

April 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.

Health Capsule

Digging into Vitamin D

All About the "Sunshine" Vitamin

Getting enough vitamins and minerals is important for your health, and there's a long list of essential ones. Vitamin D is one you may hear a lot about. It helps your body absorb calcium, a mineral your body needs to build strong bones. Your heart, muscles, and nerves also need vitamin D. Even your immune system uses vitamin D to fight off germs. But just how much do you need?

Current guidelines recommend adults get 600 to 800 IUs (international units) of vitamin D each day. Those amounts are very important. Not getting enough can lead to serious health issues. In adults, a long-term deficiency can lead to fragile bones, or osteoporosis.

Where to Get It

You can get vitamin D from the sun and from your diet. Your body makes vitamin D when your skin is exposed to the sun, which gives off UVB light.

But many people don't go outside enough to get all the vitamin D they need this way. Other factors, such as clothing and sunscreen, can block how much vitamin D your skin makes when you're in the sun. Sunlight exposure isn't the only way to get vitamin D. Vitamin D is



found naturally in some foods, like fatty fish. It's also added to many dairy products and other fortified foods

Finding New Uses

Scientists continue to study how vitamin D can help people, since it plays a role in many of the body's functions.

Manson and her team conducted a large clinical trial, called VITAL, to see whether vitamin D supplements could lower risk for some health problems. The team is following up on their findings in VITAL that suggest taking vitamin D supplements may lower the risk for developing an autoimmune disease or advanced cancer. They're also testing whether vitamin D can reduce the risk of COVID-19 infection, severe COVID symptoms, and Long COVID.

Booth and her team recently found that older adults with more vitamin D in their brains had a lower risk of dementia. But the study couldn't tell whether vitamin D caused the lower risk. Her team is now doing more research to better understand how vitamin D affects brain health.

From: <https://newsinhealth.nih.gov/2023/04/digging-into-vitamin-d>

How do I get info about the Center?

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



Note from the Center & Upcoming Events

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Weekly Activity Schedule & Fellowship Menu

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April Event Flyers & Special Events

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Brain Games

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Note from THE CENTER

The Wellness Expansion

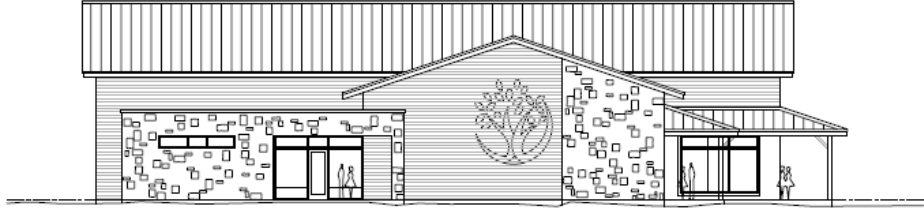
Our plans are underway for **The Wellness Expansion** of the Bulverde Spring Branch Activity Center, which will include a large group exercise space with pickleball compatible courts, a yoga studio, a gym, and a catering kitchen.

Stay tuned for updates.

If you have questions or wish to visit about the project, please reach out to Delisa Leopold, Executive Director.



New Construction Cougar Bend Elevation



New Construction Parking Lot Elevation

Upcoming EVENTS



- April 1, 8**
11:45am - Healthy Communities Garden Series
- April 2**
9:45am - Brunch Bingo
1:00pm - Book Club
- April 7, 21**
10:00am, 10:30am - Mexican Train
- April 9**
10:00am - Card Creations
1:30pm - Arts & Crafts Series: Bunny Door Hangers
2:00pm - Dementia Support Group
- April 10, 17, 24**
10:00am - Daytrip to Artpace San Antonio

- April 11**
6:30pm - 3rd Annual BSBAC Gala - Celebrating the Journey
- April 14, 28**
12:35pm - Bunco
- April 15**
11:45am - Neptune Society Presentation
- April 18**
Center Closed for Good Friday
- April 22**
10:00am - Getting Your Ducks in a Row - Advance Directives & End-of-Life Planning Workshop

- April 25**
11:00am - Fiesta Potluck





April is NATIONAL PARKINSON'S MONTH

Parkinson's Awareness Month is the perfect time to brush up on your Parkinson's facts. Here are 5 fast facts about PD:

- Nearly 90,000 people in the U.S. are diagnosed with Parkinson's each year.
- Scientists believe a combination of environmental and genetic factors cause PD.
- People with Parkinson's experience both movement and non-movement related symptoms.
- Symptoms can be managed through treatments like medications, lifestyle changes, exercise and in some cases, surgery.
- Early-onset Parkinson's disease occurs in people younger than 50 years of age.

Could it be Parkinson's? What are the early signs?

1. Tremors, often in the hands or fingers
2. Small handwriting
3. Loss of smell
4. Trouble sleeping
5. Trouble moving or walking, including stiffness and balance problems

6. Constipation
7. A soft or low voice
8. Facial Masking, meaning a reduction of facial expressions
9. Dizziness or fainting
10. Stooping or hunching over

No single one of these signs means that you should worry, but if you have more than one sign, consider making an appointment to talk to your doctor.

How do you manage PD symptoms?

Parkinson's comes with a variety of symptoms that can vary widely from person to person. While there are common symptoms associated with PD, everyone's experience is unique.

Parkinson's symptoms fall into two categories:

1. Movement symptoms include tremors, balance issues, slowness of movement (known as bradykinesia).
2. Non-movement symptoms include anxiety, depression, fatigue, loss of smell and sleep disorders.

Finding the right combination of medications, complementary therapies, exercise, support systems and strategies for maintaining independence can help people with

Parkinson's manage their symptoms and lead a fulfilling life.

What can I expect as PD progresses?

Parkinson's affects everyone differently. Symptoms vary in intensity and timing while progression is unique to each person. Understanding the stages of Parkinson's can help you navigate these changes.

There are five stages of Parkinson's disease. Healthcare professionals use this scale to describe how movement symptoms progress in Parkinson's. On this scale:

- **Stages 1 and 2** represent early-stage PD. Symptoms are mild and do not often interfere with daily activities.
- **Stages 2 and 3** represent mid-stage PD. Symptoms may start getting worse and falls may become more common.
- **Stages 4 and 5** represent advanced-stage PD. Symptoms are fully developed and constant care is typically needed.

The Parkinson's Foundation has tons of resources for every stage of your Parkinson's journey.

Visit <https://www.parkinson.org/parkinsons-awareness-month>



Weekly ACTIVITY SCHEDULE

MONDAY

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

TUESDAY

- 11:00am Mah Jong
- 11:30am Fellowship Meal
- 12:00pm Guitar
- 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 Advanced Poker Group
- 12:00pm Texas Hold 'Em Poker Group
- 12:00pm Knitting/Crochet/Sewing Group
- 12:00pm Chess
- 1:00pm Book Club (1st Wed)
- 2:00pm Dementia Support Group (2nd Wed)
- 2:00pm Caregiver Support Group (3rd Wed)
- 2:00pm Loss Support Group (4th Wed)

THURSDAY

- 9:00am Wood Carving
- 9:30am Canasta Hand & Foot
Tables drawn @ 9:45am
Play begins @ 10:00am
- 11:30am Fellowship Meal
- 12:00pm Mindful Meditation
- 1:00pm Bible Study



FRIDAY

- 11:00am Tech Support Class (2nd & 4th Fri)
- 11:00am Fellowship Meal
- 12:15pm Bingo





April

FELLOWSHIP MEAL MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>Chicken Pot Pie w/Biscuit Crust Fruit Dessert</p>	<p>2</p> <p>Pulled Pork Sandwich Baked Beans Dessert</p>	<p>3</p> <p>Pork Tenderloin Balsamic Green Bean Salad Dessert</p>	<p>4</p> <p>Spaghetti Green Salad Garlic Bread Dessert</p>
<p>7</p> <p>Chef Salad Dessert</p>	<p>8</p> <p>Egg Roll Fried Rice Dessert</p>	<p>9</p> <p>Street Tacos Corn & Black Bean Salad Avocado Dessert</p>	<p>10</p> <p>Baked BBQ Chicken Potato Salad Dessert</p>	<p>11</p> <p>Beef & Bean Burrito Guacamole Mexican Coleslaw Dessert</p>
<p>14</p> <p>Beef Tortellini Skillet Corn Dessert</p>	<p>15</p> <p>Scalloped Potato & Ham Casserole Broccoli Dessert</p>	<p>16</p> <p>Bratwurst Fruit Dessert</p>	<p>17</p> <p>Chicken Broccoli & Rice Casserole Carrots Dessert</p>	<p>18</p> <p>CENTER CLOSED</p> 
<p>21</p> <p>Chicken & Sausage Saute Green Beans Dessert</p>	<p>22</p> <p>Orange Chicken Fried Rice Dessert</p>	<p>23</p> <p>Tortellini and Italian Sausage Bake Green Beans Dessert</p>	<p>24</p> <p>Ham Biscuit Sandwich Lemon Broccoli Salad Dessert</p>	<p>25</p> <p>Fiesta Potluck Chicken on a Stick</p> 
<p>28</p> <p>Frito Pie Fruit Dessert</p>	<p>29</p> <p>Chef's Choice Dessert</p>	<p>30</p> <p>Taquito Enchiladas Pinto Beans Dessert</p>		

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





April HEALTH & FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>8:30am DrumFit (Diana) 9:30am Zumba Gold (Adaia) 10:30am Pilates (Meleah) 1:00pm Beginning Line Dancing (Dottie) 5:30pm Zumba (Sandra)</p>	<p>2</p> <p>9:00am Zumba Gold Toning (Adaia) 10:00am Active Aging Strength (Sissy) 11:15am Balance & Strength* (Sandra) 12:30pm Balance & Strength* (Sandra) 2:30pm Line Dancing (Dottie) 3:45pm Mindful Flow & Core (Diana)</p>	<p>3</p> <p>8:30am Easy Pace (Renee) 9:30am Zumba Gold (Adaia) 10:30am Pilates (Meleah) 11:45am Chair Yoga (Sandra) 1:00pm Balance & Strength* (Sandra) 4:00pm Restorative Yoga (Myrna) 5:30pm Zumba (Sandra)</p>	<p>4</p> <p>9:30am Posture Strength (MaryAnn) 11:00am Balance & Strength* (Sandra) 12:15pm Balance & Strength* (Sandra)</p>
<p>7</p> <p>8:30am Easy Pace (Renee) 10:00am Line Dancing (Renee) 11:00am Active Aging Strength (MaryAnn) 12:15pm Balance & Strength* (Sandra) 1:30pm Balance & Strength* (Sandra) 4:00pm Yoga (Tania) 5:30pm Clogging (Lorraine)</p>	<p>8</p> <p>8:30am DrumFit (Diana) 9:30am Zumba Gold (Adaia) 10:30am Pilates (Meleah) 1:00pm Beginning Line Dancing (Dottie) 5:30pm Zumba (Sandra)</p>	<p>9</p> <p>9:00am Zumba Gold Toning (Adaia) 10:00am Active Aging Strength (Sissy) 11:15am Balance & Strength* (Sandra) 12:30pm Balance & Strength* (Sandra) 2:30pm Line Dancing (Dottie) 3:45pm Mindful Flow & Core (Diana)</p>	<p>10</p> <p>8:30am Easy Pace (Renee) 9:30am Zumba Gold (Adaia) 10:30am Pilates (Meleah) 11:45am Chair Yoga (Sandra) 1:00pm Balance & Strength* (Sandra) 4:00pm Restorative Yoga (Myrna) 5:30pm Zumba (Sandra)</p>	<p>11</p> <p>9:30am Posture Strength (MaryAnn) 11:00am Balance & Strength* (Sandra) 12:15pm Balance & Strength* (Sandra) 1:30pm Self-Defense (Diana)</p>
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<p>21</p> <p>8:30am Easy Pace (Renee) 10:00am Line Dancing (Renee) 11:00am Active Aging Strength (MaryAnn) 12:15pm Balance & Strength* (Sandra) 1:30pm Balance & Strength* (Sandra) 4:00pm Yoga (Tania) 5:30pm Clogging (Lorraine)</p>	<p>22</p> <p>8:30am DrumFit (Diana) 9:30am Zumba Gold (Adaia) 10:30am Pilates (Meleah) 1:00pm Begin Line Dancing (Dottie) 5:30pm Zumba (Sandra)</p>	<p>23</p> <p>9:00am Zumba Gold Toning (Adaia) 10:00am Active Aging Strength (Sissy) 11:15am Balance & Strength* (Sandra) 12:30pm Balance & Strength* (Sandra) 2:30pm Line Dancing (Dottie) 3:45pm Mindful Flow & Core (Diana)</p>	<p>24</p> <p>8:30am Easy Pace (Renee) 9:30am Zumba Gold (Adaia) 10:30am Pilates (Meleah) 11:45am Chair Yoga (Sandra) 1:00pm Balance & Strength* (Sandra) 4:00pm Restorative Yoga (Myrna) 5:30pm Zumba (Sandra)</p>	<p>25</p> <p>9:30am Posture Strength (MaryAnn) 11:00am Balance & Strength* (Sandra) 12:15pm Balance & Strength* (Sandra) 1:30pm Self-Defense (Diana)</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

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.



SELF DEFENSE

Class incorporates gross motor skills by learning strikes. Practicing these strikes over and over in classes creates muscle memory allowing you to be able to protect yourself. You also will learn to project your voice to deter predators. (Boxing wraps are recommended for hitting the pad, but not required.)



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.



April EVENT FLYERS & SPECIAL EVENTS

GROWING and NOURISHING

HEALTHY COMMUNITIES GARDEN COURSE

JOIN TEXAS A&M AGRILIFE EXTENSION AS THEY SHOW YOU HOW TO BUILD, MAINTAIN AND HARVEST A GARDEN. EACH PARTICIPANT WILL RECEIVE THEIR OWN CONTAINER GARDEN TO TAKE HOME.

SIX WEEK CLASS SERIES

- CHOOSING A GARDEN LOCATION
- SOILS AND COMPOST
- RAISED BEDS AND CONTAINER GARDENS
- MAINTAINING YOUR GARDEN
- DISEASES AND INSECTS
- HARVEST

SESSIONS STARTING TUESDAY
MARCH 4TH AT 11:45 AM
CLASS DATES: 3/4, 3/11, 3/18, 3/25, 4/01, & 4/08

TEXAS A&M AGRILIFE EXTENSION BETTER LIVING FOR TEXANS
This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. Texas A&M Agrilife Extension is an equal opportunity provider.

April Brunch Bingo

WEDNESDAY, APRIL 2ND
AT 9:45AM

Join Us For A Fun Morning of Bingo. Lemon Blueberry French Toast with Maple Syrup and Sausage will be served.

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

APRIL ARTS AND CRAFTS

WEDNESDAY, APRIL 9TH
AT 1:30PM

BUNNY DOOR HANGERS
STYLE MAY VARY
\$5 DONATIONS ARE GREATLY APPRECIATED

artpace
san antonio

THURSDAYS, APRIL 10TH, 17TH, AND 24TH

APRIL DAY TRIP

LUNCH AT PINKERTON'S BBQ

PREPARE TO BE ENCHANTED BY STROKES OF BRILLIANCE AND HUES OF EMOTION AT OUR ART PAINTING EXHIBITION. FEATURING THE WORKS OF TALENTED LOCAL ARTISTS TO ARTISTS FROM AROUND THE WORLD, THIS EXHIBITION IS A CELEBRATION OF CREATIVITY, EXPRESSION, AND IMAGINATION.

ARRIVE BY 9:45AM - BUS WILL DEPART AT 10AM

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

April Presentation by Neptune Society

We provide high-quality, dedicated services to families in need.

WHY CHOOSE CREMATION?
CREMATION IS TODAY'S SENSIBLE CHOICE. MORE FAMILIES ARE CHOOSING CREMATION THAN EVER BEFORE BECAUSE OF ITS AFFORDABILITY, FLEXIBILITY, AND SIMPLICITY.

WHY CHOOSE NEPTUNE?
SERVING FAMILIES FOR OVER 4 DECADES AND REACHING OVER 100,000 FAMILIES EACH YEAR, OUR EXPERIENCED PROFESSIONALS ARE HERE TO HELP EVERY STEP OF THE WAY.

TUESDAY, APRIL 15TH FROM 11:45AM - 12:45PM.

Neptune Society

GETTING YOUR DUCKS IN A ROW

ADVANCE DIRECTIVES & END-OF-LIFE PLANNING WORKSHOPS

Are your ducks in a row?

April 22nd
10:00am - 12:00 pm
Bulverde/Spring Branch Activity Center
30280 Cougar Bend
Bulverde, TX 78163

Notarization services for end-of-life forms! **FREE**

Learn more about the forms you need to help your physician and family know YOUR choices so they will honor them.

Presented by **HOPE HOSPICE & PALLIATIVE CARE**

* NEW SMALL GROUP *

SUPPORTING EACH OTHER AFTER A LOSS

This small group is for those that have lost a spouse, significant other or family member, supporting each other through grief, navigating daily and social activities, along with helping and praying for each other in this new chapter in life.

Group will meet the 4th Wednesday of each month at 2pm starting April 23rd.

If you are interested in joining, use the in-center sign up sheet or please see Beth.

Facilitated by Wagner Holistic Health

FIESTA POTLUCK

APRIL 25TH @ 11AM

BSBAC WILL PROVIDE CHICKEN ON A STICK

PLEASE USE IN-CENTER SIGN UP TO BRING AN APPETIZER, SALAD, TEX-MEX DISH, SIDE, OR DESSERT TO SHARE WITH EVERYONE. THANK YOU!

APRIL BSBAC WISH LIST

- \$25 Gift Cards (Variety of Places)
- Refrigerator for Kitchen
- Assorted Size Baskets
- Disinfecting Wipes
- Kleenex Tissues
- Multipurpose Cleaner
- Air Freshener Spray
- Bottles of Tabasco Sauce
- Assorted Salad Dressings
- Canned Fruit/Pie Filling
- Jiffy Cornbread Mix

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!



Celebrating the Journey

BSBAC GALA



April 11th, 2025

6:30 PM - 9:30 PM

Knibbe Ranch
9836 Spring Branch Road, Spring Branch, TX 78070

DINNER - BAR - MUSIC - AUCTION
WESTERN CHIC ATTIRE



830-438-3111, www.bsbac.com

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 & N. Bexar County, Texas area. Current programs include Meals on Wheels, Senior Outreach, Social Activities, and Health & Fitness.



Celebrating the Journey

BSBAC GALA



Sponsorships & Tickets

SIGNATURE SPONSOR: \$5,000

- Two tables for 10
- Name/Logo premier placement in online auction platform
- Name/Logo on all print materials & event program
- Name/Logo in social media blasts
- Various recognition location throughout venue

IMPACT SPONSOR: \$3,500

- One table for 10
- Name/Logo premier placement in online auction platform
- Name/Logo on all print materials & event program
- Name/Logo in social media blasts

COMMUNITY SPONSOR: \$2,500

- One table for 10
- Name/Logo on all print materials & event program
- Name/Logo in social media blasts

SUPPORTING SPONSOR: VARIOUS*

- Hospitality Sponsor \$1500
- Auction Sponsor \$1000
- Registration Sponsor \$ 750
- Entertainment Sponsor \$ 750
- Dessert Sponsor \$ 500
- Community Partner \$ 250

TICKETS*

- Single \$ 125
- Table for 10 \$1150

*Includes dinner, beer & wine, appetizers, & dessert

Contact DeLisa Leopold, dleopold@bsbac.com or
Reghan Swenson, rswenson@bsbac.com, 830-438-3111



April BIRTHDAYS



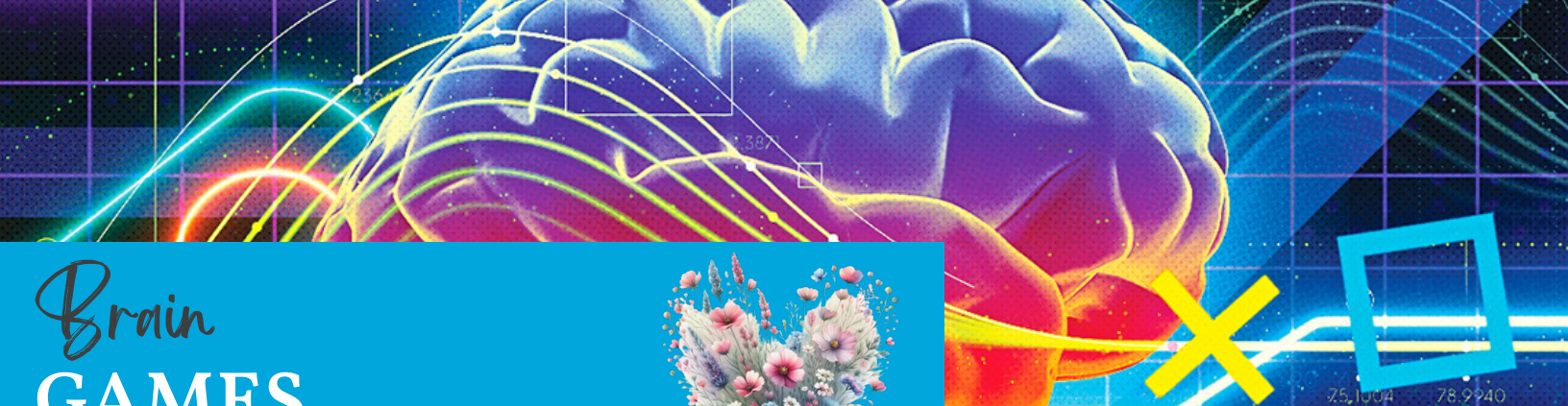
Andrews, Sharon
Ayers, Roseanne
Backer, Carl
Barr, Betty
Barrett, Barbara
Bishop, Shari
Blair, Kathleen
Borojerdi, Zahra
Boykin, Patricia
Bubel, Michael
Bulman, Gaylord
Burns, Leann
Bushn, Eliza
Cahill, Rumiko
Camarillo, Maria
Childress, Dale
Clauss, Vicki
Cook, Barbara
Cutean, George
Desmond, Carmen
Desmond, David
DO, Jowan
Eubank, Barbara

Feely, Patrick
Fiedler, Kenneth
Ford, Jan
Forsten, Tammy
Gall, Linda
Gates, Dennis
Geroianni, Nicole
Goforth, Sandra
Guerra, Cynthia
Hakemack, Lucy
Haringa, Robert
Havens, Benny
Havens, Phyllis
Head, James
Heideman, Angela
Hensley, Wanda
Hurt, Laura
Hurt, Oliver
Imhoff, Esther
James, Marie
James, Marylynn
Jendrusch, Barbara
Johnson, Rhonda

Johnson, Travis
Keith, Richard
Keller, Janet
Keller, Jodi
Krawietz, Angie
Lambrecht, Merrily
Lance, Mollie
Lewis, Susan
Little, Ken
Lyons, Bonny
Madiedo, Roxana
Magill, Cheryl
Malstaff, Nancy
Maroney, Sissy
Marroquin, Cindy
Martin, Candy
Mcafee, Emmett
McAninch, Gordon
McCormick, Betty
McMaster, Herbert
Moen, Donald
Mynier, Dana
Nations, Michael

Nebergall, Robert
Olivera, Michael
Osborn, Terry
Palos, Elda
Perez, Myrna
Perez, Pamela
Perry, Cheri
Peterson, Judy
Posey, Francie
Pulido, Arnold
Rea, Robin
Rector, Ken
Rice, Joan
Roach, Trudy
Roberts, Barbara
Rocha, Leticia
Rodriguez, Joe
Rojas, Angela
Saltz, Judith
Sanchez, Connie
Schones, Roxie
Settles, Margaret
Sewell, Angela

Shepard, Sally
Stone, Bonnie
Swanson, Carol
Tafolla, Susan
Thiele, Michael
Tolbert, George
Tripp, Michael
Vail, Gloria
Wainner, Kitty
Walker, Taran
Warner, Edward
Waters, Patti
Winkler, Brent
Woodell, Diana
Wright, Richard



Brain GAMES



Spring Word Search

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

- | | | |
|-----------|---------|----------|
| APRIL | FLOWERS | PASSOVER |
| BASEBALL | GREEN | PUDDLE |
| BLOOM | GROW | RAINBOW |
| BUNNY | HATCH | RAINCOAT |
| BUTTERFLY | JUNE | SEEDS |
| CHICK | MARCH | SHOWERS |
| EASTER | MAY | SPRING |
| EGGS | NEST | UMBRELLA |



Commonyms*

- Pot - Mud - Coconut
- Rock - Table - Epsom
- New - Full - Crescent
- Sprinter - City - Ice House
- Finger - Toes - Carpenter
- Turkey - Teddy Bear - Basketball
- Chicago - Smokey - Yogi
- Draw - Fade - Slice
- Yellow - Scarlet - Cabin
- Toilets - Eyes - Trash Cans



Sudoku

A 9x9 square must be filled in with numbers from 1-9 with no repeated numbers in each line, horizontally or vertically.

5		7	2				9	
		6		3		7		1
4							6	
1			4	9				7
			5		8			
8				2	7			5
	7							9
2		9		8		6		
	4				9	3		8

Solve the Maze

Start!



*COMMONYMS SOLUTIONS: 1) Pies; 2) Salts; 3) Moons; 4) All have blocks; 5) Nails; 6) All are stuffed; 7) Bears; 8) Golf terms; 9) Fevers; 10) All have lids

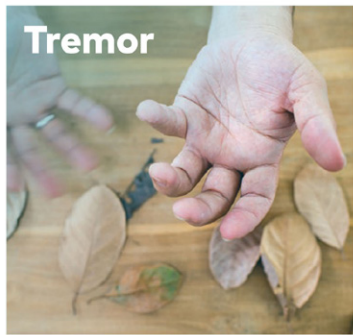




News

YOU CAN USE

Tremor



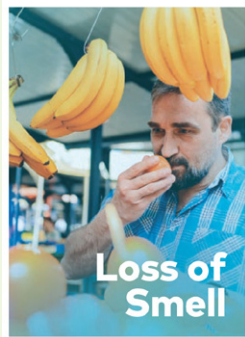
Have you noticed a slight shaking or tremor in your finger, thumb, hand or chin? A tremor, while at rest, is a common early sign of PD.

WHAT IS NORMAL?

Shaking can be normal after lots of exercise, if you are stressed or if you have been injured. Shaking could also be caused by a medicine you take.

What follows is a list of 10 early signs of Parkinson's disease.

No single one of these signs means you should worry about having PD, but if you have more than one sign, you should consider making an appointment to talk to your doctor.



Loss of Smell

Have you noticed you no longer smell certain foods very well? If you seem to have more trouble smelling foods like bananas, dill pickles or licorice, you should ask your doctor about PD.

WHAT IS NORMAL?

Your sense of smell can be changed by a cold, flu or a stuffy nose, but it should come back when you are better.



Small Handwriting

Has your handwriting gotten much smaller than it was in the past? You may notice that your letter sizes are smaller and the words are crowded together. A change in handwriting may be a sign of PD called micrographia.

WHAT IS NORMAL?

Sometimes writing can change as you get older, if you have stiff hands or fingers or poor vision.

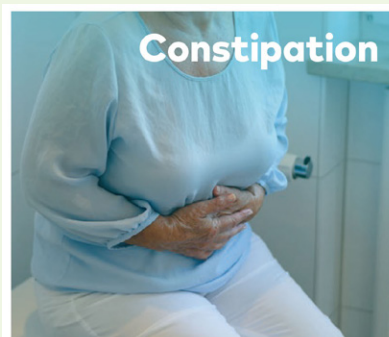


Dizziness or Fainting

Do you notice that you often feel dizzy when you go from sitting down to standing up? Feeling dizzy or fainting can be a sign of low blood pressure and can be linked to PD.

WHAT IS NORMAL?

Everyone has had a time when they stood up and felt dizzy, but if it happens on a regular basis you should see your doctor.



Constipation

Do you have trouble moving your bowels without straining every day? Straining to move your bowels can be an early sign of PD and you should talk to your doctor.

WHAT IS NORMAL?

If you do not have enough water or fiber in your diet, it can cause problems in the bathroom. Also, some medicines, especially those used for pain, will cause constipation. If there is no other reason such as diet or medicine that would cause you to have trouble moving your bowels, you should speak with your doctor.



Trouble Sleeping

Do you thrash around in bed or act out dreams when you are asleep? Sometimes your spouse will notice or will want to move to another bed. Sudden movements during sleep may be a sign of PD.

WHAT IS NORMAL?

It is normal for everyone to have a night when they 'toss and turn' instead of sleeping. Similarly, quick jerks of the body when falling asleep or when in lighter sleep are common and often normal.



Masked Face

Have you been told that you have a serious, depressed or mad look on your face, even when you are not in a bad mood? This is often called facial masking. If so, you should ask your doctor about PD.

WHAT IS NORMAL?

Some medicines can cause you to have the same type of serious or staring look, but you would go back to the way you were after you stopped the medication.



A Soft or Low Voice

Have other people told you that your voice is very soft or that you sound hoarse? If there has been a change in your voice you should see your doctor about whether it could be PD. Sometimes you might think other people are losing their hearing, when really you are speaking more softly.

WHAT IS NORMAL?

A chest cold or other virus can cause your voice to sound different, but you should go back to sounding the same when you get over your cough or cold.



Trouble Moving or Walking

Do you feel stiff in your body, arms or legs? Have others noticed that one or both of your arms doesn't swing like it used to when you walk? Sometimes stiffness goes away as you move. If it does not, it can be a sign of PD. An early sign might be stiffness or pain in your shoulder or hips. People sometimes say their feet seem "stuck to the floor."

WHAT IS NORMAL?

If you have injured your arm or shoulder, you may not be able to use it as well until it is healed, or another illness like arthritis might cause the same symptom.

Center HAPPENINGS



WE HAD SO MUCH FUN FOR ST. PATRICK'S DAY!
Thank you to our entertainment, Jason Konrad, for bringing great music to the Center. There was lots of dancing and smiles all around! We also had multiple classes dress up in green.



Members have really enjoyed the weekly Garden Series provided by Texas A&M AgriLife Extension!



March Arts & Crafts Series





2025 BSBC VOLUNTEER APPRECIATION BREAKFAST

We celebrated our amazing volunteers at an appreciation breakfast. Thank you to all of our volunteers that give their time and hearts to help support our mission! We couldn't do it without you! Special thanks to the students from Pieper HS NJROTC for setting up, serving and clean up!



March daytrip to The Witliff Collections Museum in San Marcos.







April WHAT'S IN SEASON?

parentcircle
HEALTH BENEFITS OF AVOCADO

- Reduces risk of cancer
- Helps to prevent type-2 diabetes
- Minimises risk of neurodegenerative diseases
- Prevents cartilage defects
- Helps in weight loss
- Decreases risk of metabolic syndrome
- Improves carotenoid absorption
- Provides daily fibre content
- Hydrates the skin
- Promotes hair growth
- Lowers cholesterol and triglyceride levels
- Maintains healthy blood pressure
- Protects the eyes
- Prevents osteoarthritis


HAVE YOU TRIED
AVOCADOS?

Avocados are a fruit, not a vegetable

MEXICO is the world's top producer of avocados

CALIFORNIA comes in second



Avocado Facts

Avocado trees have a long life span and high reach.

Archaeologist records of avocado uses have been recorded as early as **7,000 YEARS B.C.** in Peru.

You can determine a ripe avocado by observing its size and color.

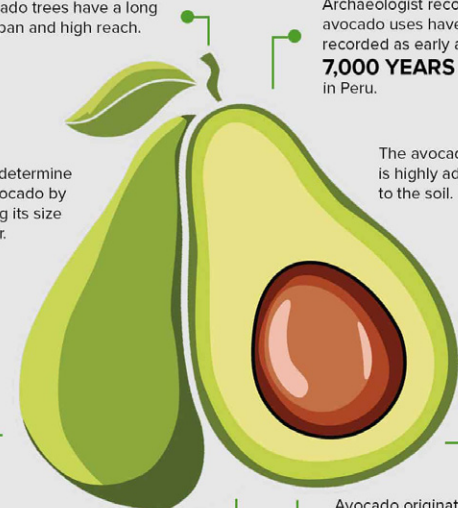
The avocado tree is highly adaptable to the soil.

Avocado originated in southern Mexico.

As a fruit, avocado is climacteric.

Avocados are grown commercially even outside the United States.

The avocado tree grows both male and female flowers.



Avocados in North America are most commonly be seen as salad vegetable

Seasoned avocado flesh can also be used as a sandwich filling.

The National Guacamole Day is celebrated every **16th of September**

Oriental Hawaiians mostly prefer sweetened avocado using sugar.

Avocado is good for keeping the eyes healthy.

Avocado is a **skin protector** against signs of aging and UV ray effects.

Avocado has a reputation for its amazingly high fiber content.






Avocado

verywell

160 CALORIES

2G PROTEIN

8.5G CARBS

14.7G FAT (1/2 avocado)

6.7G FIBER

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

Provides a healthy dose of mono-unsaturated fats, which may be helpful in lowering bad cholesterol






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ACTIVITY CENTER**
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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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