

February 2023

BSBAC Buzz



February is American Heart Month

Celebrate American Heart Month: Join the #OurHearts Movement

Did you know that people who have close relationships at home, work, or in their community tend to be healthier and live longer? One reason, according to the National Heart, Lung, and Blood Institute (NHLBI), is that we're more successful at meeting our health goals when we work on them with others. NHLBI launched the #OurHearts movement to inspire us to protect and strengthen our hearts with the support of others.

Here are some facts, how-to tips, and resources to inspire you to join with others, even if you can't be physically together, to improve your heart health. Heart Disease is the leading cause of death for both men and women in the United States. Most middle-aged and young adults have one or more risk factors for heart disease, such as diabetes, high blood pressure, high cholesterol, or being a smoker or overweight. Having multiple risk factors increases your risk for heart disease.

Why Connecting is Good for Your Heart.

Feeling connected with others and having positive, close relationships benefit our overall health, including our blood pressure and weight. Having people in our lives who motivate and care for us helps, as do feelings of closeness and companionship.

Follow these heart-healthy lifestyle tips to protect your heart. It will be easier and more

successful if you work on them with others, including by texting or phone calls if needed.

- Be more physically active.
- Maintain a healthy weight.
- Eat a nutritious diet.
- Quit smoking.
- Reduce stress.
- Get 7-9 hours of quality sleep.
- Track your heart health stats.

You don't have to make big changes all at once. Small steps will get you where you want to go.

Visit **#OurHearts** for inspiration on what others around the country are doing together for their heart health. Tag **#OurHearts** to share how you and your family and friends are being heart healthy. *For more information about heart health, visit www.hearttruth.gov.*



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Upcoming Events

February 1 @ 1:45pm
Book Club

February 8 @ 10:00am
Brunch Bingo

February 8 @ 1:30pm
Arts & Crafts Series: Valentine Heart Craft

February 13 @ 12:35pm
Bunco

February 14 @ 11:30am
Valentine's Day Potluck

February 14 @ 12:30pm
Healthy Carb Class #4

February 15 @ 12:00pm
Self Care Workshop: Beauty Tips, Skin Care, Makeup for Maturing Women and Jewelry by Touchstone Crystal

February 15 @ 1:45pm
Caregiver Support w/Hope Hospice

February 24-25
4th Annual Bulverde BBQ Battle

February 27 @ 12:35pm
Bunco



*"When you change the way you look at things, the things you look at change."
~Dr. Wayne Dyer*



Note From the Center...

By DeLisa Leopold, Executive Director

February is here and we have a lot in store. Be sure to check the calendars for classes and activities to stave off the winter blues.

February also kicks off our fundraising season with our 4th Annual Bulverde BBQ Battle that will be held on February 24-25. See the newsletters throughout the month for how you can help make it a successful event. We would love to have you come out to the event and enjoy all that we have to offer. There will be some fantastic bbq tastings, music, raffle drawings, and music! The event will be held at the Bulverde Community Center on 1747 East Amman Rd.

Another event that will be coming up very soon is our very first Gala, Celebrating the Journey, to be held on April 14. This will be a fun-filled evening as we celebrate our wonderful BSBAC community and share the excitement for what the future holds. We invite you to save the date on your calendars and plan to join us...you will not be disappointed!

Our team is continuing to work to make this the best year yet here at BSBAC and we hope you continue to be part of it all! Together we can do more!



February Weekly Activity Schedule



MONDAY

9:00am Library
9:00am Socializing
9:00am Ride the Bus
10:00am Dominoes
9:00am Wood Carving

11:30am
 Fellowship Meal

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



TUESDAY

9:00am Library
9:00am Socializing
9:00am Open Games
9:00am Ride the Bus
11:00am Mah Jong

11:30am
 Fellowship Meal

1:00pm Bingo
2:00pm Guitar



WEDNESDAY

9:00am Library
9:00am Socializing
9:00am Bridge
9:00am Ride the Bus
10:00am Brunch
 Bingo (1st 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 Ride the Bus
9:00am Wood Carving
10:00am Canasta HF
12:00pm Poker

11:30am
 Fellowship Meal

1:00pm Mindful
 Meditation
1:30pm Bible Study



FRIDAY

9:00am Library
9:00am Socializing
9:00am Ride the Bus

11:00am
 Fellowship Meal

12:15pm Bingo



Allen, Patricia
 Alston, Patsy
 Arnold, Jameson
 Ashcraft, Kristi
 Aylstock, Melissa
 Bancroft, Paul
 Bartles, Mildred
 Bergis, Don
 Bhasin, Salil
 Bilotti, Dennis
 Bohlander, Larry
 Bohlander, Mary
 Bond, Liz
 Brady, Maria
 Brents, Dawn
 Brown, Mabel
 Buchanan, James
 Buffum, Mildred
 Buffum, Thomas
 Cahill, David
 Cam, Marilyn
 Carmichael, Kyla
 Carter, Maryann
 Casillas, Sylvia
 Castaneda, Ida

Charles-Vickers,
 Martha
 Clandenin, Allen
 Clark, Jan
 Clark, Stephanie
 Clendenin, Allen
 Cockrell, Robert
 Cole, Julie
 Collazo, Margarita
 Contreras, Delia
 Craft, Bobby
 Croom, Cathy
 Cude, Elaine
 Diaz, Margarita
 Dietert, Ralph
 Dolezal, Pauline
 Dorsey, Cheryl
 Dresch, Amy
 Duffy, Nancy
 Dunagan, Grace
 Emerson, Margaret
 Feely, Bonnie
 Garcia, Maria
 Gibbs, Gladys
 Giddens, Shedell

Green, Buster
 Greiner, Deanna
 Gutierrez, Ofelia
 Hall, Clarence
 Hargrove, Aralexis
 Hawk, Jacqueline
 Hill, Jala
 Henry, Donna
 Hime, Tommie Ann
 Hollinger, Claudia
 Hopkins, Roxana
 Hosek, Timothy
 Hunsicker, Donna
 Jeon, Hae Chan
 Jockers, Wayne
 Juarez, Gerry
 Juarez, Sylvia
 Judson, David
 Jundzilo, Rose Marie
 Justice, Sondra
 Karch, Patricia
 Keith, Nancy
 Keller, Jenna
 Kinard, Pam
 Kleiss, Betty




Kleiss, Mike
 Kruciak, Kenneth
 Leasure, Patricia
 Leopold, DeLisa
 Lindeman, Virginia
 Listerman, Gwendolyn
 Little, Lorraine
 Lloyd, Richard
 Loop, Marilyn
 Lopez, Dolores
 Lopez, Edward
 Mansolo, Cheryl
 Mansolo, Lonnie
 Mathis, Rosemary
 Mccauley, Joanne
 Mccollum, Charles
 Mcelvaney, Rebecca
 McLean, Mary Ann
 Mcmanus, Mary
 Mcneal, Robert
 Meeks, Maria
 Meseck, Gayle
 Miller, Weslea
 Mobley, Janeth
 Molina, Hope

Montalbo, Fina
 Morgan, Ed
 Morrison, Mark
 Muzny, Lawrence
 Newhall, Irene
 Nichols, Mary
 Norvell, Barbara
 Nunnally, Nancy
 Oar, Sharon
 Owen, Arlene
 Pagan, Lona
 Phillips, Judi
 Plummer, Linda
 Politte, Barbara
 Price, Clyde
 Priestester, Betty
 Rahn, Jo Ann
 Rainbolt, Rosalind
 Retchless, Mary
 Reuman, Amy
 Richardson, Edna
 Rodriguez, Ruth
 Rojas, Betty
 Rubino, Isabel
 Saenz, Atilano

Sanders, Peggy
 Sena, Bobbie
 Sharp, Kenneth
 Shelton, Sam
 Shumaker, Thomas
 Slay, Genell
 Smith, Barbara
 Springer, Edwin
 Swift, Shirley
 Taylor, Thomas
 Tew, Clyde
 Trammell, Dawn
 Ulcak, Joy
 Wagoner, Ruby
 Walkenhorst, Mary
 Walker, Janet
 Walker, Jim
 Whyte, Geraldine
 Wilson, Mark
 Woodbury, Don
 Zaborowski, Gwen
 Zepeda, Robert



February 2023 Center Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Bacon Ranch Casserole Dessert	2 Cashew Chicken Rice Fortune Cookies	3 French Bread Sloppy Joes Green Salad Dessert
6 Lemon Chicken & Rice Soup Green Salad Dessert	7 Egg Rolls Chinese Chicken Salad Dessert	8 Pizza Green Salad Dessert	9 Polish Casserole Green Salad Banana Split Bars	10 Frito Pie Fruit Dessert
13 Lasagna Green Salad Dessert	14 Spaghetti Potluck Lunch <i>HAPPY Valentine's DAY</i>	15 Caprese Sandwich Caesar Salad Dessert	16 Creamy White Chicken Chili Green Salad Dessert	17 Beef Noodle Casserole Green Beans Dessert
20 Chicken Salad Pea Salad Fruit Salad Dessert	21 Mississippi Pot Roast Sandwich Lemon Broccoli Salad Dessert	22 Chef's Choice Dessert	23 Creamy Sausage Mushroom Rigatoni Normandy Veggie Mix Dessert	24 Hamburgers Dill Pickle Pasta Salad Dessert
27 Sub Sandwiches Chips Brownies	28 Cheeseburger Soup Green 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



Games Galore

Sponsored by: Alamo Hospice



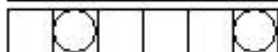
Mumbo Jumbo

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

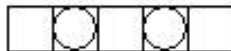
TETRUMP



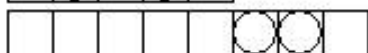
RAGTIU



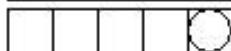
NOAPI



LAERITNC



SUDRM



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)

MESS
+**MESS**
+**MESS**

paint276
paint514
paint693

harmony

poison

WHIRL

Internet site

Valentines Day Wordsearch

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

- | | | | | | |
|------------|----------|--------------|------------|------------|----------|
| ADMIRER | ADORE | AFFECTION | ATTRACTION | BEAU | BELOVED |
| BOYFRIEND | CANDLES | CHOCOLATES | COUPLE | CRUSH | CUPID |
| DARLING | DATE | DEAR | DEVOTION | FANCY | FEBRUARY |
| FLAME | FLOWERS | FONDNESS | FOREVER | FRIENDSHIP | GIFT |
| GIRLFRIEND | HEARTS | JEWELLERY | LIKE | LOVEBIRDS | LOVERS |
| PARTNER | PROPOSAL | RELATIONSHIP | RESTAURANT | ROMANCE | ROSES |
| SENTIMENT | SUITOR | SWEETHEART | VALENTINE | | |

Commonyms

1. Loan - Pool - Great White
2. Clog - Pump - Flat
3. Rain - Fur - Trench
4. Silver - Tin - Nickel
5. Coffee - Oil - Air
6. Tulip - Lamp - Onion
7. Saturn - Dirty Collars - Newlyweds
8. Date - Cook - Phone
9. Spock - Sues - Phil
10. Fire - Soda - Safe

Jan. Answers





1. Breads
2. Towers
3. They have tubes
4. They all have dates
5. Parts of a map
6. They have staffs
7. They are stuffed
8. Pigs
9. They have nets
10. Rugs



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February Health & Wellness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	2 8:30am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 2:30pm Beginning Line Dancing 4:00pm Restorative Yoga 5:30pm Zumba	3 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
6 8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	7 9:30am Zumba Gold 10:30am Ballet Barre 12:00pm Zumba Gold Seated 5:30pm Zumba	8 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	9 8:30am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 2:30pm Beginning Line Dancing 4:00pm Restorative Yoga 5:30pm Zumba	10 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
13 8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	14 9:30am Zumba Gold 10:30am Ballet Barre 12:00pm Zumba Gold Seated 5:30pm Zumba 	15 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	16 8:30am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 2:30pm Beginning Line Dancing 4:00pm Restorative Yoga 5:30pm Zumba	17 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
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27 8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	28 9:30am Zumba Gold 10:30am Ballet Barre 12:00pm Zumba Gold Seated 5:30pm Zumba			

GYM HOURS

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

Fri: 8:00am - 3:00pm

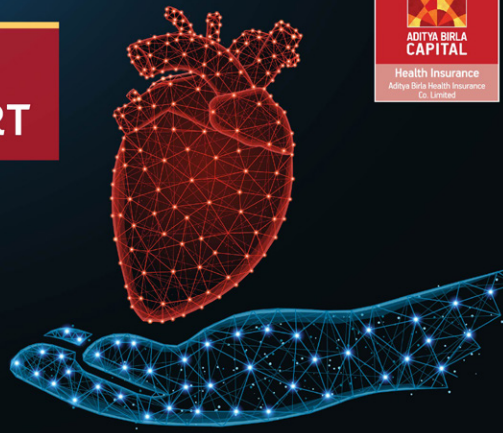
*Class is FREE for all BSBAC Membes



EXERCISES FOR A STRONG HEART

Being physically active is key to a healthy heart. Exercising regularly helps control your weight, blood pressure, and cholesterol levels, which can put a strain on your heart otherwise.

Boost your heart health with these three types of exercises.



Aerobic Exercises

Brisk walking, running, swimming and cycling are forms of aerobic exercises. Do this for 30 minutes for atleast five days to improve blood circulation and cardiac output and lower blood pressure and heart rate.



Strength Training

Working out with free weights like dumbbells or through body-resistance exercises like squats for two consecutive days can help you get rid of extra fat and bad cholesterol. Thus, keeping your heart healthy.



Yoga

Yoga comes with several health benefits. Practicing it daily increases your lung capacity, improves blood circulation and heart rate, and helps keep weight under check.

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/SEATED

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.

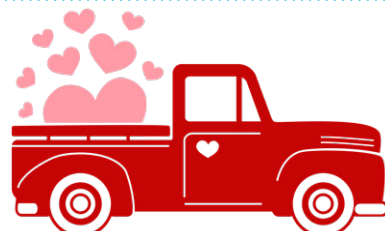


ZUMBA TONING

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



Members had a great time making pizza pan signs during our Arts & Crafts Series this week. Join us each month as we do a new fun craft!





Activity Center Happenings



We have had a great start to the new year and with that has come new class and activity opportunities. Our Healthy Focus Series: All About Healthy Carbohydrates started in January and the participants loved it. This is a free 4-week program provided by Texas A&M AgriLife Extension, <https://agrilifeextension.tamu.edu/counties/comal-county/>. We also had a new Bible Study led by Shane Carter, Project 10:27, which is held every Thursday from 1:30pm-2:30pm. If you'd like to learn more about Shane and what he's doing with Project 10:27, please visit <https://project1027.org/whoware/>.



On Thursday, January 12th the Hand and Foot Canasta players descended upon the Activity Center to play the First of Four Tournaments planned for this year. The tournament winner would be the player with the highest individual score after playing 4 rounds of play with 4 different partners. After 5 hours of fierce competition and when the dust cleared a final winner for the coveted trophy and award money was determined. First Place winner: Gladys Hillyer, received the trophy and bragging rights until the next Tournament. The Second Place Winner was Ed Warner, Third Place Winner; Dianna Burke and Fourth Place Winner; Betty Ottmers. During the lunch break the players enjoyed a fantastic and very tasty catered lunch provided by Marilyn Anderson. The next Tournament will be held on April 6th.



February Event Flyers



February's
BRUNCH BINGO

Wednesday, February 8th at 10am

*Eggs Benedict Breakfast Casserole
with Fresh Fruit*

6 GAMES OF BINGO - \$2
BRUNCH - \$4
DONATIONS APPRECIATED

HEALTH FOCUS SERIES

CLASSES ARE PROVIDED BY TEXAS A&M AGRILIFE EXTENSION. EACH CLASS WILL FOCUS ON A HEALTH TOPIC RELATED TO INCORPORATING HEALTHY CARBS INTO YOUR MEALS.

ALL ABOUT HEALTHY CARBOHYDRATES

Four Week Class Series

- BUILDING A HEALTHY PLATE
- BALANCING CARBOHYDRATES
- FINDING THE SIDES: FRUITS & DAIRY
- THE SWEETENED TRUTH ABOUT CARBOHYDRATES

LAST SESSION & MAKEUP CLASS IS RESCHEDULED FOR TUESDAY, FEBRUARY 14TH AT 12:30PM

UADA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER. THIS MATERIAL WAS FUNDED BY UADA'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 PEOPLE 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.

BETTER LIVING FOR TEXANS

ARTS & CRAFTS SERIES

valentine heart craft

2/8/23
1:30PM

MAKE A HEART FOR YOURSELF AS WELL AS ONE FOR OUR MEALS ON WHEELS CLIENTS

ALL SUPPLIES WILL BE PROVIDED.
\$5 DONATION IS APPRECIATED

PLEASE JOIN US!

Valentine's Day Potluck

14 FEBRUARY
11:30AM

SPAGHETTI WILL BE PROVIDED.

PLEASE SIGN UP TO BRING A SALAD, SIDE OR DESSERT TO SHARE.

LOVE YOURSELF

Self Care Workshop

SKIN CARE

BEAUTY

MAKEUP TIPS

for Maturing Women

WED, FEBRUARY 15TH @ 12PM

JOIN US FOR A FUN, RELAXING AFTERNOON LEARNING BEAUTY TIPS, SKIN CARE, AND MAKEUP APPLICATION FOR MATURING WOMEN.

Join us for a dazzling afternoon
Wednesday, February 15th at 11am.
Come see all the sparkles before and after our Self-Care Event.

Touchstone CRYSTAL

Come & Play

Fundraiser for Bulverde Spring Branch Activity Center

Wednesday, February 15, 2023 11:00 AM
30280 Cougar Bend
Bulverde, TX 78163
www.touchstonecrystal.com/205E08W



Update your info!

THE NEW YEAR IS A GREAT TIME TO MAKE SURE WE HAVE YOUR CORRECT INFO!

We often use email, text messages and phone calls for communication from us here at the Center for closures, class cancellations, etc. Please make sure to let us know if there are any changes.

February Wish list

- (2) 15 Cube Storage Unit \$43 each
- (2) Spin Mop & Bucket Cleaning Set \$65
- Large Cube Storage Unit \$140
- (4) Ice Buckets w/ Lids & Scoops \$25 each
- 6 Liter Glass Carafes \$40
- (2) 4ft Folding Tables \$60 each
- Set of 8 Ceramic Soup Bowls \$25
- Cat Food
- Boxes of Foil Sheets
- Disposable Aluminum Roasting Pans Full & Half Sizes
- Cartons of Beef & Chicken Broth
- Cases of Single Bags of Chips
- Cases of Single Bags of Fritos
- Cases of Bottled Water
- Cases of Canned Sodas
- Utensil Packets

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. Those in **BOLD** are needed for the upcoming BBB Fundraiser. Thank you to those that have already donated!



Upcoming Special Events

BULVERDE SPRING BRANCH ACTIVITY CENTER PRESENTS



BULVERDE BBQ BATTLE

**COMPETITION BBQ COOK-OFF
FEBRUARY 24-25, 2023**

TITLE SPONSOR
Vulcan
Materials Company 1747 EAST AMMANN ROAD, BULVERDE, TX 78163

\$200 team registration includes:
• Entry into chicken, ribs & brisket.

\$250 team registration includes:
• Team Space (RVs welcome)
• Entry into chicken, ribs & brisket.

Jackpot categories/\$25 each:
• Beans
• Dutch Oven Dessert
• Margarita
• Kid's Cook
• Salsa
• Cook's Choice

Not a cooker, but want to join the fun?
\$10 wristbands, good for Friday and Saturday.
Wristbands include parking, BBQ tastings, music,
vendor shopping and a great time with friends!

Open to the Public
Friday, February 24 at 5pm - 10pm and
Saturday, February 25, 10am - 8pm

Scan for:
Team registration
Sponsorship Opportunities
Event wristbands.



Team Information
DeLisa Leopold
dleopold@bsbac.com

Sponsorship & Vendor Information
Reghan Swenson
rswenson@bsbac.com




4th Annual Bulverde BBQ Battle

Sponsorship Opportunities

The Bulverde BBQ Battle is an annual event that serves as a major fundraiser for the Bulverde Spring Branch Activity Center as well as a community event. The first year of the event, 2020, BSBAC hosted 26 competition-cooking teams. In 2021, we hosted 46 teams. The Cook-off gathers cooks and attendees from the Bulverde/Spring Branch area as well as surrounding communities and counties.

For more information regarding sponsorships, please contact Reghan Swenson at 830-438-3111 or rswenson@bsbac.com

The Bulverde Spring Branch Activity Center is a nonprofit, 501(c)(3) organization.

Tier 1 - \$5000
TITLE SPONSOR (1)
2 team spots, sponsor logo on all printed and online event materials, promotions, recognition throughout the event as Title Sponsor, display of sponsor banner* during event, 10 event wristbands and 5 event t-shirts.
Thank you Vulcan Materials

Tier 2 - \$2500
HOSPITALITY SPONSOR (1)
Team spot, display of sponsor banner on band tent/stage, sponsor logo on event materials, 8 event wristbands and 4 event t-shirts.
Thank you GVC Foundation

Tier 3 - \$1000
JUDGING SPONSOR (1)
Team spot, sponsor flyer on judging tables (up to 6), display of sponsor banner* in judging area, 3 event wristbands and 3 event t-shirts.
Thank you M&S Engineering

AWARDS SPONSOR (1)
Team spot, sponsor banner on awards stage, sponsor flyer on judging tables (up to 6), 6 event wristbands and three event t-shirts.
Thank you Big Sur Pool Co.

TEAM SPONSOR (2)
Team spot, display of sponsor banner* during event, company promo item may be added to team bags, 6 event wristbands and three event t-shirts.
Thank you Noah's Ark

GATE SPONSOR (2)
Team spot, sponsor banner at entry gate, sponsor logo on event wristband, display of sponsor banner* during event, 6 event wristbands and three event t-shirts.
Thank you ABM & Hill Country Waste Solutions

Tier 4 - \$500
T-SHIRT SPONSOR (6)
Sponsor logo on event t-shirts, display of sponsor banner*. *Thank you Southerland Communities, Smithfield Foods, Triun Construction, J-Bar & Northrock Church*

KOOZIE SPONSOR (1)
Sponsor logo on event koozie, display of sponsor banner*. *Thank you Texas Lone Star Title*

RAFFLE SPONSOR (4)
Sponsor logo on raffle item flyer, verbal recognition during raffle drawings/awards presentation, display of sponsor banner*

Tier 5 - \$250
COMMUNITY PARTNER
Each sponsorship includes 4 event wristbands and display of sponsor banner during event and logo on event banner. *Thank you Edward Jones - Paul Barton, Bandy Pest Control, Bookkeeping by Val*
There are variety of sponsorship options with this level.
Contact us for details!

*Provided by sponsor



4th Annual Bulverde BBQ Battle

The Bulverde BBQ Battle is an annual event that serves as a major fundraiser for the Bulverde Spring Branch Activity Center as well as a community event.

The BBB is held every year on the last weekend of February. The Cook-off gathers cooks and attendees from the Bulverde/Spring Branch area as well as surrounding communities and counties.

Join us at our new location this year...

1747 East Ammann Road, Bulverde for a fun weekend! Not a cooker, but want to join the fun? \$10 wristbands will be good for Friday and Saturday and include parking, BBQ tastings, music, vendor shopping and a great time with friends!



Celebrating the Journey

BSBAC GALA



April 14th, 2023
6:30 PM - 9:30 PM

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

DINNER - BAR - MUSIC - AUCTION




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.

Know the Difference

Cardiovascular Disease, Heart Disease, Coronary Heart Disease



Cardiovascular disease, heart disease, coronary heart disease – what’s the difference?

Because these terms sound so similar, people use them interchangeably. This fact sheet will help you understand how these conditions differ.

Cardiovascular Disease

The big umbrella

Cardiovascular disease is the term for all types of diseases that affect the heart or blood vessels, including **coronary heart disease** (clogged arteries), which can cause heart attacks, **stroke**, **heart failure**, and **peripheral artery disease**.



More than 800,000 people die of cardiovascular disease every year in the United States.

Coronary Heart Disease

A type of heart disease

Coronary heart disease is often referred to simply as “heart disease,” although it’s not the only type of heart disease. Another term for it is coronary artery disease.

About 366,000 Americans die from coronary heart disease each year.

Coronary heart disease occurs when plaque (a combination of fat, cholesterol, calcium, and other substances found in the blood) builds up in your arteries. You may have heard this called clogged arteries or atherosclerosis.

The plaque reduces the amount of oxygen-rich blood getting to your heart, which can cause chest pain (also called angina). Plaque can also lead to blood clots, which block blood flow and are the most common cause of a heart attack.

Heart Disease

A type of cardiovascular disease

“Heart disease” is a catch-all phrase for a variety of conditions that affect the heart’s structure and function.

Keep in mind—all heart diseases are cardiovascular diseases, but not all cardiovascular diseases are heart disease.

The most common type of heart disease is coronary heart disease. In fact, when people talk about “heart disease” they often mean coronary heart disease.



Nearly 650,000 Americans die from heart diseases each year.

About 11% of American adults (that’s more than 1 of every 9) have been diagnosed with heart disease.

What you can do to protect yourself from cardiovascular diseases?

There’s a lot you can do to protect your heart.

- Ask your doctor about your **blood pressure, cholesterol, and A1C.**
- **Reduce the sodium**, and increase the fruits, vegetables, and whole grains in your diet.
- **Be physically active.**
- **Maintain a healthy weight.**
- **Don’t smoke.**
- **Manage stress.**
- **Keep your diabetes under control.**





Move More Making Physical Activity Routine



Heart disease is the leading cause of death in the United States. The good news is that you can lower your risk of getting it or having a stroke by simply moving more. Many types of activity can help your heart—going on a hike or taking the stairs, biking to the store or around the block, wheeling yourself in your wheelchair. Figure out what works best for you.

How much is enough?

As little as 60 minutes a week of moderate-intensity aerobic activity such as walking briskly helps your heart. For major health benefits, aim for at least 150 minutes (2½ hours) a week. Or go for 75 minutes a week of more vigorous activity such as playing basketball, running, or jumping rope, which gives the same benefits. The bottom line: More activity means a bigger boost to your health.

It's up to you how you reach your own personal targets. For example, 30 minutes of physical activity, five times a week, is one option if you're aiming for 150 minutes a week.

Why move more?

Being active can:

- Protect your heart (even if you have heart disease)
- Improve blood flow
- Lower blood pressure and cholesterol levels
- Give you more stamina and ability to cope with stress

If you're inactive, you're nearly twice as likely to develop heart disease than if you're active. Learn more about the benefits of physical activity on the [NHLBI website](#).

Can't carve out a lot of time in your day? Don't **chuck** your goal, **chunk** it! Try 10 minutes a few times a day, for example.



Only have 10 minutes? Consider:

- ✓ Walking briskly for 5 minutes, turning around and walking back
- ✓ Dancing (standing or seated) to three songs
- ✓ Getting off your bus early and walking the last stretch

You'll know you're moving enough to help your heart if

- ✓ Your heart is beating faster
- ✓ You're breathing harder
- ✓ You break a sweat



Or, try the talk test:

- ✓ During physical activities, like brisk walking, you should be able to talk, but not sing.
- ✓ During activities such as jogging, you can't say more than a few words without pausing for a breath.

Get strong

In addition to aerobic activity, take time to strengthen your muscles. Try to work your leg, hip, back, chest, abdomen, shoulder, and arm muscles. Aim to do muscle strengthening twice a week in addition to your aerobic activities.

All adults should avoid inactivity.
Start gradually and increase slowly.

Learn more about:

- [CDC Target Heart Rate and Estimated Maximum Heart Rate.](#)
- [Different types of physical activity.](#)
- [Recommendations for children, older people, and pregnant women.](#)





What's Cooking



SPINACH



Spinach is an excellent source of Folate, Vitamin A, Iron and Vitamin K. It also provides fiber, magnesium and calcium

Spinach

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

Nutrient-packed and high in fiber, spinach is a healthy veggie that offers many health benefits

(per 3 cups, fresh)



HEALTH BENEFITS OF SPINACH

Popeye made himself super strong by eating spinach, but he may also have been helping to protect himself against inflammatory problems, oxidative stress-related problems, cardiovascular problems, bone problems, and cancers at the same time.

- Alkalizes the body
- Lowers Blood Pressure
- Aids in digestion
- Fights atherosclerosis
- Anti Aging
- Anti inflammatory
- Iron rich
- Contains B-6, B-1, riboflavin, folate and niacin
- Rich source of omega 3 fatty acids
- Cardiovascular health



Pasta with Spinach Recipe

Ingredients

- 2 lbs fresh spinach
- 4 tbsp butter
- 4 oz boiled ham, chopped
- Whole nutmeg
- 1/2 cup fresh ricotta
- 1/2 cup freshly grated parmigiano-reggiano cheese
- 1 lb rigatoni pasta
- Salt & Pepper to taste

Prep time: 10 minutes
Cook time: 15 minutes
Servings: 6

Directions

1. Squeeze out the water from the spinach and chop it
2. Boil the water, cook, and drain the pasta.
3. Put half of the butter in the wok and adjust to medium-high. When the butter is bubbling, add the ham, turn it 2-3 times, then add the spinach and a small amount of salt-the spinach needs it to taste. Turn to high heat and fry spinach, turning frequently, about 2 minutes.
4. Remove from heat and mix with nutmeg, grated or grated (not more than 1/8 teaspoon).
5. Stir the pasta with the contents of the pan, add the ricotta granola, the remaining butter, and 1/2 cup of Parmesan cheese.
6. Serve with salad, hot bread, parmesan cheese, and pepper.



Thank You Sponsors



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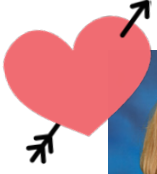
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**BULVERDE
SPRING BRANCH
ACTIVITY CENTER**
est. 1991

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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