

The BSBAC Buzz



February
2026



An active life is a good life!



Note from the Center &
Upcoming Events

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Weekly Activity Schedule
& Fellowship Menu

4-5



Health & Fitness Schedule

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January Event Flyers &
Special Events

8-9



Brain Games

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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

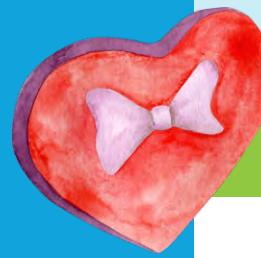
The mission of the Bulverde Spring Branch Activity Center is to facilitate active aging and to enhance the quality of life of older adults in our communities.



MEALS on WHEELS
BULVERDE SPRING BRANCH



February is NATIONAL HEART MONTH



February is **American Heart Month**, and we need your help to raise awareness! Sudden cardiac arrest (SCA) is a life-threatening emergency that occurs when the heart stops beating. SCA affects about 1,000 people every day and is a leading cause of death in the United States, with only about 1 in 10 surviving. Every year, over 350,000 cardiac arrests happen outside of a hospital, with most happening at home. Sadly, only 10% survive. By giving someone CPR you can double or even triple their chances of survival. Be ready when it matters most. Learn CPR and become part of the Nation of Lifesavers™.

Key organizations are focusing their American Heart Month 2026 campaigns around the concept of moving from awareness to action to save lives. The primary messages from organizations like the American Heart Association (AHA), the National Heart, Lung, and Blood Institute (NHLBI), and the Sudden Cardiac Arrest Foundation (SCAF) emphasize that everyone has the power to learn life-saving skills and adopt healthy habits.

KEY THEMES FOR 2026

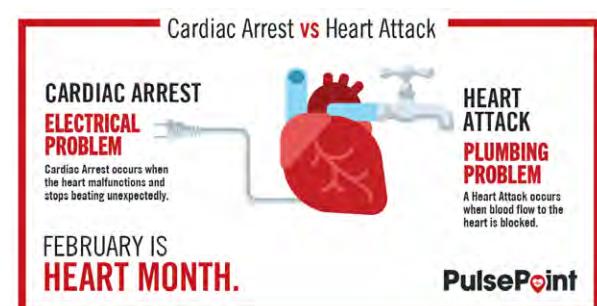
- **“From Awareness to Action”:** A prominent theme, particularly from the Sudden Cardiac Arrest Foundation, focuses on translating knowledge about heart health into tangible actions, such as learning CPR. By educating the public about the importance of CPR and AED intervention, awareness is raised. With intervention, a person’s chance of survival can be doubled or tripled.
- The **“Chain of Survival”** refers to the chain of events that must occur in rapid succession to maximize the chances of survival from sudden cardiac arrest (SCA). The metaphor is a simple way to educate the public about its vital role in helping SCA victims. It suggests that each link is critical and interdependent, and the Chain of Survival is only as strong as its weakest link. Bystanders can help save lives by addressing the first three links in the Chain of Survival. (See detailed info about the “Chain of Survival” later in this newsletter)

- **“Empowering Hearts to Save Lives”:** The SCAF is specifically launching its 2026 campaign with this message, highlighting the importance of bystander intervention in sudden cardiac arrest situations. The campaign emphasizes that immediate bystander action—calling 911, starting CPR, and using an AED. It also aims to educate the public that seizure-like movements or gasping (agonal breathing) are often signs of cardiac arrest, not a seizure, requiring immediate action.
- **“#OurHearts are Healthier Together”:** The NHLBI encourages a community-focused approach to heart health, emphasizing that support systems make healthy choices easier. This initiative aims to encourage a community-focused approach to cardiovascular health. The initiative emphasizes that building support systems—such as family, friends, and coworkers—makes it easier to adopt and maintain healthy habits like regular physical activity, nutritious eating, and smoking cessation. The **#OurHearts campaign** asserts that “when we take care of our hearts as part of our self-care, we set an example for others to do the same”.

For more information:

<https://www.sca-aware.org/heart-month#:~:text=EMPOWERING%20HEARTS%20TO%20SAVE%20LIVES,Register%20here>

<https://www.nhlbi.nih.gov/health-topics/education-and-awareness/heart-truth>





Note from THE CENTER

Sharing the Love

February is often associated with hearts and flowers, but at the Bulverde Spring Branch Activity Center, love is something we experience every day through connection, compassion, and community. It's found in the friendships built during classes, the laughter shared over games and activities, and the welcoming smiles that make everyone feel at home the moment they walk through our doors.

At BSBAC, love looks like staying active together, supporting one another through life's seasons, and creating a place where everyone belongs. Whether it's learning a new skill, enjoying a meal with friends, or simply spending time in good company, these shared moments strengthen our bonds and enrich our lives.

This month, we celebrate the many ways love shows up in our center—and the people who make it possible. Our members, volunteers, instructors, donors, and supporters all play a role in creating a community rooted in care and connection.

Call to Action:

We invite you to share the love this February by getting involved. Bring a friend to the center, volunteer your time, try a new class, or consider making a donation to help us continue serving our community. Together, we can keep building a place where connection thrives and everyone feels valued—this month and all year long.

Have a wonderful February; we look forward to sharing the love with you!



Upcoming EVENTS

February 2, 16

12:00pm - Loteria
1:00pm - Bridge Foursome

February 2, 9, 16, 23

2:45pm - Intermediate Spanish

February 3, 10, 17, 24

3:45pm - Slow Pace Beginner's Spanish

February 3

11:45am - Presentation: Living Heart Healthy

February 4

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

February 6

Wear Red Day



February 9, 23

12:35pm - Bunco

February 12, 19, 26

10:15am - Daytrip to Clear Springs

February 12

2:30pm - Dementia Support Group

February 13

10:00am - Downsizing Workshop

February 14

10:00am - Card Creations
1:30pm - Arts & Crafts: Valentine's Heart Centerpiece

February 20

11:00am - Potluck: Let's Rodeo

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
- 2:00pm Caregiver Support Group (3rd Wed)

THURSDAY

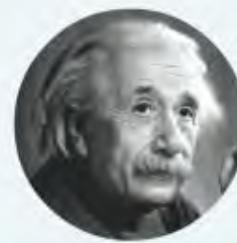


- 9:00am Wood Carving
- 9:30am Canasta Hand & Foot
- 11:30am Fellowship Meal
- 12:00pm Mindful Meditation
- 1:15pm Bible Study
- 2:30pm Dementia Support Group (2nd Thur)

FRIDAY



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



"Do not grow old, no matter how long you live. Never cease to stand like curious children before the great mystery into which we were born."

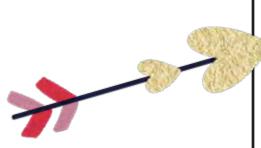
Albert Einstein



February

FELLOWSHIP MEAL MENU



Monday	Tuesday	Wednesday	Thursday	Friday
2 Turkey & Stuffing Casserole Green Beans Corn Dessert	3 Baked Potato with Fixings Green Salad Dessert	4 Chef's Choice Dessert	5 Shephard's Pie Mixed Veggies Dessert	6 BLT Pasta Salad Cherry Tomatoes Chickpeas Dessert
9 Sauteed Sausage & Potatoes Broccoli Dessert	10 Chicken Tenders Mashed Potatoes with Gravy Corn Dessert	11 Ranch Chicken Mashed Potatoes Green Salad	12 Beef Stroganoff Dilled Carrots Dessert	13 Chicken Caesar Salad Fruit Dessert
16 Mongolian Chicken Rice Broccoli Dessert	17 Chicken Parmesan Soup Green Salad Garlic Bread Dessert	18 Gumbo-laya Green Salad Cornbread Dessert	19 Rosemary Chicken Mashed Potatoes Peas Dessert	20 Potluck 
23 Greek Omelet Casserole Broccoli Roll Dessert	24 Chicken Parmesan Mixed Veggies Garlic Bread Dessert	25 Mexican Chicken Bowl Rice Beans Salsa	26 Sausage Wrap Mac & Cheese Ranch Beans Dessert	27 Sub Sandwich Waldorf Salad 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



February HEALTH & FITNESS



Monday	Tuesday	Wednesday	Thursday	Friday
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 Clogging (Lorraine)	2 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)	3 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)	4 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)	5 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.

February EVENT FLYERS & SPECIAL EVENTS

BOOK CLUB
Facilitated by the Mammen Family Library
FEBRUARY'S PICK
The Book of Lost Friends
Author: Lisa Wingate
WE'D LOVE FOR YOU TO JOIN US!
1st Wed. of each month • 1:00 PM

Living Heart Healthy
Join us for American Heart Month!
Topics include:

- Personal and lifestyle risk factors.
- Monitoring your blood pressure.
- Maintaining healthy cholesterol levels.

February 3, 2026
11:45 a.m. - 12:45 a.m.

Brunch Bingo
Wednesday, February 4th @ 9:45am
Bingo starts promptly @ 10am
Sponsored by Conviva

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.

DECLUTTER YOUR HOME, LIGHTEN YOUR LIFE
DOWNSIZING & DECLUTTERING WITH POSITIVE PATH
2ND FRIDAY OF EACH MONTH AT 10:00AM BULVERDE SPRING BRANCH ACTIVITY CENTER
BEGINNING FEB 13TH
Feeling overwhelmed by too much stuff?
Join us on the 2nd Friday of each month at BSBAC!
Led by Jennifer Lind of Positive Path Senior Services, this monthly group offers expert advice, guest speakers, and activities designed to help you declutter with confidence.
USE THE IN-CENTER SIGNUP SHEET TO REGISTER

February Day Trip
Clear Springs Restaurant **German Bakery**
Join us for a relaxing day as we go out to lunch at Clear Springs Restaurant and visit the German Bakery in New Braunfels.
Thursday, Feb 12th
Feb 19th
Feb 26th
Bus Departs at 10:15am
\$10 per person if riding the bus.
Don't want to ride the bus, follow along in your own vehicle. Let us know you are going.
*Day trips are reserved for BSBAC members on a first come, first served basis.**

FEBRUARY Arts & Crafts
VALENTINE'S HEART CENTERPIECE
WEDNESDAY, FEBRUARY 11TH AT 1:30PM
PLEASE USE IN-CENTER SIGNUP SHEET TO MAKE SURE WE HAVE ENOUGH SUPPLIES
\$5 DONATIONS APPRECIATED

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

BELLA GROVES
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 CHAMPLIN-WEST BAPTIST CHURCH
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

MEALS ON WHEELS
BULVERDE SPRING BRANCH ACTIVITY CENTER

YEE-HAW
JOIN US FOR OUR FEBRUARY POTLUCK
Let's Rodeo
FRIDAY, FEBRUARY 20TH AT 11AM
BRISKET WILL BE SERVED.
PLEASE USE THE IN-CENTER SIGNUP TO LET US KNOW IF YOU'RE ATTENDING AND WHAT SALAD, SIDE, OR DESSERT YOU WILL BE BRINGING.

\$25 Gift Cards (Variety of Places)
Beer, Spirits, & Wine Donations (Unopened Please)
Creamer Pods for Coffee: Any Flavor
Solo Cups for Tea and Water
Air Freshner Sprays (like Febreze)
30 Double Roll of Paper Towels-Amazon \$30 x 2
Rolls of Disposable Black Tablecloths- Amazon \$25 x 2
Large Styrofoam Single Compartment Containers x 2
Sam's 600ct White Forks, Spoons, & Knives x 3 each
Sam's 9" and 12" Foil Sheets x 2 each
Cases of Sodas (Coke, Diet Coke, Sprite, Dr. Pepper, etc.)
Cases of Bottled Water

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!





**Bulverde
BBQ BASH**
Feb. 27-28, 2026

COMPETITION BBQ COOKOFF
FEBRUARY 27-28, 2026

BULVERDE COMMUNITY CENTER & BULVERDE BOWLING CLUB
1747 EAST AMMANN RD., BULVERDE

REGISTRATION FEES

TEAM REGISTRATION (NO RV) INCLUDES: \$200

- Team Space
- Entry into chicken, ribs & brisket

TEAM REGISTRATION (RV SPACE) INCLUDES: \$250

- Team Space
- Entry into chicken, ribs & brisket

JACKPOT CATEGORIES: \$25 EACH

- Mimosa
- Beans
- Dutch Oven Dessert
- Kid's Cook
- Salsa
- Cook's Choice
- People's Choice (Free)

NOT A COOKER, BUT WANT TO JOIN THE FUN?
Come for our People's Choice Competition!
Enjoy food tastings (as available), live music, vendor shopping and a great time with friends!

BBQ OPEN TO THE PUBLIC
Saturday, February 28, 10am - 4pm

ALL PROCEEDS BENEFIT

BULVERDE SPRING BRANCH ACTIVITY CENTER / **MEALS ON WHEELS BULVERDE SPRING BRANCH**

The Bulverde Spring Branch Activity Center, a 501c3 nonprofit organization, and Meals on Wheels Bulverde Spring Branch serve area seniors.
Thank you for your support!

SPONSORSHIP OPPORTUNITIES

The Bulverde BBQ Bash is an annual community event that serves as a major fundraiser for the Bulverde Spring Branch Activity Center and Meals on Wheels Bulverde Spring Branch. The Cook-off gathers cooks and attendees from the Bulverde/Spring Branch area and surrounding communities and counties.

TITLE SPONSOR: \$5000 (1)
2 team spots, sponsor logo on all printed/online materials, promotions, recognition throughout event as Title Sponsor, display of sponsor banner* at event, 5 event t-shirts

HOSPITALITY SPONSOR: \$2500 (2)
1 team spot, sponsor logo on event materials and promotions, display of sponsor banner* during event, 4 event t-shirts

JUDGING SPONSOR: \$1000 (4) Thank you GVTC Foundation
1 team spot, sponsor flyer on judging tables (up to 6), display of sponsor banner* in judging area, 3 event t-shirts

AWARDS SPONSOR: \$1000 (3)
1 team spot, sponsor flyer on guest tables (up to 6), display of sponsor banner* on award stage, 3 event t-shirts

TEAM SPONSOR: \$1000 (4)
1 team spot, company promo item in team bags, display of sponsor banner* during event, 3 event t-shirts

GATE SPONSOR: \$1000 (4) Thank you ABM Industries & Frost Bank
1 team spot, sponsor logo on event schedule card, display of sponsor banner* during event, 3 event t-shirts

T-SHIRT SPONSOR: \$500 (6)
Sponsor logo on event t-shirt, display of sponsor banner* during event, 2 event t-shirts

KOOZIE SPONSOR: \$500 (1) Thank you Simple Luxuries
Sponsor logo on event koozie, display of Travel by Michelle logo

COMMUNITY PARTNER: \$250 (Unlimited)
Display of sponsor banner during event. There are a variety of sponsorship options at this level - contact us for details!

VENDOR SPACE: \$50
Vendor space on Saturday, 2/28 from 10am-3pm

*Sponsor provides banner

CONTACT INFO

REGHAN SWENSON
rswenson@bsbac.com
830-438-3111

ALL PROCEEDS BENEFIT

BULVERDE SPRING BRANCH ACTIVITY CENTER / **MEALS ON WHEELS BULVERDE SPRING BRANCH**

HAPPY BIRTHDAY!

February BIRTHDAYS

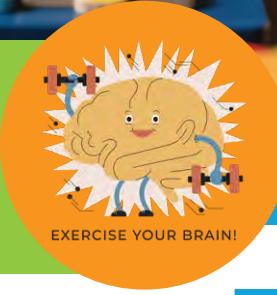
Aguirre, Rose Linda	Feldmeier, Beth	Mueller, Lois
Anthony, Barbara	Feldmeier, Stephen	Nichols, Mary
Arnold, Jameson	Fincher, Sherry	Nunnelly, Nancy
Ashcraft, Krissy	Fink, Llyn	Oar, Sharon
Ault, Werdna	Foster, Joyce	O'Connor, Carol
Avery, Scott	Gallegos, Maria	Parker, Harold
Barker, Barbara	Gardner, Kitty	Parker, Jeff
Bartys, Kim	Gawlik, Marty	Pfitscher, Christine
Bernal, Rudy	Goree, Mary	Phillips, Judi
Berry, Lynne	Green, Robert (Buster)	Pike, Sharon
Bhasin, Salil	Hawk, Jacqueline	Poe, Nancy
Bohl, Diane	Hefner-hill, Jala	Preiss, Diana
Bohlander, Larry	Hernandez, Delia	Price, CR
Bohlander, Mary	Herrera, Kay	Rainbolt, Rosalind
Bolum, Yolanda	Hoehn, Kevin	Roberts, Ellie
Bradley, Marilyn	Hosek, Timothy	Robinson, Karen
Brown, Mabel	Hunsicker, Donna	Rodriguez, Roberto
Brown, Rebecca	Johansen, Cynthia	Rodriguez, Ruth
Castano, Laura	Johnson, Shirley	Rojas, Betty
Charles-Vickers, Martha	Jones, Ruth	Rowe, Aneika
Clark, Jan	Jundzilo, Rose Marie	Sekel, Vivian
Clark, Stephanie	Knouse, Tracey	Sharp, Kenneth
Clendenin, Allen	Krohn, Sid	Sheffield, Mary
Cockrell, Robert	Krucia, Kenneth	Shelton, Sam
Cole, Julie	Kurtz, K. Lee	Shrader, Donald
Corey, Mary	Leopold, DeLesa	Slay, Genell
Craft, Bobby	Marek, Elisa	Sondergaard, John
Dawson, Dennis	Marquis, Deann	Staples, Janetlee
Deluna, Sylvia	Marschler, Horst	Terrazas, Armandina
Denny, Carolyn	McElvany, Becky	Thiele, Patrick
Dominguez, Maria	Meeks, Maria	Torres, Teresa
Dorsey, Cheryl	Meseck, Laurel	Vastine, Janice
Dwyer, Dennis	Molina, Hope	Walkenhorst, Mary
Earley, Bev	Moody, Sandra	Wilkins, David
Edwards, Terri	Morgan, Edwin	Wilson, Mark
Emanus, Walter	Morrison, Mark	

“
Life is a journey.
Enjoy every mile.





Brain GAMES



Valentine

Chocolate

February

Friends

Treats

Parties

Spring

Shadow

Winter

Leap Year

Groundhog

Snowflake

Fireplace

Mittens

Cupid

Heart

Burrow

Eagle

Emerge

Sweet

Cold

Slush

Commonyms*

1. Toilet - Fly - Wrapping
2. Moth - Meat - Medicine
3. Metal - Radar - Lie
4. Gun - Baby - Baking
5. Slip - Square - Slide
6. Lug - Wing - Square
7. House - Dragon - Horse
8. Prime - Irrational - Odd
9. Hunter - Lime - Forest
10. Sprinters - Cities - Toddlers

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

Sudoku

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

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

Here's How To Start:

Move More

Get at least 2½ hours of physical activity each week—that's just 30 minutes a day, 5 days a week. In addition, do muscle strengthening exercises at least 2 days a week. Can't carve out a lot of time in your day? Don't chuck your goal, chunk it! Try 5, 10, or 15 minutes a few times a day. Some physical activity is better than none.

Eat Healthy Foods

A healthy diet that is low in sodium and saturated fat is key to heart disease prevention. Try the highly rated Dietary Approaches to Stop Hypertension (DASH) eating plan. It recommends:

- Eating vegetables, fruits, and whole grains
- Eating fish, poultry, beans, nuts, vegetable oils, and fat-free or low-fat dairy products
- Limiting foods that are high in saturated fat and sodium
- Limiting sugar and other sweeteners.

Find heart-healthy DASH recipes at: healthyeating.nhlbi.nih.gov.

Aim for a Healthy Weight

Being overweight is hard on your heart. It increases your risk of having heart disease, a stroke, high cholesterol, high blood pressure, and diabetes. Choosing heart-healthy foods and getting regular exercise will help you achieve and maintain a healthy weight.

Reduce Stress and Improve Sleep

Stress can contribute to high blood pressure and other heart risks. Not getting enough sleep or regularly getting poor quality sleep increases the risk of having high blood pressure, heart disease, and other medical conditions. Aim for 7–8 hours of sleep a night.

Quit Smoking

The chemicals in tobacco smoke harm your heart and blood vessels in many ways. Quitting is hard, but many people have succeeded, and you can too. Set a quit date and let those close to you know about it. Ask your family and friends for support in your effort.

Chain of Survival



National Heart, Lung,
and Blood Institute



News YOU CAN USE



Taking Care of Our Hearts, Together

Heart disease is the leading cause of death in the United States, causing one in four deaths each year. But there's a lot you can do to live a heart-healthy life—and connecting with others can make your efforts even more successful.



Studies show that if you join forces with people at home or online, you have a better chance of staying motivated. Best of all, you don't have to make big changes all at once. Small steps can get you where you want to go. Gather your friends and family and make a commitment to your heart health, together.

Eat healthy, together:

When you get fast food, ask for a salad instead of fries, and don't get the "deluxe" sandwich. Start your meal with a salad or appetizer of veggies so you'll have something healthy first. Studies suggest that we tend to eat like our friends and family. Your healthy choices may inspire those around you.



Center HAPPENINGS

Happy Birthday!

We love when our members celebrate their birthdays with us!



January Arts and Crafts: Lemon Honey Sugar Scrub

What a great way to start the year with self care!

Guitar Class

A great group of friends that laugh and play together!





We are officially one month in taking over our own Meals on Wheels program and it is going well. Our volunteers have been preparing and packaging our meals each day to get them out to our MOW clients in our community. Thank you to all the volunteers that help make this possible.



CANASTA TOURNAMENT



The Canasta group held their progressive tournament in January and had three lucky winners!

1st: Peggy Sproull; 2nd: Betty Ottmers;
3rd: Jim Letarte



February WHAT'S IN SEASON?



Health Benefits of Kiwi Fruit

Kiwis are a nutrient dense food, meaning they are high in nutrients and low in calories. The possible health benefits of consuming kiwi include maintaining healthy skin tone and texture, reducing blood pressure and preventing heart disease and stroke.

Packed with more vitamin C than an equivalent amount of orange, the bright green flesh of the kiwifruit speckled with tiny black seeds adds a dramatic tropical flair to any fruit salad.

Vitamin C 85%	Vitamin E 7%
Vitamin K 31%	Potassium 6%
Copper 10%	Manganese 4%
Fiber 8%	Folate 4%

Protects Cardiovascular System

Protects Respiratory System

Provides Digestive Enzymes

Manages Blood Pressure

Removes Excess Sodium

Boosts Immunity

Protects Eyes

Helps Clean Out Toxins

Helps Prevent Cancer

High in Fiber



www.PRESSTV.com

Did you know?

Kiwifruit actually contains more Vitamin C gram for gram than Oranges? Just a small Kiwifruit (70g) provides 85% of the RDA for Vitamin C!



PLANT FUELLED



BLUEBERRY AND KIWI BREAKFAST BOWL

by Keesha

This one is definitely one of my favorite breakfasts. The blueberries together with kiwi, almonds, grapes, and honey provide you with a proper boost of energy for the entire day. This bowl of goodness is also a great choice for a shared breakfast or brunch!

☆☆☆☆☆ No ratings yet



PREP TIME
5 mins



TOTAL TIME
5 mins

COURSE
Breakfast



SERVINGS
2

CALORIES
283 kcal

INGREDIENTS

- 1 cup Yogurt
- 1 cup Blueberries
- 1/4 cup Oat flakes
- 2 teaspoons Almond flakes
- 2 teaspoons Walnuts
- 1 teaspoon Pumpkin seeds
- 1 teaspoon Chia seeds
- 1/2 cup Kiwi
- 1/2 cup Grapes
- 1 teaspoon Honey

INSTRUCTIONS

1. Mix yogurt and half of the blueberries with a hand blender until smooth.
2. Pour the yogurt into serving bowls and sprinkle the oat flakes over.
3. Top with almond flakes, walnuts, pumpkin seeds, and chia seeds.
4. Add the kiwi, grapes, blueberries and honey.

NUTRITION

Serving: 1 bowl	Calories: 283kcal	Carbohydrates: 43g	Protein: 9g	Fat: 10g
Saturated Fat: 3g	Polyunsaturated Fat: 3g	Monounsaturated Fat: 3g	Trans Fat: 1g	Cholesterol: 16mg
Sodium: 60mg	Potassium: 554mg	Fiber: 6g	Sugar: 26g	Vitamin A: 226IU
Vitamin C: 50mg	Calcium: 205mg	Iron: 2mg		

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Lauren Bippert
MEMBERSHIP COORDINATOR

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.

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