



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 10 WWW.SILVERSAGE.ORG SEPTEMBER 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

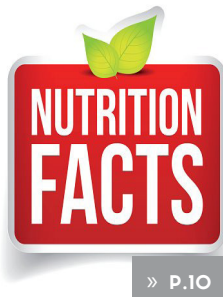
Come join us for BINGO, Tai Chi, Quilting, Yoga, Dance Exercise, Bible Studies, Stretch N' Strengthen, Movie Monday, Ping Pong, Pottery and More!! See Page 7



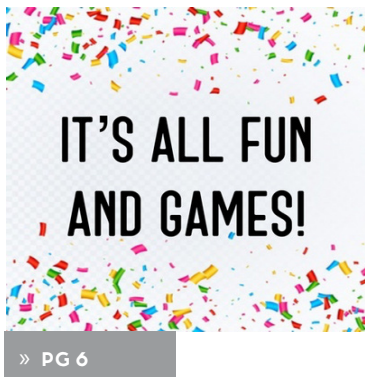
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Silver Sage-803 Buck Creek
Bandera, TX 78003
(830) 796-4969
P.O. Box 1416



Check out
our Monthly
Menu!



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

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Bandera Produce Project

BUILDING COMMUNITY • ONE TOMATO AT A TIME



OUTSIDE THE
Silver Sage
On Buck Creek Drive

BRINGING FRESH SAFE
PRODUCE TO OUR
COUNTY

PRODUCE MARKET OPEN
SEPTEMBER 19
9:00AM - 12:00PM
OR UNTIL SOLD OUT

EVERY 3RD
SATURDAY

ALL PROCEEDS GO
TO OUR CRITICAL
MEAL ON WHEELS
PROGRAM

MY SPECIAL CHICKENS - By Rene Miller

I declare... my chickens must be talking chickens! They are always cacklin' about one thing or another. They are sure to come running to see what's in my hand when I go outside to spread some scratch around. The one that sees me first spreads the word, cacklin' and waddlin' towards me as fast as she can! Before you know it; they've all gathered and are front and center! I better deliver 'cause there's no easy way out! Forget about just going outside to water the plants. I better have something in my hands for the girls or they'll walk away slow and low.



Then, there's what I call the "production notice." That's when one has laid an egg and the whole world needs to hear about it, or so she says for the next half hour! She starts sounding off on the low, low, low then squawks up HIGH to make sure all can hear. She's makin' sure we all know: she's fulfilled her purpose and it's the next girl's turn.

Another exciting moment I observe in hen-heaven domain is when one of the girls has landed the prize of the day! She is usually focused on a corner bush, pecking and scratching from side to side without a sound that I can hear. Then she pulls and pulls till something skinny comes out of the ground caught in her beak, wiggling round and 'round! "Yup, it's a worm!" Another hen exclaims as she runs over having set off the barn yard alarm. The rest came a'running, lickety split! All I could see was a flurry of long-legged strides and heads bent low.

All I can say is if you've been around chickens you're bound to know, they are curious as heck. The only time they're not into something is during their afternoon siesta or when they are sitting on their nest. Let's trade chicken stories next time you and I meet. I bet we'll agree that cackle is their talk and waddle is their walk!



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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**

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

Autumn Word Search



110 Hidden Words to Find



D R I E D F R U I T S Z I F L O C K N P C F P W E S K G R O C E R I E S L O
K A P R I C O T H A V B V H A S T E R S C A G R A T E F U L M H O B U B C K
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Yarn	Yellow	Wheat	Wreath	Vests	Vines	Vibrant	Umbrella
Trees	Thanksgiving	Spice	Sweater	Scarf	Woods	Nature walks	Nuts
November	Moon	Mittens	Mushrooms	Marshmallows	Maple	Kite	Kids
Kale	Knit	Jacket	Jam	Heater	Harvest festival	Harvest moon	Hibernation
Holidays	Hiking	Hot cider	Hayrides	Halloween	Harvest	Groceries	Glitter
Geese	Gobble	Grateful	Gusty	Ginger	Gourds	Golden	Forecast
Feast	Flurry	Flakes	Fair	Flock	Flannel	Flame	Firewood
Festival	Frost	Fog	Foliage	Fall	Exhale	Evergreen	Equinox
Embers	Elderberry	Eclipse	Dapple	Duskiness	Drizzle	Dried fruits	Dressing
Donuts	Decorative	Dart	Dandelion	Damp	Dried leaves	Caramel	Crisp
Conker	Campfire	Cocoa	Cobwebs	Clove	Chilly	Cozy	Cinnamon
Cranberries	Cider	Chestnuts	Bathtub	Blanket	Bales	Bushels	Boots
Berries	Bark	Brown	Brisk	Bonfire	Avocado	Autumn	Asters
Ashen	Apricot	Aroma	Apple	Amber	Acorns		

SEPTEMBER ACTIVITIES 2026

Mon	Tue	Wed	Thu	Fri
	1 10:30 Stretch & Strengthen w/Ida 1:00 Games 3:00 Tai Chi	2 8:00 Video Exercise 9:30 Quilting 10:30am Free haircuts w/ Mimi	3 10am Exercise Dance 10am Bible Study 1pm BINGO	4 8:00 Video Exercise 1:00 Games
7 CLOSED	8 10:30 Stretch & Strengthen w/Ida 1:00 Games 1:00 Writers Group 3:00 Tai Chi	9 8:00 Video Exercise 9:30 Quilting 10:30am Free haircuts w/ Mimi	10 10am Exercise Dance 10am Bible Study 1pm Games	11 8:00 Video Exercise 1:00 Games
14 8:00 Video Exercise 10:00 Yoga w/ Willie 1:00 Movie Monday	15 10:30 Stretch & Strengthen w/Ida 3:00 Tai Chi	16 8:00 Video Exercise 9:30 Quilting 10:30am Free haircuts w/ Mimi	17 10am Exercise Dance 10am Bible Study 1pm Games	18 8:00 Video Exercise 1:00 Games
21 8:00 Video Exercise 10:00 Yoga w/ Willie 1:00 Movie Monday	22 10:30 Stretch & Strengthen w/Ida 1:00 Writers Group 3:00 Tai Chi	23 8:00 Video Exercise 9:30 Quilting 10:30am Free haircuts w/ Mimi	24 10am Dance Class 10am Bible Study 1pm BINGO	25 8:00 Video Exercise 1:00 Games Birthday Bash
28 8:00 Video Exercise 10:00 Yoga w/ Willie 1:00 Movie Monday	29 10:30 Stretch & Strengthen w/Ida 3:00 Tai Chi	30 8:00 Video Exercise 9:30 Quilting 10:30am Free haircuts w/ Mimi		

Domingo	Lunes	Martes	Miércoles	Jueves	Viernes
		1 Teriyaki de res y Verduras sobre blanco Arroz Empanadillas chinas	2 Pollo con limón y hierbas Batata dorada Judías verdes asadas	3 Jamón ahumado glaseado guisantes con mantequilla Papas con queso	4 Pollo Tex-Mex Tacos con pepinillos cebollas rojas Frijoles Charros
	7 CERRADO	8 Tocino y queso suizo Sándwich de pollo Brócoli & Coliflor	9 Cerdo a la barbacoa coreana Consejos sobre arroz jazmín Catrina Vegetal Mezcla	10 Cacciatore de pollo sobre pasta cabello de ángel Raíz asada Verduras	11 Huevo, Champiñones y Revuelto de espinacas Salchicha en forma de enlace Tostada
	14 Filete de pollo frito Puré de patatas y Salsa Judías verdes	15 Frijoles rojos cajún y Arroz con ahumado Embutido pan de maíz	16 Ravolis de queso en un Espinacas y hierbas Salsa de tomate Monterrey asado Mezcla de vegetales	17 Jamón y queso caliente Sliders en hawaiano Rollos Crumble de arándanos	18 Atún casero Cazuela de fideos Brócoli asado
	21 Tempura de naranja Pollo Arroz frito Rolito de huevo	22 Lasaña de tres carnes Coles de Bruselas	23 Filete de hamburguesa Sofocado en Champiñones y cebolla Salsa Judías verdes con Tocino y cebolla Papas rojas asadas	24 Pollo cremoso Pasta con tocino y aderezo ranch Homear Zanahorias asadas	25 Burrito Bowl con Carne de res sazonada, negra Frijoles, arroz, maíz, Pimientos, cebollas, Queso y salsa
	28 Perrito caliente totalmente americano Frijoles horneados Aros de cebolla	29 Horneado de enchiladas de carne Arroz español Frijoles pintos	30 Jardín de salvia plateada Espaguetis con Came molida, jardín Verduras y productos frescos Hierbas Pan de ajo	El menú se prepara en colaboración con Ben E. Alimentos Keith por Jackie Scimeca, dietista titulada n.º DT83358	 Funded through the Texas Department of Aging and Disability Services Alamo Area Council of Governments
				El menú está sujeto a cambios. Según disponibilidad	



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
		1 Teriyaki Beef and Vegetables over White Rice Pottickers	2 Lemon-Herb Chicken Golden Sweet Potato Roasted Green Beans	3 Glazed Smoked Ham Buttered Peas Cheesy Potatoes	4 Tex-Mex Chicken Tacos with Pickled Red Onions Charro Beans	
7 CLOSED	8 Bacon and Swiss Chicken Sandwich Broccoli & Cauliflower	9 Korean BBQ Pork Tips over Jasmine Rice Catina Vegetable Blend	10 Chicken Cacciatore over Angel Hair Pasta Roasted Root Vegetables	11 Egg, Mushroom, & Spinach Scramble Sausage Link Toast		
14 Chicken Fried Steak Mashed Potatoes & Gravy Green Beans	15 Cajun Red Beans and Rice with Smoked Sausage Cornbread	16 Cheese Ravioli in a Spinach and Herb Tomato Sauce Roasted Monterey Vegetable Blend	17 Hot Ham and Cheese Sliders on Hawaiian Rolls Blueberry Crisp	18 Homestyle Tuna Noodle Casserole Roasted Broccoli		
21 Orange Tempura Chicken Fried Rice Egg Roll	22 Three Meat Lasagna Brussel Sprouts	23 Hamburger Steak Smothered in Mushroom Onion Gravy Green Beans with Bacon and Onion Roasted Red Potatoes	24 Creamy Chicken Bacon Ranch Pasta Bake Roasted Carrots	25 Burrito Bowl with Seasoned Beef, Black Beans, Rice, Corn, Peppers, Onions, Cheese, and Salsa		
28 All American Hot Dog Baked Beans Onion Rings	29 Beef Enchilada Bake Spanish Rice Pinto Beans	30 Silver Sage Garden Spaghetti with Ground Beef, Garden Veggies, and Fresh Herbs Garlic Bread	The menu is prepared in partnership with Ben E. Keith Foods by Jackie Scimeca Licensed Dietician #DTR83358		 Provided through the Food Department of Aging and Disability Services Alameda Area Council of Governments	
			Menu Subject To Change According to Availability			



Senior Home Safety Checklist



Bathroom Safety

- ☐ Install a shower bench for seniors who have trouble standing
- ☐ Non-skid mats or strips to prevent slipping
- ☐ Clearly marked lever handles for hard-to-turn faucets
- ☐ Install grab bars near toilets and showers
- ☐ Consider walk-in tub for seniors who have trouble getting in the bath
- ☐ Install a raised toilet seat to help with standing and bending



Kitchen Safety

- ☐ Install automatic shutoff timers for ovens and stoves
- ☐ Move curtains, paper towels, and fire hazards from range
- ☐ Add lever handles and temperature controls for faucets
- ☐ Install finger-safe garbage disposal covers
- ☐ Consider pull-down shelves, or move most used products forward
- ☐ Keep knives and sharp items in blocks or holders, not loose



Bedroom Safety

- ☐ Install bed rails and adjust bed height for fall prevention
- ☐ Remove trip hazards like area rugs and cords
- ☐ Install accessible light sources near the bed and nightlights
- ☐ Place medical alert device and charger near bed
- ☐ Set up bedside toilet if needed
- ☐ Add a sturdy chair for dressing and support





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. _____

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SILVER SAGE & SAN ANTONIO FOOD BANK DISTRIBUTION

****WEATHER PERMITTING****

**MONDAY SEPT. 14TH 10AM-12PM
LAKEHILLS COMMUNITY CENTER
11225 PR 37, Lakehills, TX**

**MONDAY SEPT. 28TH 10AM-12PM
LAKE MEDINA SHORES (THE POOL)
7100 Wharton's Dock Road**

Registration will be done on-site

QUESTIONS: (830) 796-4969

