



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



A Community For Active Seniors



Page 13

Events Calendar

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 July 5th - Bob Stewart, page 6**

*"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.

Silver Sage BUS TRIPS - Friday, July 15th-10:00am
River Hills Mall & Broken Stone Pizza & Wednesday, July 27th-5:40pm Hondo's on Main
Dinner/Music By Dave Kemp, page 10



elevatinghealth



expanding our reach.
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

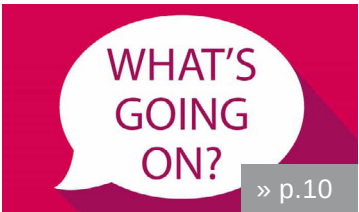
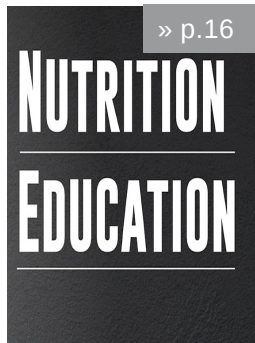
Email: karyn@silversage.org

Development Director:

Mikie Baker-mikie@silversage.org

Sales: Mikie Baker & Karyn Lyn

Silver Sage-803 Buck Creek
Bandera, TX 78003



By Lisa Crawford



HOURS:

SILVER SAGE HOURS:

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

FRIDAY 8:00AM TO 2:00PM.

CLOSED WEEKENDS AND MAJOR HOLIDAYS.

WWW.SILVERSAGE.ORG

WHAT'S INSIDE

5. **VaccinateBandera.org** is a non-profit, Community-based effort to facilitate access to Covid-19 Vaccines for Bandera County residents. We will answer your questions. We can help you make an appointment. We can help you get to your appointment. We will listen to your concerns and address them w/trusted science.

7. **Through the Eyes Of A Driver**, by Mary Allyce: I'm taking the liberty of using this month's column to highlight a few of the many things that make me scratch my head and go, "Hmmm?" I say a few things because in 75 years I've accumulated so many it would take a full year to cover them all..."

16. **Smart Tips To Power Up With Breakfast:** A healthy breakfast is important to everyone. Get the morning nutrition you need with these tips...

21. **"A Tale That's A Bit Fishy"** by Mikie Baker: "This is a love story about two fish. Or at least, it started out that way. But you know relationships. Sometimes you just to have to make the supreme sacrifice..."

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

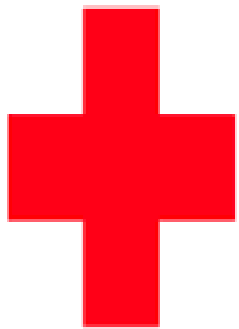
ART Bus 1-866-889-7433

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

Together, we can save a life

We'd love to see you in our seats!

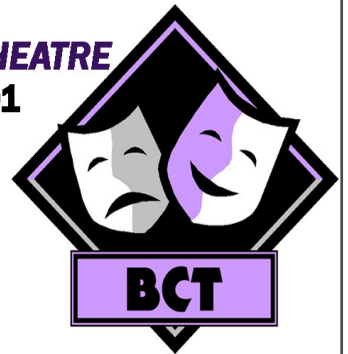
BOERNE COMMUNITY THEATRE

907 E. Blanco/PO Box 891

Boerne, TX 78006

210.269.3290-Mobile

830.249.9166-Theatre



Reservations Online @ www.boernetheatre.org

Doing whatever it takes...

... when it matters the most.



Established, local team proudly serving the Bandera area
for nearly 10 years. Available 24/7.

(830) 816-5024

1232 Bandera Hwy, Kerrville, TX

"Your home is where our heart is."



Phone: (830) 895-3100

tricountyhomehealth.com

874 Harper Rd. Kerrville, TX 78028



VaccinateBandera.org was born as an initiative to protect our most precious citizens of Bandera County, you readers. Art Crawford saw a need in his Community - the lack of access to Covid-19 vaccines even as they're free and widely available - and an opportunity to fulfill it. Well, you all know what happens when Art Crawford sees a problem

and nobody else offering any solutions. He applied for Round 1 of the Texas Vaccine Outreach and Education Grant and went right to work building our team.

From November 23, 2021, to May 31, 2022, VaccinateBandera.org provided access to 58 Primary doses and 355 Booster doses. Educational campaigns reached approximately 4,350 people.

SILVER SAGE APPROVED FOR ROUND 2 OF THE TEXAS VACCINE AND OUTREACH GRANT

Round 2 of the Texas Vaccine Outreach and Education Grant is a 1-year long initiative that will focus on education and outreach to demographics with lower Covid-19 vaccination rates such as our communities of color and families with children. The Silver Sage has hired four new employees for Round 2- Anna Montague, Rebeca Gibson, Karla Presa, and Graciela (Chela) Dubbs. They will be engaging directly with the community by attending community events and conducting door-to-door, phone, and social media outreach.

6 MONTHS – 4 YEAR OLDS CAN RECEIVE COVID-19 VACCINE

The FDA and CDC both gave the green light in June for both Moderna's and Pfizer/BioNTech's Covid-19 vaccines for children as young as 6 months. The vaccines were rigorously evaluated and have proven to be safe and effective and preventing severe disease and death from Covid-19. Moderna's mRNA vaccine is a 2-dose series taken one month apart. Immunocompromised people can take a third dose at least one month after the second dose. Pfizer/BioNTech's mRNA vaccine is a 3-dose series. The first two doses are taken three weeks apart, and the third is taken at least 8 weeks after the second dose.

STAY UP-TO-DATE!

The next scheduled clinic is July 30 at Back to School Bash. DSHS and VaccinateBandera.org will be providing B2S vaccines. Check <https://vaccinatebandera.org/vaccines-here> OR follow "Protect Our Future Bandera" on Facebook OR call 833-882-2246 for updates on newly scheduled clinics/educational events.

You can also call to pre-register for any of our clinics to save time.

BANDERA INTERAGENCY COALITION

Silver Sage hosted the monthly Bandera Interagency Coalition (BIC) meeting on June 21. We were joined by several new agencies including the Castle Lake Ranch Volunteer Fire Department, Bandera Chamber of Commerce, MHP Salud, Bandera County Helping Hand, and Kronkosky Charitable Foundation. Discussions included the role of Silver Sage as providing the digital and print aspects of a community resource GUIDE, BIC's role as maintaining the community resource NETWORK of agencies, and different ways to refer clients within the network that ensure the security of any clients' personal information.

THE 1ST TUESDAY OF EVERY MONTH!

803 Buck Creek Drive
(830) 796-4969

Bandera, Texas
silversage.org



Silver Sage Presents **COWBOY CAPITAL OPRY**



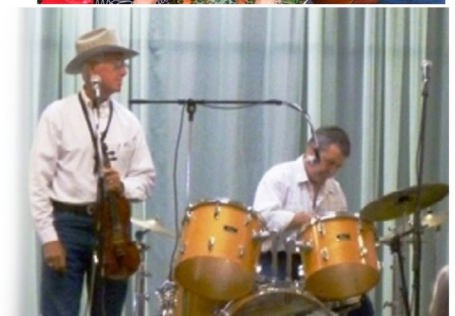
7-9pm

Tuesday July 5th, Bob Stewart



Bob Stewart

& the
Silver Sage
House Band
(Lannette Pennel,
Vickie Gillespie
Dave Kemp,
Gerry Payne &
Mark Wright)



THROUGH THE EYES OF A DRIVER

By Mary Allyce

I'm taking the liberty of using this month's column to highlight a few of the many things that make me scratch my head and go, "Hmmm?" I say a few things because in 75 years I've accumulated so many it would take a full year to cover them all. I'm betting our readers will relate. Here we go . . .

Parking Lots. No, this isn't about returning shopping carts to their proper place. I don't sweat the small stuff. I'll leave that for another time.

Why is it that normally decent drivers (I'm taking the high road) turn into mindless numbnuts the minute they enter a parking lot? The other day I got almost off the road entering a very busy grocery store parking lot. I say "almost" because the driver ahead of me inexplicably stopped before I could get my vehicle fully off the road. Just stopped. When she finally got going again, she pulled into an aisle and stopped once more with no room to go around her and no way to back up since there were now two other cars behind me. But, praise be, a car pulled out of a space and there was another open space next to that one. The lady inched ahead and pulled into both spaces, straddling the painted space marker and she wasn't even driving a truck. I parked eventually, but when I finished shopping and came back to my car, two long bed trucks had parked opposite each other, preventing anything bigger than a golf cart from passing between them. Two cars were already at a blocked standstill in that aisle. In the neighboring aisle, a vehicle trundled along in the wrong direction of the single vehicle lane despite freshly painted arrows.

I rest my case on parking lots.

PeopleWhoTalkTooFast. I started noticing this at least 20 years ago when I had to ask one of my sons to repeat almost everything he said. He is in large, if not good, company. People who make their living talking on TV – newscasters, actors, "personalities" whose claim to fame is somewhat mysterious, receptionists, entire swaths of the population talk like they're being paid by the word. If they also have lazy diction,

they're unintelligible. I'm not talking about the folks who sit on phone banks in the Philippines or India, although they have their fair share of speeding tongues. And don't write me off as an old curmudgeon whose hearing is less than sharp. Google some variation of "talking fast" and you'll find articles and studies on the subject. Johns Hopkins Medicine has one on "Fluency Disorder" which includes a description of "cluttering" where one "speaks fast and jams words together". A "Disorder". Further, a study in Science Advances found that "more efficient languages tend to be spoken more slowly." So there. Slow down, people!

I saved the big one for last. Why is everything so bloody hard to open?

There's not much more to say about this. Those re-close-able boxes and packages are the worst and my favorites are packaging that shows a dotted line, indicating a perforated tear strip. If you can get the tear started you are then faced with getting the package open. Ok, I have a condition that makes my hands less agile than they used to be but I am surely not alone and getting that blasted package open is often all but impossible. A scissors solves the issue but also destroys the "re-close-able" aspect. The whole process has helped increase my vocabulary, although not in a totally positive way.

Thank for your patience with my rant. Drive carefully. Slow down and enunciate your words. Buy good scissors. Happy Fourth of July, see you in August and thank you for returning your shopping cart!





Funny Bone

A Sweet Grandma

A sweet grandmother telephoned St. Joseph's Hospital. She timidly asked, "Is it possible to speak to someone who can tell me how a patient is doing?" The operator said, "I'll be glad to help, dear. What's the name and room number of the patient?"

The grandmother in her weak, tremulous voice said, "Norma Findlay, Room 302." The operator replied, "Let me put you on hold while I check with the nurse's station for that room."

After a few minutes, the operator returned to the phone and said, "I have good news. Her nurse just told me that Norma is doing well. Her blood pressure is fine; her blood work just came back normal and her Physician, Dr. Cohen, has scheduled her to be discharged tomorrow."

The grandmother said, "Thank you. That's wonderful. I was so worried. God bless you for the good News." The operator replied, "You're more than welcome. Is Norma your daughter?" The grandmother said, "No, I'm Norma Findlay in Room 302. No one tells me nothin'!

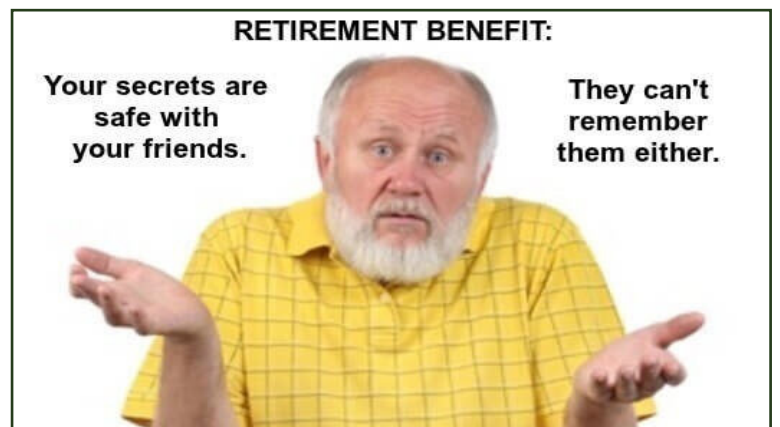
The Track

A guy is reading his paper when his wife walks up behind him and smacks him on the back of the head with a frying pan. He asks, "What was that for?" She says, "I found a piece of paper in your pocket with 'Betty Sue' written on it." He says, "Jeez, honey, remember last week when I went to the track? 'Betty Sue' was the name of the horse I went there to bet on." She shrugs and walks away.

Three days later he's reading his paper when she walks up behind him and smacks him on the back of the head again with the frying pan. He asks, "What was that for?" She answers, "Your horse called."



"Let's eat Grandma!
'Let's eat, Grandma!
Punctuation saves lives"



Computer tech support? Alright... I've removed all of my cookies... Now what?

Bandera Writers Group, July 7th

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



WE'RE PROUD TO BE *your* NEIGHBORS.

PERSONAL | COMMERCIAL | MORTGAGE | WEALTH MANAGEMENT



Bandera | 800 Main St. | 830.796.3100
Kerrville Main | 998 Sidney Baker St. South | 830.257.4771
Downtown Kerrville | 200 Earl Garrett, Ste. 208 | 830.955.8331
Fredericksburg | 1318 S. State Hwy 16, Ste. 100 | 830.307.5490



texashillcountrybank.com



"When you gotta go – go with the best!"

Septic Installation & Pumping – Water Well Drilling & Service
Portable Toilet Rental (Construction Site & Private Events)
Residential & Commercial Jobs – Free Estimates

4855 State Hwy 173 North • Bandera, TX 78003
www.bswws.com

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



Well, it is HOT! I mean REALLY HOT. I hope you are staying cool and hydrated. Be sure to eat lots of watery fruits like watermelon or cantaloupe to help keep you hydrated as well as drinking plenty of water. Pray for RAIN!

We have had so much fun with all the different activities in June. Our Friday Mall walks have been a big hit. Ok, in all honesty, we got a little bit of walking in and a lot of shopping, but that is ok. It gave us time out of the house and time to visit with one another and we are good with that. The dinner and Luckenbach trips were so much fun. We had a fun group on each one of those trips and laughed and visited and just

really enjoyed every minute. Hope you will join us soon.

Music

Please plan to join us for a very special afternoon of patriotic music on Sunday, July 3rd at 4:00 P.M. by the much loved Almost Patsy Cline Trio The cost is \$10 per person.

Cowboy Capital Opry will take place at 7 P.M. on the first Tuesday each month, and this month it falls on July 5th and our special guest will be Bob Stewart.

BUS TRIPS

I want to let you know that this month I will be out of the office several days, and because of that, the monthly **HEB bus trip** is changed to Friday, July 1st at 12:30 p.m.

Our Walmart trip will be Thursday, July 14th at 12:30 p.m. Please come early if you plan to eat lunch at the center, so you will have plenty of time.

On Friday, July 15th at 10 a.m. we will go to the **River Hills Mall in Kerrville to walk or shop or both**. When everyone is ready, we will go to Broken Stone Pizza for lunch. I expect we will return to the Silver Sage by 2 p.m.

Wednesday, July 27th we will take a **dinner trip to Hondo's on Main in Fredericksburg to have dinner and hear Dave Kemp play music** on the outside stage. We will leave the Silver Sage at 5:45 P.M. It is about an hour drive, so will be there around 6:45 which should give us plenty of time to order and be seated before the music starts at 7 P.M. This is a self-serve restaurant, and we will be sitting outside, so please dress for the Texas heat. There are lots of trees for shade until the sun goes down and there is usually a wonderful breeze.

*All bus riders are asked to make a \$5 per trip donation to help offset fuel costs. All participants are expected to pay for their own meal and any gratuities. All bus riders must be physically able to get on and off the bus un-assisted.

Continued on the next page...



JM ARTISAN BAKED GOODS



A Veteran owned & operated company in the heart of Bandera, TX making artisan baked goods from scratch just like your mom use to make.



PHONE: (830)212-0601

EMAIL: JMBAKEDGOODS@GMAIL.COM

WEBSITE: JMARTISANBAKEDGOODS.COM

What's Happening Continued...

CRAFTS

Did somebody say ROCK PAINTING? Monday, July 18th at 1 p.m. in the craft room we have the talented Tiffany Bettinger coming in to show us how it's done. The class is free as Tiffany considers it her way of giving back to the community. If we have enough interest and participation, we will continue on a weekly or monthly basis. Whichever we all agree on.

LET'S TALK

We have three Let's Talk/Lunch & Learn programs planned for this month. On July 13th we have Mary Brosius from Centromed giving a talk on Medicaid and Vaccinations. July 20th, Steve Bradley will be here to answer all your questions about Medicare, and on July 27th Susan Broa will talk to us about Wellness and Nutrition. Please plan to join us for lunch and let's learn something new!

SPECIAL EVENT

On Thursday, July 28th at 10:00 A.M. we will offer an Elderly Fraud Training Class in the Silver Sage Great Room. The class will be taught by J.C. Spillman, the captain of the Austin Dept. Of Public Safety. The class is FREE and highly recommended for all. Please call Lisa at the Silver Sage to get your name added to the list if you plan to attend so we will know how many chairs to put out. 830-850-0028

Well, that's it for July (I think). I sure hope I haven't forgotten anything. See you at the Silver Sage soon!

***PLEASE REMEMBER ALL CALENDER EVENTS ARE SUBJECT TO CHANGE WITHOUT NOTICE. PLEASE CALL IN ADVANCE IF YOU ARE UNSURE ABOUT AN EVENT. 830-796-4969**

cascadehealthservices.org

CIBOLO CREEK

REHABILITATION • HEALTH • LIVING

1440 River Rd #1958, Boerne, TX 78006
Mary Lou Howells (830) 388-6991

HNB

THE HONDO NATIONAL BANK

Member FDIC

Bandera Banking Center
355 State Hwy 16 S. - PO Box 1389
Bandera, TX 78003 - 830-796-3333
www.myhb.com

BANDERA

NURSING & REHABILITATION

A Touchstone - Heritage Partnership

Comfort. Care. Community.

Delivering Compassionate Care Through Innovative Approaches

SKILLED NURSING - OUTPATIENT THERAPY - COMPLEX PAIN MANAGEMENT
LONG-TERM CARE - RESPITE CARE - POST-SURGICAL STABILIZATION
PHYSICAL, OCCUPATIONAL & SPEECH THERAPY - WOUND THERAPY

(830) 796-4077

222 FM 1077, Bandera, TX 78003

BanderaNursingRehab.com

TOUCHSTONE
COMMUNITIES®

MAKE HOME IMPROVEMENTS WITH THE **ENERGY SAVER PROGRAM**

No Money Down, Interest-free, On-bill Financing

Upgrade your HVAC system, water heater, pool and well pumps, windows, doors, insulation and more.

Learn more at BanderaElectric.com/EnergySaver





JULY ACTIVITIES 2022

Activities Director, Lisa Crawford

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

Mon	Tue	Wed	Thu	Fri
June 27 8:00 Video Exercise 10:00 Yoga w/Willy	28 10:00 Stretch & Strengthen w/Ida 12:30 Mexican Train	29 8:00 Video Exercise 9:30 Quilting 4:00 Bella Sera & Luckenbach	30 12:30 Mexican Train	July 1 8:00 Video Exercise 9:30am-10:30am Line Dance Class 11:00-12:30 Two-Step 12:00 H.E.B.
4 CENTER CLOSED 10:00 Yoga w/Willy	5 9:30 Yoga w/Ida 10:30 Stretch & Strengthen w/Ida 12:30 Mexican Train 7:00 Cowboy Capital Opry w/Bob Stewart	6 8:00 Video Exercise 9:30 Quilting	7 12:30 Mexican Train 2-4 Writers Group w/Mary Schenk	8 8:00 Video Exercise 9:30am Line Dance 11:00 Two-Step
11 8:00 Video Exercise 10:00 Yoga w/Willy	12 9:30 Yoga w/Ida 10:30 Stretch & Strengthen w/Ida 12:30 Mexican Train	13 8:00 Video Exercise 9:30 Quilting 12:00 Let's Talk: Medicaid & Vaccinations w/ Mary Brosius of CentroMed	14 12:30 Walmart	15 8:00 Video Exercise 9:30am Line Dance 10:00 River Hills Mall & Broken Stone Pizza 11:00 Two-Step
18 8:00 Video Exercise 10:00 Yoga w/Willy 1:00 Rock Painting w/Tiffany	19 9:30 Yoga w/Ida 10:30 Stretch & Strengthen w/Ida 12:30 Mexican Train	20 8:00 Video Exercise 9:30 Quilting 12:00 Let's Talk: Q & A Medicare w/Steve Bradley	21 12:30 Mexican Train	22 8:00 Video Exercise 9:30am-10:30am Line Dance Class 11:00-12:30 Two-Step
25 8:00 Video Exercise 10:00 Yoga w/Willy 12:30-2 MUSIC JAM MONDAY	26 9:30 Yoga w/Ida 10:30 Stretch & Strengthen w/Ida 12:00 Birthday Bash 12:30 Mexican Train	27 8:00 Video Exercise 9:30 Quilting 12:00 Let's Talk: Wellness & Nutrition w/ Susan Broa 5:45 Hondo's on Main Dinner & Music w Dave Kemp	28 10:00 Elderly Fraud Training 12:30 Mexican Train	29 8:00 Video Exercise 9:30am-10:30am Line Dance Class 11:30-12:30 Two-Step


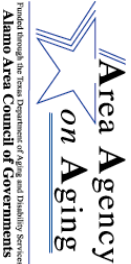

*PLEASE REMEMBER ALL CALENDER EVENTS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

PLEASE CALL IN ADVANCE IF YOU ARE UNSURE ABOUT AN EVENT. 830-796-4969

Silver Sage ~ JULY 2022 Lunch served from 11:30pm-1pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Area Agency on Aging Funded through the Texas Department of Aging and Disability Services Alamo Area Council of Governments</p>	 <p>AACOG Alamo Area Council Of Governments</p>	 <p>San Antonio FOOD BANK SERVING SOUTHWEST TEXAS</p>	<p>Joyce D. Lamilla, LD Call Meals On Wheels delivery (830) 796-4969 Menu subject to change according to availability</p>	<p>1 Caserola de Atun y Fideos tostadas texanas</p>
<p>4 CERRADO</p>	<p>5 Pollo Pollo Frito Quimbombó frito</p>	<p>6 Albóndigas agridulces Arroz jazmín Vegetales elegidos por el chef ~Ensalada Elegida del Chef~</p>	<p>7 Estofado Brunswick</p>	<p>8 ~Desayuno para el al- muerso~ Cazuela De Espinacas, Huevo Y Queso SOS en tostadas de Texas</p>
<p>11 Filete De Pollo Frito Puré de patatas/salsa Judías verdes</p>	<p>12 Espaguetis/Salsa Boloñesa Calabacín palito de pan</p>	<p>13 Pollo Agridulce Arroz Verduras salteadas ~Ensalada Elegida del Chef~</p>	<p>14 Frijoles Rojos & Arroz Pan con queso del chef James</p>	<p>15 Pollo parmesano Calabaza de verano fresca</p>
<p>18 Bruschetta de pollo sobre cama de espinacas Verduras a elección del chef</p>	<p>19 Solomillo De Cerdo Asado Verduras toscanas</p>	<p>20 Consejos de carne cocida a fue- go lento con fideos de huevo zanahorias con mantequilla ~Ensalada Elegida del Chef~</p>	<p>21 Envoltura de Salchicha Kiobassa Frijoles Horneados</p>	<p>22 Pollo King Ranch</p>
<p>25 Tiras De Pollo Y Salsa maíz vaquero Patatas fritas</p>	<p>26 Stroganoff de ternera Tomates cocidos FIESTA DE CUMPLEAÑOS</p>	<p>27 Hamburguesas con todos los acompañamientos Papas fritas ~Ensalada Elegida del Chef~</p>	<p>28 Tazón de pollo al suroeste</p>	<p>29 Sloppy Joes Patatas dulces fritas</p>

Silver Sage ~ July 2022 Lunch served from 11:30pm - 1pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>Menu subject to change according to availability</p> <p>Joyce D. Lamilla, LD Call Meals On Wheels delivery (830) 796-4969</p>		<p>1 Tuna Noodle Casserole Texas Toast</p>
<p>4 CLOSED</p>	<p>5 Chicken Fried Chicken Fried Okra</p>	<p>6 Sweet & Sour Meatballs Jasmin Rice Chef Choice Veg ~Chef Choice Salad~</p>	<p>7 Brunswick Stew</p>	<p>8 ~Breakfast for Lunch~ Spinach, Egg, & Cheese Casserole SOS on Texas Toast</p>
<p>11 Chicken Fried Steak Mashed Potatoes/Gravy Green beans</p>	<p>12 Spaghetti/Bolognese Sauce Zucchini Bread Stick</p>	<p>13 Sweet & Sour Chicken Rice Stir Fry Veggies ~Chef Choice Salad~</p>	<p>14 Red Beans & Rice Chef James' Cheesy Bread</p>	<p>15 Chicken Parmesan Fresh Summer Squash</p>
<p>18 Chicken Bruschetta on a Bed of Spinach Chef Choice Veg</p>	<p>19 Roasted Pork Tenderloin Tuscany Vegetables</p>	<p>20 Slow Cooked Beef Tips with Egg Noodles Buttered Carrots ~Chef Choice Salad~</p>	<p>21 Kiolbassa Sausage Wrap Baked Beans</p>	<p>22 King Ranch Chicken</p>
<p>25 Chicken Strips & Gravy Cowboy Corn Sidewinder Fries</p>	<p>26 Beef Stroganoff Stewed Tomatoes BIRTHDAY BASH</p>	<p>27 Burgers with all the fixins' French Fries ~Chef Choice Salad~</p>	<p>28 Southwest Chicken Bowl</p>	<p>29 Sloppy Joes Sweet Potato Fries</p>

Eat Right

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



Smart Tips to Power Up with Breakfast

Breakfast gives you energy to start the day. A healthy breakfast is important for everyone. Get the morning nutrition you need with these quick breakfast ideas.



- Make instant oatmeal with low-fat milk instead of water. Toss in raisins or dried cranberries and chopped walnuts.
- Layer low-fat plain yogurt with your favorite crunchy whole grain cereal and blueberries.
- Blend a breakfast smoothie with low-fat milk, frozen strawberries and a banana.
- Grits topped with a sprinkle of low-fat cheese and spinach or tomatoes. Add a cooked egg on the side.
- Top a toaster waffle with low-fat yogurt and peach slices.
- Stuff a whole-wheat pita with a sliced, hard-cooked egg and low-fat shredded cheese.
- Spread a flour tortilla with peanut butter. Add a whole banana and roll it up.
- Spread low-fat cream cheese on a whole-grain toasted bagel. Top with sliced strawberries.
- Add lean ham and low-fat Swiss cheese to a toasted whole-grain English muffin.

If your taste buds just don't crave traditional breakfast foods, try these choices:

- Hummus spread on a whole-grain toasted bagel with cucumber and tomato slices on top.
- Leftover veggie pizza
- Low-fat cottage cheese with fruit
- Leftover rice mixed with low-fat yogurt, dried fruit and nuts. Sprinkle with cinnamon.
- Corn tortilla with mashed avocado, black beans, salsa, and low-fat shredded Cheddar cheese

Power up with a healthy breakfast and you're off to a great start!

YOGA WITH WILLY EVERY MONDAY

Location: Great Room - 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.

Helping Seniors Stay Cool

TOP 10 TIPS

- 1 Once temperatures rise, be sure to check on elderly family or friends with regular visits.
- 2 Remind seniors—especially those showing signs of dementia—of the dangers of extreme heat and the signs of heatstroke.
- 3 Certain medications can make it difficult to stay hydrated, so make sure seniors drink 6-8 glasses of water a day, even if they're not thirsty.
- 4 Know the signs of dehydration, including dry mouth/skin, lightheadedness, lack of sweat, low blood pressure and rapid heartbeat.
- 5 Seniors should avoid direct sunlight during the warmest part of the day, apply sunscreen and wear lightweight clothing when outdoors.
- 6 Ensure seniors have access to a working air conditioner during the day.
- 7 Close blinds and curtains in seniors' homes to lower room temperatures.
- 8 Some medical conditions, like asthma or heart conditions, can be more serious during hot weather—discuss with their doctor to see whether medications need to be adjusted.
- 9 Look for signs of heatstroke, including profuse sweating, fatigue, cold/clammy skin, nausea, muscle weakness, disorientation, shallow breathing and vomiting.
- 10 Prepare to directly assist with measures like turning on the AC or removing robes or blankets—even if it means staging a "cooling intervention."



JUNIPER VILLAGE AT GUADALUPE RIVERFRONT

Exceptional Senior Living in the Texas Hill Country

INDEPENDENT LIVING | ASSISTED LIVING | REHABILITATION AND SKILLED CARE

AMENITIES INCLUDE

- Multiple Fitness Centers
- Exquisite Game Room
- Various Courtyards
- Beauty Parlor & Barber Shop
- Irresistible Social Events and Entertainment
- Pet Friendly
- 24-Hour Security System
- Captivating Walking Paths
- Extensive Library
- Relaxing Covered Patios
- Elegant Private Dining Room
- General Store
- WiFi Access Throughout



Call us now to schedule a visit and learn more about the Juniper Difference at 830.895.2626

Juniper Village at Guadalupe Riverfront

SENIOR LIVING AND REHABILITATION AND SKILLED CARE

FACILITY #000769/000269

135 Plaza Drive, Kerrville, TX 78028

830.895.2626

junipercommunities.com



KERRVILLE CANCER CENTER

Hope and compassion since 1989.

Valerian Chyle, Jr., MD

Board - Certified: Radiation Oncology, American Board Of Radiology

218 Sidney Baker Street North • Kerrville, Texas 78028
30-257-2070 • fax: 830-257-2079 • www.KerrvilleCancerCenter.net



Providing seniors with vision loss the skills, tools and resources needed for maintaining independence in their homes and the community.

210-531-1547 • www.salighthouse.org



BANDERA

VETERINARY CLINIC

**Dr. Mark Richardson,
Dr. Jennifer Knight, and Associates**

830-796-3003
1989 TX-16 N, Bandera, TX 78003
BANDERAVETCLINIC.COM¹⁸



RIVER CITY HOSPICE

"Our family taking care of your family."

River City Hospice provides loving hospice care to patients and their families. Our caring and experienced team of professionals and volunteers are prepared to meet your hospice needs.

(210) 858-9138

www.rivercityhospice.org



Featuring the finest crafts, food,
books, and alcohol from across Texas!

1107 Cypress St. Bandera, Texas

(830)522-3221

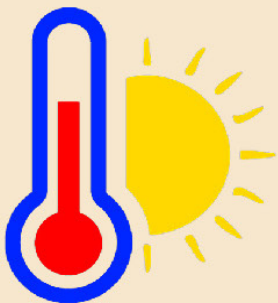
FB: @banderaspiritsoftexas



FIVE SUMMERTIME PET SAFETY TIPS

1 WATCH WHERE YOU WALK

Even when the outside air temperature is a balmy 75°, asphalt under a summer sun can reach a painful 125°. On hotter days, it can hit 135° or higher. If it's hot enough to fry an egg, it will surely sizzle your pet's paws!



2 HEAT CAN KILL

Speaking of summer sun, don't forget that your pets get thirsty too. Hydration is key. Make sure they have plenty of fresh water indoors and out, and keep them in the shade as much as possible. And NEVER leave your dog or cat locked in a car: it takes less than 10 minutes for them to die of heat stroke.

3 DON'T LET PARASITES PICNIC ON YOUR PET

Fleas, ticks, mosquitoes and other pests, which thrive in summertime, can carry tapeworms, heartworms, and diseases like Lyme and Bartonella. Ask your vet what preventative measures you can take to keep your pet safe from them.

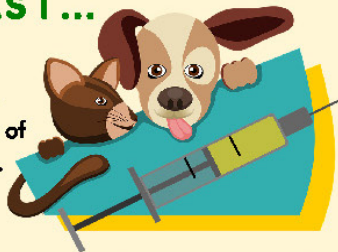


4 NAME YOUR POISON

Not all grass is created equal: some is doused in fertilizer and pesticides, which can be toxic to dogs and cats that lie or play in it. Likewise, some types of plants (such as tulips, hyacinths, certain lilies, and daffodils) can make your pet ill or even die if it is ingested. Be cautious about where you let your pet wander!

5 LAST BUT NOT LEAST... VACCINATE!

Summer is the peak season for rabies, since warm weather increases the risk of encounters with wild infected animals. Protect your pets by making sure their rabies inoculations are up-to-date.



Do you have walkers, wheel chairs, 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**



A Tale that's a Bit Fishy-

By Mikie Baker

This is a love story about two fish. Or at least, it started out that way. But you know relationships. Sometimes you just have to make the supreme sacrifice.

The Adult Eating Machine and his daughter, Tiny Texas Twister, arrived for a visit. We have a nice cabin near the house and that's where they squatted. Everything was going along swimmingly until the AEM decided the five-year-old Twister needed to have her own fish.

So, being the Wonder Woman with a working credit card, I hauled them up to the Medium City's only pet store and in we went. I figured every little girl should have the chance to kill her own guppy. Life lessons, you know.

They weren't interested in guppies just exotics that required an aquarium, lights, pumps and all that other fishy stuff. Undeterred, I looked longingly at the goldfish and guppies. After finding the Teenage Fish Expert sales kid, we settled on a Beta Fish. It was bright yellow - Twister's favorite color.

The Adult Eating Machine chimed in like a five-year-old and demanded, "What about me? Don't I get a fish?" How could I say no to that? So, he picked out an orange and white fish that looked pretty much like a goldfish only it cost four times more. Then the Teenage Fish Expert sold me the fishbowl, a SpongeBob SquarePants Pineapple Fish House, the obligatory green plastic fauna, black rocks with sprinkles of neon rocks in them, water drops, a net and fish food. He reminded me to keep my receipt because if the unthinkable happened within the next two weeks, we could always come back in for a fish that was still alive.

Everyone was excited on the way home naming their fish. The Adult Eating Machine decided on Rockstar for his male fish and

Twister named her female fish Vampirina. I'm a bit worried about her.

They kept their aquatic friends in the cabin as Sammy the Siamese Terrorist and Rockin' Rod would have made sushi out of them if we kept them in the house. Anyway, everything went along swimmingly for more than two weeks, unfortunately. Then the duo left for a weekend trip and somebody who shall remain nameless forgot to feed said fish for three days.

When AEM and Twister arrived home, they found that Vampirina had eaten all of Rockstar except for his head. After I heard the announcement, I started pondering my death and burial speech for Rockstar. I figured we'd bury his head at sea in a toilet ceremony using the bidet for a fitting send-off.

But Twister had other ideas. She bounded in the door with the fish head in the net and said, "This guy's dead. I'll just throw his head in the trash." No ceremony? No gnashing of teeth? No lesson on death? Then she asked for fish sticks for lunch. As I said, I'm worried about her.

Evidently, we'd bought a mini-Piranha and Twister had nailed her name. Then the duo up and left the ranch leaving me with a vicious fish. Knowing I've had too many fish die on my watch, I decided to give Vampirina, the bowl, pineapple, fauna, black rocks with neon sprinkles, water drops, net, and fish food away to the nearest victim I could find.



I ended up taking Vampirina to the office where she was immediately adopted as the Official Office Fish. I told them she might bite, but no one believed me. Now I must face Vampirina daily, fearing she knows my deep, dark secret.

And so ends my fishy tale.

Coming Soon

the 
Cottages
of
Silver Sage

A Community For Active Seniors

A Community For Active Seniors

46 Units Ranging From 600 sq ft-980

Rent Based On Income

Located Next To Our Community Center

Senior Activities Monday-Friday.

Free Lunch Daily For Qualifying Participants.

WANT TO HELP? DONATE NOW.

803 BUCK CREEK DRIVE. (830) 796-4969

SILVERSAGE.ORG

TWO GREAT LOCATIONS!

BANDERA & LAKEHILLS

True Value®

1002 Main St, Bandera, TX 78003 - banderatruevalue.com

Veterans 10% discount Every Thursday



8950 FM1283, Lakehills, TX 78063 - lakehillstruevalue.com

Veterans 10% discount Every Tuesday

WHEN IT COMES TO MEDICARE YOU HAVE CHOICES.

Let me help
you

find the best plan to fit your
health care needs.

Need some answers about Medicare?

Personal attention is everything, which is why I'll work with you to help answer your Medicare questions. Let me help you become fluent in Medicare and together we'll find a plan that may fit your needs.

I'm here to help you learn more about Medicare Advantage and Part D plans available in Kerrville. Contact me today at the phone number listed below.

Victor Haro

Licensed Sales Agent
Golden Outlook Insurance Services LLC
361-688-4497

RESIDENT
Kerrville, Texas

Call now for a personal consultation.

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.



it's a
great
day at lowe's

AACOG

Alamo Area Council
Of Governments 23



Alamo Regional Transit Service Area:

Alamo Regional Transit (ART) serves 12 rural counties - Atascosa, Bandera, Comal, Frio, Gillespie, Guadalupe, Karnes, Kendall, Kerr, Medina, McMullen, and Wilson.

Transportation Services:

ART provides public transportation bus service to all residents in the service region. Service to and from Bexar County and San Antonio is also provided. ART provides demand response, curb-to-curb transportation service. Door-to-door service may be requested for those customers needing additional mobility assistance.

The following are types of transportation services provided: Adult day care, Nutrition, Family Visits, Medical, Shopping, Work, School.

Hours of Operation:

ART operates weekly Monday-Friday, from 7:00 a.m. to 6:00 p.m.

Bus Fares: In-Town - \$2, In Same County - \$6
One County Over - \$8, Two Counties Over - \$12

Step No. 1

Call the ART Dispatch Center at 1-866-889-7433. Reservations must be made by noon the day before you need to travel. You may schedule up to 30 days in advance. Please schedule your ride as early as possible as reservations are on a first come, first served basis. Upon scheduling your reservation, the ART Dispatch Center will provide you with an approximate pick up time.

Step No. 2

Be ready to meet the ART driver at the agreed pick up location. ART drivers will wait for 10 minutes after arrival. Once boarding the ART bus, pay the driver the exact fare and you are on your way to your destination! Please note that ART drivers are not allowed to give change or enter the customer's home.

Step No. 3

The third and final step is to schedule your return trip. Your return trip must be scheduled after your initial reservation or appointment for your first ride. To schedule your return trip, please call the ART Dispatch Center at 1-866-889-7433. You will be picked up within one hour. Please note that drivers are not expected to look for passengers who are not at the agreed pick up location.

Other Helpful Information:

ART drivers may assist with small packages and may escort passengers to and from the front door of their home or destination within reason. Drivers may also assist passengers up and down the stairs of the ART bus.

1-866-899-7433



ULTIMATE BREAKFAST SMOOTHIE

Ingredients

- 1 medium banana
- ½ cup sliced strawberries
- ½ cup blueberries
- ¼ cup lowfat Greek yogurt
- 1 tbsp almond butter
- 1/2 cup spinach
- 1/2 cup almond milk

Nutrition

- Calories: 300
- Fat: 11g
- Protein: 12.5g
- Sodium: 135mg
- Carbohydrates: 40g
- Fiber: 7g
- Sugars: 22g
- Calcium: 20% DV
- Potassium: 15% DV



BABE RUTH STRAWBERRY PINEAPPLE SMOOTHIE

Ingredients

- 1 cup strawberries
- ½ cup pineapple
- 1 cup banana
- 2 cups orange juice
- ½ cup greek yogurt
- 1 cup spinach
- 1 tbsp chia seeds

Nutrition

- Calories: 129
- Fat: 1g
- Protein: 4g
- Sodium: 17mg
- Carbohydrates: 26g
- Fiber: 2g
- Sugars: 18g
- Calcium: 6% DV
- Potassium: 15% DV



Investing is about more than money.

At Edward Jones, we stop to ask you the question: "What's important to you?" Without that insight and a real understanding of your goals, investing holds little meaning.

Contact your Edward Jones financial advisor for a one-on-one appointment to discuss what's really important: *your goals*.



Anthony J Ferragamo, CFP®
Financial Advisor

158 Hwy 16 S
Suite D
Bandera, TX 78003
830-796-9197

www.edwardjones.com
Member SIPC

Edward Jones®
MAKING SENSE OF INVESTING

MKD-8652B-A

YOUR HILL COUNTRY MEDICARE AGENT

MEDI)CARE

(830) *Man*
370-3912

Steve Bradley

Email: agentsteveb@yahoo.com

YOGA WITH IDA

At 9:30am on Tuesdays

Ida will be teaching a comprehensive, balanced, traditional style of yoga class with each session starting with a centering breath, meditation, flowing sun salutations, relaxation between poses, and guided instruction throughout. As everyone becomes comfortable with the work, new exercises and poses are introduced and others will be held longer to deepen the experience.



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.



WANTED DANCERS

EVERY FRIDAY!!

LINE DANCE CLASSES

9:30-10:30

TWO-STEP CLASSES

11:00-12:00

\$8 per class - Dance Classes Led By
The *Legendary Clifton Fifer*
Call Lisa To Sign Up: (830)850-0930

Dance Classes are led by Clifton Fifer Jr., a fourth-generation Texan, who brings history to life via storytelling, poetry, music and dance. Fifer is a retired school teacher, coach, storyteller and historical interpreter. He serves on multiple boards, including the Doyle Community Center, where he attended school in the 1960s when it was still a public school. He was named as Kerrville's Citizen of the Year at the Kerrville Chamber of Commerce Choice Awards Banquet in October 2021.





BANDERA COUNTY

SILVER SAGE

ENRICHING LIFE FOR SENIORS

S
U
N
D
A
Y

JULY
3RD

Silver Sage Great Room
Doors open at 3:30 \$10
Show Starts at 4:00

(830) 796-4969 silversage.org

From Sea to Shining Sea
with the
ALMOST PATSY CLINE TRIO



For Reserved Pre-Paid Seating, call Lisa @ (830) 850-0028



SILVER SAGE & SAN ANTONIO FOOD BANK DISTRIBUTION

****WEATHER PERMITTING****

**MON. JULY 11TH, 10AM-12PM
LAKEHILLS COMMUNITY CENTER**

11225 PR 37, Lakehills, TX

**WED. JULY 27TH, 10AM-12PM
MANSFIELD PARK**

2886 HWY 16 NORTH, BANDERA

*** NO FOOD DISTRIBUTIONS IN AUGUST**



Registration will be done on-site

QUESTIONS: (830) 796-4969