

October 2023

# BSBAC Buzz



## Fellowship Meals at the Center

Did you know that we serve a daily fellowship meal here at the Center every Monday-Friday for a \$4 donation? We feel that the lunch program is an important program here at the Center for a few different reasons.

The world's population is rapidly aging, with a higher proportion of individuals aged 60 and above than ever before. While longevity is a cause for celebration, it also brings unique challenges, including increased susceptibility to health issues and nutritional deficiencies. Many seniors face difficulty in preparing nutritious meals due to physical limitations, reduced mobility, or social isolation. This is where daily fellowship lunch program steps in to provide a lifeline.

**NUTRITIONAL SUPPORT.** One of the primary benefits of daily lunch program is the provision of balanced and nutritious meals. We do our best to provide a balanced meal for our members. By offering meals that are both delicious and nutritious, our program will help seniors maintain their health and prevent malnutrition.

**SOCIAL CONNECTION.** Beyond just providing food, daily senior citizen lunch programs offer seniors a valuable opportunity for social interaction. Loneliness and isolation can have detrimental effects on mental and emotional well-being. Sharing a meal with peers allows our members to connect, share stories, and build meaningful relationships, reducing feelings of loneliness and depression.

**CONVENIENCE.** For many seniors, the physical act of cooking can become a challenge. Daily senior lunch programs offer a

convenient solution by delivering or serving meals on-site, eliminating the need for seniors to shop for groceries, cook, and clean up. This convenience saves time and effort.

Our fellowship meals offer more than just food; they provide a lifeline to members, ensure their nutritional needs are met, combat social isolation, and promote overall well-being.

While we do ask for a \$4 donation for the meal, it does not cover the increasing costs of groceries and increased member participation. With that, we have created a new Lunch Sponsorship to help us with rising costs. See the flyer below for more info or contact the staff if interested.

*New*  
**LUNCH SPONSORSHIP**

**You Choose:**  
Donate \$100 or  
bring food for 40

**Open to businesses or individual members.**

*Sponsorship comes with opportunity to set up a vendor table on your lunch day.*

*Thank you for your support!*



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## Upcoming Events

**October 2 @ 12:00pm**  
Silver & Secure Vendor Table

**October 3 @ 11:45am**  
National Night Out Lunch

**October 4 @ 10:00am**  
Brunch Bingo

**October 4 @ 1:45pm**  
Book Club

**October 5, 12, 26 @ 10:15am**  
Daytrip: Aviation Museum

**October 9 @ 12:35pm**  
Bunco

**October 11 @ 10:00am**  
Card Creations Class

**October 11 @ 1:15pm**  
Arts & Crafts Series: Fall Dot Painting

**October 16 @ 11:30am**  
Membership Connection Lunch

**October 16 - October 20**  
Active Aging Week: Lunch & Learns  
and Presentations

**October 20 @ 10:30am**  
Fall Family Fest

**October 21 @ 9:00am**  
Active Aging Health Fair

**October 23 @ 9:30am**  
Annual Meeting

**October 23 @ 12:35pm**  
Bunco

**October 31 @ 11:30am**  
Halloween Potluck Costume Party



*Happiness is a choice, not a result. Nothing will make you happy until you choose to be happy.*

*~Ralph Marston*



## Note From the Center...

**By DeLisa Leopold, Executive Director**

Retirement can be a wonderful time in life. It's a time to relax and enjoy all the things you've always wanted to do but never had time for. But it can also be a time when it's easy to become sedentary. Here are a few tips on how to stay active in retirement and how you can do it at BSBAC!

- **Get involved in your community.** There are many ways to get involved in your community, such as volunteering, joining a group or taking a class to learn a new hobby. Volunteering is a great way to stay active and help others. It's also a great way to meet new people and make friends. Check out the volunteer opportunities here at BSBAC!

- **Stay physically active.** Exercise is important for people of all ages, but it's especially important for seniors. Exercise helps to improve your physical fitness, mental health, and overall quality of life. There are many different types of exercise, so find something that you enjoy and that fits your fitness level. Here at BSBAC, we have an exercise class for everyone, check the schedule to find YOUR class!

- **Learn new things.** Keeping your mind active is just as important as keeping your body active. Learning

new things can help to prevent boredom and dementia. BSBAC offers a variety of classes, lunch 'n' Learn presentations and more. Keep an eye out for what interests you!

- **Stay socially connected.** Social interaction is important for people of all ages, but it's especially important for seniors. Staying socially connected can help to reduce stress, improve your mental health, and overall quality of life. Our BSBAC community is welcoming and engaging, come on by to see friends and make new ones!



# October 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  
**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



Achterberg, Frieda  
 Adkins, Donna  
 Alvarado, Carrie-Ann  
 Barger, David  
 Barron, Terry  
 Bigler, Janice  
 Briones, Alice  
 Britz, Catherine  
 Brown, Joyce  
 Brown, Roberta  
 Brummett, Marian  
 Cannon, Sandra  
 Castaneda, Leticia  
 Cauthon, Sandra  
 Chavez, Velda  
 Coburn, Kim  
 Cockrell, Carman  
 Cosser, Helen  
 Crockett, Lynda  
 Decambaliza, Marilyn  
 Delancy, Joyce  
 Denman, Allyn  
 Dimmitt, Paula

Doll, Larry  
 Eckert, Joseph  
 Elias, James  
 Fadoir, Thomas  
 Fox, Ernestine  
 Franzel, Carrye  
 Gallo, Amparo  
 Gatlin, Bruce  
 Gill, Debra  
 Gonzales, Margie  
 Gosselin, Japke  
 Gumm, Donna  
 Halverson, Kathy  
 Hardeman, Pam  
 Harkins, Nancy  
 Hatle, Gail  
 Hawkins, Ted  
 Henrich, Bill  
 Hernandez, Gloria  
 Hitsman, Joyce  
 Hoover, Albert  
 Hughley, Johnnie  
 Hunsicker, Steve

Jennings, Mike  
 Jones, Bonnie  
 Jordan, Janis  
 Khokhar, Pir  
 Lindemann, Brenda  
 Lindquist, Rosalie  
 Lockwood, Ellen  
 Lopez, Minerva  
 Mann, Rhonda  
 Mauger, Joan  
 Mckinley, Michal  
 Miwa, Rodrigo  
 Moreno, Linda  
 Morgan, Julia  
 Morris, Barbara  
 Mutz, Karen  
 Noll, Betty  
 Pal, Levan  
 Phillips, Cynthia  
 Pitcock, Patti  
 Pitney, Martha  
 Poole, Deborah  
 Porter, Tammy

Ramirez, Emilio  
 Razo, Eusebio  
 Reeves, Estella  
 Riley, Elayne  
 Roberts, Julie  
 Rodriguez, Graciela  
 Rodriguez, Ruben  
 Rogers, Tonie  
 Schlagel, Sharon  
 Schroeder, Terri  
 Schuster, Edda  
 Schwaben, Christa  
 Seal, Olivia  
 Segovia, Ana  
 Sellars, Arlene  
 Sharp, Eve  
 Simmons, Kathy  
 Smerick, Chuck  
 Smith, Sherry  
 Specht, Linda  
 Spencer, Sandy  
 St.Clair, Carl  
 Stark, Laurie




Stark, Robert  
 Tison, Dianna  
 Trudeau, Clorinda  
 Varela, Flor  
 Velez-Begnoche,  
 Wanda  
 Vonder Embse, Vicki  
 Wager, Gene  
 Warner, Nat  
 Wehe, Barbara  
 Weissberg, Lisa  
 Willars, Tonia  
 Williams, Dia Joy  
 Williford, Ronald  
 Yeakley, Virginia







# October 2023 Center Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Tomato Soup Grilled Cheese Sandwich Dessert</p>	<p>3</p>  <p>Smokey Mo's BBQ provided by Bulverde PD</p>	<p>4</p> <p>Hamburgers Chips Dessert</p>	<p>5</p> <p>Chicken &amp; Cheese Noodle Bake Green Salad Dessert</p>	<p>6</p> <p>Taco Salad Guacamole Dessert</p>
<p>9</p> <p>Sub Sandwiches Fruit Dessert</p>	<p>10</p> <p>Frito Pie Fruit Salad Dessert</p>	<p>11</p> <p>Spaghetti Green Salad Dessert</p>	<p>12</p> <p>Chicken Almondine Brocoli Dessert</p>	<p>13</p> <p>Chicken Noodle Soup Green Salad Dessert</p>
<p>16</p> <p>Potato Soup Salad Texas Sheet Cake</p>	<p>17</p> <p>Beef Tacos Pinto Beans Dessert</p>	<p>18</p> <p>BBQ Chicken Wings Carrots &amp; Celery Church Salad Dessert</p>	<p>19</p> <p>Red Beans &amp; Rice Green Salad Dessert</p>	<p>20</p> <p>Orange Chicken Fried Rice Dessert</p>
<p>23</p> <p>Chicken Tetrazzini Broccoli Dessert</p>	<p>24</p> <p>Cheeseburger Soup Green Salad Bread Dessert</p>	<p>25</p> <p>Baked Potatoes Salad Dessert</p>	<p>26</p> <p>Turkey &amp; Stuffing Casserole Green Beans Dessert</p>	<p>27</p> <p>Meatball Sandwiches Green Bean Salad Dessert</p>
<p>30</p> <p>Bean &amp; Cheese Chalupas Dessert</p>	<p>31</p> <p>Halloween Potluck Sloppy Joes</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





## 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.

						30
1			10	6	2	36
	8	6	5			32
1		12	7		1	41
11	3	5	5		1	27
8		6		11	1	39
7	2	0	6	7	11	33
39	40	37	38	37	17	48

## 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)

GIVE GIVE GIVE GIVE	GET GET GET GET	ROOD	GO May 8 May 8
IMPOSSIBL	NOON T	UNOTU	



## Halloween Word Search



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

Word list:

BAT	DRACULA	HAUNTED	PARTY	SPOOKY
BLACK	FRANKENSTEIN	HORROR	PUMPKINS	TREAT
BONE	GHOST	MASK	TRICK	VAMPIRE
BOO	GOBLIN	MONSTER	SCARE	WEREWOLF
CANDY	GRAVE	MOON	SCREAM	WICKED
CAT	GRAVEYARD	NIGHT	SKELETON	WITCH
COSTUME	HALLOWEEN	OCTOBER	SPIDER	ZOMBIE



## Commonyms

1. An Airline - A Dart - A Stairwell
2. A Foot - Cinderella - Christmas Tree
3. A Compass - A Doctor - An Evergreen
4. Time - A Kite - A Flag
5. A Bottle - A River - A Guitar
6. Deer Antlers - A Horse - An Attack
7. A Whip - A Joke - A Safe
8. A Dog - A Kite - A Storyteller
9. A Golf Ball - A Nail - A Car
10. A Peach - Long Jmp - A Pole Vault

## Sept. Answers

1. Kings
2. Balls
3. They have racks
4. Teas
5. Forests
6. Types of stops
7. Dogs
8. Ages in the history of man
9. Tests
10. Measured in degrees



# October Health & Wellness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance &amp; Strength* 1:30pm Balance &amp; Strength* 4:00pm Yoga</p>	<p>3</p> <p>9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba</p> 	<p>4</p> <p>9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:00am Balance &amp; Strength* 12:15pm Balance &amp; Strength* 3:30pm Line Dancing 5:00pm Yoga</p>	<p>5</p> <p>8:30am Easy Pace 9:30am Zumba Gold 10:30am Pilates 11:45am Chair Yoga 1:00pm Balance &amp; Strength* 4:00pm Restorative Yoga 5:30pm Zumba</p>	<p>6</p> <p>9:30am Line Dancing 11:00am Balance &amp; Strength* 12:15pm Balance &amp; Strength*</p>
<p>9</p> <p>8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance &amp; Strength* 1:30pm Balance &amp; Strength* 4:00pm Yoga</p>	<p>10</p> <p>9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba</p>	<p>11</p> <p>9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:00am Balance &amp; Strength* 12:15pm Balance &amp; Strength* 3:30pm Line Dancing 5:00pm Yoga</p>	<p>12</p> <p>8:30am Easy Pace 9:30am Zumba Gold 10:30am Pilates 11:45am Chair Yoga 1:00pm Balance &amp; Strength* 4:00pm Restorative Yoga 5:30pm Zumba</p>	<p>13</p> <p>9:30am Line Dancing 11:00am Balance &amp; Strength* 12:15pm Balance &amp; Strength*</p>
<p>16</p> <p>8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance &amp; Strength* 1:30pm Balance &amp; Strength* 4:00pm Yoga</p>	<p>17</p> <p>9:30am Zumba Gold 10:30am Pilates 1:15pm Beginning Line Dancing 5:30pm Zumba</p>	<p>18</p> <p>9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:00am Balance &amp; Strength* 12:15pm Balance &amp; Strength* 3:30pm Line Dancing 5:00pm Yoga</p>	<p>19</p> <p>8:30am Easy Pace 9:30am Zumba Gold 10:30am Pilates 11:45am Chair Yoga 1:00pm Balance &amp; Strength* 4:00pm Restorative Yoga 5:30pm Zumba</p>	<p>20</p> <p>9:30am Line Dancing 11:00am Balance &amp; Strength* 12:15pm Balance &amp; Strength*</p>
<p>23</p> <p>8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance &amp; Strength* 1:30pm Balance &amp; Strength* 4:00pm Yoga</p>	<p>24</p> <p>9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba</p>	<p>25</p> <p>9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:00am Balance &amp; Strength* 12:15pm Balance &amp; Strength* 3:30pm Line Dancing 5:00pm Yoga</p>	<p>26</p> <p>8:30am Easy Pace 9:30am Zumba Gold 10:30am Pilates 11:45am Chair Yoga 1:00pm Balance &amp; Strength* 4:00pm Restorative Yoga 5:30pm Zumba</p>	<p>27</p> <p>9:30am Line Dancing 11:00am Balance &amp; Strength* 12:15pm Balance &amp; Strength*</p>
<p>30</p> <p>8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance &amp; Strength* 1:30pm Balance &amp; Strength* 4:00pm Yoga</p>	<p>31</p> <p>9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba</p>			

## GYM HOURS

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

Fri: 8:00am - 3:00pm

\*Class is FREE for all BSBAC Membes



**ATTENTION!**

# ZUMBA GOLD TONING

Time Change



🕒 9:00 AM, WED.

📅 STARTING IN OCTOBER

**YOU'RE ONLY ONE WORKOUT AWAY FROM A GOOD MOOD.**

# 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



## Happy Birthday



Joe Herczeg celebrated his 85th birthday with us at the Center!



# Thank you!

Thanks to our generous community, over \$7,000 was donated to BSAC during The Big Give 2023!

We are grateful to have the opportunity to serve this mission and appreciate everyone that supports our efforts!



We had two great presentations in September at the Center for members to attend! First United presented to members about scams and what to watch out for. Then we had a Healthy Cooking Demo provided by Health Texas and Silver & Secure.

Be sure to join us for Active Aging week as we'll have multiple presentations and lunch and learns on all sorts of topics including short term health care, supportive care, dementia, osteoarthritis, and more. We love bringing educational and informative speakers to the Center, so please be sure to take advantage of what we offer.







# Activity Center Happenings



Did you see our new video about the BSBAC? If you haven't already seen it, please check out our facebook page or our website to see the video about all we do here at the Center. You may even see yourself throughout.



To watch the video on our website: [www.bsbac.com/donate](http://www.bsbac.com/donate) and click on the aerial image.



Members had a great time making custom modge-podge pumpkins for this month's Arts & Crafts Series. Join us next month as we make some fun diy ghost decor for Halloween!





# October Event Flyers



## Are you ready for Medicare Annual Enrollment?

Jill will be onsite to make sure you're prepared

Oct. 2: 12-2 PM | Oct. 17: 12-2PM

\*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 formula, or pharmacy networks are changing. The Annual Notice of Change lists the plan's changes side-by-side from 2023 to 2024.

### Contact Information:

Jill Bullock  
Phone: 830.406.6654, Email: [Jill@SilverandSecure.com](mailto:Jill@SilverandSecure.com)

**TUES. OCT. 3RD**  
**11:45AM**

**JOIN US FOR LUNCH AND FESTIVITIES WITH DRAWINGS FOR DOOR PRIZES!**

**SIGN UP BY SEPT. 25TH**

**SMOKEY MO'S WILL BE CATERING.**

**OCTOBER BRUNCH BINGO**  
WEDNESDAY, OCTOBER 4TH  
BRUNCH @9:45AM  
BINGO @10AM

**Maple Sausage & Sweet Potato Breakfast Hash**

**6 Games of Bingo - \$2**  
**Brunch - \$4**  
Donations Appreciated



**SPANISH GOVERNOR'S PALACE**

THURSDAYS, OCTOBER 5TH, 12TH & 20TH @10AM

Join us as we visit and explore the Spanish Governor's Palace and their gorgeous courtyard gardens. Then we will head over to Good Time Charlie's for lunch.

**MUSEUM COST \$5 PAID TO THE BSB/C**

**\$10 per person if riding the bus.**  
Don't want to ride the bus, follow along in your own vehicle. Let us know you are going.  
\*Day trips are reserved for BSB/C members on a first come, first served basis.\*

Arts & Crafts Series  
**DIY GHOST DECOR**

**11 October**  
1:30 PM

ALL SUPPLIES PROVIDED.  
\$5 DONATION APPRECIATED

PLEASE JOIN US FOR A

**FALL FAMILY FEST**

SEPTEMBER 30TH, 10:30 AM

GAMES | SNACKS | FUN

FAMILIES OF MEMBERS INVITED TO JOIN US FOR THE FUN & TO SEE WHAT YOU DO HERE AT THE CENTER!

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

SAVE THE DATE

**ANNUAL MEETING**

MONDAY  
OCTOBER 23, 2023  
9:30 AM

BULVERDE SPRING BRANCH ACTIVITY CENTER est. 1993

Please join us for a

**HALLOWEEN PARTY**

TUESDAY  
**31**  
**OCTOBER**  
Starts at 11:30am

**PRIZES FOR BEST COSTUMES!**

Sign up to bring a dish to share



# Upcoming Special Events



## 2023 AAHF SCHEDULE OF EVENTS

### Monday, October 16th

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

Presentation: SA Lighthouse for the Blind w/ Veronica Barrientos

12pm-1pm (Group X Room)

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

### Tuesday, October 17th

10am-11am (Dining Room-Dividers)

Presentation: What is an Ombudsman w/ Heather Armstrong w/ AACOG

12pm-1pm (Group X Room)

Lunch & Learn: Get Your Ducks in a Row w/ Stephanie Bigbee w/ Hope

12pm-2pm

Vendor Space: Silver & Secure w/ Jill Bullock

### Wednesday, October 18th

10am-11am (Dining Room-Dividers)

Presentation: Alamo Supportive Care w/ Shedell Giddens

12pm-1pm (Group X Room)

Lunch & Learn: Christus VNA Hospice & Palliative Care and Home Health

### Thursday, October 19th

9:15am-10am (Dining Room-Dividers)

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

10am-11am (Group X Room)

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

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

Lunch & Learn: Osteoarthritis w/ Nicole Stuart w/ SOAR

### Friday, October 20th

9:30am-10:30am (Dining Room-Dividers)

Presentation: AACOG's Health & Wellness Programs w/ Kim Beasley

### Family Fall Fest (All Day)

### Saturday, October 21st

9am-12pm Hearing Screenings by Altitude Audiology

9am-12pm Flu Shots by Spring Branch Pharmacy

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

9am-12pm Active Aging Health Vendor Fair



## JOIN US ALL WEEK FOR GREAT PRESENTATIONS!

Due to the daily presentations, some exercise classes & games will be cancelled during the week. Thank you for your understanding! We hope you enjoy all the great resources we have for you during our 2023 Active Aging Week!

We'll also have prizes and giveaways for members that are participating.



## Active Aging Health Week & Vendor Fair

Saturday, October 21st

9am-12pm

Bulverde Spring Branch Activity Center  
30280 Cougar Bend

Various Health & wellness Vendors  
Hearing Screenings by Altitude Audiology \*  
Giveaways  
Flu Shots & Covid Boosters by Spring Branch Pharmacy\*  
Gift Bags  
Blood Drive by South Texas Blood & Tissue\*

\*Must sign up or register in advance.

VISIT OUR FACEBOOK PAGE OR WWW.BSBAC.COM FOR MORE INFORMATION

Active Aging Week promotes the benefits of a healthy lifestyle on a national scale by giving our older adults the opportunity to experience activities in a safe, friendly, and fun atmosphere.



BULVERDE SPRING BRANCH  
ACTIVITY CENTER

# 23RD ANNUAL CRAFT SHOW

Vendor Booths \* Bake Sale \* BBQ Plate Sale

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

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

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NOVEMBER 1ST 2023

3RD ANNUAL

# BSBAC CLAY SHOOT 2023

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GOOD BULL RANCH  
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SPRING BRANCH, TX

BULVERDE SPRING BRANCH ACTIVITY CENTER

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



## MORE THAN AWARENESS

For the 31 days of Breast Cancer Awareness Month (BCAM), pink ribbons appear as the impact of breast cancer is brought to the forefront of national conversation.

But we know that to help those facing breast cancer, awareness alone isn't enough. This October, get involved. Get screened. Make a donation. Take action. Make this BCAM about more than awareness.

The early detection of breast cancer is often key to successful outcomes. But do you know what to look for or when to see your doctor? Get answers to your top questions with the National Breast Cancer Foundation's (NBCF) free resource, Most Asked Questions: Breast Cancer Signs & Symptoms.

Visit

<https://www.nationalbreastcancer.org/breast-cancer-awareness-month/>  
to get more information and access NBCF resources.



# BREAST CANCER MYTHS DEBUNKED

The fact is ... mammograms can find breast cancer up to three years before it can be felt as a lump. Learn more breast cancer facts here.



**Myth: If my mom had breast cancer, so will I.**

Only 5–10 percent of breast cancer cases result from a hereditary gene.

**Myth: Men don't get breast cancer.**

Men represent 1–2 percent of all breast cancer cases in the U.S.



**Myth: Breast cancer often leads to death.**

When found at its earliest stage, the breast cancer 5-year survival rate is 99 percent.

**Myth: All lumps are cancerous.**

Only a small percentage of lumps are cancerous. Have it checked by your doctor to be sure.

**Myth: I need a mastectomy to effectively treat cancer.**

Studies show lumpectomy with radiation has the same survival outcomes as mastectomy for early stage breast cancer.



**Myth: Breast cancer hurts.**

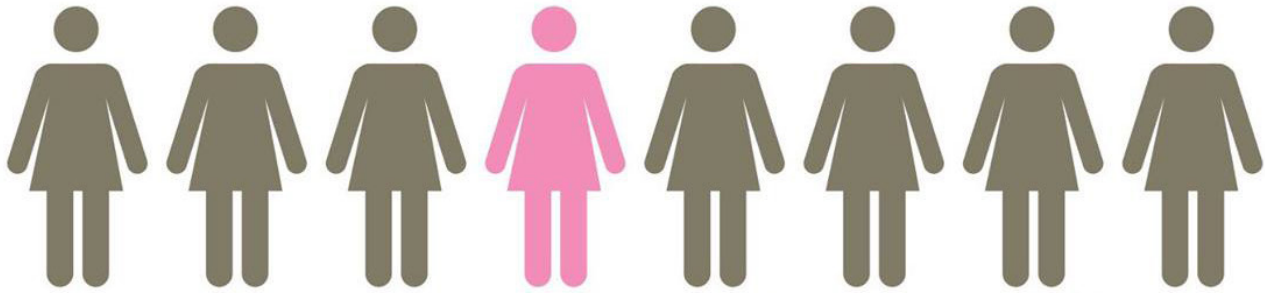
Early breast cancer is rarely painful. Breast pain is often caused by noncancerous conditions such as hormonal changes or cysts.

**Myth: You can't lower your risk.**

Ninety percent of breast cancers are largely due to lifestyle and environmental factors, such as healthy weight, alcohol use and activity levels.







About one in eight women in the U.S. will develop invasive breast cancer during her lifetime.

## No.1

Breast cancer is the most common cancer among American women, except for skin cancers.

252,710

Estimated amount of new cases of invasive breast cancer diagnosed in women.

55+

Two of three breast cancers are found in women 55 or older.

3.1 million

Estimated amount of breast cancer survivors in the U.S.

## No.2

Breast cancer is the second leading cause of cancer death in women, exceeded only by lung cancer.

Breast cancer survivorship has tripled over the past 60 years.

### RISK FACTORS

#### GENDER

Men can develop breast cancer, but this disease is 100 times more common among women than men.

#### AGE

Your risk of developing breast cancer increases as you get older.

#### GENETICS

About 5 to 10 percent of breast cancer cases are thought to be hereditary, meaning that they result directly from gene defects inherited from a parent.

#### FAMILY HISTORY

Risk is higher among women whose close blood relatives have this disease.

Less than 15 percent of women with breast cancer have a family member with this disease.

#### WEIGHT

Being overweight or obese after menopause increases breast cancer risk.

#### RACE

Overall, white women are slightly more likely to develop breast cancer than African-American women, but African-American women are more likely to die of this cancer.

### HEALTH TIPS



#### BREAST DENSITY

Having dense breasts makes your chance for breast cancer four times higher.



#### KNOW YOUR FAMILY HISTORY

5 to 10 percent of breast cancer is hereditary.



#### NUTRITION

Eat five or more servings of fruit and vegetables daily, limiting processed and red meats. Choose whole grains.



#### SCREENING

Remember to get annual mammograms and clinical breast exams beginning at age 40.



#### WATCH WEIGHT

Women who have gained 21 to 30 pounds since age 18 are 40 percent more likely to develop breast cancer than those who haven't gained more than five pounds.



#### PHYSICAL ACTIVITY

Women who walk briskly for 1.25 to 2.5 hours a week have 18 percent less risk than women who are inactive.



#### ALCOHOL

Limit alcohol consumption to no more than one drink a day — any more than that increases risk by 1.5 times compared to someone who doesn't drink.



#### SUPERFOODS

City of Hope researchers have discovered that pomegranates, grape seed extract and blueberries all have powerful breast cancer fighting agents.

### SYMPTOMS

- Swelling of all or part of the breast
- Skin irritation or dimpling
- Breast or nipple pain
- Nipple retraction (turning inward)
- Redness, scaliness or thickening of nipple or breast skin
- Nipple discharge





## TOP 6 BENEFITS OF PURPLE POTATOES

### 1 Healthy Food Coloring Alternative

Purple potatoes and other root vegetables make for completely natural food-coloring agents vs. the numerous chemical food dyes linked to cancer that have been used for years.

### 2 Help Lower and Regulate Blood Pressure

Purple potatoes have an effect on the capillaries and blood vessels, along with the high concentration of a phytochemical called chlorogenic acid, which has been linked to lower blood pressure.

### 3 May Prevent Blood Clots

Purple potatoes contain chlorogenic acid, which has been shown to break down blood clots and inhibit the enzymatic activity of pro-coagulant proteins and peptides.

### 4 Jam-Packed with Antioxidants and Phytonutrients

The purple potato is loaded with antioxidants and disease-fighting phytonutrients that work together to offer amazing health benefits, such as reducing inflammation.

### 5 Provides Fiber

Potatoes contain insoluble fiber that can help eliminate constipation, irregularity and discomfort.

### 6 Great for Endurance Athletes and Ultra Runners

The insoluble fiber in potatoes can provide a sort of time-released effect that helps endurance athletes sustain high energy levels for long periods of time.



## Roasted Purple Sweet Potatoes

yield: 2 TO 4 SERVINGS    prep time: 10 MINUTES    cook time: 30 MINUTES  
total time: 40 MINUTES

*Delicious roasted purple sweet potatoes with homemade garlic dipping sauce.*

## Ingredients

- 2 purple sweet potatoes
- 5 tablespoons of olive oil
- 1 tablespoon of finely chopped rosemary (fresh or dry)
- 1 tablespoon of garlic powder
- Salt and black pepper to taste

## For the Garlic Sauce

- 1 tablespoon of mayo
- 1/4 cup of sour cream
- 1/4 cup of plain yogurt
- The juice of half a lemon
- 2 or 3 minced garlic cloves
- Salt and black pepper to taste
- A teaspoon of dill or chives is optional

## Instructions

1. Preheat your oven to 400 degrees Fahrenheit.
2. Peel and cut your potatoes into 1/2 inch cubes (peeling is optional).
3. Add the potatoes to a mixing bowl and add the olive oil, rosemary, garlic powder, salt and black pepper.
4. Mix the potatoes to coat them with the seasonings and the olive oil.
5. Line a baking sheet with parchment paper and set your potatoes in one layer on the baking sheet.
6. Roast for about 30 minutes. When done, take out of the oven and let the potatoes rest for a couple of minutes.
7. Mix all the ingredients of the garlic sauce together in a jar or a bowl.
8. Serve the potatoes with the garlic sauce on the side.

## THE OKINAWAN SWEET POTATOES ARE PACKED WITH:

fiber

manganese

vitamins A & C

anthocyanins



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**Rod Garcia**  
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**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.*

# Board Members

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