



THRIFT STORE
616 HWY 16 S. BANDERA, TEXAS

Silver Sage Thrift Store & Boutique
616 Hwy 16 S
Store Hours:
Tuesday-Saturday
10:00am-4:00pm
(830) 460-1586

The Silver Sage Home Goods Thrift Store
805 Main Street (old Family Dollar)
Store Hours:
Tuesday-Saturday
10am-4pm
(830) 460-0423

Home Goods THRIFT STORE
BENEFITTING MEALS ON WHEELS

MONTHLY MENU
PAGE 8 & 9



BANDERA COUNTY



THE SCOOP AT SILVER SAGE

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

WANT TO BECOME A SILVER SAGE VOLUNTEER?

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: Meals On Wheels driver/jumper, Thrift Stores, Food Pantry, Kitchen, or Garden!
Call us at (830) 796-4969

Our Mission

“Supporting People, Strengthening Communities”

The Hill Country Resource Center, home of The Silver Sage, is dedicated to supporting older adults, veterans, individuals with disabilities, children, families in need, and those facing financial hardship. Our goal is to provide essential resources, practical support, and community-driven programs that promote self-sufficiency and improve quality of life.



Managing Publisher/Designer:

Karyn Utterback
Executive Administrator
Email: karyn@silversage.org

Silver Sage-803 Buck Creek
Bandera, TX 78003
(830) 796-4969
P.O. Box 1416



» P.7



» P.10

Check out
our **Monthly
Menu!**



» P.11



» P. 8/9

**Which
princess only
comes out on
Cinco de
Mayo?**



Taco Belle

HOURS:

SILVER SAGE HOURS:

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

FRIDAY 8:00AM TO 2:00PM.

CLOSED WEEKENDS AND MAJOR HOLIDAYS.

1x1 Office Hours



Receive one on one help
with any technology
issues or questions you
may have about your
phone, computer etc..

WALK-INS WELCOME!

**Location: The Silver Sage
803 Buck Creek Dr.**

EVERY TUESDAY & WEDNESDAY 1-2p

Edward Jones

> edwardjones.com | Member SIPC



**Retired? Let us help
with your income
needs.**



Anthony J Ferragamo, CFP®, CKA®
Financial Advisor

P O Box 2806
158 Hwy 16 S Suite D
Bandera, TX 78003
830-796-9197


MOTHER'S DAY
WORD SEARCH

Joy
 Smile
 Celebrate
 Blessing
 Cuddles
 Cherish
 Honor

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



Best
 Tender
 Beautiful
 Charming
 Teacher
 Kind

HAPPY
MOTHER'S
DAY



**COMMUNITY
FOUNDATION**
— of the —
TEXAS HILL COUNTRY

FOR BANDERA. FOREVER.

**CONSIDER A CHARITABLE LEGACY AS A PART OF YOUR
ESTATE PLAN.**

241 EARL GARRETT STREET | KERRVILLE, TEXAS 78028

WWW.COMMUNITYFOUNDATION.NET

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:

3rd Thursday of each month @ 6pm

@ Silver Sage Activity Center located at 803 Buck Creek Drive.

For More Info, lionsclubofbandera@gmail.com

Bruce @ (210) 396-6932

WS&P

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Fredericksburg | 1037 S. State Hwy 16 | 830.307.5490



www.texaspartners.bank

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BANDERA | KERRVILLE | FREDERICKSBURG | NEW BRAUNFELS | SAN ANTONIO | AUSTIN



May

Word Search



Find the words listed. Words may appear forward, backward, up, down or diagonal. Words may overlap and cross each other. When you have found a word, be sure to circle it and cross it off the list.

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

BARBECUE

BASEBALL

BIKING

BIRDS

BLOSSOMS

BUTTERFLIES

CAMPFIRE

CATERPILLAR

DRAGONFLY

FLOWERS

FRISBEE

GARDENING

HIKING

ICE CREAM

KITE

LADYBUG

PLAYGROUND

LEMONADE

SUNGLASSES

SUNSCREEN

SUNSHINE

WATERMELON

PUDDLE

RAINDROPS

SUNDRESS

MEMORIAL DAY

MOTHER

OUTDOORS

PICNIC

PLANTING





MAY ACTIVITIES 2026

Mon	Tue	Wed	Thu	Fri
				1 8:00 Video Exercise 1:00 Games
4 8:00 Video Exercise 10:00 Yoga w/ Willie 1:00 Movie Monday	5 10:30 Stretch & Strengthen w/Ida Cinco De Mayo Party 1:00 Games	6 8:00 Video Exercise 9:30 Quilting 1:00 Games	7 10am Dance Class 10am Bible Study 1pm Games	8 8:00 Video Exercise 1:00 Games
11 8:00 Video Exercise 10:00 Yoga w/ Willie 1:00 Movie Monday	12 10:30 Stretch & Strengthen w/Ida 1:00 Games 1:00 Writers Group	13 8:00 Video Exercise 9:30 Quilting	14 10am Dance Class 10am Bible Study 1pm Games	15 8:00 Video Exercise 1:00 Games
18 8:00 Video Exercise 10:00 Yoga w/ Willie 1:00 Movie Monday	19 10:30 Stretch & Strengthen w/Ida 1:00 Games	20 8:00 Video Exercise 9:30 Quilting 1:00 Games	21 10am Dance Class 10am Bible Study 1pm Games	22 8:00 Video Exercise 1:00 Games
25 10:00 Yoga w/ Willie 1:00 Movie Monday	26 10:30 Stretch & Strengthen w/Ida 1:00 Games 1:00 Writers Group	27 8:00 Video Exercise 9:30 Quilting 1:00 Games	28 10am Dance Class 10am Bible Study 1pm Games	29 8:00 Video Exercise 1:00 Games Birthday Bash!

For Inquiries about Activities or to Schedule an Activity, Please call Karyn (830) 796-4969

May 2026 Lunch Served 11:30-1pm silversage.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	 MAGOG Alamo Area Council of Governments	 Area Agency on Aging Alamo Area Council of Governments	<p>The menu is prepared in partnership with Ben E. Keith Foods by Jackie Scimeca Licensed Dietician #DT83358</p>		
4 Sweet and Sour Tempura Chicken over a bed of Yaki Soba Noodles Potstickers	5 Beef Fajitas Refried Beans CONGREGATE Nacho Bar	6 Tuscan Chicken over a Bed of Rice Pilaf Yeast Roll CONGREGATE Liver and Onions	7 Chili Cheese Hotdog Baked Beans	8 Creamy Mediterranean Salmon Pasta Salad over a Bed of Fresh Greens Crackers	
11 Fried Pork Chop Sandwich with onions and pickles Macaroni and Cheese	12 Creamy Cajun Chicken Pasta with Broccoli and Cauliflower	13 Herb Crusted Pork Loin with Gravy Roasted Potatoes Tuscan Veggies	14 Bacon and Swiss Chicken Sandwich Fried Okra	15 Chef Salad on a bed of Baby Spinach with Hard Boiled Egg Ranch Dressing Crackers	
18 Chicken Parmesan over Angel Hair Pasta Roasted Broccoli	19 Beef Enchilada Bake Spanish Rice Pinto Beans	20 Pulled Pork Sandwich with Onions and Pickles BBQ Baked Beans	21 Garden Spaghetti with Ground Beef, Garden Veggies, and Fresh Herbs Garlic Bread Stick	22 Grilled Chicken Caesar Salad with Parmesan Cheese Caesar Dressing	
25 CLOSED	26 Hot Ham and Cheese Sandwich with Bacon and Caramelized Onions Sweet Potato Fries	27 Three Meat Lasagna Brussel Sprouts	28 Chimichurri Steak Bites over a Bed of Cilantro Lime Rice Black Beans	29 Southwest Chicken Pasta Salad on a Bed of Fresh Greens Crackers	
				<p>Menu Subject To Change According to Availability</p>	

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container about 2

Amount Per Serving

Calories 250 Calories from Fat 110

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Proteins 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g

For educational purposes only. This label does not meet the labeling requirements described in 21 CFR 101.9.

1 Serving Size

This section is the basis for determining number of calories, amount of each nutrient, and %DVs of a food. Use it to compare a serving size to how much you actually eat. Serving sizes are given in familiar units, such as cups or pieces, followed by the metric amount, e.g., number of grams.

2 Amount of Calories

If you want to manage your weight (lose, gain, or maintain), this section is especially helpful. The amount of calories is listed on the left side. The right side shows how many calories in one serving come from fat. In this example, there are 250 calories, 110 of which come from fat. The key is to balance how many calories you eat with how many calories your body uses. **Tip:** Remember that a product that's fat-free isn't necessarily calorie-free.

3 Limit these Nutrients

Eating too much total fat (including saturated fat and trans fat), cholesterol, or sodium may increase your risk of certain chronic diseases, such as heart disease, some cancers, or high blood pressure. The goal is to stay below 100%DV for each of these nutrients per day.

4 Get Enough of these Nutrients

Americans often don't get enough dietary fiber, vitamin A, vitamin C, calcium, and iron in their diets. Eating enough of these nutrients may improve your health and help reduce the risk of some diseases and conditions.

5 Percent (%) Daily Value

This section tells you whether the nutrients (total fat, sodium, dietary fiber, etc.) in one serving of food contribute a little or a lot to your total daily diet.

The %DVs are based on a 2,000-calorie diet. Each listed nutrient is based on 100% of the recommended amounts for that nutrient. For example, 18% for total fat means that one serving furnishes 18% of the total amount of fat that you could eat in a day and stay within public health recommendations. Use the Quick Guide to Percent DV (%DV): 5%DV or less is low and 20%DV or more is high.

6 Footnote with Daily Values (DVs)

The footnote provides information about the DVs for important nutrients, including fats, sodium and fiber. The DVs are listed for people who eat 2,000 or 2,500 calories each day.

– The amounts for total fat, saturated fat, cholesterol, and sodium are maximum amounts. That means you should try to stay below the amounts listed.

20 FACTS ABOUT MEMORIAL DAY

1. Memorial Day is a federal holiday in the United States, observed on the last Monday of May.
2. It honors military personnel who died in service to the country.
3. Originally called Decoration Day, it began after the Civil War.
4. The first large observance was held on May 30, 1868, at Arlington National Cemetery.
5. General John A. Logan proclaimed the first official Decoration Day.
6. Over 620,000 soldiers died in the Civil War, sparking national mourning.
7. Waterloo, New York is officially recognized as the birthplace of Memorial Day.
8. Memorial Day became a federal holiday in 1971.
9. The Uniform Monday Holiday Act moved the holiday to create a three-day weekend.
10. A national moment of remembrance is observed at 3:00 PM local time.
11. The American flag is flown at half-staff until noon, then raised to full staff.
12. Red poppies became a symbol of remembrance after WWI, inspired by the poem In Flanders Fields.
13. More than 1 million U.S. service members have died in all wars combined.
14. Memorial Day is often confused with Veterans Day, which honors all veterans, not just the fallen.
15. Arlington National Cemetery holds one of the most well-known Memorial Day ceremonies.
16. The President or Vice President traditionally lays a wreath at the Tomb of the Unknown Soldier.
17. Many Americans observe the day with parades, cemetery visits, and flag displays.
18. Schools and government offices are typically closed on Memorial Day.
19. It marks the unofficial start of summer in the U.S.
20. The true purpose of Memorial Day is reflection, remembrance, and honoring those who gave everything for their country.



SILVER SAGE & SAN ANTONIO FOOD BANK DISTRIBUTION

****WEATHER PERMITTING****

**MONDAY MAY 11TH 10AM-12PM
LAKEHILLS COMMUNITY CENTER
11225 PR 37, Lakehills, TX**

**MONDAY MAY 18TH 10AM-12PM
LAKE MEDINA SHORES (THE POOL)
7100 Wharton's Dock Road**

Registration will be done on-site

QUESTIONS: (830) 796-4969

