN 1%

of all breast cancer diagnoses are for men, but that is not a reason for men to not be aware of the disease.

92%

of breast cancers detected in men are considered to be hormone-receptor positive.

2,600

men were estimated to receive a breast cancer diagnosis in 2016.

AGE 68

is the average age for men to be diagnosed with breast cancer. Though risk increases with age, younger men can be at an elevated risk if they have a family history, have certain testicular conditions, or have habits like heavy drinking or smoking.

50%

of children whose parents carry the BRAC1 or BRAC2 gene mutation will also have the mutation.

If detected at either stage 0 or I, male breast cancer currently has a 5-year survival rate of

100%

33%

of clinical trials for breast cancer are open to men.

1 OUT OF 1,000

men will be diagnosed with breast cancer.





Broccoli

- ✓ Cholesterol-Free
- ✓ Fat-Free
- ✓ Low-Calorie
- ✓ Gluten-Free
- ✓ Low-Sodium

Rich in fiber. Good source of plant-based calcium, as well as vitamins A, B, C, and K

31 CALORIES
2.5G PROTEIN
2.6G FIBER
6G CARBS
0.3G FAT

(per cup chopped, raw)



Roasted Broccoli

Introduction

My family doesn't like to eat vegetables, but they beg for seconds with this recipe!!! This gives broccoli a wonderful, nutty flavor that everyone will love.

- Minutes to Prepare: **5**
- Minutes to Cook: **30**
- Number of Servings: **4**

Ingredients

- Broccoli, fresh, 4 cup,
- Olive Oil, .4 tsp
- Chili powder, 1 tbsp
- Garlic, 4 tsp
- Salt, 1 tsp

Directions

Mix together the olive oil, chili powder, garlic and salt in a bowl. Add the broccoli and toss to coat.

Place on a cookie sheet and roast for 20 - 30 minutes at 425 degrees. Broccoli should be browned and sizzling. It can be flipped halfway through cooking, but not necessary.



4.5 of 5 (216)

MEMBER RATINGS

Nutritional Info

Servings Per Recipe:	4
Amount Per Serving	
Calories:	74.5
Total Fat:	5.1 g
Cholesterol:	0.0 mg
Sodium:	624.5 mg
Total Carbs:	6.6 g
Dietary Fiber:	3.3 g
Protein:	3.0 g

View full nutritional breakdown of [Roasted Broccoli calories](#) by ingredient

Broccoli Picking

Here's what to look at the market:



BROCCOLI
Choose heads with firm florets that are tightly closed and are dark green or purplish-green.



BROCCOLINI
Unlike regular broccoli, the tiny yellow flowers that often appear on broccolini are tasty and perfectly edible.



BROCCOLI RABE
Avoid bunches with yellowing leaves and flowers in favor of dark green foliage and florets.

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Delisa Leopold
Executive Director
dleopold@bsbac.com



Reghan Swenson
Marketing Coordinator
rswenson@bsbac.com



Jean Larson
Meals on Wheels Coordinator
jl Larson@bsbac.com



Beth Collier
Outreach Coordinator
bcollier@bsbac.com



Lauren Bippert
Membership Coordinator
lbippert@bsbac.com



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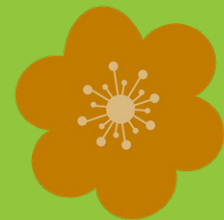


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30280 Cougar Bend, Bulverde TX 78163