

January 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.”



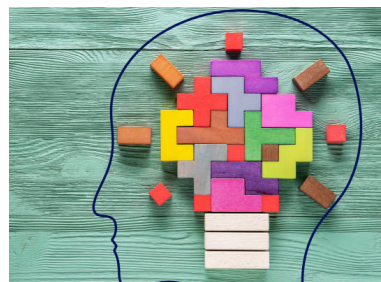
6

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

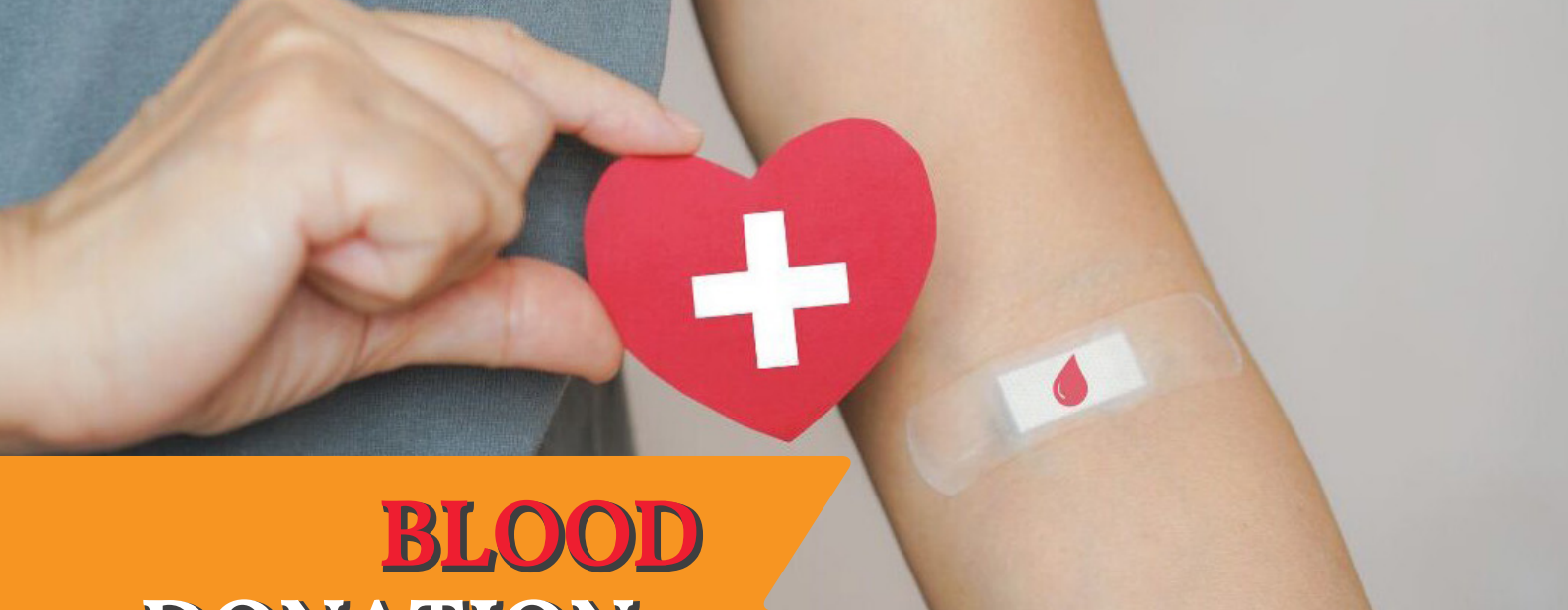


Brain GAMES

10

January Event FLYERS & Special EVENTS

12



BLOOD DONATION MONTH

The month of January is designated as National Blood Donor Month in the United States.

Due to holiday celebrations, inclement weather, and cold and flu season, the winter months are often a time of reduced donations and an increased risk for blood shortages.

National Blood Donor Month celebrates blood donors during this critical time and reminds people of the importance of donating blood.

Blood Donation is a National Concern. More than 50 years ago - on December 31, 1969 - President Richard Nixon signed a proclamation designating January as National Blood Donor Month. The monthly observance is intended to honor voluntary blood donors and to encourage people to give blood at a time when more of this critical resource is needed.

A blood donation is truly an altruistic gift that an individual can give to others in need. In only 45-60 minutes, an eligible individual can donate one unit of blood that can be separated into four individual components that could help save multiple lives.

From one unit of blood, red blood cells can be extracted and used

to treat patients who lost blood due to trauma or those who are recovering from surgery. Plasma, the liquid part of blood, is typically administered to patients with requiring treatment to improve blood clotting. Platelets, a third component, clot the blood when cuts or other open wounds occur, and are often used in the treatment of patients with cancer or those undergoing organ transplants. Finally, cryoprecipitated anti-hemophilic factor (AHF) is also used for clotting factors.

A study supported by the Association for the Advancement of Blood & Biotherapies (AABB) National Blood Foundation (TRANSFUSION 2002;42:122S) surveyed more than 5,000 blood donors to find out more about why they donate blood. Nearly 75% of the respondents said that they give blood to help others. Respondents also said that giving blood makes them feel good about themselves,

supports their local communities and hospitals, supports their community, and “pays back” society for the times when they or their families have needed blood transfusions in the past.

AABB encourages those who are eligible to donate blood or blood components regularly to ensure that this lifesaving resource is available for patients whenever and wherever it is needed.

Help ensure that this lifesaving resource is readily available to patients during this time. Find a location to give blood and schedule your life-saving donation appointment today.

For more information, visit <https://www.aabb.org/for-donors-patients/national-blood-donor-month>

National Blood Donor Month

DONATE BLOOD, SAVE LIVES.



NOTE FROM THE CENTER

By DeLisa Leopold, Executive Director

Happy New Year, everyone! I hope you all enjoyed the holiday season.

THANK YOU for an excellent 2023, where we experienced over a 30% growth in membership, attendance/participation, and volunteer efforts.

THANK YOU for the fantastic Individual Giving Campaign. Stay tuned for the final number as we tally donations received last week. Hint: it was our best campaign ever! If you would like to know how you can support the Center throughout the year, please visit with a team member.

THANK YOU to our many sponsors and community partners who supported us through 2023; we look forward to growing our partnership with each of you.

THANK YOU for the special holiday treats and warm wishes shared with our team. We are thankful to be part of the BSBAC family and appreciate your thoughtfulness. We enjoyed the holidays and spent time planning for the new year. We are excited and have lots in store for 2024!

Cheers to a new year of community, support, and gratitude, for with that comes all things good.

UPCOMING EVENTS

January 3

10:00am - Brunch Bingo
1:45pm - Book Club

January 8, 22

12:35pm - Bunco

January 9

11:45am - Lunch & Learn: Protect Your Digital World, Cybersecurity & Fraud Prevention

January 10

10:00am - Card Creations
1:30pm - Arts & Crafts Series: Cork Trivets

January 11, 18, 25

10:00am - 10:00 am - Daytrip to SAMSAT AREA 21 Boeing

January 15

2:45pm - NEW DrumFit Class

January 30

2:15pm - Slow Pace Beginning Spanish Starts

January 31

1:30pm - Arts & Crafts Series: Fabric Hearts
2:00pm - Intermediate Spanish Continues





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

WEDNESDAY



- 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 Group
- 1:45pm Book Club (1st Wed)
- 2:00pm Caregiver Support Group (3rd Wed)

THURSDAY



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

FRIDAY



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





January

CENTER MEAL MENU



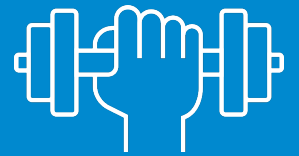
Monday	Tuesday	Wednesday	Thursday	Friday
1 CENTER CLOSED 	2 Chili Avocado Salad Cornbread Dessert	3 Eggroll Fried Rice Edamame Dessert	4 Chicken Pot Pie Biscuit Green Salad Dessert	5 Pizza Salad Dessert
8 Margarita Grilled Cheese Pasta Salad Dessert	9 Taquito Enchilada Pinto Beans Dessert	10 Potato & Sausage Sauté Green Beans Dessert	11 Baked Spaghetti Green Salad Dessert	12 Chicken Cordon Bleu Salad Dessert
15 Beef Stroganoff Salad Dessert	16 John Wayne Casserole Green Salad Dessert	17 Hamburgers w/fixings Jalapeno Rice Salad Dessert	18 Ham Soup Spinach Salad Cornbread Dessert	19 Mac & Cheese Pulled Pork Coleslaw Dessert
22 Cheeseburger Soup Green Salad Dessert	23 Frito Pie Fruit Dessert	24 Street Tacos Black Bean & Corn Salad Dessert	25 Turkey & Stuffing Casserole Brussel Sprouts Dessert	26 Chicken Salad Green Salad Croissant Dessert
29 Polish Casserole Green Beans Dessert	30 Baked Potato Bar Salad Dessert	31 Chef's Choice Dessert		

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

January

HEALTH & FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CENTER CLOSED 	2 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba	3 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	4 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	5 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
8 8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	9 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba	10 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	11 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	12 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
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22 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	23 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba	24 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	25 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	26 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
29 8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	30 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba	31 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	A year from now, you will wish you had started today	

GYM HOURS

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

Fri: 8:00am - 3:00pm

*Class is FREE for all BSBAC Members



Physical activity for adults and older adults

Benefits health	Reduces your chance of	Type II Diabetes	-40%
Improves sleep		Cardiovascular disease	-35%
Maintains healthy weight		Falls, depression etc.	-30%
Manages stress		Joint and back pain	-25%
Improves quality of life		Cancers (colon and breast)	-20%



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

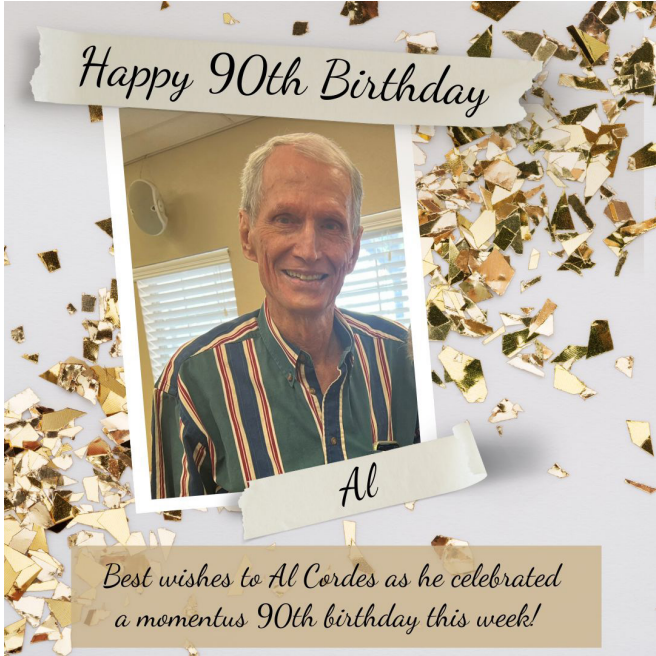
Zumba is a dance-fitness class that is set to zesty Latin music like salsa, merengue, mambo, etc. Zumba Gold modifies the moves and pacing to suit the needs of the active older participant.



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.

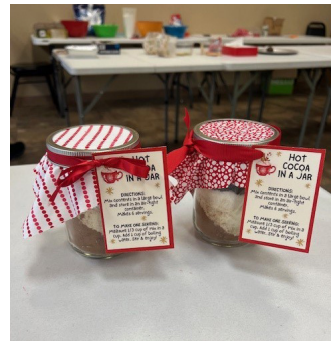
Center HAPPENINGS



Members had a good time during our cookie exchange and making hot cocoa in a jar.



We had an abundance of support for our Angel Tree and our seniors in need! A huge heartfelt thank you to all that adopted and donated. Our Meals on Wheels clients were so appreciative of your generosity. Pictured are just a few of our thankful clients.



Holiday Floral Arranging Class
Join us for this fun class held quarterly at the Center.





December Fun and Festive Activities!
Thank you to everyone that came out for our Ugly Sweater Party and Holiday potluck luncheon, our Santa visit, and our line dancing entertainment!



BRAIN GAMES

NEW YEAR'S EVE WORD SEARCH



BALLOONS
 CALENDAR
 CELEBRATE
 CHEERS
 CLOCK

CONFETTI
 COUNTDOWN
 GOALS
 HAPPY
 JANUARY

MIDNIGHT
 NEW YEAR
 NOISEMAKER
 PARTY
 RESOLUTION



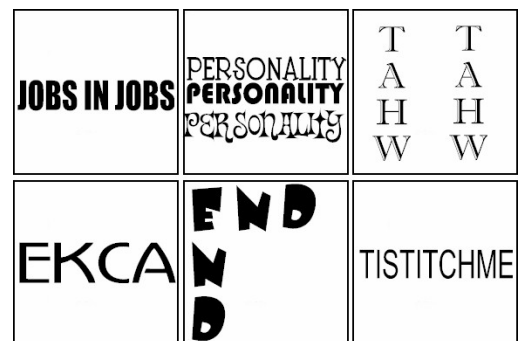
Number Block

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.

										53
	5			1	6		10	4		40
6	2		5	9	5	9	5	10		63
8	8	9	12	6	11	7	8			74
4	10	5	9	7	9	10	1			63
12		12	6	9	9	8	5	2		65
11	3	7	7	6	3	4	2	3		46
3		1	8	11	2	7	2	3		40
2	6	0	1	3	12	10	1	5		40
5	12	3	8		5	12	11	6		62
52	51	49	66	52	62	70	45	46		47

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)



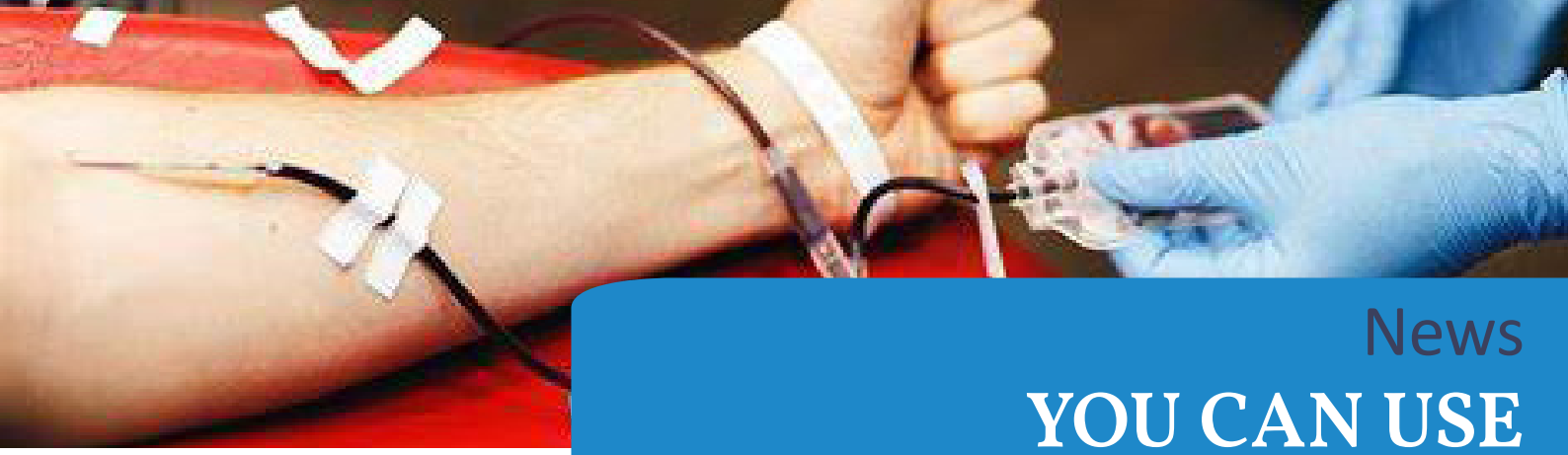
Commonyms

1. May - Bean - Flag
2. Lamb - Pork - Karate
3. Road - Weather - Treasure
4. Penguin - Kiwi - Ostrich
5. Bad TV Shows - Stamps - Checks
6. Sheets - Books - Rolls
7. Chips - Sweet - Spears
8. Buck - Baby - Wisdom
9. Crab - Caramel - Candy

December Answers

1. Holes
2. They all have bridges
3. Knots
4. Paper
5. Lucky Charms pieces
6. Nuts
7. Numbers
8. Windows
9. Colors of green
10. Flies

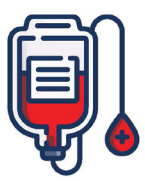




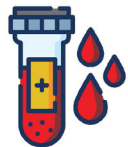
News
YOU CAN USE

BLOOD IS AN ESSENTIAL MEDICINE

THERE IS NO SUBSTITUTE FOR HUMAN BLOOD



1 unit of blood can save up to **3** lives



Every **2** seconds, someone in the U.S. needs blood

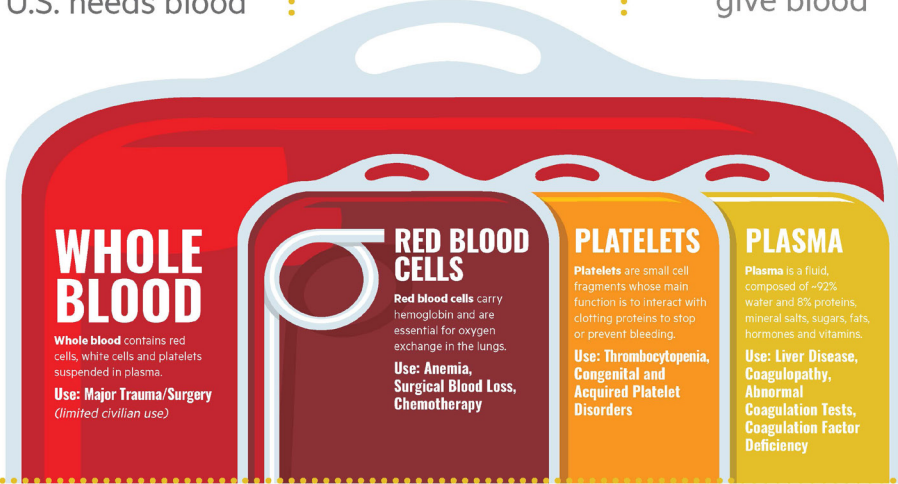
29,000 units of red blood cells are used each day in the U.S.



Fewer than **5%** of eligible donors give blood

BLOOD CONSISTS OF SEVERAL COMPONENTS

THOSE MOST NEEDED BY PATIENTS ARE:



WHO NEEDS BLOOD?

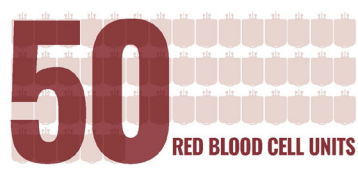
1 IN 7 HOSPITAL PATIENTS NEED BLOOD FOR MANY REASONS, INCLUDING:

- Trauma
- Hemophilia
- Preterm Infants
- Postpartum Hemorrhage
- Kidney Disease
- Transplants
- Cancer
- Liver Disease
- Critical Care
- Sickle Cell Disease
- Burns



HOW MUCH DOES IT TAKE?

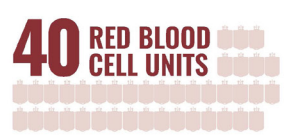
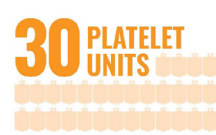
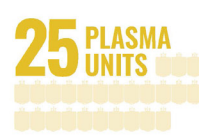
AN AUTOMOBILE ACCIDENT VICTIM MAY NEED UP TO



A CANCER PATIENT UNDERGOING CHEMOTHERAPY MAY NEED UP TO



AN ORGAN TRANSPLANT RECIPIENT MAY NEED UP TO



January

EVENT FLYERS/SPECIAL EVENTS

January
BRUNCH BINGO



**FRESH TOAST BAKE
W/ FRUIT AND SAUSAGE**
Wednesday, January 3rd
at 9:45am

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)

January Lunch & Learn

Protect Your Digital World

Cybersecurity & Fraud Prevention



Tuesday, January 9th
at 11:45am

JOIN US FOR AN INFORMATIVE PRESENTATION BY A FORMER SECRET SERVICE AGENT ABOUT PROTECTING YOURSELF AGAINST GROWING CYBER SCAMS AND POTENTIAL FINANCIAL LOSSES.

Light Lunch will be provided




January Arts & Crafts

HOMEMADE CORK TRIVETS

WEDNESDAY, JANUARY 10TH
AT 1:30PM

\$5 Donation Appreciated



January Day Trip

Thursday, January 11th, 18th, and 25th

Join us for a day at AREA 21™ in the Science & Technology museum, industry showcase, and center for exploration and learning. Lunch will be in their Food Court that offers a variety of meals: Earl Abel's, Pizza, Noodles, BBQ, Tacos, and Sushi along with a Coffee Shop.


Area 21 at SAMSAT and the Boeing Center at Tech Port

Bus leaves promptly at 10am

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

New Class

↓ LEARN MORE ↓



DRUMFIT

Move more, get social & live better

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

Why DrumFIT?

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

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

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
- Mouth Formation
- Pronunciation
- Short Salutations
- Learn Something New: Culture Heritage
- 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

ARTS & CRAFTS

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

Wednesday, January 31st
at 1:30pm
\$5 Donation is Greatly Appreciated



NEW YEAR WISHES

Happy New Year!

May your troubles be less, and your blessings be more, and nothing but happiness come through your door!



BULVERDE
SPRING BRANCH
ACTIVITY CENTER
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
dleopold@bsbac.com

**Sponsorship & Vendor
Information**
Reghan Swenson
rswenson@bsbac.com

**REGISTRATION
IS OPEN**



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

January

BSBAC WISH LIST

\$25 Gift Cards (Variety of Places)

Donations for Card Creation Supplies

12-16qt Soup Pot (\$45 each- 2 needed)

Microwave Splatter Covers (Set of 2 for \$12)

Small Paper Plates

Spaghetti and Elbow Noodles

Individual Juice Boxes or Bottles (No Pouches Please)

Dry Cat Food

Christmas Tree Storage Bags (\$30- 4 needed)

Ornament Storage Bags (\$20- 4 needed)

Air Freshner

Lysol Wipes

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!



Allen, Tim
Anderson, Elaine
Appleby, Janet
Berube, Michael
Bippert, Lauren
Bryant, Linda
Buell, Weldon
Burchett, Marjorie
Caliandro, Jeanne
Castillo, Maria
Chalk, Maylee
Charkow, Dennis
Charkow, Donna
Clark, Donald
Clements, John
Collard, Michael
Condra, Juanita
Cottier, Mary
Crane, Darlene
Craven, Sheila
Crist, Nancy
Deardorff, Vivian
Demel, William
Dix, Patricia
Dolle, Gail
Eckert, Dolores
Entringer, Carol

Evans, Sharon
Fehlman, Claudia
Felan, Rebecca
Ferguson, Sue
Fishlock, Ernie
Flores, Isaura
Ford, Tex
Foster, Connie
Gonser, Patricia
Gottardy, Barbara
Grant, Nick
Grunert, Siggy
Hager, Jacqueline
Hammock, Kristen
Hand, Sandra
Hartman, Debra
Hatten, Charles
Heck, Teri
Heller, Etta
Herr, Susan
Hill, Sylvia
Holbrook, Midori
Holbrook, Rosemary
Holland, Mary
Hudson, Rose
Hughes, Karen
Jordan, Louis

Kelley, Jerry
Koehler, Julianne
Lamkins, Nancy
Lamont, Jay
Larson, Jean
Lee, Darrell
Letarte, Judy
Lothringer, Larry
Malette, Lois
Mandrigues, Mary
Marlar, Carolyn
McCollum, John
Mcfarlane, Barbara
Mcgee, Jesse
McGlothlin, Claire
Mckay, Kathleen
Medbury, Lesley
Medina, Oscar
Micklitz, Hans
Mokate, Sammie
Montgomery, Sachiko
Munger, Seiko
Muzny, Janet
Nehls, Janette
Niemann, Barry
Niemann, Yolanda
Nipper, Denise

Norton, Linda
Olguin, Ernest
Ouzts, Virginia
Pal, Andy
Parchman, John
Parham, Ann
Price, Terry
Renth, Eric
Robalin, Carol
Rosario, Akiko
Saavedra, Nora
Schreve, Marshall
Shanahan, Nelly
Shewmaker, Darryl
Shook, Willie
Shumate, Victor
Sims, Judi
Smith, Ethel
Snyder, Debby
Stephen, Phyllis
Stephenson, Gerry
Steward, Victoria
Stewart, Terry
Stout, Dennis
Stowers, Lisa
Swanson, Colleen
Swenson, Brent

Swenson, Reghan
Switzer, Sandy
Tarter, Marcelle
Tyson, Alicia
Van Vleck, Gary
Vedder, Faith
Vickers, Michael
Vinall, Dottie
Wager, Sonya
Ward, Susan
Williams, Glendon
Williams, Patricia
Wise, Jo Ann
Wood, Sharon
Wright, Carolyn
Wulf, Mary Lou
Young, Janis
Zulaica, Connie





WHAT'S COOKING IN JANUARY?

Kiwis are a powerhouse of vitamins that can help keep your heart and digestive system healthy.

Kiwis are small fruits that come in green- and yellow-fleshed varieties. New Zealand is a top kiwi producer, and these fruits grow in many other areas of the world as well. Kiwis are highly nutritious and contain a variety of vitamins and minerals, plus fiber. They're particularly high in vitamin C, a nutrient that's essential for immune health.

Kiwifruit

- ✓ Cholesterol-Free
- ✓ Fat-Free
- ✓ Sodium-Free
- ✓ Gluten-Free

Contains more potassium than a banana. Excellent source of immune-boosting vitamin C

verywell

2.1g FIBER

42 CALORIES

0.8g PROTEIN

10.1g CARBS

0.4g FAT

(per medium fruit)

How to pick Kiwi fruit?

Hackytips.com

Softly press your thumb on Kiwi. If you see the thumb indent then it is perfect to eat.

BLUEBERRY AND KIWI BREAKFAST BOWL

INGREDIENTS

- 1 cup Yogurt
- 1 cup Blueberries
- ¼ cup Oat flakes
- 2 teaspoons Almond flakes
- 2 teaspoons Walnuts
- 1 teaspoon Pumpkin seeds
- 1 teaspoon Chia seeds
- ½ cup Kiwi
- ½ cup Grapes
- 1 teaspoon Honey



INSTRUCTIONS

1. Mix yogurt and half of the blueberries with a hand blender until smooth.
2. Pour the yogurt into serving bowls and sprinkle the oat flakes over.
3. Top with almond flakes, walnuts, pumpkin seeds, and chia seeds.
4. Add the kiwi, grapes, blueberries and honey.

Health Benefits of Kiwi Fruit

Kiwis are a nutrient dense food, meaning they are high in nutrients and low in calories. The possible health benefits of consuming kiwis include maintaining healthy skin tone and texture, reducing blood pressure and preventing heart disease and stroke.

Packed with more vitamin C than an equivalent amount of orange, the bright green flesh of the kiwifruit speckled with tiny black seeds adds a dramatic tropical flair to any fruit salad.

Vitamin C 85%	Vitamin E 7%
Vitamin K 31%	Potassium 6%
Copper 10%	Manganese 4%
Fiber 8%	Folate 4%

Protects Cardiovascular System

Protects Respiratory System

Provides Digestive Enzymes

Manages Blood Pressure

Removes Excess Sodium

Boosts Immunity

Protects Eyes

Helps Clean Out Toxins

Helps Prevent Cancer

High in Fiber

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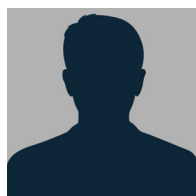
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The Bulverde Senior Center (BSC) and Bulverde Spring Branch Activity Center (BSBAC) is a non-profit 501 (c) 3 organization that provides services to seniors in the Bulverde/Spring Branch, Texas area. Current programs include Meals on Wheels, Senior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

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