

February 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

Working Out to Stay Sharp Can Exercise Keep Your Brain Healthier?



As we age, our cognitive abilities often start to decline. We may have difficulty with learning and memory. That's because our brains undergo cellular changes as we get older. The protective barrier around the brain also changes, altering which substances can get into your brain. Some of these have potentially harmful effects.

Studies in mice and rats have shown that exercise can partially offset these changes. And it can prevent at least some of the cognitive decline that occurs with age. These benefits haven't just been seen in mice, either. Research has also shown a link between aerobic exercise and better memory in people.

Certain exercise-induced molecules have been shown to boost cognitive functions in mice. Villeda and colleagues are studying one called GPLD1. They've found that it's at least partly responsible for why exercise improves new brain cell formation, learning, and memory in aged mice.

Villeda's team has also shown that more active older adults have more GPLD1 in their blood. This suggests that GPLD1 may have a similar function in people. GPLD1 production has shown effects similar to exercise in the brains of mice. So, Villeda hopes that one day GPLD1 can help improve the health of people who aren't able to exercise.

Don't be discouraged if the recommended amount of exercise seems overwhelming. It's okay to start small. "A little bit goes a long way," Villeda says. "Even just moving a few minutes extra that you wouldn't have done already has a benefit." He notes that his research findings have motivated him to start exercising, which he didn't do before. The best thing is to make exercise part of your routine and find ways to make exercise fun.

From: <https://newsinhealth.nih.gov/2025/01/working-out-stay-sharp>

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

2



Weekly Activity Schedule & Fellowship Menu

4-5



Health & Fitness Schedule

6



February Event Flyers & Special Events

8-9

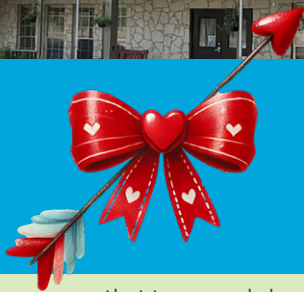


Brain Games

10



Note from THE CENTER



Sharing the Love: A Universal Gift. Love is a universal language—one that transcends borders, cultures, and time. It is so powerful that it can mend broken hearts, strengthen communities, and create ripples of positivity across the world. Sharing love is not just about grand gestures; it's about the small, everyday actions that remind us of our shared humanity.

Why Sharing Love Matters. When we share love, we foster connection and empathy. Whether through a smile, a kind word, or a helping hand, these acts create bonds that remind us we are not alone. Love has the unique ability to make our communities stronger and more inclusive.

Small Acts, Big Impact. Sharing love doesn't require elaborate plans or significant resources. Sometimes, the simplest acts have the most profound impact. Here are a few ways to spread love in your daily life:

- Express Gratitude: A heartfelt "thank you" can brighten someone's day and make them feel valued.
- Be Present: In our fast-paced lives, giving someone your undivided attention is a rare and meaningful gift.
- Offer Support: Whether it's helping a neighbor with groceries or lending an ear to a friend, these actions show care and compassion.
- Practice Forgiveness: Letting go of grudges and choosing to forgive can free both you and others from the weight of negativity.

The Ripple Effect. When you share love, its impact extends far beyond the initial act. Imagine the chain reaction: a kind gesture inspires someone to pay it forward, creating a cascade of positivity that touches countless lives. This ripple effect demonstrates the transformative power of love and kindness.

Sharing Love on a Larger Scale. While individual actions are essential, collective efforts can amplify the impact. Volunteering for community projects, supporting charitable organizations, or participating in social initiatives are powerful ways to spread love on a larger scale. These efforts not only help those in need but also inspire others to contribute, fostering a culture of compassion and generosity.

Love Starts with You. Sharing love begins with self-love. When you treat yourself with kindness and respect, you cultivate a sense of inner peace and well-being. This positive energy naturally radiates outward, influencing how you interact with others. Remember, you cannot pour from an empty cup; nurturing your well-being allows you to share love more abundantly.

A Call to Action. The world needs more love, and you have the power to contribute. Start small, start today, but most importantly, start. Share a smile, a hug, or a word of encouragement. Every act of love, no matter how small, makes a difference. Together, we can create a world where love is not just a fleeting emotion but a way of life.

What role does BSBAC have in Sharing the Love? At the BSBAC, we strive to offer an environment that welcomes everyone, makes them feel at home, and gives them a safe space to enjoy their day and make new friends. We love seeing members come together to enjoy activities, classes, and to volunteer. Share your experience here at the BSBAC with a friend...what a great way to share the love!

Let's make this month a love one of inclusion, sharing, and happiness.



Upcoming EVENTS

February 3, 17

10:00am, 10:30am - Mexican Train

2:00pm - Dementia Support Group

February 4, 11, 18

11:45am - Healthy Carb Series

February 10, 24

12:35pm - Bunco

February 5

9:45am - Brunch Bingo

1:00pm - Book Club

February 13, 20, 27

10:00am - Daytrip to

February 12

10:00am - Card Creations

1:30pm - Arts & Crafts Series: Valentine Gnomes

February 14

8:30am - Self-Defense Class

11:45am - Valentine's Day Potluck

February 28

1:30pm - Self-Defense Class





February is AMERICAN HEART MONTH

Heart disease is the leading cause of death in the United States. But you can do a lot to protect your heart. Heart-healthy living involves understanding your risk, making healthy choices, and taking steps to reduce your chances of getting heart disease, including coronary heart disease, the most common type. By taking preventive measures, you can lower your risk of developing heart disease that could lead to a heart attack. You can also improve your overall health and well-being.

Prioritizing your heart can help you avoid severe illness. People with poor cardiovascular health are also at increased risk of severe illness from COVID-19.

Self-care is heart-health care. Practicing self-care can keep our hearts healthy. And, when we take care of our hearts, we set an example for those around us to do the same.

Get to know #OurHearts! Learn what a healthy blood pressure, cholesterol, weight, and blood sugar level is for you and how they impact your risk for heart

disease. Having a basic understanding of information that concerns your health and using the information to inform health-related decisions and actions for yourself and others, is strongly linked to better health.

Take action to protect your heart by following these tips.

- **Get Enough Quality Sleep.** Lack of sleep or getting poor-quality sleep increases the risk of having high blood pressure, heart disease, and other medical conditions.
- **Eat Better.** A flexible and balanced eating plan can help lower your high blood pressure and improve your cholesterol.
- **Stop Smoking.** Any amount of smoking, even light or occasional smoking, damages your heart and blood vessels.
- **Maintain a Healthy Weight.** Maintaining a healthy weight is important for overall health and can help you prevent and control many diseases and conditions.

- **Be More Active.** Getting enough physical activity helps to lower your risk of heart disease and stroke.
- **Control Cholesterol.** Unhealthy levels of cholesterol can lead to high cholesterol, which increases the risk of developing heart disease.
- **Manage Blood Sugar.** Maintaining stable blood sugar levels is crucial for heart health, especially for people with diabetes or those at risk of developing diabetes.
- **Manage Stress.** Learning how to manage stress with healthy coping strategies helps improve your emotional and physical health.
- **Control Blood Pressure.** Keep your blood pressure in a healthy range and keep track of your numbers. Blood pressure that's consistently higher than 130/80 mm Hg can cause serious health problems.
- **Practice Self-Care & Find Social Support.** Daily acts of self-care can benefit your heart because self-care is heart care.



Weekly ACTIVITY SCHEDULE

MONDAY

- 9:00am Wood Carving
- 10:00am Dominos: Mexican Train 1 (1st & 3rd Mon)
- 10:30am Dominos: Mexican Train 2 (1st & 3rd Mon)
- 11:30am Fellowship Meal
- 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
- 2:15pm Slow Pace Beginners Spanish
- 3:15pm Intermediate Conversation & Reading Spanish

WEDNESDAY

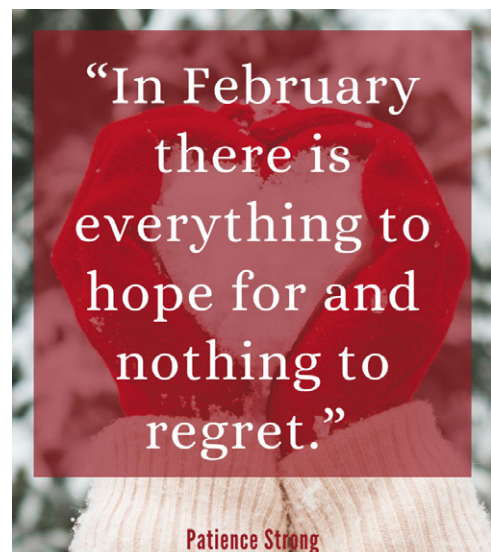
- 9:00am Bridge
- 10:00am Brunch Bingo (1st Wed)
- 10:00am Card Creations (2nd Wed)
- 11:30am Fellowship Meal
- 12:00pm Poker & Beginning Poker (2nd, 3rd, 4th Wed)
- 12:00pm Knitting/Crochet/Sewing Group
- 12:00pm Chess
- 1:00pm Book Club (1st Wed)
- 2:00pm Dementia Support Group (2nd Wed)
- 2:00pm Caregiver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

THURSDAY

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

FRIDAY





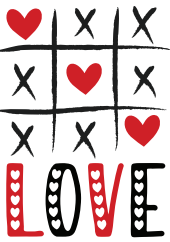
- 11:00am Tech Support Class (2nd & 4th Fri)
- 11:00am Fellowship Meal
- 12:15pm Bingo





February

FELLOWSHIP MEAL MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Creamy White Chili Salad Dessert</p>	<p>4</p> <p>Red Beans & Rice Cucumber & Tomato Salad Dessert</p>	<p>5</p> <p>Cabbage Roll Casserole Carrots Dessert</p>	<p>6</p> <p>Greek Chicken & Lemon Rice Green Beans Dessert</p>	<p>7</p> <p>Chicken Parmesan Soup Green Salad Dessert</p>
<p>10</p> <p>Eggroll Fried Rice Asian Cucumber Salad Fortune Cookie</p>	<p>11</p> <p>Ham Soup Cornbread Salad Dessert</p>	<p>12</p> <p>Pot Roast Mashed Potatoes Green Beans Dessert</p>	<p>13</p> <p>Chili Cornbread Green Salad Dessert</p>	<p>14</p> <p>Potluck Swedish Meatballs </p>
<p>17</p> <p>Potato Soup Green Salad Dessert</p>	<p>18</p> <p>Turkey Tetrazzini Broccoli Dessert</p>	<p>19</p> <p>Chicken Kabobs Rice Pilaf Dessert</p>	<p>20</p> <p>Vegetable Lasagna Green Salad Dessert</p>	<p>21</p> <p>Baked Potato Bar Green Salad Dessert</p>
<p>24</p> <p>Nachos Guacamole Dessert</p>	<p>25</p> <p>Chef's Choice Dessert</p>	<p>26</p> <p>Marry Me Chicken Mashed Potatoes Green Salad Dessert</p>	<p>27</p> <p>King Ranch Chicken Beans Dessert</p>	<p>28</p> <p>Sub Sandwich Chips 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





February HEALTH & FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday
				
3	4	5	6	7
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)	8:30am DrumFit (Diana) 9:30am Zumba Gold (Adaia) 10:30am Pilates (Meleah) 1:00pm Beginning Line Dancing (Dottie) 5:30pm Zumba (Sandra)	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)	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)	9:30am Posture Strength (MaryAnn) 11:00am Balance & Strength* (Sandra) 12:15pm Balance & Strength* (Sandra)
10	11	12	13	14
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)	8:30am DrumFit (Diana) 9:30am Zumba Gold (Adaia) 10:30am Pilates (Meleah) 1:00pm Beginning Line Dancing (Dottie) 5:30pm Zumba (Sandra) 	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)	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)	8:30am Self-Defense (Diana) 9:30am Posture Strength (MaryAnn) 11:00am Balance & Strength* (Sandra) 12:15pm Balance & Strength* (Sandra)
17	18	19	20	21
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24	25	26	27	28
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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.



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.





February EVENT FLYERS & SPECIAL EVENTS

BULVERDE SPRING BRANCH ACTIVITY CENTER
1988-1991

BOOK CLUB

Facilitated by Mammen Family Library

FEBRUARY'S PICK

Hour of the Witch
Author: Chris Bohjalian

WE'D LOVE YOU TO JOIN US!
1st Wed. of each month • 1:00 PM

HEALTH FOCUS SERIES

CLASSES ARE PROVIDED BY TEXAS A&M AGRILIFE EXTENSION. EACH CLASS WILL FOCUS ON A HEALTH TOPIC RELATED TO INCORPORATING HEALTHY CARBS INTO YOUR MEALS.

ALL ABOUT HEALTHY CARBOHYDRATES

Four Week Class Series

- BUILDING A HEALTHY PLATE
- BALANCING CARBOHYDRATES
- FINDING THE SIDES: FRUITS & DAIRY
- THE SWEETENED TRUTH ABOUT CARBOHYDRATES

SESSIONS TUESDAY AT 11:45AM.
CLASS DATES: 2/4, 2/11, & 2/18.

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER. THIS MATERIAL WAS FUNDED BY USDA'S SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM. USDA, THE MEMBERS OF TEXAS A&M AGRILIFE WILL PROVIDE EQUAL OPPORTUNITIES IN PROGRAMS AND ACTIVITIES, EDUCATION, AND EMPLOYMENT TO ALL PERSONS REGARDLESS OF RACE, COLOR, SEX, RELIGION, NATIONAL ORIGIN, AGE, DISABILITY, GENETIC INFORMATION, SEXUAL ORIENTATION, SEXUAL ORIENTATION OR GENDER IDENTITY AND WILL STRIVE TO ACHIEVE FULL AND EQUAL EMPLOYMENT OPPORTUNITY THROUGHOUT TEXAS A&M AGRILIFE.

BETTER LIVING FOR TEXANS

FEBRUARY BRUNCH BINGO

WEDNESDAY, FEBRUARY 5TH @ 9:45AM

SAVORY SAUSAGE BISCUITS & GRAVY & FRESH FRUIT

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

Explore

WIMBERLEY GLASSWORKS

FEBRUARY DAY TRIP
THURSDAYS, FEB 13TH, 20TH & 27TH 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 WIMBERLEY CAFE

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

FEBRUARY Arts & Crafts

DIY VALENTINE'S GNOMES

WEDNESDAY, FEBRUARY 12TH AT 1:30PM

PLEASE USE IN-CENTER SIGNUP SHEET TO MAKE SURE WE HAVE ENOUGH SUPPLIES

\$5 DONATIONS APPRECIATED

PLEASE JOIN OUR

Valentine's Pottluck

FRIDAY, FEBRUARY 14TH AT 11:00AM

SWEET-ISH MEATBALLS (SWEDISH MEATBALLS) WILL BE PROVIDED. BRING AN APPETIZER, SALAD, OR DESSERT TO SHARE WITH EVERYONE.

PLEASE USE THE IN-CENTER SIGNUP BELOW

Tech Support Class

Need Help?

We're here for you!

Classes held the 2nd and 4th Friday from 11am-1pm

If you are interested in learning to become more tech savvy, this is the class for you. Learn how to navigate your phone, tablet, laptop, etc.

Use In-Center Signup to Register

Bulverde BBQ BASH
Feb. 21-22, 2025

COMPETITION BBQ COOK-OFF
FEBRUARY 21-22, 2025
BULVERDE COMMUNITY CENTER AND BULVERDE BOWLING CLUB
1747 EAST AMMANN RD., BULVERDE.

PRESENTED BY **M&S ENGINEERING ELECTRICAL | CIVIL | MEP**

\$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:

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

Team Information
DeLisa Leopold
dleopold@bsbac.com

Sponsorship & Vendor Information
Reghan Swenson
rswenson@bsbac.com

REGISTRATION IS OPEN

Not a cooker, but want to join the fun?
\$10 wristbands.
Wristbands include parking, food tastings (as available), music, vendor shopping and a great time with friends!

BQO Open to the Public
Saturday, February 22, 10am-4pm

FEBRUARY BSBAC WISH LIST

- \$25 Gift Cards (Variety of Places)
- Elliptical for Gym
- Disposable Solo Drinking Cups & Coffee Cups
- Rolls of Paper Towels
- Rolls of Disposable Black Tablecloths
- Large Styrofoam Single Compartment Containers
- Assorted Flavors of Jello: Cherry, Lemon Lime, Blue Raspberry
- Cases of Fritos (Single Serving Bags)
- Cases of Sodas (Coke, Diet Coke, Sprite, etc)
- Cases of Bottled Water
- Beer, Spirits, & Wine Donations (Unopened Please)
- Individual Juice Boxes (No Pouches Please)

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!



Let's Celebrate

Kindness



Throughout the month of February, we are going to celebrate the good things happening in our Center, recognize our kind members, and make positive actions more visible.

How will you choose kindness?

Here are some simple ways to spread kindness:



- Give someone a compliment
- Buy a cup of coffee for a stranger
- Hold the door open for someone

Share your act of kindness with us on our Kindness Board

The possibilities are endless! Let's make a difference together.

Community Partners for our Kindness Campaign

ChooseKindness



KINDNESS IS
contagious.

February BIRTHDAYS

Allen, Patricia
Anthony, Barbara
Anzalotta, Adrah
Ault, Werdna
Bernal, Rudy
Bilotti, Dennis
Bohl, Diane
Bohlander, Larry
Bohlander, Mary
Bolum, Yolanda
Bradley, Marilyn
Brady, Maria
Brown, Mabel
Buchanan, James
Castano, Laura
Charles-Vickers, Martha
Clark, Jan
Clendenin, Allen
Cockrell, Robert
Cole, Julie
Corey, Mary
Craft, Bobby

Dawson, Dennis
Dawson, Dorothy
Deluna, Sylvia
DeVries, Joshua
Dorsey, Cheryl
Dwyer, Dennis
Estes, Jean
Feely, Bonnie
Fincher, Sherry
Foster, Joyce
Gibbs, Gladys
Glass, George
Green, Robert (Buster)
Hefner-hill, Jala
Herrera, Kay
Hildebrandt, Walter
Hoehn, Kevin
Hopkins, Roxana
Hunsicker, Donna
Jobson, Travis
Johansen, Cynthia
Johnson, Shirley
Jundzilo, Rose Marie

Karch, Patricia
Keith, Nancy
Kelly, Barbara
Knouse, Tracey
Krenzke, Charlene Rose
Kruciak, Kenneth
Leasure, Patricia
Leopold, DeLisa
Linder, Lisa
Loop, Marilyn
Lopez, Dolores
Lopez, Edward
Marek, Elisa
Marschler, Horst
Mathis, Rosemary
McCarty, Dorrie
Mccollum, Charles
Meeks, Maria
Meseck, Laurel
Mikell, James
Molina, Hope
Morrison, Mark
Nichols, Mary

Nunnelly, Nancy
Oar, Sharon
O'Connor, Carol
Owen, Arlene
Pagan, Lona
Parker, Harold
Parker, Jeff
Pfitscher, Christine
Phillips, Judi
Poe, Nancy
Politte, Barbara
Price, Clyde
Rainbolt, Rosalind
Roberts, Eldonna
Robinson, Karen
Rodriguez, Ruth
Rojas, Betty
Rubino, Isabel
Rusche-Lageman, Carol
Sharp, Kenneth
Shelton, Sam
Slay, Genell

Smith, Margaret
Sondergaard, John
Stocker, Daija
Taylor, Thomas
Thiele, Patrick
Torres, Teresa
Uhlig, Renee
Wagoner, Ruby
Walker, Charles
Walker, Jim
Wilson, Mark
Winn, Sharon
Zaborowski, Gwen



Welcome TO THE TEAM

Lisa Velasquez

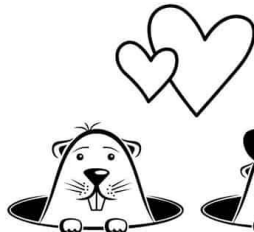


Lisa joins the BSBAC team as our Office Coordinator. She will oversee daily administrative operations and ensure the smooth functioning of our office.

She is a native of San Antonio Texas & has lived in Spring Branch for 9 years. She has been married to her husband, Rene, for 19 years and counting. They have a set of 18 year old twins. Daughter, Hannah, is a freshman at UTSA, writing for the Paisano newspaper; and son, Joshua, is proudly serving in Germany with the Army Infantry. Both are doing amazing. She & Rene are empty nesters and trying to figure out what to do from here. Rene works with the VA Hospital as a Software Specialist and teaches online classes nationwide. Lisa has been with non-profits for the last 7 years and has loved it, starting with YoungLife and the Meant to Soar Foundation. They have also been on a few mission trips including recently to the Ukraine. Her passion finding a need and filling it drives her in her day to day. She lives by the verse "Here I am, Send me", Isaiah 6:8.



Brain GAMES



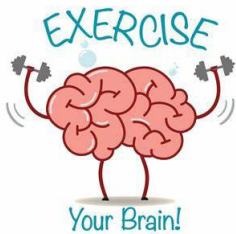
FEBRUARY

WORD SEARCH

S	C	H	O	C	O	L	A	T	E	F	R	W	D	L	O	C	Y	ARROW
R	R	A	U	Y	M	J	P	A	A	E	K	X	T	N	A	A	CHILI DAY	
E	P	B	T	F	L	S	A	R	G	I	D	R	A	M	S	Y	D	CHINESE NEW YEAR
W	I	N	T	E	R	S	W	E	E	T	H	E	A	R	T	K	I	CHOCOLATE
O	D	M	U	B	R	T	E	S	H	R	V	X	J	E	V	O	L	CUPID
L	G	L	N	R	E	S	G	I	W	A	F	D	R	E	W	M	I	FEBRUARY
F	W	W	S	U	T	P	B	D	L	R	E	H	E	K	F	L	H	FLOWERS
G	R	O	R	A	E	Y	W	E	N	E	S	E	N	I	H	C	C	FRIENDS
G	J	B	I	R	U	K	N	N	U	F	A	U	M	N	A	E	S	GROUNDHOG DAY
R	H	R	R	Y	B	T	S	T	T	I	C	P	L	D	K	R	R	KINDNESS
A	E	E	E	L	I	L	N	S	E	T	U	Y	Y	N	E	R	G	LEAP YEAR
S	E	P	C	N	R	R	O	D	L	I	T	J	K	E	A	A	H	LOVE
S	E	U	E	D	S	Y	E	A	L	R	A	S	G	S	A	R	R	MARDI GRAS
I	T	S	R	E	P	P	I	Y	A	W	T	A	P	S	Q	R	N	NUTELLA
W	F	R	I	E	N	D	S	P	S	G	E	L	K	B	T	O	R	PARTY
C	H	Y	A	D	G	O	H	D	N	U	O	R	G	O	O	W	R	PRESIDENTS DAY

Commonyms*

1. Canary - Mustard - Marigold
2. Snake - Cavity - Bottomless
3. Kidney - String - Black
4. Bull - Cars - Shoe Salesman
5. Dugout - Courts - Parks
6. Phone - Stereo - Football Team
7. Yellow - Black - Dead
8. Dark - White - Milk
9. Steak - Tartar - Spaghetti
10. Bobbin - Screw - Spider Web

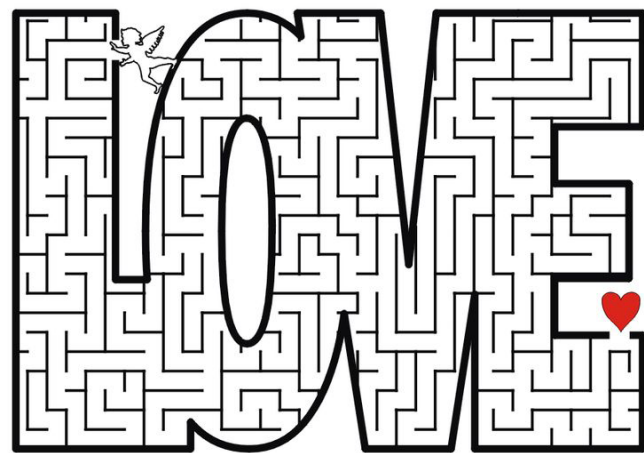


Sudoku

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

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

Solve the Maze



*COMMONYMS SOLUTIONS: 1) Yellows; 2) All have pits; 3) Beans; 4) Beans; 5) Have horns; 6) Have benches; 7) Have receivers; 8) Seas; 9) Chocolates; 10) Sauces

**American
Heart Month**

life is why™

FEBRUARY 2025



News

YOU CAN USE

CARDIAC ARREST VS. HEART ATTACK

People often use these terms interchangeably, but they are not the same.

WHAT IS CARDIAC ARREST?

CARDIAC ARREST occurs when the heart malfunctions and stops beating unexpectedly.

Cardiac arrest is triggered by an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia). With its pumping action disrupted, the heart cannot pump blood to the brain, lungs and other organs.



Cardiac arrest is an **"ELECTRICAL"** problem.



A heart attack is a **"CIRCULATION"** problem.



A HEART ATTACK occurs when blood flow to the heart is blocked.

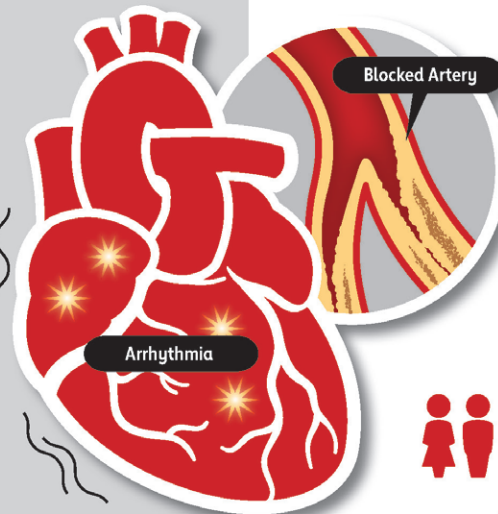
A blocked artery prevents oxygen-rich blood from reaching a section of the heart. If the blocked artery is not reopened quickly, the part of the heart normally nourished by that artery begins to die.

WHAT HAPPENS

Seconds later, a person becomes unresponsive, is not breathing or is only gasping. **Death occurs quickly if the person does not receive immediate CPR.**

WHAT TO DO

  A person's chance of surviving cardiac arrest can be doubled or tripled if CPR is provided immediately. First, call your local emergency number and start CPR right away. Then, if an Automated External Defibrillator (AED) is available, use it as soon as possible. If two people are available to help, one should begin CPR immediately while the other calls your local emergency number and finds an AED—there is a 10% drop in survival each minute, which is why CPR is so important. EMS staff are also trained to revive someone whose heart has stopped.



WHAT HAPPENS

Symptoms of a heart attack may be immediate and may include intense discomfort in the chest or other areas of the upper body, shortness of breath, cold sweats, and/or nausea/vomiting. More often, though, symptoms start slowly and persist for hours, days or weeks before a heart attack. Unlike with cardiac arrest, the heart usually does not stop beating during a heart attack. **The longer the person goes without treatment, the greater the damage.**



The heart attack symptoms in women can be different than men (shortness of breath, nausea/vomiting, and back or jaw pain).

WHAT IS THE LINK?



Most heart attacks do not lead to cardiac arrest. But when cardiac arrest occurs, heart attack is a common cause. Other conditions may also disrupt the heart's rhythm and lead to cardiac arrest.

WHAT TO DO



Even if you're not sure it's a heart attack, call your local emergency number. Every minute matters! It's best to call your local emergency number to get to the emergency room right away. Emergency medical services (EMS) staff can begin treatment when they arrive. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too.

CARDIAC ARREST is a LEADING CAUSE OF DEATH.

Cardiac arrest affects thousands of people annually with about 75% of them occurring in the home.



Fast action can save lives.

For more information on American Heart Association CPR training classes in your area go to heart.org/cpr.

Follow us:

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**American
Heart
Association.**

Center HAPPENINGS



BSBAC CANASTA GROUP

After a very busy 2024 the BSBAC Canasta Group, held their first canasta tournament of 2025 on Thursday, January 16th. The 24 players arrived early ready to play and win the coveted Honor Pin and Prize Money. The Tournament is an individual scoring game of Progressive (Hand and Foot) Canasta. The players change partner after every round playing 4 rounds in the morning taking a break for lunch and 4 more rounds in the afternoon. Once the Play has ended and the winners scores have been totaled the winners are announced. Our January 2025 Winners are as follows!

First Place: Bernice Pyle, with her charming smile and contagious laughter was quite surprised when her name was announced. **Second Place:** Randy Pigg and **Third Place:** Julie Kirk, both outstanding players with names often appearing in the winning circle.



A massive thank you to all of our tournament participants, if you didn't conquer the competition or missed out on the action, don't fret another tournament will be held April 17th. Be sure to enter early as it is limited.



BSBAC Canasta Group plays a variety of different canasta games. The group started over 15 years ago with a handful of players and has grown to 36 players presently. The popularity is not only due to the fun and companionship of play, but also because playing has shown to help improve thinking and observation skills. We welcome anyone who is interested in playing cards to join our group. We play every Thursday beginning at 9:30 am. We will be glad to teach you if you have never played. We play for fun enjoy each other's company, laugh a lot and make great friends. As a group we also do other activities together such as monthly luncheons and parties.

PROGRESSIVE BINGO WINNERS



IRIS ROSSI

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GEMSTONE AT
BULVERDE



SYLVIA HILL

SPONSORED BY
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Members enjoyed a Lunch & Learn last month about down-sizing after retirement. Melodie Vise, Next Home Senior Advisors, provided resources and expertise on the process of selling and transitioning to the "right-sized" home or senior community; Christy Zedaker, Free Bird Home Editing, talked about how to sort, donate, reorganize, and sell items during the transition; Matt Hester, Edward Jones, talked about managing and protecting your retirement income; and Voeller Law provided information on every aspect of estate planning. The session was very informative and helpful.

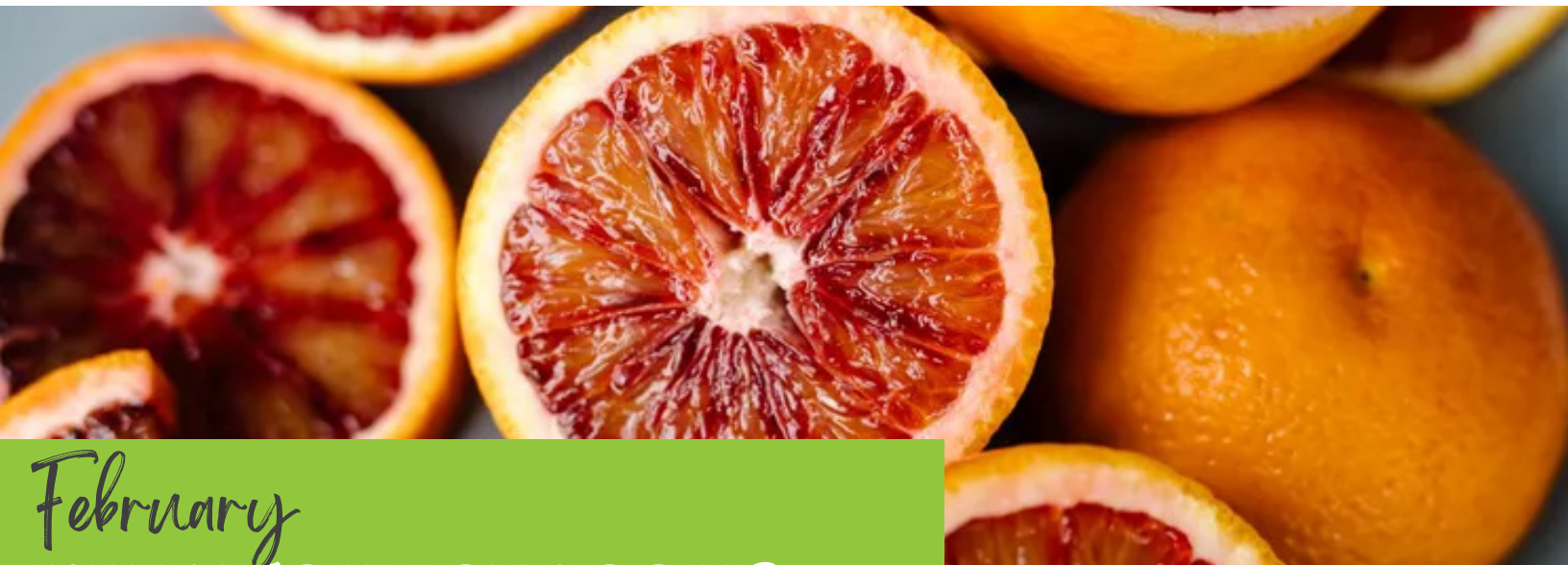


We have had record numbers in attendance for our exercise classes so far this year! Did you know we offer a variety of fitness classes including Balance & Strength, Posture Strength, Yoga, Pilates, and more! Come check out all we have to offer and try a new class or two!



Our Card Creations class made some fun Valentine's cards last month. Did you know we sell these cards for a great price in our gift shop? If you are in need of a greeting card, support the Center and get a hand-crafted card for your loved one. Join the Card Creations class every month on the 2nd Wednesday at 10:00am to help them make custom cards.





February WHAT'S IN SEASON?

Blood oranges will brighten even the gloomiest winter days. They are a vibrant, ruby red citrus fruit with deep maroon-colored flesh produced with the help of an antioxidant called anthocyanin. And get this: the fruit has to be exposed to colder temperatures for the color to deepen. Anthocyanin starts developing along the edges of the peel before moving inward, which is why the flesh of some blood oranges may have streaks.

Blood oranges are slightly more flavorful than regular oranges. Expect a tad bit more sweetness, less acidity, but equal amounts of raspberry-like tartness with only moderate amounts of seeds.

In addition to being an exceptional snack, blood oranges can be tossed into wintery salads, whizzed up into a refreshing cocktail, reduced into a jam, baked into a simple dessert or even cooked down into a deliciously simple sauce to dress up any steak. There are plenty of ways to make the most of this seasonal fruit. Visit this site for some fun recipes to make with blood oranges.

<https://www.howsweeteats.com/2025/01/blood-orange-recipes/>

CALORIES INFO


BLOOD ORANGE



CALORIES: 47
kcal per 100g

CARBS: 11.75 g
PROTEIN: 0.94 g
FAT: 0.12 g

ALL ABOUT BLOOD ORANGES



HOW TO USE

Baked goods, salads, salad dressings, sauces, or cocktails

FLAVOR

Sweet-tart and slight tangy, with overtones of berries (especially raspberries and strawberries)

APPEARANCE

Deep maroon or maroon-streaked flesh

NUTRITIONAL CLAIM TO FAME

Chock-full of **ANTHOCYANIN** a disease-fighting antioxidant that gives the fruit its unusual color

Peak
SEASON

December through early April

FUN FACT

Blood oranges only turn red after a frost

VARIETIES

- 1 **MORO**
The most colorful blood orange
- 2 **SANGUINELLI**
Smaller, more compact, and slightly oblong in shape
- 3 **TAROCCO**
Sweeter than the Moro or Sanguinelli blood oranges



Healthy Weight

Naturally low in sugar and kilojoules (just 3% of your daily energy in one average-size orange). Their low energy density, together with their unique mix of nutrients, has been demonstrated to reduce fat stores and prevent obesity.



Immune Booster

Provides all the recommended daily intake of Vitamin C in just one blood orange. This essential nutrient helps with iron and zinc absorption, which is vital in increasing resistance to infection.



Skin Health

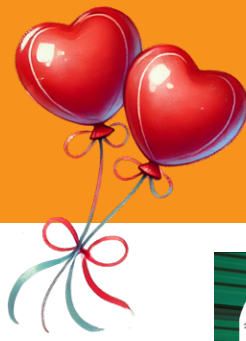
The phytonutrients in blood orange can help repair your skin and build up its defense against the sun, giving you a more youthful complexion.



Heart Health

The antioxidants and anti-inflammatory properties in blood orange are great for maintaining a healthy circulatory system.

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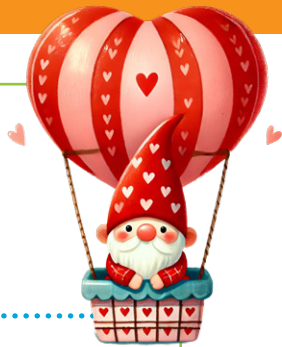


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Transportation



Candice Hitt
Bookkeeper & Grant Writer

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Bobby Craft
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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.



www.bsbac.com



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