

September 2022

BSBAC Buzz



September is Healthy Aging® Month



September is Healthy Aging® Month is celebrating its 30th year. The annual observance month focuses national attention on the positive aspects of growing older, particularly among adults ages 45-plus. The mission is to encourage everyone to take personal responsibility for their health.

The month was created in 1992, 30 years ago, by Carolyn Worthington, publisher of the Healthy Aging® multi-media platform and president of the non-profit Educational Television Network, Inc.

“Our goal in creating the month was to draw attention to the positive sides of growing older. We felt there needed to be a second time during the year in addition to May is Older Americans Month. September was chosen because so many people feel they can “get started” more easily then. Maybe the back-to-school routine never really goes away.”

“When we started September is Healthy Aging® Month back in the 90s, not many people really wanted to talk about growing older. Not that we do now, but the focus is loud and clear that there are many ways to maintain a healthy lifestyle well into later years,” Worthington said. “Aging is no longer a taboo subject. It’s almost become trendy to be an active older adult.”

The U.S. Senate unanimously passed the resolution marking September as National Healthy Aging Month in 2021.

Dispelling the Myths of Older Ages by Generation. Each generation is proving that many older adults are vibrant, pas-

sionate, and not the image of old age at all. From the Greatest Generation (those now over 93), the Silent Generation (those between 75 and 92), and Baby Boomers (56 to 74) to Gen-Xers (40 to 55), there are pioneers of aging determined to remain vital and healthy.

What Can You Do to Remain Healthy? To maintain your vibrancy, why not make September the time to take stock of your lifestyle and set some healthy goals. Grab onto that old “back-to-school” feeling, and make this month a fresh start.

A healthy lifestyle should include getting and staying in shape, the importance of challenging the mind and spirit, and why making a commitment to better health and keeping up social connections are critical.

Look for the ten tips for healthy aging in recognition of September is Healthy Aging® Month later in this newsletter.

To learn more about Healthy Aging®, visit <https://healthyaging.net/>.



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

Sept. 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

September 5
Center Closed for Labor Day

September 7 @ 10:00am
Brunch Bingo

September 7 @ 1:45pm
Book Club

September 7, 14, 21, 28 @ 2:00pm
Spanish

September 8 @ 10:00am
Daytrip: McNay Art Museum w/
Lunch at EZ's Brick Oven & Grill

September 12 @ 12:35pm
Bunco

September 14 @ 1:45pm
Arts & Crafts Series:
Sharpie & Alcohol Canvas Art

September 15 @ 10:00am
Daytrip: McNay Art Museum w/
Lunch at EZ's Brick Oven & Grill

September 20 @ 11:45am
Lunch & Learn: Silver & Secure

September 22 @ 10:15am
Daytrip: McNay Art Museum w/
Lunch at EZ's Brick Oven & Grill

September 23 @ 10:45am
Falls Prevention presented by
AACOG & STRAC

September 26 @ 12:35pm
Bunco

*By all these lovely tokens, September days are here, with
summer's best of weather, and autumn's best of cheer.
~Helen Hunt Jackson*

Note From the Center...

By Jessica Rosario

Let me begin by expressing my gratitude to everyone who supports the Center, either by donating money or volunteering their time (or both)! I understand that not everyone is in a financial position to donate but please remember that even \$10 helps the Center.

Our Individual Giving Campaign was off to a slow start this year and with just a few days to go I didn't think we would hit our goal of \$25,000. Then, suddenly, the community rallied and we got several more donations. One of our sponsors, M&S Engineering donated a large amount, which resulted in us actually surpassing our goal! If you donated to this campaign, or gave to the center earlier this year, I thank you from the bottom of my heart. This year has been financially difficult but with your help we can continue to offer our services.

It's already September and we made it through another hot summer! The days are still pretty warm and we are looking forward to cooler weather. The next few months are filled with exciting activities, presentations, events, and group trips. We don't want you to miss anything, so please make sure you read through this newsletter, the weekly newsletter (electronic), and look for any new flyers and signups in the hallway.

Week coming up in October and the Health Fair on Saturday, Oct. 15th! We are going to have over 20 vendors as well as a blood drive, mobile mammography bus, and food trucks that day. Ladies, remember to sign up to get your mammogram done at the center during the Health Fair (*online registration is required*). We can help you get signed up online if need be. We will need a minimum number of participants for the mammography bus to come out, so please register at your earliest convenience and take advantage of the ease of the mobile mammogram bus.

September is National Healthy Aging Month and what better way to celebrate than with a visit to our gym, or by participating in one of our many different exercise classes. Being healthy is more than just eating well and doing some form of physical activity, you need to keep you brain active and in the right mindset. Do daily brain exercises, such as card games, sudoku, crosswords, puzzles, etc. and keep a positive attitude (remember to smile!). Exercise is important for both your mental and physical health and if you don't like the gym or structured exercise classes, please walk or jog for at least 30 minutes, 5 days a week.

I wish you all a wonderful month with positive thoughts and great health!

Don't forget about our Active Aging



September 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 Poker
12:00pm Knitting/
 Crochet/Sewing
1:45pm Book Club
 (1st Wed)
1:45pm Arts & Crafts
 Class (2nd Wed)
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

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



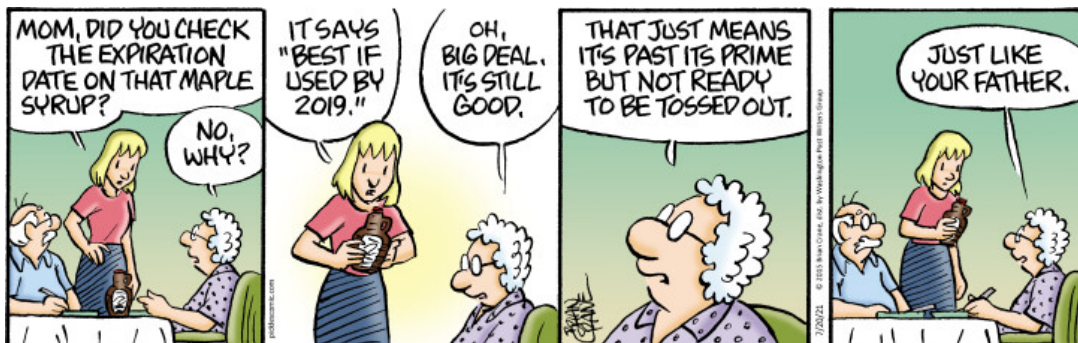
Ali Abangri
 Anna Packard
 Barbara Garcia
 Connie Cox
 Dahlia Vela
 Dana Causey
 Dee Fabricant
 Diane Roberts
 Diane Roberts
 Donald Hartman
 Dorothy Remy

Ed Benjamin
 Frankie Schreve
 George Phillips
 Helaine Price
 Jane Wanke
 Jean Ackey
 Joaquin Patron Sr.
 John Woodward
 Joyce Larson
 Judith Trotti
 Julie Siliven

Julie Stout
 Kaye Nisbett
 Madeleine Maciula
 Maria Espericueta
 Marianne Dorsett
 Marquise Baker
 Marshel McCormick
 Mary Friedrich
 Mary Ramirez
 Mary Treanor
 Mary Vilemian


Mary Word
 Monica Naranjo
 Patrick Norrgran
 R.D. Gottardy
 Rex Owen
 Robert Evans
 Robert Shaheen
 Robert
 Throckmorton
 Robert Valdez
 Sandra Rockowitz

Sandra Schroeder
 Sandy Phelps
 Sharon Sparrow
 Shirley Calhoun
 Terry Sessums
 Thelda Courtney
 Valorie Robertson
 William Masterson
 Yolanda Davila





September 2022 Center Meal Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| | <p>HELLO September</p>  | | <p>1 Baked Potato Bar Salad Dessert</p> | <p>2 Hot Dogs Baked Beans Chips Dessert</p> |
| <p>5 We will be CLOSED TO OBSERVE Labor DAY</p> | <p>6 Potato Soup Green Salad Dessert</p> | <p>7 Ham & Cheese Sliders Fruit Dessert</p> | <p>8 Pork Tenderloin Roasted Potatoes Broccoli Dessert</p> | <p>9 Tuna Salad Potato Salad Fruit Dessert</p> |
| <p>12 Hamburgers Chips Dessert</p> | <p>13 Chef Salad Bar Dessert</p> | <p>14 Frito Pie Fruit Dessert</p> | <p>15 Onion Chicken Mashed Potatoes Green Beans Brownies</p> | <p>16 Pizza Green Salad Dessert</p> |
| <p>19 Chef's Choice Dessert</p> | <p>20 Italian Sausage Sandwich Pasta Salad Dessert</p> | <p>21 Shipwreck Stew Cornbread Dessert</p> | <p>22 Hot Tamale Pie Green Salad Dessert</p> | <p>23 Quiche Fruit Dessert</p> |
| <p>26 Bean Chalupas Dessert</p> | <p>27 Tomato Soup Grilled Cheese Fruit Dessert</p> | <p>28 Spaghetti w/Meat Sauce Green Salad Garlic Bread Dessert</p> | <p>29 BBQ Chicken Pasta Casserole Cole Slaw Dessert</p> | <p>30 Pulled Pork Slider BLT Pasta Salad Dessert</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

Mumbo Jumbo

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

| | |
|---|---|
| FRI | <div style="display: inline-block; border: 1px solid black; width: 20px; height: 20px; border-radius: 50%;"></div> <div style="display: inline-block; border: 1px solid black; width: 20px; height: 20px;"></div> <div style="display: inline-block; border: 1px solid black; width: 20px; height: 20px;"></div> |
| PIEN | <div style="display: inline-block; border: 1px solid black; width: 20px; height: 20px;"></div> <div style="display: inline-block; border: 1px solid black; width: 20px; height: 20px;"></div> <div style="display: inline-block; border: 1px solid black; width: 20px; height: 20px;"></div> <div style="display: inline-block; border: 1px solid black; width: 20px; height: 20px; border-radius: 50%;"></div> |
| PUSCER | <div style="display: inline-block; border: 1px solid black; width: 20px; height: 20px; border-radius: 50%;"></div> <div style="display: inline-block; border: 1px solid black; width: 20px; height: 20px;"></div> <div style="display: inline-block; border: 1px solid black; width: 20px; height: 20px; border-radius: 50%;"></div> <div style="display: inline-block; border: 1px solid black; width: 20px; height: 20px;"></div> <div style="display: inline-block; border: 1px solid black; width: 20px; height: 20px;"></div> <div style="display: inline-block; border: 1px solid black; width: 20px; height: 20px;"></div> |
| ERD KAO | <div style="display: inline-block; border: 1px solid black; width: 20px; height: 20px;"></div> <div style="display: inline-block; border: 1px solid black; width: 20px; height: 20px;"></div> <div style="display: inline-block; border: 1px solid black; width: 20px; height: 20px;"></div> <div style="display: inline-block; border: 1px solid black; width: 20px; height: 20px; border-radius: 50%;"></div> <div style="display: inline-block; border: 1px solid black; width: 20px; height: 20px;"></div> <div style="display: inline-block; border: 1px solid black; width: 20px; height: 20px;"></div> |
| <div style="display: inline-block; border: 1px solid black; width: 20px; height: 20px;"></div> <div style="display: inline-block; border: 1px solid black; width: 20px; height: 20px;"></div> <div style="display: inline-block; border: 1px solid black; width: 20px; height: 20px;"></div> <div style="display: inline-block; border: 1px solid black; width: 20px; height: 20px;"></div> <div style="display: inline-block; border: 1px solid black; width: 20px; height: 20px;"></div> <div style="display: inline-block; border: 1px solid black; width: 20px; height: 20px; border-radius: 50%;"></div> | |

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)

| | | |
|--|--|--|
| <div style="font-size: 48px; font-weight: bold; letter-spacing: 10px;">C</div> <p style="font-size: 12px; margin-top: 5px;">fish</p> | <p style="font-size: 18px; margin-bottom: 5px;">SOOOOO</p> <p style="font-size: 18px; margin-bottom: 5px;">NOW NOW</p> <p style="font-size: 18px; margin-bottom: 5px;">NOW NOW</p> | <div style="font-size: 36px; font-weight: bold; letter-spacing: 10px;">E4R</div> |
| <p style="font-size: 18px; margin-bottom: 5px;">GOLF GOLF</p> <p style="font-size: 18px; margin-bottom: 5px;">GOLF GOLF</p> | <div style="font-size: 36px; font-weight: bold; letter-spacing: 10px;">COW</div> | <p style="font-size: 12px; margin-top: 5px;">PICKET PICKET PICKET PICKET</p> |

Commonyms

1. Home - Diner - License
2. Jackie - Dolly - Eleanor
3. Corn - Baby - Olive
4. America - Kangaroo - Crunch
5. Sharp - Cream - Cottage
6. Santa's Sleigh - Churches - Schools
7. Debtors - Congress - Ducks
8. Picnic - Easter - Wastepaper
9. Twilight - End - No Parking
10. Secret - Double - Real Estate

August Answers

1. They have waves
2. They are hitched
3. They are balanced
4. They have tanks
5. They have scores
6. They have bowls
7. They are filled
8. They have picks
9. They are bucks
10. They deliver



FALL WORD SEARCH



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



| | | | | |
|-----------|-----------|----------|-----------|--------------|
| acorns | cobweb | harvest | October | seasons |
| apples | corn | hayride | orange | September |
| autumn | Fall | jackets | pumpkin | squash |
| bonfire | festivals | leaves | quilt | squirrel |
| brown | foliage | maize | rake | sweaters |
| chestnuts | football | migrate | red | Thanksgiving |
| chilly | gourds | November | scarecrow | wagons |
| cider | green | nuts | scenic | yellow |

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September Health & Wellness Schedule

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|---|
| | | | 1 8:15am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 4:00pm Restorative Yoga 5:30pm Zumba | 2 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength* |
| 5 We are CLOSED LABOR Day ★★★★★ ***** | 6 9:30am Zumba Gold 10:30am Ballet Barre 5:30pm Zumba | 7 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga | 8 8:15am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 4:00pm Restorative Yoga 5:30pm Zumba | 9 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength* |
| 12 8:15am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga | 13 9:30am Zumba Gold 10:30am Ballet Barre 5:30pm Zumba | 14 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga | 15 8:15am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 4:00pm Restorative Yoga 5:30pm Zumba | 16 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength* |
| 19 8:15am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga | 20 9:30am Zumba Gold 10:30am Ballet Barre 5:30pm Zumba | 21 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga | 22 8:15am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 4:00pm Restorative Yoga 5:30pm Zumba | 23 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength* |
| 26 8:15am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga | 27 9:30am Zumba Gold 10:30am Ballet Barre 5:30pm Zumba | 28 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga | 29 8:15am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 4:00pm Restorative Yoga 5:30pm Zumba | 30 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength* |

GYM HOURS

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

Fri: 9:00am - 3:00pm

*Class is FREE for all BSBAC Membes



RenewActive™
by UnitedHealthcare



Practice all 4 types of exercise for the most benefits.

Endurance

So you can

climb steps

dance the night away

Balance

So you can prevent falls and related injuries

TIP: Use a chair or the wall for support.

Strength

So you can

lift groceries

carry grandchildren

Flexibility

So you can

drive

get dressed

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




WILLIE SHOOK WAS THE PROGRESSIVE TUESDAY BINGO WINNER SPONSORED BY AUDREY CHEATUM, REALTOR



JAPKE GOSSELIN WAS THE PROGRESSIVE FRIDAY BINGO WINNER SPONSORED BY SODALIS STONE OAK

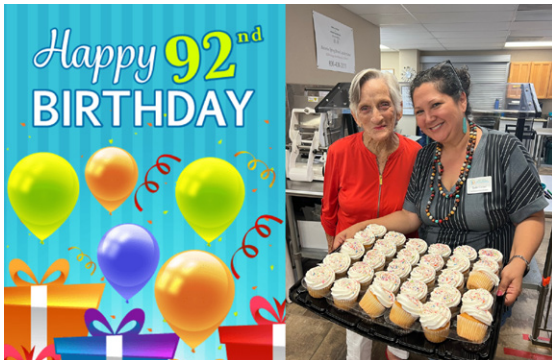



LORETTA MILLER

happy birthday!

Loretta was the birthday winner for August!

We had a couple milestone celebrations last month in the Center. Iris Rossi turned 92 and Al & Charline Cordes celebrated their 65th wedding anniversary! Thank you for celebrating with us during Bingo.



Our Canasta card group got together to celebrate players that had birthdays in July, August, and September. They even had a special guest!





Activity Center Happenings



ARTS & CRAFTS SERIES

Members made the cutest diy cutting boards last month! Join us each month as we do a new and creative craft.



Some members of the Pieper Highschool Soccer team volunteered at the Center organizing, cleaning, tidying up the bus and setting up the pets meals on wheels bags. Thank you so much them for helping, we truly appreciate it!



MONTHLY DAY TRIPS

In August, members took day trips to the Clear Springs Restaurant in New Braunfels and then made a stop at Naegelin's Bakery. Naegelin's Bakery, a New Braunfels institution for 142 years, was founded by Edouard Naegelin, Sr. who came to town in 1868 with a sack of flour and less than a dollar cash in his pocket. They had a great time and came back with some yummy goodies! Join us this month for the trip to the McNay Museum. Trips fill up quickly, so be sure to call or sign up in person at the Center.



September Event Flyers

Brunch Bingo
 WEDNESDAY, SEPTEMBER 7
 10:00AM

English Muffin
 +
 Spinach, Egg & Cheese Casserole
 &
 6 Games of Bingo

\$4 SUGGESTED
 DONATION FOR BRUNCH
 \$2/3 BINGO CARDS

GOOD BOOKS AND GOOD COMPANY

BOOK CLUB

1st Wednesday of Every Month
 1:45 PM

Contact the Center for monthly book choice

ARTS & CRAFTS SERIES

SHARPIE & ALCOHOL CANVAS ART

Wednesday, September 14
 1:45pm

All materials will be provided.

\$5/person donation is appreciated.

Please sign up in the Front Office.

SEPTEMBER DAY TRIP

MCNAY ART MUSEUM

THURSDAY, SEPTEMBER 8TH, 15TH, & 22ND
 LUNCH AT EZ BRICK OVEN & GRILL RETRO DINER
 COST FOR THE MCNAY IS:
 \$15 PER PERSON / MILITARY IS FREE

\$10 PER PERSON IF RIDING THE BUS. DON'T WANT TO RIDE THE BUS, FOLLOW ALONG IN YOUR OWN VEHICLE.
 BUS LEAVES PROMPTLY AT 9:30AM

DO YOU WANT TO LEARN TO SPEAK SPANISH?

GRACIAS

SPANISH CLASS

Classes start Wednesday 8/3 from 2pm-3pm and will be every Wednesday for 8 weeks. Cost is \$10/person for the 8 week class.

¡HOLA!

Slow paced for Beginners
 Writing & Speaking
 Common Words & Phrases
 Mouth Formation
 Pronunciation
 Short Salutations
 & More!

September Lunch & Learn
 w/ Jill Bullock
 from Silver & Secure

HOW YOU CAN AVOID FALLING FOR THE LATEST MEDICARE SCAMS & AVOIDING COSTLY OUT-OF-POCKET MEDICAL EXPENSES.

JILL BULLOCK IS AN INDEPENDENT INSURANCE BROKER WHO LIVES IN THE HILL COUNTRY AND LOVES EVERY SECOND OF IT. A NATIVE TEXAN WHO SPENT MUCH OF HER LIFE IN COLORADO, WYOMING, ECUADOR, AND COSTA RICA, JILL RETURNED HOME TO TEXAS IN 2019. JILL SPENDS HER FREE TIME VOLUNTEERING FOR MEALS ON WHEELS, THE BULVERDE SPRING BRANCH ACTIVITY CENTER FOR SENIORS, WALKING HER DOGS ALONG THE GUADALUPE RIVER, AND GARDENING ON COOLER DAYS. JILL HAS A JD FROM THE UNIVERSITY OF WYOMING SCHOOL OF LAW AND PRACTICED OIL & GAS LAW FOR OVER 10 YEARS. AFTER 10 YEARS OF SHIPPING PAPERS AND WRITING OPINIONS FOR CORPORATIONS, SHE SHIFTED HER FOCUS SO SHE COULD ENJOY HER TRUE PASSION - WORKING WITH SENIORS. AS AN INSURANCE BROKER, JILL HELPS THOSE ON MEDICARE GAIN A BETTER PERSPECTIVE OF THE CHOICES AVAILABLE TO ASSIST EACH PERSON TO MAKE THE BEST CHOICE FOR THEIR HEALTH CARE NEEDS. YOU CAN REACH JILL BY CALLING 830.456.6654 OR EMAILING HER AT JILL@SILVERANDSECURE.COM

Tuesday, September 20th
 11:45am-12:45pm
 Light lunch will be served

Falls Prevention
 STEP UP TO STOP FALLS

Fall Awareness Lengthens Lives (FALL) Talk
 Falls are:
 Preventable &
 NOT a Function of Ageing

The FALL Talk is designed to provide you with ways that can help prevent falls.

Bulverde Spring Branch Activity Center
 30280 Cougar Bend
 Bulverde, TX

Friday, 23 September 2022
 10:45 a.m. – 11:45 a.m.

FREE to individuals 60 years old and older

To pre-register
 Please call: (830)438-3111

STRAC
 Senior Resource & Referral Agency

Area Agency on Aging
 Senior Resource & Referral Agency

September Wish List

- Lemonade Mix
- Individual Coffee Creamer Pods
- Variety of Hard Candies
- White Storage Cabinet, 1 needed
- Ice Bucket w/ Lid & Scoop, 4 needed
- 1Liter Glass Carafe (6pk), 2 needed
- Orange Spandex Tablecloths, 2 needed
- 4ft Folding Table, 4 needed
- Case of 16oz & 32oz Mason Jars, 2 needed

If you would like to help us get these items or would like to donate towards an item (no matter how big or smaller... every bit helps our center), please see Beth.

Thank you to those that have already donated!

What I want for SEPTEMBER

Simplicity September
 Smile September
 Self-love September

Sympathy September
 Serenity September
 Start-fresh September

Upcoming Special Events



Annual Active Aging Health Fair & Open House




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

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-Dividers)
 Presentation: Let's Have A Jarcuterie Party by Jymann Davis w/ Texas AgriLife
12pm-1pm (Group X Room)
 Lunch & Learn:

Tuesday, October 11th
10am-11am (Dining Room-Dividers)
 Presentation: Learn the Medicare Basics by Essy Mareno
11:45am-12:45pm (Group X Room)
 Lunch & Learn: by Nicole Stuart w/ SOAR

Wednesday, October 12th
10am-11am (Dining Room-Dividers)
 Presentation:
11:45am-12:45pm (Dining Room-Dividers)
 Lunch & Learn: Advance Directives by Stephanie Bigbee w/ Hope Hospice

Thursday, October 13th
10am-11am (Dining Room-Dividers)
 Presentation: Healthy Living for your Brain & Body by Dianne Teran w/ the Alzheimer's Association

Friday, October 14th
9:45am-10:45am (Group X Room)
 Brunch & Learn:

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, & Senstational Salads & Wraps



Mammograms that come to U



You are a candidate for a mammogram if you:

- Are age 40 or older (most insurance companies will pay for a screening mammogram for women age 35-39 with a doctor's order)
- Have not had a mammogram within the past year
- Are not pregnant or breastfeeding
- Have no unusual breast symptoms such as a lump

Preparing for your visit:

- You don't need a doctor referral. We will call your insurance company to make sure you are eligible.
- We offer some financial assistance to qualifying women (call 210-358-7020 for more information).
- Screenings take about 15-20 minutes
- Wear a two-piece outfit. Avoid using lotion, deodorant, powder and perfume on your breasts and underarm area.
- To register, go to healthyUexpress.com, and click **APPOINTMENT** and complete the form. We'll contact your insurance company for certification. Our radiology department will call you within 3-5 business days to verify available appointment times.

We're coming to U

Bulverde Spring Branch Activity Ctr

30280 Cougar Bend

Saturday, October 15

8:00am-12:00pm

must register for appointment online at HealthyUexpress.com



Scan to schedule an appointment



Call 210-358-7020 for more information

Frequently asked questions

Do I need a mammogram?
 You are a candidate for a mammogram if you:

- Are age 40 or older (most insurance companies will pay for a screening mammogram for women age 35-39 with a doctor's order)
- Have not had a mammogram within the past 12 months
- Are not pregnant or breastfeeding
- Have no unusual breast symptoms such as a lump

If you are pregnant, breastfeeding or feel a lump in your breast, talk to your doctor about getting a different exam, or call us at 210-358-7020 to learn more.

How long will my mammogram take?
 The screening lasts 15-20 minutes.

How can I prepare for my visit?
 Wear a two-piece outfit. Avoid using lotion, deodorant, powder and perfume on your breasts and underarm area.

How do I schedule my mammogram?
 Go to healthyUexpress.com and click **APPOINTMENT**, and complete the registration form. Once we receive your information, we'll contact your insurance company for certification. Our radiology department will call you within 3-5 days to verify available appointment times.

Do I need a referral from my doctor?
 No. We will call your insurance company to make sure you are eligible.

Do you offer financial assistance?
 Some financial assistance is available to qualifying women. Please call 210-358-7020 for more information.



Register at healthyUexpress.com





10 Tips for Reinventing Yourself during September Is Healthy Aging® Month:

1. **Do not act your age** or at least what you think your current age should act like. What was your best year so far? 28? 40? Now? Picture yourself at that age and be it. Some people may say this is denial, but we say it's positive thinking and goes a long way toward feeling better about yourself. (Tip: Don't keep looking in the mirror, just FEEL IT!)
2. **Be positive in your conversations** and your actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive. (Tip: Stop watching the police reports on the local news.)
3. **Ditch the downer friends.** Have negative friends who complain all of the time and constantly talk about how awful everything is? Drop them. As cruel as that may sound, distance yourself from people who do not have a positive outlook on life. They will only depress you and stop you from moving forward. Surround yourself with energetic, happy, positive people of all ages and you will be happier too. (Tip: Smile often. It's contagious and wards off naysayers.)
4. **Walk like a vibrant, healthy person.** Come on. You can probably do it. Analyze your gait. Do you walk slowly because you have just become lazy or, perhaps, have a fear of falling? (Tip: Make a conscious effort to take big strides, walk with your heel first, and wear comfortable shoes.)
5. **Stand up straight!** You can knock off the appearance of a few extra years with this trick your mother kept trying to tell you. Look at yourself in the mirror. Are you holding your stomach in, have your shoulders back, chin up? Check out how much better your neck looks! Fix your stance and practice it every day, all day until it is natural. You will look great and feel better. (Tip: Your waistline will look trimmer if you follow this advice.)
6. **How's your smile?** Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Not only is it the first thing people notice, but good oral health is a gateway to your overall well-being. (Tip: Go to the dentist regularly and look into teeth whitening. Nothing says old more than yellowing teeth!)
7. **Lonely?** Stop brooding and complaining about having no friends or family. Do something about it now. Right this minute. Pick up the phone, landline, or cell and make a call to do one or more of the following: Volunteer your time, take a class, invite someone to meet for lunch, brunch, dinner, or coffee. (Tip: Volunteer at the local public school to stay in touch with younger people and to keep current on trends, take a computer class or a tutorial session at your cell phone store to keep up with technology, choose a new person every week for your dining out.)
8. **Start walking** not only for your health but to see the neighbors. Have a dog? You'll be amazed how the dog can be a conversation starter. (Tip: If you don't have time for a dog, go to your local animal shelter and volunteer. You will be thrilled by the puppy love!)
9. **Get a physical.** Make this month the time to set up your annual physical and other health screenings. Go to the appointments and then, hopefully, you can stop worrying about ailments for a while. (Tip: For a list of recommended annual health screenings, a great resource is the **My Health Finder**. Here's what **Medicare Covers**.
10. **Find your inner artist.** Who says taking music lessons is for young school children? You may have an artist lurking inside you just waiting to be tapped. Have you always wanted to play the piano, violin, or tuba? Have you ever wondered if you could paint a portrait or scenic in oil? What about working in wood? (Tip: Sign up now for fall art or music classes and discover your inner artist!)



News You Can Use



6 KEYS TO HEALTHY AGING

- 1. BALANCED DIET**
- 2. CUTTING OUT SUGAR**
- 3. REGULAR EXERCISE**
- 4. REDUCE STRESS**
- 5. CHALLENGE YOUR MIND**
- 6. REGULAR CHECK-UPS**

- DHA contributes to optimal neuron and memory function in older adults.^[1]
- DHA plays an important role in visual function throughout life.^[2,3]
- EPA and DHA omega-3s may help maintain healthy blood pressure^[4] and healthy triglyceride levels.^[5]
- As a matter of fact, EPA and DHA are needed in every cell of the body.^[6]

Omega-3s
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Health professionals **recommend** a minimum of **250mg to 500mg of EPA+DHA per day** for adults. Eating **two servings of fatty fish per week** or taking a **daily omega-3 supplement** can help reach this goal.^[7]



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20.5
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FAT

0.8g
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Eggplant

✓ Cholesterol-Free ✓ Low-Fat
✓ Low-Sodium ✓ High-Fiber

Chock full of vitamins, minerals, and fiber, eggplant is a heart-healthy addition to a balanced diet

(per cup cubes, raw)

verywell

10 Health Benefits of... Eggplant (Aubergine)

1. Lower Bad Cholesterol Absorption
2. Protects Heart and Arteries
3. Assist with Stomach Ulcers
4. Assist Nerve Conditions
5. Prevents Infections
6. High Fibre Content
7. Prevent Cancer
8. Low in Calories
9. Protects Brain
10. Cleans Blood



EatHealthyLiveFit.com



Stuffed Eggplant Parm

INGREDIENTS

- 1 1/2 c. marinara, divided
- 2 medium eggplants, halved
- 1 tbsp. extra-virgin olive oil
- 1 medium onion, chopped
- 1 tsp. dried oregano
- Kosher salt
- Freshly ground black pepper
- 2 cloves garlic, minced
- 1 c. chopped tomatoes
- 1 large egg, lightly beaten
- 2 1/2 c. shredded mozzarella, divided
- 1/4 c. freshly grated Parmesan
- 1/4 c. Italian bread crumbs
- Freshly sliced basil, for garnish

DIRECTIONS

- 1 | Preheat oven to 350°. Spread 1 cup of marinara over the bottom of a 9x13-inch baking dish. Using a spoon, hollow out eggplants, leaving about a 1/2-inch-thick border around skin to create a boat; transfer to baking dish. Roughly chop scooped-out eggplant flesh.
- 2 | In a large skillet over medium heat, heat oil. Add onion and cook until soft, 5 minutes. Stir in chopped eggplant and season with oregano, salt, and pepper. Cook, stirring often, until golden and tender, 3 to 4 minutes. Add garlic and cook until fragrant, 1 minute.
- 3 | Transfer mixture to a bowl and add tomatoes, egg, 1 cups of mozzarella, and remaining 1/2 cup marinara. Mix until just combined, then scoop into eggplant boats. Top with remaining 1 cup mozzarella, Parmesan, and bread crumbs.
- 4 | Bake until eggplants are tender and cheese is golden, about 50 minutes.
- 5 | Garnish with basil before serving.

EGGPLANTS ARE FRUITS
BERRIES TO BE EXACT

EGGPLANT IS BOTANICALLY CLASSIFIED AS A BERRY BECAUSE IT CONTAINS NUMEROUS SMALL, SOFT, EDIBLE SEEDS.

NUTRITIONAL FACTS
Provides a good amount of fiber, vitamins, and minerals.

CNN Philippines NEWS YOU CAN TRUST

SOURCE: CALS AND STINA, EDU

| | |
|-------------------------------------|--|
| YIELDS: 4 SERVINGS | PREP TIME: 0 HOURS 20 MINS |
|-------------------------------------|--|

| | |
|--|--|
| COOK TIME: 0 HOURS 50 MINS | TOTAL TIME: 1 HOUR 10 MINS |
|--|--|

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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

Brian Meuth: Chair
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