

The BSBAC Buzz



March
2026



An active life is a good life!



Note from the Center & Upcoming Events

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Weekly Activity Schedule & Fellowship Menu

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Health & Fitness Schedule

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January Event Flyers & Special Events

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Brain Games

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Center Happenings

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How do I get info about the Center?

- Weekly email and monthly printed newsletter
- BSBAC.com website
- Facebook page
- Posted flyers/notices at the Center
- Text messages & email updates
- Weekly Announcements

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



March is NATIONAL NUTRITION MONTH®

National Nutrition Month® is an annual campaign established in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme is **"Discover the Power of Nutrition."** Nutrition has the power to help individuals and communities thrive. Discover how food and beverage choices can help power your day. Learn tips for accessing healthy foods in your area. And build healthy habits into your day to help you feel great now and in the future.

Power Your Day with Nutrition. Building a healthy plate is easy when you make half your plate fruits and vegetables. It's also a great way to add color, flavor and texture plus vitamins, minerals and dietary fiber. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal.

- Choose healthful foods from all food groups.
- Alternate your food choices for a variety of nutrients.
- Avoid fad diets that promote unnecessary restrictions.

Find Advice Backed by Science. Whether you want to lose weight, lower your health risks or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.

- Find accurate sources for nutrition information.
- Meet with an RDN who specializes in your unique needs.
- Receive personalized nutrition information from an RDN to meet your health goals.

Stay Nourished on Any Budget. Getting the most nutrition for your food budget starts with a little extra planning before you shop. There are many ways to save money on the foods that you eat. Preparing food at home can be a great way

to save money, express creativity and stay on track with healthful eating.

- Learn cooking and meal preparation skills that work with the resources you have.
- Locate community resources such as SNAP, WIC and local food banks.
- Advocate for nutrition policies that serve you, your family and community.

Feel Good with Healthy Habits. While exercise may sound intimidating to some people, it doesn't have to be. Any type and amount of activity is better than none and there are so many enjoyable ways to get moving.

- Reduce the risk of foodborne illness with home food safety.
- Plan in advance to avoid mealtime stress.
- Include physical activity in ways that work for you.

For more information, visit: <https://www.eatright.org/national-nutrition-month>





Note from THE CENTER

As we wrap up our first fundraiser of the year, our annual Bulverde BBQ Bash and plan for our largest fundraiser, the annual Celebrating the Journey Gala, we are reminded of the incredible impact our community makes possible for those we serve every single day.

At the Bulverde Spring Branch Activity Center, our mission is simple but powerful: to ensure older adults in our community are supported, connected, and valued. For those that walk through our doors and those we serve elsewhere, we strive to be more than a program—we strive to be a lifeline. We are a hot meal shared with friends or brought to the door of our Meals on Wheels clients, an exercise class that keeps our members moving, a place to gather for games and laughter, and a place where everyone is known by name.

Fundraising season is a vital time for our organization. The generosity of donors, volunteers, community partners and advocates of our mission all fuel our programs throughout the year—meals, transportation, social activities, health and wellness programs, and outreach services that combat loneliness and promote independence.

Here's how you can help:

- Make a gift – Every dollar makes a difference. A one-time or recurring donation directly supports local seniors.
- Sponsor a program or event – Partner with us to expand services and increase your community impact.
- Share our mission – Invite friends, family, and colleagues to learn more about the important work being done.
- Volunteer your time – Personal connections are just as meaningful as financial contributions.

When you give, you're not just funding programs—you're investing in neighbors, grandparents, veterans, and lifelong community members who helped build the place we call home.

Together, we can ensure that active aging isn't just a phrase, but truly a way of life.

We invite you to join us this fundraising season in making a lasting difference. Your generosity today creates brighter tomorrows for those we are honored to serve.

To learn more about how you can get involved, please visit the Center or give us a call!

Thank you for standing with us and for being part of a community that cares.

Sincerely,

DeLisa Leopold, Executive Director



Upcoming EVENTS



March 2, 16

12:00pm - Loteria

March 2, 9, 16, 23, 30

2:45pm - Intermediate Spanish

March 3, 10, 17, 24, 31

3:45pm - Slow Pace Beginner's Spanish

March 4

10:00am - Brunch Bingo

1:00pm - Book Club

March 5, 12, 19, 26

1:00pm - Calligraphy Class

March 9, 23

12:35pm - Bunco

March 11

10:00am - Card Creations

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

March 12, 19, 26

10:15am - Daytrip to Clear Springs

March 12

2:30pm - Dementia Support Group

March 13

10:00am - Downsizing Workshop

March 17

11:30am - St. Patrick's Day Potluck

11:45am - Presentation: Discover the Power of Nutrition

March 24, 31

11:45am - Presentation: Healthy Communities Garden Course



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



"The older I get, the more I understand the value of peace and inner strength."
— Unknown



March

FELLOWSHIP MEAL MENU



Monday	Tuesday	Wednesday	Thursday	Friday
2 King Ranch Chicken Pinto Beans Corn Dessert	3 French Onion Salisbury Steak Mashed Potatoes Peas Dessert	4 Lasagna Green Salad Garlic Bread Dessert	5 Chicken Tenders Mashed Potatoes with Gravy Corn Dessert	6 Chicken Ceasar Salad Dessert
9 Turkey & Stuffing Casserole Green Beans Dessert	10 Spaghetti with Meat Sauce Green Beans Applesauce Garlic Bread Dessert	11 Chicken & Biscuit Casserole Salad Dessert	12 Baked Potato with Toppings Salad Dessert	13 Tacquito Enchiladas Pinto Beans Dessert
16 BBQ Meatballs Scallop Potatoes Salad Dessert	17  Potluck-Ruben Sliders 	18 Frito Pie Fruit Dessert	19 Egg Roll Fried Rice Fortune Cookie	20 Pulled Pork Sandwich Coleslaw Baked Beans Dessert
23 Beef Tacos Pinto Beans Dessert	24 BBQ Chicken Wrap Coleslaw Ranch Beans Dessert	25 Tortellini with Italian Sausage Green Beans Dessert	26 Chicken Parmesan Pasta Zucchini Garlic Bread Dessert	27 Sub Sandwich Chips Orange Fluff Dessert
30 Philly Cheese Steak Pasta Green Beans Dessert	31 Sausage & Potato Saute 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



March HEALTH & FITNESS



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>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 (Loraine)</p>	<p>3</p> <p>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)</p>	<p>4</p> <p>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)</p>	<p>5</p> <p>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)</p>	<p>6</p> <p>8:15a Self-Defense (Diana) 9:30a Posture Strength (MaryAnn) 11:00a Balance & Strength* (Sandra) 12:15p Balance & Strength* (Sandra)</p>
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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.

March

EVENT FLYERS & SPECIAL EVENTS



BULVERDE SPRING BRANCH ACTIVITY CENTER
EST. 1997

BOOK CLUB

Facilitated by the Mammen Family Library

MARCH PICK
The Queen's Fool
Author: Philippa Gregory

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

Brunch Bingo

Wednesday, March 4th @ 9:45am
Bingo starts promptly @ 10am
Sponsored by Graceful Guidance

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.

Learning Calligraphy

Classes will be each Thursday for 6 weeks.
Classes begin Thursday, at February 19th @ 1pm.

Learn the artistry of calligraphy!

Please use the in-center signup sheet.

MARCH DAY TRIP

THURSDAY, MARCH 12TH, 19TH & 26TH
10am Departure

Enjoy the day at Camp Verde, Texas. This quaint historical site has been around for over 150 years. The General Store, old Post Office, and Restaurant is nestled away in Hill Country surrounded by majestic trees on the bank of Verde Creek.

\$15 per person if riding the bus.
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.

March Arts & Crafts

DIY ST. PATRICK'S DAY GNOMES

WEDNESDAY, MARCH 11TH AT 1:30PM

\$5 Donation Greatly Appreciated

Designs subject to change

Please use the In-Center Signup to Register.

MARCH 2026
DISCOVER THE POWER OF NUTRITION

NATIONAL NUTRITION MONTH

JOIN US AS WE CELEBRATE OUR HEALTH

- DISCOVER HOW FOOD CAN HELP POWER YOUR DAY
- LEARN WHAT FOODS MAKE UP A HEALTHY EATING PATTERN
- BUILD HEALTHY HABITS INTO YOUR DAY TO HELP YOU FEEL GREAT

TUESDAY, MARCH 17
11:45 A.M. - 12:45 P.M.

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
2nd 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 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

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

BSBAC March Wish List

- \$25 Gift Cards (Variety of Places)
- Assorted Size Baskets for Raffles
- Commercial Room Divider (\$250 each)
- Commercial Dehumidifier (\$250 each)
- Pack of 20 Large Cellophane Gift Wrap Bags (\$15 each)
- Pack of 500 2oz. Souffle Cups w/ Lids (\$28 each)
- Pack of 240 8oz. Food Containers w/ Lids (\$38 each)
- Pack of 250 1lb Food Boat Trays in Kraft Brown (\$25 each)
- Clear Plastic Plates (Small & Large)
- 6" Paper Plates
- Coffee Creamer Pods (Any Flavors)
- Canned Pie Filling (Any Flavors)
- Canned Fruit
- Instant Pudding (Any Flavors)
- Cake and Brownie Mixes
- 8oz Bottles of 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!



HAPPY BIRTHDAY!

March BIRTHDAYS

Allchin, Elizabeth	Hosek, Lynn	Redington, William
Almeida, Aura	Hughley, Felicia	Reeves, Judy
Ambriz, Ricardo	Ickes, Toni	Richards, Tamara
Arevalo, Diana	Kamp, Mark	Ritter, Ralf
Arredondo, Ricardo	Klepac, Joy	Rojas, Olly
Arriola, Hazel	Klepac, Larry	Rosas, Sylvia
Bobick, Lucy	Kohler, Lisa	Rosenfeld, Denny
Boice, Carol	Kolaja, Sheila	Ross, Saralda
Bravo, Richard	Krummerich, Sharon	Rubey, Kathy
Brown, Jan	Leinen, Christine	Sanders, Helen
Bryant, Cindy	Lesage, Henrietta	Sansom, Phil
Buchman, Richard	Long, Marjorie	Short, Josephine
Castillo, Petra	Lopez, Anneliese	Smith, Carol
Clarke, Karen	Lowe, Mary	Stasko, Michael
Countryman, Bonnie	Lynn, Sandra	Stephan, Robert
Crownover, Virginia	Marsico, Nicholas	Stovall, Beverly
Cunningham-Little, Cathy	Masterson, Barbara	Tenney, Wayne
Davis, Jeanetta	Mcadams, Pamela	Thiele, Peggy
Dillard, Clifton	McEnaney, Kristin	Thomas, Bill
Dreyfus, Ada	Miller, Shirley	Tomlinson, Carol Ray
Eads, Ricky	Minson, Karen	Valdez, Karen
Ewald, Kenneth	Moon, Teri	Vasquez, Janie
Fishlock, Melanie	Morgan, Carol	Velasquez, Lisa
Fory, Patricia	Muncaster, Steven	Weaver, Douglas
Fuleki, Andrew	Mundy, John	Webb, Felice
Fuleki, Thomas	Nicholson, Constance	West, William
Geffken, Edward	O'Brien, Diane	Williars, Luis
Geffken, Kay	Ochoa, Maria	Woodward, Susan
Goebel, Suzanne	Pelczar, Alicia	Wright, George
Goodwin, Yvonne	Peterman, Lisa	Wunsch, Larry
Hardwick, Laura	Pettit, Mary	Wunsch, Linda
Hashbarger, Laura	Plunkett, Teri	Yeats, John
Herring, Deborah	Ramirez, Mary Anne	Zaborowski, Gary
Hofheinz, Frank	Ray, Jill	



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



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.



Celebrating the Journey

BSBAC GALA

Sponsorships & Tickets

SIGNATURE SPONSOR: \$5,000

- Two tables for 10
- Name/Logo premier placement in online auction platform
- Name/Logo on all print materials & event program
- Name/Logo in social media blasts & advertisement in BSBAC newsletter (12x)
- Various recognition location throughout venue

IMPACT SPONSOR: \$3,500

- One table for 10
- Name/Logo premier placement in online auction platform
- Name/Logo on all print materials & event program
- Name/Logo in social media blasts & advertisement in BSBAC newsletter (12x)

COMMUNITY SPONSOR: \$2,500

- 5 Tickets
- Name/Logo on all print materials & event program
- Name/Logo in social media blasts & advertisement in BSBAC newsletter (12x)

SUPPORTING SPONSOR: VARIOUS*

- Hospitality Sponsor: \$1500
- Auction Sponsor: \$1000
- Registration Sponsor: \$750
- Entertainment Sponsor: \$750
- Dessert Sponsor: \$500
- Community Partner: \$250

*Supporting Sponsors receive recognition at the event in their specified location, name/logo on social media blasts, in event program & advertisement in BSBAC newsletter (varies based on sponsor level)

TICKETS**

- Single: \$125
- Table for 10: \$1150

**Includes dinner, full open bar, appetizers & dessert

Contact DeLisa Leopold, dleopold@bsbac.com or
Reghan Swenson, rswenson@bsbac.com, 830-438-3111

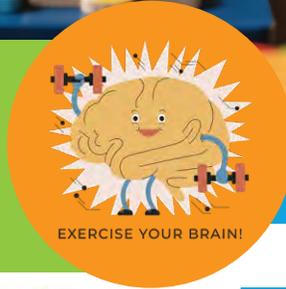


“
Life is a journey.
Enjoy every mile.”





Brain GAMES



March WORD SEARCH



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



- | | | |
|---------------|-----------------|-----------------|
| PI DAY | RAIN | DAYLIGHT SAVING |
| EASTER | SPRING BREAK | COLLEGE |
| LUCK | CHERRY BLOSSOMS | SHAMROCK |
| EQUINOX | IDES OF MARCH | TULIPS |
| MARDI GRAS | TOURNAMENT | WINDY |
| BASKETBALL | LAMB | GREEN |
| MARCH MADNESS | KITE | DAFFODILS |



Commonyms*

1. May - Bean - Flag
2. Tiger - Great White - Hammerhead
3. Backs - Porcupines - Books
4. Cheddar - American - String
5. Fire - Soda - Safe
6. Tow - Row - Sail
7. Mud - Pot - Coconut
8. Yellow - Scarlet - Typhoid
9. Tulip - Light - Onion
10. Red - Black - Salton

Sudoku

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

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

*COMMONYMS SOLUTIONS: 1) Poles; 2) Sharks; 3) They have spines; 4) Cheese; 5) Crackers; 6) Boats; 7) Pies; 8) Fevers; 9) Bulbs; 10) Seas

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

- 1. Eat Breakfast.** Start your day with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables.
- 2. Make Half Your Plate Fruits & Vegetables.** Experiment with different types, including fresh, frozen and canned.
- 3. Watch Portion Sizes.** Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. Complete the meal with a serving of fat-free or low-fat milk or yogurt.
- 4. Be Active.** Regular physical activity has many health benefits. Start by doing what exercise you can.
- 5. Get to Know Food Labels.** Reading the Nutrition Facts panel can help you choose foods and drinks to meet your nutrient needs.
- 6. Fix Healthy Snacks.** Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the food groups: grains, fruits, vegetables, dairy, and protein.
- 7. Consult an RDN.** Whether you want to lose weight, lower your health risks or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.
- 8. Follow Food Safety Guidelines.** Reduce your chances of getting sick with proper food safety. This includes: regular hand washing, separating raw foods from ready-to-eat foods, cooking foods to the appropriate internal temperature, and refrigerating food promptly.
- 9. Drink More Water.** Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you are active, an older adult or live or work in hot conditions.
- 10. Get Cooking.** Preparing foods at home can be healthy, rewarding and cost-effective.



YOU CAN USE



Putting Nutritional Awareness on the Menu

March is National Nutrition Month! It's no secret that eating healthy is important, but actually putting that into action can be difficult. According to a recent survey, around 77% of Americans would like to eat a healthier diet, as they recognize that eating healthy is an important part of living a long and healthy life.* However, that same survey also reported that there are significant barriers to eating healthier, from a lack of knowledge to the cost of healthy foods. At BRMS, we're taking the time to boost awareness for nutritional health through important insights and helpful tips for following a healthy diet.

Nutritional Health by the Numbers

- Around 1 in 5 adults have at least one untreated cavity.*
- Over 150 million people in the U.S. are reported to have a poor diet.*
- Around 40% of adults and 20% of children are overweight or obese.**
- Only 9.3% of adults are meeting the daily vegetable recommendation, and only 12.2% are meeting the daily fruit recommendation.**
- Around 90% of Americans eat too much sodium.**

Sources:

* <https://newsroom.heart.org/news/alarming-trends-call-for-action-to-define-the-future-role-of-food-in-nations-health>

** <https://www.myshortlister.com/insights/nutrition-statistics>

*** <https://globalnutritionreport.org/reports/2022-global-nutrition-report/executive-summary/#note-izCX1rxqN>



Move More and Sit Less

While exercise may sound intimidating to some people, it doesn't have to be. Any type and amount of activity is better than none and there are so many enjoyable ways to get moving. In order to "move more and sit less", as the new physical activity guidelines recommend, it's important to find activities that you enjoy!

It's important to choose activities that match your abilities. Set realistic goals to avoid risking an injury or becoming discouraged and less active. Research has shown that regular physical activity can lead to better health, including a reduced risk for many chronic diseases, such as heart disease, high blood pressure and diabetes.

Both aerobic and muscle-strengthening activities may also offer bone-strengthening benefits. Activities that involve stretching can help to increase flexibility, or the range of motion for joints.

Center HAPPENINGS

Valentine's Day Craft was such a hit for our members.
Thank you to all who participated.



Happy Birthday



Nancy Poe celebrated her 96th Birthday with us!

Wear Red Day 2026

Our members wore red to show support for heart health and research as part of American Heart Month!



So Grateful for our Meals on Wheels Delivery Drivers

Each day our drivers head out with the biggest smiles to delivery and visit our clients. It is so much more than just delivering a meal. We thank you for all you do!



Thank you to First United Bank, Bulverde putting smiles on our members' faces last Friday by delivering flowers! Your United Acts of Kindness day is an inspiration to us all!



LINE DANCING WAS READY FOR MARDI GRAS



March

WHAT'S IN SEASON?



Peas

Verywell

0.2g FAT

62 CALORIES

3.6g FIBER

11g CARBS

4.1g PROTEIN

(per 1/2 cup, frozen, unsalted)

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

Peas are an easy way to add flavor, color, and loads of vitamins and nutrients into your diet

Peas



WHAT'S IN IT FOR YOU?

Moderately Low Calorie

134 calories per cup

Low Glycemic

Glycemic Index: 51 (low)
Glycemic Load: 51 (low)

Good weight loss food

Though not as low in calories as most vegetables, peas are suitable for dieters due to their high protein and fiber content. Peas also have practically no fat and no cholesterol.

Fiber

Peas are high in fiber, especially the insoluble type which not only helps with regularity, but is probably a key factor in preventing colon cancer.

Vitamin A

Essential for normal vision and for preventing night blindness.

B Complex Vitamins

Peas contain thiamin, folate, and other B complex vitamins. Normal nervous system functioning and energy production depend on these nutrients.

Vitamin C

Peas contain more vitamin C than any other legume. This potent antioxidant is essential for a healthy immune system and may help prevent cancer.

Carotenoids

These phytonutrients are important for eye health and are believed to fight cancer.

Vitamin K

Both normal blood clotting and healthy bone formation depend on this vitamin.

Manganese

Many essential body processes depend on it. Manganese is also a powerful antioxidant.

Saponins

These phytochemicals with cancer fighting properties are abundant in peas.



Easy Pea Salad

★★★★★

Pea Salad is a classic and easy side dish. A delicious salad of crunchy peas, crispy bacon, cubes of cheddar cheese, and red onion, all covered in a mayonnaise dressing.

Course	Side Dish
Cuisine	American
Prep Time	5 minutes

Cook Time	10 minutes
0 minutes	
Total Time	15 minutes
Servings	8 servings
Calories	374kcal
Author	Leigh Anne Wilkes

Ingredients

- 16 oz. peas frozen and thawed
- 1/2 cup red onion chopped
- 2/3 cup cheddar cheese cubed
- 1 lb. bacon fried and crispy
- 1/4 cup mayonnaise
- 1 tsp yellow mustard
- 1 tsp sugar
- salt and pepper to taste

Instructions

1. Combine all ingredients in a bowl and stir to combine and coat. Keep covered in refrigerator until ready to serve.

Nutrition

Calories: 374kcal | Carbohydrates: 10g | Protein: 12g | Fat: 31g | Saturated Fat: 10g | Cholesterol: 50mg | Sodium: 488mg | Potassium: 274mg | Fiber: 3g | Sugar: 4g | Vitamin A: 550IU | Vitamin C: 23.4mg | Calcium: 87mg | Iron: 1.1mg

DID YOU KNOW?

THE PEA IS THE OLDEST KNOWN VEGETABLE.



Fun facts

The average pea weighs between 0.1 gm and 0.36 gm.

Pea leaves are considered a delicacy in China.

The story of The Princess And The Pea was written in the mid to late 1800's by author Hans Christian Andersen.

The pea is green when eaten because it is picked when still immature. A ripe pea is more yellow in colour. Eating peas when they are green became fashionable in the 1600s and 1700s, but was described by the French as 'madness'.

Clarence Birdseye, an American inventor and naturalist froze the first peas in the 1920s.



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