

May 2023

BSBAC Buzz



May is Older Americans Month

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

Older Americans Month is a time to celebrate the contributions of older Americans, encourage intergenerational activities and raise awareness of the needs of older Americans. The month long observance began as an opportunity to honor those who have reached or are approaching retirement age.

This year's theme, **Aging Unbound**, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

Here are some ways we can all participate in Aging Unbound:

Embrace the opportunity to change. Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.

Explore the rewards of growing older. With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.

Stay engaged in your community. Everyone benefits when everyone is connected and involved. Stay active by volunteering, working,

mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.

Form relationships. As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

HOW TO SUPPORT OLDER AMERICANS

Provide financial support. If you're able to, consider donating to organizations that support older Americans and their needs. Your money can go toward providing meals or medical care for seniors who might otherwise not be able to afford it.

Volunteer at a local senior center. Many communities have facilities where older people can come together and socialize with others who are going through similar experiences in life, like dealing with health issues or losing loved ones. Volunteering at these centers is an excellent way to give back while also helping out those who need it most!

Donate items. Blankets or clothes may be useful for those living on fixed incomes (such as Social Security).

For more information, visit the official OAM website, follow ACL on Twitter and Facebook, and join the conversation using #OlderAmericansMonth.



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Upcoming Events

May 3 @ 10:00am
Brunch Bingo

May 3 @ 1:45pm
Book Club

May 5 @ 11:00am
Cinco de Mayo Potluck Lunch

May 6 @ 8:00am
24th Annual Run for the Hills

May 8 @ 12:35pm
Bunco

May 9 @ 11:30am
Walk-n-Talk Session #4

May 10 @ 1:00pm
Self-Care Workshop

May 11 @ 10:00am
Daytrip to El Mercado
w/Lunch at Mi Tierra

May 15 @ 11:30am
Membership Connection Lunch

May 17 @ 1:00pm
Healthy Cooking for Seniors Demo

May 18 @ 10:00am
Daytrip to El Mercado
w/Lunch at Mi Tierra

May 22 @ 12:35pm
Bunco

May 23 @ 11:30am
Walk-n-Talk Walking Series #5

May 24 @ 1:15pm
Cinema at the Center: Selena

May 25 @ 10:00am
Daytrip to El Mercado
w/Lunch at Mi Tierra

May 25
Panda Express Fundraiser for BSBAC

May 29
Center Closed for Memorial Day



*Hello May!
Open our eyes to the beauty of the world.*



Note From the Center...

By DeLisa Leopold, Executive Director

Way to go BSBAC community!

Late last fall the BSBAC team and Board of Directors decided to launch a new fundraiser. That may not seem like a big deal, but as we looked at our calendar and tried to place what would be our Inaugural Gala, we soon realized that April was the best month.

That would make for quick execution, especially given that we would also have the BBQ Cook-off in February. But, we all met it head on and got busy.

With the work of our team, our Board members, generous sponsors and supporters, and a dedicated committee, we did it! We had a fantastic evening as we celebrated our wonderful BSBAC community. In the end, we raised

\$43,000 for the Center! This was a wonderful example of how working for something that matters to you can be done regardless of the challenges.

BSBAC matters. We are dedicated to doing what is needed to carry out our mission each day, and we hope we will continue to have the support we have been blessed with.

The year is still young and we have a lot ahead of us in the way of fundraising, programming and outreach. We hope that you will join us as we work to do all that is possible to make BSBAC a home away from home for those that visit the center, and a resource for those that cannot.

Let's continue to work together to do great things!



May Weekly Activity Schedule



MONDAY

9:00am Library
9:00am Socializing
9:00am Wood Carving
10:00am Dominoes:
 Mexican Train (1st &
 3rd Mon)

11:30am
 Fellowship Meal

12:35pm Bunco
 (2nd & 4th Mon)
1:00pm Bridge
 Foursome
 (1st & 3rd Mon)
1:30pm Dominoes
2:30pm Table Tennis



TUESDAY

9:00am Library
9:00am Socializing
11:00am Mah Jong

11:30am
 Fellowship Meal

1:00pm Bingo



WEDNESDAY

9:00am Library
9:00am Socializing
9:00am Bridge
10:00am Brunch
 Bingo (1st Wed)
10:00am Card
 Creations (2nd Wed)

11:30am
 Fellowship Meal

12:00pm Knitting/
 Crochet/Sewing
1:45pm Book Club
 (1st Wed)
2:00pm Caregiver
 Support Group
 (3rd Wed)



THURSDAY

9:00am Library
9:00am Socializing
9:00am Wood Carving
10:00am Canasta HF
10:00am Daytrip
 (2nd, 3rd, 4th Thurs)
12:00pm Poker

11:30am
 Fellowship Meal

12:30pm Mindful
 Meditation
2:15pm Bible Study



FRIDAY

9:00am Library
9:00am Socializing

11:00am
 Fellowship Meal

12:15pm Bingo



Atkinson, Suzi
 Barnhart, Roberta
 Beauchamp, Tara
 Boykin, Tony
 Brook, Ruth
 Brossmer, Barbara
 Buchanan, Linda
 Burg, Roger
 Bushn, Robert
 Carmady, Theresa
 Carter, Gloria
 Casteel, Minnie
 Catoe, Maria
 Chavez, Yolanda
 Coburn, Philip
 Coleman, Joan
 Crouch, Ruth
 Culpeper, Linda
 Curatolo, Margaret
 Damme, Marlana
 Davis, Yolette
 Devo, Rosario

Dockery, James
 Drisco, Norman
 Ebrom, Patti
 Ermel, Robert
 Fabricant, Stuart
 Farr, Beatrice
 Finmark, Roslyn
 Forbes, Jackie
 Gonzalez, Lisa
 Goodwin, Anna
 Harrison, Susan
 Haynes, Rose
 Heitczman, Sylvia
 Hill, Judy
 Hobbs, Rosalinda
 Holt, Sylvia
 Hoover, Marilyn
 Johnson, Jodi
 Johnson, Karen
 Jones, Wayne
 Judson, Sandy
 Karch, Jack

Kayser, Jim
 Kerwin, Jytte
 Kime, Diane
 Kosmach, Mary
 Kronowit, Julia
 Leyendecker, Linda
 McAfee, Mary Ann
 McDaniel, Karen
 McDonald, Colleen
 McEachern, Raymond
 Mctee, Janis
 Meier, Janis
 Meier, Joyce
 Murray, Charles
 Nash, Shirley
 Norrgran, Esther
 Nyland, Leonard
 Ochoa, Edilma
 Odle, Denise
 Ohm, Ron
 Ortiz, Isidra
 Palinkas, James

Parker, John
 Penman, Margaret
 Plunkett, Dottie
 Polfus, Linda
 Politte, Keith
 Postel, Elizabeth
 Powell, Suzanne
 Pyle, Bernice
 Rangel, Julia
 Reid, Meredith
 Rodriguez, Patricia
 Ross, Stella
 Runnels, Debie
 Schneider, Kathleen
 Seal, Harold
 Shaw, Jim
 Shumaker, Patricia
 Simone, Penelope
 Skop, Joe
 Slade, Frank
 Stautzenberger, Jon
 Stephenson, Vickie

Stone, Barbara
 Talley, Nancy
 Taylor, Bette
 Throckmorton, Karen
 Tindall, Beverly
 Topper, Robert
 Trouson, Darlene
 Underwood, Ann
 Ward, Diane
 Webb, Patricia





May 2023

Center Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cheese Ravioli Green Beans Garlic Bread Dessert	2 Chinese Stir-fry over Rice Dessert	3 Buffalo Chicken Ring Celery & Carrots Dessert	4 Ham & Cheese Quiche Fruit Coconut Poke Cake	5 Cinco de Mayo Potluck King Ranch Chicken 
8 Asian Chicken Salad Dessert	9 Caprese Sandwich Fruit Dessert	10 Sub Sandwiches Chips Dessert	11 Chili Relleno Casserole Beans Dessert	12 Slow Cooker Chicken Gyros Cucumber & Tomato Salad Dessert
15 Beef Stroganoff Noodles Salad Rolls Brownies w/ice cream	16 Bloody Mary Shrimp Salad Green Salad Garlic Bread Dessert	17 Chef's Special Dessert	18 Frito Pie Fruit Root Beer Float Cake	19 Pizza Salad Dessert
22 Salad Bar Rolls Dessert	23 Beef Tacos Pinto Beans Dessert	24 Sausage Wrap Potato Salad Dessert	25 Chicken Pot Pie Layered Salad Dessert	26 Chicken Salad Croissant Fruit Dessert
29 	30 Broccoli Chicken Casserole Green Salad Dessert	31 Hamburgers Three Bean Salad Dessert		

Fellowship Meal is served Mon-Thurs@ 11:30am, Fri@11:00am
(LUNCH IS SERVED FOR A 1/2 HOUR IN THE CENTER)
Suggested Donation \$4 (Donations help make our fellowship meals possible)
Menus are subject to change



Mumbo Jumbo

Unscramble each of the clue words. Take the letters that appear in boxes and unscramble them for the final message.

HILNEGS	<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; border-radius: 50%;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; border-radius: 50%;"></div> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> </div>
PAISSNH	<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; border-radius: 50%;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; border-radius: 50%;"></div> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> </div>
RENCHF	<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; border-radius: 50%;"></div> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> </div>
NERMAG	<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; width: 20px; height: 20px; border-radius: 50%;"></div> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; border-radius: 50%;"></div> </div>

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May Flowers Word Search

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

Bamboozles

The object is to try to figure out the well-known saying, person, place, or thing that each bamboozable is meant to represent. (Solutions below)

h a p p i n e s s	PAY	P P P P P EARTH
Never Old Learn Old Learn	MORE MORE MORE MORE MORE MORE	O N A I P

Rose	Iris	Snapdragons	Pansy
Peonies	Cosmos	Lily	Larkspur
Tulips	Rhododendron	Carnation	Lilac
Daffodil	Buttercup	Zinnia	Dahlia
Hydrangea	Chrysanthemum	Petunia	Marigold

Commonynms

1. Easy - High - Lounge
2. Matchbooks - Magazines - Beds
3. Malls - Bacon - Comic
4. Cuba - Ireland - Japan
5. Mud - Java - Joe
6. Corn - U.S. Army - KY Fried Chicken
7. Nanny - Kid - Billy
8. Judges - Ruth - Kings
9. Black - Lazy - Bloodshot
10. Body - Crossing - Life

April Answers

1. Cats
2. Tickets
3. Vitamins
4. They all have Lincolns
5. Twins
6. Card Games
7. Mail
8. Insurance
9. Joes
10. Disciples

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A member of the Hospice Foundation

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May Health & Wellness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	2 9:30am Zumba Gold 10:30am Ballet Barre 1:00pm Beginning Line Dancing 5:30pm Zumba	3 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	4 8:30am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba	5 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
8 8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	9 9:30am Zumba Gold 10:30am Ballet Barre 1:00pm Beginning Line Dancing 5:30pm Zumba	10 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	11 8:30am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba	12 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
15 8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	16 9:30am Zumba Gold 10:30am Ballet Barre 1:00pm Beginning Line Dancing 5:30pm Zumba	17 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	18 8:30am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba	19 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
22 8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	23 9:30am Zumba Gold 10:30am Ballet Barre 1:00pm Beginning Line Dancing 5:30pm Zumba	24 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	25 8:30am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba	26 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
29 	30 9:30am Zumba Gold 10:30am Ballet Barre 1:00pm Beginning Line Dancing 5:30pm Zumba	31 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga		

GYM HOURS

Mon-Thurs: 8:00am - 5:00pm

Fri: 8:00am - 3:00pm

*Class is FREE for all BSBAC Membes



NEW UPDATE

BEGINNING LINE DANCE

If you are interested in learning how to line dance, join us for this fun class!


NEW TIME: TUESDAYS @ 1:00
(STARTING 5/9/23)



Another class added!

BALANCE & STRENGTH

Thursdays @ 1:00pm



Health & Wellness Class Descriptions



ACTIVE AGING STRENGTH

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***



BALLET BARRE

The exercises build gradually, are safe and can be performed by anyone. Muscles become toned and lengthened, posture is improved, and movement becomes more graceful as the student becomes more aware of his/her body.



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.



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.



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.



YOGA/YOGA MIXED

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 (or light weights), helps you focus on specific muscle groups, so your muscles stay engaged.



“Exercise not only changes your body, it changes your mind, your attitude, and your mood.”





Activity Center Happenings



BINGO WINNERS



AL CORDES WAS THE PROGRESSIVE FRIDAY BINGO WINNER SPONSORED BY CHERI ETTINGER, REALTOR, COLDWELL BANKER

WILLIE SHOOK & RUBY WAGONER SPLIT THE PROGRESSIVE TUESDAY BINGO JACKPOT SPONSORED BY CHERI ETTINGER, REALTOR, COLDWELL BANKER



Happy Birthday!



Elda Palos was our April birthday giftcard winner sponsored by Jill Bullock, Independent Insurance Agent, Silver & Secure

Elda Palos



Our Card Creations class was busy last month making handcrafted cards for our gift shop. If you are in need of a greeting card, be sure to come check them out. They are beautiful, very affordable, and all proceeds go to the Center.



Our Spanish class had a wonderful last day of class for this session making homemade tortillas and masa. Intermediate Spanish class starts again in June. We will be looking to add a Beginning Spanish class starting in June as well. Be sure to sign up at the Center or give us a call to be added to the interest list!



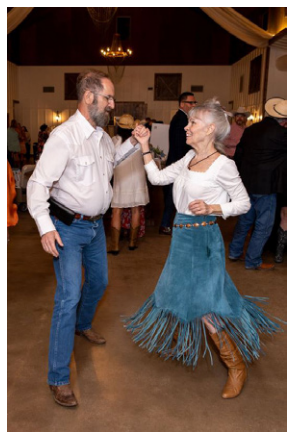
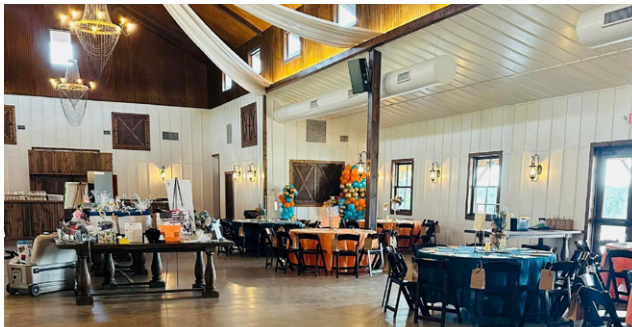


Activity Center Happenings



BSBAC GALA: CELEBRATING THE JOURNEY

Our first ever BSBAC Gala was a huge success! It was a fun night of giving with great fellowship, food and drinks. We were able to raise \$43,000 that will help us continue our mission! We cannot thank everyone enough for coming out to support us and the Center. Special thanks to all our sponsors and community partners...we couldn't have done it without you. We are truly blessed to be supported by such a wonderful community, and look forward to seeing you all again next year at our 2nd Annual BSB/ Gala!



Celebrating the Journey

BSBAC GALA



Thank You to Our Sponsors



BOOKKEEPING BY VAL

LAUBACH RANCH

REALTOR® Arlene Patterson



Sean & Vonna Purcell

susanjones

May Event Flyers



**MAY BRUNCH BINGO
FIESTA BREAKFAST
CASSEROLE**

Wednesday, May 3rd @ 10am

6 Games of Bingo - \$2
Brunch - \$4
Donations Appreciated



**Let's Walk For Health Together
8-Week Walking Challenge**

Starting March 28th- May 23rd
Every other Tuesday from
11:30am-12pm
(3/28, 4/11, 4/25, 5/9, & 5/23)



2023
Let's Walk-n-Talk
Fruit & Veggie Series

Get Registered!
Start a Healthy Habit!
Get Fit! Have Fun!

Both Team & Individual
PRIZES will be AWARDED!

For more information contact:
Beth Collier
830-438-3111
bcollier@bsbac.com
BSBAC Outreach Coordinator
Texas A&M Agrilife Extension
Master Wellness Volunteer



USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. The members of Texas A&M Agrilife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M Agrilife.



**CINCO DE MAYO
POTLUCK**

**KING RANCH CHICKEN CASSEROLE WILL BE PROVIDED.
PLEASE BRING YOUR FAVORITE APPETIZER, SIDE, OR
DESSERT TO SHARE.**

FRIDAY, MAY 5TH AT 11AM

PLEASE USE SIGNUP SHEET BELOW



*May
Self Care
Workshop*

**Wednesday, May 10th
at 12:30pm**

JOIN US FOR A FUN
AFTERNOON OF SPARKLES,
PAMPERING, AND
COCKTAILS.

LEARN HOW TO MAKE AN
INVIGORATING SUGAR
SCRUB ALONG WITH A SIP
AND SHOP FOR SOME NEW
SPARKLES WITH
TOUCHSTONE CRYSTALS.

THESE WOULD MAKE
GREAT GIFTS FOR
MOTHER'S DAY,
WEDDINGS, AND
GRADUATIONS.

PLEASE USE THE SIGN UP
BELOW.



**MAY DAY TRIP
EL MERCADO**

Come spend the day exploring
San Antonio's Historic Market Square.

Thursday, May 11th, 18th & 25th
10am Departure
Lunch at
Mi Tierra Restaurant & Bakery

\$10 per person if riding the bus. Don't want to
ride the bus, follow along in your own vehicle.




HEALTH TEXAS

Healthy Cooking for Seniors

Bulverde Spring Branch Activity Center
Wednesday, May 17, 2023
1:00 - 2:30 pm
30280 Cougar Bend
Bulverde, TX 78163
RSVP to Jill Bullock at (830) 406-6654
by Monday, May 15, 2023

Join us for a healthy cooking demo
and taste the results. You will also
receive a bag of produce with the
cooking demo!

Licensed insurance agent will be on-site with more information.

**CINEMA AT
THE CENTER**

Wednesday, May 24, 2023 @ 1:15pm

COME ENJOY A MOVIE, SNACKS & FELLOWSHIP



The true story of Selena, a Texas-born Tejano singer who rose from cult status to performing at the Astrodome, as well as having chart-topping albums on the Latin music charts. The film chronicles her rise to fame and tragic death.

Starring: Jennifer Lopez and Edward James Olmos



Fundraiser for
Bulverde Spring Branch Activity Center

20% of event sales will be donated
501 (c)(3) serving adults 50+. We rely on
community support to provide our
services.

When
Thursday, May 25, 2023
Time: 10:30 AM to 9:30 PM

Where
Panda Express located at:
350 Singing Oaks Spring Branch TX 78070
(830) 438 - 2701

How to Order

Online
PandaExpress.com or the App.
Enter 354905 in the fundraiser code box


or

In Person
Bring paper flyer or show it on
your smartphone

Order ahead or on the event day Thursday, May 25, 2023

HEALTH AND SAFETY

Committed to your health and safety, Panda Express is recognized as America's safest restaurant brand.



**LINE DANCE
COMPETITION**

Friday, June 2 @ 3:00pm

LEAD A LINE DANCE OF YOUR CHOICE!

★ WIN ★
\$100 for 1st Place
\$50 for 2nd Place

- \$10 entry fee for the contestant.
- You must be a BSBAC Member.
- You must teach and lead the group in the line dance.
- The song used must be no longer than 4 minutes.
- You may have a friend(s) up front with you while you lead.
- You must register by Wednesday, May 30
 - Provide name, phone, song, singer & length of song
 - Sign up at Activity Center front desk
- Voting ballots will be given to everyone at the beginning.

EVERYONE IS WELCOME TO JOIN IN ON THE DANCING!

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

Upcoming Special Events



SATURDAY, MAY 6TH, 2023

28th Annual Run for the Hills
Benefiting Bulverde Spring Branch Activity Center

REGISTRATION OPEN (THRU MAY 5)
Register by April 29 to guarantee t-shirt!

5K - \$25
10K - \$30
1 Mile Fun Run - \$10*
Sleepwalker - \$25
**Does not include t-shirt*

SIGN UP TODAY!
Online: www.athleteguild.com (thru May 5)
In Person: Bulverde Spring Branch Activity Center
30280 COUGAR BEND, BULVERDE, TX 78163, 830-438-3111
WWW.BSBAC.COM

VENDOR FEAR
TERMS OF 10% RECEIVE \$5 DISCOUNT
FAMILY FRIENDLY GAMES



Be sure to get yourself registered early for this event. You can register online at www.athleteguild.com or scan the QR code on the flyer, or in person at the Center. There are many different categories for any age and level: 1 Mile Fun Run, 5K, 10K, and Sleepwalker. The Sleepwalker category is a donation, but you get a shirt and don't even have to run!

This event is a fundraiser and all proceeds will benefit the Center and help us to continue to provide services to fulfill our mission.



May Wish List

- Schwinn Recumbent Bike \$600 each
(for the Gym)
- Sizzix Big Shot Die Cut/Embosser \$150 each
(for Card Creations)
- \$25 Gift Cards (Variety of Places)
- Pizza Pans \$15 each /need 4
- Pizza Cutter \$10 each
- Large & Small Disposable Aluminum Pans
- Coffee Creamer Pods
- Canned Chicken or Tuna
- Canned Rotel & Creamed Soups
- Cartons of Chicken or Beef Broth
Single Serve
- Applesauce, Nut Packs, & Pudding Cups
- Granola Bars
- Individual Juice Boxes or Bottles
(No Pouches Please)

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!





A DAY THAT LEADS TO YOUR

BEST NIGHT'S SLEEP

Thinking about sleep when it's time to lay your head on the pillow is actually too late. Try these little strategies, from Johns Hopkins sleep expert Rachel Salas, M.D., throughout the day to encourage better sleep at night.

IN THE MORNING

EAT BREAKFAST BY A WINDOW OR OUTDOORS—
THE SUN HELPS RESET YOUR BODY'S CIRCADIAN CLOCK.

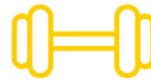


Make your bed. People who do are more likely to sleep better at night.



Wake at the same time every morning, including weekends and holidays.

IN THE AFTERNOON



EXERCISE AT LUNCH. EARLY WORKOUTS MAY SACRIFICE SLEEP, AND THOSE WITHIN 3 HOURS OF BED MAY KEEP YOU AWAKE.



CUT CAFFEINE BY 4 P.M.—OR NOON IF SENSITIVE. ITS EFFECTS CAN LINGER FOR 4 HOURS OR MORE.



IF YOU NEED A NAP, TAKE IT BEFORE 3 P.M., AND KEEP IT TO 30 MINUTES OR LESS.

IN THE EVENING



USE LAMPS AND DIMMERS. BRIGHT OVERHEAD LIGHTS TRICK YOUR BRAIN INTO THINKING IT'S STILL DAYTIME.



TURN OFF TECH 30 MINUTES BEFORE BED. BLUE LIGHT AND CONSTANT STIMULATION MAKE IT TOUGH TO WIND DOWN.



HAVE A LIGHT BEFORE-BED SNACK—YOGURT OR FRUIT—IF HUNGER OFTEN WAKES YOU IN THE NIGHT.



STICK TO THE SAME BEDTIME—OR VARY IT BY NO MORE THAN AN HOUR.



KEEP SHOWERS OR BATHS WARM (NOT HOT). ALSO TURN DOWN THE THERMOSTAT A FEW DEGREES TO MIMIC YOUR NIGHTTIME DROP IN BODY TEMP.



Tips To **BOOST** Your Health as You Age

Did you know that making lifestyle changes can help you live longer and better? Try these tips to get started.

Get moving — try gardening, biking, or walking.

Choose healthy foods rich in nutrients.

Manage stress — try yoga or keep a journal.

Learn something new — take a class or join a club.

Go to the doctor regularly.

Connect with family and friends.

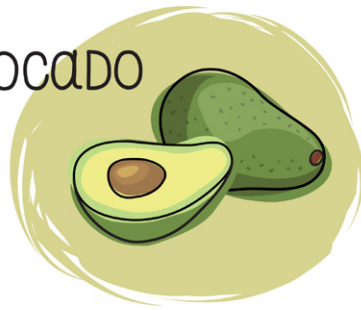
Learn more about steps you can take to promote healthy aging at www.nia.nih.gov/healthy-aging.



What's Cooking



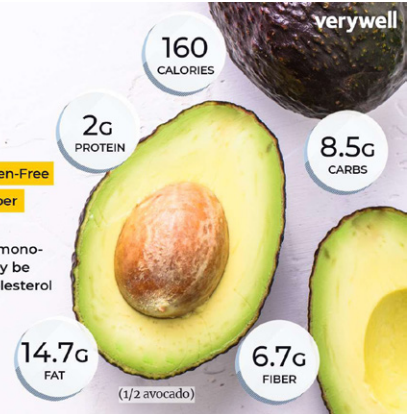
Avocado



Avocado

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



Provides a healthy dose of mono-unsaturated fats, which may be helpful in lowering bad cholesterol



parentcircle

HEALTH BENEFITS OF AVOCADO

- Reduces risk of cancer
- Helps to prevent type-2 diabetes
- Minimises risk of neurodegenerative diseases
- Prevents cartilage defects
- Helps in weight loss
- Decreases risk of metabolic syndrome
- Improves carotenoid absorption
- Provides daily fibre content
- Hydrates the skin
- Promotes hair growth
- Lowers cholesterol and triglyceride levels
- Maintains healthy blood pressure
- Protects the eyes
- Prevents osteoarthritis

Avocados are a fruit, not a vegetable

MEXICO is the world's top producer of avocados

CALIFORNIA comes in second

The avocado is also called an *alligator pear* because of its pear-like shape and bumpy green skin

HEALTH ATTRIBUTES

75% of the fat in avocados is unsaturated (monounsaturated & polyunsaturated fats), making them a great substitute for foods high in saturated fat.

Avocados have the **HIGHEST PROTEIN** content of any fruit.

Sodium and cholesterol free

1/5 of a medium avocado has 50 calories & 20 vitamins and minerals.

WHAT MAKES AVOCADOS A SUPERFOOD?

Avocados are nutrient-dense. Here are some avocado benefits:

- CAROTENOIDS
- ANTIOXIDANT PHYTOCHEMICALS
- IMPORTANT TRACE VITAMINS
- PHYTONUTRIENTS
- FAT-SOLUBLE VITAMINS A, E & K
- MONOUNSATURATED FATS
- LOTS OF FIBER
- FOLATE
- PROTEIN
- WATER-SOLUBLE VITAMINS B & C

Easy Baked Avocado and Egg Recipe

Recipe by: Diana Keullian

This recipe is perfect for those rushed mornings.

Ingredients

- 1 organic avocado, halved with pit removed
- 1 egg
- Salt
- Pepper
- Favorite seasoning, I use Fajita seasoning



Instructions

- Preheat the oven to 425°F.
- Flip each avocado side over and slice off enough of the rounded skin so that it can sit flat when the fleshy side is up.
- Place the avocados, fleshy side up, in a baking pan. Crack some salt into each hole.
- Whisk the egg in a bowl, divide it between the avocado holes. Sprinkle with salt, pepper and the seasoning of your choice.
- Bake for 16-18 minutes, until the egg has fully set. Eat with a spoon and enjoy!

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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.



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