



Our Silver Sage Thrift Store is located at 660 Hwy 16 South in the strip mall next to Snowflakes Donuts Store hours Tues-Thurs 10:00am-3:00pm Friday - 10am-2pm



**MONTHLY MENU**  
PAGE 14 & 15



BANDERA COUNTY

THE **SCOOP** AT SILVER SAGE

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**Community Volunteering**

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**Cowboy Capital Opry**

Our Opry is always the 1st Tuesday of every month, benefiting Meals On Wheels. Performer this month is: **Tuesday March 7th Brandon Nicholson**

**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.**

**Thursday, March 9th, Bus leaves at 8:00am to the San Antonio Missions National Historical Park & Lunch at Nichas Comida Mexicana**

**Tuesday, March 28th - Bus leaves at 10:30am Inferno's Wood Fired Oven Pizza & Spirits-Boerne**



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Bandera location, call 830.522.2002



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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.

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

## WHAT'S INSIDE



5. **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!



7. **Through the Eyes Of A Driver, by Mary Allyce:** “ Is it March already? The calendar says so. Days are getting longer. It’s warmer than it was a month ago. The weather forecast still shows temperatures ranging from 44o to 85o and those swirly icons for wind. Sounds like March to me, ..”

By Lisa Crawford



10. **Activities, by Lisa Beck** - “March is here. Seems like we’ve had a very mild winter for the most part and it’s almost over. Welcome SPRING! Join us for music, bustrips, shopping, movies, games and more!”

### 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:  
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**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**

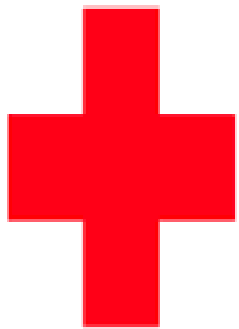
**ART Bus 1-866-889-7433**

**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**



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**833-882-2246**

English- Ext 701,703, Español- Ext 702

Levin@VaccinateBandera.org

Rebeca@VaccinateBandera.org

Anna@VaccinateBandera.org (Español)



Protect Our Future Bandera



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### What is a Prescriptive Opioid?

Prescription opioids are powerful pain-reducing medications that have benefits, as well as potentially serious risks. When used properly, opioids can help manage severe pain, but when misused or abused, they can cause serious harm, including addiction, overdose and death. Common types of opioids are Morphine, Oxycodone, Hydrocodone and Codeine.

# Older Adults and Medication Safety

As they age, older adults may develop health conditions that can be treated with over-the-counter medications, or those that have been prescribed by a physician. Research from the National Institute on Drug Abuse found that more than 80 percent of older patients took at least one prescription medication on a daily basis, with more than half of this population taking more than five medications or supplements daily.

Given these statistics, it is particularly important that older adults pay special attention to the instructions on their medications. Wise use of medications is critical to one's health and well-being. In fact, it can be lifesaving.

## Prescription Opioids

In recent years doctors have increasingly prescribed medications that are commonly referred to as opioids. While prescription opioids can help alleviate chronic and debilitating pain, they can be misused, leading to injury and death. In fact, deaths related to the misuse of prescription opioids have more than quadrupled since 1999. Given the effects of aging on a person's health, it is essential that older adults take particular care when using these powerful drugs.

## Tips for the Wise Use of Medications

In the publication *Medicines and You: A Guide for Older Adults*, the Federal Drug Administration recommends the following tips for the safe use of medications.

- **Learn about your medicines.** Read medicine labels and package inserts and follow the directions. If you have questions, ask your doctor, pharmacist or other health care professional.
- **Talk to your team of health care professionals** about your medical conditions, health concerns, and all the prescription and over-the-counter (OTC) medicines you take, as well as dietary supplements, vitamins and herbal supplements. The more your doctors know, the more they can help. Don't be afraid to ask questions.
- **Keep track of side effects or possible drug interactions** and let your doctor know right away about any unexpected symptoms or changes in the way you feel.
- **Make sure to go to all doctor appointments** and to any appointments for monitoring tests done by your doctor or at a laboratory.
- **Use a calendar, pill box or other tool** to help you remember what medications you need to take and when. Write down information your doctor gives you about your medicines or your health condition.
- **Take a friend or relative with you to your doctor's appointments** if you think you may need help understanding or remembering what the doctor tells you.
- **Take only your own medicines.** Taking someone else's medicine may hide your symptoms and make diagnosing your illness more difficult for your doctor. It could also create a bad reaction with other medicines you are taking, putting your health at risk.
- **Always keep medicines in their original containers, and never put more than one kind of medication in the same container.**
- **Have a "Medicine Check-Up" at least once a year.** Go through your medicine cabinet to get rid of old or expired medicines at an appropriate drug disposal site. Also ask your doctor or pharmacist to go over all of the medicines you now take. Don't forget to tell them about all the OTC medicines, vitamins and dietary or herbal supplements you take.
- **Keep all medicines out of the sight and reach of children.**

# THROUGH THE EYES OF A DRIVER

*By Mary Allyce*

Is it March already? The calendar says so. Days are getting longer. It's warmer than it was a month ago. The weather forecast still shows temperatures ranging from 44o to 85o and those swirly icons for wind. Sounds like March to me, even if January and February blew by like a March wind.

March is one of those months that can't quite figure out what it wants to be. Is it winter? Is it spring? The equinox, which traditionally ushers in springtime, arrives on March 20th this year. It's a good idea to remember the equinox is one of those official dates but temperatures might not get the memo for another month. Also, on this day the sun rises exactly in the east and sets exactly in the west - a nice bit of trivia to store away for game nights or if you get lost on a hike out at the State Natural Area.

If you do get lost, make it after Sunday, March 12th. You'll have extra daylight when we "spring forward", perhaps for the last time. Research showed some confusion about whether this will be the last time we change our clocks or if we might be "falling back" again in November. At this time, it's up to Congress and the individual states. I'll leave that information right there and we can all be surprised, annoyed, or delighted together.

Here's a certainty - March has a full moon, known as a Worm Moon. It was assumed for centuries the name came from the appearance of earthworms in the warming soil, a welcome back feast for robins and other signs-of-spring birds. However, all the way back in the 1760's, army Captain Jonathan Carver learned from visits with Naudowessie and other American Indian tribes it actually refers to beetle larvae that would crawl out of thawing tree bark. Beetles. Worms. Not exactly the stuff of songs celebrating spring, but if your interest is piqued, the 2023 Full Worm Moon is on March 7th. If it rains, you might see a "moonbow", the nighttime version of a

rainbow, when the moon is low on the horizon and its light refracts through water droplets.

Everyone knows the adage, "If March comes in like a lion, it goes out like a lamb." Or vice versa. The lion image is appropriate for a month named for Mars, the Roman god of war, but it's possible the lion/lamb images don't refer to weather at all. The constellations of Leo the lion and Aries, the ram bookend the month with Leo rising in the east at the beginning of March (coming in like a lion) and Aries setting in the west at the end of the month (going out like a lamb). Whichever explanation you choose, you can be sure there will be weather of extremes and very likely the wind for which March is also known.

Those pesky Ides of March were a problem for Julius Caesar in 44 BC, but it's 2023 for heaven's sake, and there is fun on the horizon. March isn't just fickle seasons and temperatures, worms, beetles, lions, wind, and cautionary tales. There is St. Patrick's Day to celebrate. On the 17th of March we don green, eat corned beef and cabbage, maybe dance a jig or two and pretend to be Irish for a day. Show me someone who doesn't like leprechauns and Irish soda bread and I'll show you the guy whose picture illustrates the word "curmudgeon".

March also claims National Pig Day, National Ear-muff Day, International Fanny Pack Day, and What If Cats and Dogs Had Opposable Thumbs Day. Yes, really. Here's another one: Let's All Volunteer At The Silver Sage Day. Ok, I made that one up, but the requests for MOW drivers and other volunteers is ongoing. The need is real and so is the deep appreciation of clients and staff.

Who knows what unpredictable and capricious March will bring? Wear something green, celebrate all the days and say a fervent prayer the fabled March winds blow in those promised April showers!



# Funny Bone

**Why did the leprechaun go outside? To sit on his paddy-o**

**What is a leprechaun's favorite type of music? Sham-rock 'n' roll**

**What do ghosts drink on St. Patrick's Day? BOOs**

**What do you call an Irish spider? Paddy long legs**

**When does a leprechaun cross the street? When it turns green**

**What would you get if you crossed Christmas with St. Patrick's Day? St. O'Claus**

**What did the leprechaun say when the video game ended? Game clover**

**What's a leprechaun's favorite cereal? Lucky Charms**

**What's small, lucky, and green all over? A leprechaun who recycles.**

**Why do leprechauns love to garden? They have green thumbs!**

**Why shouldn't you borrow money from a leprechaun? Because they're always a little short.**

**What do you call a leprechaun who broke the law? A lepre-con!**

**Why shouldn't you iron a four-leaf clover? You might press your luck!**





# Bandera Writers Group, Thursday March. 2nd in the Great Room 2pm-4pm!

The Bandera Writers Group is looking to bring info on writing technique, various options for publishing, distribution/promotion, all things of interest to writers. They offer the opportunity to connect with critique partners & share our writing for feedback. Everything is open to discussion & we welcome new ideas & suggestions. For more info, contact Mary Schenk (830) 522-0089



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



*March is here. Seems like we've had a very mild winter for the most part and it's almost over. Welcome SPRING!*

**BUS TRIPS** - Thursday, March 9th at 8:00 a.m. we will head to the **San Antonio Missions National Historic Park**. We will see as much of the missions as possible and head out for a late lunch at Nichas Commidas Mexicana Southside or another local eatery. Bring a small snack or piece of fruit if you think you might need one since lunch will be after the missions. There is a \$5 fee for the bus trip but Missions are free. You will need to buy your own lunch and any gratuities you wish to leave.

Thursday, March 23rd at 8:45 a.m. we will leave for the Jackpot Bingo Hall located at 13307 San Pedro Ave in San Antonio to play **DAYTIME BINGO**. We will stop at Bill Miller BBQ on the way to grab a bite and head to the Bingo Hall. First Session starts at 11:30 a.m. Second Session starts at 1:00 p.m. and we will stay through both sessions. There is a concession stand for snacks and drinks. Each person is responsible for purchasing their own Bingo cards.

Tuesday, March 28th at 10:30 a.m. we leave the center and head to Boerne for lunch at **Inferno's Wood Fired Oven & Spirits**. Delicious pizza, salads, and pastas. All riders responsible for purchasing their own meal.

Please see the calendar for shopping trips - \* Remember all bus trips are meant for seniors aged fifty-five and up. There is a \$5 fee for the bus trip, and you must be physically able to get on and off the bus without assistance.

**MUSIC/ COWBOY CAPITAL OPRY** - Tuesday, March 7th at 7p.m. Our special guest this month is Brandon Nicholson and he will be backed by our house band which includes Gerry Payne, Lanette Pennell, Vicki Gillespie and Dave Kemp. We so appreciate all our musicians donating their time and talents to this monthly Meals on Wheels Fundraising event. We will have fresh popcorn, candy, sodas, and water available for purchase.

**MONTHLY MUSIC JAM** - This month the jam falls on Monday, March 27th at 12:30 p.m. Come join the fun. All are welcome.

**MOVIES** - Tuesday, March 14th **MEN OF HONOR** at 2 p.m. Thursday, March 30th **COMO CAIDO DEL CIELO** 2 P.M. Movies at the Silver Sage are held in the dining room and are **FREE**.

**GAMES** - We play a variety of games Monday through Thursday at 12:30 in the dining room. These are group games decided on by the majority of those wishing to play. The games are self-led by those wishing to play. *We hope you will come and join us soon in fun, games, conversation, and laughter.*

**4 PART BEGINNING GENEALOGY COURSE COMING IN MAY** - The Beginning Genealogy Course is designed for students who are just starting out in Family Research as well as those who may have done research in the past and are now returning, or those who have been researching but struggling and need a refresher course. We will address the following topics: Getting Started, Researching Online, United States Census, Land Deed Records, Probate Records, Research Strategies, Getting Organized and DNA. The course will be an eight hour course held in a once a week 2 hour class, for four weeks. Each class will consist of a presentation on the topic and a handout for future reference. We had a really great intro to Genealogy class in February and discovered that there is a good bit of interest in a more in-depth series of classes.

Starting on Fridays in May at 1:00 p.m. in the Silver Sage dining room we will have local Genealogy teacher Lloyd Shenberger return for a 4 part series of classes. There is a \$20 fee for the entire series which simply covers the cost of supplies needed for the class. Lloyd is donating his time to teach this class and to prepare the books.

If you would like to join this very informative and educational class, you will need to register in advance and the fee of \$20 will need to be collected by April 14th. Please call Lisa to get registered for this class at 830-850-0028.

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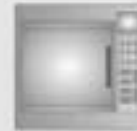
Make your safety a priority



- 1 NEVER LEAVE COOKING UNATTENDED



- 2 DON'T PUT ANYTHING METALLIC IN THE MICROWAVE



- 3 KEEP LOOSE CLOTHING, FABRICS, TEA TOWELS AND CURTAINS AWAY FROM THE STOVE



- 4 STORE FLAMMABLE ITEMS (AEROSOLS, CLEANING AGENTS AND COOKING OIL ETC) AWAY FROM HEAT



- 5 DON'T USE LPG CYLINDERS FOR COOKING OR HEATING INDOORS



- 6 TURN POT HANDLES INWARDS TO AVOID BEING KNOCKED OR GRABBED BY CHILDREN

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# MARCH ACTIVITIES 2023

Activities Director, Lisa Crawford

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




Mon	Tue	Wed	Thu	Fri
FEB 27	28	MARCH 1	2	3
		8:00 Video Exercise 9:30 Quilting 12:30 Games 12:30 La Michoacana	12:00 Let's Talk Nutrition w/Lisa 12:30 Games 2:00 Writers Group 4:00 Meeting at Silver Sage/Update on Cottages/ All Welcome	8:00 Video Exercise 10:00 Yoga w/Ida 10:00 Spanish Class 1:00 Computer class: Connecting to Internet and adding a printer
6	7	8	9	10
8:00 Video Exercise 10:00 Yoga w/Willie 10:00 Spanish Class 12:30 Games	10:30 Stretch & Strengthen w/Ida 12:30 Games 7:00 Cowboy Capital Opry w/Brandon Nicholson	8:00 Video Exercise 9:30 Quilting 12:30 Games 12:30 Walmart	8:00 San Antonio Missions National Historical Park & Lunch at Nichas Comida Mexicana 12:30 Games 4:00 Meeting at Silver Sage /Update on Cottages/ All Welcome	8:00 Video Exercise 10:00 Yoga w/Ida 10:00 Spanish Class 1:00 Computer class: Social Media Scams
13	14	15	16	17
8:00 Video Exercise 10:00 Yoga w/Willie 10:00 Spanish Class 12:30 Games	10:30 Stretch & Strengthen w/Ida 12:30 Games 2:00 FREE Movie: Men OF Honor 2hr, 13 mins. rated R	8:00 Video Exercise 9:30 Quilting 12:30 Games 12:30 Poco Loco Super Mercado	12:30 Games	8:00 Video Exercise 10:00 Yoga w/Ida 10:00 Spanish Class 1:00 Basic I-Phone & I-Pad Operations Class  Happy Saint Patrick's Day
20	21	22	23	24
8:00 Video Exercise 10:00 Yoga w/Willie 10:00 Spanish Class 12:30 Games	10:30 Stretch & Strengthen w/Ida  12:30 Games	8:00 Video Exercise 9:30 Quilting 12:00 Let's Talk about ALL Vaccines 12:30 Games 12:30 HEB	9:30 Bill Miller BBQ & Jackpot Bingo 13307 San Pedro 12:30 Games	8:00 Video Exercise 10:00 Yoga w/Ida 10:00 Spanish Class 1:00 Basic Android Phone Operations Class w/Sarah
27	28	29	30	31
8:00 Video Exercise 10:00 Yoga w/Willie 10:00 Spanish Class 12:30 Music Jam	10:30 Stretch & Strengthen w/Ida 10:30 Inferno's Wood Fired Oven & Spirits-Boerne 12:30 Games	8:00 Video Exercise 9:30 Quilting 12:30 Games 12:30 La Michoacana	11:00 Hispanic Outreach Ladies Luncheon 12:30 Fire Prevention Presentation 2:00 FREE Movie: Como Caído Del Cielo 1 hr, 57 mins	8:00 Video Exercise 10:00 Yoga w/Ida 10:00 Spanish Class 11:30 Birthday Bash 1:00 Facebook & Facebook Messenger use, tips & tricks
				13

## Silver Sage ~ Marzo 2023 Almuerzo servido de 11:30 p. m. a 1 p. m.

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
 buñuelos de cerdo Puré de patatas y Blanco Salsa Coles de Bruselas	 Hamburguesa con todos los acompañamientos Tator Tots Fruta fresca OPRY	1 Desayuno McSage Sándwich con Huevo, Jamón, Queso Patatas fritas caseras	2 Pastel de carne de pastor	3 Ensalada De Camarones Sobre Cama De Verduras galletas saladas PESCADO DE CUARESMA
6 buñuelos de cerdo Puré de patatas y Blanco Salsa Coles de Bruselas	7 Hamburguesa con todos los acompañamientos Tator Tots Fruta fresca OPRY	8 Enchilada horneada Frijoles Borrachos Salsa	9 Deslizadores De Ensalada De Pollo Lanza de salmuera Papas fritas	10 Palitos de pescado papas fritas, ensalada de col y Tarta casera
13 Filete Salisbury Puré de patatas con ajo y Salsa Maiz molido	14 espagueti de jardín Pan de ajo con queso Trato dulce	15 Lomo De Cerdo Asado Zanahorias Asadas Lentamente chef james cursi Papas	17 Bangers y Mash con salsa de cebolla Repollo Guisantes Pan de soda	24 Ensalada De Atún Sobre Cama De Verduras galletas saladas
20 Filete De Pollo Frito salsa campestre Judías verdes	21 Raviolis De Berenjena Y Parmesano palito de pan Postre elegido por el chef	22 pastel de carne Puré de patatas Judías verdes	23 Ensalada De Taco Con Totopos De Maíz Salsa Joyce D. Lamilla, LD Llame a la entrega de Meals On Wheels (830) 796-4969	31 Ensalada del Chef con Jamón, Huevo, queso, tomates y Crutones
27 Tazón con Puré patatas, salsa, maíz, queso y palomitas de maíz Pollo	28 Albóndigas de chile dulce Arroz Jazmin Verduras mezcla Toscana Postre horneado	29 Pollo teriyaki Verduras salteadas Adhesivos para mescalitas	30 Sloppy Joes maíz tejano Patatas fritas Menú sujeto a cambios según disponibilidad	31 Ensalada del Chef con Jamón, Huevo, queso, tomates y Crutones



# Silver Sage ~ March 2023 Lunch served from 11:30pm-1pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <small>Model Agency for Area Department of Aging and Disability Services Alamo Area Council of Governments</small>	 <small>Alamo Area Council Of Governments</small>	<p>1 McSage Breakfast Sandwich w/ Egg, Ham, Cheese Home Fries</p>	<p>2 Beef Shepherds Pie</p>	<p>3 Shrimp Salad on a Bed of Greens Crackers</p> <p>FISH FOR LENT</p>
<p>6 Pork Fritters Mashed potatoes and White Gravy Brussel Sprouts</p>	<p>7 Burger with all the fixin 's Tator Tots Fresh Fruit</p> <p>OPRY</p>	<p>8 Enchilada Bake Borracha Beans Salsa</p>	<p>9 Chicken Salad Sliders Pickle Spear Chips</p>	<p>10 Fish Sticks Fries, Colelaw, and Homemade Tarter</p>
<p>13 Salisbury Steak Garlic Mashed Potatoes and Gravy Hominy</p>	<p>14 Garden Spaghetti Cheesy Garlic Bread Sweet Treat</p>	<p>15 Roasted Pork Loin Slow Roasted Carrots Chef James Cheesy Potatoes</p>	<p>16 Chicken Patty Sandwich Sweet Potato Fries</p>	<p>17 Bangers and Mash with Onion Gravy Cabbage Peas Soda Bread</p>
<p>20 Chicken Fried Steak Country Gravy Green Beans</p>	<p>21 Egg Plant Parmesan Ravioli Bread Stick Chef Choice Dessert</p>	<p>22 Meatloaf Mashed Potatoes Green Beans</p>	<p>23 Taco Salad with Corn Chips Salsa</p> <p style="text-align: center;">Joyce D. Lamilla, LD Call Meals On Wheels delivery (830) 796-4969</p>	<p>24 Tuna Salad on a Bed of Greens Crackers</p>
<p>27 Bowl with Mashed Potatoes, Gravy, Corn, Cheese, and Popcorn Chicken</p>	<p>28 Sweet Chili Meatballs Jasmin Rice Tuscany Blend Veggies Baked Dessert</p>	<p>29 Teriyaki Chicken Stir Fried Veggies Potstickers</p> <p style="text-align: center;">   <small>SAN ANTONIO FOOD BANK SERVING HOPEFUL HEARTS</small> </p>	<p>30 Sloppy Joes Texas Corn Sidewinder Fries</p> <p style="color: red; text-align: center;"><b>Menu subject to change according to availability</b></p>	<p>31 Chef Salad with Ham, Egg, Cheese, Tomatoes and CROUTONS</p>

# H<sub>2</sub>...OH REALLY?

## THIRST

Thirst is a useful indicator of daily fluid requirements. Unfortunately, it's not fully reliable since the body is already mildly dehydrated by the time an average person starts to notice thirst.<sup>1</sup>

## MENTAL

Dehydration can degrade specific aspects of cognitive performance including visual vigilance, tension, anxiety, fatigue and visual working memory. Dehydration was also linked to negative mood rating, impaired motor performance and short-term memory.<sup>6</sup>

## SKIN

Dehydration results in dry skin and wrinkles.<sup>2</sup>

## DEHYDRATION

A 1% loss of body mass due to fluid loss is defined as dehydration.<sup>7</sup>

## KIDNEYS

Higher water intake is shown to have a protective impact on the kidneys, and there is initial evidence that CKD (Chronic Kidney Disease) may be inversely related to higher water intake.<sup>3</sup>

A study by Dai et al found a strong protective effect of fluid intake in preventing kidney stone formation in men.<sup>4</sup>

## WEIGHT LOSS

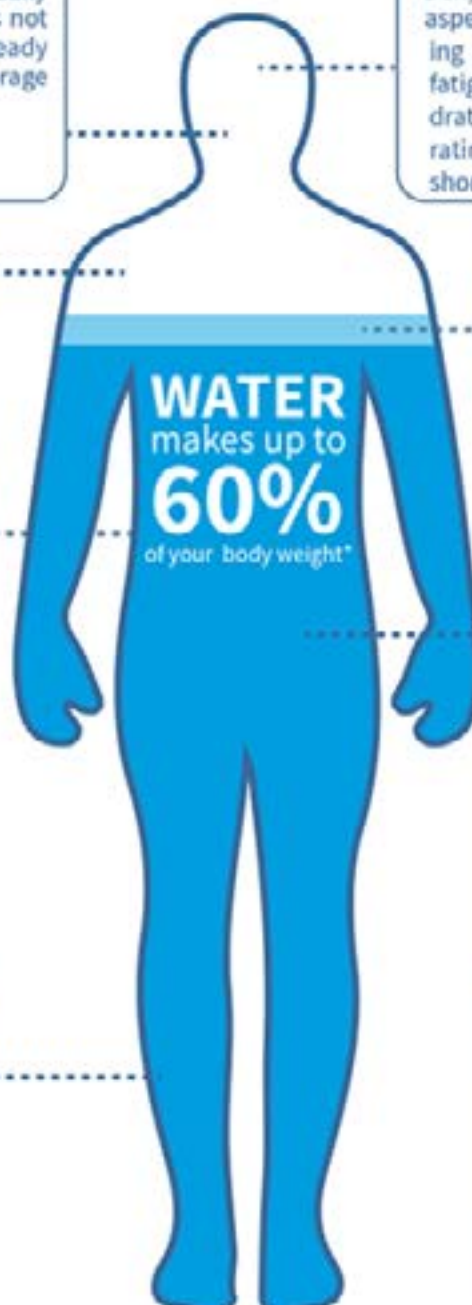
Opting for water instead of sugary drinks can help reduce body weight and fat levels. According to Stookey,<sup>8</sup> just drinking 500 ml (17 oz) of water increases energy expenditure by 100kJ. Findings in the same study indicate that an absolute increase in drinking water to to  $\geq 1$  l (34 oz)/day was associated with  $-2$  kg or 5 lbs weight loss over 12 months.

## PHYSICAL

Studies have shown that the modest level of dehydration (2% of body mass) can result in around a 20% decrease in physical performance levels in temperate climates and up to a 40% decrease in hot temperatures.<sup>5</sup>

## \*WATER

Water plays crucial roles, in transporting nutrients and waste products between our major organs and helping regulate temperature.<sup>9</sup>



© Kelena, K.M., Lashar, C.J. & Grandjean, A.C. Nutrition and



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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.

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day at lowe's





## Irish Fun Facts

- ♣ Ireland's top-three symbols are the Celtic cross, the green shamrock, and the harp.
- ♣ 88% of Ireland-born citizens are Roman Catholic, and 45% of them attend mass every week.
- ♣ Ireland is free of snakes, moles, weasels and other species.
- ♣ 9% of Ireland's population are redheads.
- ♣ Cats are Ireland's favorite pet over dogs by a margin of 2 to 1.
- ♣ In Dublin, there's a pub for every 100 people.
- ♣ 900 years ago, Ireland's oldest pub - Sean's Bar in Athlone - was founded.



## ST. PATRICK'S DAY CROSSWORD

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

CLOVERS	COIN	DUBLIN	DANCING
SHAMROCKS	LUCKY	GREEN	HOLIDAY
LEPRECHAUN	MAGIC	PLAID	GAELIC
RAINBOW	TRADITION	SAINT	BAGPIPE
IRISH	IRELAND	MISCHIEF	LIMERICK
MARCH	PATRICK	CELEBRATION	EMERALD
POT OF GOLD	JIG	LEGEND	BLARNEY STONE
CHARM	CELTIC	FOLKLORE	

# Almuerzo De Damas

jueves, 30 de marzo 2023

a las 11 am

**Silver Sage Community Center**

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¿preguntas? teléfono Anna Montague 210-870-6355

*Orador invitado*

Helen Ortega, ACOG

¡y Feria de Recursos!

*Actividades*

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Rifa

Socializar

Aprender

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Para almuerzo

# Ladies' Luncheon

Thursday, March 30, 2023

at 11 AM

**Silver Sage Community Center**

803 Buck Creek Dr - Bandera

Questions? Call Anna Montague 210-870-6355

*Guest Speaker*

Helen Ortega, ACOG

with Mini Resource Fair!

*Activities*

Bingo

Raffle Prizes

Socializing

Learning

*Donations Appreciated*

For lunch

## MINT CHOCOLATE PUDDING COOKIES

### Ingredients

1 cup sugar

1/2 cup butter softened (1 stick)

1 egg

1/2 cup sour cream

1 small box instant vanilla pudding mix 3.4 oz

1/2 tsp salt

1/2 tsp baking soda

2 cups all-purpose flour

2 tsp mint extract

3 drops blue coloring + 10-15 drops green coloring

1 1/2 cups chocolate chips\*

Instructions: Cream together sugar and butter. Add egg, sour cream and pudding mix. In a small bowl, combine flour, salt & baking soda. Incorporate flour mixture into the pudding mixture and mix until well combined. Add mint extract and food coloring until desired color is achieved.

Add in chocolate chips. \*I used 3/4 cup chocolate chunks, 3/4 cup regular chocolate chips and 1/2 cup Andes baking bits. Any combination is wonderful, but note that while the Andes mint baking pieces add an incredible flavor, they kind of disappear in the cookies. So add them in addition to the 1 1/2 cups chocolate chips, if you opt to put them in!

Drop by rounded tablespoonfuls onto greased cookie sheet. Bake at 375 for 10 minutes. Transfer to a cooling rack and enjoy!



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- BE MINDFUL ✓
- DO SOMETHING THAT MAKES YOU HAPPY ✓
- KEEP ACTIVE ✓
- START A TO DO LIST ✓
- LET PEOPLE KNOW HOW YOU FEEL ✓
- REACH OUT WHEN YOU ARE LONELY ✓
- GET INTO A GOOD SLEEP PATTERN ✓
- TRY SOME DEEP BREATHING ✓
- WORK ON IMPROVING YOURSELF ✓
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## Stretch and Strengthen with Ida will follow

at 10:30am and is a therapeutic movement class, adapted from various styles and approaches to movement as a rehabilitative, healing, and transformational experience. It is particularly effective for people of all ages and those recovering from, or living with injury or illness. \$8 per class.



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# St. Patrick's Day

word scramble

IIRHS \_\_\_\_\_

LDOG \_\_\_\_\_

OABIRWN \_\_\_\_\_

KAPCIRT \_\_\_\_\_

ADIELRN \_\_\_\_\_

NEEPHEARCU \_\_\_\_\_

MHSOKCRA \_\_\_\_\_

HRCMA \_\_\_\_\_

YKLCU \_\_\_\_\_

ENRAGE \_\_\_\_\_

BACBAEG \_\_\_\_\_

ORLECV \_\_\_\_\_

NETESENEV \_\_\_\_\_

TISNA \_\_\_\_\_

ARDEAP \_\_\_\_\_

ACDNE \_\_\_\_\_



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*& the  
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