

March

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

Preventing Diabetes

Small Steps Can Make a Big Difference



Chances are, you know someone who has diabetes. It might even be you. Diabetes is one of the most common disorders in the U.S. It affects about 1 in 9 Americans. Diabetes raises your risk for serious health problems. It can damage the eyes, kidneys, nerves, and heart, and it is linked to some types of cancer.

For those over age 60, the the risk of getting diabetes dropped by 71% when they made healthy changes. Taking steps to prevent or manage diabetes can lower your risk of developing diabetes-related health problems.

Anyone can get type 2 diabetes, even children. But certain factors can raise your risk. You're more likely to develop type 2 diabetes if you are at least 35 years old or have a family history of diabetes. Black Americans, Hispanic/Latino Americans, American Indians, and Asian Americans are also at higher risk.

People who are overweight or have obesity and people who don't get enough physical activity are also more likely to develop the disease. But these are changeable factors.

Although making healthy lifestyle changes has proven effective for preventing diabetes, it doesn't work for everyone. For those people, medications may help. In recent years, a class of drugs called GLP-1 drugs has become widely available for weight management and diabetes treatment.

Healthy Changes That Last

"Making lifestyle changes is hard. So it's important to get the support you need to make the changes last," says Dr. Joshua J. Joseph, a physician and diabetes researcher at Ohio State University. "You can get that support through programs like the CDC's National Diabetes Prevention Program (NDPP):"

For physical activity, look for activities that you enjoy. Experts recommend brisk walking for a low-cost activity. Working out with others can be motivating for some people. Consider group classes like Zumba or Pilates.

From: <https://newsinhealth.nih.gov/2024/11/preventing-diabetes>



Note from the Center & Upcoming Events

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March Event Flyers & Special Events

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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



Spring is upon us!

As winter melts away and the days grow longer, spring arrives with a promise of renewal. This season offers a wonderful opportunity to embrace change, refresh routines, and find new joys in life. Whether through connecting with nature, adopting healthier habits, or rekindling social ties, spring can inspire a fresh perspective and invigorate both body and mind.

Adopt a Healthy Lifestyle

With the new season comes the perfect time to prioritize physical and mental health. Start with gentle exercises, such as yoga, Pilates, or Balance & Strength classes. Incorporate fresh fruits and vegetables into daily meals, taking advantage of seasonal produce. Staying hydrated and practicing mindfulness through meditation or deep breathing can also greatly enhance overall wellness.

Engage in Social Activities

Spring is an ideal time to reconnect with friends and family. Participate in group activities like book clubs or art classes. Social interactions help prevent loneliness and keep the mind active. Sharing laughter and stories with friends and loved ones fosters a sense of belonging and joy.

Learn Something New

Stimulate your mind by exploring new interests or hobbies, or revisit something you used to enjoy.

Embrace Gratitude

Spring is a season of hope and beauty. Take time each day to reflect on the positives in life. Keep a gratitude journal or share what you're thankful for with others. Practicing gratitude helps shift focus to what truly matters and fosters a sense of contentment.

The best part...you can learn more about or do all these things at BSBAC!

Take full advantage of what is available; check out the BSBAC calendars for classes and programs to help you reach your goals.

Spring is nature's way of reminding us that it's never too late to start anew. By embracing the opportunities for renewal this season brings, seniors can cultivate a vibrant and fulfilling lifestyle. Let the fresh air, blooming flowers, and warm sunshine inspire you to bloom alongside the season.

Upcoming EVENTS

March 3, 17

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

March 4, 11, 18, 25

11:45am - Healthy Communities Garden Series

March 5

9:45am - Brunch Bingo

1:00pm - Book Club

March 7

1:30pm - Self-Defense Class (DAY & TIME CHANGE THIS MONTH)

March 10, 24

12:35pm - Bunco

March 12

10:00am - Card Creations

1:30pm - Arts & Crafts Series: St. Patrick's Day Centerpiece

2:00pm - Dementia Support Group

March 13, 20, 27

10:00am - Daytrip to The Wittliff Collections Art Museum

March 14

11:00am - St. Patrick's Day Potluck

March 17

St. Patrick's Day

March 28

1:30pm - Self-Defense Class









March is NATIONAL KIDNEY MONTH

March is National Kidney Month, a time when communities across the country raise awareness about kidney disease. This year's focus is on taking charge of your health and the many factors that go into managing your kidney disease.




Chronic kidney disease (CKD) is a serious condition affecting around 35.5 million people. Chronic kidney disease (CKD) means your kidneys are damaged and can't filter blood the way they should. Diabetes and high blood pressure are the most common causes of kidney disease. Your health care provider may do tests to find out why you have kidney disease. The cause of your kidney disease may affect the type of treatment you receive.

Often overlooked until symptoms appear, CKD is progressive and can put you at risk for serious health complications including heart attack, stroke, and kidney failure. Adopting a healthy lifestyle can help you manage CKD and its complications from progressing.

Follow these healthy lifestyle habits to take charge of your kidney health.

- 
Meet regularly with your health care team. Staying connected with your doctor, whether in-person or using telehealth via phone or computer, can help you maintain your kidney health. The tests that health care providers use to test for kidney disease can also be used to track changes to kidney function and damage.
- 
Manage blood pressure and monitor blood glucose levels. Work with your doctor to develop a plan to meet your blood pressure goals and check your blood glucose level regularly if you have diabetes.
- 
Take medicine as prescribed and avoid NSAIDs like ibuprofen and naproxen. Your pharmacist and doctor need to know about all the medicines you take.
- 
Aim for a healthy weight. Create a healthy meal plan and consider

working with your doctor to develop a weight-loss plan that works for you. Being overweight makes your kidneys work harder and may damage your kidneys.

- 
Reduce stress and make physical activity part of your routine. Consider healthy stress-reducing activities and get at least 30 minutes or more of physical activity each day.
- 
Make time for sleep. Aim for 7 to 8 hours of sleep per night. Getting enough sleep is important to your overall physical and mental health and can help you meet your blood pressure and blood glucose goals.
- 
Quit smoking. If you smoke, take steps to quit. Cigarette smoking can make kidney damage worse.

It may seem difficult, but small changes can go a long way to keeping your kidneys and you healthier for longer.

Take Charge of Your Kidney Health!



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

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
- 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





March

FELLOWSHIP MEAL MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Tacos Pinto Beans Dessert</p>	<p>4</p> <p>Greek Omelet Fruit Dessert</p>	<p>5</p> <p>Greek Chicken & Rice Cucumber & Tomato Salad Dessert</p>	<p>6</p> <p>Ham Soup Cornbread Salad Dessert</p>	<p>7</p> <p>Taquito Enchiladas Mexican Rice Guacamole Dessert</p>
<p>10</p> <p>Baked Potato Bar Green Salad Dessert</p>	<p>11</p> <p>Swedish Meatballs Egg Noodles Carrots Dessert</p>	<p>12</p> <p>Italian Ring Pasta Salad Dessert</p>	<p>13</p> <p>Turkey & Stuffing Casserole Green Beans Dessert</p>	<p>14</p> <p>Potluck Corned Beef Sliders</p>
<p>17</p> <p>Mongolian Chicken Broccoli Rice Dessert</p>	<p>18</p> <p>Baked Ziti Italian Vegetables Dessert</p>	<p>19</p> <p>Cheeseburgers Pasta Salad Orange Fluff Dessert</p>	<p>20</p> <p>Dorito Chicken Casserole Pinto Beans Dessert</p>	<p>21</p> <p>Egg Roll Fried Rice Fortune Cookie</p>
<p>24</p> <p>Frito Pie Fruit Dessert</p>	<p>25</p> <p>Chef's Choice Dessert</p>	<p>26</p> <p>Chicken Cordon Blue Rice Green Beans Dessert</p>	<p>27</p> <p>French Onion Salisbury Steak Mashed Potatoes Green Beans Dessert</p>	<p>28</p> <p>Nacho Bar Dessert</p>
<p>31</p> <p>Chicken Alfredo Salad 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





March HEALTH & FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</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>4</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>5</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>6</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>7</p> <p>9:30am Posture Strength (MaryAnn) 11:00am Balance & Strength* (Sandra) 12:15pm Balance & Strength* (Sandra) 1:30pm Self-Defense (Diana)</p>
<p>10</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>11</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>12</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>13</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>14</p> <p>9:30am Posture Strength (MaryAnn) 11:00am Balance & Strength* (Sandra) 12:15pm Balance & Strength* (Sandra)</p>
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<p>24</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>25</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>26</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>27</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>28</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.

YOGA

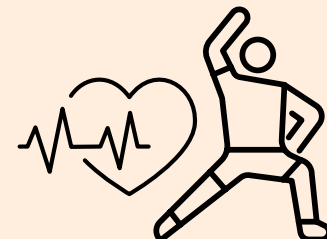
Slow flowing class of gentle stretching and physical postures using breath to connect mind and body. This is an excellent way for improving flexibility, balance and great for de-stressing.

ZUMBA/ZUMBA GOLD

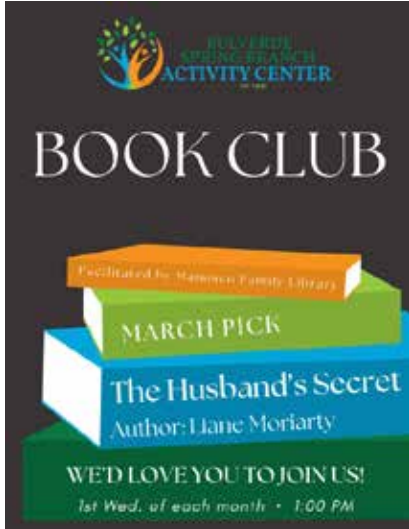
Zumba is a dance-fitness class that is set to zesty Latin music like salsa, merengue, mambo, etc. Zumba Gold modifies the moves and pacing to suit the needs of the active older participant.

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.



March EVENT FLYERS & SPECIAL EVENTS



BOOK CLUB

Facilitated by Hispanic Family Library

MARCH PICK

The Husband's Secret
Author: Jane Moriarty

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

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

AGRICULTURE 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.

March Brunch Bingo

Wednesday, March 5th at 9:45am



SPINACH, BACON, & GRUYERE STRATA W/ HASHBROWNS

6 GAMES OF BINGO - \$2
BRUNCH - \$5
DONATIONS APPRECIATED

March Arts & Crafts

ST. PATRICK'S DAY CENTERPIECE

Wednesday, March 12th at 1:30pm



Please use in center Signup Sheet to make sure we have enough supplies.

\$5 Donations Appreciated

March Day Trip

Thursday, March 13th, 20th, and 27th

The Wittliff Collections

There's something to discover each time you visit The Wittliff. Our exhibitions tell the stories of the Southwest and Mexico, taken from our diverse collections of work by writers, photographers, filmmakers and musicians. Exhibitions change continually - there is always something new to discover. The Lonesome Dove exhibition remains on display year-round. Come see the best of what our collections hold.

Lunch at Casa Maria Restaurant and Bakery



Bus Departing at 9:30am
\$10 PER PERSON IF RIDING THE BUS. DON'T WANT TO RIDE THE BUS, FOLLOW ALONG IN YOUR OWN VEHICLE.

St. Patrick's Day Potluck

Friday, March 14th @ 11am

Join us for lunch and maybe have the luck of the Irish at Bingo that afternoon.

We will provide Corned Beef Sliders.
Please bring an appetizer, salad, side, or dessert to share with everyone.

Please register on the in-center signup sheet.



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

ATTENTION

SELF-DEFENSE CLASS CHANGE

Class will be held on **Friday, 3/7 at 1:30pm**

NO CLASS ON FRIDAY 3/14!

BSBAC March Wish List

- \$25 Gift Cards (Variety of Places)
- Refrigerator for kitchen
- Assorted Size Baskets
- Roll of White Disposable Tablecloth (\$35 each)
- St Patrick's Day Paper Plates (Small & Large) and Napkins
- Easter Paper Plates (Small & Large) and Napkins
- Clear Plastic Plates (Small & Large)
- Pack of 1lb Food Boat Trays in Kraft Brown (\$20 each)
- 10 pack of Scissors (\$20 each)
- Bulk Pack of Mini Hot Glue Guns & Glue Sticks (840 each)
- Case of Small and Large Mason Jars (\$25 each)
- Canned Pie Filling (Any Flavors)
- Instant Pudding (Any Flavors)
- Cake and Brownie Mixes
- Canned Beans: Pinto, Black, Chili, Ranch, Garbanzo, Navy
- Coffee Creamer Pods (Any Flavors)

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

6:30PM - 9:30PM

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 the seniors in the Bulverde/Spring Branch & N. Bower 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



March BIRTHDAYS

Almeida, Aura
Ambriz, Ricardo
Arredondo, Ricardo
Baker, Ben
Balasko, Kathy
Bobick, Lucy
Boice, Carol
Branch, Barbara
Bravo, Richard
Brown, Jan
Bryant, Cindy
Bueno, Henry
Bulman, Donna
Clarke, Karen
Collett, Patricia
Cortez, Ann
Countryman, Bonnie
Cross, Cindy
Crownover, Virginia
Cunningham-Little, Cathy
Davis, Jeanetta
Dillard, Clifton

Dockery, Jake
Dreyfus, Ada
Eguia, Rebecca
Ekola, Krysten
Esterline, Mary
Evans, Gregory
Ewald, Kenneth
Fishlock, Melanie
Fuleki, Andrew
Fuleki, Thomas
Garcia, Ricardo
Gathright, Vicky
Geffken, Edward
Geffken, Kay
Goebel, Suzanne
Gonzalez, Rosa
Goodwin, Yvonne
Gudowski, Esther
Hancock, Sandy
Helm, Thomas
Herring, Deborah
Hosek, Lynn
Houghtaling, Athena

Hughley, Felicia
Ickes, Toni
Irie, Patrick
Jones, Barbara
Keogh, Lisa
Kimbrell, Madeline
Klepac, Joy
Klepac, Larry
Krenek, Carla
Krummerich, Sharon
Lane, Patricia
Larson, Marcia
Leinen, Christine
Lesage, Henrietta
Long, Marjorie
Lowe, Mary
Lynn, Sandra
Marek, Mary Ann
Marsico, Nicholas
Masterson, Barbara
Mcadams, Pamela
McEnaney, Kristin
McGee, Michael

Miller, Shirley
Moon, Teri
Morgan, Carol
Mundy, John
Nicholson, Constance
O'Brien, Diane
Ochoa, Maria
O'Donnell, Ave
Ott, Ruth
Pelczar, Alicia
Pettit, Mary
Plunkett, Teri
Presley, Robert
Ramirez, Mary Anne
Ray, Jill
Redington, William
Reeves, Judy
Ritter, Ralf
Rosas, Sylvia
Ross, Saralda
Rubey, Kathy
Ruiz, Ninfa
Sansom, Phil

Sarafin, Vilma
Schroeder-Trout, Rita
Smith, Teresa
Stasko, Michael
Steen, Anthonette
Stewart, Myra
Stockton, Alice
Stovall, Beverly
Thiele, Peggy
Thornton, Cheryl
Valdez, Karen
Velasquez, Lisa
Weaver, Douglas
Williams, Ana
Williams, Janice
Williars, Luis
Wood, Rodney
Woodward, Susan
Wunsch, Larry
Wunsch, Linda
Zaborowski, Gary

Brain GAMES



MARCH

Word Search

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

- BASKET
- BLOOM
- BUTTERFLY
- CHICK
- CROCUS
- DAFFODIL
- DAYLIGHT
- EASTER
- EQUINOX
- FLOWER
- GREEN
- HATCHING
- IRISH
- KITE
- LAMB
- LION
- LUCKY
- MARCH
- NEST
- RAIN
- REBIRTH
- RENEWAL



- ST. PATRICK
- SUNSHINE
- TULIP
- WINDY



- SAVINGS
- SEASON
- SHAMROCK
- SPRING



Commonyms*

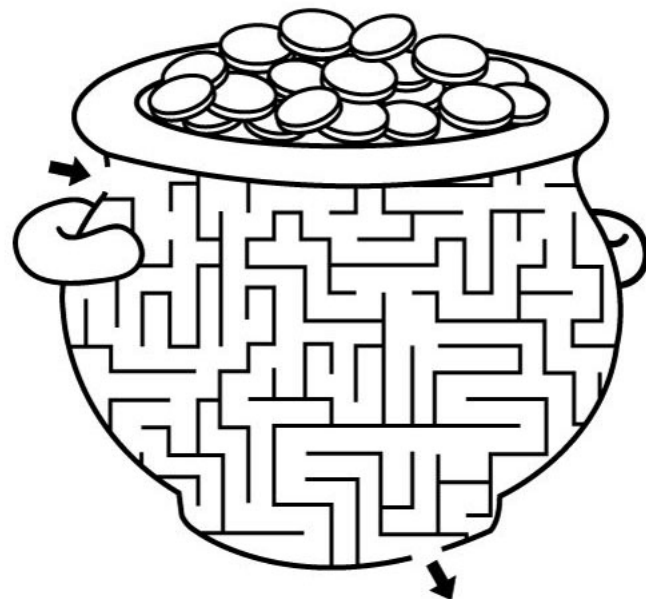
1. Tow - Row - Show
2. Rally - Stock - Drag
3. Trees - Hair - Families
4. Year - Scrap - Address
5. Trains - Teapots - Referees
6. Statues - Turkeys - Initials
7. Rooster - Beehive - Barber Shop
8. Pickup - Fire - 4x4
9. Jump - Swim - Three piece
10. St. Louis - Feet - McDonalds

Sudoku

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

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

Solve the Maze



*COMMONYMS SOLUTIONS: 1) Boats; 2) Races; 3) All have roots; 4) Books; 5) Have whistles; 6) Are carved; 7) All have combs; 8) Trucks; 9) Suits; 10) Have arches

EXERCISE



Your Brain!



News YOU CAN USE

March is **National Kidney Month**

Get to know your hard working kidneys

6 WAYS KIDNEYS KEEP YOU HEALTHY



Regulate fluid levels

Activate Vitamin D for healthy bones

Filter wastes from the blood

Directs production of red blood cells

Regulate blood pressure

Keep blood minerals in balance

8 PROBLEMS KIDNEY DISEASE CAN CAUSE



Cardiovascular disease

Heart attack

Stroke

Anemia/ low red blood cell count

Nerve damage

Weak bones

High blood pressure

Kidney Failure

4 RISK FACTORS

Diabetes

High blood pressure

Age 60+

Family history

7 SYMPTOMS



Swelling: face, hands, abdomen, ankles, feet

Blood in urine
Foamy urine

Puffy eyes

Difficult, painful urination

Increased thirst

Fatigue

2 TESTS YOU CAN TAKE (BLOOD AND URINE)



Urine albumin-to-creatinine ratio estimates the amount of a type of protein, albumin, that you excrete in your urine.

Glomerular Filtration Rate (GFR) tells how well your kidneys are working to remove wastes from your blood. It is the best way to check kidney function. Doctors measure blood creatinine (waste build up) levels and perform a calculation based on race, age and gender.



National Kidney Foundation®

Learn more at kidney.org

Center HAPPENINGS



VALENTINE'S POTLUCK & ACTS OF KINDNESS MONTH

Thank you First United Bank, Bulverde, for surprising us w/carnations on Valentine's Day, for your kindness and for putting beautiful smiles on our members' faces. Last month, we celebrated kindness at the Center. We chose to spread kindness to our fellow members and gave shoutouts on our Kindness Board. Always remember to choose kindness and be sure to spread it around to others.



♥ We Wore Red to Support Heart Health! ♥



Valentine's Gnomes for Arts & Crafts Class!





THANK YOU TO OUR 2025 BULVERDE BBQ BASH SPONSORS



TITLE SPONSOR



2025 BULVERDE BBQ BASH

The 6th Annual Bulverde BBQ Bash is in the books, and it was a huge success despite the cold weather! We want to send a shout out to all our sponsors and community partners as well as all the volunteers, teams, vendors, and patrons that participated and gave their support! We appreciate you and couldn't do what we do without any of you. Mark your calendars for February 27-28, 2026...we look forward to seeing you all out again next year!





March WHAT'S IN SEASON?

You may not normally put a papaya in your grocery cart. But this fruit is a top pick if you want to step outside your comfort zone and look beyond your usual buys.

Papaya isn't just a flavorful treat for the taste buds. It's also full of nutrients and boasts several health benefits.

The **papaya** is a sunny tropical fruit, which hails from the Americas. It is delicious in both sweet and savoury recipes. Look for fruits with smooth, firm skin and an even yellow tone. Streaks of green indicate that the fruit isn't ripe. Try using it in place of mango – they have a similar sweetness and texture. They also work well together, such as in this sweet and spicy papaya and mango chutney. For a tropical salad, try fresh papaya in this Indonesian-inspired caramelised chicken noodle salad.

Get the recipe here: <https://realfood.tesco.com/recipes/caramelised-chicken-and-papaya-satay-noodles.html>

HEALTH BENEFITS OF PAPAYA

Nutrients*	Vitamins*	Minerals*
Dietary Fiber 7%	Vitamin C 103%	Potassium 7%
Carbohydrate 3%	Vitamin A 22%	Magnesium 2%
Calories 2%	Folate 10%	Calcium 2%

*% Daily Value per 100g. For e.g. 100g of papaya provides 103% of daily requirement of vitamin C.

Fights cancer	Helps lose weight	Reduces acne & burns
Relieves toothaches	Regulates menstrual cycle	Treats macular degeneration
Boosts digestive health	Improves immunity & heart health	Effective against intestinal worms

Caution: Avoid intake during pregnancy

www.INStiks.com

Papaya

✓ Cholesterol-Free ✓ Low-Sodium
✓ Good Source of Fiber ✓ Fat-Free

Papaya provides many health benefits in the form of vitamin A, vitamin C, folate, and potassium

16G CARBS	62 CALORIES
2.5G FIBER	0.7G PROTEIN
0.4G FAT	

(per cup, 1-inch pieces)



parentcircle INTERESTING FACTS ABOUT PAPAYA

ORIGIN
About 4,000 years ago, around Mexico and other parts of Central America

IN CULTURE & HISTORY

- It is believed that the Mayan civilization was the first to use the fruit
- Cultivation across the world has been documented for the past 500 years

DID YOU KNOW?

- The papaya tree is actually an overgrown herb
- The bark of the tree is used in making ropes

Thank You SPONSORS



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

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



www.bsbac.com



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