

The BSBAC Buzz



April
2026



An active life is a good life!



Note from the Center & Upcoming Events

2



Weekly Activity Schedule & Fellowship Menu

4-5



Health & Fitness Schedule

6



January Event Flyers & Special Events

8-9



Brain Games

10



Center Happenings

12-13

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

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.



MEALS on WHEELS
BULVERDE SPRING BRANCH



April is **PARKINSON'S AWARENESS MONTH**

Parkinson's disease is a chronic, progressive, neurological disease and is the second most common neurodegenerative disease in the United States. It is estimated to affect approximately one million people in the United States and the prevalence will rise to 1.2 million by 2030.

Parkinson's disease is the fastest growing neurodegenerative disease with 90,000 new people diagnosed each year in the United States. It is the 13th leading cause of death in the United States according to the Centers for Disease Control and Prevention.

The symptoms of Parkinson's disease vary from person to person and can include tremors; slowness of movement and rigidity; difficulty with balance, swallowing, chewing, and speaking; cognitive impairment and dementia; mood disorders; and a variety of other non-motor symptoms.

The fastest growing subset of Parkinson's disease diagnoses is in people under the age of 50, known as young- or early-onset Parkinson's disease, and research shows that a combination of genetic and environmental factors, such as exposure to pesticides like paraquat and certain metals, are tied to Parkinson's disease — but more research is needed to uncover the exact cause and progression of the disease. There is no objective test or biomarker for Parkinson's disease, and there is no cure or drug to slow or halt the progression of the disease.

Volunteers, researchers, care partners, and medical professionals are working to improve the quality of life of persons living with Parkinson's disease and their families. Increased research, education, and community support services such as those provided by the Parkinson's Foundation and other organizations are needed to find more effective treatments, provide access to quality care to those living with the disease today and advance efforts toward a cure.

This April, the Parkinson's Foundation is striving to reach more people and improve the lives of those affected by Parkinson's disease (PD) through greater awareness. **Find Real Answers**

connects people to reliable, science-backed information while amplifying real-life PD experiences.

Through education and storytelling, they are helping people better understand Parkinson's and access the tools to live better with Parkinson's.

The Parkinson's Foundation has created a quiz to serve as the key feature of the campaign on the landing page at **Parkinson.org/awareness**. The quiz will test participants' knowledge about Parkinson's disease and encourage them to find real answers across various channels. After each question, participants will see the correct answer and be directed to helpful resources to find more information. Quiz participants can submit their email address for a chance to win one of four \$25 Amazon gift cards.

For more information, visit: <https://www.parkinson.org/>

Parkinson's Facts Everyone Should Know

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

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



Note from



Spring is bringing new energy and excitement to the Activity Center, and we are looking forward to a season filled with connection, celebration, and community support.

April marks the start of several exciting opportunities for our community to come together while supporting programs that benefit the seniors we serve every day. From engaging activities at the Center to special fundraising events, this season reminds us just how powerful a supportive community can be.

We are also beginning to build excitement for our **Annual BSBAC Gala**, one of our most important fundraising events of the year. The gala brings together friends, supporters, and community partners for an evening dedicated to celebrating the impact we are making together while ensuring the Activity Center continues to thrive for years to come.

Whether you attend an event, become a sponsor, volunteer, or simply help spread the word, your involvement makes a meaningful difference. Every ticket purchased, donation received, or volunteer hour logged helps strengthen the programs that enrich the lives of seniors in our community.

Spring is a time of growth, and thanks to your continued support, the impact of the Activity Center continues to grow as well. We look forward to seeing many of you at our upcoming events and celebrating another season of community together.

Welcome Spring ~

Spring is nature's way of saying, 'It's time to bloom.' Embrace the new beginnings and let your spirit flourish.



Upcoming EVENTS

April 1

10:00am - Brunch Bingo
1:00pm - Book Club

April 6, 20

12:00pm - Loteria

April 6, 13, 20, 27

2:45pm - Intermediate Spanish

April 7, 14, 21, 28

11:45am - Texas AgriLife Garden Course
3:45pm - Slow Pace Beginner's Spanish

April 8

10:00am - Card Creations
1:30pm - Arts & Crafts: Spring Door Hanger

April 9, 16, 23

10:15am - Daytrip: Winding Branch Ranch

April 10

10:00am - Downsizing Workshop

April 12

2:30pm - Dementia Support Group

April 13, 27

12:35pm - Bunco

April 15

2:30pm - Caregiver's Support Group

April 22

1:30pm - Presentation: Cruising Buddies, Tips, & Upcoming Cruises

April 24

11:30am - Fiesta Potluck



Weekly ACTIVITY SCHEDULE

MONDAY



- 9:00am Wood Carving
- 10:00am Open Games (Mexican Train, Swoop, etc.)
- 11:30am Fellowship Meal
- 12:00pm Loteria (1st & 3rd Mon)
- 12:35pm Bunco (2nd & 4th Mon)
- 1:00pm Bridge Foursome (1st & 3rd Mon)
- 2:30pm Table Tennis
- 2:45pm Intermediate Spanish

TUESDAY



- 10:30am Mah Jong
- 11:30am Fellowship Meal
- 1:00pm Bingo
- 3:45pm Beginner's Spanish

WEDNESDAY



- 9:00am Bridge
- 10:00am Card Creations (2nd & 4th Wed)
- 11:30am Fellowship Meal
- 12:00pm Poker
- 12:00pm Knitting/Crochet/Sewing Group
- 1:00pm Book Club (1st Wed)
- 1:30pm Arts & Crafts Series (2nd Wed)
- 1:00pm Guitar Instructional Class
- 2:00pm Caregiver Support Group (3rd Wed)

THURSDAY



- 9:00am Wood Carving
- 9:30am Canasta Hand & Foot
- 11:30am Fellowship Meal
- 12:00pm Mindful Meditation
- 1:15pm Bible Study
- 2:30pm Dementia Support Group (2nd Thur)



FRIDAY



- 10:00am Grief Support Group (4th Fri)
- 11:00am Fellowship Meal
- 12:15pm Bingo



"Age is no barrier. It's a limitation you put on your mind."
-Jackie Joyner-Kerse

April

FELLOWSHIP MEAL MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Fajitas Rice Beans Dessert	2 Stuffed Bell Peppers Corn Roll Dessert	3 CENTER CLOSED 
6 French Onion Salisbury Steak Mashed Potatoes Peas Dessert	7 Orange Chicken Rice Broccoli Dessert	8 Ranch Chicken Mashed Potatoes Green Beans Dessert	9 Beef Tacos Pinto Beans Fruit Dessert	10 Tacquito Enchiladas Pinto Beans Dessert
13 Chicken Parmesan Pasta Zucchini Garlic Bread Dessert	14 King Ranch Chicken Pinto Beans Dessert	15 Sub Sandwich Carrot Raisin Salad Chips Dessert	16 Philly Cheesesteak Pasta Green Beans Dessert	17 Egg Roll Fried Rice Fruit Fortune Cookie
20 Potato Soup Salad Dessert	21 Beef & Bean Burrito Guacamole Squash Dessert	22 Glazed Pork Cheesy Potatoes Roasted Carrots Dessert	23 Zuppa Toscana Green Salad Breadstick Dessert	24 Fiesta Potluck Taco Salad 
27 Chicken on a Biscuit Coleslaw Fruit Dessert	28 Sausage Wrap Baked Beans Corn Casserole Dessert	29 Scalloped Potatoes & Ham Green Beans Dessert	30 Sweet & Sour Chicken Rice Broccoli Dessert	

Fellowship Meal is served Mon-Thurs@ 11:30am, Fri@11:00am
(LUNCH IS SERVED FOR A 1/2 HOUR IN THE CENTER)

\$5 Donation/Lunch (Donations help make our fellowship meals possible)
Menus are subject to change



April HEALTH & FITNESS



Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:00a Zumba Gold Toning (Adaia) 10:00a Active Aging Strength (Sissy) 11:15a Balance & Strength* (Sandra) 12:30p Balance & Strength* (Sandra) 2:30p Int. Line Dancing (Dottie) 3:45p Mindful Flow & Core (Diana)	2 8:30a Easy Pace (Renee) 9:30a Zumba Gold (Adaia) 10:45a Chair Yoga (Sandra) 12:00p Balance & Strength* (Sandra) 2:30p Pilates (Meleah) 4:00p Restorative Yoga (Myrna) 5:30p Zumba (Sandra)	3 CENTER CLOSED 
6 8:30a Easy Pace (Renee) 10:00a Adv. Line Dancing (Renee) 11:00a Active Aging Strength (Maryann) 12:15p Balance & Strength* (Sandra) 1:30p Balance & Strength* (Sandra) 4:00p Yoga (Tania) 5:30p Beginning from Scratch Clogging 6:30p Clogging (Lorraine)	7 9:30a Zumba Gold (Adaia) 10:30a DrumFit (Diana) 1:00p Beg. Line Dancing (Dottie) 2:30p Pilates (Meleah) 3:45p Active Aging Strength (Maryann) 5:30p Zumba (Sandra)	8 9:00a Zumba Gold Toning (Adaia) 10:00a Active Aging Strength (Sissy) 11:15a Balance & Strength* (Sandra) 12:30p Balance & Strength* (Sandra) 2:30p Int. Line Dancing (Dottie) 3:45p Mindful Flow & Core (Diana)	9 8:30a Easy Pace (Renee) 9:30a Zumba Gold (Adaia) 10:45a Chair Yoga (Sandra) 12:00p Balance & Strength* (Sandra) 2:30p Pilates (Meleah) 4:00p Restorative Yoga (Myrna) 5:30p Zumba (Sandra)	10 8:15a Self-Defense (Diana) 9:30a Posture Strength (MaryAnn) 11:00a Balance & Strength* (Sandra) 12:15p Balance & Strength* (Sandra)
13 8:30a Easy Pace (Renee) 10:00a Adv. Line Dancing (Renee) 11:00a Active Aging Strength (Maryann) 12:15p Balance & Strength* (Sandra) 1:30p Balance & Strength* (Sandra) 4:00p Yoga (Tania) 5:30p Beginning from Scratch Clogging 6:30p Clogging (Lorraine)	14 9:30a Zumba Gold (Adaia) 10:30a DrumFit (Diana) 1:00p Beg. Line Dancing (Dottie) 2:30p Pilates (Meleah) 3:45p Active Aging Strength (Maryann) 5:30p Zumba (Sandra)	15 9:00a Zumba Gold Toning (Adaia) 10:00a Active Aging Strength (Sissy) 11:15a Balance & Strength* (Sandra) 12:30p Balance & Strength* (Sandra) 1:30p Tai Chi (Sandra) 2:30p Int. Line Dancing (Dottie) 3:45p Mindful Flow & Core (Diana)	16 8:30a Easy Pace (Renee) 9:30a Zumba Gold (Adaia) 10:45a Chair Yoga (Sandra) 12:00p Balance & Strength* (Sandra) 2:30p Pilates (Meleah) 4:00p Restorative Yoga (Myrna) 5:30p Zumba (Sandra)	17 8:15a Self-Defense (Diana) 9:30a Posture Strength (MaryAnn) 11:00a Balance & Strength* (Sandra) 12:15p Balance & Strength* (Sandra)
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Gym Hours 

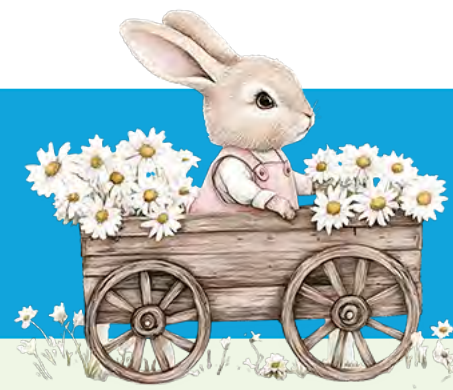
Mon-Thurs: 8:00am - 6:00pm, Fri: 8:00am - 3:00pm

*Balance & Strength Class is FREE for all BSBAC Members



Class Descriptions

HEALTH & FITNESS



ACTIVE AGING

This class helps improve strength. The instructor will take you through a variety of exercises for a complete workout. Get comfortable using circuit equipment as well as resistance bands, medicine balls, free weights, etc.

BALANCE & STRENGTH

This class is recommended for members with concerns about balance and loss of upper and lower body strength. Focus will be on functional fitness as well as balance and strength.

***Free to all members**

CHAIR YOGA

Chair yoga is a gentle practice in which yoga postures are performed while seated and/or with the aid of a chair. Benefits include improved strength & energy, improved flexibility & balance, and improved concentration.

DRUMFIT

DrumFIT's Music, Motion & Memory Program encourages participants to socialize and move together for brain and body health. This unique program uses movement through drumming to benefit both the mind and body.

EASY PACE

Beginner to intermediate aerobics that includes cardio, marching in place, and basic arm and leg movement patterns. Improves muscle strength, flexibility, endurance, coordination, and balance.

LINE DANCING

Line Dancing is choreographed to a variety of music with repeating series of steps that are performed in unison. Learn some fancy footwork while challenging your mind to memorize these fun sequences.

MINDFUL FLOW & CORE

Peaceful meditation music while incorporating movement flexibility, static stretching, and core exercises. Equipment used will be straps, mats, foam rollers, and more to improve your mind, body and soul.

PILATES

Pilates is a low impact exercise comprising controlled movements that enhance your balance, core strength, mobility, flexibility, and even mood. It focuses on the smaller and deeper muscles that support your structure and enhance your overall health.

POSTURE STRENGTH

Gain a deeper understanding of postural alignment, postural habits, postural impacts and targeted exercises to correct them. Using strength and release principles of Corrective Exercise, this class will bring awareness to one's own imbalances and tips for everyday life.

RESTORATIVE YOGA

A therapeutic style of yoga which utilizes props to make it easier for the body to get into certain poses. The focus of this class is relaxation, renewal, effortlessness, ease and a completely supportive environment.

SELF DEFENSE

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

YOGA

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

ZUMBA/ZUMBA GOLD

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

ZUMBA TONING

Zumba Toning is perfect for those who like Zumba, but want to put extra emphasis on toning and sculpting to define those muscles. The challenge of adding resistance by using toning sticks, helps you focus on specific muscle groups, so your muscles stay engaged.

April EVENT FLYERS & SPECIAL EVENTS



BULVERDE SPRING BRANCH ACTIVITY CENTER
EST. 1997

BOOK CLUB

Facilitated by the Mammen Family Library

APRIL PICK

Savage Run
Author: C.J. Box

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

Brunch Bingo

Wednesday, April 1st @ 9:45am
Bingo starts promptly @ 10am

Sponsored by
Home Instead & Blue Bonnet Hospice

6 Games of Bingo
\$1 per card, 3 card minimum

Use the In-Center Signup to register.
Only those that signed up will receive brunch.

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 24TH AT 11:45 A.M.
CLASS DATES: 3/24, 3/31, 4/07, 4/14, 4/21, 4/28

TEXAS A&M AGRILIFE EXTENSION

APRIL

ARTS & CRAFTS

SPRING DOOR HANGER

Wednesday, April 8th @ 1:30pm

\$5 Donation Greatly Appreciated

Please use the In-Center Signup sheet to register.

April Day Trip

FUN DAY VISITING AND SUPPORTING OUR LOCAL BULVERDE COMMUNITY

Thursday, April 9th, 16th, & 23rd at 10:15am

Winding Branch Ranch began when its founders recognized a critical gap in animal welfare. While companion animals often have established adoption networks, there were virtually no options for farm animals to be rescued, rehabilitated, and adopted into appropriate homes.

What started as the rescue of a few animals on a small piece of land in the Texas Hill Country quickly revealed how many farm animals were falling through the cracks. Without a place to go, many were left without care, resources, or a path forward. Winding Branch Ranch was created to change that by providing rescue, rehabilitation, and adoption for farm animals, while also educating the community about humane, ethical, and sustainable farming practices.

A Journey Through Time: Specht's Texas Rich Heritage Step into a piece of Texas history at Specht's Texas, which has proudly served as a premier bar and grill in San Antonio, TX since 1890. Our story began with William Specht, who started entertaining locals over a century ago, laying the foundation for a legacy that continues today. We offer more than just a dining experience – we invite you to become a part of our extended family. Whether you're a local or a visitor, join us for a taste of genuine Texas hospitality at Specht's Texas – where every visit feels like coming home.

Family Owned & Locally Sourced Our most frequently asked question is, "Do you make the ice cream yourselves?" While we don't actually make the ice cream in our store, we take great care in curating and selecting our flavors every week in collaboration with our trusted ice cream wholesaler. Each week, we thoughtfully consider the current season, pay close attention to what our customers are requesting, and strive to introduce a unique new flavor for you to enjoy. Our ice cream boasts a rich 14% butterfat content, which ensures it is incredibly creamy and satisfying! The ice cream is thoughtfully crafted in fresh delivery. Trust in a dedicated small-business partner and is delivered fresh to us on a weekly basis. Feel free to explore our online menu to learn more about our available flavors and offerings. We're truly excited to welcome you to visit to see and savor our delicious cream with you!

confetti & cream

\$15- \$10 PER PERSON IF RIDING THE BUS PLUS \$5 FOR THE ANIMAL RESCUE. DON'T WANT TO RIDE THE BUS, FOLLOW ALONG IN YOUR OWN VEHICLE. JUST LET US KNOW YOU ARE GOING.

DAY TRIPS ARE RESERVED FOR BSBAC MEMBERS ON A FIRST-COME, FIRST-SERVED BASIS.

DID YOU KNOW ABOUT OUR AMAZING SUPPORT GROUPS?

We offer a variety of support services for those navigating a new way of living. Please know that you do not have to do it alone. Connect with those in our community who share similar experiences while gathering resources to help guide you through the process.

HOPE HOSPICE

Caregiver Support
3rd Wednesday of each month at 2pm

- Support for those caring for a loved one or someone needing help.
- Coping Strategies
- Stress Management
- Resources

ALZHEIMER'S ASSOCIATION

Dementia Support
2nd Thursday of each month at 2:30pm

- Support for those impacted by Dementia such as Spouses, Family, Friends, etc.
- Resources
- Communications

HOPE HOSPICE

Loss Support
4th Friday of each month at 10am

- Support for those that have lost a spouse, family member, friend, etc.
- Peer-Led Discussions
- Licensed Counselors
- Safe space to share

Contact: Beth Collier at 830-438-3111 or email bcollier@bsbac.com

All Things Cruising!

Wednesday, April 22, 1:30pm

- 🚢 **Travel Buddies:** Don't have anyone to travel with? Come find a buddy to cruise with!
- 🚢 **2027 Cruises:** Learn about 2027 cruises sailing out of Galveston, TX
- 🚢 **Cruising Tips:** Get all the tips and your questions answered about cruising

Michelle Hoehn, Travel Consultant
830.282.4273, Mhoehn@simpleluxuriestavel.com

simpleLUXURIES TRAVEL

Fiesta POTLUCK

FRIDAY, APRIL 24TH AT 11AM

TACO BAR WILL BE PROVIDED

Please Sign Up to Bring A Tex-Mex Appetizer, Salad, Side, or Dessert to Share with Everyone.

Please Register on the In-Center Signup sheet.

APRIL BSBAC WISH LIST

\$25 Gift Cards (Variety of Places)

Commercial Room Divider (\$250 each)

Commercial Dehumidifier (\$250 each)

Disinfecting Wipes

Square Card Tables (6-8 needed, \$320)

Folding Black Side Tables (6-8 needed, \$180)

Chalk Board for the Kitchen Menu

Ortega Fiesta Flats Flat Bottom Taco Shells, 12ct (14 needed)

6" Single Foam Clamshell Containers

Solo Cups

1 Gallon Tea Bags

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 10th, 2026

6:30 PM - 9:30 PM

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

DINNER - BAR - MUSIC - AUCTION
WESTERN CHIC ATTIRE



BULVERDE
SPRING BRANCH
ACTIVITY CENTER
est. 1998



MEALS
ON WHEELS
BULVERDE SPRING BRANCH

830-438-3111, www.bsbac.com

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

”

Life is a journey.
Enjoy every mile.



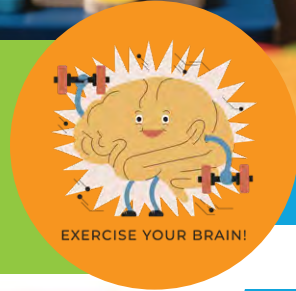
HAPPY BIRTHDAY!

April BIRTHDAYS

Aden, Linda	Guerra, Cynthia	Murcia, George
Anderson, William	Guerra, Eduardo	Mynier, Dana
Andrews, Sharon	Hakemack, Amparo Lucy	Nebergall, Robert
Aumeier, Helen	Hamilton, Jeanette	Olivera, Michael
Backer, Carl	Haringa, Robert	Ontiveros, Gilda
Barbee, Judy	Havens, Benny	Osborn, Terry
Barr, Betty	Havens, Phyllis	Parker, Vicki
Barrett, Barbara	Head, James	Perez, Myrna
Bates, Christopher	Heideman, Angela	Perez, Pamela
Bazurto, Diane	Heinsbergen, Sylvia	Perry, Cheri
Beltran-Knapp, Chriselda	Hensley, Wanda	Peterson, Judy
Bergkvist, Crystal	Hoehn Jr, Kevin	Piper, Vicki
Bishop, Shari	Hooker, Sue	Posey, Francie
Blair, Kathleen	Hopkins, Cindy	Pulido, Arnold
Borojerdi, Zahra	Hudson, Ben	Pulliam, Carol
Boykin, Patricia	Hurt, Laura	Randall, Yvonne
Branson, Catherine	Hurt, Oliver	Rea, Robin
Bubel, Michael	Imhoff, Esther	Rector, Ken
Bulman, Gaylord	Jacobs, Patricia	Remer, Martha
Burns, Leann	James, Marie	Rice, Joan
Bushn, Eliza	James, Marylynn	Rivera, Mary Ann
Cahill, Rumiko	Jendrusch, Barbara	Roach, Trudy
Camarillo, Maria	Johnson, Rhonda	Roberts, Barbara
Campbell, Evan	Johnson, Travis	Rocha, Leticia
Canales, Tami	Jonas, Linda	Rodriguez, Joe
Carmichael, DeWayne	Keith, Richard	Rojas, Angela
Cervantes, Carlos	Keller, Janet	Saltz, Judith
Childress, Dale	Keller, Jodi	Sanchez, Connie
Christensen, Mark	Kester, Barbara	Schmidt, Judith
Clough, Dominique	Krause, Mary Ellen	Schones, Roxie
Cook, Barbara	Krawietz, Angie	Settles, Margaret
Cutean, George	Krohn, Maria	Sewell, Angela
Davis, Geneva	Lambrecht, Merrily	Shepard, Sally
Dawson, Barbara	Lance, Mollie	Snyder, Dean
De Armon, Robert	Leonard, Deborah	Stone, Bonnie
Desmond, Carmen	Lewis, Susan	Swanson, Carol
DO, Jowan	Little, Ken	Tafolla, Susan
Ensign, Theresa	Lyons, Bonny	Tetrault, Donald
Eubank, Barbara	Magill, Cheryl	Thiele, Michael
Fagan, Robert	Malstaff, Nancy	Tolbert, George
Farley, Randy	Maroney, Sissy	Tripp, Michael
Fiedler, Kenneth	Marroquin, Cindy	Vail, Gloria
Ford, Jan	Mcafee, Emmett	Wainner, Kitty
Forsten, Tammy	McAninch, Gordon	Warner, Edward
Gall, Linda	McCormick, Betty	Waters, Patti
Gates, Dennis	McLennan, Pat	Willstrop, Rosario
Geroianni, Nicole	McMaster, Herbert	Winkler, Brent
Goforth, Sandra	Moen, Donald	Woodell, Diana
Gray, Deborah	Morales Sr., John	Wright, Richard
Griffin, Michael	Morrison, Donna	Wright, Steven



Brain GAMES



Spring Word Search

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



APRIL
 BASEBALL
 BLOOM
 BUNNY
 BUTTERFLY
 CHICK
 EASTER
 EGGS

FLOWERS
 GREEN
 GROW
 HATCH
 JUNE
 MARCH
 MAY
 NEST

PASSOVER
 PUDDLE
 RAINBOW
 RAINCOAT
 SEEDS
 SHOWERS
 SPRING
 UMBRELLA



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Commonyms*

1. Year - Address - Scrap
2. Trains - Teapots - Referees
3. Statues - Turkeys - Initials
4. Rooster - Barber Shop - Beehive
5. Pickup - Fire - 4x4
6. Jump - Swim - Three Piece
7. McDonalds - St. Louis - A Foot
8. Hunter - Lime - Forest
9. Rock - Table - Epsom
10. Back - Butterfly - Side

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

Parkinson's Disease Stages

Stage 1: During the first stage, mild symptoms generally do not disrupt daily activities. Tremors and other movement symptoms may occur on only one side of the body. Changes in posture, gait, and facial expressions may also occur.

Stage 2: Symptoms worsen. Tremor, rigidity, and other movement symptoms affect both sides of the body. Walking problems and poor posture may be apparent. The individual can still live alone, but daily tasks are more challenging.

Stage 3: Loss of balance is the main characteristic. Falls are more frequent. Motor symptoms worsen. Functionally, the person's daily activities are limited, but they can still lead independent lives.

Stage 4: The symptoms have fully developed and are severely disabling. The individual can still walk and stand without assistance but may require a cane or walker for safety. Significant aid is needed for daily living activities, and independent living is not possible.

Stage 5: Stiffness in the legs may make standing or walking impossible. The individual is bedridden or confined to a wheelchair unless aided and requires around-the-clock care for all activities.

Diagnosis and Treatment

Diagnosis is primarily clinical and based on motor manifestations. Brain MRI or CT and molecular imaging of the striatum may be performed to support clinical assessment. Parkinson's is a complex disorder that can be difficult to diagnose and challenging to manage. Levodopa has been the mainstay of Parkinson's disease treatment for over 50 years.

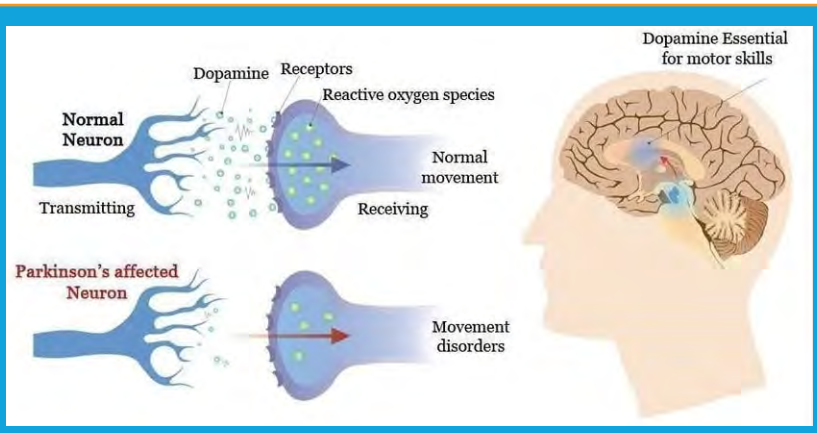
However, after a few years of treatment, and mainly due to disease progression, the benefit of levodopa decreases, and many patients experience motor complications. This led to the introduction of many other medications, such as dopamine agonists and enzyme inhibitors. You typically need to take a combination of medications to manage symptoms.

Surgical and infusion therapies can improve management in some patients with motor complications. Deep brain stimulation (DBS) is a surgical therapy used to treat the movement symptoms of Parkinson's and specific side effects caused by medications. Infusion therapies involve surgery to create a small opening in the abdomen for the placement of a tube in the intestine. A pump delivers medication directly to the intestine, mimicking natural receptor stimulation in the basal ganglia.

<https://www.nicenet.ca/articles/parkinsons-disease>

What Causes Parkinson's?

The brain has a limit number of neurons at birth; this number decreases with age because neurons cannot be renewed and do not have mechanisms for self-repair [1]. Parkinson's disease (PD) is a long-term condition which influences both the nervous system and the body's physiological processes.



News YOU CAN USE

April is Parkinson's Awareness Month

PARKINSON'S DISEASE

Motor Skill Symptoms	Nonmotor Skill Symptoms
BRADYKINESIA (mask-like face, decreased blinking, degrading fine motor skills)	MENTAL/BEHAVIORAL ISSUES*
VOCAL SYMPTOMS	SENSE OF SMELL
RIGIDITY AND POSTURAL INSTABILITY	SWEATING AND MELANOMA
TREMORS	GASTROINTESTINAL ISSUES (urinary issues, weight loss, sexual concerns)
WALKING OR GAIT DIFFICULTIES	PAIN
DYSTONIA (repetitive muscle movements that makes body parts twist)	*Includes depression, anxiety, fatigue, sleep problems, and cognitive ability and personality changes

Center HAPPENINGS

We had a wonderful time at our our recent **BSBAC Generations Dinner**. There was so much conversation, laughter and a few heart strings pulled.



We love when our members share their birthday with us!



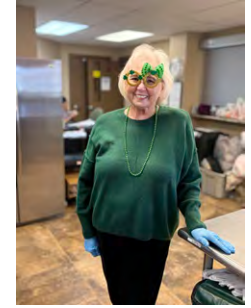
Members getting strong during our Balance & Strength and DrumFit Classes!



St. Patrick's Day Gnomes



St. Patrick's Day Fun!



Member Shout-Outs!

Member, Ruth Brook, competed in the Texas Senior Games and did amazing...finishing 1st in the 5k and 1500 Power Walking! Each state has a qualifying race and she was in the 85-90 year old category. Ruth's husband Gene and member, Barbara Masterson, cheered her on! Congratulations Ruth, we are so proud of you!



A couple of our lucky members, Rita Nyland & Debra Hartman, got to cheer on the Spurs from the sidelines and joined the Spurs Hype Squad on the court for a dance! What a fun opportunity! Great job ladies!



April

WHAT'S IN SEASON?



Strawberries

- ✓ Cholesterol-Free
- ✓ Low-Fat
- ✓ Sodium-Free
- ✓ Gluten-Free
- ✓ Low in Saturated Fat
- ✓ Good Source of Fiber

Rich in fiber, vitamin C, potassium, and antioxidants

0.5g FAT
49 CALORIES
1g PROTEIN
3g FIBER
11.7g CARBS

(per cup, raw halves)

WebMD

HEALTH BENEFITS OF STRAWBERRIES



THEY COULD BOOST YOUR MEMORY

The flavonoids may help to offset inflammation in the brain and delay age-related memory loss.



THEY'RE HEART-SMART

Packed with heart-protective and blood-pressure-lowering nutrients including potassium and antioxidants.



THEY MAY FIGHT CANCER

Nutrients like fiber, folate, vitamin C, ellagic acid, and flavonoids may reduce the risk of cancer.

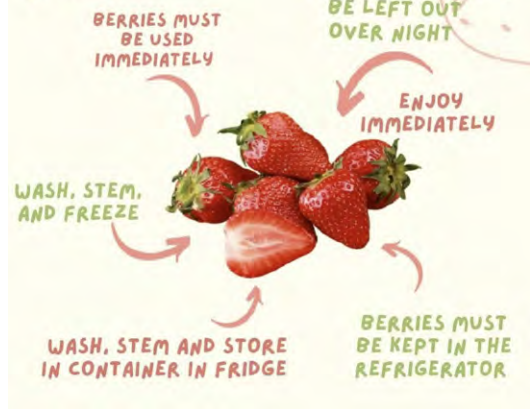


THEY'RE A LOW-CALORIE SNACK

1 cup, about 8 strawberries, has 53 calories, 1.1 grams of protein, and 8.2 grams of sugar.



Strawberry care guide



STRAWBERRIES ARE THE ONLY FRUIT TO WEAR THEIR SEEDS ON THE OUTSIDE - 200 OF THEM!

ANCIENT ROMANS USED THE BERRIES TO TREAT EVERYTHING FROM DEPRESSION TO FEVER AND SORE THROATS.



BELGIUM HAS A MUSEUM DEDICATED TO STRAWBERRIES.

SOURCES: Circulation, Annals of Neurology, British Journal of Nutrition, Journal of Agriculture and Food Chemistry, USDA.

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

