



Our Silver Sage Thrift Store is located at 660 Hwy 16 South in the strip mall (830) 796-3590  
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 See more on page 22



Senior Living/Small House Community  
 Project Page 24  
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**MONTHLY MENU**  
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BANDERA COUNTY

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HAPPY Sunday, June 21

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Managing Publisher/Designer:  
Karyn Utterback-Executive Assistant  
Email: karyn@silversage.org

Development Director:  
Mikie Baker-mikie@silversage.org

Sales: Mikie Baker & Karyn Lyn

Silver Sage-803 Buck Creek  
Bandera, TX 78003  
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*Through the Eyes of a Driver, by Mary Allyce*



**Featured Recipes:  
Key Lime Pie and  
Root Beer Float Pie**

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» p.24



**JOIN US FOR  
CATFISH NUGGETS  
ON NATIONAL  
CATFISH DAY!!!**

**Thursday, June 25th**



» p.13

**Check out our  
Monthly Menu!**

## HOURS:

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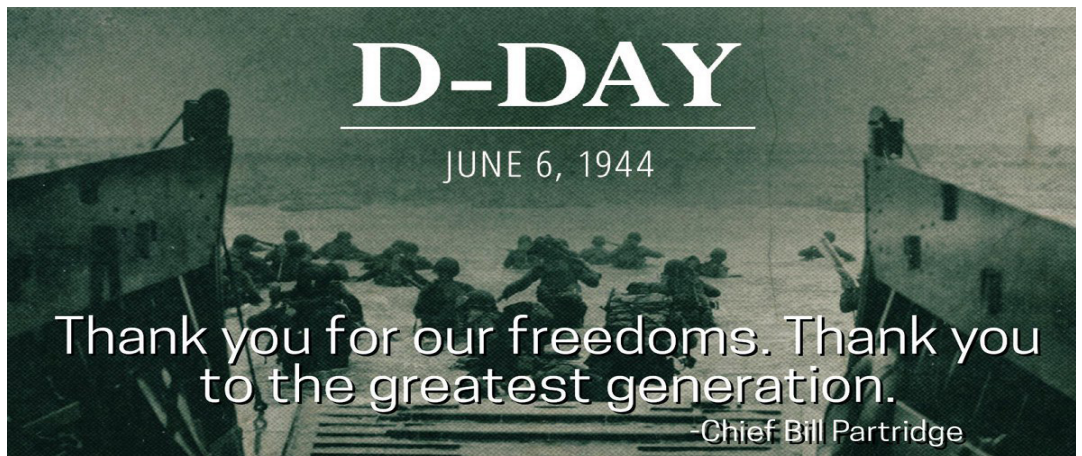
**Closed due to Covid-19**

## WHAT'S INSIDE

6. **Through The Eyes Of A Driver**  
By Mary Allyce: "Even though town is slowly opening up, the Meals On Wheels program continues to taking precautions of masks, gloves, ample use of sanitizer and distancing, We can and we will move forward and hopefully we'll do it with all due care for one another and for ourselves..."
10. **Summer Recipes:** As the Texas temperatures rise, these recipes will be sure to cool you down. Root Beer Floats are loved by many, so how about a Root Beer Float pie!?!
23. **Nutrition:** Check out these facts about Super Fruits and how they can lower the risks of cancer, heart disease, cholesterol, and prevents colds!

*Our Mission:*

*Enriching Life For Seniors*



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**Bandera Fire Department (830) 796-3777**

**Poison Emergency 1-800-222-1222**

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# 10 tips

Nutrition Education Series

## choosing healthy meals as you get older



### 10 healthy eating tips for people age 65+

**Making healthy food choices is a smart thing to do—no matter how old you are!** Your body changes through your 60s, 70s, 80s, and beyond. Food provides nutrients you need as you age. Use these tips to choose foods for better health at each stage of life.

#### 1 drink plenty of liquids

With age, you may lose some of your sense of thirst. Drink water often. Low-fat or fat-free milk or 100% juice also helps you stay hydrated. Limit beverages that have lots of added sugars or salt. [Learn which liquids are better choices.](#)



#### 2 make eating a social event

Meals are more enjoyable when you eat with others. Invite a friend to join you or take part in a potluck at least twice a week. A senior center or place of worship may offer meals that are shared with others. There are many ways to [make mealtimes pleasing.](#)



#### 3 plan healthy meals

Find trusted nutrition information from [ChooseMyPlate.gov](#) and the [National Institute on Aging](#). Get advice on what to

eat, how much to eat, and which foods to choose, all based on the [Dietary Guidelines for Americans](#). Find [sensible, flexible ways to choose and prepare tasty meals](#) so you can eat foods you need.

#### 4 know how much to eat

Learn to recognize [how much to eat](#) so you can control portion size. MyPlate's [SuperTracker](#) shows amounts of food you need. When eating out, pack part of your meal to eat later. One restaurant dish might be enough for two meals or more.

#### 5 vary your vegetables

Include a variety of [different colored vegetables](#) to brighten your plate. Most vegetables are a low-calorie source of nutrients. Vegetables are also a good source of fiber.



# THROUGH THE EYES OF A DRIVER

*By Mary Alyce*

It's technically not summer until June 21st, but we just came through Memorial Day Weekend, our nation's unofficial start to the summer season and traditionally one of the biggest weekends for Bandera County. No one knew what to expect. After months of isolating, businesses were reopening, people were ready to shake off the shutdown, reacquaint with friends and feel "normal" again. We're not completely sure what "normal" will be in the months ahead, but for the first time since March, there were people in town, at the park, and on the roads. Restaurants and shops were open and there was music in the venues again.

I knew we were getting closer to business as usual when the traffic on Main Street backed up from the



light at 16 & 173 to the light at Pecan across from the Courthouse. The return of Cowboys On Main is a welcome sight once again. Traffic On Main, however, is one thing I didn't miss while we were isolating. And yet, we need that traffic. We need visitors, tourists. We need to get out and socialize. We need to work off the pounds we gained cooking and eating our way through the past two months! We went out the other night for the first time since March 11th. Meeting up with friends, enjoying a live band, sitting outside on a beautiful, summery night, activities we once took for granted felt like a brand new experience, even a bit strange. It was a nearly forgotten pleasure, and so good to see folks we hadn't been with for a long time. It was a slightly subdued atmosphere as we tried on our newly

restored freedom, and that's as it should be. We're waking from a long, national nap and we're feeling our way, finding a balance between keeping ourselves and each other healthy and easing our way back to a level of interaction that works.

"The Cowboy Capital of The World" is a fun place. People come here to kick back, cut loose, and have a good time whether it's in shops and restaurants, at the river, in the venues, living the western lifestyle, or just enjoying the beauty of the Hill Country.

We can and we will move forward and hopefully we'll do it with all due care for one another and for ourselves.

In the Meals On Wheels program, we're all still taking precautions of masks, gloves, ample use of sanitizer and distancing. Our clients are too vulnerable and too precious to do anything less. As one of our drivers who is a retired doctor reminded the other day, "The mask prevents you passing the virus to others." That's the point. Period. We're watching out for you. Trust me – we're smiling behind the masks. Outside of the MOW program, masks also provide a neat barrier allowing for a whole range of facial expressions. Haven't you always wanted to stick your tongue out at some people? Wear a mask and indulge yourself! There's always an upside. Enjoy with care and see you next month.



# Two Kinds of Pain *by Mikie Baker*

Recently I decided the best use of my time was to trip over my own big feet, fly into the air and land on the arm of a chair. This type of move, which I refer to as an earth wobble, resulted in a cracked rib. I guess I've outgrown my Twinkle Toes years.

There's not much you can do for a cracked rib, other than suffer through it. Rather than spend money on a doctor's visit, I invested my hard earned cash into a new piece of clothing – an Everlast Slimmer Belt with magnets. Basically it's a contraption you wrap around your waist. It's sort of like Spanx with Velcro.

This magical piece of clothing holds everything together so the pain is somewhat bearable. It's the only thing that seems to work. Over-the-counter pain relievers do not. My cracked rib just laughs at them.

The belt makes my pain bearable. Luckily, this contraption also offers great benefits. The box – loaded with marketing tips – claims I get amazing advantages including increased blood circulation, aerobic conditioning, shedding of excess water, lower back support, calorie burning and a slimmer appearance. It's exactly what all women in America are desperately searching for in clothing.

Since I'm about to embark on my first real vacation in years, I really didn't want to take along a cracked rib but it looks like I have no choice. Sometimes stupid people tricks have bad timing.

To add to the insanity, I decided I needed a new swim suit for my vacation. All females over the age of 12 will agree that buying a new bathing suit is a very painful experience. Between the sagging and the store lighting, a strong woman can be brought to tears.

Personally, I find it helpful to scream out loud in the dressing room. It not only relieves tension, but it makes it easier to hold in your stomach.

Now imagine if you will, this lowly soul sulking into a dressing room clutching a broken rib and 10 bathing suits. I'm still not sure which one is more painful.

When trying on suits, I had to take off my Slimmer Belt which basically let it all hang out. Then I had to attempt to pull up a hold-it-all-in one piece suit over my belly and a cracked rib. To the outside observer, I bet the entire process resembled stuffing deer sausage casings.

At the bargain store I tried, I found nothing that worked. Sure there were some suits that fit, but they all would have made me look like a fifty-something beached whale. When I handed my selections back to the dressing room attendant, I smiled and said, "Nothing worked. These were just enormous on me!" As I left, I could hear her roars of laughter throughout the store.

Next, I opted for a fancy store with fancy prices. All women know the price of the suit is directly related to the amount of Spandex that holds you in.

Again, I headed into the dressing room with another dozen suits while clutching my side. And then a miracle happened.

The very last suit I tried on fit me like a glove, made me look like Marilyn Monroe on a good day and covered up everything that needed hiding. It even made my rib feel better. After years of settling for a so-so suit, I had finally found the perfect swimming suit for this old body.

I guess it's true what they say – no pain, no gain.



# Funny Bone

## **TIMES CHANGE and THEN THEY DON'T**

**1972: Long hair**

**2020: Longing for hair**

**1972: KEG**

**2020: EKG**

**1972: Acid rock**

**2020: Acid reflux**

**1972: Hoping for a BMW**

**2020: Hoping for a BM**

**1972: Going to a new, hip  
joint**

**2020: Receiving a new hip  
joint**

**1972: Rolling Stones**

**2020: Kidney Stones**

**1972: Disco**

**2020: Costco**

**1972: Passing the drivers'  
test**

**2020: Passing the vision  
test**

**1972: Whatever**

**2020: Depends**

## **Age-O-Meter:**

**How many do you remember?**

**1. Blackjack chewing gum**

**2. Wax Coke-shaped bottles w/colored sugar water**

**3. Candy cigarettes**

**4. Soda pop machines that dispensed bottles**

**5. Coffee shops with tableside jukeboxes**

**6. Home milk delivery in glass bottles with card-  
board stoppers**

**7. Party lines**

**8. Newsreels before the movie**

**9. P. F. Flyers**

**10. Butch wax**

**11. Telephone numbers with a word prefix (Olive -  
6933)**

**12. Peashooters**

**13. Howdy Doody**

**14. 45 RPM records**

**15. S&H Green Stamps**

**16. Hi-fi's**

**17. Metal ice trays with levers**

**18. Mimeograph paper**

**19. Blue flashbulbs**

**20. Beanie and Cecil**

**21. Roller skate keys**

**22. Cork popguns**

**23. Drive45;ins**

**24. Studebakers**

**25. Wash tub wringers**

If you remembered 0-5 Cheer up - you're still young  
If you remembered 6-10 Hmmm - you're getting older  
If you remembered 16-25 You're old!



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# Fluffy Key Lime Pie

- 1/4 cup boiling water**
- 1 package (0.3 ounce) sugar-free lime gelatin**
- 2 cartons (6 ounces each) Key lime yogurt**
- 1 carton (8 ounces) frozen whipped topping, thawed**
- 1 Graham cracker crust (6 ounces)**

In a large bowl, add boiling water to Gelatin; stir 2 minutes to completely dissolve. Whisk in yogurt. Fold in whipped topping. Pour into crust. Refrigerate, covered, until set, about 2 hours.



# Root Beer Float Pie

- 1 carton (8 ounces) frozen whipped topping, thawed, divided**
- 3/4 cup cold diet or regular root beer**
- 1/2 cup fat-free milk**
- 1 package (1 ounce) instant vanilla pudding mix**
- 1 9-in. graham cracker crust (about 6 oz.)**
- Maraschino cherries, optional**



Set aside and refrigerate 1/2 cup whipped topping for garnish. In a large bowl, whisk the root beer, milk and pudding mix for 2 minutes. Fold in half the remaining whipped topping. Spread into graham cracker crust. Spread remaining whipped topping over pie. Freeze for at least 8 hours or overnight. Dollop reserved whipped topping over each serving; top with a maraschino cherry if desired.

[cascadehealthservices.org](http://cascadehealthservices.org)



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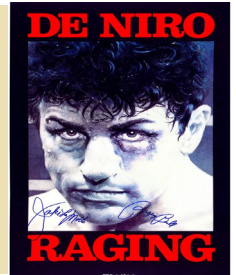
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**Here are some movies you can all watch together from the comfort of your own homes! According to IMDb, the list below identifies some of the best movies of all time. With today's technology, these films have been digitally enhanced to improve the quality. If you have a smart tv or Roku, all of these available to watch on Amazon Prime for \$2.99, or you can buy a new or used copy on Amazon. Some are free to watch on Netflix.**

- **The Godfather (1972)** - The aging patriarch of an organized crime dynasty transfers control of his clandestine empire to his reluctant son.
- **The Shawshank Redemption (1994)** – Two imprisoned men bond over a number of years, finding solace and eventual redemption through acts of common decency. (Available on Netflix)
- **Schindler's List (1993)** – In German-Occupied Poland during World War II, industrialist Oskar Schindler gradually becomes concerned for his Jewish workforce after witnessing their persecution by the Nazis.
- **Raging Bull (1980)** – The life of boxer Jake LaMotta, whose violence and temper that led him to the top in the ring destroyed his life outside it. (Available on Netflix)
- **Casablanca (1942)** – Here's looking at you kid! A cynical American expatriate struggles to decide whether or not he should help his former lover and her fugitive husband escape French Morocco.
- **Citizen Kane (1941)** – Following the death of publishing tycoon Charles Foster Kane, reporters scramble to uncover the meaning of his final utterance, 'Rosebud.'
- **Gone with the Wind (1939)** – A manipulative woman and a roguish man conduct a turbulent romance during the American Civil War and Reconstruction periods.
- **The Wizard of Oz (1939)** – Dorothy Gale is swept away from a farm in Kansas to the magical land of Oz in a tornado and embarks on a quest with her new friends to see the Wizard who can help her return home to Kansas and help her friends as well.
- **One Flew Over the Cuckoo's Nest (1975)** – A criminal pleads insanity and is admitted to a mental institution, where he rebels against the oppressive nurse and rallies up the scared patients.
- **Lawrence of Arabia (1962)** – The story of T.E. Lawrence, the English officer who successfully united and led the diverse, often warring, Arab tribes during World War I in order to fight the Turks.



# Silver Sage ~ June 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. Beef Taco Bake Chocolate Brownie	2. BBQ Chicken Ranch Style Beans Cole Slaw	3. Chili Dog Cookies Chef Salad	4. Chicken Primavera Broccoli Salad Dinner Roll	5. Sloppy Joe Tater Tots
8. Teriyaki Chicken Meatballs over Noodles Asian Vegetables	9. Salisbury Steak Au gratin Potatoes Stewed Tomatoes	10. Slow Cooked Pork Stew Apple Salad Chef Salad	11. Chicken Enchilada Casserole Beans & Rice	12. Hamburger French Fries Apple Blueberry Cobbler
15. Honey Garlic Breaded Pork Chop Hoppin John (Peas & Rice Dish) Fresh Grilled Squash	16. Garden Spaghetti Garlic Bread	17. Chicken Fajitas Spanish Rice Refried Beans Chef Salad	18. Meatloaf Ranch Whipped Potatoes Glazed Carrots	19. Cranberry Turkey Salad on a Bed of Mixed Greens
22. Hearty Breakfast Casserole Waffled Hash Browns Biscuit	23. Beef Stroganoff Brussel Sprouts Cobbler	24. Parmesan Chicken over Alfredo Sauce Chef Salad	25. Catfish Nuggets Hush Puppies Cole Slaw	26. Smoked Sausage Grilled Cabbage & Onions Pinto Beans
29. Pulled Pork Sandwich Creamed Corn Apple Crisp	30. Pizza Bake Cheese Bread	 Alamo Area Council Of Governments	 Area Agency on Aging <small>Funded through the Texas Department of Aging and Disability Services Alamo Area Council of Governments</small>	

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All meals will meet the 1/3 RDA  
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**ACROSS**

- 1. Thick cookie
- 4. Brief documentary film
- 8. 1986 Ally Sheedy movie
- 9. Additional
- 10. CT's favorite spice
- 13. Cheat
- 15. Not me, but ...
- 16. Goldfish are said to have this
- 22. Bond creator Fleming
- 23. Deficiency
- 24. Type of energy
- 29. Imbibe
- 31. A T-shirt, for example

- 32. Myopic
- 33. Play a trick on a roommate

**DOWN**

- 1. Breakfast meat
- 2. Leggy wading bird
- 3. Two-spot
- 4. Location
- 5. "See ya!"
- 6. Devoured
- 7. Swap
- 11. University of North Texas, for short
- 12. Banged Stooze
- 13. Speak sweetly
- 14. Attila the \_\_\_\_

- 15. Yang partner
- 16. Video game parlors
- 17. Filling in
- 18. Author Anaïs
- 19. Price place
- 20. \_\_\_\_ Paulo
- 21. Onassis who wed Jackie
- 25. Elm, cherry, and maple, for example
- 26. Flick
- 27. Military academy student
- 28. Secondhand
- 30. Caboodle sidekick?

1		2		3		4		5		6		7
8								9				
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29				30		31						
32								33				



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**You can also view details on our website: [silversage.org](http://silversage.org)**

## The Utopia Food Pantry

P.O. Box 1091, Utopia, TX 78884-1091


**Project HOPE** is a free food program starting in our area, sponsored by the San Antonio Food Bank. It delivers boxes of **free food** that are supplemental staple groceries of protein, whole grains, staples, and produce.

It is for senior citizens (You must be 60 years old or older), and the Project HOPE provides 50-60 pounds of food each month to **you**. If you would like to enroll or to enroll a senior citizen that you know. Please contact Lucy Reed at 713-301-2571 ( the Project H.O.P.E. coordinator) or Teicher Whelchel at 830-486-4358 ( the treasurer of the Utopia Food Pantry) to enroll.



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# TRIVIA



1. Disneyland has been closed four times in its history. Name the four occasions?
  2. What are the names of the two Army ships stationed in Los Angeles and New York City to help with the coronavirus?
  3. The Southern Ocean surrounds which continent?
  4. What popular soda beverage was originally developed as a mixer for whiskey?
  5. Four Boston Celtics have won the NBA MVP Award. Can you name those players?
  6. In what year was the United Nations formed?
  7. Who was the first female singer to ever have four #1 albums on the Billboard all-genre Top 200 chart?
  8. What famous baseball historical event happened on May 5, 1904 at the Huntington Avenue Grounds?
  9. Mother's Day is the biggest holiday in the United States for what activity?
  10. Girl Scouts are currently selling their annual cookies, according to their sales records, which are the four best selling kinds of cookies?
  11. On May 5, 1934 their first short movie 'Woman Haters' was released. Who were the stars of the movie?
  12. May 5 is not actually Mexican Independence Day. When is it?
  13. Mother's Day is officially celebrated each year on the second Sunday in May, in the US, Canada, and Australia. When is Mother's Day celebrated in the UK?
  14. Memorial Day has been labeled as the most dangerous holiday for what incidents?
- \*Bonus Question: Who are the only four baseball pitchers in history to throw no hitters in both the American and National League?\***

**Answers. Question 1: 1) John Kennedy Assassination 1963, 2) Northridge Earthquake, 1971, 3) 9/11 bombing, 4) Coronavirus; Question 2: Mercy (LA), Comfort (NY); 3: Antarctica; 4: Mountain Dew; 5: Bob Cousy, Bill Russell, Dave Cowens, Larry Bird; 6: 1945; 7: Carrie Underwood; 8: Boston Americans Cy Young threw the first modern baseball perfect game; 9: Long Distance Phone Calls; 10: 1) Thin Mints, 2) Samoas; 11: The Three Stooges; 12: It is celebrated on September 16th; 13: 4th Sunday in May; 14: Driving your car. Bonus Answer: Cy Young, Jim Bunning, Nolan Ryan, Hideo Nomo.**

TWO GREAT LOCATIONS!

BANDERA & LAKEHILLS

*True Value*®

1002 Main St, Bandera, TX 78003 - [banderatruevalue.com](http://banderatruevalue.com)  
Veterans 10% discount Every Thursday



8950 FM1283, Lakehills, TX 78063 - [lakehillstruevalue.com](http://lakehillstruevalue.com)  
Veterans 10% discount Every Tuesday

**1. Lemon**  
*Fatigue-Fighting*

Lemon contains vitamins and unique phytochemicals that can stimulate brain activity, aid alertness and prevent fatigue.



**2. Tomato**  
*Improves eyesight*

Tomato contains both vitamin A and beta-carotene which protect the cornea.



**3. Natural Yogurt**  
*Skin Reviving*

In addition to probiotics, yogurt can rejuvenate acne-ridden skin.



**6 Kitchen Staples**  
with Surprising  
Health Benefits

**4. Prune**  
*Aiding Weight Loss*

Its famous fiber content can keep the stomach full for longer, helping weight loss.



**5. Onion**  
*Treating Anemia*

Its high iron content renders it useful for treating certain types of anemia.



**6. Olive Oil**  
*Cardiovascular Ally*

Olive oil may lower the risk of cardiovascular diseases and heart attacks.



*Looking for a unique way to help the Silver Sage? Why not try a birthday fundraiser on Facebook? When your birthday is approaching, you can set up your fundraiser and donate the proceeds to the Silver Sage. It's a very simple gesture that is deeply impactful.*

Here's all you need to do:

1. Go to the Search Bar at the top of the page.

2. Type in Birthday Fundraiser.

3. Click on "Create a Birthday Fundraiser."

4. When you are asked to search for a non-profit group, type in Bandera County Committee on Aging, Inc DBA Silver Sage.

5. The Birthday Fundraiser Preview will pop up and you can put in what information you'd like about why you are raising money for the Silver Sage. We would appreciate it if you would tell people we are raising money for the Cottages at the Silver Sage, a new development of cottages for active seniors with rent based on income level. Please make sure and explain this fundraiser is for the Silver Sage as most people don't know Bandera County Committee on Aging.

6. Select the Create Fundraiser button and you are done!

7. Invite people on your friends' list and engage with them! This is key. Invite, invite, invite! Share often on your timeline: remember that not everyone will see something when you post just once. While some people may be hesitant to invite people on their friends list, remember you're giving them an opportunity to participate in something bigger than you – helping the seniors of Bandera County.

8. Thank people as they donate and watch the numbers go up! Seriously, these people are donating to Silver Sage because of YOU.

Facebook has made this very easy to do and it's a great way to support the Silver Sage and our new project, the Cottages at the Silver Sage. Celebrate your day by helping our seniors in need – what could be a better present than that?

We appreciate you!





Our Thrift Store is an important resource for helping to fund the Meals On Wheels in Bandera County program. It is operated exclusively by volunteers.

The Thrift Store is located in Bandera at 660 Hwy 16 South in the strip mall next to Snowflakes Donut Shop. You can call the Thrift Store at (830) 796-3590.

Store hours are Monday-Friday, 10:00am- to 3:00pm

If you wish to volunteer, please come to Silver Sage at 803 Buck Creek Drive to fill out the volunteer form or call (830) 796-4969.

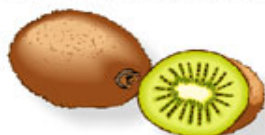


*Honoring the past,  
Inspiring the future.*

# Health Tips

## Super Fruits

What are they? Why do we call them so? Look at the list below, and you will find out.



- ◆ **Kiwi:** Tiny but Mighty! It is a good source of potassium, magnesium, Vitamin E & fiber. Its Vitamin C content is twice that of an orange.



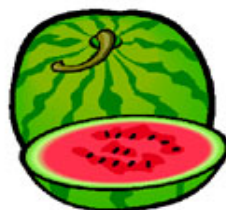
- ◆ **Apple:** An apple a day keeps the doctor away? Although an apple has a low Vitamin C content, it has antioxidants & flavonoids which enhance the activity of Vitamin C thereby helping to lower the risks of colon cancer, heart attack and stroke.



- ◆ **Orange:** The Sweetest Medicine. Taking 2 - 4 oranges a day may help keep colds away, lower cholesterol, prevent and dissolve kidney stones, as well as lessen the risk of colon cancer.



- ◆ **Strawberry:** A Protective Fruit, strawberry has the highest total antioxidant power among major fruits and they protect the body from cancer.



- ◆ **Watermelon:** The Coolest Thirst Quencher. 92% of it is water, but it boosts our immune system, and fights cancer. It also contains Vitamin C and Potassium.



- ◆ **Guava & Papaya:** Top Awards for Vitamin C - They are the clear winners for their high Vitamin C content. Guava is also rich in fiber which helps prevent constipation. Papaya is rich in carotene, which is good for your eyes.



## Tips on How to Stay Young!!

- ✓ Laugh and have fun. Don't be gloomy.
- ✓ Let bygones be bygones.
- ✓ Early to bed, early to rise, is healthy and wise.
- ✓ Stay lean. Being just 30% overweight is bad.
- ✓ Keep working, doing something you like.
- ✓ Be the boss of your own life.
- ✓ Too much medicine ruins your body.
- ✓ Exercise and eat less fatty foods.
- ✓ Do not worry about health and death, just get on with your life and enjoy it!!!

*Coming Soon*

the   
Cottages  
*of*  
Silver Sage

**A Community For Active Seniors**

What are the Cottages of Silver Sage?

- A Community for Active Seniors
- 46 units ranging from 600 sq ft to 980 sq ft
- Rent based on Income
- Located next to the Silver Sage Community Center
- Seniors activities Monday–Friday every week
- Free Lunch Daily for qualifying participants

**WANT TO HELP? DONATE NOW.**  
**803 BUCK CREEK DRIVE. (830) 796-4969**  
**SILVERSAGE.ORG**