



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-5pm
(830) 460-0423

Home Goods THRIFT STORE

BENEFITTING MEALS ON WHEELS

MONTHLY MENU
PAGE 8 & 9



VOL. 6 ISSUE 11 WWW.SILVERSAGE.ORG OCTOBER 2025

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 on hold for now, stay tuned for special appearance and holiday shows.



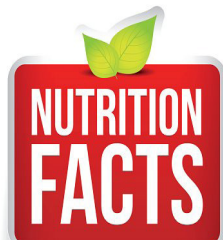
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Silver Sage-803 Buck Creek
Bandera, TX 78003
(830) 796-4969
P.O. Box 1416



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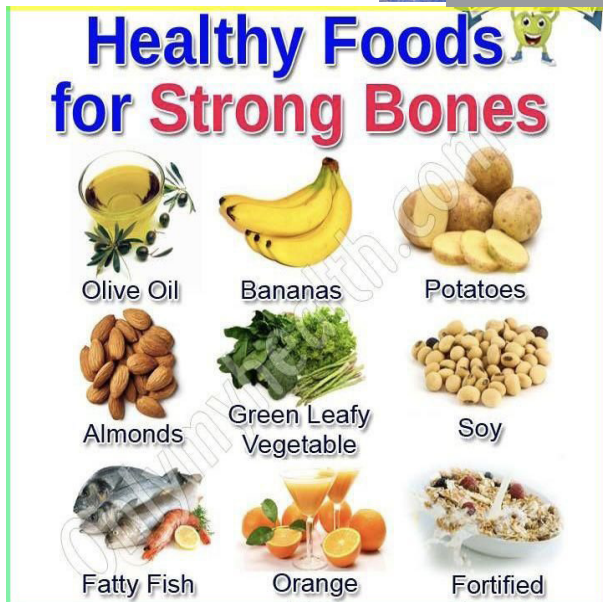
Check out our
Monthly
Menu!



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HOURS:

SILVER SAGE HOURS:

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

FRIDAY 8:00AM TO 2:00PM.

CLOSED WEEKENDS AND MAJOR HOLIDAYS.

WWW.SILVERSAGE.ORG

Our Mission:

SUPPORTING PEOPLE.

STRENGTHENING COMMUNITIES.

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

12 Ways to Keep Your Brain Healthy



Stimulation

Challenge your brain with puzzles, games and new inputs



Exercise

Consistent physical exercise will heal the brain and keeps it fit



Proper diet

Eat foods with protein, unsaturated fat, fruits and vegetables



Safety

Avoid head trauma by wearing helmets and seat belts



Sleep habits

Brains need around 6-8 hours of sleep to process & recharge



Learning

Keep your brain young by learning new things like a language



Switch routines

Change habits, it will surprise your brain & turns off auto-pilot



Be social

Interacting will trigger brain processes and lowers depression



Manage stress

Try relaxation, as stress exhausts your brain and hormones



Read books

Words and stories reduce the risk of cognitive decline



Avoid substances

Alcohol, drugs and smoking is bad for your brain's health



Digital detox

Too much screen time impacts sleep and will overwhelm the brain

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

Daniel Sevilla (Chief Operations Officer) (830) 850-0898

Arthur Nagel Community Clinic (830) 796-3448

CVS Pharmacy (830) 460-7701

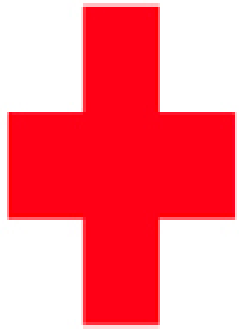
Bandera Pharmacy (830) 796-3111

ART Bus 1-866-889-7433

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



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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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Kerrville Main | 998 Sidney Baker St. South | 830.257.4771
Downtown Kerrville | 200 Earl Garrett, Ste. 208 | 830.955.8331
Fredericksburg | 1037 S. State Hwy 16 | 830.307.5490



www.texaspartners.bank

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HOW MANY WORDS CAN YOU MAKE OUT OF

FRANKENSTEIN

Using each letter only once, see how many different words you can make out of "Frankenstein." Write as many words as you can on the lines below.

- | | |
|-----------|-----------|
| 1. _____ | 16. _____ |
| 2. _____ | 17. _____ |
| 3. _____ | 18. _____ |
| 4. _____ | 19. _____ |
| 5. _____ | 20. _____ |
| 6. _____ | 21. _____ |
| 7. _____ | 22. _____ |
| 8. _____ | 23. _____ |
| 9. _____ | 24. _____ |
| 10. _____ | 25. _____ |
| 11. _____ | 26. _____ |
| 12. _____ | 27. _____ |
| 13. _____ | 28. _____ |
| 14. _____ | 29. _____ |
| 15. _____ | 30. _____ |

SEPTEMBER ACTIVITIES 2025

Mon	Tue	Wed	Thu	Fri
1 8:00 Video Exercise 10:00 Yoga w/ Willie \$10 1:00 Movie Monday	2 10:30 Stretch & Strengthen w/Ida \$8 12:30 Games	3 8:00 Video Exercise 9:30 Quilting 12:30 Games	4 12:30 Games	5 8:00 Video Exercise 1:00 Games
8 8:00 Video Exercise 10:00 Yoga w/ Willie \$10 1:00 Movie Monday	9 10:30 Stretch & Strengthen w/Ida \$8 12:30 Games 1:00 Writers Group	10 8:00 Video Exercise 9:30 Quilting 11-1 Takeout Meal Fundraiser 12:30 Games	11 12:30 Games	12 8:00 Video Exercise 1:00 Games 1:00 Watercolor w/Shelly \$6
15 8:00 Video Exercise 10:00 Yoga w/ Willie \$10 1:00 Movie Monday	16 10:30 Stretch & Strengthen w/Ida \$8 12:30 Games	17 8:00 Video Exercise 9:30 Quilting 12:30 Games	18 12:30 Games	19 8:00 Video Exercise 1:00 Games
22 8:00 Video Exercise 10:00 Yoga w/ Willie \$10 1:00 Movie Monday	23 10:30 Stretch & Strengthen w/Ida \$8 12:30 Games 1:00 Writers Group	24 8:00 Video Exercise 9:30 Quilting 11-1 Takeout Meal Fundraiser 12:30 games	25 12:30 Games	26 8:00 Video Exercise 12:00 Birthday Bash 1:00 Games 1:00 Watercolor w/Shelly \$6
29 8:00 Video Exercise 10:00 Yoga w/ Willie \$10 1:00 Movie Monday	30 10:30 Stretch & Strengthen w/Ida \$8 12:30 Games	1 8:00 Video Exercise 9:30 Quilting 12:30 Games	2 12:30 Games	3 8:00 Video Exercise 1:00 Games



For Inquiries about Activites or to Schedule an Activity, Please call Daniel (830)850-0028



Almuerzo de octubre de 2025 de 11:30 a 13:00 h Silversage.org

Domingo	Lunes	Martes	Miércoles	Jueves	Viernes
			1 Pollo y waffles Manzanas con canela Jarabe	2 Burrito Bowl con carne molida sazonada, arroz, frijoles negros, maíz, queso y salsa	3 Macarrones con chile Pan de maíz
6 Palitos de pescado crujientes Gajos sazonados Guisantes y zanahorias	7 Taco callejero de pollo Maíz y frijol negro Salsa	8 Espaguetis de huerta con verduras frescas y hierbas Pan de ajo	9 Cazuela de pimientos rellenos Frijoles pintos	10 Pollo Cordon Bleu Hornear Tomates asados balsámicos	
13 Pollo a la naranja Arroz frito Empanadillas	14 Millón de dólares Lasaña Brócoli & Coliflor	15 Pollo tikka Masala Arroz blanco Judías verdes	16 Salisbury Steak & Salsa Puré de papas Guisantes	17 Pizza de pepperoni Espárragos asados Palito de pan	
20 Tazón de puré de papas con palomitas de maíz Pollo, maíz, Salsa y queso	21 Salchicha, huevo y Taco de queso Tazón de fuente Salsa	22 Sándwich de pollo BBQ desmenuzado con pepinillos y cebollas Papas fritas estilo waffle	23 Carne mechada Puré de papas y Salsa Judías verdes Amandina	24 Filete de mantequilla con ajo Mortadela Papas cortadas en cubitos Maíz crema	
27 Buñuelos de cerdo con salsa Pilaf de arroz Espárragos asados	28 Stroganoff de ternera con Salsa de crema sabrosa sobre huevo con mantequilla Fideos Mantequilla fresca Zanahorias	29 Ziti al horno con Embutido Brócoli sazonado Panecillo	30 Enchilada de pollo Hornear Arroz español Frijoles refritos	31 Momia Hotdogs Monster Mac y Queso Papas fritas de dedo de bruja	
	El menú se prepara en colaboración con Ben E. Keith Foods de Jackie Scimeca, dietista licenciada n.º DT83358	 <small>Provided through the Texas Department of Aging and Disability Services Alamo Area Council of Governments</small>		Menú sujeto a cambios Según disponibilidad	

October 2025 Lunch Served 11:30-1pm silversage.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
			1 Chicken & Waffles Cinnamon Apples Syrup	2 Burrito Bowl with seasoned ground beef, rice, Black Beans, corn, cheese and salsa	3 Chili Mac Cornbread	
6 Crispy Fish Sticks Seasoned Wedges Peas & Carrots	7 Chicken Street Taco Corn and Black Bean Salsa	8 Garden Spaghetti with Fresh Vegetables and Herbs Garlic Bread	9 Stuffed Pepper casserole Pinto Beans	10 Chicken Cordon Bleu Bake Balsamic roasted tomatoes		
13 Orange Chicken Fried Rice Pottstickers	14 Million Dollar Lasagna Broccoli & Cauliflower	15 Chicken Tikka Masala White Rice Green Beans	16 Salisbury Steak & Gravy Mashed Potatoes Peas	17 Pepperoni Pizza Roasted Asparagus Bread Stick		
20 Mashed Potato Bowl with Popcorn Chicken, Corn, Gravy, and Cheese	21 Sausage, Egg and Cheese Taco Tator Tots Salsa	22 Pulled BBQ Chicken sandwich with pickles and Onions Waffle Fries	23 Meatloaf Mashed Potatoes & Gravy Green Beans Amandine	24 Garlic Butter Steak Bites Diced Potatoes Cream Corn		
27 Pork Fritter & Gravy Rice Pilaf Roasted Asparagus	28 Beef Stroganoff with a Savory Cream Sauce over Buttered Egg Noodles Fresh Buttered Carrots	29 Baked Ziti with Sausage Seasoned Broccoli Dinner Roll	30 Chicken Enchilada Bake Spanish Rice Refried Beans	31 Mummy Hotdogs Monster Mac and Cheese Witch Finger Fries		
	The menu is prepared in partnership with Ben E. Keith Foods by Jackie Scimeca Licensed Dietician #DT83358	 <small>Provided through the State Department of Aging and Disability Services Alcorn Area Council of Governments</small>	Menu Subject To Change According to Availability			

Mental health in older adults

14%

OF ADULTS OVER THE AGE OF 60
AND OVER LIVE WITH A MENTAL
DISORDER.



Common illnesses



Depression is common in older adults, with signs like sadness, fatigue, and social withdrawal.



Stay socially connected through interacting with family, friends, or community.



Anxiety disorders like GAD, panic attacks, or phobias, often triggered by health, financial, or social concerns.



Engage in physical activity and mind activity like walking or yoga, reading, solving puzzles and acquiring new skills



Dementia, including Alzheimer's disease, impairs memory, judgment, and daily functioning.



Maintain a balanced diet abundant in fruits, vegetables, and omega-3 fatty acids is important.



Other conditions like schizophrenia, bipolar disorder, and PTSD may also manifest in older adults



Practice mindfulness like meditation, deep breathing, or journaling can help manage anxiety

hola

Doctors anywhere within states.

Name: _____

Date: _____

As October breezes sweep in, words related to this cozy month have scattered across the puzzle.

Can you help gather them all by searching in every direction—forward, backward, up, down, and diagonal? Once you spot a word, circle it and cross it off the list. Happy hunting!



October Word Search



ACORNS	I T G M T N K G F A L L F O L I A G E V	
APPLES	N M A K S T J M K Z Z F O O T B A L L S	
AUTUMN	D E X U G Q R G R N E E W O L L A H M E	
AUTUMNAL	I C X C T A U T U M N R I A K S I R B D	
EQUINOX	G I Q R P U Y A F M N R B N Y K A V Y I	
BAKING	E P W A H C M L S S P Q B A K K N K S R	
BONFIRE	N S K N R J F N E H B U D W I N O E M Y	
BRISK AIR	O J Q B K Z T V A O R S O N R O L S T A	
CHESTNUTS	U H H E D D A S N L U X G S P P B W L H	
CIDER	S M L R N E P F E B E P P S P R H E R F	
COLUMBUS DAY	P Z V R L K I R M V K Q F A C E Q A B K	
CORN MAZE	E W R I Q R L U M S R T U L K D Y T Q K	
COZY	O B K E E M L D K S T A P I J I K E B G	
CRANBERRIES	P A P S J O G M J N X U H U N C L R Z Y	
FALL FOLIAGE	L K C N C O C V C R P B N T M O M S K R	
FOOTBALL	E I F O U B X Q L O M C K T F P X L P T	
GOURDS	S N G R Z Z W O R C E R A C S Y K X K T	
HALLOWEEN	D G D H T Y M K R A G J M R T E Q I W R	
HARVEST	A S B C O K T O B E R F E S T P H C N J	
HAYRIDES	Y M V D V C O R N M A Z E T F X T C H S	
INDIGENOUS PEOPLES DAY		<div data-bbox="362 1627 672 1953" data-label="Image"> </div> <div data-bbox="745 1627 878 1663" data-label="Text">LEAVES</div> <div data-bbox="695 1698 932 1734" data-label="Text">OKTOBERFEST</div> <div data-bbox="725 1772 898 1806" data-label="Text">PUMPKINS</div> <div data-bbox="745 1845 878 1879" data-label="Text">RAKING</div> <div data-bbox="709 1917 919 1953" data-label="Text">SCARECROW</div> <div data-bbox="948 1608 1299 1980" data-label="Image"> </div> <div data-bbox="1369 1703 1466 1738" data-label="Text">SOUP</div> <div data-bbox="1369 1776 1469 1810" data-label="Text">SPICE</div> <div data-bbox="1346 1848 1489 1881" data-label="Text">SPOOKY</div> <div data-bbox="1346 1919 1489 1957" data-label="Text">SQUASH</div> <div data-bbox="1323 1990 1559 2028" data-label="Text">SWEATERS 11</div>



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****WEATHER PERMITTING****

**MONDAY OCT. 6TH 10AM-12PM
LAKEHILLS COMMUNITY CENTER
11225 PR 37, Lakehills, TX**

**MONDAY OCT. 20TH 10AM-12PM
LAKE MEDINA SHORES (THE POOL)
7100 Wharton's Dock Road**

Registration will be done on-site

QUESTIONS: (830) 796-4969

