



March 2024

BSBAC Buzz



AN ACTIVE LIFE IS A GOOD LIFE!!

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.



**Weekly Activity Schedule
& CENTER MENU**

4-5

**Note from the
CENTER
&
Upcoming
EVENTS**

3

Health & Fitness SCHEDULE

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



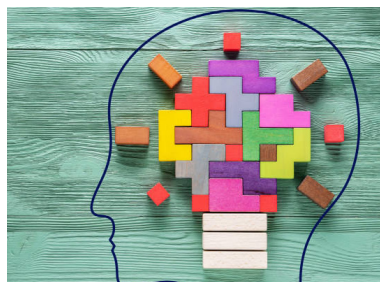
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HOW DO I GET CENTER INFO?

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

Activity Center HAPPENINGS

8-9



**Brain
GAMES**

10

February Event FLYERS

&

Special EVENTS



12



NATIONAL KIDNEY MONTH

March is National Kidney Month! Did you know your kidneys filter all of your blood up to 25 times a day?

This kidney month, join us in getting to know your kidneys. Learn how you can protect these two fist-sized, bean-shaped organs that work around the clock for you.

Get to know your kidneys

No matter your age, or whether you have kidney disease, learning about your kidneys can prevent or slow the progression of kidney disease.

Learn about kidney health



Your kidneys make urine and remove waste and extra fluid from your body. If your kidneys are struggling, they will work harder to keep up. You can lose up to 60% of your kidney function before you notice any problems. That's why it's important to take steps to keep your kidneys healthy today.

Understand your risk for kidney disease



If you have diabetes, high blood pressure, heart disease, or a family history of kidney disease, or if you are over age 65, talk with a health care professional about your risk for kidney disease. Checking on your kidneys is the best way to know if they are healthy. Your health care professional can help you get tested for kidney disease and talk with you about your test results.

Embrace a kidney-healthy lifestyle



Take steps to build healthy habits. This can include eating healthy foods you enjoy, being active for 30 minutes each day, and aiming for seven to eight hours of sleep at night. Also quit smoking and limit your alcohol intake.

Preventing Chronic Kidney Disease

You are more likely to develop kidney disease if you have

- diabetes
- high blood pressure
- heart disease
- a family history of kidney failure

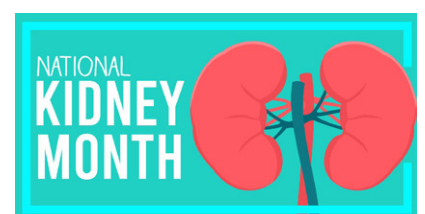
What can I do to keep my kidneys healthy?

You can protect your kidneys by preventing or managing health conditions that cause kidney damage, such as diabetes and high blood pressure. The steps described below may help keep your whole body healthy, including your kidneys.

may want to ask your health care provider about your kidney health. Early kidney disease may not have any symptoms, so getting tested may be the only way to know your kidneys are healthy. Your health care provider will help decide how often you should be tested.

- Make healthy food choices
- Make physical activity part of your routine
- Aim for a healthy weight
- Get enough sleep
- Stop smoking & limit alcohol
- Explore stress-reducing activities
- Manage diabetes, high blood pressure, and heart disease
- Ask your health care provider questions

For more information, visit <https://www.niddk.nih.gov>.





NOTE FROM THE CENTER

By Jean Larson, Meals on Wheels Coordinator & Beth Collier, Outreach Coordinator



Meals on Wheels: We all know our country is aging, it's also happening here in our local Bulverde Spring Branch community. Statistics say seniors prefer to be independent and age in their own home. Meals on Wheels (MOW) is available to help this group stay at home. Our MOW program services the homebound in both Bulverde and Spring Branch. Last year we delivered about 15,000 meals, with a 30% increase in clients between January and December. Thanks to about 70 volunteer drivers, we are able to deliver a hot meal Monday – Friday to about 80 people. Our clients rely on our deliveries for their nutrition, socialization and welfare checks.

Outreach: Many people do not realize what our organization does in terms of outreach. We provide resources to those in our local community as well as our members. Resources such as lending out medical equipment, finding assistance with transportation and maintenance needs, caregiving services for those that need help with activities of daily living or help after a procedure, educating members and their families on the next stages of life, living facilities, and financial issues. We hold various presentations and classes on safety measures to ensure that our members are prepared to protect themselves against fraud, balance and mobility training, dietary guidance, and cultural awareness. During the Fall and Holiday seasons, we hold community drives to help provide to those on our local community and other organizations like Provisions and the Humane Society. At Christmas we do a community wide Senior Angel Tree to support the wants and needs our local members and MOW clients. We also offer different support groups like religious, grief, caregiver, etc monthly and self-care workshops quarterly to help with overall mental well-being for our members.

Volunteers: Volunteers are a vital component to allow our organization to thrive. We rely heavily upon our volunteers help with grounds keeping, maintenance, greeting our members, giving tours, admin support, preparing, serving, and delivering meals as well as being our eyes and ears for our Meals and Pets on Wheels programs. We attribute our success with the support our volunteers provide to our center and community. We simply cannot do it without all of them.

Reach out to Jean or Beth for more information on these important programs we offer at the Center.

UPCOMING EVENTS

March 4, 18

10:00am - Mexican Train

March 5, 12, 19, 26

2:15pm - Slow Pace Beginning Spanish

March 6

10:00am - Brunch Bingo

1:45pm - Book Club

March 6, 13, 20, 27

1:30pm - Intermediate Spanish

March 7, 14, 21

10:00am - Daytrip to James Avery Jewelry in Kerrville w/lunch at Cafe at The Ridge

March 11, 25

12:35pm - Bunco

March 12

11:45am - Lunch & Learn: Cybersecurity & Fraud Prevention

March 13

10:00am - Card Creations

1:30pm - Arts & Crafts Series: No Sew Sock Bunnies

March 28

11:30am - Easter Potluck

2:30pm - Lunch & Learn: Estate Planning

March 29

Center Closed for Good Friday





Weekly ACTIVITY SCHEDULE

MONDAY



- 9:00am Wood Carving
- 10:00am Dominos: Mexican Train (1st & 3rd Mon)
- 11:30am Fellowship Meal
- 12:35pm Bunco (2nd & 4th Mon)
- 1:00pm Bridge Foursome (1st & 3rd Mon)
- 1:30pm Dominos
- 2:30pm Table Tennis

TUESDAY



- 11:00am Mah Jong
- 11:30am Fellowship Meal
- 1:00pm Bingo
- 2:15pm Beginning Spanish
- 3:30pm Beginning Guitar

WEDNESDAY



- 9:00am Bridge
- 10:00am Brunch Bingo (1st Wed)
- 10:00am Card Creations (2nd Wed)
- 11:30am Fellowship Meal
- 12:00pm Poker (2nd, 3rd, 4th Wed)
- 12:00pm Knitting/Crochet/Sewing Group
- 1:30pm Intermediate Spanish
- 1:45pm Book Club (1st Wed)
- 2:00pm Caregiver Support Group (3rd Wed)

THURSDAY



- 9:00am Wood Carving
- 10:00am Canasta Hand & Foot
- 11:30am Fellowship Meal
- 12:00pm Poker (1st Thurs)
- 12:30pm Mindful Meditation
- 1:00pm Bible Study

FRIDAY



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





MARCH CENTER MEAL MENU



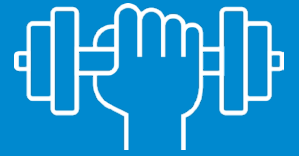
Monday	Tuesday	Wednesday	Thursday	Friday
				
4 Turkey & Rice Soup Green Salad Garlic Bread Dessert	5 BBQ Potato Salad Ranch Beans Dessert	6 Pot Roast Mashed Potatoes Green Beans Dessert	7 Creamy Cajun Pasta Green Salad Bread Dessert	8 Cobb Salad Dessert
11 Cheeseburger French Fries Dessert	12 Frito Pie Fruit Dessert	13 Pizza Green Salad Dessert	14 Beef Noodle Bake Roasted Veggies Dessert	15 Veggie Lasagna Green Salad Garlic Bread Dessert
18 Mongolian Beef over Rice Broccoli Dessert	19 Southwestern Casserole Green Salad Dessert	20 Bacon Cheeseburger Jalapeño Rice Salad Dessert	21 Turkey Tetrazzini Green Beans Dessert	22 White Chili Salad Cornbread Dessert
25 Chicken Salad Fruit Croissant Dessert	26 Chef's Choice Dessert	27 Spaghetti Salad Garlic Bread Dessert	28 Easter Potluck Ham Provided 	29 CENTER CLOSED 

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 SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				9:30am Posture Strength 11:00am Balance & Strength* 12:15pm Balance & Strength*
4	5	6	7	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	9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba	9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:00pm Line Dancing 4:00pm Mindful Flow & Core	8:30am Easy Pace 9:30am Zumba Gold 10:30am Pilates 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba	9:30am Posture Strength 11:00am Balance & Strength* 12:15pm Balance & Strength*
11	12	13	14	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	9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba	9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:00pm Line Dancing 4:00pm Mindful Flow & Core	8:30am Easy Pace 9:30am Zumba Gold 10:30am Pilates 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba	9:30am Posture Strength 11:00am Balance & Strength* 12:15pm Balance & Strength*
18	19	20	21	22
8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 2:45pm DrumFit 4:00pm Yoga	9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba	9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:00pm Line Dancing 4:00pm Mindful Flow & Core	8:30am Easy Pace 9:30am Zumba Gold 10:30am Pilates 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba	9:30am Posture Strength 11:00am Balance & Strength* 12:15pm Balance & Strength*
25	26	27	28	29
8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba	9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:00pm Line Dancing 4:00pm Mindful Flow & Core	8:30am Easy Pace 9:30am Zumba Gold 10:30am Pilates 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba	CENTER CLOSED GOOD FRIDAY

GYM HOURS

Mon-Thurs: 8:00am - 6:00pm

Fri: 8:00am - 3:00pm

**Class is FREE for all BSBAC Members*





Class Descriptions

HEALTH & FITNESS

- **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**
- **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.
- **YOGA**

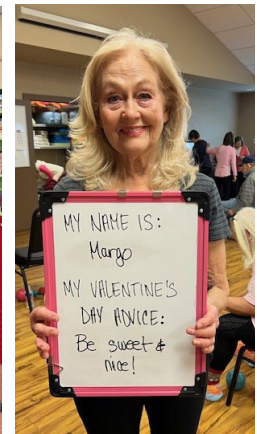
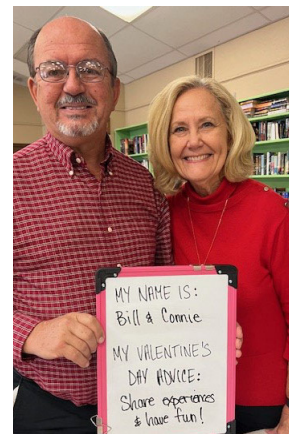
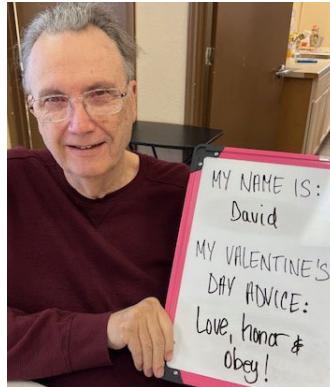
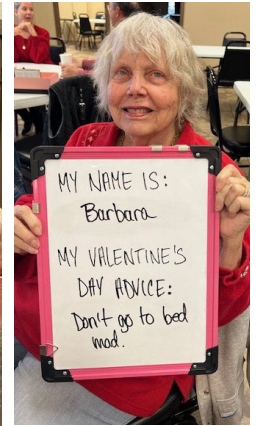
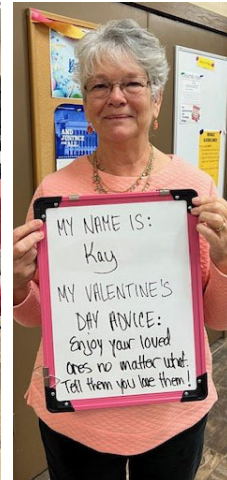
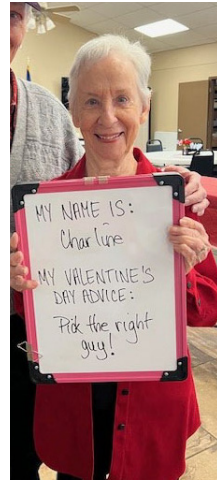
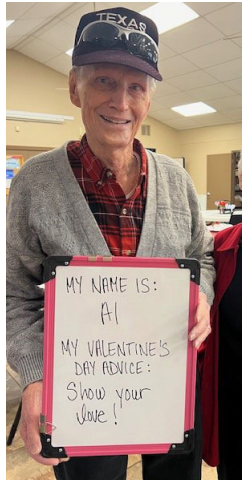
Slow flowing class of gentle stretching and physical postures using breath to connect mind and body. This is an excellent way for improving flexibility, balance and great for de-stressing.
- **ZUMBA/ZUMBA GOLD**

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.

Center HAPPENINGS

We had a good time at our Valentine's Day potluck and got some great advice from members.



Join us each month for our Card Creations class. Learn how to make hand-crafted cards. The class is the 2nd Wednesday of each month at 10:30am.





DAYTRIP TO WIMBERLEY GLASSWORKS

2024 BULVERDE BBQ BASH

The 5th Annual Bulverde BBQ Bash is in the books, and it was a huge success! It was an all-around great event, and we want to send a shout out to all our sponsors and community partners as well as all the volunteers, teams, vendors, and patrons that participated and gave their support! We appreciate you and couldn't do what we do without any of you. Mark your calendars for February 22-23, 2025...we look forward to seeing you all out again next year!

THANK YOU TO OUR 2024 BULVERDE BBQ BASH SPONSORS



BRAIN GAMES



Number Block

The numbers in each row add up to the totals to the right. The numbers in each column add up to the totals along the bottom. The diagonal lines also add up the totals to the right. Fill in the missing numbers.

								48
1	5			4	5	6	10	41
	4	5	1	4	2	3	2	27
6	7	9	5	1	1	3		40
10		7		10	7	2	8	57
	6	5	8	1		2	2	32
	0	6	0	9	3	10		33
10	8	6			6	9	2	47
2	5	1	2	9	2	10	8	39
40	45	49	25	38	32	45	42	38

March Word Search Puzzle

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

- Shamrock Rainbow Passover March
 Daffodil Autumn Dancing Lion
 Spring Clover Magic Julian Lucky
 Parade Mars Aries Lamb Kite



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)

EXCUSE	Y N N U S	ICE
It Came MIDNIGHT	PAID I'M WORKED	STYgoLE

Commonyms

- Humans - Porcupines - Books
- Head - Goat - String
- A Year - A Mattress - A Car
- An Arm - A Race Track - An Olive
- Ear - Steel - Kettle
- Coffee - Layer - Spice
- Duck - Mini - Venitian
- Days - Seas - Continents
- Yellow Brick - Dirt - Private
- Bell - Red - Green

February Answers

- They all have blocks
- Cars by Volkswagen
- They have nails
- They are stuffed
- Bears
- Islands
- Golf terms
- Fevers
- They have lids
- They are paints



March is **National Kidney Month**

Get to know your hard working kidneys

6 WAYS KIDNEYS KEEP YOU HEALTHY



Regulate fluid levels

Activate Vitamin D for healthy bones

Filter wastes from the blood

Directs production of red blood cells

Regulate blood pressure

Keep blood minerals in balance

8 PROBLEMS KIDNEY DISEASE CAN CAUSE



Nerve damage



Cardiovascular disease



Heart attack



Stroke



Anemia/ low red blood cell count



Weak bones



High blood pressure



Kidney Failure

4 RISK FACTORS

Diabetes

High blood pressure

Age 60+

Family history

7 SYMPTOMS



Swelling: face, hands, abdomen, ankles, feet

Blood in urine
Foamy urine

Puffy eyes

Difficult, painful urination

Increased thirst

Fatigue

2 TESTS YOU CAN TAKE (BLOOD AND URINE)



Urine albumin-to-creatinine ratio estimates the amount of a type of protein, albumin, that you excrete in your urine.

Glomerular Filtration Rate (GFR) tells how well your kidneys are working to remove wastes from your blood. It is the best way to check kidney function. Doctors measure blood creatinine (waste build up) levels and perform a calculation based on race, age and gender.



National
Kidney
Foundation®

Learn more at kidney.org

March

EVENT FLYERS/SPECIAL EVENTS



**March
Brunch Bingo**
Wednesday, March 6th
at 9:45am



**SPINACH, MUSHROOM, &
GRUYERE STRATA
W/ BACON**

6 GAMES OF BINGO - \$2
BRUNCH - \$5
DONATIONS APPRECIATED

Join us for our Fellowship Lunch
\$5 Lunch Donations



Served Daily
Monday-Thursday 11:30am-12pm
Friday 11am-11:30am

*Donations help make Fellowship Meals possible
*See Menu online or in center (subject to change)

March Lunch & Learn
**Protect Your
Digital World**
Cybersecurity & Fraud
Prevention



Tuesday, March 12th
at 11:45am

JOIN US FOR AN INFORMATIVE PRESENTATION BY A FORMER
SECRET SERVICE AGENT ABOUT PROTECTING YOURSELF AGAINST
GROWING CYBER SCAMS AND POTENTIAL FINANCIAL LOSSES.

Light Lunch will be provided

MARCH ARTS AND CRAFTS



WEDNESDAY,
MARCH 13TH
AT 1:30PM

NO SEW SOCK
BUNNIES

\$5 DONATIONS ARE
GREATLY APPRECIATED



MARCH DAY TRIP

Thursdays, March 7th, 14th, & 21st



Bus Departs Promptly at 10AM

Join us for a fun trip out to Kerrville to visit the James Avery
Headquarters & Museum. Lunch at The Ridge Marketplace.

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

NEW CLASS



POSTURE STRENGTH

Fridays @ 9:30am
Instructed by
MaryAnn Simendinger

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.

FREE **iPlanned**
**Estate Planning
WORKSHOP**

ARE YOU READY TO SECURE YOUR FUTURE
AND PROTECT YOUR LEGACY? JOIN US FOR
AN EXCLUSIVE WORKSHOP & LEARN
EVERYTHING YOU NEED TO KNOW ABOUT
ESTATE PLANNING!

What to expect?

- COMPLETE YOUR ESTATE PLAN
- RECEIVE SAME DAY NOTARIZATION
- STEP-BY-STEP GUIDANCE BY IPLANNED'S FOUNDER
- Q&A WITH ATTORNEY JASON M. RAMMEL, P.C.

Limited seating! Register now!

DATE: 3/28/2024

TIME: 2:30 - 4pm

LOCATION: Bulverde
Spring Branch Activity
Center
30280 Gougar Bend,
Bulverde, TX 78163



Easter POTLUCK

THURSDAY, MARCH 28TH
AT 11:30AM

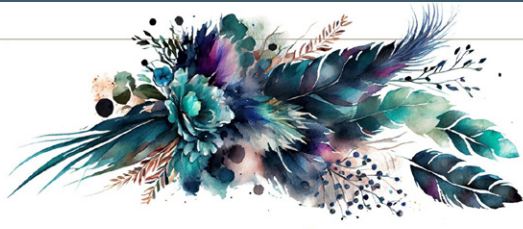
USE SIGNUP BELOW TO LET US
KNOW HOW MANY PLAN TO
ATTEND. THE CENTER WILL
PROVIDE HAM AS THE MAIN DISH.
PLEASE BRING AN APPETIZER,
SALAD, SIDE, OR DESSERT TO SHARE
WITH EVERYONE.

MARCH BSBAC WISH LIST

- \$25 GIFT CARDS (VARIETY OF PLACES)
- NATURAL KRAFT BAGS (\$22 FOR 100 BAGS)
- OFFICE CHAIRS (NEED 2, \$100 EACH)
- BINGO CARDS (\$150 FOR 100 PACK)
- BATTERIES: AA, AAA, C, AND D
- WRAPPED UTENSILS (\$45 FOR 100 PACK)
- LARGE & SMALL CLEAR PLASTIC PLATES
- YELLOW & WHITE BOXED CAKE MIXES
- CANNED FRUIT & PIE FILLING
- GALLON & QUART SIZED ZIPLOC BAGS
- INDIVIDUAL JUICE BOXES OR BOTTLES
(NO POUCHES PLEASE)
- SINGLE SERVED SNACKS: CHEESE CRACKERS,
PEANUT BUTTER CRACKERS, PRETZELS, FRUIT CUPS

If you would like to help us get these items or
would like to donate towards an item (no matter
how big or small...every bit helps our center),
please see Beth.

Thank you to those that have already donated!



Celebrating the Journey

BSBAC GALA



April 12th, 2024

6:30PM - 9:30PM

Western Sky Event Venue
315 Obst Rd, Bulverde, TX 78163

DINNER - BAR - MUSIC - AUCTION
WESTERN CHIC ATTIRE



**BULVERDE
SPRING BRANCH
ACTIVITY CENTER**
est. 1991

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 (1)

- 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
- Various recognition location throughout venue

IMPACT SPONSOR: \$3,500 (2)

- 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

COMMUNITY SPONSOR: \$2,000 (2)

- One table for 10
- Name/Logo on all print materials & event program
- Name/Logo in social media blasts

SUPPORTING SPONSOR: VARIOUS*

- Auction Sponsor \$1500
- Hospitality Sponsor \$1000
- Registration Sponsor \$ 750
- Entertainment Sponsor \$ 750
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WHAT'S COOKING IN MARCH?

In some parts of the world, mango (*Mangifera indica*) is called the "king of fruits"

It's a drupe, or stone fruit, which means that it has a large seed in the middle. Hundreds of types of mango exist, each with its own characteristic taste, shape, size, and color.

Mango is not only delicious but also boasts an impressive nutritional profile. Here are 10 benefits of mango, including an overview of its nutritional content and some tips on how to enjoy it.



Fresh Mango Salsa

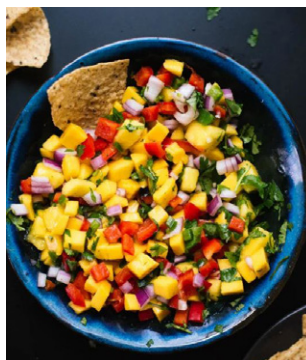
This simple and colorful mango salsa is super easy to make! It's sweet, spicy and absolutely delicious. Serve this fresh mango salsa with chips, on tacos or salads, or as a salad itself. It's that good. Recipe yields about 3 cups salsa.

INGREDIENTS

- 3 ripe mangos, diced
- 1 medium red bell pepper, chopped
- 1/2 cup chopped red onion
- 1/4 cup packed fresh cilantro leaves, chopped
- 1 jalapeño, seeded and minced
- 1 large lime, juiced (about 1/4 cup lime juice)
- 1/8 to 1/4 teaspoon salt, to taste

INSTRUCTIONS

1. In a serving bowl, combine the prepared mango, bell pepper, onion, cilantro and jalapeño. Drizzle with the juice of one lime.
2. Using a large spoon, stir the ingredients together. Season to taste with salt, and stir again. For best flavor, let the salsa rest for 10 minutes or longer.



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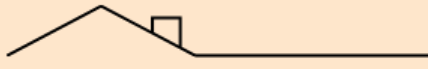
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**BULVERDE
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The Bulverde Senior Center (BSC) and Bulverde Spring Branch Activity Center (BSBAC) is a non-profit 501 (c) 3 organization that provides services to seniors in the Bulverde/Spring Branch,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

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