

January 2022

BSBAC

Buzz



National Blood Donor Month

January is National Blood Donor Month, a time to celebrate the lifesaving impact of blood and platelet donors. It has been celebrated each January for nearly 50 years and coincides with one of the most difficult times to maintain a sufficient blood supply for patients and this year is no exception.

A blood donation is truly an altruistic gift that an individual can give to others in need. In only 45-60 minutes, an eligible individual can donate one unit of blood that can be separated into four individual components that could help save multiple lives.

From one unit of blood, red blood cells can be extracted and used to treat patients who lost blood due to trauma or those who are recovering from surgery. Plasma, the liquid part of blood, is typically administered to patients with requiring treatment to improve blood clotting. Platelets, a third component, clot the blood when cuts or other open wounds occur, and are often used in the treatment of patients with cancer or those undergoing organ transplants. Finally, cryoprecipitated anti-hemophilic factor (AHF) is also used for clotting factors.

A study supported by AABB's National Blood Foundation (TRANSFUSION 2002;42:1225) surveyed more than 5,000 blood donors to find out more about why



they donate blood. Nearly 75% of the respondents said that they give blood to help others. Respondents also said that giving blood makes them feel good about themselves, supports their local communities and hospitals, supports their community, and "pays back" society for the times when they or their families have needed blood transfusions in the past.

This January, AABB, America's Blood Centers, and the American Red Cross join together to urge all eligible individuals to make and keep an appointment to donate blood and convalescent plasma now to ensure critical treatment options are always available for patients when needed.

For more information, visit <https://www.aabb.org/for-donors-patients/national-blood-donor-month>.

Blood is an
essential
medicine.



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Upcoming Events

January 5 @ 10:00am
Brunch Bingo

January 5 @ 1:45pm
Book Club

January 10 @ 12:35pm
Bunco

January 12 @ 4:00pm
Arts & Crafts Series: Vision Board
Workshop & Happy Hour

January 13 @ 10:00am
Daytrip to Wimberley Glassworks
w/lunch at Wimberley Cafe

January 18 @ 11:00am
STAP Vendor Table

January 19 @ 1:45pm
Cinema at the Center:
The Proposal

January 19 @ 2:00pm
Caregiver's Support Group
w/Hope Hospice

January 20 @ 10:00am
Daytrip to Wimberley Glassworks
w/lunch at Wimberley Cafe

January 24 @ 12:35pm
Bunco

January 26 @ 12:35pm
Karaoke Sing-Along

January 27 @ 10:00am
Daytrip to Wimberley Glassworks
w/lunch at Wimberley Cafe

January 30 @ 3:00pm
Seniors' Sunday Social
Hosted by SVHS Students



*Somewhere, something incredible is waiting
to be known. ~ Carl Sagan*

Note From the Center...

By Jessica Rosario

I hope everyone had a nice holiday season. 2021 has come to an end and we are looking ahead to the new year.

As I type this, I'm sitting outside on a tropical island, getting ready to head to the beach. Our family vacation, as wonderful as it has been, made me once again realize how great our life in Texas is. Having friends nearby, the conveniences we have come to expect, and the house we have made into our own. Many New Year's resolutions have to do with weight loss, alcohol, and smoking habits, etc. Although I'm very focused on losing some of the extra pounds I carry, my main resolution will be to appreciate all the little things that matter to me; spending time with my family, walking the dogs in the neighborhood without risk of getting run over, taking a long bike ride from the house, making healthy meals in a kitchen I'm comfortable with, etc. Everyone has different things that matter to them, and I challenge you to seek

out what those are and make sure you appreciate the time you get to spend doing those things over the next year.

Despite a looming pandemic, 2022 should be a great year, filled with fun and engaging activities, events and programs! Perhaps try a new class or activity this year; or improve your skill in the classes/activities you already love! Let us know if you have suggestions for new activities for the Center. For example, I would love to start a bike group that would leave from the center and bike a few miles around Bulverde. If you like dancing and have a partner that wants to join you, sign up for our Swing Class in January! This will be a 4-week class that allows you to dance your way to a happier and healthier lifestyle. Whatever you choose, make sure you find something that you enjoy and appreciate.

I wish you all a wonderful year filled with health and happiness!



January Weekly Activity Schedule



MONDAY

9:00am Library
9:00am Visiting/
 Socializing
9:00am Ride the Bus
10:00am 42 -
 (Dominoes)
10:00am Wood
 Carving
10:00am Men's
 Fellowship

11:30am
 Fellowship Meal

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



TUESDAY

9:00am Library
9:00am Visiting/
 Socializing
9:00am Open Games
9:00am Ride the Bus
10:00am Mexican
 Train - (Dominoes)

11:30am
 Fellowship Meal

1:00pm Bingo



WEDNESDAY

9:00am Library
9:00am Visiting/
 Socializing
9:00am Bridge
9:00am Ride the Bus
10:00am Brunch
 Bingo (1st Wed)
10:00am Card
 Creation (2nd Wed)
11:00am Mah Jong

11:30am
 Fellowship Meal

12:00pm Poker
 (Beginner/
 Intermediate)
1:45pm Book Club
 (1st Wed)
1:45pm Arts & Crafts
 Class (2nd Wed)
1:45pm Cinema in the
 Center (3rd Wed)
1:45pm Karaoke Sing-
 along (4th Wed)
2:00pm Caregiver
 Support Group
 (3rd Wed)



THURSDAY

9:00am Library
9:00am Visiting/
 Socializing
9:00am Cards
9:00am Ride the Bus
10:00am Canasta HF

11:30am
 Fellowship Meal

12:00pm Poker
12:00pm Knot Just
 Knitting (1st & 3rd
 Thurs)
1:00pm Mindful
 Meditation
2:00pm Table Tennis



FRIDAY

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

11:00am
 Fellowship Meal

12:10pm Bingo



Agnes Stadler
 Akiko Rosario
 Alicia Tyson
 Ann Parham
 Barbara Gottardy
 Beatrice Garcia
 Lopez
 Carolyn Wright
 Carrie Myer
 Connie Foster
 Darrell Lee

David Wurm
 Dennis Stout
 Dianna Irie
 Dolores Eckert
 Dottie Vinall
 Edwina Whitehead
 Elida Ramirez
 Emmy Lou Brandt
 Eric Renth
 Ernie Fishlock
 Ethel Smith

Gay Burgess
 George Rusher
 Gilbert Campos
 Jacqueline Hager
 Janet Muzny
 Jay Lamont
 Jean Larson
 Jeanne Caliandro
 Jo Ann Wise
 John Clements
 John Parchman

Judi Sims
 Karen Hughes
 Kathleen McKay
 Linda Bryant
 Louis Esquivel
 Marcelle Tarter
 Maria Castillo
 Maureen Mosher
 Michael Vickers
 Nancy Crist
 Nancy Lamkins

Nick Grant
 Nora Saavedra
 Oscar Medina
 Patricia Williams
 Reghan Swenson
 Rosemary Holbrook
 Sachiko Montgomery
 Sandra Hand
 Sandy Switzer
 Seiko Munger
 Shari San Roman

Sheila Craven
 Siggyn Grunert
 Sonya Wager
 Susan Herr
 Sylvia Hill
 Terry Stewart
 Tex Ford
 Tim Allen
 William Demel
 Willie Shook



MEMBERS WE LOST IN 2021

Albert Brisben
 Brian Burke
 Carolyn Dulling
 Fidel Linares
 Hartsel Ross
 Joan Murray

JoAnn Mann
 Joe Byers
 John Tyler
 Josie Guerra
 Julie Durham
 Kay Rusher

Lillian Mayer
 Martha Aycock
 Maury Heinman
 Murray Sweet
 Pamela James
 Pearl Merrit

Ralph Rodriguez
 Richard Specht
 Ruth Balderaz
 Sherrel Morelan
 Tyler Clifton
 Willie Schulz



January 2022 Center Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Salad Bar Sandwich Dessert	4 Beef Stew Bread Salad Dessert	5 Baked Ziti Salad Dessert	6 Ham & Cheese Quiche Biscuits Fruit Dessert	7 Taco Salad Dessert
10 Salad Bar Split Pea Soup Dessert	11 Hamburgers Chips Potato Salad Dessert	12 Chef's Choice Dessert	13 Chicken Alfredo Roll-ups Salad Dessert	14 Salad Bar BLT Pasta Salad Dessert
17 Salad Bar Mac & Cheese Dessert	18 Chicken Noodle Soup Dessert	19 Chili Dogs Chips Dessert	20 Beef Enchiladas Rice & Beans Dessert	21 Salad Bar Buffalo Chicken Crescent Ring Dessert
24 Salad Bar Beef Veg Soup Dessert	25 Spaghetti with Meat Sauce Dessert	26 Pizza Salad Dessert	27 Chicken Broccoli Rice Casserole Cucumber & Tomato Salad Dessert	28 Salad Bar Chicken Orzo Pasta Salad Dessert
31 Chef Salad by Paul 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 • Menus are subject to change



Games Galore

Sponsored by: Alamo Hospice

WORD CHANGE

Can you morph one word into another by just changing one letter at a time? We have 4, 5 and 6 letter words to morph with 3, 4 and 5 times that you will need to change a letter.

EXAMPLE:

ANSWERS:

belt
must



cast
fame



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)

STEP 9ET2 9ET2	OR OR 0	PEPPER MINT
FATHER FATHER FATHER FATHER	NZZZZN	dress dress + dress

AULD LANG SYNE
BABY
BALL
BALLOONS
CALENDAR
CELEBRATION
CHAMPAGNE
CLOCK
CONFETTI
COUNTDOWN
DANCING
DECEMBER
EVE

FATHER TIME
FIRECRACKER
FIRST
FLUTE
GAMES
GOWN
HAPPY
HAT
HOURGLASS
INVITATION
JANUARY
KISS
MIDNIGHT

MUSIC
NOISE MAKER
PARTY
RESOLUTION
SPARKLER
STREAMER
TIMES SQUARE
TOAST
TRADITION
TUXEDO
VOW
YEAR

Happy New Year!



Commonyms

1. Year - Address - Scrap
2. Trains - Teapots - Referees
3. Statues - Turkeys - Initials
4. A Rooster - A Barber Shop - Beehive
5. Pick-up - Fire - 4x4
6. Jump - Swim - Three Piece
7. McDonalds - St. Louis - A Foot
8. Mud - Pot - Coconut
9. Rock - Table - Epsom
10. New - Full - Crescent

Dec Answers

1. Tellers
2. Parts of a golf course
3. They produce milk
4. They have drives
5. Lights
6. Tennis court surfaces
7. Winds
8. They all rise
9. Paints
10. Picks

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January Health & Wellness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:15am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength*	4 9:30am Line Dancing 10:30am Ballet Barre 5:30pm Zumba	5 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 4:00pm Line Dancing 5:00pm Yoga	6 8:15am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 5:30pm Zumba	7 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
10 8:15am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength*	11 9:30am Zumba Gold 10:30am Ballet Barre 5:30pm Zumba	12 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 4:00pm Line Dancing 5:00pm Yoga	13 8:15am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 5:30pm Zumba	14 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
17 8:15am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength*	18 9:30am Zumba Gold 10:30am Ballet Barre 12:00pm Balance & Strength* 5:30pm Zumba	19 8:30am Zumba Toning 10:00am Active Aging Strength 4:00pm Line Dancing 5:00pm Yoga	20 8:15am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 12:00pm Balance & Strength* 5:30pm Zumba	21 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
24 8:15am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength*	25 9:30am Zumba Gold 10:30am Ballet Barre 5:30pm Zumba	26 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 4:00pm Line Dancing 5:00pm Yoga	27 8:15am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 5:30pm Zumba	28 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
31 8:15am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength*				

GYM HOURS

Mon-Thurs: 9:00am - 6:00pm

Fri: 9:00am -3:00pm

*Class is FREE for all BSBAC Membes



RenewActive™
by UnitedHealthcare



1 Drink more water	2 Get moving	3 Watch your portions
4 Nurture relationships	8 Health Resolutions You Can Keep	5 Get more rest
6 Snack smarter	7 Get some sun	8 Go easy on yourself!



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



We had a great time at our Country Christmas Dinner and Dance! Members enjoyed dinner, drinks and entertainment provided by Pete Martinez. Be sure to join us for our next dinner and dance in February!



Members enjoyed a wonderful potluck luncheon and a visit from Santa at our annual holiday potluck luncheon. They also enjoyed a fun Chinese Christmas exchange and listened to music performed by Tex Ford.





Activity Center Happenings



MEALS ON WHEELS ANGEL TREE AND SCHOOL DONATIONS

We did our first Meals on Wheels Angel Tree this year and were overwhelmed by the community and member support. We had an abundance of gifts and items donated and given to our seniors in need. The local schools in the Pieper High School feeder pattern also did donation drives and donated many items to our Center and our cause. We cannot thank you all enough for your support! We are here to serve the community and couldn't do it without your help! Our seniors were so thankful and many reached out to let us know.



THANK YOU FOR YOUR FRIENDSHIPS, GENEROSITY AND KINDNESS TO ME. I appreciate all the Christmas Goodies and Meals on Wheels Very Much.

! Thanks you!, thanks you! Words cant really express how much your kindness means to me! Plus the pictures will be thrilled! You all are true Angels, and are always in my heart and prayers

MOW
Thank you all silent angels for all the Care and Comfort and friendly visits throughout the year. The gifts show love and kindness and the food you deliver is very much appreciated. Your devotion to our Community is not unnoticed. You are a great asset to all!

Sheila Case was our Birthday Winner for December

Happy Birthday

Thank you for helping us Stuff the Trunk for our Subaru Share the Love Event. We gathered lots of non-perishable foods as well as paper products for our Meals on Wheels clients. We truly appreciate your support! Thank you to Faye Bowman for letting us borrow your Subaru for the event. #mealsonwheels #SubaruShareTheLove





January Event Flyers

NEW YEAR BRUNCH BINGO

WEDNESDAY, JANUARY 5
10AM

YOGURT PARFAIT BAR + MINI MUFFINS

YOGURT
FRUIT
GRANOLA
MUFFINS

BINGO
\$2 - 3 CARDS

GOOD BOOKS AND GOOD COMPANY

BOOK CLUB

1st Wednesday of Every Month
1:45 PM

Contact the Center for monthly book choice

Wednesday, January 12
4:00-6:00pm

VISION BOARD WORKSHOP & HAPPY HOUR
"Dream Explore Discover"

FREE for BSBC Members, \$10 for non-members. RSVP by January 7 to DeLisa at dleopold@bsbac.com or sign up in the Center.

EXERCISE

goals

Boards, scissors & glue will be provided. Bring your own pictures, quotes, magazines, etc.

Explore

WIMBERLEY GLASSWORKS

JANUARY DAY TRIP
THURS, JAN 20TH, 27TH & FEB 3RD BUS DEPARTS AT 9:15AM

Come and explore Texas' premier hand-blown glass studio. Watch them create a unique one-of-a-kind piece from start to finish in a live glass blowing demonstration.

Cost is \$2 per person

LUNCH AT THE WIMBERLEY CAFE

\$5 PER PERSON IF RIDING THE BUS. DON'T WANT TO RIDE THE BUS, FOLLOW ALONG IN YOUR OWN VEHICLE.

Dance in to the New Year with Swing Dance Classes!

\$10/couple for a 4-week class beginning in January (date TBD)

If you are interested, please call or come by the Center to sign up!

BULVERDE SPRING BRANCH ACTIVITY CENTER
30280 Cougar Bend, Bulverde - 830-438-3111

ADMIT ONE

It's Movie Time

Cinema at the Center
featuring *The Proposal*

Starring Sandra Bullock, Ryan Reynolds & Mary Steenburgen

A pushy boss forces her young assistant to marry her in order to keep her visa status in the U.S. and avoid deportation to Canada.

Wednesday, January 19, 1:45pm

Come enjoy a movie, snacks & fellowship.

ADMIT ONE

It's Movie Time

STAP
Specialized Telecommunications Assistance Program

Vendor Table
TUES. JAN. 18TH 11-1

STAP helps people who have a disability that interferes with their access to telephone networks purchase basic specialized assistive equipment or services.

STAP typically covers the cost of most phones included in voucher categories, including headsets, speaker phones, smart phones, tablets, ring signifiers, voice dialers, etc.

For more info, visit www.hhs.texas.gov/services/disability/deaf-hard-of-hearing/stap-services

Karaoke Sing-along

WEDNESDAY JANUARY 26 1:45PM

Come perform your favorite songs or just sing-along and enjoy friends!

HAPPY New Year

Seniors' Sunday Social

Sunday, January 30
3:00pm - 5:00pm

HOSTED BY: SVHS STUDENTS

JOIN THE STUDENTS FOR SOCIALIZING, GAMES, SNACKS & FUN

Upcoming Special Events

BULVERDE SPRING BRANCH ACTIVITY CENTER
PRESENTS

BULVERDE BBQ BATTLE

TITLE SPONSOR
Vulcan
Materials Company

COMPETITION BBQ COOK-OFF
FEBRUARY 25-26, 2022
NEW LOCATION: 6301 US HWY 281

\$200 team registration includes:

- Team Space (RVs welcome)
- Parking (2)
- 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!

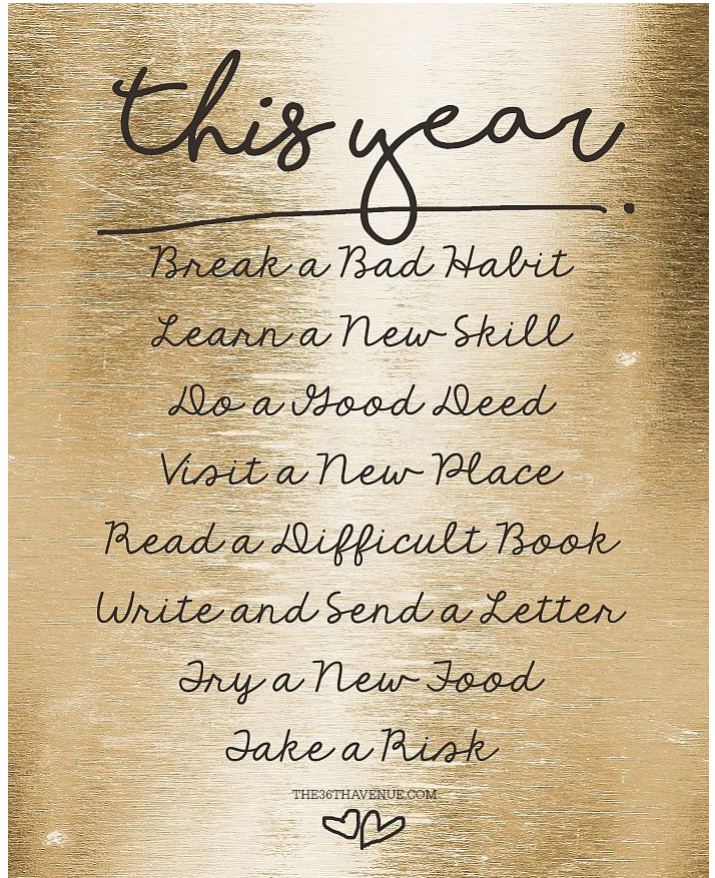
Gates open Friday, February 25 at 5:00pm and
Saturday, February 26, 10am

Scan for team registration,
event sponsorship and
wristbands.



Event Contacts
Sponsorship - Jessica Rosario
jrosario@bsbac.com
Team Information - DeLisa Leopold
dleopold@bsbac.com





ARE YOU LOOKING TO HELP OUT IN YOUR LOCAL COMMUNITY?



Meals on Wheels @
The Bulverde
Spring Branch Activity
Center is in need of
drivers to deliver meals.

WE NEED YOUR HELP!

Please call Jean Larson
830-438-3111
jl Larson@bsbac.com





BLOOD IS AN ESSENTIAL MEDICINE

THERE IS NO SUBSTITUTE FOR HUMAN BLOOD



1 unit of blood can save up to **3** lives



Every **2** seconds, someone in the U.S. needs blood

29,000

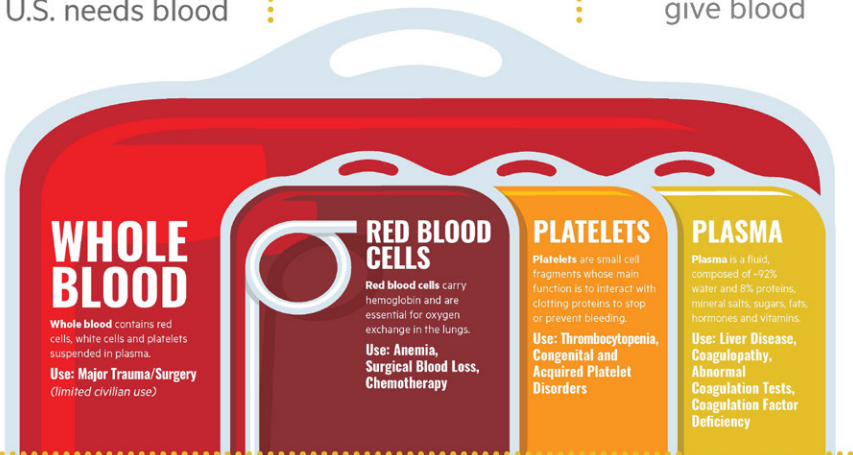
units of red blood cells are used each day in the U.S.



Fewer than **5%** of eligible donors give blood

BLOOD CONSISTS OF SEVERAL COMPONENTS

THOSE MOST NEEDED BY PATIENTS ARE:



WHO NEEDS BLOOD?

1 IN 7 HOSPITAL PATIENTS NEED BLOOD FOR MANY REASONS, INCLUDING:

- Trauma
- Hemophilia
- Preterm Infants
- Postpartum Hemorrhage
- Kidney Disease
- Transplants
- Cancer
- Liver Disease
- Critical Care
- Sickle Cell Disease
- Burns



HOW MUCH DOES IT TAKE?

AN AUTOMOBILE ACCIDENT VICTIM MAY NEED UP TO

50 RED BLOOD CELL UNITS

A CANCER PATIENT UNDERGOING CHEMOTHERAPY MAY NEED UP TO

8 PLATELET UNITS / WEEK

AN ORGAN TRANSPLANT RECIPIENT MAY NEED UP TO

25 PLASMA UNITS

30 PLATELET UNITS

40 RED BLOOD CELL UNITS

AB Accredited

Is Your Facility Accredited by AB?

AABB-accredited facilities adhere to the highest standards of donor and patient care and safety.



Who Can You Give Blood To?

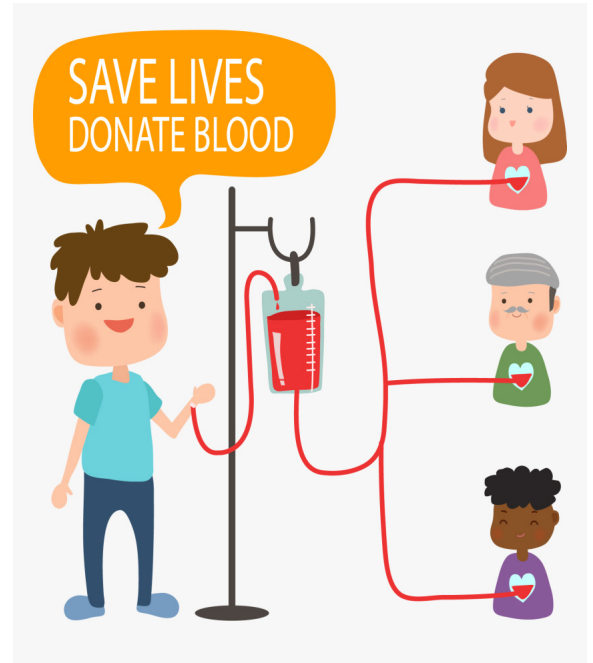
Compatibility of blood types for blood donation

Donor

	O-	O+	B-	B+	A-	A+	AB-	AB+
AB+								
AB-								
A+								
A-								
B+								
B-								
O+								
O-								

Recipient

Source: American Society of Hematology



AM I ELIGIBLE TO DONATE BLOOD?

To meet the basic requirements for donating blood, you must be in good health and



have a **pulse** and **blood pressure** within normal limits



have a **normal temperature**



meet the **minimum age requirement** per applicable state law



have a **normal blood hemoglobin level**



be **free of infections** that can be transmitted through blood transfusion



haven't donated blood in the last **56 days**

HHS.gov



Brussels Sprouts

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

Provides 16 percent of your daily needs of fiber in one cup. Excellent source of vitamin C and vitamin K



0.8G
FAT

56
CALORIES

4.1G
FIBER

4G
PROTEIN

11G
CARBS

(per cup, cooked with no fat)

verywell

Brussel Sprouts

Thermal Nature = Cooling
Flavor = Pungent, Slightly Bitter, Mildly Sweet

Diuretic -
(difficult urination)

Clears Heat -
(irritability, diarrhea,
headache, hypertension)

High In -
anthothenic acid,
tamin A, C, B
ulfur, iron

Increases Energy -
(chronic fatigue)

Brightens the Eyes -
(conjunctivitis, & nearsightednes)

Prevents Tumor Growth - (cancer)

• INGREDIENTS •

- 1 1/2 lbs brussel sprouts
- 1/2 cup chopped walnuts
- 3 tblsp olive oil
- 3/4 tsp salt
- 1/2 tsp ground black pepper

• INSTRUCTIONS •

peel outer leaves off of brussel sprouts, cut off stems and halve.

mix brussel sprouts in bowl with olive oil, salt, and pepper until coated.

pour on sheet pan.

roast @ 400° for 35 to 40 minutes, shaking pan throughout to ensure even roasting.

ROASTED BRUSSEL SPROUTS

WITH WALNUTS

Thank You Sponsors



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- Ear Cleaning
- Hearing Aid Checks & Cleaning
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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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