

March 2023

BSBAC

Buzz



March is National Nutrition Month

National Nutrition Month® is an annual campaign created 50 years ago in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme is "**Fuel for the Future.**" Eating with sustainability in mind is a tasty way to nourish ourselves during every phase of life and protect the environment. A Registered Dietitian Nutritionist can help you create healthy habits that are sustainable and celebrate your unique needs. See the weekly tips below for more information.

Week 1: Eat with the environment in mind.

- Enjoy more plant-based meals and snacks
- Purchase foods with minimal packaging
- Buy foods in season and shop locally when possible.
- Start a container or backyard garden to grow food at home.

Week 2: See a Registered Dietitian Nutritionist (RDN).

- Ask your doctor for a referral to an RDN.
- Find an RDN who specializes in your unique needs.
- Learn how nutrient needs may change with age.

- Receive personalized nutrition information to meet your health goals.

Week 3: Stay nourished and save money.

- Plan your meals and snacks.
- See what food you have at home before purchasing more.
- Use a grocery list and shop sales when purchasing food.
- Learn about community resources such as SNAP, WIC and local food banks.

Week 4: Eat a variety of foods from all food groups.

- Include your favorite cultural foods and traditions.
- Eat foods in various forms including fresh, frozen, canned and dried.
- Avoid fad diets that promote unnecessary restrictions.
- Practice gratitude for your body by giving it the fuel it needs.

Week 5: Make tasty foods at home.

- Learn cooking and meal preparation skills.
- Try new flavors and foods from around the world.
- Find creative ways to use leftovers rather than tossing them.
- Create happy memories by eating with friends and family when possible.



Inside this issue

Upcoming Events & Note from the Center
PAGE 2

Weekly Activity Schedule
PAGE 3

Center Meal Menu
PAGE 4

Games Galore
PAGE 5

Health & Wellness Schedule
PAGE 6

Health & Wellness Descriptions
PAGE 7

Activity Center Happenings
PAGE 8-9

Mar. Event Flyers & Special Events
PAGE 10-11

News You Can Use
PAGE 12-13

What's Cooking
PAGE 14

Thank You Sponsors
PAGE 15

Center Contact Info
PAGE 16



Upcoming Events

March 1 @ 10:00am
Brunch Bingo

March 1 @ 1:45pm
Book Club

March 8 @ 1:30pm
Arts & Crafts Series: Paper Flowers

March 9 @ 10:00am
Daytrip to Camp Verde

March 10 @ 10:00am
Volunteer Appreciation Breakfast

March 13 @ 12:35pm
Bunco

March 15 @ 1:30pm
Spring Floral Arranging

March 15 @ 2:00pm
Caregiver Support w/Hope Hospice

March 16 @ 10:00am
Daytrip to Camp Verde

March 17 @ 11:00am
St. Patrick's Day Potluck

March 20 @ 11:15am
Membership Connection Lunch

March 23 @ 10:00am
Daytrip to Camp Verde

March 27 @ 12:35pm
Bunco



"Try to be a rainbow in someone's cloud."

~Maya Angelou



Note From the Center...

By DeLisa Leopold, Executive Director

I would like to extend a huge thank you to all that supported our 4th Annual Bulverde BBQ Battle! It was our most successful cook-off to date and we could not have done it without you! We are already planning for next year and know it will be bigger and better!

We are again partnering with Texas A&M AgriLife Extension for the Walk Across Texas challenge. The event is an 8-Week walk challenge and will run from March 28 to May 23. Stay tuned for more information on this challenge to get us all moving this spring!

Come Celebrate the Journey with us at our Inaugural Gala on Friday, April 14, at Western Sky Event Venue. We will enjoy a delicious dinner, drinks, music, auction, and a night of sharing the love of our mission. Visit our website or a BSBAC team member to purchase your ticket or to find more information.

Shortly following the Gala, we will have our 24th Annual Run for the Hills. This is a fun, family friendly event that offers a distance for everyone (1 mile, 5K, 10K). Would you rather stay home in your pjs? You can! You can also register as a sleepwalker and still get an event t-shirt. Can't beat that option! Registration will open soon...stay tuned for details!

We hope you agree that BSBAC is a home away from home and we appreciate the support everyone gives to help make it the wonderful place that it is.

I wish you all a little luck of the Irish this month and that your pot of gold awaits!

"May your troubles be less, and your blessings be more. And nothing but happiness come through your door." – Irish Blessing



March Weekly Activity Schedule



MONDAY

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

11:30am
 Fellowship Meal

12:35pm Bunco
 (2nd & 4th Mon)
1:30pm Dominoes
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 Spanish
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



Alexander, Cynthia
 Allen, Donna
 Amft, Betty
 Arredondo, Ricardo
 Balasko, Kathy
 Baray, Paul
 Beach, Cornelia
 Bergmans, Frank
 Bobick, Lucy
 Boice, Carol
 Bolt, Cindy
 Bomersbach, Ray
 Bradley, Rose Marie
 Bueno, Henry
 Butler, Cindy
 Calhoun, Bobby
 Callahan, Virginia
 Chavera, Chris
 Cherry, Ruth
 Clarke, Karen
 Collett, Patricia
 Conner, Susana
 Cortez, Ann
 Countryman, Bonnie
 Cunningham-Little,
 Cathy
 Davidson, Jack
 Davis, Jeanetta

Davis, Paula
 Davis, William
 De Leon, Rhonda
 Dearth, Ralph
 Dee, Carol
 Dixon, Sue
 Duncan, Grace
 Ellaby, Mike
 Ewald, Kenneth
 Fernandez, Esther
 Fernandez, Margarita
 Fey, Bobby
 Fishlock, Melanie
 Fox, Susan
 Fuleki, Thomas
 Garcia, Frank
 Garcia, Oscar
 Garcia, Ricardo
 Gathright, Vicky
 Gdovin, Joseph
 Geffken, Edward
 Geffken, Kay
 Gentry, Edwin
 Gierhart, Lawrence
 Gomez, Rosalinda
 Gonzalez, Rosa
 Goodwin, Clarice
 Hall, Dori

Hall, George-Anne
 Hancock, Sandy
 Hardwick, Laura
 Harris, Barbara
 Harrison, Vincent
 Hawkins, Julie
 Hedrick, L. Kathy
 Heitczman, James
 Helm, Thomas
 Hindman, Jimmy
 Hofheinz, Frank
 Hopkins, Stephen
 Hortick, Gail
 Hosek, Lynn
 Houghtaling, Athena
 Huber, Peggy
 Hughley, Felicia
 Ickes, Toni
 Irie, Patrick
 Jones, Barbara
 Karkosky, Robert
 Kelly, Patricia
 Kimbrell, Madeline
 Koehler, Lisa
 Kowalski, Lizette
 Kowalski, Louis
 Krenek, Carla
 Lange, Hans

Larson, Marcia
 Leinen, Christine
 Lesage, Henrietta
 Linney, Kim
 Lockard, Barbara
 Long, Marjorie
 Lopez, Anneliese
 Lugo, Edna
 Marder, Joel
 Markwardt, Janis
 Martinez, Nelda
 Martos Conner,
 Susana
 Masterson, Barbara
 Mcadams, Pamela
 Mcelvaney, Richard
 Mcgee, Michael
 Mckinnon, Maria
 Mcleod, Elizabeth
 Menard, Julia
 Meredith, Charlotte
 Miller, Helen
 Miller, Joan
 Monroy Alandete,
 Blanca
 Morgan, Carol
 Muncaster, Steven
 Narinian, Pat

Nollkamper, Lynda
 Partin, Kimberly
 Payne, Bonnie
 Pettit, Mary
 Phelps, Tom
 Plunkett, Teri
 Polasek, Lisa
 Porter, David
 Porter, Lydia
 Posey, Bob
 Quintero, Jose
 Ray, Jill
 Redington, William
 Reeves, Judy
 Ressel, Linda
 Roberts, Erin
 Rojas, Olly
 Rosas, Sylvia
 Rosenfeld, Denny
 Ross, Saralda
 Sansom, Phil
 Sarafin, Vilma
 Sauls, Emily
 Schwartz, Teresa
 Scriven, Lori
 Sellars, Milton
 Siliven, Ron
 Smith, Carol

Smith, Sandra
 Snyder, Sharyn
 Sparkman, Barbara
 Sproull, Nicole
 Tarr, Pearl
 Thomas, Bill
 Valdez, Karen
 Vasquez, Cheryl
 Viers, Velma
 Viesenbach, Freddie
 Wagner, Petra
 Wallace, David
 Ward, Angela
 Wedding, James
 Wettschreck, Roger
 Wheeler, Nancy
 White, Laura
 Williams, Donna
 Williams, Luis
 Wilson, Patricia
 Woods, James
 Woods, Jim
 Woodward, Susan
 Worden, Alma
 Wunsch, Larry
 Wunsch, Linda
 Zaborowski, Gary
 Zachman, Kay





March 2023

Center Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>Frito Pie Fruit Dessert</p>	<p>2</p> <p>French Onion Salisbury Steak Mashed Potatoes Green Beans Dessert</p>	<p>3</p> <p>Tuna Salad Croissant Sandwich Fruit Salad Dessert</p>
<p>6</p> <p>Taco Soup Salad Corn Bread Dessert</p>	<p>7</p> <p>Meatball Subs Chips Salad Dessert</p>	<p>8</p> <p>Pizza Green Salad Dessert</p>	<p>9</p> <p>Sausage & Shrimp Jambalaya Cucumber Tomato Salad Dessert</p>	<p>10</p> <p>Baked Potato Bar Dessert</p>
<p>13</p> <p>Egg Rolls & Lo Mein Fortune Cookies</p>	<p>14</p> <p>Beef Tacos Guacamole Dessert</p>	<p>15</p> <p>Ham & Cheese Sliders Coleslaw Dessert</p>	<p>16</p> <p>Chicken Pot Pie Green Salad Irish Cream Poke Cake</p>	<p>17</p> <p>St. Patrick's Day Potluck Beer Cheese Soup</p> 
<p>20</p> <p>BBQ Meatballs Scallop Potatoes Poppy Seed Salad Dessert</p>	<p>21</p> <p>Polish Sausage Mac & Cheese Dessert</p>	<p>22</p> <p>Sub Sandwiches Chips Fruit Dessert</p>	<p>23</p> <p>Pork Loin Balsamic Green Bean Salad Cherry Pie Bars</p>	<p>24</p> <p>Bean & Cheese Chalupas Guacamole Dessert</p>
<p>27</p> <p>Pulled Pork Nachos Dessert</p>	<p>28</p> <p>Chef Salad Bar Dessert</p>	<p>29</p> <p>Chicken Strips with Gravy Green Beans Dessert</p>	<p>30</p> <p>Green Chicken Enchiladas Pinto Beans Dessert</p>	<p>31</p> <p>Spaghetti Salad Garlic Bread Dessert</p>

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

March 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
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* 
20 8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	21 9:30am Zumba Gold 10:30am Ballet Barre 12:00pm Zumba Gold-Seated 5:30pm Zumba	22 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	23 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	24 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
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	29 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	30 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	31 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*

GYM HOURS

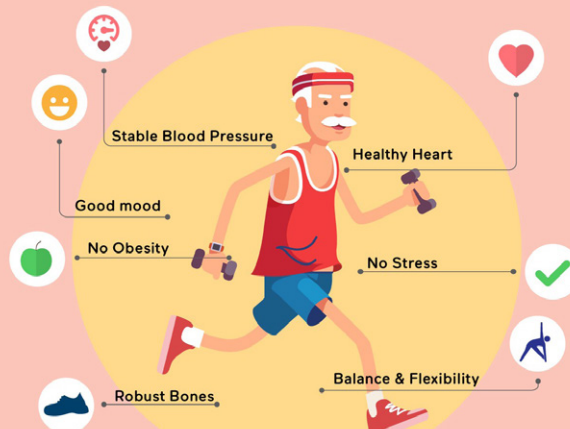
Mon-Thurs: 8:00am - 5:00pm

Fri: 8:00am - 3:00pm

*Class is FREE for all BSBAC Membes



Benefits of exercise



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.”



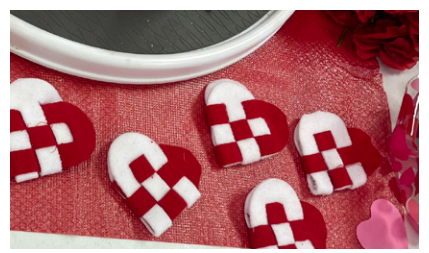
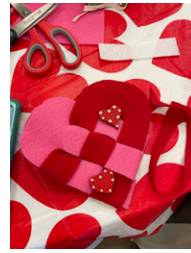


Activity Center Happenings



These are the 'Bingo Buddies'. They are bingo faithfuls here at the Center as well as at the Chamber bingo, and they are always up for a good time! We love bringing people together that become wonderful friends. Come join us at the Center and meet your own 'buddies!'

Our Arts & Crafts Class made Valentine hearts. Some were stuffed with candy for our Meals on Wheels clients. Our homebound seniors enjoyed and appreciated their sweet treats. Join us this month for two Arts & Crafts Classes, one making paper flowers and another making spring floral arrangements.



Our Self-Care Workshop was a hit last month! Thank you to Tara White, beauty consultant with Mary Kay, for helping the ladies with skincare, and beauty and makeup tips for maturing women. Thank you to Liza Bushn for bringing her beautiful Touchstone Crystal jewelry and donating all of her commission from sales (\$282) back to the Center.





Activity Center Happenings



2023 BULVERDE BBQ BATTLE

The 4th Annual Bulverde BBQ Battle 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 23-24, 2024...we look forward to seeing you all out again next year!



THANK YOU TO OUR 2023 BULVERDE BBQ BATTLE SPONSORS



March Event Flyers

ST. PATRICK'S BRUNCH BINGO

SHAMROCK EGGS, BACON, AND HASHBROWNS

WEDNESDAY, MARCH 1ST @ 10AM

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

ARTS & CRAFTS SERIES


Paper Flowers

Wednesday, March 8, 1:30 PM



Please bring a bud vase if you have one. All other supplies provided. \$5 donation appreciated.

MARCH DAY TRIP



THURSDAY, MARCH 9TH, 16TH & 23RD

10am Departure

Enjoy the day at Camp Verde, Texas. This quaint historical site has been around for over 150 years. The General Store, old Post Office, and Restaurant is nestled away in Hill Country surrounded by majestic trees on the bank of Verde Creek.

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

ARTS & CRAFTS SERIES

Floral Arranging

JOIN INSTRUCTOR, CONNIE ZULAICA, FOR A SPRING FLORAL ARRANGING CLASS

Wed, March 15th
1:30pm



Please bring a small or medium container of your choice. All other supplies will be provided.
\$5 Donation Appreciated

ARTS & CRAFTS SERIES

St. Patrick's Day POTLUCK

Friday, March 17th @ 11am

Join us for lunch and maybe have the luck of the Irish at Bingo that afternoon.

We will provide an Irish Cheese Soup w/ Pretzel Bread for lunch. Please bring an appetizer, salad, and/or dessert to share. Please register on the sign up sheet.



PLEASE JOIN US FOR OUR NEW

MEMBERSHIP CONNECTION

LUNCH



.....

3rd Monday of each month @ 11:15 am

COME MEET NEW MEMBERS, LEARN ABOUT CENTER ACTIVITIES/GROUPS & CONNECT WITH STAFF

Food Provided by Bulverde Baptist Church

Sunday, March 12th

Spring Forward

Don't Forget to Change Your Clock

+1 hour



BETTER LIVING FOR TEXANS

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 830-428-3111
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.

March Wish List

- Canned Chicken
- Yellow & White Cake Mix
- Brownie Mix
- Metallic Plasticware (forks, spoon, knives)
- Clear Plastic Large & Small Plates (75ct)
- (2) 15 Cube Storage Unit \$43 each
- Large Cube Storage Unit \$140 each
- Set of 6 Liter Glass Carafes \$40
- (2) 4ft Folding Tables \$60 each
- 2) Spin Mop & Bucket Cleaning Set \$65 each
- Set of 8 Ceramic Soup Bowls \$25
- (4) Ice Buckets w/ Lids & Scoops \$25 each
- Wall Mail Organizer \$30 each

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!

Upcoming Special Events



Celebrating the Journey

BSBAC GALA

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

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

DINNER - BAR - MUSIC - AUCTION
WESTERN CHIC ATTIRE



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
• Dessert Sponsor	\$ 500
• Community Partner	\$ 250

*Recognition at Event

TICKETS

• Single	\$ 100
• Table for 10	\$ 900
• VIP Table for 10 (includes special wine & appetizers)	\$1150

Contact DeLisa Leopold, dleopold@bsbac.com or Reghan Swenson, rswenson@bsbac.com, 830-438-3111



24th 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

VENDOR FAIR
TEAMS OF 10+ RECEIVE \$5 DISCOUNT
FAMILY FRIENDLY GAMES

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

SATURDAY, MAY 6TH, 2023





Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



20 Health Tips

1. **Eat Breakfast**

Start your day with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.

2. **Make Half Your Plate Fruits and Vegetables**

Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.

3. **Watch Portion Sizes**

Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. Complete the meal with a serving of fat-free or low-fat milk or yogurt. Measuring cups may also help you compare your portions to the recommended serving size.

4. **Be Active**

Regular physical activity has many health benefits. Start by doing what exercise you can. Children and teens should get 60 or more minutes of physical activity per day, and adults at least two hours and 30 minutes per week. You don't have to hit the gym – take a walk after dinner or put on music and dance at home.

5. **Get to Know Food Labels**

Reading the Nutrition Facts panel can help you choose foods and drinks to meet your nutrient needs.

6. **Fix Healthy Snacks**

Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese or hummus, or a tablespoon of nut or seed butter with an apple or banana.

7. **Consult an RDN**

Whether you want to lose weight, lower your health-risks or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.

8. **Follow Food Safety Guidelines**

Reduce your chances of getting sick with proper food safety. This includes: regular hand washing, separating raw foods from ready-to-eat foods, cooking foods to the appropriate internal temperature, and refrigerating food promptly. Learn more about home food safety at eatright.org.

9. **Drink More Water**

Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you are active, an older adult or live or work in hot conditions.

10. **Get Cooking**

Preparing foods at home can be healthy, rewarding and cost-effective. Master some kitchen basics, like dicing onions or cooking dried beans.



Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



Eating Right for Older Adults

Healthy eating is recommended throughout life, but as we age certain factors can affect our nutrient needs. Choosing a variety of foods from all the food groups (vegetables, fruits, grains, dairy and protein foods) will help you build a healthy eating routine.

The following tips can help you get started on your way to eating right.



Make half your plate fruits and vegetables.

Eat a variety of different colored vegetables, including ones that are dark-green, red, and orange. Beans, peas, and lentils are also good choices. Fresh, frozen, and canned vegetables can all be healthful options. Look for “reduced sodium” or “no-salt-added” on the labels. Add fruit to meals, snacks or as dessert. Choose fruits that are dried, frozen, or canned in water or 100% juice, as well as fresh fruits.

Make at least half your grains whole.

Choose breads, cereals, crackers, and noodles made with 100% whole grains. Whole grain corn tortillas, brown rice, bulgur, millet, amaranth and oats all count as whole grains, too. Also, look for fiber-rich cereals to help stay regular and cereals that are fortified with vitamin B12, which is a nutrient that decreases in absorption as we age or due to some medications.

Switch to fat-free or low-fat milk, yogurt and cheese.

Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

Vary your protein choices.

Eat a variety of foods from the protein food group each week. In addition to lean meat, poultry and eggs, choose seafood, nuts, beans, peas, and lentils when planning your meals. Spread your protein intake throughout the day by including a source with meals and snacks. Protein foods derived from animal sources also provide vitamin B12, and certain plant-based foods may be fortified. If you're at risk for low levels of vitamin B12, your doctor may also recommend a supplement.



What's Cooking



Pineapple

✓ Cholesterol-Free ✓ Fat-Free
✓ Sodium-Free

Pineapple contains nutrients like vitamin C, but it is high in sugar and carbs

82 CALORIES

2.4G FIBER

22G CARBS

0.9G PROTEIN

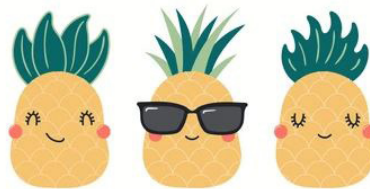
0.2G FAT

(per cup, chunks)

parentcircle

HEALTH BENEFITS OF PINEAPPLE

- Fights respiratory infections
- Promotes heart health
- Improves blood circulation
- Regulates blood pressure
- Provides good carbs
- Strengthens bones
- Treats arthritis
- Combats asthma
- Aids weight loss
- Prevents cancer
- Improves digestion
- Nourishes skin and hair
- Reduces inflammation
- Cures sinus
- Boosts immunity
- Eradicates stress
- Keeps gums strong
- Lowers cholesterol



GOOD VIBES ONLY

Pineapple Coconut Green Smoothie

- 4 cups fresh or frozen pineapple
- 3 cups raw coconut water
- 2 cups ice (optional)
- 1 cup curly green kale (about 3 large leaves)
- 1 cup frozen or fresh ripe banana (about 2 medium bananas)
- ¼ cup chopped pitted dates or more
- ¼ cup raw cashews
- ¼ cup dried unsweetened coconut
- ½ scoop or 1 scoop organic Vanilla Protein Powder
- pinch of Himalayan Crystal salt

1. Place coconut water into Vitamix and then the other ingredients.
2. Puree until smooth and creamy.
3. Tweak flavors to taste.



Pineapple Avocado Salsa

- Prep Time:** 15 minutes
Cook Time: 1 minute
Servings: 4 servings

Ingredients

- 1 pound cubed pineapple
- 4 avocados
- 3 limes
- 1 large bunch cilantro

Directions

1. Wash and dry the cilantro; roughly chop the leaves and stems.
2. Quarter the limes.
3. Pit, peel and medium dice the avocados; toss with the juice of 3 lime wedges to prevent browning.
4. Small dice the pineapple.
5. In a medium bowl, combine the pineapple, avocados, cilantro, the juice of the remaining lime wedges and a drizzle of olive oil.
6. Toss to combine and season with salt and pepper to taste.



Thank You Sponsors



ALTITUDE AUDIOLOGY
MILES ABOVE THE REST



- Hearing Aids
- Hearing Testing
- Ear Cleaning
- Hearing Aid Checks & Cleaning
- Vertigo/Dizziness/Imbalance

(830) 438-7766
172 CREEKSIDE PARK, STE 107 | SPRING BRANCH TX, 78070

DLW Software LLC
Software & Web Solutions for Your Business

Microsoft® Dynamics 365 & CRM 2016 Consultation, Installation, Deployment, Customization, & Extending	Computer Sales & Service (by Appointment)
(830) 660-7856 DaleWilken@DLWSoftwareLLC1.com	www.DLWSoftwareLLC1.com Spring Branch, TX 78070



Get all your family's
Fiber Internet
and entertainment needs!

Speeds up to 1 Gbps

Internet | TV | Security | Phone

gvtc.com | 800-367-4882




**NOAH'S ARK
SELF STORAGE**



CLIMATE CONTROL &
NON-CLIMATE CONTROL

30435 HWY 281 N
EUILVERDE, TX 78163
830-980-8227
www.noahsarkselfstorage.com



**HOPE
HOSPICE**
OF THE HILL COUNTRY

Providing a
Loving
embrace
for over
35 years,
when it
matters most.

www.hopehospice.net
(210) 686-3131

**FREE
MOVING KIT**

Morningstar has all the moving supplies you need and we're giving them away for free. Stop by a nearby Morningstar location for your free moving kit today.

Your kit will include boxes, bubble wrap, tape, and more.



4715 US Hwy 281 N | 830.438.4838
www.morningstarstorage.com



Regina Silva
AGENCY OWNER
HEALTH INSURANCE ADVISOR

Office (830) 488-7670
Cell (949) 836-2658
www.SelectSilvaAgency.com
5525 Blanco Rd # 103
Castle Hills TX, 78216




M&S ENGINEERING
CIVIL | ELECTRICAL | STRUCTURAL | MEP

EXPERIENCED. RESPONSIVE. PRACTICAL.



WE BELIEVE PEOPLE MAKE THE DIFFERENCE.

(830) 228-5446 • WWW.MSENGR.COM



Vulcan
Materials Company

CHERI ETTINGER,
REALTOR®, ABR PSA RENE NHC NHSAC



COLDWELL BANKER
D'ANN HARPER,
REALTORS®

10 OFFICES SERVING
CENTRAL AND SOUTH TEXAS

Cell: (210) 722-6722
Office: (210) 483-7526
cettinger@cbharper.com
cettinger.cbharper.com



BIG SUR
Pool Co.

Get Your Medicare Questions Answered



MedicareMichelle
(800) 448-5068
Medicare Advantage Plans,
Medicare Supplement Insurance,
and Prescription Drug Plans

MG Michelle de Guzman
MEDICARE MADE EASY
Licensed Insurance Agent | Licensed in TX, OK, TN, FL, AZ, CO, MI, OR, NV, CA
1 (800) 448-5068 | www.MedicareMichelle.com



Serving
San Antonio, TX
& Surrounding
Areas



Lisa Polasek
REALTOR®, GRI
210-459-4259
lisapol328@aol.com
lisapol328.com
lisapolasek.realtor

I'm never too busy for your referrals!

Scott Williams
Marketing Outreach Specialist
scott.williams@wellcare.com
C: 210-238-7336, O: 210-694-3901
Wellcare.com





Staff Members



DeLisa Leopold
Executive Director
dleopold@bsbac.com



Reghan Swenson
Marketing Coordinator
rswenson@bsbac.com



Jean Larson
Meals on Wheels Coordinator
jl Larson@bsbac.com



Beth Collier
Outreach Coordinator
bcollier@bsbac.com



Lauren Bippert
Membership Coordinator
lbippert@bsbac.com



Todd Foster
Transportation



Rod Garcia
Transportation



Candice Hitt
Bookkeeper



**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.



Board Members

Brian Meuth: Chair
Ann Parham: Vice Chair
Keri Sandvig: Treasurer
Kelly Erwin: Secretary

James Head
Bobby Craft
Matt Hester
Hanni Stautzenberger



www.bsbac.com



830-438-3111



30280 Cougar Bend, Bulverde TX 78163