

May

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

Hydrating for Health

Why Drinking Water is So Important

About two-thirds of your body weight is water. All your cells need water to work. Water is also the base for all your different body fluids, including saliva, blood, urine, sweat, and joint fluid. No living thing can survive without water. How do you know if you're drinking enough?

Your body loses water when you sweat, go to the bathroom, and even when you just breathe out. So, you need to drink enough water to replace what you lose. When you don't drink enough water, you can become dehydrated.

Signs that you're getting dehydrated include feeling very thirsty and having headaches. Your mouth or skin may feel very dry. And your urine may get darker because your body is trying to conserve water. Drinking fluids should be enough to relieve mild dehydration.

If dehydration becomes severe, it can cause confusion, fainting, an inability to urinate, and rapid heartbeat and breathing. At this point, it can be life-threatening, and you should seek medical help fast. Drinking liquids may not be enough to replenish your body's fluids. You may need to be given fluids intravenously—through a needle or tube inserted into a vein.

Recent NIH-funded research suggests that avoiding dehydration may not be the only rea-



son to make sure you drink enough fluids. Dr. Natalia Dmitrieva, a heart researcher at NIH, has studied the long-term effects of not drinking enough water. In one study, her team found that middle-aged people who were not adequately hydrated were more likely to develop chronic diseases. The diseases included heart failure, diabetes, chronic lung disease, and dementia.

These people were also more likely to age faster and die younger. So, staying well hydrated might help you stay healthier as you get older.

The best way to avoid dehydration is to make sure you drink enough fluids every day. Ideally, you should get your fluids from water or other low-calorie beverages, such as plain coffee or tea, or sparkling or flavored waters. Nutritional beverages, such as milk or milk alternatives, or 100% vegetable juice, are also good options. Relying on soda, sports drinks, or other sugary beverages for most of your fluids can add many calories to your diet, and they have little nutritional value.

From: <https://newsinhealth.nih.gov/2023/05/hydrating-health>



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

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May Event Flyers & Special Events

8-9



Brain Games

10



Note from THE CENTER

As we move through another vibrant season at the BSBAC, I am continually reminded of the strength, resilience, and joy that define our community. Each day, I have the privilege of witnessing the power of connection—whether it's a lively game of cards, a shared meal, a fitness class, or a quiet moment of support between friends.

This past month, we've welcomed new members, presented valuable and entertaining programs, and celebrated milestones together. Our team is deeply committed to ensuring that every older adult who walks through our doors feels seen, valued, and empowered to live life to the fullest.

And, as we come off a busy fundraising season, I want to take a moment to thank our dedicated staff, volunteers, and supporters. Your time, energy, and generosity make all this possible. Whether you've helped with a fundraiser, volunteered your time, donated to our mission, or simply shared a smile—know that you are making a difference.

Looking ahead, we are excited to expand our services, enhance our wellness programs, and continue creating spaces for joy, learning, and community.

I invite you to learn more about our capital campaign and what the future of BSBAC holds. Let's have coffee and chat! I can be reached at dleopold@bsbac.com or 830-438-3111.

This center thrives because of you, and we thank you for being part of our family.

Sincerely,

DeLisa Leopold, Executive Director

Upcoming EVENTS

May 2, 16

10:00am - Downsizing Workshop

May 5, 19

10:00am - Mexican Train

12:00pm - Swoop Card Game

May 6, 13, 20, 27

11:45am - Cooking Well with Diabetes Series

2:15pm - Slow Pace Beginner's Spanish

3:15pm - Intermediate & Conversation Spanish

May 7

9:45am - Brunch Bingo

1:00pm - Book Club

May 12

12:35pm - Bunco



May 14

10:00am - Card Creations

1:00pm - Arts & Crafts Series: Magnetic Message Board

May 15, 22, 29

10:00am - Daytrip to Gruene w/Lunch at the Gristmill

May 23

11:00am - Memorial Day Potluck

3:00pm - Line Dance Competition

May 26

Center Closed for Memorial Day





May is AMERICAN STROKE MONTH

American Stroke Association brings awareness to stroke signs and stroke prevention during American Stroke Month

Strokes can happen to anyone, at any age. Although about one in four adults over the age of 25 will have a stroke in their lifetime, most adults in the U.S. don't know the F.A.S.T. warning signs of a stroke. May is American Stroke Month and the American Stroke Association is urging people to learn the signs of a stroke and how to prevent one.

"Our power is in knowledge and how we apply that knowledge -- starting today -- to defeat stroke," said David Harrington, president and chief operating officer of Centre for Neuro Skills and American Stroke Association volunteer. "Recognizing the stroke warning signs and calling 911 immediately may make the difference between a strong recovery or long-term disability; survival or death. Having a stroke puts you at a higher risk for a second one, however, there are things you can do to reduce your risk, starting with identifying what caused your stroke and uncovering all your personal risk factors."

The American Stroke Association's **Together to End Stroke®** initiative, nationally supported by the HCA Healthcare Foundation, strives to teach people everywhere that stroke is largely preventable, treatable and beatable.

The Association launched a **F.A.S.T. public service announcement** featuring celebrities touched by stroke, including actors Susan Lucci and Jennie Garth, NBA player Paul George and NFL player Bobby Wagner.

Here's how to spot a stroke F.A.S.T.:

- **Face Drooping** - Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?
- **Arm Weakness** - Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **Speech Difficulty** - Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue."
- **Time to Call 911** - If someone shows any of these symptoms, even if the symptoms go away, call 911 and get to a hospital immediately. Check the time so you'll know when the first symptoms appeared.

Nearly 1 in 4 strokes occur in people who have had a previous stroke, in some instances because they don't know what caused the first stroke. Testing to identify a cause and additional stroke risk factors can help you and your health care professional to develop a plan to keep you moving forward after a stroke and prevent

another one.

Controlling the risk factors for stroke is very important to prevent future strokes. Achieving and maintaining healthy numbers for blood pressure, blood sugar and cholesterol reduce the risk of another stroke.

Lifestyle habits, including not smoking or vaping, limiting alcohol intake, eating a healthy diet, engaging in regular physical activity, getting healthy sleep and avoiding prolonged periods of sitting or lying down are important to preventing a secondary stroke.

A stroke happens when normal blood flow in the brain is interrupted. When parts of the brain don't get the oxygen-rich blood they need, those cells die. Stroke caused by clots are called ischemic strokes and are the most common. Another type of stroke is called a hemorrhagic stroke; an intracerebral hemorrhage is bleeding from a ruptured blood vessel within brain tissue, and a subarachnoid hemorrhage is a ruptured blood vessel surrounding the brain.

Treatment depends on the type of stroke someone is having, which must be diagnosed by a health care professional. Quick identification and treatment for stroke equals a higher chance of survival and recovery.

To learn more about stroke and Stroke Month visit stroke.org/strokemonth.



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
- 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 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



- 10:00am Downsizing Workshop (1st & 3rd Fri)
- 11:00am Tech Support Class (2nd & 4th Fri)
- 11:00am Fellowship Meal
- 12:15pm Bingo

**"May the month of May be a
month of sunshine,
happiness, and endless
blessings."**

— Unknown





May

FELLOWSHIP MEAL MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p>Creamy Cajun Chicken Pasta Green Salad Dessert</p>	<p>2</p> <p>Cobb Salad Dessert</p>
<p>5</p> <p>Shepherd's Pie Green Salad Dessert</p>	<p>6</p> <p>Fried Cabbage with Sausage Carrots Cornbread Dessert</p>	<p>7</p> <p>Marry Me Chicken Mashed Potatoes Green Beans Dessert</p>	<p>8</p> <p>Philly Cheese Steak Tortellini Green Salad Dessert</p>	<p>9</p> <p>Chicken, Broccoli & Rice Casserole Carrots Dessert</p>
<p>12</p> <p>Taquito Enchiladas Refried Beans Dessert</p>	<p>13</p> <p>Beef & Mushroom Country Casserole Green Salad Dessert</p>	<p>14</p> <p>Chopped BBQ Sandwich Potato Salad Dessert</p>	<p>15</p> <p>Greek Omelet Casserole Fruit Dessert</p>	<p>16</p> <p>Red Beans & Rice Green Salad Dessert</p>
<p>19</p> <p>BLT Sandwich Chips Dessert</p>	<p>20</p> <p>Stuffed Bell Peppers Green Salad Dessert</p>	<p>21</p> <p>Meatloaf Mashed Potatoes Green Beans Dessert</p>	<p>22</p> <p>King Ranch Chicken Pinto Beans Dessert</p>	<p>23</p> <p>MEMORIAL DAY POTLUCK Brisket Provided</p>
<p>26</p> <p>CLOSED FOR MEMORIAL DAY</p>	<p>27</p> <p>Old Fashioned Taco Salad Dessert</p>	<p>28</p> <p>Fried Chicken Sandwich Coleslaw Dessert</p>	<p>29</p> <p>Cheeseburger Sliders Cucumber & Tomato Salad Dessert</p>	<p>30</p> <p>Frito Pie Fruit 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





May HEALTH & FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday
				
5 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)	6 8:30am DrumFit (Diana) 9:30am Zumba Gold (Adaia) 10:30am Pilates (Meleah) 1:00pm Beginning Line Dancing (Dottie) 5:30pm Zumba (Sandra)	7 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 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 9:30am Posture Strength (MaryAnn) 11:00am Balance & Strength* (Sandra) 12:15pm Balance & Strength* (Sandra)
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Gym Hours

Mon-Thurs: 8:00am - 6:00pm, Fri: 8:00am - 3:00pm

*Class is FREE for all BSBAC Members



RenewActive™
by UnitedHealthcare



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.

May EVENT FLYERS & SPECIAL EVENTS



 **A Gentle Path to Letting Go**
FREE WORKSHOP ON
DOWNSIZING WITH HEART

 **Date & Time** Every 1st and 3rd Friday,
10:00 - 11:00 AM
 **Location** Bulverde Spring Branch Activity Center


Are you wondering what to do with a lifetime of belongings?

This complimentary one-hour workshop is a safe, supportive space to explore the process of downsizing with care and intention – so that family members aren't left to make hard decisions later on.

Led by Certified KonMari Consultant, Angela Moreno, we'll share proven tips for sorting, letting go, and honoring what has brought you joy – while making room for what matters most now.

Bring your questions, your stories, and your curiosity.

- ✓ Downsizing doesn't have to feel like losing – it can be a loving gift to yourself and your family.
- ✓ No pressure. No judgment. Just support.
- ✓ Join us, connect, and begin your journey.

 **Cleangie**
Angela Moreno
www.cleangie.com
(210) 354-9484

 **Cooking Well with Diabetes**

Learn how to make quick diabetic-friendly recipes and how to create balanced & flavorful plates.

CARBOHYDRATE FOODS & THE PLATE METHOD
SWEETS & DESSERTS
CHOOSING HEALTHIER FATS FOR HEART HEALTH
FILLING OUR PLATES WITH MORE FIBER AND LESS SODIUM



**SESSIONS STARTING TUESDAY
MAY 6TH AT 11:45 AM
CLASS DATES: 5/6, 5/13, 5/20, & 5/27**



MAY BRUNCH BINGO
SAUSAGE, EGG, & BISCUIT CASSEROLE
**Wednesday, May 7th
@ 9:45am**
6 Games of Bingo - \$2
Brunch - \$5
Donations Appreciated

DO YOU WANT TO LEARN TO SPEAK SPANISH?



SPANISH CLASSES

Classes start Tuesday, May 6th
Beginners at 2:15pm and Intermediate at 3:15pm.
Classes will be every Tuesday (except for May 20th, we will skip that week) for 8 weeks. Cost is \$20/person for the 8 week class series.

Beginners Classes
Intermediate to Advance Classes
Writing & Speaking
Common Words & Phrases
Mouth Formation
Pronunciation
Short Salutations & More!



May Arts & Crafts
Magnetic Wooden Message Board
Wednesday, May 14th @ 1:30pm



\$5 Donation Greatly Appreciated
Use In-Center Signup Sheet to Register

May Trip
EXPLORING THE TOWN OF GRUENE
THURSDAYS, MAY 15TH, 22ND, AND 29TH

Stroll the quaint streets of Gruene while visiting the historical district, Gruene Hall, the General Store, local artisan shops, and boutiques.



LUNCH AT THE
gristmill
River Restaurant & Bar
Arrive by 10am ~ Bus will Depart at 10:15am


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



MAY POTLUCK

Friday, May 23rd at 11am
Center will provide Brisket*.
*Subject to change, but we will provide a main protein.

Join us for a potluck and bring your favorite appetizer, salad, side dish, or dessert to share with everyone. Use In-Center Sign Up Sheet to let us know what you will be bringing.



LINE DANCE COMPETITION
Friday, May 23 @ 3:00pm

LEAD A LINE DANCE OF YOUR CHOICE!

★ PRIZE WINNINGS ★
\$100-1st Place ★ \$50-2nd Place ★ \$25-3rd Place

- \$10 entry fee for the contestant.
- You must be a BSBAC Member.
- You must teach and lead the group in the line dance.
- The song used must be no longer than 4 minutes.
- You may have a friend(s) up front with you while you lead.
- You must register by Wednesday, May 21 (\$10 Registration Fee)
 - Provide name, phone, song, singer & length of song
 - Sign up & pay fee at Activity Center front desk

EVERYONE IS WELCOME TO JOIN IN ON THE DANCING!
Those participating along with the contestants will receive a ballot to vote for their favorites.

SOURCES FOR LINE DANCE:
youtube.com, copperknob.co.uk (line dance website), pinterest.com, a friend, etc.



CENTER CLOSED FOR

MEMORIAL DAY

Remember & Honor



May BSBAC Wish List

\$25 Gift Cards to a Variety of Places

Electric Knife (\$40 each)

Acrylic Serving Bowls 3pc. (\$20 set)

Acrylic Salad Bowls 2pc. (\$25 set)

Box Cutter Set (\$8 each)

X-Acto Knife Set (\$12 each)

Shop Vac (\$75 each)

Disinfecting Wipes

10" Paper Plates

Ensure or Boost Drinks

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!



FRIENDLY REMINDER!

The weather is getting warmer and the days are more humid. Don't forget to bring your cooling towels and personal fans to use during your exercise classes.



May BIRTHDAYS



Adams, Juanita
Backer, Diane
Bailey, Wesley
Baker, Alexandria
Barnhart, Roberta
Beaty, Pauline
Beauchamp, Tara
Beu, Kathleen
Blankenburg, Lois
Bowles, Dorothy
Boykin, Tony
Brook, Ruth
Brossmer, Barbara
Bubel, Gail
Buchanan, Linda
Bushn, Robert
Cabrera, Imelda
Carmody, Theresa
Casteel, Minnie
Coburn, Philip
Coleman, Joan
Crayton, Chonita
Crouch, Ruth

Curatolo, Margaret
Damme, Marlena
De Jesus, Blanca
de Pablos, Dina
Delmas, Kelly
Devo, Rosario
Dockery, James
Ebrom, Patti
ErmeL, Robert
Finmark, Roslyn
Forsten, Al
Foster, Deborah
Gates, Joyce
Greenamyre, Gaye
Grothues, Bernadine
Grothues, Harry
Harrison, Susan
Haynes, Rose
Hersh, Margaret
Hill, Judy
Hobbs, Rosalinda
James, Leonard
Johnson, Gregoria

Jones, Wayne
Karch, Jack
Kayser, Jim
Kosmach, Mary
Kronowit, Julia
Leasure, Paul
Leyendecker, Linda
Lindemann, Paul
Madrid, Diane
Martinez, Deborah
Mcafee, Mary Ann
Mcdaniel, Karen
McMullin, Ross
Medina, Sonia
Moore, Donna
Moore, Richard
Moore, Rick
Nash, Shirley
Norrgran, Esther
Odle, Denise
Palinkas, James
Pardo, Sandra
Parker, John

Patton, Frank
Pena, Richard
Perdomo, Juana
Petersgal, Joe
Plunkett, Dottie
Polfus, Linda
Postel, Elizabeth
Powell, Suzanne
Putman, Katrina
Pyle, Bernice
Riley, Julianne
Ritter, Sandy
Roach, Barbara
Roberts, Kathleen
Rodrigue, Patricia
Ross, Stella
Runnels, Debie
Sanford, Robert
Schneider, Kathleen
Skop, Joe
Slade, Frank
Smith, Patricia
Spohn, Anne

Stephenson, Vickie
Stone, Barbara
Sutton, Linda
Talley, Nancy
Taylor, Bette
Temple, Terry
Tindall, Beverly
Topper, Robert
Trousion, darlene
Truitt, Patricia
Van Heerde, John
Ward, Diane
Weaver, Sherry
Williams, Jeane

Brain GAMES



American Stroke Month

Word Search

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

endovascular

hemisphere

hemorrhage

ischemic

temporal

brain

thrombolytic

hemiplegia

dysphagia

embolic

frontal

cryptogenic

cerebellum

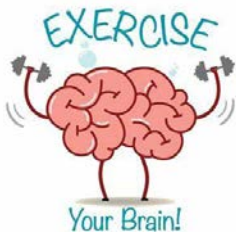
occipital

aphasia

stroke

Commonyms*

1. Finger - Oil - Latex
2. Bean - May - Flag
3. Lamb - Pork - Karate
4. Weather - Road - Treasure
5. Ostrich - Kiwi - Penguin
6. Sheets - Books - Rolls
7. Chips - Sweet - Spear
8. Right - Love - Bermuda
9. Buck - Baby - Teeth
10. Candy - Crab - Caramel

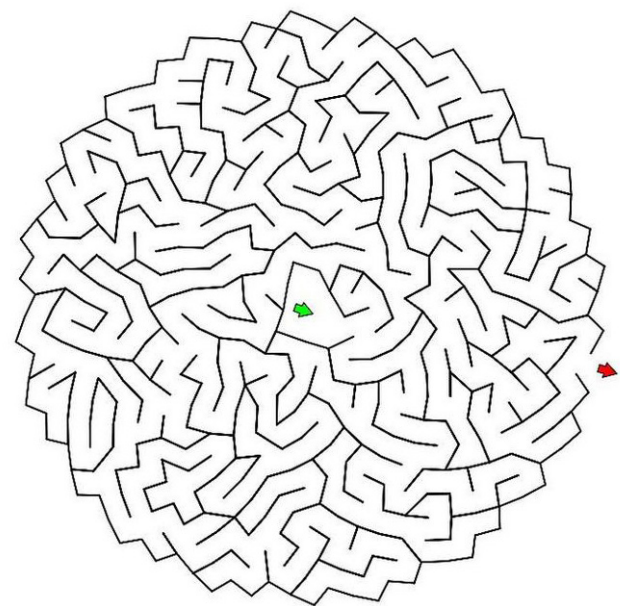


Sudoku

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

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

Solve the Maze



*COMMONYMS SOLUTIONS: 1) Paints; 2) Poles; 3) Chops; 4) Maps; 5) Birds that don't fly; 6) ways stamps are bought; 7) Pickles; 8) Triangle; 9) Teeth; 10) Apples

High blood pressure equals HIGHER RISK OF STROKE.



**NORMAL
BLOOD PRESSURE
IS BELOW
120/80**


↓ ↓ ↓ ↓ ↓


**STROKE HAPPENS
WHEN A CLOT
OR RUPTURE
INTERRUPTS BLOOD
FLOW TO THE
BRAIN. WITHOUT
OXYGEN-RICH BLOOD,
BRAIN CELLS DIE.**

Most people who have a
first **STROKE** have
**HIGH BLOOD
PRESSURE.¹**



80%
of strokes can be
PREVENTED.²

Nearly
1 IN 6 
American adults with
high blood pressure
DON'T KNOW.³

 At age 50, people without
high blood pressure have a
**LIFE EXPECTANCY
5 YEARS
LONGER**
than people with high blood pressure.³

 Have your
blood pressure
checked
and keep it
in check to
REDUCE
your **RISK OF STROKE.**

News YOU CAN USE

— MAY IS —

NATIONAL STROKE
AWARENESS MONTH

**8 key measures for
improving and maintaining
cardiovascular health**

Better cardiovascular health
helps lower the risk of
stroke and other
major health
problems.



**Eat Better
Be More Active
Quit Tobacco
Get Healthy Sleep
Manage Weight
Control Cholesterol
Manage Blood Sugar
Manage Blood Pressure**

F.A.S.T.

**Face
Drooping**

**Arm
Weakness**

**Speech
Difficulty**

**Time to
Call 911**

Every 40 seconds, someone in the U.S. has a stroke.

It could happen on your street, in your workplace, at a store where you shop — anywhere. Your readiness to spot the stroke warning signs and call 911 could save a life or make the difference between a full recovery and long-term disability. That's why it's so important to learn the stroke warning signs and urge everyone you know to do the same.

The faster stroke is treated, the more likely the patient is to recover.

In fact, stroke patients who are treated with the clot-busting drug IV r-tPA Alteplase within 90 minutes of their first symptoms were almost three times more likely to recover with little or no disability.

In some cases, a procedure to remove the clot causing the stroke is also recommended. Ninety-one percent of stroke patients who were treated with a stent retriever within 150 minutes of first symptoms recovered with little or no disability.

The thing to remember is that stroke is largely treatable. It's a matter of getting the right treatment, right away.

Center HAPPENINGS



Thank You

Thank You for Making a Difference!

We are filled with gratitude as we reflect on the incredible success of our recent Celebrating the Journey Gala, and we owe it all to you.

Thanks to your generosity, we raised **\$55,000** to support ongoing programs and organizational growth. Your contribution helps us continue our mission to facilitate active aging and enhance the quality of life for older adults, and it directly impacts the lives of those we serve.

Your support means more than just a donation—it's a statement of hope, compassion, and community. Together, we are creating real change.

From the entire Bulverde Spring Branch Activity Center community, thank you for standing with us. We look forward to sharing the progress your support makes possible in the weeks and months ahead.

With heartfelt appreciation,

Sincerely,

DeLisa Leopold
Executive Director

Keri Sandvig
Board Chair



30280 Cougar Bend, Bulverde, TX 78163
830-438-3111
www.bsbac.com



We are excited to share the 3D Rendering 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. Plans are underway.

Stay tuned for updates.

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





Canasta had their quarterly tournament last month. This is a fun group and just one of the great reasons to join our Activity Center. We have so many activities daily. Come check out all we have to offer and don't hesitate to join us!



Our Woodworking and Carving Class is hard at work Mondays and Thursdays here at the Center. They gifted this beautiful hand-made cane to Irene for Easter. We love the compassion and giving nature of our BSBAC community!



April daytrip to Artpace San Antonio



Members love our Posture Strength class led by MaryAnn Simendinger. She starts each class with a learning session about postural alignment, habits, and impacts and how the targeted exercises can help. We started this class a year ago and it continually grows each month. If you haven't been to this class yet, we suggest you try it out!










May WHAT'S IN SEASON?

Blueberries and Heart Health

Heart disease, also known as cardiovascular disease, is a major public health concern in the United States and is currently the leading cause of death among both men and women ("Heart Disease Facts," 2022). Pre-existing conditions that increase an individual's risk for developing cardiovascular disease include high blood sugar, high blood pressure, obesity and high blood-lipid levels.

According to the **American Heart Association**, an overall healthy dietary pattern and lifestyle are the best weapons to help combat heart disease. This entails getting the right amount of calories and physical activity for your personal needs, engaging in beneficial lifestyle practices such as ensuring quality sleep and discovering healthy ways to cope with stress and more ("The American Heart Association Diet and Lifestyle Recommendations," 2021).

Eat an overall healthy dietary pattern that emphasizes:

-  A variety of colorful fruits and vegetables, including blueberries
-  Whole grains
-  Low-fat dairy products
-  Skinless poultry and fish
-  Nuts and legumes
-  Non-tropical vegetable oils

Get the scoop on blueberry nutrition

One serving (a handful or a cup) of blueberries:

- 1** Is considered one serving of fruit.
- 2** Contains just 80 calories and is a good source of fiber
- 3** Contributes essential nutrients including vitamin C, vitamin K, manganese and phytonutrients called polyphenols.
- 4** Contains anthocyanins, which are compounds that give blueberries their blue color.



Amazing Health Benefits of Blueberries

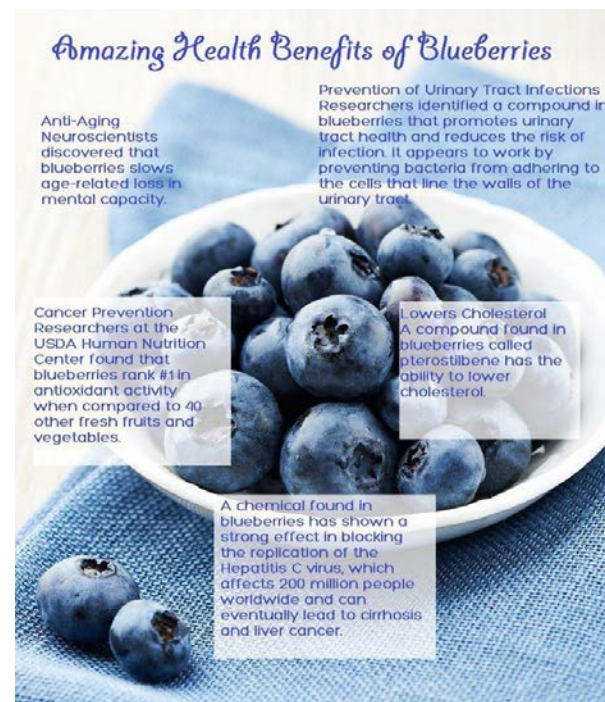
Anti-Aging
Neuroscientists discovered that blueberries slows age-related loss in mental capacity.

Prevention of Urinary Tract Infections
Researchers identified a compound in blueberries that promotes urinary tract health and reduces the risk of infection. It appears to work by preventing bacteria from adhering to the cells that line the walls of the urinary tract.

Cancer Prevention
Researchers at the USDA Human Nutrition Center found that blueberries rank #1 in antioxidant activity when compared to 40 other fresh fruits and vegetables.

Lowers Cholesterol
A compound found in blueberries called pterostilbene has the ability to lower cholesterol.

A chemical found in blueberries has shown a strong effect in blocking the replication of the Hepatitis C virus, which affects 200 million people worldwide and can eventually lead to cirrhosis and liver cancer.





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Team Members



DeLisa Leopold
Executive Director
dleopold@bsbac.com



Reghan Swenson
Marketing Coordinator
rswenson@bsbac.com



Jean Larson
Meals on Wheels Coordinator
jl Larson@bsbac.com



Beth Collier
Outreach Coordinator
bcollier@bsbac.com



Lauren Bippert
Membership Coordinator
lbippert@bsbac.com



Lisa Velasquez
Office Coordinator
lvelasquez@bsbac.com



Rod Garcia
Transportation



Allen Klar
Transportation



Terre Sawey
Transportation



Candice Hitt
Bookkeeper & Grant Writer



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Keri Sandvig: Chair
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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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30280 Cougar Bend, Bulverde TX 78163