

The BSBAC Buzz



May
2026



An active life is a good life!



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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



May is AMERICAN STROKE MONTH

When it comes to stroke, every second counts! Nearly 2 million brain cells die each minute a stroke remains untreated.

Rapid access to medical treatment oftentimes make the difference between full recovery and permanent disability.

Know the signs of a stroke and act F.A.S.T. (face drooping, arm weakness, speech difficulty, Time to call 911 if someone is having a stroke.

The Facts:

- Stroke can happen to anyone at any age.
- 80% of all strokes are preventable.
- Stroke is the fifth leading cause of death in the U.S. and a leading cause of severe disability.
- On average, one person dies from stroke every 4 minutes.
- More than 795,000 people have a stroke each year in the U.S.
- Stroke kills almost 130,000 of the 800,000 Americans who die of cardiovascular disease each year—that's 1 out of every 19 deaths from all causes.

When you spot a stroke warning sign, be fast. Recognizing the stroke warning signs and calling 911 immediately may make the difference between a strong recovery or long-term disability; survival or death.

B = Balance Loss. Is there a sudden loss of balance or coordination? Is the person having trouble walking or experiencing dizziness?

E = Eye (Vision) Changes. Are there sudden changes in vision? Ask the person if they are experiencing blurred vision, double vision, or loss of sight in one or both eyes.

F = Face Drooping. Does one side of the face droop, or is it numb? Ask the person to smile. Is the person's smile uneven?

A = Arm Weakness. Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S = Speech Difficulty. Is speech slurred or difficult to understand? Ask the person to repeat a simple sentence.

T = Time to Call 911. If you have any of these symptoms or see someone else having them, call 911 immediately!

Prevent stroke by following the American Heart Association/American Stroke Association's Life's Essential 8 tips:

- Manage blood pressure
- Control cholesterol
- Reduce blood sugar
- Be more active
- Eat better
- Manage weight
- Quit tobacco
- Get healthy sleep

From: <https://www.stroke.org/en/about-the-american-stroke-association/stroke-awareness-month> & <https://www.sophe.org/focus-areas/may-national-stroke-awareness-month/>

B.E. F.A.S.T.

Balance Loss	Eye (Vision) Changes	Face Drooping	Arm Weakness	Speech Difficulty	Time to Call 911
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Note from THE CENTER



If you've spent any time around our center lately, you know one thing for sure—there's never a dull moment here. From lively conversations over coffee to friendly competition during games and classes, our days are full of connection, laughter, and the kind of stories that only come from a community like ours.

Serving seniors is about so much more than programs and services—it's about people. It's about the friendships that form at shared tables, the wisdom exchanged between generations, and the simple joy of knowing someone cares enough to check in, say hello, or lend a hand.

This season, we're celebrating all the ways our community shows up for one another. Whether it's volunteers giving their time, donors investing in our mission, or participants bringing their humor and life experience into the room, each person adds something special to the fabric of this organization.

One of my favorite things about working here is hearing the stories that unfold every day—stories of resilience, humor, and remarkable lives well lived. They remind us that aging isn't about slowing down; it's about continuing to grow, connect, and make a difference in new ways.

As we move into the coming months, we have exciting events and opportunities ahead—from gatherings and activities to ways you can help us continue serving seniors in our community. However you choose to be involved, please know that you are part of something meaningful.

Thank you for being part of this community and for helping us ensure that every senior we serve feels valued, connected, and supported.

Warmly,

DeLisa Leopold, Executive Director



Upcoming EVENTS

May 4, 18

12:00pm - Loteria

May 6

10:00am - Brunch Bingo

1:00pm - Book Club

May 8

10:00am - Downsizing Workshop

May 11

12:35pm - Bunco

May 13

10:00am - Card Creations

1:30pm - Arts & Crafts: Rock Painting

May 14

2:30pm - Dementia Support Group

May 20

2:30pm - Caregiver's Support Group

May 14, 21, 28

10:15am - Daytrip: Conservation Plaza

May 22

11:00am - Memorial Day Potluck

May 25

11:00am - Center Closed for Memorial Day



May 26

11:45am - Bloom & Connect: Design Your Own Flower Pot

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

TUESDAY



- 10:30am Mah Jong
- 11:30am Fellowship Meal
- 1:00pm Bingo
- 3:30pm Guitar Jam Session

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
- 2:30pm Dementia Support Group (2nd Thur)



FRIDAY



- 11:00am Fellowship Meal
- 12:15pm Bingo



A beautiful face
will age, a
perfect body will
change, but a
beautiful soul
will always be a
beautiful soul.



May

FELLOWSHIP MEAL MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				
				1
				Sub Sandwich Chips Fruit Dessert
4	5	6	7	8
Greek Omelet Tomato & Garbanzo Bean Salad Dessert	Baked Potato Salad Fruit Dessert	Marry Me Chicken Mashed Potatoes Green Beans Dessert	French Onion Salisbury Steak Rice Peas Dessert	Egg Roll Fried Rice Asian Cucumber Salad Fortune Cookie
11	12	13	14	15
Beef Taco Pinto Beans Guacamole Dessert	BBQ Chicken Sandwich Squash Casserole Dessert	Chicken Parmesan Pasta Salad Garlic Bread Dessert	Creamy Dijon Rosemary Chicken Mashed Potatoes Zucchini Roll Dessert	Greek Tortellini Salad Cherry Tomatoes Dessert
18	19	20	21	22
Mongolian Chicken Rice Broccoli Dessert	Chicken Parmesan Pasta Salad Garlic Bread Dessert	BBQ Chicken Cucumber & Tomato Salad Dessert	Corn Chowder Salad Roll Dessert	Memorial Day Potluck Hamburgers 
25	26	27	28	29
CENTER CLOSED 	Philly Cheesesteak Pasta Green Beans Dessert	Sausage Wrap Baked Beans Corn Casserole Dessert	Spaghetti with Meat Sauce Green Beans Garlic Bread Dessert	Beef & Bean Burrito Guacamole Squash 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



May 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 Beginning from Scratch Clogging 6:30p Clogging (Lorraine)	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)	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)	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)	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.)



TAI CHI

Low-impact, "meditation in motion" practice ideal for seniors, offering significant benefits for balance, flexibility, and strength while reducing fall risk by nearly 50%. Includes gentle, slow-motion movements and weight-shifting exercises.



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 TONING

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 is perfect for those who like Zumba, but want to put extra emphasis on toning and sculpting the define those muscles.

May

EVENT FLYERS & SPECIAL EVENTS

BOOK CLUB

Facilitated by the Mammert Family Library

MAY PICK

Little Women
Author: Louisa May Alcott

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.

May ARTS & CRAFTS

ROCK PAINTING

Wednesday, May 13th at 1:30pm

Sponsored By
Med Team, Inc. Provider Services New Braunfels

Hosted by **Ana Fell Branch Manager**

Services Provided:
Bathing
Dressing
Exercising
Feeding
Grooming
Routine Hair/Skin Care
Tobacco
Transfer/Ambulation
Cleaning
Laundry
Meal Preparation
Assist w/Self-Admin. Meds
Escort
Shopping

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.

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

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

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

Loss Support
4th Monday of each month at 1:30pm

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

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

May Day Trip

CONSERVATION PLAZA

THURSDAYS, MAY 14TH, 21ST, & 28TH
BUS DEPARTS PROMPTLY AT 9:30AM

Enjoy a guided tour of our award winning 19th century German Texas village. View 18 historic structures and 5 styles of German Fachwerk. There is no better way to appreciate the big hardships and small pleasures of life our German ancestors brought with them to the Texas Hill Country.

LUNCH AT THE BUTTERMILK CAFE

\$10 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.

May BSBAC Wish List

- \$25 Gift Cards to a Variety of Places
- Commercial Room Divider (\$250 each)
- Commercial Dehumidifier (\$270 each)
- Square Card Tables (6-8 needed, \$50 each)
- Folding Black Side Tables (6-8 needed, \$45 for 2pk)
- Oscillating Fans (6 needed (\$50 each)
- Fruit Cups
- Solo Cups
- 6" Paper Dessert Plates
- 8oz Water Bottles

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!

May KICK-OFF TO SUMMER POTLUCK

Center will be providing Hamburgers.
Please use the in-center signup to register and bring an appetizer, salad, side, or dessert to share with everyone.

Friday, May 22nd at 11am

Make sure you signup to let us know how many people to expect.

BLOOM AND CONNECT

Design your own flower pot!

Come enjoy a relaxing and uplifting class designed to spark creativity and connection!

May 26, 2026
11:45 am - 12:45 pm

Texas A&M AgriLife Extension service provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, marital status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners' Courts of Texas Cooperating.

LINE DANCE COMPETITION

Friday, June 5 @ 3:00pm

LEAD A LINE DANCE OF YOUR CHOICE!

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

- \$10 entry fee for the contestant.
- You must be a BSBAC Member.
- You must teach and lead the group in the line dance.
- The song used must be no longer than 4 minutes.
- You may have a friend(s) up front with you while you lead.
- You must register by Wednesday, June 3 (\$10 Registration Fee)
 - Provide name, phone, song, singer & length of song
 - Sign up & pay fee at Activity Center front desk

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

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

MEALS ON WHEELS BSB IS IN NEED OF DRIVERS TO DELIVER MEALS



VOLUNTEERS NEEDED!

The Bulverde Spring Branch Activity Center is in need of people to help deliver meals to homebound seniors. Currently we have 65 clients that receive a meal Monday-Friday. If you can spare 1-2 hours every other week, we'd love to have your help!

DID YOU KNOW THAT DELIVERING IS SO MUCH MORE THAN JUST A MEAL?

Frequent in-home visits provide unique opportunities to meet nutritional needs, combat social isolation and provide a daily checkup? You may be the only person that senior sees all week.



CONTACT INFO:
JEAN LARSON
J.LARSON@BSBAC.COM
830-438-3111

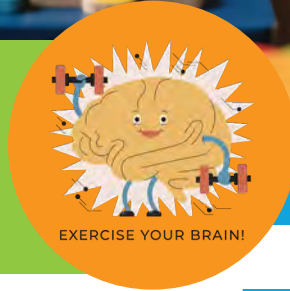


May
BIRTHDAYS

- | | | |
|---------------------|-----------------------|------------------------|
| Adams, Juanita | Grothues, Henry | Petergal, Joe |
| Askew, Virginia | Hahn, Joan | Plunkett, Dottie |
| Backer, Diane | Hamann, Donna | Polfus, Linda |
| Bailey, Wesley | Harrison, Susan | Politte, Keith |
| Balderas, Yolanda | Hersh, Margaret | Postel, Elizabeth |
| Barnhart, Roberta | Hill, Judy | Pourroy, Chris |
| Bartelli, Cynthia | Hobbs, Rosalinda | Poutra, Clare |
| Beauchamp, Tara | Holloway, Lina | Powell, Suzanne |
| Berger, Faith | Hopkins, Geoff | Putman, Katrina |
| Blankenburg, Lois | Jager, Bonnie | Pyle, Bernice |
| Bowles, Dorothy | James, Leonard | Ras, Elizabeth |
| Boykin, Tony | Johnson, Carolyn | Riley, Julianne |
| Braaten, Marguerite | Johnson, Gregoria | Ritter, Sandy |
| Brook, Ruth | Jones, Wayne | Roach, Barbara |
| Brossmer, Barbara | Karch, Jack | Rodrigue, Patricia |
| Bubel, Gail | Kosmach, Mary | Rodriguez, Melody |
| Buchanan, Linda | Kronowit, Julia | Ross, Max |
| Bushn, Robert | Kurtz, Darlene | Ross, Stella |
| Cabrera, Imelda | Laubach, Dorothy | Runnels, Debie |
| Carmody, Theresa | Leasure, Paul | Sanders-Lively, Mariam |
| Carter, Lennie | LeMasters, Sandra | Sanford, Robert |
| Casteel, Minnie | LeMasters, Thomas | Schneider, Kathleen |
| Castillo, Jose | Leyendecker, Linda | Sharp, Terrie |
| Clark, Bill | Lichtenstein, Frank | Skop, Joe |
| Clement, Donna | Lindemann, Paul | Slough, Brenda |
| Coburn, Philip | Lopez Aguilera, Marta | Smith, Patricia |
| Coleman, Joan | Madrid, Diane | Stautzenberger, Jon |
| Collis, Pamela | Magill, James | Stephenson, Vickie |
| Costello, Linda | Martinez, Deborah | Stone, Barbara |
| Crayton, Chonita | Mcafee, Mary Ann | Sunn, Sandra |
| Culpeper, Linda | Mcdaniel, Karen | Talley, Nancy |
| Curatolo, Margaret | McFaddin, Raylene | Taylor, Bette |
| Damme, Marlena | McMullin, Ross | Temple, Terry |
| De Jesus, Blanca | McTee, Janis | Terrazas, Johnnie |
| Delmas, Kelly | Medina, Sonia | Throckmorton, Karen |
| Devo, Rosario | Moore, Donna | Tindall, Beverly |
| Dockery, James | Moore, Rick | Topper, Robert |
| Ebrom, Patti | Nash, Shirley | Troutman, Joan |
| Falcon-Borel, Linda | Norrgran, Esther | Truitt, Patricia |
| Finmark, Roslyn | Odle, Denise | Van Heerde, John |
| Forsten, Al | Olenick, Patricia | Ward, Diane |
| Foster, Deborah | Palinkas, James | Weaver, Sherry |
| Fuenmayor, Luz | Pardo, Sandra | Wiseman, Nancy |
| Gates, Joyce | Parker, John | Wright, Sherrill |
| Goble, Barbara | Patton, Frank | |
| Greenamy, Gaye | Pena, Richard | |
| Gregory, Sandra | Perdomo, Juana | |



Brain GAMES



May Word Search



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

- BARBECUE
- BASEBALL
- BIKING
- BIRDS
- BLOSSOMS
- BUTTERFLIES
- CAMPFIRE
- CATERPILLAR
- DRAGONFLY
- FLOWERS
- FRISBEE
- GARDENING
- HIKING
- ICE CREAM
- KITE
- LADYBUG
- LEMONADE
- MEMORIAL DAY
- MOTHER
- OUTDOORS
- PICNIC
- PLANTING

PLAYGROUND



- SUNGLASSES
- SUNSCREEN
- SUNSHINE
- WATERMELON
- PUDDLE
- RAINDROPS
- SUNDRESS



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Commonyms*

1. A Courtroom - A Dugout - A Park
2. Trap - French - Glass
3. Coffee - Layer - Spice
4. Mud - Peach - Pot
5. Toilet - Fly - Wrapping
6. A Scale - A Tire - A Checkbook
7. A Cook - A Toilet - College Football
8. Hair - A Brain - Ocean
9. Tug of War - Nightly News - A Boat
10. A Cork - A Question - A Balloon

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							

*COMMONYMS SOLUTIONS: 1) All have benches; 2) Doors; 3) Types of cake; 4) Types of pie; 5) Types of paper; 6) They are balanced; 7) They have bowls; 8) They have waves; 9) They have anchors; 10) Swimming strokes

What is a stroke?



It is sometimes called a "brain attack", and occurs when something blocks blood flow to the brain or a blood vessel in the brain bursts.

Stroke Types

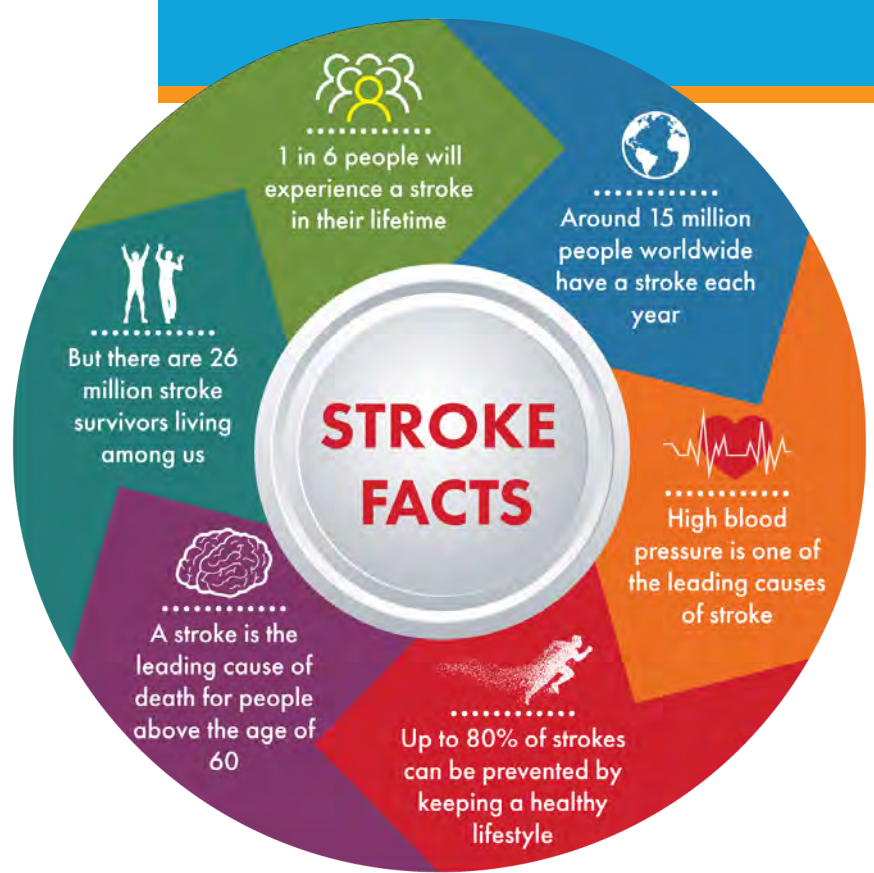


Ischemic occurs when a blood clot blocks the blood vessels to the brain. Fatty deposits called plaque can cause these blockages by building up in the blood vessels.

Hemorrhagic occurs when a blood vessel in the brain bursts leaking blood into the brain.



Women 65-74 years of age are twice as likely to be hospitalized for a stroke as men.



MYTHS AND FACTS OF STROKE

MYTHS

- Stroke is not preventable
- Stroke can not be treated
- Stroke only strikes elder
- Stroke happens in the heart
- Stroke recovery ends after 6 months

FACTS

- Many strokes are preventable
- Strokes can be treated
- Anyone can have a stroke
- Stroke is a "Brain Attack"
- Stroke recovery can last a lifetime

SYMPTOMS



Confusion



Trouble Speaking



Severe Headache



Vision Changes



Dizziness



Numbness



Trouble Walking



Weakness



Lack of Balance



Difficulty Understanding

May is American Stroke Month



Prevent • Treat • Beat

Center HAPPENINGS



Celebrating our Volunteers!

We had a full house and a delicious breakfast. Thank you to our BSBAC Board for coming out and helping to serve our breakfast. Special congratulations to our Volunteers of the Year...Amy White, Blanca De Jesus, Jesse McGee, Terry Sessums, Kevin Hoehn Jr., Susan Kennedy, & Judy Sansom! Thank you to all of our volunteers for what they do for us here at the Center. You are truly appreciated and loved.



Canasta Tournament



HAPPY 89TH
BIRTHDAY



Joe Rodriguez



Celebrating the Journey

BSBAC GALA



Thank You



Dear Friends,

Thank you for being part of our recent gala and for your generous support of our mission. Your presence, enthusiasm, and commitment helped make the evening a wonderful success. Events like this are only possible because of a community of supporters like you who believe in the work we do. **Together, we raised \$68,000!**



Because of your support, we can continue providing meaningful programs and services that make a real difference in the lives of those we serve. Your generosity helps ensure that our work continues to grow and reach even more people in need.



We are truly grateful to have you as part of our community and appreciate your continued partnership. Thank you for standing with us and helping make our mission possible.



With sincere gratitude,
The BSBAC Team & Board of Directors



May

WHAT'S IN SEASON?



Artichoke

✓ Cholesterol-Free ✓ Fat-Free
 ✓ Low-Sodium ✓ Gluten-Free
 ✓ High-Fiber

High in fiber, vitamin K, and folate. Good source of magnesium, potassium, and vitamin C

7G FIBER 0.4G FAT 64 CALORIES
 3.5G PROTEIN 13G CARBS

(per medium artichoke, cooked with no salt)

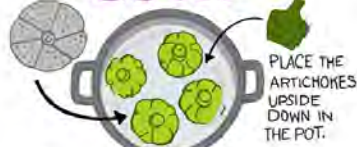
HOW TO COOK ARTICHOKE



TRIM



COOK



COVER WITH WATER & ADD 2 TSP SALT. DON'T COOK IN COPPER OR ALUMINUM. THE ARTICHOKE, REACT WITH THE METAL. USE A WEIGHTED STEAMER INSERT TO KEEP THE ARTICHOKE FROM FLOATING.

BRING THE WATER TO A BOIL OVER HIGH HEAT, THEN REDUCE HEAT TO MEDIUM, & COOK 10 MIN. COOK UNCOVERED TO PREVENT THE ARTICHOKE FROM TURNING BROWN. DRAIN FOR 5 MINUTES, COVERED, TO KEEP THEM WARM.

EAT



LEMON BUTTER OR AIOLI MAKE EXCELLENT DIPS FOR ARTICHOKE.



The Astounding Artichokes

Awesome Facts About Artichokes

- A member of the sunflower family of vegetables, the artichoke is actually a perennial thistle.
- First cultivated in the Mediterranean region, artichokes were popular among the Roman nobility.
- If left to grow wild, artichokes blossom into large purple flowers.

Artichokes contain:

Vitamin C • Vitamin K • Vitamin B9 (folate) • Calcium • Copper
Iron • Magnesium • Manganese • Phosphorus • Potassium

What Are the Health Benefits of Artichokes?



Boost heart health

The vitamin C content in artichokes provides antioxidant action to protect cells from damage from free radicals, as well as reduce the risk of coronary heart disease.

Ensure healthy elimination

A medium artichoke can supply 6.9 grams of fiber, which is important in promoting regular bowel movement as it adds bulk to your stool.

Help reduce cancer risk

A flavonoid in artichoke called silymarin was found to be a skin cancer chemopreventive or anticarcinogenic agent.

Promote liver health

Cynarin in artichokes increases bile production in your liver, which in turn eliminates bad cholesterol from your body.

SUPERFOOD SPOTLIGHT

Artichokes

- Thorns _____
- Leaves _____
- Choke _____
- Heart _____
- Stem _____



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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.

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