



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



VOL. 7 ISSUE 9 WWW.SILVERSAGE.ORG AUGUST 2026

BANDERA COUNTY



THE SCOOP AT SILVER SAGE

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

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

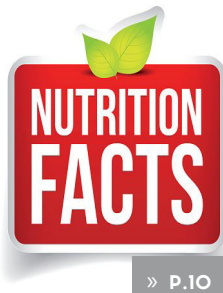
**Come join us for BINGO, Crocheting, Quilting, Yoga, Dance
Exercise, Bible Studies, Stretch N' Strengthen, Movie
Monday, Ping Pong, Pottery and More!! See Page 7**



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



Check out
our Monthly
Menu!



**FLIP FLOPS FOR
THE TEXAS HEAT**



HOURS:
SILVER SAGE HOURS:
MON-THURS 8:00AM- 3:00PM
FRIDAY 8:00AM TO 2:00PM.

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

EJB-19325-A-E-DA-4 AECSPAD 25792191



PUZZLE FOR AUGUST

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

MARTIN LUTHER KING SPEECH
 SECOND WORLD WAR ENDS
 COLUMBUS SET SAIL
 AIR CONDITIONING
 GEM STONE AGATE
 FESTIVALS
 GRILLING
 REUNIONS
 GOLFING
 HUMID
 HOT

FIRST WORLD WAR STARTED
 GREAT TRAIN ROBBERY
 OXYGEN DISCOVERED
 MONA LISA STOLEN
 MODEL T FORD
 GLADIOLUS
 LEMONADE
 SWIMMING
 PARTIES
 PARKS

PRINCESS DIANA KILLED
 VICTORY OVER JAPAN
 RED CROSS FOUNDED
 AMUSEMENT PARKS
 GATHERINGS
 SUNSCREEN
 RAINLESS
 VACATION
 PICNICS
 POOL



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

WALTHALL SACHSE & PIPES, INC

FAMILY & BUSINESS INSURANCE SINCE 1973

Debbie Brzezinski - Bandera County Resident

dbrzezinski@wspinsurance.com - www.wspinsurance.com



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WE'RE PROUD TO BE *your* NEIGHBORS.

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TEXAS PARTNERS BANK



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 | 1037 S. State Hwy 16 | 830.307.5490

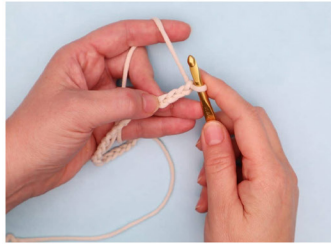


www.texaspartners.bank

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Not FDIC Insured - Not a Deposit of the Bank - Not Bank Guaranteed - May Lose Value.

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

1PM AUG 12TH
1PM AUG 19TH
1PM AUG 26TH
IN THE DINING ROOM



Learn to Crochet with Aaron



CALL TO RSVP (830) 796-4969
803 BUCK CREEK DRIVE, BANDERA TEXAS

SILVER SAGE HILL COUNTRY RESOURCE CENTER
SUPPORTING PEOPLE. STRENGTHENING COMMUNITIES.

BINGO

& POPCORN PARTY!

AUGUST 6TH & 27TH
1PM

Bingo!

803 BUCK CREEK DRIVE
BANDERA, TEXAS

It's Clay Time!

HAND-BUILD A COIL CLAY POT!

Create Your Own Clay Pot From Start to Finish

Join local artist Kimberly McCloud for a fun, beginner-friendly clay class at the Silver Sage Senior Center.

Each class will take place over 2 sessions, two weeks apart:

- Session 1: Build Your Pot
- Session 2: Glaze & Decorate Your Pot

Your completed project will then be kiln fired, and ready for pickup about one week later.

No experience necessary!

This class is designed with seniors in mind, but all ages are welcome.

Join us for 2 one-hour Sessions
*** Two weeks apart

Aug. 1st & 15th @ 1:30 pm
SATURDAY CLASSES

*Children under 7yo must have an adult stay and assist them during the class.

Come enjoy a creative afternoon, learn a new skill, and make something beautiful and functional with your own hands!

Contact: Kim McCloud by Phone or Text @ 830-955-3410

\$15 for first session, \$10 for second session!

SILVER SAGE SENIOR CENTER

Line Dance Exercise

with Janis

THURSDAYS 10am-11am

\$5 per class beginning in MARCH!

Oldies Country Disco and MORE!

NO DANCE EXPERIENCE NECESSARY!

EASY 3-4 STEP COMBINATIONS ANYONE CAN DO!

HEALTH BENEFITS

- *Promotes mood
- *Manage weight
- *Strength mobility & flexibility
- *Boosts mental health

AUGUST ACTIVITIES 2026

Mon	Tue	Wed	Thu	Fri
3 8:00 Video Exercise 10:00 Yoga w/ Willie 1:00 Movie Monday	4 10:30 Stretch & Strengthen w/Ida 1:00 Games	5 8:00 Video Exercise 9:30 Quilting	6 10am Exercise Dance 10am Bible Study 1pm BINGO	7 8:00 Video Exercise 1:00 Games
10 8:00 Video Exercise 10:00 Yoga w/ Willie 1:00 Movie Monday	11 10:30 Stretch & Strengthen w/Ida 1:00 Games 1:00 Writers Group	12 8:00 Video Exercise 9:30 Quilting 1pm Crochet w/Aaron	13 10am Exercise Dance 10am Bible Study 1pm Games	14 8:00 Video Exercise 1:00 Games
17 8:00 Video Exercise 10:00 Yoga w/ Willie 1:00 Movie Monday	18 10:30 Stretch & Strengthen w/Ida	19 8:00 Video Exercise 9:30 Quilting 1pm Crochet w/Aaron	20 10am Exercise Dance 10am Bible Study 1pm Games	21 8:00 Video Exercise 1:00 Games
24 8:00 Video Exercise 10:00 Yoga w/ Willie 1:00 Movie Monday	25 10:30 Stretch & Strengthen w/Ida 1:00 Writers Group	26 8:00 Video Exercise 9:30 Quilting 1pm Crochet w/Aaron	27 10am Dance Class 10am Bible Study 1pm BINGO	28 8:00 Video Exercise Birthday Bash
31 10:00 Yoga w/ Willie 1:00 Movie Monday				

Agosto 2026 Almuerzo servido de 11:30 a 13:00 en Silversage.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
3	Taco de pollo con queso en tortilla de harina Frijoles refritos Arroz español	4	5	6	7
		Goulash de la región montañosa Con pimientos rojos, cebollas, tomates y zanahorias. pan de maíz	Ensalada de pavo, quinoa, frijoles y maíz al estilo del suroeste	Lasaña de tres carnes Brócoli con parmesano	Pollo a la holandesa Arroz pilaf Coles de Bruselas con tocino y parmesano
10	Filete de pollo frito con salsa campestre Puré de papas Judías verdes	11	12	13	14
		Cazuela de pavo y relleno con carne molida de pavo, guisantes, zanahorias y maíz.	Ensalada César de pollo Picatostes Aderezo César	Espaguetis de jardín de salvia plateada Pan de ajo	Pollo mediterráneo sobre arroz pilaf con calabacín asado
17	Pollo a la parmesana sobre pasta cabello de ángel Brócoli asado	18	19	20	21
		Hot dog papas fritas	Ensalada de pasta BLT sobre una cama de verduras frescas Tomates cherry Galletas	Tazón de desayuno Bandera con huevos, salchicha, queso, patatas gajo y Salsa	Pollo a la barbacoa Col rizada Macarrones con queso
24	Pollo tempura agri dulce Arroz frito Empanadillas chinas	25	26	27	28
		Chuleta de cerdo a la parrilla con compota de manzana Judías verdes Batata	Ensalada de tacos texana con salsa y totopos Aderezo Ranch	Pollo Piccata sobre fideos con mantequilla, espinacas salteadas y tomates secos.	Tazón de pollo a la parrilla estilo Santa Fe sobre arroz integral, frijoles negros y maíz con pico de gallo.
31	Tiras de pollo con salsa campestre Papas fritas Tostada texana		El menú es preparado en colaboración con Ben E. Keith Foods por Jackie Scimeca, dietista titulada n.º DT83358.	 Provided through the Texas Department of Aging and Disability Services Alamo Area Council of Governments	 Alamo Area Council of Governments
8				El menú está sujeto a cambios. Según disponibilidad	

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
	3 Chicken Queso Taco on a Flour Tortilla Refried Beans Spanish Rice	4 Hill Country Goulash With Red Peppers, Onions, Tomatoes, and Carrots Cornbread	5 Southwest Turkey, Quinoa, Bean, & Corn Salad	6 Three Meat Lasagna Parmesan Broccoli	7 Hollandaise Chicken Rice Pilaf Bacon Parmesan Brussel Sprouts	
10 Chicken Fried Steak & Country Gravy Mashed Potatoes Green Beans	11 Turkey and Stuffing Casserole loaded with Ground Turkey, Peas, Carrots, and Corn	12 Chicken Caesar Salad CROUTONS Caesar Dressing	13 Silver Sage Garden Spaghetti Garlic Bread	14 Mediterranean Chicken over Rice Pilaf with Roasted Zucchini		
17 Chicken Parmesan over Angel Hair Pasta Roasted Broccoli	18 Hot Dog Fries	19 BLT Pasta Salad on a Bed of Fresh Greens Cherry Tomatoes Crackers	20 Bandera Breakfast Bowl with Eggs, Sausage, Cheese, Potato Wedges and Salsa	21 BBQ Chicken Collard Greens Macaroni & Cheese		
24 Sweet and Sour Tempura Chicken Fried Rice Pottickers	25 Grill Pork Chop with an Apple Compote Green Beans Sweet Potato	26 Texas Taco Salad with Salsa and Tortilla Chips Ranch Dressing	27 Chicken Piccata over buttered noodles with Sautéed Spinach and Sundried Tomatoes	28 Santa Fe Grilled Chicken Bowl over Brown Rice, Black Beans, and Corn with Homemade Pico		
31 Chicken Strips & Country Gravy French Fries Texas Toast		The menu is prepared in partnership with Ben E. Keith Foods by Jackie Scimeca Licensed Dietician #DTR83358	 Area Agency on Aging Funded through the Texas Department of Aging and Disability Services Alamo Area Council of Governments	 AACOG Alamo Area Council Of Governments		
			Menu Subject To Change According to Availability			

High Blood Pressure

Food List

EAT ✓

Fruits & Vegetables

Bananas, berries,
oranges

Leafy greens
(spinach, kale)

Beets, carrots,
tomatoes

Sweet potatoes,
broccoli



Whole Grains

Oats, brown rice,
quinoa

Whole wheat
bread & pasta



Lean Proteins

Skinless chicken,
turkey

Salmon,
tuna,

sardines

Beans, lentils, tofu



Healthy Fats

Almonds, walnuts,
flaxseeds

Olive oil,
avocado



Low-Fat Dairy

Skim milk, Greek
yogurt, cottage
cheese



LIMIT ⚠

Salty & Processed Foods

Canned soups &
vegetables (opt
for low-sodium
versions)



Pickles &
fermented foods
(kimchi,
sauerkraut, soy
sauce)



Hard cheeses
(cheddar,
parmesan)



Moderate Sugar Intake

Dark chocolate
(70%+ cocoa, in
small amounts)



Honey & maple
syrup

Homemade
smoothies (avoid
added sugar)



Caffeine & Alcohol

Coffee (limit to 1-
2 cups per day)

Green tea

Red wine (limit to
1 small glass
occasionally)



AVOID ⚡

Sugary Foods & Drinks

Soda, fruit
juices with
added sugar
Candy,
pastries, ice
cream



Salty & Processed Foods

Fast food,
canned
soups, deli
meats



Chips,
crackers,
instant
noodles



Unhealthy Fats & Fried Foods

Deep-fried
foods,
margarine,
processed
snacks



Excessive Caffeine & Alcohol

Too much
coffee,
energy
drinks,
alcohol



Say the Color of each Word!

(Don't read the word)

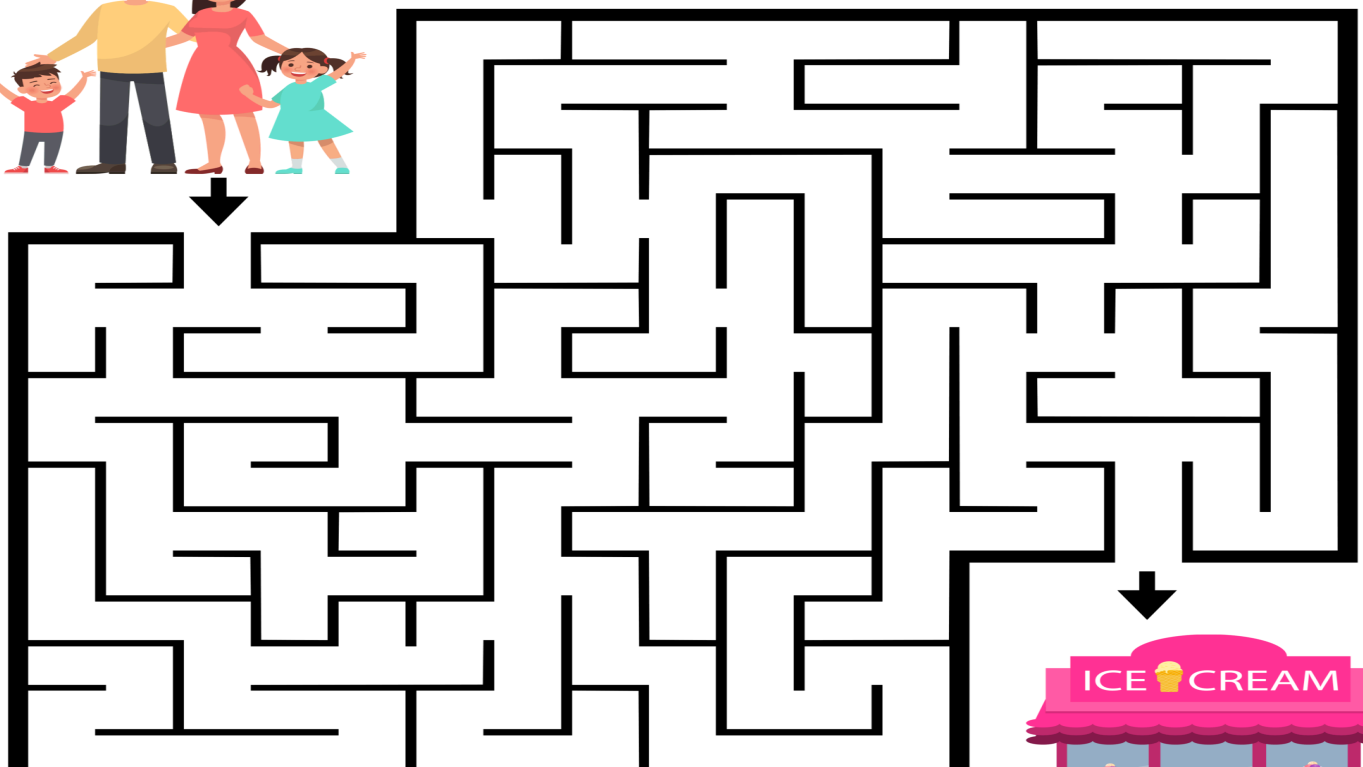
How Fast can you say it?

black white yellow green red blue
yellow red black green white red
white green red black yellow green
black white yellow green red blue
white green red black yellow green
yellow red black green white red
white green red black yellow green



SUMMER MAZE

Can you help the family get to the ice cream stand?





SILVER SAGE & SAN ANTONIO FOOD BANK DISTRIBUTION

****WEATHER PERMITTING****

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

**MONDAY AUGUST 24TH 10AM-12PM
LAKE MEDINA SHORES (THE POOL)
7100 Wharton's Dock Road**

Registration will be done on-site

QUESTIONS: (830) 796-4969

