



**Our Silver Sage Thrift Store is located at 660 Hwy 16 South**  
**Store hours Tues-Thurs 10:00am-3:00pm**  
**Friday - 10am-2pm**  
**Proceeds benefit Meals On Wheels**



**MONTHLY MENU**  
**PAGE 14 & 15**



**BANDERA COUNTY**



**THE SCOOP AT SILVER SAGE**

803 BUCK CREEK DR. BANDERA, TEXAS 78003 (830) 796-4969

**Community Volunteering**

Want to learn how to become a Silver Sage Volunteer? As a non-profit organization, we rely on volunteers to accomplish our mission. There are numerous ways you can help. Call us at (830) 796-4969

**Cowboy Capital Opry**

Our Opry is always the 1st Tuesday of every month, benefiting Meals On Wheels. Performer this month is: **Tuesday June 6th Terri Busic**

**Vaccinate Bandera is a non-profit, community-based effort to provide residents of Bandera County with factual, unbiased, science-based information about Covid-19 Vaccines and to provide access to Covid-19 Vaccines. See More On Page 5.**

**Bus Trip! June 8th - 9:00 Fredericksburg Shopping/Lunch/Wild Seed Farms. Page 10**

**WHAT IS GOING ON WITH THE SILVER SAGE AND COTTAGES??**  
**Join us June 15th @4pm in the dining room. Page 23**



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**serving the Bandera community.**

Peterson Health is here for our community. Here to provide family medicine services at our convenient location at Bandera Landing. Peterson Medical Associates - Bandera is accepting new patients and ready to provide exceptional, compassionate, patient-centered care, right here at home. At Peterson Health, we're growing closer to you every day. We're **Elevating Health**.

**Peterson Medical Associates**  
3540 SH 16 S  
Suite 1-D  
Bandera, Texas

To schedule your appointment at our new  
Bandera location, call 830.522.2002



Managing Publisher/Designer:

Karyn Utterback  
Executive Assistant

Email: [karyn@silversage.org](mailto:karyn@silversage.org)

Development Director:

Mikie Baker-[mikie@silversage.org](mailto:mikie@silversage.org)

Sales: Mikie Baker & Karyn Lyn

Silver Sage-803 Buck Creek  
Bandera, TX 78003

## HOURS:

SILVER SAGE HOURS:

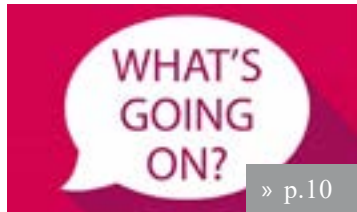
MON-THURS 8:00AM- 3:00PM

FRIDAY 8:00AM TO 2:00PM.

CLOSED WEEKENDS AND MAJOR HOLIDAYS.

[WWW.SILVERSAGE.ORG](http://WWW.SILVERSAGE.ORG)

## WHAT'S INSIDE



Check out our  
Monthly  
Menu!



By Lisa Crawford



- VaccinateBandera.org IS PREPARED TO ASSIST ANYONE with accessing a Covid-19 vaccine. If you need a ride, call us! If you need help making an online appointment, call us! If you would like us to bring a clinic to your area, call us! If you have a question about the latest vaccine or CDC recommendations, call us!
- Through the Eyes Of A Driver, by Mary Allyce: “June – the month of rare days, famous for brides and weddings, the official start to summer, Father’s Day, my birthday. Maybe my birthday isn’t famous to anyone other than me, but a birthday is a birthday ...”
- Activities, by Lisa Beck - “I hope you have gotten connected with an event or bus trip and made some new friends. We love having you join us for every occasion possible. Check the calendar for upcoming events and bus trips you might be interested in. We are here for YOU!”

### Quilters Welcome!! Every Wednesday 9:30am

Do you know how to sew? Do you have a quilt you want to do for a family member? Do you have a project to share? Above all would you like to meet new people? If you answered Yes to any of the above questions please contact our Center at 830.796.4969

*Our Mission:  
Enriching Life for Seniors*

**EMERGENCY 911**

**Bandera County Sheriff (830) 796-3771**

**City Marshall (830) 460-7172**

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

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

**Silver Sage/MEALS ON WHEELS (830) 796-4969**

**Art Crawford (Chief Executive Officer) (830) 456-4083**

**John Cressey-Neely (Chief Operations Officer) (830) 850-0898**

**Arthur Nagel Community Clinic (830) 796-3448**

**CVS Pharmacy (830) 460-7701**

**Bandera Pharmacy (830) 796-3111**

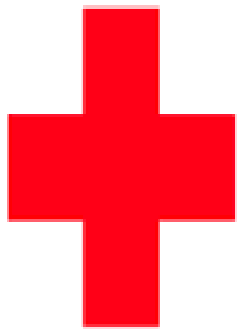
**ART Bus 1-866-889-7433**

**Silver Sage Thrift Store (830) 796-3590**

**Texas Abuse Hotline 1-800-252-5400**

**Texas Health and Human Services (830) 796-3739**

**South Texas Alzheimer's Assoc. (210) 822-6449**



**American  
Red Cross**

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

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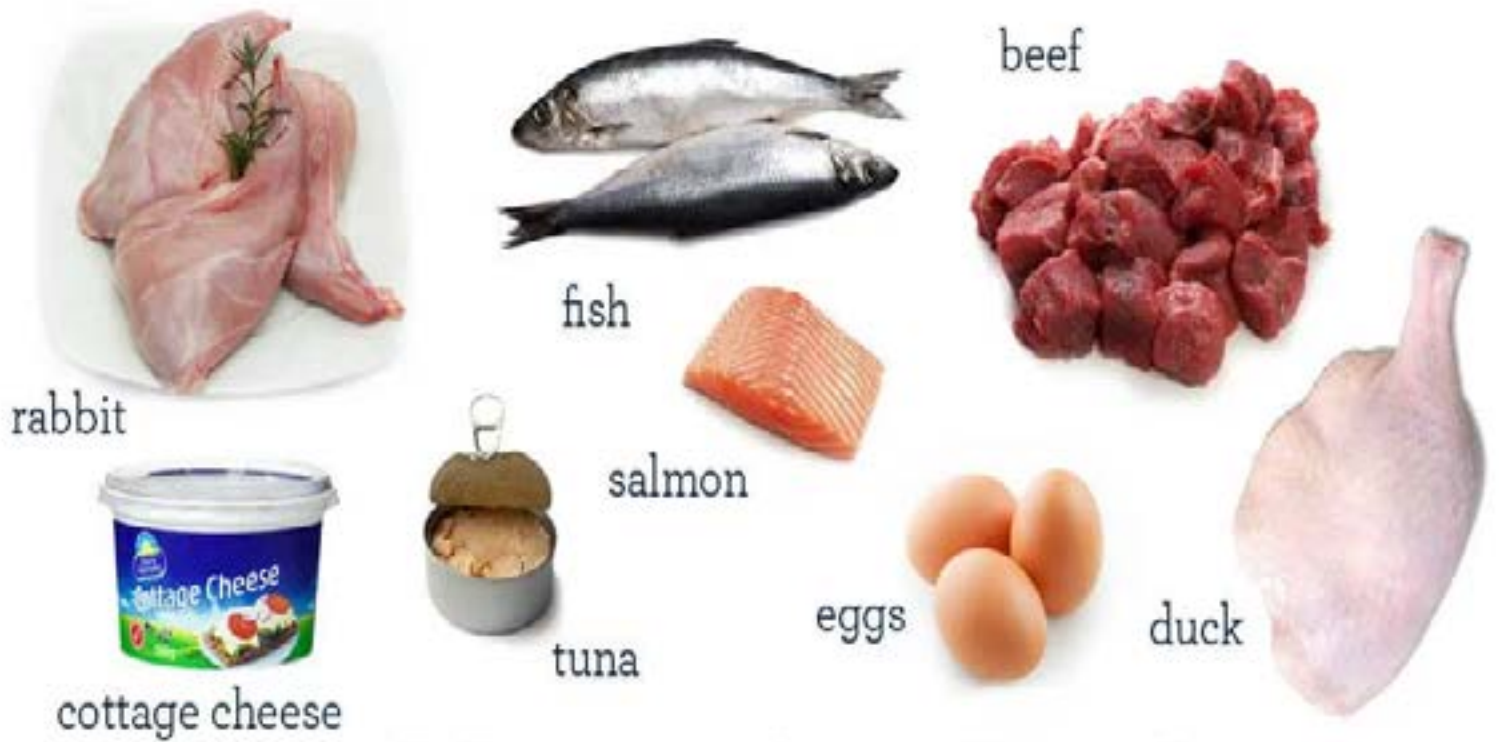


**HOW CAN VACCINATE BANDERA  
HELP YOU STAY PROTECTED FROM...  
FLU, SHINGLES, PNEUMONIA,  
AND COVID-19?**

**IF YOU NEED ASSISTANCE LOCATING A PROVIDER,  
SCHEDULING YOUR VACCINES OR GETTING TRANSPORTATION  
TO YOUR VACCINE APPOINTMENT, PLEASE LET US HELP!**

**1-833-882-2246**





# Cold Comfort Foods for Your Dog in Summer

Incorporate these cooling & neutral foods in your dogs diet to reduce the negative effects of heat on their bodies in Summer.



# THROUGH THE EYES OF A DRIVER

By Mary Allyce

June – the month of rare days, famous for brides and weddings, the official start to summer, Father’s Day, my birthday. Maybe my birthday isn’t famous to anyone other than me, but a birthday is a birthday and I’d rather write about that than some of the other special days in June devoted to “Pollinators, Pralines, Onion Rings, and Fairies.” Yes, those are all legit. Google told me so.

We June babies are Gemini’s on the astrological calendar. The sign of the Twins. According to one description, “Gemini represents two different personalities in one, sociable, communicative, always ready for fun, but also suddenly serious, thoughtful, and restless.” Sounds like multiple personalities to me. It could also describe multiple human beings. Astrology is fun, but confusing. Apparently so are Gemini’s.

The confusion continues with the birthstones of June. While most months have one dominant birthstone, June has three – a fickle designation it shares only with December. You can choose a pearl, an alexandrite, or a moonstone. Partial to a particular color? June is your month. Pearls come in a variety of colors, while the alexandrite can change colors from green to purple, depending on the time of day and light. Sounds like the perfect choice for a dual personality like Gemini, although moonstone could run a close second. Moonstone comes in colors from brown to yellow to blue with a “translucent sheen and varying compositions, typically with alternating layers of orthoclase and albite,” as per one description that echoes my notes from a mind-numbing college geology course. Let it suffice there’s plenty to choose from and I’m sticking with the reliable old pearl. I can relate to reliable and old.

I don’t understand the finer points of astrology, but according to sage practitioners, Gemini is an “air sign”. Please do not read “air head”. I prefer the image painted by one source of an “ever-changing free spirit, defined by talents in communication and writing, a breath of fresh air.” Now we’re getting

somewhere!

You may have figured out I’m not a big student of astrology and while I do enjoy nice jewelry it doesn’t hold me hostage. But I can get on board with communication and writing. For a couple of years, the Silver Sage has played host venue to a Writers’ Group and a Writers’ Class. We

critique each other’s work, talk about the state of publishing, learn about the craft and technique of good writing. I’ve met some fascinating people and heard some amazing stories and I hope we’ve helped each other learn how to tell those stories in a strong, meaningful way.

I believe in communication through writing so I was delighted to learn there is a day in June commemorating writing, on June 21st or June 23rd, depending on conflicting research. This amused and appealed to my confused Gemini nature, so I read on. National Writing Day began in the UK, but I think whoever originated it would be okay if we Americans borrowed it, respectfully, of course. Here’s how it’s explained, “ [It] . . . provides a great opportunity to celebrate the reasons why [we] . . . write and to encourage everyone to find their own motivation and voice.” Pretty much what the Silver Sage Writers do, and in that spirit I’m encouraging the writer of the previous sentence to find a dictionary or use spell check. (Here’s your chance to play editor and find the error!) As for the discrepancy in dates – pick one or celebrate twice! We Gemini’s are flexible like that. And even if you’re not a Gemini, but you like writers and writing, here’s an invitation to join us in June when we’ll celebrate all of it on the 1st from 2-4 pm, and on the 13th and 27th from 1-3 pm in the Silver Sage Craft Room.

Happy Birthday to my fellow Gemini’s and enjoy these “rare” days of June!



# Funny Bone

Q: What do you get when you combine an elephant with a fish? A: Swimming trunks!

Q: Do fish go on vacation? A: No, because they're always in school!

Q: Why did the dolphin cross the beach? A: To get to the other tide!

Q: Why don't oysters share their pearls? A: Because they're shellfish!

Q: Why do fish like to eat worms? A: Because they get hooked on them!

Q: What is a frog's favorite summertime treat? A: Hopsicles!

Q: What do you call a fish that doesn't have any eyes (i's)? A: A fsh!

Q: Why should you never blame a dolphin for doing anything wrong? A: Because they never do it on porpoise!

Q: Why can't basketball players go on vacation? A: They would get called for traveling!

Q: Which letter of the alphabet is the coolest? A: Iced "T"!

Q: Why are fish never good tennis players? A: Because they never get close to the net!

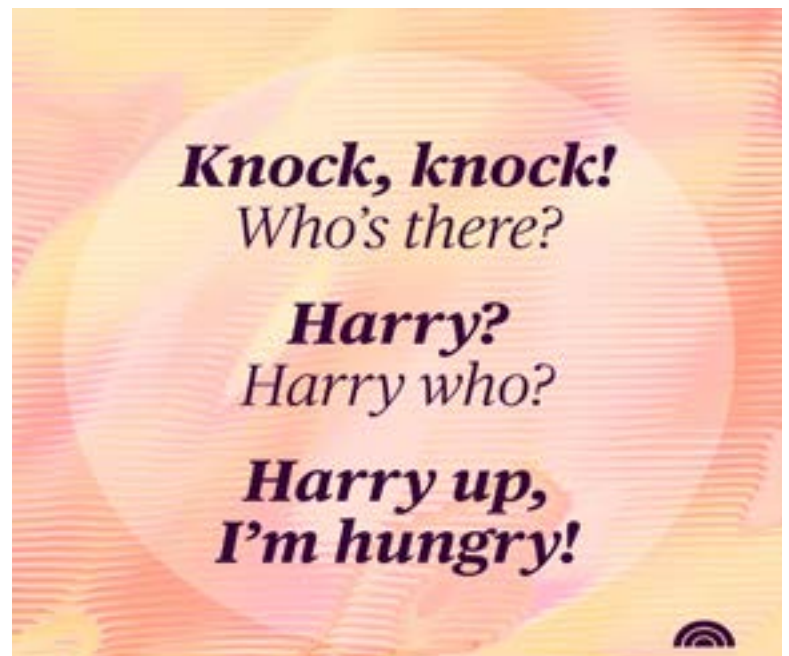
Q: What do you call a snowman in July? A: A puddle!

Q: What's black and white and red all over? A: A zebra with a sunburn!

Q: What kind of music do killer whales like? A: They listen to the orca-stra!



"My doctor told me to avoid any unnecessary stress, so I didn't open his bill."





**Our Vision: To be Leaders in our Bandera County Community and serve our neighbors.**



*Mission: Lions serve. It's that simple, and it has been since we first began in 1917. Our clubs are places where individuals join together to give their valuable time and effort to improve the quality of life in Bandera County.*

**PLEASE JOIN THE BANDERA LIONS:**

**1st Wednesday of each month @ 6pm, also the 3rd Wednesday of each month at noon @ Bandera China Bowl located at 1203 Pecan St.**

**For More Info, Contact Rene Leith (210) 844-6910  
-or- Bruce @ (210) 396-6932**



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Downtown Kerrville | 200 Earl Garrett, Ste. 208 | 830.955.8331  
Fredericksburg | 1318 S. State Hwy 16, Ste. 100 | 830.307.5490**



**texashillcountrybank.com**

## **HEY, WHAT'S HAPPENING?** By Lisa Crawford (Activities Director)



Oh, the fun we have had in May! So many exciting things happening at the Silver Sage. I hope you have gotten connected with an event or bus trip and made some new friends. We love having you join us for every occasion possible. Check the calendar for upcoming events and bus trips you might be interested in. We are here for YOU!

OK, first things first. The Lions Club is sponsoring an Art's Liver and Onions Day on Monday, June 5th at the Silver Sage as an alternate meal choice during lunch service. The Lion's Club will have an informational table set up in the dining room during lunch.

Last month we took several bus trips. We went to the Wild Seed Farms in Fredericksburg and had a ball. With several people on the wait list who didn't get to go, we decided to do it all again on June 8th. Come in person or call Lisa to get signed up or if you have any questions. You need to get signed up in advance to assure you will have a seat on the bus as it is first come, first served.

The trip we took out to Wimberly Glass Works for a glass blowing demonstration was about the coolest thing ever. Next time we do that we will wait until it's cold outside. You could feel the heat coming off of those ovens. It was really interesting and the two men who did the demonstration were extremely knowledgeable in the history of glass blowing as well as what they were doing. They answered all our questions and explained every step as they went. After the demonstration we drove a few miles down the road to the tiny town of Wimberly and had a fantastic lunch at the Wimberly Café. The staff was very accommodating to our large group of 11 and our food was served in a very timely manner. Everyone was pleasantly and plumply pleased. I highly recommend it. If you go, be sure to save room for a piece of one of their delicious pies.

As per the request of a few of our regulars at the Silver Sage, we took a shopping trip in May to the Rim and lunch at Mi Familia. There was a threat of rain, but thankfully it held off until just about the time we arrived back at the center. The shopping was great, we just needed a lot more time. Lunch was wonderful as we all expected it would be since the restaurant is a branch of the famous Mi Tierra family restaurant in downtown San Antonio. Keep in mind they don't offer any lunch specials and their prices are a little higher than what we are used to, but we were all able to find something in our price range.

The Kerrville thrift store shopping trip and lunch buffet at the YO was a blast. We bought so much stuff and showed each other all our wonderful finds. We enjoyed a wonderful lunch and all was great. We shopped, had lunch, shopped some more and even stopped for a milk shake on the way back.

We'd like to extend a great big Thank You to Regina Johnston and the Bandera High School Star Steppers for entertaining us during lunch in May. We appreciate them taking the time to come and perform for us. Great job ladies!

Come see what you can get into at the Silver Sage soon!

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# BANDERA

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# JUNE ACTIVITIES 2023

Activities Director, Lisa Crawford

Phone: (830) 850-0028 Email: [lisa@silversage.org](mailto:lisa@silversage.org)

Mon	Tue	Wed	Thu	Fri
MAY 29	30	31	JUNE 1	2
<u>8:00 Ejercicio en video</u> <u>10:00 Yoga con Willy</u> 12:30 Juegos	<u>10:30 Estiramiento y fortalecimiento con Ida</u> <u>12:30 Juegos</u>	<u>8:00 Ejercicio en video</u> <u>9:30 Acolchado</u> <u>12:30 Juegos</u> <u>12:30 Walmart</u>	<u>12:00 Luckenbach</u> <u>12:30 Juegos</u> <u>2:00 Grupo de Escritores</u> <u>4:45 Grupo de Empoderamiento de las Mujeres</u>	<u>8:00 Ejercicio en video</u> <u>12:30 Juegos</u>
5	6	7	8	9
<u>8:00 Ejercicio en video</u> <u>10:00 Yoga con Willy</u> <u>10:30 Club de Leones</u> <u>11:30 Hígado y cebollas de Art</u> 12:30 Juegos	<u>10:30 Estiramiento y fortalecimiento con Ida</u> <u>12:30 Juegos</u> <u>7:00 Cowboy Capital Opry con Terri Basic</u>	<u>8:00 Ejercicio en video</u> <u>9:30 Acolchado</u> <u>12:00 Charla sobre nutrición</u> <u>12:30 Juegos</u> <u>12:30 Poco Loco</u>	<u>9:00 Fredericksburg Compras/Almuerzo/Gr anjas de semillas silvestres</u> <u>12:30 Juegos</u>	<u>8:00 Ejercicio en video</u> <u>12:30 Juegos</u>
12	13	14	15	16
<u>8:00 Ejercicio en video</u> <u>10:00 Yoga con Willy</u> <u>12:30 Juegos</u> <u>12:30 HEB</u>	<u>10:30 Estiramiento y fortalecimiento con Ida</u> <u>11:30 Mesa redonda con Kimberly Beasely/AACOG Información</u> <u>1:00 Clase de "Memorias_</u> <u>12:30 Juegos</u>	<u>8:00 Ejercicio de video</u> <u>9:30 Acolchar</u> <u>12:30 Juegos</u>	<u>12:30 Juegos</u> <u>4:00 Actualización de Silver Sage Cottages</u> <u>4:45 Empoderamiento de la mujer</u>	<u>8:00 Ejercicio en video</u> <u>12:30 Juegos</u>
19	20	21	22	23
<u>8:00 Ejercicio en video</u> <u>10:00 Yoga con Willy</u> 12:30 Juegos	<u>10:30 Estiramiento y fortalecimiento con Ida</u> <u>12:30 Juegos</u>	<u>8:00 Ejercicio de video</u> <u>9:30 Acolchar mano/comida</u> <u>12:30 Juegos</u> <u>1:00 Grupo de apoyo al Alzheimer</u>	<u>11:00 Almuerzo de Damas de la Comunidad Hispana</u> <u>12:30 Juegos</u>	<u>8:00 Ejercicio en video</u> <u>11:00 Reunión en Don Chepe's para comer</u> <u>1:00 Clase sobre como crear una cuenta y ordenar comestibles de Kroger delivery</u>
26	27	28	29	30
<u>10:00 Yoga con Willy</u> 12:30 Juegos	<u>10:30 Estiramiento y fortalecimiento con Ida</u> <u>12:00 Educación nutricional con Lisa</u> <u>12:30 Juegos</u> <u>1:00 Clase de "Memorias</u>	<u>8:00 Ejercicio en video</u> <u>9:30 Acolchado</u> <u>12:30 Walmart</u>	<u>8:15 Oficina de la Seguridad Social Kerrville habitación para 6 en el autobús</u> <u>12:30 Juegos</u>	<u>8:00 Video Exercise</u> <u>11:30 Fiesta de cumpleaños</u> <u>12:30 Juegos</u>
				12




# JUNE ACTIVITIES 2023

Activities Director, Lisa Crawford

Phone: (830) 850-0028 Email: [lisa@silversage.org](mailto:lisa@silversage.org)

Mon	Tue	Wed	Thu	Fri
<b>MAY 29</b> <b>8:00</b> Video Exercise <b>10:00</b> Yoga w/Willy 12:30 Games	30 <b>10:30</b> Stretch & Strengthen w/Ida 12:30 Games	31 <b>8:00</b> Video Exercise <b>9:30</b> Quilting 12:30 Games <b>12:30</b> Walmart	<b>JUNE 1</b> <b>12:00</b> Luckenbach 12:30 Games 2:00 Writers Group 4:45 Women's Empowerment Group	2 <b>8:00</b> Video Exercise 12:30 Games
5 <b>8:00</b> Video Exercise <b>10:00</b> Yoga w/Willy <b>10:30</b> Lions Club <b>11:30</b> Art's Liver & Onions 12:30 Games	6 <b>10:30</b> Stretch & Strengthen w/Ida 12:30 Games <b>7:00</b> Cowboy Capital Opry w/Terri Busic	7 <b>8:00</b> Video Exercise <b>9:30</b> Quilting 12:30 Games <b>12:30</b> Poco Loco	8 <b>9:00</b> Fredericksburg Shopping/Lunch/Wild Seed Farms 12:30 Games	9 <b>8:00</b> Video Exercise 12:30 Games
12 <b>8:00</b> Video Exercise <b>10:00</b> Yoga w/Willy 12:30 Games <b>12:30</b> HEB	13 <b>10:30</b> Stretch & Strengthen w/Ida 12:30 Games 11:30 Table Talk w/Kimberly Beasley/AACOG Information 1:00 "Memoirs" Class	14 <b>8:00</b> Video Exercise <b>9:30</b> Quilting 12:30 Games	15 <b>4:00</b> Silver Sage Cottages Update 4:45 Women's Empowerment	16 <b>8:00</b> Video Exercise 12:30 Games
19 <b>8:00</b> Video Exercise <b>10:00</b> Yoga w/Willy 12:30 Games	20 <b>10:30</b> Stretch & Strengthen w/Ida 12:30 Games	21 <b>8:00</b> Video Exercise <b>9:30</b> Quilting 12:30 Games <b>1:00</b> Alzheimer's Support Group	22 <b>11:00</b> Hispanic Outreach Ladies Luncheon 12:30 Games	23 <b>8:00</b> Video Exercise <b>11:00</b> Don Chepe's Meet Up for lunch 1:00 Class on how to set up an account and order groceries from Kroger delivery
26 <b>10:00</b> Yoga w/Willy 12:30 Games	27 <b>10:30</b> Stretch & Strengthen w/Ida 12:00 Nutrition Education w/Lisa 12:30 Games 1:00 "Memoirs" Class	28 <b>8:00</b> Video Exercise <b>9:30</b> Quilting 12:00 <b>12:30</b> Walmart	29 <b>8:15</b> Social Security Office Kerrville room for 6 on the bus 12:30 Games	30 <b>8:00</b> Video Exercise <b>11:30</b> Birthday Bash 12:30 Games
				13

## Silver Sage ~ Junio 2023 Almuerzo servido de 1:30 p. m. a 1 p. m.

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
 5 Palitos de Pescado con Caseros Salsa Tártara Tator Tots crujientes Ensalada de repollo picante	 6 Rollos rellenos de col Papas fritas con queso Manzanas al horno con canela	 7 Queso Picante con Chili Tamaño Texas Perros Frijoles Homeados Chucrut	1 Fajitas festivas de carne con Pimientos y cebollas en un Tortilla de harina Frijoles refritos	2 Pasta griega al pesto Ensalada de Pollo sobre Cama de Espinacas Baby
12 Buñuelos De Chuleta De Cerdo Salsa de ojos rojos Maíz molido Tomates cocidos	13 Pastel de res verduras frescas Panecillo Fruta fresca	14 Tostada francesa Patatas de desayuno con pimientos y cebollas Enlaces de salchichas	8 Lasaña parmesano asado Brócoli palito de pan	9 Ensalada de atún Sliders en bollos de brioche Lanza De Eneldo Encurtido Cóctel de frutas
19 Tiras de pollo/salsa maíz vaquero Papas Fritas	20 Fideos De Huevo Stroganoff De Carne Balsámico de Miel Tostada Coles De Bruselas Glaseadas cereza crujiente	21 Lomo de cerdo asado a fuego lento con chutney de durazno Pilaf de arroz salvaje Calabacín y calabaza asados	15 Spaghetti de la huerta con carne molida, vegetales de la huerta y hierbas Palitos de pan de ajo	23 Pollo a la parrilla Ensalada César con Tomates/queso parmesano sobre una cama de verduras frescas Crutones
26 Filete de pollo frito/salsa Pure de Papas al Ajo Judías verdes con ajo mantecoso	27 Chef James ahumado lento Costillitas BBQ Frijoles Ensalada de papas Postre elegido por el chef	28 osso buco Pierna de res estofada en un tazón de estofado de ajo fresco, zanahorias, cebolla y tomate  <b>Menú sujeto a cambios según disponibilidad</b>	22 Enchilada De Pollo hornado de galletas Arroz español Frijoles pintos Salsa	30 Col rizada de fresa fresca Ensalada con Desmenuzado Tocino y Tostadas Almendras galletas saladas
			29 Albondigas de barbecue Puré de papas cargado habas de borracha  Joyce D. Lamilla, LD Llame a la entrega de Meals On Wheels (830) 796-4969	

**Silver Sage ~ June 2023** Lunch served from 11:30pm -1pm

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



1	Festive Beef Fajitas with Peppers and onions on a Flour tortilla Refried Beans	2	Greek Pesto Pasta Salad with Chicken on a bed of Baby Spinach
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5	Fish Sticks with Homemade Tarter Sauce Crispy Tator Tots Tangy Cole Slaw	6	Stuffed Cabbage Rolls Cheesy Hashbrowns Baked Cinnamon Apples	7	Texas Sized Chili Cheese Hot Dogs Baked Beans Sauerkraut	8	Lasagna Parmesan Roasted Broccoli Bread Stick	9	Tuna Salad Sliders on Brioche buns Dill Pickle Spear Fruit Cocktail
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12	Pork Chop Fritters Red eyed Gravy Hominy Stewed Tomatoes	13	Beef Cottage Pie Fresh Veggies Dinner Roll Fresh Fruit	14	French Toast Breakfast Potatoes with peppers and onions Sausage Links	15	Garden Spaghetti with ground beef, garden vegetables and herbs Garlic Bread Stick	16	Grilled Chicken Caesar Salad with Tomatoes/parmesan cheese on a bed of fresh greens CROUTONS
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19	Chicken Tenders/Gravy Cowboy Corn Waffle Fries	20	Beef Stroganoff Egg Noodles Roasted Honey Balsamic Glazed Brussel Sprouts Cherry Crisp	21	Slow Roasted Pork loin with peach chutney Wild Rice Pilaf Roasted Zucchini and Squash	22	Chicken Enchilada Biscuit Bake Spanish Rice Pinto Beans Salsa	23	Zesty Taco Salad Corn Chips Ranch Dressing, Homemade Salsa
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26	Chicken Fried Steak/Gravy Garlic Mashed Potatoes Buttery Garlic Green Beans	27	Chef James Slow Smoked BBQ Baby Back Ribs Beans Potato Salad Chef Choice Dessert	28	Osso Bucco Braised Beef Shank in a bowl of fresh Garlic, Carrots, Onion, and Tomato Stew  <b>Menu subject to change according to availability</b>	29	BBQ Meatballs Loaded Mashed Potatoes Borrracha beans  Joyce D. Lamilla, LD Call Meals On Wheels delivery (830) 796-4969	30	Fresh Strawberry Kale Salad with Crumbled Bacon and Toasted Almonds Crackers
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# **SILVER SAGE & SAN ANTONIO FOOD BANK DISTRIBUTION**

**\*\*WEATHER PERMITTING\*\***

**LAKEHILLS COMMUNITY CENTER**

**JUNE 12TH 10AM-12PM**

**11225 PR 37, Lakehills, TX**

**LAKE MEDINA SHORES (THE POOL)**

**JUNE 26TH 10AM-12PM**

**7100 Wharton's Dock Road**



**\*Registration will be done on-site\***

**QUESTIONS: (830) 796-4969**



# YOGA WITH WILLY EVERY MONDAY

Location: Great Room @ the Silver Sage - Time: 10:00am



Bring your yoga mat and enjoy one hour of eclectic instructor-led yoga with Willie. This multi-level class is suitable for all abilities and ages. Class consists of simple breathing exercises, stretching, and forced relaxation (smile!) that are beneficial for both physical and mental health. Classes are held on holiday Mondays! Willie has been a certified Yoga instructor with over 20 years experience in body, mind, and spirit work. \$8 per class.

*It's that time of year again!  
Hi, my name is Levi Hay. I'm your  
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"Where your Medicare needs matter"



**Your plan may be changing for 2023...  
Let's review it!**  
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**Are you paying too much for medicine?**  
**How about your out-of-pocket costs?**

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**Levi Hay 210-365-8122**

**Email Levi\_Hay@outlook.com**

**P.S. I am 100% independent and not  
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**Do you have  
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shower chairs, commode  
chair, canes,  
etc. that you don't  
use/need?**

**Please consider  
donating them to  
the Silver Sage.  
Contact:  
John Cressey-Neely  
(830) 796-4969**



**Family Fun** 10am to 6pm  
**25th Anniversary!** JUNE 24th, 2023!

**BANDERA CITY PARK!!**  
Sponsored by Bandera Business Association

**Saturday Fun In The Park**  
"LAND YACHT"  
GOLFCART COMPETITION

**BANDERA RIVERFEST**

**LIVE BANDS & MUSIC!**  
**IBCA BBQ COOK-OFF!**

\* FOOD TRUCKS \* BEER \* VENDORS \*  
\* KID'S FUN! \* CRAFTS & MORE! \*

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WRISTBANDS REQUIRED!  
\$10 ADULT, \$5 KIDS  
NO COOLERS ALLOWED

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**CentroMed**

This project is supported by the Centers for Medicare and Medicaid Services (CMS) of the U.S. Department of Health and Human Services (HHS) as part of the Federal Navigator Grant.

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I'm here to help you better understand your local Medicare choices. I would be happy to talk with you over the phone or in person.

# Almuerzo De Damas

jueves, 29 de junio 2023  
 a las 11 am

## Silver Sage Community Center

803 Buck Creek Dr - Bandera

¿preguntas? teléfono Anna Montague 210-870-6355

Orador invitado

será anunciado

¡y Feria de Recursos!

Actividades  
 Lotería

Rifa

Socializar

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 Para almuerzo



# ART WORD SEARCH

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

## WORD LIST

ABSTRACT	DRAWING	INSTALLATION	PAINTING
ANDY WARHOL	EXHIBITION	JACKSON POLLOCK	PENCIL
ARTIST	FRIDA KAHLO	LEONARDO DA VINCI	SCULPTURE
CHALK	GALLERY	MICHELANGELO	STILL LIFE
CLAUDE MONET	HENRI MATISSE	MONA LISA	SURREALISM
CLAY	IMPRESSIONIST	PABLO PICASSO	VINCENT VAN GOGH
CRAFT			

*Homemade*

LATEST

**BREAKING**

NEWS

**SILVER SAGE COTTAGES UPDATE  
JUNE 15TH 4:00PM**

**IN THE DINING ROOM, 803 BUCK CREEK DRIVE**

the   
**Cottages**  
 of  
**Silver Sage**

**A Community For Active Seniors**

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



# CIBOLO CREEK

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**Mary Lou Howells (830) 388-6991**

## *Meet-and-Greet* **JOB FAIR**

**WEDNESDAY, JUNE 28 10AM - 2PM**

**SILVER SAGE 803 BUCK CREEK, BANDERA TX**

**VENDOR FEE: \$100**

VENDOR Sign Up Gets You:

- \* Your Space with table/chair
  - \*Three quarter size print ads from Bandera Bulletin
  - \*Online ads and Website from Bandera Bulletin
  - \*Silver Sage promoting the event
  - \*Flyers developed to distribute
  - \*Bottled water provided
- \*\*\*\* 42 " Smart TV as Giveaway for applicants ! \*\*\*\*

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# ALZHEIMER'S COMMUNICATION

1. *Never ARGUE, instead AGREE*
2. *Never REASON, instead DIVERT*
3. *Never SHAME, instead DISTRACT*
4. *Never LECTURE, instead REASSURE*
5. *Never say "REMEMBER," instead REMINISCE*
6. *Never say "I TOLD YOU," instead REPEAT/REGROUP*
7. *Never say "YOU CAN'T," instead do what they CAN*
8. *Never COMMAND/DEMAND, instead ASK/MODEL*
9. *Never CONDESCEND, instead ENCOURAGE*
10. *Never FORCE, instead REINFORCE*



# CARL article

*Always* **THE 1<sup>ST</sup> TUESDAY  
OF EVERY MONTH!**

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Bandera, Texas  
silversage.org

\$10 Cover

7-9pm



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*& the*

*Silver Sage House Band*



*Lanette Pennell  
Vickie Gillespie  
Dave Kemp,  
& Gerry Payne*

