



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



MONTHLY MENU
PAGE 8 & 9



VOL. 6 ISSUE 10 WWW.SILVERSAGE.ORG SEPTEMBER 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.



Rock & Roll

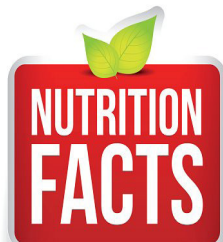
Managing Publisher/Designer:

Karyn Utterback
Executive Assistant
Email: karyn@silversage.org

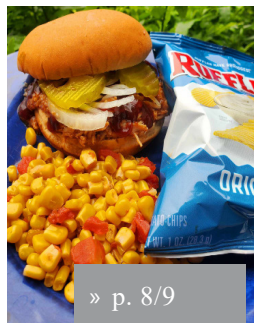
Silver Sage-803 Buck Creek
Bandera, TX 78003
(830) 796-4969
P.O. Box 1416

HOURS:
SILVER SAGE HOURS:
MON-THURS 8:00AM- 3:00PM
FRIDAY 8:00AM TO 2:00PM.
CLOSED WEEKENDS AND MAJOR HOLIDAYS.
WWW.SILVERSAGE.ORG

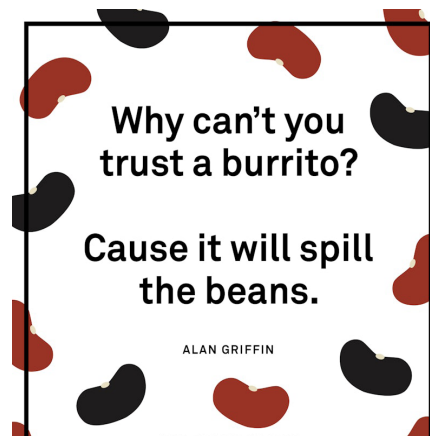
Our Mission:
SUPPORTING PEOPLE.
STRENGTHENING COMMUNITIES.



Check out our
**Monthly
Menu!**



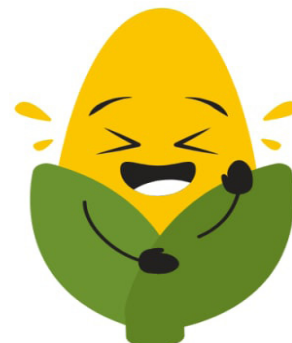
Quilters Welcome!! Every Wednesday 9:30am
Do you know how to sew? Do you have a quilt you want to do for a family member? Do you have a project to share? Above all would you like to meet new people? If you answered Yes to any of the above questions please contact our Center at 830.796.4969



WHAT DO YOU CALL A
THIEVING ALLIGATOR?



A CROOKODILE



What do you call a single kernel of corn? A unicorn! 🦄🌽

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

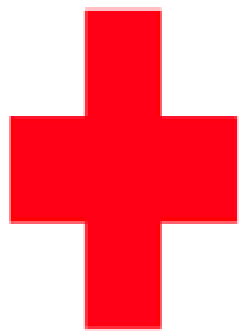
Bandera Pharmacy (830) 796-3111

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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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**

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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

SEPTEMBER



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

1. _____

16. _____

2. _____

17. _____

3. _____

18. _____

4. _____

19. _____

5. _____

20. _____

6. _____

21. _____

7. _____

22. _____

8. _____

23. _____

9. _____

24. _____

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25. _____

11. _____

26. _____

12. _____

27. _____

13. _____

28. _____

14. _____

29. _____

15. _____

30. _____

AUGUST ACTIVITIES 2025

Mon	Tue	Wed	Thu	Fri
28 8:00 Video Exercise 10:00 Yoga w/ Willie \$10 1:00 Movie Monday	29 10:30 Stretch & Strengthen w/Ida \$8 12:30 Games	30 8:00 Video Exercise 9:30 Quilting 12:30 Games	31 12:30 Games	1 8:00 Video Exercise 1:00 Games
4 8:00 Video Exercise 10:00 Yoga w/ Willie \$10 1:00 Movie Monday	5 10:30 Stretch & Strengthen w/Ida \$8 12:30 Games 1:00 Writers Group	6 8:00 Video Exercise 9:30 Quilting 12:30 Games	7 10:30 Healthy Carbohydrates Class 12:30 Games	8 8:00 Video Exercise 1:00 Games 1:00 Watercolor w/Shelly \$6 1:00 Cryotherapy Therapy Talk w/ Kristy Young
11 8:00 Video Exercise 10:00 Yoga w/ Willie \$10 1:00 Movie Monday	12 10:30 Stretch & Strengthen w/Ida \$8 12:30 Games	13 8:00 Video Exercise 9:30 Quilting 11-1 To-Go Meal Fundraiser 12:30 Games	14 10:30 Healthy Carbohydrates Class 12:30 Games	15 8:00 Video Exercise 1:00 Games 1:00 Self Massage Techniques w/ Emily Cristofich
18 8:00 Video Exercise 10:00 Yoga w/ Willie \$10 1:00 Movie Monday	19 10:30 Stretch & Strengthen w/Ida \$8 12:30 Games 1:00 Writers Group	20 8:00 Video Exercise 9:30 Quilting 12 Nutrition Education 12:30 games	21 10:30 Healthy Carbohydrates Class 12:30 Games	22 8:00 Video Exercise 1:00 Games 1:00 Watercolor w/Shelly \$6 1:00 Medicinal Herbs Talk w/ Lynea Weatherly
25 10:00 Yoga w/ Willie \$10 1:00 Movie Monday	26 10:30 Stretch & Strengthen w/Ida \$8 12:30 Games	27 8:00 Video Exercise 9:30 Quilting 11-1 To-Go Meal Fundraiser 12:30 Games	28 10:30 Healthy Carbohydrates Class 12:30 Games	29 8:00 Video Exercise 12:00 Birthday Bash 1:00 Games 1:00 Schumann Frequency and Therapeutic Oils Talk w/ Rene Miller

For inquiries about Activities or to Schedule an Activity, Please call Daniel (830)850-0898



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

Domingo	Lunes	Martes	Miércoles	Jueves	Viernes
	1 CERRADO	2 Pollo a la naranja Arroz frito Empanadillas	3 Pollo asado con Salsa holandesa Pilaf de arroz Maíz crema	4 Satchichas con puré de papas y salsa de cebolla Frijoles al horno	5 Fideos de atún Cazuela Guisantes con mantequilla
	8 Taco de pescado con Repollo sobre maíz Tortilla Arroz con cilantro y limón frijoles negros	9 Pastel de pollo Crujiente de cereza	10 Pimiento relleno Cazuela Crujiente de arándanos	11 Papas gratinadas y Jamón Calabacín asado y Calabaza	12 Pizza de pepperoni Espárragos
	15 Pollo palomitas de maíz Tazón con puré Papas, Maíz, Queso y salsa	16 Perro caliente con queso y chile Tazón de fuente	17 Carne mechada Puré de papas y Salsa Brócoli & Coliflor	18 Tikka Masala Arroz blanco Judías verdes	19 con costra de hierbas Pollo Macarrones con queso Guisantes y zanahorias
	22 Pollo BBQ desmenuzado Sándwich con pepinillos y cebollas Papas fritas estilo waffle	23 Millón de dólares Espaguetis Alfredo Brócoli Pan de ajo	24 Enchilada de pollo Homear Arroz español Frijoles refritos	25 Salsa de salchicha y Galletas Manzanas con canela	26 Lomo de cerdo asado Papas con queso coles de Bruselas
	29 Filete de pollo frito y salsa Puré de papas Judías verdes	30 Pasado de moda Estofado húngaro Pan de ajo	 United through the Texas Department of Aging and Disability Services Alamo Area Council of Governments	 Alamo Area Council Of Governments	El menú se prepara en colaboración con Ben E. Keith Foods de Jackie Scimeca, dietista licenciada n.º DT83358
8				Menú sujeto a cambios Según disponibilidad	

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
	1 CLOSED	2 Orange Chicken Fried Rice Potstickers	3 Roasted Chicken with Hollandaise Rice Pilaf Cream Corn	4 Bangers and Mash with Onion Gravy Baked Beans	5 Tuna Noodle Casserole Buttered Peas	
8 Fish Taco with Cabbage on a Corn Tortilla Cilantro Lime Rice Black Beans	9 Chicken Pot Pie Cherry Crisp	10 Stuffed Pepper Casserole Blueberry Crisp	11 Scalloped Potatoes & Ham Roasted Zucchini & Squash	12 Pepperoni Pizza Asparagus		
15 Popcorn Chicken Bowl with Mashed Potatoes, Corn, Cheese and Gravy	16 Chili Cheese Hot Dog Tator Tots	17 Meatloaf Mashed Potatoes & Gravy Broccoli & Cauliflower	18 Tikka Masala White Rice Green Beans	19 Herb Crusted Chicken Macaroni & Cheese Peas & Carrots		
22 Pulled BBQ Chicken Sandwich with Pickles and Onions Waffle Fries	23 Million Dollar Spaghetti Alfredo Broccoli Garlic Bread	24 Chicken Enchilada Bake Spanish Rice Refried Beans	25 Sausage Gravy & Biscuits Cinnamon Apples	26 Roasted Pork Loin Cheesy Potatoes Brussel Sprouts		
29 Chicken Fried Steak & Gravy Mashed Potatoes Green Beans	30 Old Fashioned Goulash Garlic Bread	 Area Agency on Aging United through the Shared Partnership of Aging and Disability Services Alameda Area Council of Governments	 AACOG Alameda Area Council of Governments	The menu is prepared in partnership with Ben E. Keith Foods by Jackie Scimeca Licensed Dietician #D183358		
				Menu Subject To Change According to Availability		

HEALTHY LIVING TIPS FOR SENIORS



STAY ACTIVE

Engage in physical activities, such as walking, swimming, or yoga



EAT HEALTHY

Follow a nutritious diet, consisting of fruits and vegetables

STAY SOCIAL

Maintain relationships with



GET ENOUGH SLEEP

Aim for 7-9 hours of quality sleep per night



MANAGE STRESS

Practice relaxation techniques and mindfulness



STAY HYDRATED

Drink plenty of water throughout the day

MENTAL HEALTH

Engage in stimulating activities such as reading, puzzles



SEE YOUR DOCTOR

Schedule regular check-ups and health screenings



PREVENT FALLS

Make the home safe to reduce



PREVENTIVE CARE

Stay up-to-date with vaccinations

EVERYDAY LIFE

80 Hidden Words to Find

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

TREE	FLOWER	GARDEN	GARAGE	LOCK	KEY	PARK	SLIDE
SWING	GRASS	MAP	ROUTE	ROOF	WINDOW	DOOR	HOUSE
STREET	VILLAGE	TOWN	CITY	TICKET	BOAT	PLANE	TRAIN
BUS	CAR	BIKE	WHEEL	COLOR	PAINT	FRAME	PHOTO
VIDEO	MOVIE	TAPE	BOOK	ERASER	RULER	PENCIL	PEN
PAPER	WALLET	PURSE	BAG	WATCH	SCARF	GLOVE	DRESS
SKIRT	PANTS	SHIRT	SOCKS	SHOES	SOAP	PASTE	TOOTH
COMB	BRUSH	TOWEL	SHELF	PLANT	MUSIC	RADIO	CLOCK
PHONE	FRUIT	TOAST	SNACK	BREAD	COFFEE	JUICE	WATER
GLASS	PLATE	KNIFE	FORK	SPOON	TABLE	CHAIR	APPLE



SILVER SAGE & SAN ANTONIO FOOD BANK DISTRIBUTION

****WEATHER PERMITTING****

**MONDAY SEPT. 8TH 10AM-12PM
LAKEHILLS COMMUNITY CENTER
11225 PR 37, Lakehills, TX**

**MONDAY SEPT. 22ND 10AM-12PM
LAKE MEDINA SHORES (THE POOL)
7100 Wharton's Dock Road**

Registration will be done on-site

QUESTIONS: (830) 796-4969

