



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

