

May 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

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### Note from the CENTER & Upcoming EVENTS

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### Health & Fitness SCHEDULE

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



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### 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

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### Brain GAMES

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### May Event FLYERS & Special EVENTS



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# OLDER AMERICANS MONTH

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by a federal agency, the Administration for Community Living (ACL), OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

May is Older Americans Month, a time for us to recognize and honor older adults and their immense influence on every facet of American society. Through their wealth of life experience and wisdom, older adults guide our younger generations and carry forward abundant cultural and historical knowledge.

Older Americans improve our communities through intergenerational relationships, community service, civic engagement, and many other activities. Communities benefit when people of all ages, abilities, and backgrounds have the opportunity to participate and live independently. We must ensure that older Americans have the resources and support needed to stay involved in their communities — reflecting our commitment to inclusivity and connectedness

This year's theme for Older American Month, **"Powered by Connection,"** focuses on the profound impact that meaningful connections have on the well-being and health of older adults — a relationship underscored by the U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community.

It's not just about having someone to chat with. It's about the transformative potential of community engagement

in enhancing mental, physical, and emotional well-being. By recognizing and nurturing the role that connectedness plays, we can mitigate issues like loneliness, ultimately promoting healthy aging for more Americans.

### How can community groups, businesses, and organizations mark OAM?

- Spread the word about the mental, physical, and emotional health benefits of social connection through professional and personal networks.
- Encourage social media followers to share their thoughts and stories of connection using hashtag #PoweredByConnection to inspire and uplift.
- Promote opportunities to engage, like cultural activities, recreational programs, and interactive virtual events.
- Connect older adults with local services, such as counseling, that can help them overcome obstacles to meaningful relationships and access to support systems.
- Host connection-centric events or programs where older adults can

serve as mentors to peers, younger adults, or youths.

### What can individuals do to connect?

- Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community.
- Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring.
- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.

Here at the Center, we do all of these things and more. We love celebrating our older americans and all that they bring to our community.

*For more information, visit the official OAM website and follow ACL on X, Facebook, and LinkedIn.*



POWERED BY CONNECTION: MAY 2024



# NOTE FROM THE CENTER

By DeLisa Leopold, Executive Director

The BSBAC community gathered for a night of fellowship and giving at the annual Celebrating the Journey Gala on April 12. Attendees dressed to the nines in Western Chic attire as they gathered to support our mission.

Guests were greeted with champagne as they entered the venue, where they then perused the silent auction, were treated to a delicious meal, and enjoyed the fundraising activities. The BSBAC's mission was shared throughout the evening, resulting in new partners that will certainly enhance our already incredible community.

The event was a true success; with the generous support of our attendees, we raised \$43,000 for the BSBAC mission. These funds will be crucial in funding our programs and expanding our community impact. One of the night's highlights was our opportunity to honor Ms. Jane Wood, a founding member of the Center. Her trailblazing efforts in creating a place where seniors can thrive is a legacy that will serve many for years to come. Thank you, Ms. Jane!

Another memorable moment was live testimonials from three members of the Center who shared how BSBAC has impacted their lives and what it means to them to be part of our community. We are deeply moved by our community's overwhelming generosity and extend our heartfelt gratitude to everyone who contributed to making this event a resounding success.

As the evening came to a close, guests left with smiles, knowing that their contributions would make a lasting impact on the lives of others. The gala raised much-needed funds and brought the community together to celebrate our mission and the spirit of giving. With the continued support of events like these, the Bulverde Spring Branch Activity Center will be able to further its mission and positively impact the lives of area seniors for years to come.

## UPCOMING EVENTS

### May 1

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

### May 4

8:00am - 25th Annual Run for the Hills & Kiwanis  
Pancake Breakfast

### May 6, 20

10:00am - Mexican Train

### May 7, 14, 21, 28

8:30am - DrumFIT Class (NEW TIME!)

### May 8

10:00am - Card Creations  
1:30pm - Arts & Crafts: Pressed Flower Lanterns  
2:00pm - Dementia Support Group

### May 16, 23, 30

10:00am - Daytrip to the Edwards Aquifer Authority

### May 13

12:35pm - Bunco

### May 23

2:00pm - Presentation: Fraud Prevention

### May 24

11:00am - Memorial Day Potluck

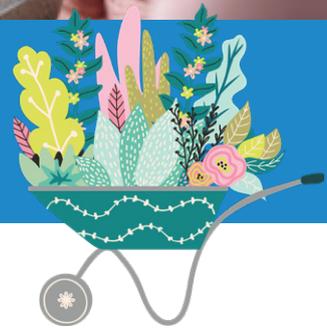
### May 27

Center Closed for Memorial Day





# 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
- 2:30pm Table Tennis

## TUESDAY



- 11:00am Mah Jong
- 11:30am Fellowship Meal
- 1:00pm Bingo
- 3:30pm Beginning Guitar

## 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 Dementia Support Group (2nd Wed)
- 2:00pm Caregiver Support Group (3rd Wed)

## THURSDAY

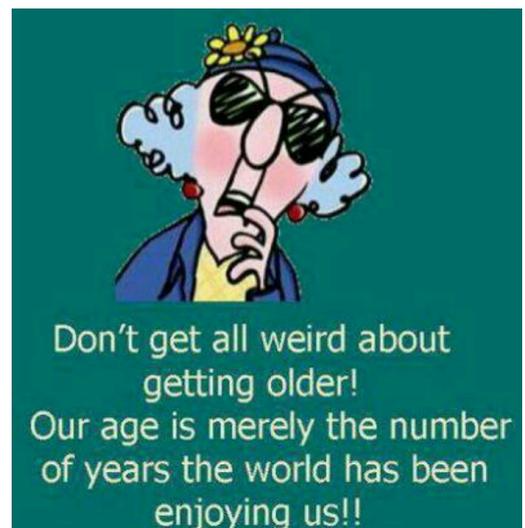


- 9:00am Wood Carving
- 10:00am Canasta Hand & Foot
- 11:30am Fellowship Meal
- 12:00pm Poker (1st Thurs)
- 12:00pm Mindful Meditation
- 1:00pm Bible Study

## FRIDAY



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



Don't get all weird about getting older!  
Our age is merely the number of years the world has been enjoying us!!



# CENTER MEAL MENU



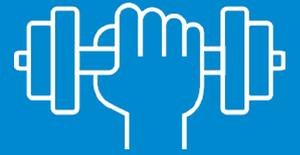
Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Chipotle Chicken Bowls Dessert	<b>2</b> Stuffed Bell Peppers Green Beans Dessert	<b>3</b> Chicken Salad Fruit Salad Croissant Dessert
<b>6</b> Chili Dogs French Fries Baked Beans Dessert	<b>7</b> Lasagna Green Salad Dessert	<b>8</b> Egg Roll Fried Rice Dessert	<b>9</b> Onion chicken Roasted Brussel Sprouts Dessert	<b>10</b> Southwestern Casserole Avocado & Tomato Salad Dessert
<b>13</b> Chef's Choice Dessert	<b>14</b> Taquito Enchiladas Pinto Beans Dessert	<b>15</b> King Ranch Chicken Pinto Beans Dessert	<b>16</b> Polish Casserole Carrots Dessert	<b>17</b> Spaghetti Green Salad Dessert
<b>20</b> BBQ Meatballs Scalloped Potatoes Salad Dessert	<b>21</b> Frito Pie Fruit Dessert	<b>22</b> Summer Brunch Salad Dessert	<b>23</b> Chicken Pot Pie w/Biscuits Green Salad Dessert	<b>24</b> Memorial Day Potluck BBQ Provided
<b>27</b> CENTER CLOSED 	<b>28</b> Sub Sandwiches Chips Dessert	<b>29</b> Street Tacos Black Bean & Corn Salad Dessert	<b>30</b> French Onion Salisbury Steak Mashed Potatoes Green Beans Dessert	<b>31</b> Chicken Bacon Ranch Sliders Fruit 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

# May

# HEALTH & FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 1	 2	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 3	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 2	9:30am Posture Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3
6 8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:15pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	7 8:30am DrumFit 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba	8 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	9 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	10 9:30am Posture Strength 11:00am Balance & Strength* 12:15pm Balance & Strength*
13 8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:15pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	14 8:30am DrumFit 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba	15 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	16 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	17 9:30am Posture Strength 11:00am Balance & Strength* 12:15pm Balance & Strength*
20 8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:15pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	21 8:30am DrumFit 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba	22 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	23 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	24 9:30am Posture Strength 11:00am Balance & Strength* 12:15pm Balance & Strength*
27 CENTER CLOSED  27	28 8:30am DrumFit 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba	29 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	30 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	31 9:30am Posture Strength 11:00am Balance & Strength* 12:15pm Balance & Strength*

**GYM HOURS**  
 Mon-Thurs: 8:00am - 6:00pm  
 Fri: 8:00am - 3:00pm

\*Class is FREE for all BSBAC Members



## EXERCISE AND MENTAL HEALTH: THE BENEFITS

- Release feel good hormones
- Improve confidence and self-esteem
- Improve sleep
- Better your concentration and focus
- Happier moods
- Reduce stress and anxiety
- Make new friends
- Boost memory and thinking skills



## 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**

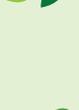
Line Dancing is choreographed to a variety of music with repeating series of steps that are performed in unison. Learn some fancy footwork while challenging your mind to memorize these fun sequences.
- **MINDFUL FLOW & CORE**

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.
- **POSTURE STRENGTH**

Gain a deeper understanding of postural alignment, postural habits, postural impacts and targeted exercises to correct them. Using strength and release principles of Corrective Exercise, this class will bring awareness to one's own imbalances and tips for everyday life.
- **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**

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, helps you focus on specific muscle groups, so your muscles stay engaged.

# Center HAPPENINGS

**Bingo Winners**

Nora Benites & Willie Shook were our progressive Bingo winners sponsored by Select Silva and New York Life

*Happy*  
**Birthday**

Elda Palos celebrated her 88th birthday with us at the Center!

**TOTAL SOLAR ECLIPSE**  
MEXICO • UNITED STATES • CANADA

**APRIL 8, 2024**

Due to the clouds, we couldn't really see the eclipse, but we did experience the darkness here at the Center. The progression of light to dark as reflected in the pics of the building was incredible. The totality happened at 1:33pm, and we had a few members outside enjoying the experience.

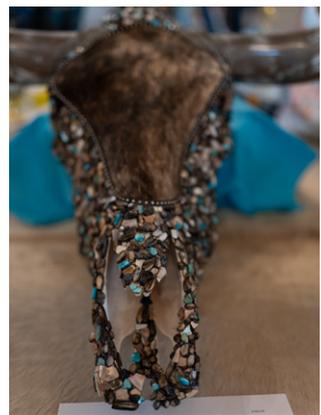




FIESTA POTLUCK



2024 BSBAC GALA



Celebrating the Journey

BSBAC GALA

Thank You to Our Sponsors



M&S ENGINEERING  
ELECTRICAL | CIVIL | MEP



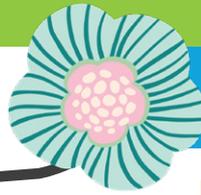
TEXAS REGIONAL BANK



BROADWAY BANK

Sean & Vonna Purlell





## Memorial Day Word Search



AMERICAN  
COMMEMORATE  
FLAGS  
GRAVE  
HONOR  
OBSERVANCE  
SACRIFICE  
SOLDIERS

ANTHEM  
DECORATION  
FLOWERS  
HEROES  
MAY  
PATRIOTIC  
SALUTE  
VETERANS

CEMETERY  
FALLEN  
FREEDOM  
HOLIDAY  
MEMORIAL  
REMEMBRANCE  
SERVICE  
WAR

## Number Block

The numbers in each row add up to the 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. Fill in the missing numbers.

							43
5	6		8	7	9	6	46
4		10			5	2	36
0	4	9			11	4	41
	7	2		12	2	9	46
7	2		8	12	2	2	35
1			4	7		9	33
11	10	9	5	0	3	9	47
40	36	37	34	57	39	41	46

## 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. Year - Address - Scrap
2. Trains - Teapots - Referees
3. Statues - Turkeys - Initials
4. A Rooster - A Barber Shop - A Beehive
5. Pick-up - Fire - 4x4
6. Jump - Swim - Three Piece
7. McDonalds - St. Louis - A Foot
8. Mud - Pot - Coconut
9. Rock - Table - Epsom
10. New - Full - Crescent

## April Answers

1. Songs by the Beatles
2. Balls
3. All were assassinated
4. They have drums
5. Dives
6. Waves
7. Carpets
8. Flakes
9. Courts
10. Parties





# News YOU CAN USE

## 5 Tips for Choosing Healthier Foods as You Age

Follow these tips to help you maintain a healthy weight, get needed nutrients, and lower your risk of developing certain diseases.



**Eat a variety of foods each day.**

<b>Fruits</b>	<b>Vegetables</b>
<b>Grains</b>	<b>Protein</b>
<b>Dairy</b>	

**Read food labels to learn what's in your food.**

**Choose foods that don't have a lot of sugar, saturated fats, and sodium.**

**Be aware of how many calories you need per day.**

Women 60+		Men 60+	
Physical activity	Calories	Physical activity	Calories
Not active	1,600	Not active	2,000-2,200
Moderately active	1,800	Moderately active	2,200-2,400
Very active	2,000-2,200	Very active	2,400-2,600

**Keep a food diary to track what you eat.**

Learn more about healthy eating as you age at [www.nia.nih.gov/healthy-eating](http://www.nia.nih.gov/healthy-eating).



## The Mental Health Benefits of Exercise and Physical Activity

Have you been feeling down lately? Try exercising to help improve your mood! Exercise can:



**Reduce feelings of depression and stress**



**Enhance your mood and overall emotional well-being**



**Increase your energy level**



**Improve sleep**

To learn more about the benefits of exercise visit [www.nia.nih.gov/exercise](http://www.nia.nih.gov/exercise).



May

# EVENT FLYERS/SPECIAL EVENTS

May  
**Brunch Bingo**  
Wednesday, May 1st @ 9:45am



**Creme Brulee French Toast**  
Fresh Fruit

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

**New Class Time**  
TUESDAYS @ 8:30AM  
STARTING MAY 7TH

**DRUMFIT**  
Move more, get social & live better

**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

BELLA GROVES  
UNCONDITIONAL CDF

"CREATING A MORE JOYFUL COMMUNITY FOR FAMILIES AFFECTED BY DEMENTIA"

**BELLA GROVES HOSTS: DEMENTIA SUPPORT GROUP**

WHEN? 2ND WEDNESDAY EVERY MONTH @ 2 P.M.  
WHERE? BULVERDE SPRING BRANCH ACTIVITY CENTER BOARDROOM

May Arts & Crafts  
**Pressed Flower Lanterns**  
Donations \$5  
Wednesday, May 8th @ 1:30pm



Use SignUp to Register

**May Day Trip**  
THURSDAYS,  
MAY 16TH, 23RD, AND 30TH

EDWARDS AQUIFER AUTHORITY  
BUS DEPARTS PROMPTLY @ 10AM

JOIN US FOR A FUN, EDUCATIONAL DAY LEARNING ABOUT THE EDWARDS AQUIFER. THE EDWARDS IS ONE OF THE MOST ABUNDANT ARTESIAN AQUIFERS IN THE WORLD. IT SUPPLIES WATER TO OVER TWO MILLION PEOPLE AND THOUSANDS OF FARMERS IN THE REGION. SPREAD UNDERNEATH THE LAND OF SOUTH CENTRAL TEXAS, THE EDWARDS AQUIFER CHARGES THE SEVEN LARGEST SPRINGS IN THE STATE AND SEVERAL MAJOR RIVERS, AND IS RESPONSIBLE FOR MOST OF THE WATER FLOW IN TEXAS.

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

**Volunteers Needed**

WE NEED A COUPLE OF FRONT DESK/ ADMIN VOLUNTEERS FOR TUESDAYS 12-4PM AND MONDAYS - WEDNESDAYS FROM 4-6PM. WE ARE FLEXIBLE ON SCHEDULING BUT DO NEED HELP AND CONSISTENCY.

PLEASE SEE BETH IF YOU ARE ABLE TO HELP.

Thank You!

May Presentation  
**Protect Yourself Against Fraud**  
Fraud Prevention



Thursday, May 23rd at 2pm

JOIN US FOR AN INFORMATIVE PRESENTATION BY A FORMER SECRET SERVICE AGENT ABOUT PROTECTING YOURSELF AGAINST GROWING SCAMS AND FRAUD TARGETING OLDER ADULTS.

May **BBQ POTLUCK**  
Center will be providing BBQ. Please bring an appetizer, salad, side, or dessert to share with everyone.



Friday, May 24th | Use signup below to let us know how many

May BSBAC Wishlist

- \$25 GIFT CARDS (VARIETY OF PLACES)
- STORAGE TOTES W/ LIDS (VARIOUS SIZES)
- LAUNDRY BASKETS W/ WHEELS (\$16 EACH)
- CANNED PIE FILLING
- CREAM OF MUSHROOM OR CHICKEN SOUPS
- CANNED ROTEL TOMATOES
- ENSURE/PROTEIN DRINKS
- INDIVIDUAL JUICE BOXES (NO POUCHES PLEASE)
- BOTTLED WATER

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.

**SATURDAY, MAY 4TH, 2024**



**Benefiting  
Bulverde Spring Branch  
Activity Center**



**REGISTRATION OPEN (THRU MAY 3)\***

**Register by April 21 to guarantee t-shirt size!**

**5K - \$25, 10K - \$30**

**1 Mile Fun Run - \$10 (Does not include t-shirt)**

**Sleepwalker - \$25**

*\*Price increases by \$5 after 4/27/24*

**PANCAKE BREAKFAST 8-30am-11:00am  
presented by:**



**VENDOR FAIR**

**BRING YOUR FURRY FRIENDS**

**SUPPORT A GOOD CAUSE**

**SIGN UP TODAY AT LINK BELOW OR SCAN QR CODE!**

<https://runsignup.com/Race/TX/Bulverde/25thAnnualRunfortheHills>

**30280 COUGAR BEND, BULVERDE, TX 78163, 830-438-3111, WWW.BSBAC.COM**



**Our 25th Annual Run for the Hills event is here!**

Come join us for a fun event! The Texas Hill Country Kiwanis Club will be out here as well having a pancake breakfast. And for all the non-runners...you can sign up to be a Sleepwalker. You can still support the cause and get a t-shirt, but you can stay home and don't even have to run!

This event is a fundraiser and all proceeds will benefit the Center and help us to continue to provide services to fulfill our mission.



Atkinson, Suzi  
 Bailey, Wesley  
 Barnhart, Roberta  
 Bayer, Willie  
 Beauchamp, Tara  
 Beu, Kathleen  
 Blain, Christine  
 Borgeson, Celia  
 Bowles, Dorothy  
 Boykin, Tony  
 Brook, Ruth  
 Brossmer, Barbara  
 Broyles, Ann  
 Buchanan, Linda  
 Burg, Roger  
 Bushn, Robert  
 Cabrera, Imelda  
 Carmody, Theresa  
 Carter, Gloria  
 Casteel, Minnie  
 Catoe, Maria  
 Chavez, Yolanda  
 Coburn, Philip  
 Coleman, Joan  
 Crayton, Chonita

Crouch, Ruth  
 Culpeper, Linda  
 Curatolo, Margaret  
 Damme, Marlena  
 Davis, Carol  
 Devo, Rosario  
 Dockery, James  
 Drisco, Norman  
 Ermel, Robert  
 Farr, Beatrice  
 Finmark, Roslyn  
 Forbes, Jackie  
 Gates, Joyce  
 Graff, Sonja  
 Harrison, Susan  
 Haynes, Rose  
 Heitzman, Sylvia  
 Hersh, Margaret  
 Hill, Judy  
 Hobbs, Rosalinda  
 Holt, Sylvia  
 Hoover, Marilyn  
 James, Leonard  
 Johnson, Jodi  
 Johnson, Karen

Jones, Wayne  
 Judson, Sandy  
 Karch, Jack  
 Kayser, Jim  
 Kime, Diane  
 Kitchen, Dorothy  
 Kosmach, Mary  
 Kronowit, Theresa  
 Leasure, Paul  
 Leyendecker, Linda  
 Lindemann, Paul  
 Martinez, Deborah  
 McAfee, Mary Ann  
 Mceachern, Raymond  
 McFaddin, Raylene  
 McMullin, Ross  
 McTee, Janis  
 Medina, Sonia  
 Meier, Janis  
 Meier, Joyce  
 Miles, Richard  
 Moore, Donna  
 Nash, Shirley  
 Norrgran, Esther  
 Ochoa, Edilma

Odle, Denise  
 Palinkas, James  
 Pardo, Sandra  
 Parker, John  
 Penman, Margaret  
 Perdomo, Juana  
 Plunkett, Dottie  
 Polfus, Linda  
 Politte, Keith  
 Postel, Elizabeth  
 Powell, Suzanne  
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# WHAT'S COOKING IN APRIL?

Asparagus (scientific name *Asparagus officinalis*) is a perennial flowering plant used as food and medicine as far back as 3,000 B.C. Asparagus is not only delicious but also packed with nutrients.

Today, asparagus is recognized as an excellent source of vitamins, minerals, and fiber, with few calories or sodium. Asparagus also offers a healthy dose of dietary fiber, the indigestible carbs that help regulate digestion, blood sugar, and fat absorption in the body. Asparagus is a low-calorie vegetable that is also low in fat.



## ASPARAGUS



**LOCALLY GROWN IN ONTARIO MAY-JUNE**

### HOW TO SELECT

When buying asparagus, look for firm, bright green spears with tight tips. Avoid buying spears that are limp, wrinkled, or have partially open tips.

### HOW TO STORE

Wrap ends in a damp cloth (or paper towel) and place in a perforated plastic bag. Alternatively, trim an inch from the bottom & set them upright in a short drinking glass filled with an inch or two of water. Cover the spears by inverting an open ziptop baggie over them. Both methods should keep your asparagus fresh for 5 - 7 days in your refrigerator.

### HOW TO PREPARE

Wash thoroughly before using. Trim tough ends from the spears using a sharp knife, about an inch from the bottom. Alternatively, bend the bottom part of a spear until the woody part snaps off. If the stalk seems tough or woody, you can peel the end with a vegetable peeler. Freezes well.

### SERVING IDEAS

Slice into 1-inch pieces for a stir-fry, chop into small pieces for pasta or casseroles, or just leave whole. Wonderful with eggs, grilled, also on pizza! Another option is to slice asparagus into paper-thin pieces using a vegetable peeler; a delicious addition to salads. Yes! You can eat asparagus raw!



**Asparagus**

- 0.2g FAT
- 20 CALORIES
- 1.8g FIBER
- 3.7g CARBS
- 2.2g PROTEIN

Good source of folate, thiamin, and iron, and vitamins A, B2, and K

(per 1/2 cup cooked, drained without salt)

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

### ALL ABOUT ASPARAGUS

- PEAK SEASON IS APRIL TO JUNE
- A GREAT SOURCE OF FIBRE, FOLATE AND VITAMINS A, C, AND K
- CAN BE ROASTED, BOILED, SAUTEED OR GRILLED!
- PAIRS WELL WITH PARMESAN, LEMON, EGGS, AND OLIVE OIL
- FRESH ASPARAGUS IS BRIGHT GREEN IN COLOUR
- KEEP FRESH ASPARAGUS IN A GLASS OF WATER TO EXTEND ITS SHELF LIFE

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[ ] kidneys, our focus, our passion.

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[ ] A parenthetical to people's lives, something that is embedded.



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