



February 2024



BSBAC Buzz



AN ACTIVE LIFE IS A GOOD LIFE!!

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.



Weekly Activity Schedule & CENTER MENU

4-5

Note from the CENTER & Upcoming EVENTS

3

Health & Fitness SCHEDULE

“Exercise not only changes your body, it changes your mind, your attitude, and your mood.”



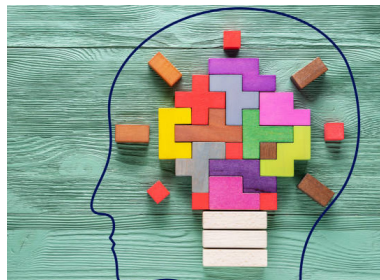
6

HOW DO I GET CENTER INFO?

- Weekly email and monthly printed newsletter
- BSBAC.com website
- Facebook page
- Posted flyers/notices at the Center
- Text messages & email updates
- Weekly Announcements

Activity Center HAPPENINGS

8-9



Brain GAMES

10

February Event FLYERS

&

Special EVENTS



12



AMERICAN HEART MONTH

February is American Heart Month, a time when all people—especially women—are encouraged to focus on their cardiovascular health.

This Heart Month, the Division for Heart Disease and Stroke Prevention (DHDSP) is encouraging women to listen to their hearts and speak up for their health.

Women in the United States are experiencing unacceptable and avoidable heart-related illness and death, and nearly half of U.S. women do not recognize that heart disease is the leading cause of death for women.

DHDSP aims to shed light on this important topic so that women no longer experience delayed recognition, diagnosis, and treatment for cardiac events, such as heart attacks.

Heart-health disparities specific to women widen and deepen when combined with race, ethnicity, and other social factors. We encourage individuals, health care and public health professionals, and our partners to help close the disparities gap.

Using the CDC.gov website's tools,

help the women in your life listen to their hearts and raise their voices. When we encourage women to protect their own hearts, they can help others in their communities protect theirs.

Follow these heart-healthy lifestyle tips to protect your heart. It will be easier and more successful if you work on them with others, including by texting or phone calls if needed.

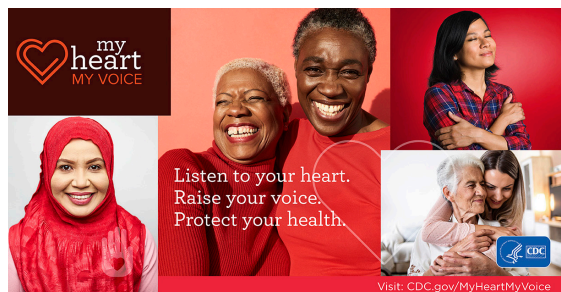
- Be more physically active.
- Maintain a healthy weight.
- Eat a nutritious diet.
- Quit smoking.
- Reduce stress.
- Get 7-9 hours of quality sleep.
- Track your heart health stats.

You don't have to make big changes all at once. Small steps will get you where you want to go.

High blood pressure is often called the silent killer. You might not have symptoms, but it's a leading risk factor for heart disease and stroke. Monitoring your own blood pressure at home can help you keep your blood pressure under control.

Regularly monitoring your blood pressure, with support from your health care team, can help lower your risk for heart disease and stroke. You can check your blood pressure at the doctor's office, at a pharmacy, or even at home!

For more information, visit www.cdc.gov.





NOTE FROM THE CENTER

By DeLisa Leopold, Executive Director

Our vibrant BSBAC community has had an excellent start to 2024, and we are working to keep that momentum going as we diligently work to host two of our largest fundraisers within the next couple of months. Our 5th Annual BBQ Cook-off will be on February 23 & 24, and our 2nd Annual Celebrating the Journey Gala will follow on April 12. These events bring our community together and allow us to gain support for our mission. As the anticipation builds, now is the perfect time to rally behind and support the upcoming events. What is the significance of community support for our events?

The Power of Community Support:

Each event catalyzes fostering a sense of belonging and togetherness within a community. They give us the opportunity to share in the efforts and give way to the more significant potential of each event's success, which in turn benefits our BSBAC community.

How to Support the Event:

1. **Volunteer your Time:** Events often require a considerable workforce to run smoothly. Consider volunteering your time and skills to contribute to the behind-the-scenes efforts that make the event successful.
2. **Spread the Word:** Use your social networks to spread the word about the upcoming event. Share information on social media, create buzz within your circles, and encourage friends and family to join the celebration.
3. **Attend and Participate:** Attending the event is the most direct way to show your support. Immerse yourself in the festivities, engage with the activities, and contribute to the vibrant energy that makes the event unique.
4. **Donate or Sponsor:** Financial support is crucial for the success of our events. Consider donating or contacting a BSBAC team member to learn more about how you can help.

As our events near, let us come together as a community to ensure the success of each of them. By supporting the events, we are actively participating in the success of the BSBAC. Embrace the excitement, spread the word, and contribute in any way you can—let's make 2024 a great year!

UPCOMING EVENTS

February 5, 19

10:00am - Mexican Train

February 6, 13, 20, 27

2:15pm - Slow Pace Beginning Spanish

February 7

10:00am - Brunch Bingo
1:30pm - Arts & Crafts Series: Fabric Hearts
1:45pm - Book Club

February 7, 14, 21, 28

1:30pm - Intermediate Spanish

February 8, 15, 22

9:15am - Daytrip to Wimberley Glassworks w/lunch at the Wimberley Cafe

February 12, 26

12:35pm - Bunco



February 14

10:00am - Card Creations
11:30am - Valentine's Day Potluck

February 19

2:45pm - DrumFit Class

February 23-24

5th Annual Bulverde BBQ Bash

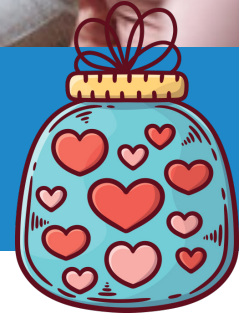
February 27

11:45am - Lunch & Learn: BE F.A.S.T. to Prevent Stroke presented by Texas A&M AgriLife Extension





Weekly ACTIVITY SCHEDULE



MONDAY



- 9:00am Wood Carving
- 10:00am Dominos: Mexican Train (1st & 3rd Mon)
- 11:30am Fellowship Meal
- 12:35pm Bunco (2nd & 4th Mon)
- 1:00pm Bridge Foursome (1st & 3rd Mon)
- 1:30pm Dominos

TUESDAY



- 10:30am Beginning Guitar
- 11:00am Mah Jong
- 11:30am Fellowship Meal
- 1:00pm Bingo
- 2:15pm Beginning Spanish

WEDNESDAY



- 9:00am Bridge
- 10:00am Brunch Bingo (1st Wed)
- 10:00am Card Creations (2nd Wed)
- 11:30am Fellowship Meal
- 12:00pm Poker (2nd, 3rd, 4th Wed)
- 12:00pm Knitting/Crochet/Sewing Group
- 1:45pm Book Club (1st Wed)
- 2:00pm Caregiver Support Group (3rd Wed)
- 2:00pm Intermediate Spanish

THURSDAY

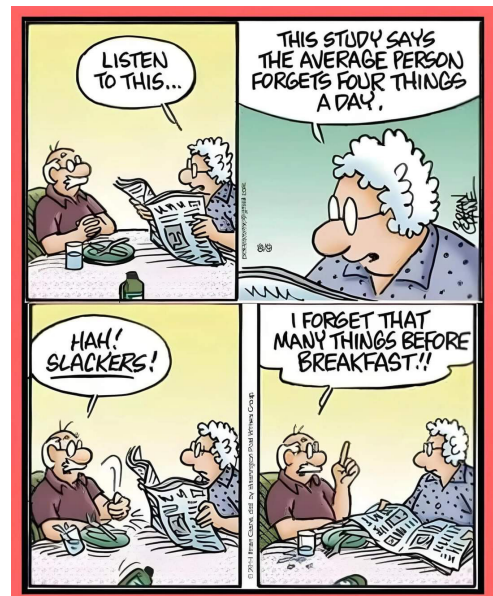


- 9:00am Wood Carving
- 10:00am Canasta Hand & Foot
- 11:30am Fellowship Meal
- 12:00pm Poker (1st Thurs)
- 12:30pm Mindful Meditation
- 1:00pm Bible Study

FRIDAY



- 11:00am Fellowship Meal
- 12:15pm Bingo












February

CENTER MEAL MENU



\$5
DONATION

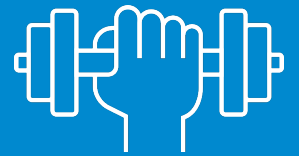
Monday	Tuesday	Wednesday	Thursday	Friday
				
Frito Pie Fruit Dessert ⁵	Lasagna Green Salad Garlic Bread Dessert ⁶	Cheeseburger w/Foings Chips Dessert ⁷	French Onion Salisbury Steak Mashed Potatoes Mixed Veggies Dessert ¹	John Wayne Casserole Green Salad Dessert ²
Taquito Enchiladas Pinto Beans Dessert ¹²	Ham & Cheese Sliders Lemon Broccoli Salad Dessert ¹³	Spaghetti Potluck ¹⁴	Ham & Cheese Quiche Fruit Dessert ⁸	Split Pea Soup Salad Dessert ⁹
Potato Soup Salad Dessert ¹⁹	Beef Tacos Pinto Beans Dessert ²⁰		Veggie Lasagna Green Beans Garlic Bread Dessert ¹⁵	Turkey & Stuffing Casserole Green Salad Dessert ¹⁸
Tomato Soup Green Salad Cornbread Dessert ²⁶	Asian Chicken Salad Dessert ²⁷	Pizza Green Salad Dessert ²⁵	Baked Ziti Green Salad Garlic Bread Cherry Dream Cake ²¹	Sausage Mac & Cheese Green Salad Dessert ²³
			Crescent Beef Casserole Steamed Carrots Dessert ²²	
			Chicken Salad Casserole Broccoli Fruit Crisp ²⁸	







Fellowship Meal is served Mon-Thurs@ 11:30am, Fri@11:00am
(LUNCH IS SERVED FOR A 1/2 HOUR IN THE CENTER)

\$5 Donation/lunch (Donations help make our fellowship meals possible)
Menus are subject to change

February

HEALTH & FITNESS SCHEDULE



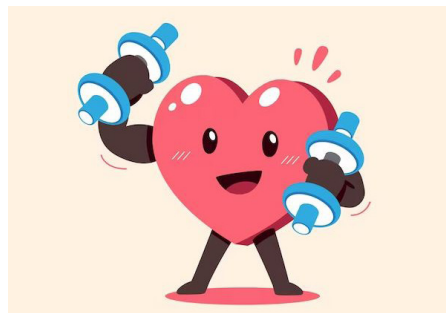
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
<p>8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga</p>	<p>9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba</p>	<p>9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:00pm Line Dancing 4:00pm Mindful Flow & Core</p>	<p>8:30am Easy Pace 9:30am Zumba Gold 10:30am Pilates 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba</p>	<p>9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*</p>
<p>8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga</p>	<p>9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba</p>	<p><i>HAPPY Valentine's Day</i> 9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:00pm Line Dancing 4:00pm Mindful Flow & Core</p>	<p>8:30am Easy Pace 9:30am Zumba Gold 10:30am Pilates 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba</p>	<p>9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*</p>
<p>8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 2:45pm DrumFit 4:00pm Yoga</p>	<p>9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba</p>	<p>9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:00pm Line Dancing 4:00pm Mindful Flow & Core</p>	<p>8:30am Easy Pace 9:30am Zumba Gold 10:30am Pilates 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba</p>	<p>9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*</p>
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GYM HOURS

Mon-Thurs: 8:00am - 6:00pm

Fri: 8:00am - 3:00pm

*Class is FREE for all BSBAC Members





Class Descriptions

HEALTH & FITNESS



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.



DRUMFIT

DrumFIT's Music, Motion & Memory Program encourages participants to socialize and move together for brain and body health. This unique program uses movement through drumming to benefit both the mind and body.



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.



MINDFUL FLOW & CORE

Peaceful meditation music while incorporating movement flexibility, static stretching, and core exercises. Equipment used will be straps, mats, foam rollers, and more to improve your mind, body and soul.



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, 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

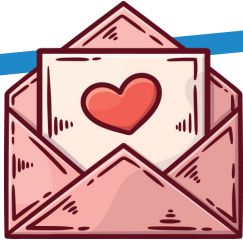
Zumba is a dance-fitness class that is set to zesty Latin music like salsa, merengue, mambo, etc. Zumba Gold modifies the moves and pacing to suit the needs of the active older participant.



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.

Center HAPPENINGS



DRUMFIT®

We added a new fitness class in January. DrumFIT designed for older adults, this unique program uses movement through drumming to benefit both the mind and body.



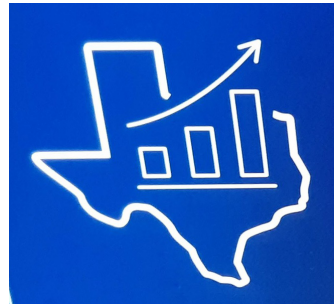
Beginning Spanish started again and we had a great turnout. Thank you to Mabel Brown for continuing this programming at the Center.

Members made cork trivets in our most recent Arts & Crafts Series.





DAYTRIP TO SAMSAT AREA 21 BOEING
 Members had a great time at last month's daytrip. Large-scale demonstrations of three-dimensional printing of habitats on the moon, responding to cybersecurity scenarios that simulate real-world threats, seeing the inner workings of a self-driving vehicle, taking rides in flight simulators for upcoming generations of electrically-powered aircraft, and designing and building one's own personal computer are just some of the experiences that they enjoyed at Area 21, the expansive space launched by The San Antonio Museum of Science and Technology (SAMSAT).



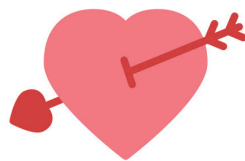
BRAIN GAMES

VALENTINE'S DAY

♥ WORD SEARCH ♥

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

- | | | |
|--------------|------------|-----------|
| ADMIRER | BE MINE | BOUQUET |
| CANDY | CHOCOLATE | CUPID |
| FALL IN LOVE | FEBRUARY | FLOWERS |
| GIFT | HEART | HUG |
| I LOVE YOU | KISS | LOVE |
| PINK | RED | ROMANCE |
| ROSES | SWEETHEART | VALENTINE |



Commonyms

1. A Sprinter - A City - An Icehouse
2. A Beetle - A Fox - A Rabbit
3. A Toe - A Carpenter - A Rabbit
4. Basketball - Turkey - Christmas Stocking
5. Chicago - Smokey - Yogi
6. Easter - Christmas - Virgin
7. Draw - Fade - Slice
8. Yellow - Scarlet - Cabin
9. Toilets - Eyes - Trash Cans
10. Finger - Oil - Latex

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.

						67
	7			13	10	47
	6	10		18	1	60
14	9			9	5	63
15	16		6		14	78
7	1			13		55
13		8			15	55
62	41	59	60	74	62	57

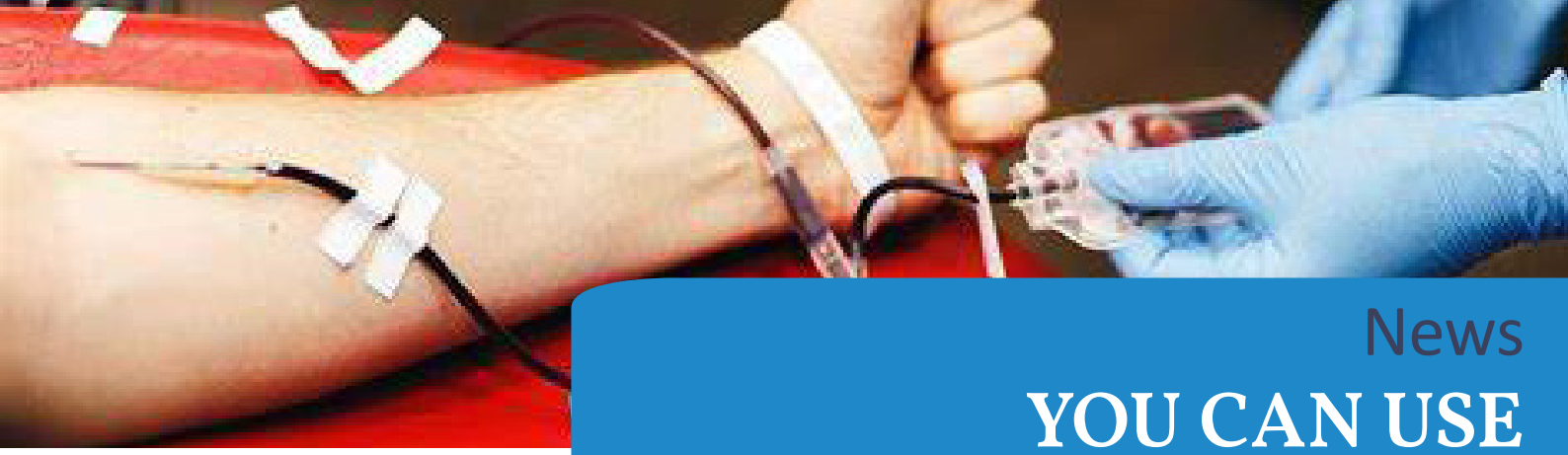
Bamboozles

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)

LA DD ER	EARTH EARTH	BURNS BURNS
THOdeepUGHT	bubble bubble bubble	DOOUT

December Answers

1. Poles
2. Types of chops
3. Maps
4. Birds that don't fly
5. They all get cancelled
6. Ways stamps are sold
7. Pickles
8. Teeth
9. Apples



News YOU CAN USE

Know the Difference

Cardiovascular Disease, Heart Disease, Coronary Heart Disease



Cardiovascular disease, heart disease, coronary heart disease – what’s the difference?
Because these terms sound so similar, people use them interchangeably. This fact sheet will help you understand how these conditions differ.

Cardiovascular Disease The big umbrella

Cardiovascular disease is the term for all types of diseases that affect the heart or blood vessels, including **coronary heart disease** (clogged arteries), which can cause heart attacks, **stroke**, **heart failure**, and **peripheral artery disease**.



Coronary Heart Disease A type of heart disease

Coronary heart disease is often referred to simply as “heart disease,” although it’s not the only type of heart disease. Another term for it is coronary artery disease.

About 366,000 Americans die from coronary heart disease each year.

Coronary heart disease occurs when plaque (a combination of fat, cholesterol, calcium, and other substances found in the blood) builds up in your arteries. You may have heard this called clogged arteries or atherosclerosis.

The plaque reduces the amount of oxygen-rich blood getting to your heart, which can cause chest pain (also called angina). Plaque can also lead to blood clots, which block blood flow and are the most common cause of a heart attack.

Heart Disease A type of cardiovascular disease

“Heart disease” is a catch-all phrase for a variety of conditions that affect the heart’s structure and function. Keep in mind— all heart diseases are cardiovascular diseases, but not all cardiovascular diseases are heart disease. The most common type of heart disease is coronary heart disease. In fact, when people talk about “heart disease” they often mean coronary heart disease.

Nearly 650,000 Americans die from heart diseases each year.
About 11% of American adults (that’s more than 1 of every 9) have been diagnosed with heart disease.



What you can do to protect yourself from cardiovascular diseases?

There’s a lot you can do to protect your heart.

- Ask your doctor about your **blood pressure, cholesterol, and A1C.**
- **Reduce the sodium**, and increase the fruits, vegetables, and whole grains in your diet.
- **Be physically active.**
- **Maintain a healthy weight.**
- **Don’t smoke.**
- **Manage stress.**
- **Keep your diabetes under control.**



February EVENT FLYERS/SPECIAL EVENTS

**FEBRUARY
BRUNCH BINGO**
WEDNESDAY, FEBRUARY 7TH @ 9:45AM



**SAVORY BREAKFAST FRITTATAS
W/ BACON & FRESH FRUIT**

6 Games of Bingo - \$2
Brunch - \$5
Donations Appreciated

Join us for our Fellowship Lunch
\$5 Lunch Donations



Served Daily
Monday-Thursday 11:30am-12pm
Friday 11am-11:30am

*Donations help make Fellowship Meals possible
*See Menu online or in center (subject to change)

ARTS & CRAFTS

Come and enjoy making these lovely fabric hearts. Perfect for gifting or hanging on your door or wall.

Wednesday, February 7th
(rescheduled from 1/31)
at 1:30pm
\$5 Donation is Greatly Appreciated



Explore
**WIMBERLEY
GLASSWORKS**



February DAY TRIP
THURS, FEB 8TH, 15TH & 22ND
BUS DEPARTS AT 9:15AM

Come and explore Texas' premier hand-blown glass studio. Watch them create a unique one-of-a-kind piece from start to finish in a live glass blowing demonstration.

Cost is \$2 per person

LUNCH AT THE WIMBERLEY CAFE
\$10 PER PERSON IF RIDING THE BUS. DON'T WANT TO RIDE THE BUS, FOLLOW ALONG IN YOUR OWN VEHICLE.

PLEASE JOIN OUR
**Valentine's
Potluck**

WEDNESDAY, FEBRUARY 14TH
AT 11:30AM

SPAGHETTI WILL BE PROVIDED. BRING AN APPETIZER, SALAD, OR DESSERT TO SHARE.

PLEASE USE SIGNUP BELOW



New Class
↓ LEARN MORE ↓

DRUMFIT

Move more, get social & live better

DrumFit's Music, Memory & Memory Program encourages participants to socialize and move together for brain and body health.

Why DrumFIT?

- Improves cognitive function & memory
- Enhances mood, reduces stress & anxiety
- Increases range of motion and/or mobility
- Creates greater appreciation for fitness & health

A fun, supportive, and inclusive group activity for older adults of all mobility ranges!

STARTING JAN. 2024, DAY & TIME TBD.
PLEASE SIGN UP ON INTEREST SHEET.

Learn How To
Speak Spanish
With Confidence
Slow Paced for Beginners

- Writing Speaking
- Learn Something New: Culture Heritage
- Mouth Formation Pronunciation Short Salutations
- Common Words & Phrases

Classes start Tuesday, January 30th from 2:15-3:15pm and will be every Tuesday for 8 weeks. Cost is \$10 per


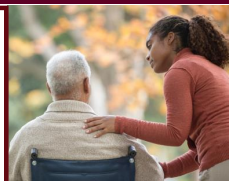
HealthExpress
BE F.A.S.T to Prevent Stroke

TEXAS A&M
**AGRI LIFE
EXTENSION**

Let's talk about the warning signs of a stroke.

Tuesday, February 27
11:45am-12:45pm

Program will be held at
Bulverde Spring Branch Activity Center
30280 Cougar Bend
Bulverde, TX 78163

**FEBRUARY
BSBAC WISH LIST**

- \$25 Gift Cards (Variety of Places)
- Donations for Card Creation Supplies
- Small Paper Plates
- Spaghetti and Elbow Noodles
- Cases of Fritos (Single Serving Bags)
- Cases of Assorted Chips (Single Serving Bags)
- Cases of Sodas (Coke, Diet Coke, etc)
- Cases of Bottled Water
- Beer, Spirits, & Wine Donations (Unopened Please)
- Individual Juice Boxes or Bottles (No Pouches Please)
- Batteries: AA, AAA, C, and D
- Dry Cat Food

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

Thank you to those that have already donated!



PRESENTS
COMPETITION BBQ COOK-OFF
FEBRUARY 23-24, 2024

TITLE SPONSOR
Vulcan
Materials Company

\$200 team registration (No RV) includes:

- Team Space
- Entry into chicken, ribs & brisket.

\$250 team registration (RV Space) includes:

- Team Space
- Entry into chicken, ribs & brisket.

Jackpot categories/\$25 each:

- Beans
- Dutch Oven Dessert
- Margarita
- Kid's Cook
- Salsa
- Cook's Choice

Not a cooker, but want to join the fun?

\$10 wristbands, good for Friday and Saturday.
Wristbands include parking, BBQ tastings
(as available), music, vendor shopping and
a great time with friends!

BBQ Open to the Public
Friday, February 23, 5pm - 10pm &
Saturday, February 24, 10am - 10pm



Team Information
DeLisa Leopold
dleopoldesbac.com

Sponsorship & Vendor Information
Reghan Swenson
rswensonebsbac.com

REGISTRATION
IS OPEN



Proceeds benefit the Bulverde
Spring Branch Activity Center, a
501c3 nonprofit organization
serving area seniors.
Thank you for your support!



5th Annual Bulverde BBQ Battle

The Bulverde BBQ Battle is an annual event that serves as a major fundraiser for the Bulverde Spring Branch Activity Center as well as a community event.

The BBB is held every year on the last weekend of February. The Cook-off gathers cooks and attendees from the Bulverde/Spring Branch area as well as surrounding communities and counties.

Join us at 1747 East Ammann Road, Bulverde for a fun weekend! Not a cooker, but want to join the fun? \$10 wristbands will be good for Friday and Saturday and include parking, BBQ tastings, music, vendor shopping and a great time with friends!

We are in need of items for our Booze Buggy for the BBQ raffle. Please send in unopened liquor, beer, or wine. We are also in need of \$25 gift cards.

Thank you for your help!



Allen, Patricia
Alston, Patsy
Anthony, Barbara
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WHAT'S COOKING IN FEBRUARY?

Kale is a member of the cabbage family and is often labeled a superfood because it is so high in nutrients per calorie.

Kale is a great source of vitamins A, K, and C, as well as potassium and calcium. It is effective in reducing the risk of cancer, as cruciferous vegetables have been shown to have potent inhibitory activities against cancer cell lines. However, if you have any special health condition or if you take medicines, such as beta blockers or blood thinners, it is necessary to consult your doctor.

Easy Kale Salad with Fresh Lemon Dressing

PREP TIME 20 minutes
 TOTAL TIME 20 minutes
 SERVINGS 4 servings
 AUTHOR [Jennifer Laughlin](#)

This easy kale salad features fresh veggies and a super simple homemade lemon dressing, making it perfect as a healthy side dish or light lunch!

Ingredients

- 5 cups kale chopped
- 1-2 teaspoons olive oil
- 1/8 teaspoon salt
- 2 cups broccoli chopped
- 1/2 cup almonds sliced
- 1/2 cup cheese optional (cheddar or feta work great here!)
- 1/4-1/2 cup carrots shredded
- 1/4 cup red onion diced
- 1/4 cup sunflower seeds
- 1/4 cup cranberries

Lemon Dressing

- 1/4 cup olive oil
- 2 tablespoons fresh lemon juice
- 2 tablespoons red wine vinegar
- 1 tablespoon dijon mustard
- 1 clove garlic minced
- 1/2 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 teaspoon honey or sugar adjust + add to taste

Instructions

1. First make your dressing by combining ingredients above in a lidded mason jar then shake well to emulsify. Dip a kale leaf in the dressing and adjust sweetener, salt, and pepper to taste. You can make this dressing as sweet or tart as your heart desires!
2. Next massage your chopped kale with a little olive oil and a pinch of salt. Rub with your fingers until leaves begin to darken and tenderize. This makes it taste great and gives the kale a silky texture!
3. In a large bowl, combine massaged kale, broccoli, almonds, cheese, carrots, onion, sunflower seeds, cranberries. Shake your dressing once more and pour about 1/3 of the dressing over the salad. Toss to coat and add extra dressing, to taste.



Kale

- Anti-Inflammatory
- Low Calorie
- Antioxidants
- Low Carb
- Vitamin K
- Calcium
- Vitamin C
- Vitamin A
- Potassium
- Lutein

All hail to kale! Seemingly everywhere you turn, Kale is a vital vegetable, rich in nutrients, health benefits and delicious flavor.

Per calorie, Kale has

- more Iron than beef
- more Calcium than milk
- 10X more Vitamin C than spinach

Highs
 vitamins A, C & K
 calcium
 potassium
 folic acid
 lutein
 carotenoids
 antioxidants

Lows
 calories
 fat
 carbs

What is it good for?

- eyes
- skin
- reduces the risk of heart disease & cancer
- weight loss
- lowers cholesterol
- bones

Best Friend: Lemon
 enhances phytonutrients

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

The Bulverde Senior Center (BSC) and 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.

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