



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”

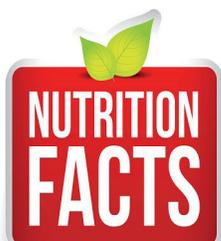
The Hill Country Resource Center, home of The Silver Sage, is dedicated to supporting older adults, veterans, individuals with disabilities, children, families in need, and those facing financial hardship. Our goal is to provide essential resources, practical support, and community-driven programs that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



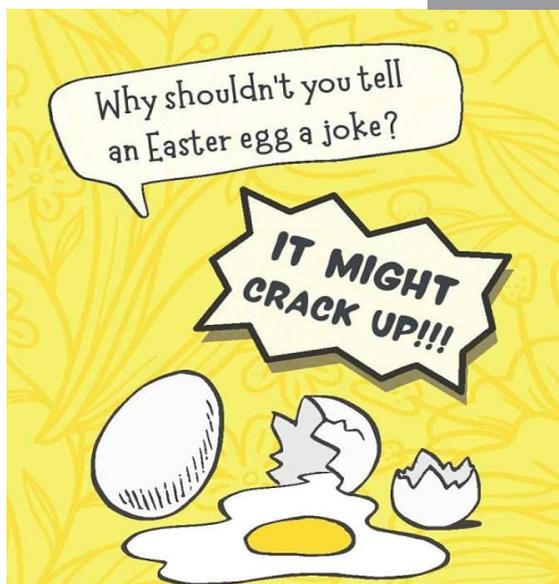
Managing Publisher/Designer:

Karyn Utterback
Executive Administrator
Email: karyn@silversage.org

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



Check out
our Monthly
Menu!



HOURS:

SILVER SAGE HOURS:

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

FRIDAY 8:00AM TO 2:00PM.

CLOSED WEEKENDS AND MAJOR HOLIDAYS.

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



APRIL 18 10:30AM-NOON
BY MASTER KAREN FROM TUKONG MARTIAL ARTS.
803 BUCK CREEK DRIVE



WOMEN'S SELF DEFENSE

LEARN TIPS AND TACTICS TO PROTECT YOURSELF IN ANY SITUATION

WEAR TSHIRT/WARM UP PANTS/SPORTS BRA/TENNIS SHOES.
PLEASE SIGN UP BY TEXTING/CALLING 830-257-3226

OPEN TO ALL!!
EAT YOUR BACKYARD
LOCAL EDIBLE &
MEDICINAL



NATURE'S
GROCERY
STORE & PHARMACY

803 BUCK CREEK DRIVE, BANDERA TEXAS

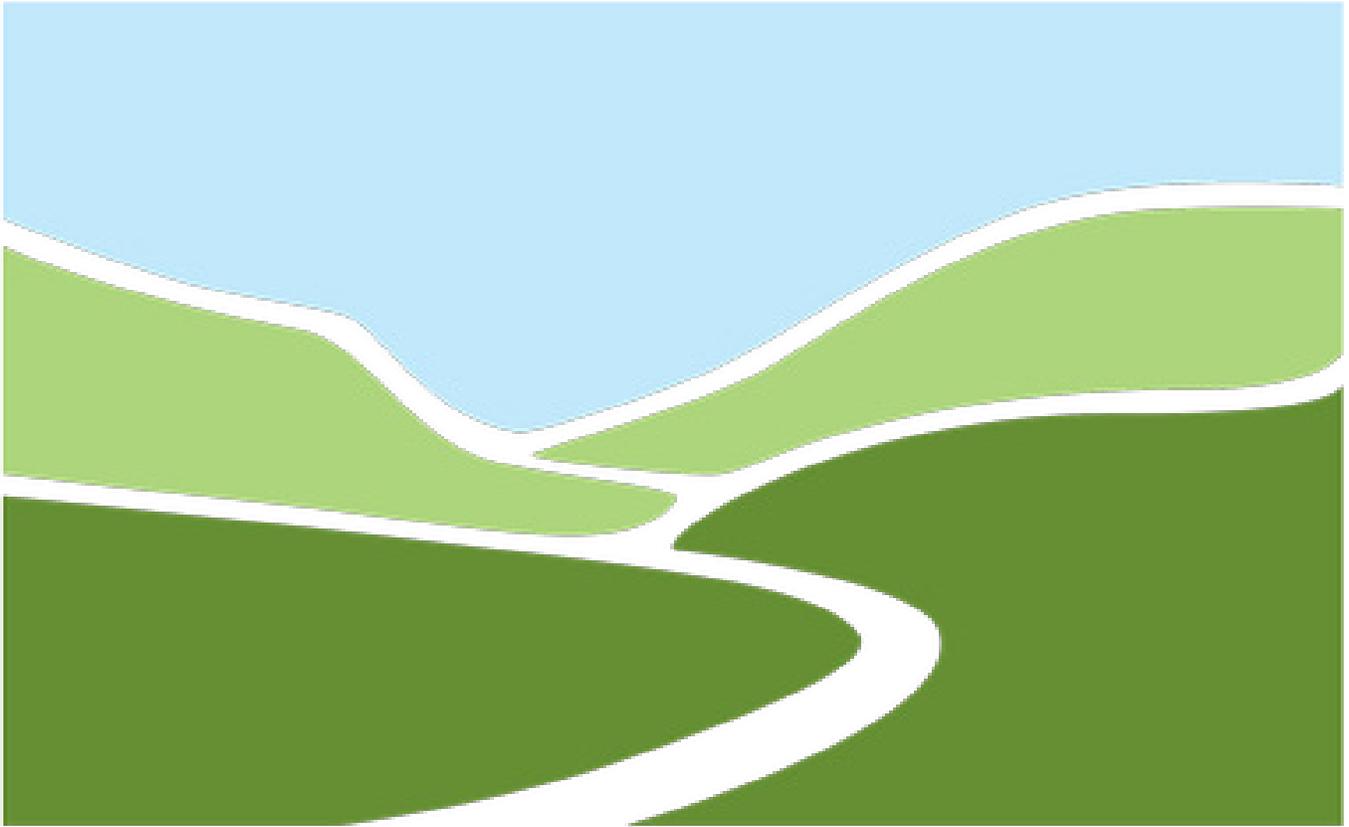


LYNEA S WEATHERLY

SILVER SAGE RESOURCE CENTER
Wednesday April 15, 1:30 pm

RESERVE YOUR PLACE TODAY
Donation requested/ not required

830-364-1767
Herb.Info2023@gmail.com



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

FOR BANDERA. FOREVER.

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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

WS&P

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Debbie Brzezinski - Bandera County Resident

dbrzezinski@wspinsurance.com - www.wspinsurance.com



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

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

Easter Word Search

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



Day Of Hope

Baby Animals

Easter Ham

Dark Chocolate

Pastel Colors

Everlasting Life

Hard-boiled Eggs

Traditional

Decorate Eggs

Eastertide

Palm Sunday

He Is Risen

Joyous

Wicker Basket

New Clothes

APRIL ACTIVITIES 2026

Mon	Tue	Wed	Thu	Fri
		1 8:00 Video Exercise 9:30 Quilting 1:00 Games	2 10am Dance Class 10am Bible Study 1pm Games	3 8:00 Video Exercise 1:00 Games
6 8:00 Video Exercise 10:00 Yoga w/ Willie 1:00 Movie Monday	7 10:30 Stretch & Strengthen w/lda 1:00 Games	8 8:00 Video Exercise 9:30 Quilting 1:00 Games	9 10am Dance Class 10am Bible Study 1pm Games	10 8:00 Video Exercise 1:00 Games
13 8:00 Video Exercise 10:00 Yoga w/ Willie 1:00 Movie Monday	14 10:30 Stretch & Strengthen w/lda 1:00 Games 1:00 Writers Group	15 8:00 Video Exercise 9:30 Quilting 1:30 HERBAL CLASS "Eat Your Backyard"	16 10am Dance Class 10am Bible Study 1pm Games	17 8:00 Video Exercise 1:00 Games Saturday the 18th - Women's Self Defense Class 9:30am
20 8:00 Video Exercise 10:00 Yoga w/ Willie 1:00 Movie Monday	21 10:30 Stretch & Strengthen w/lda 1:00 Games	22 8:00 Video Exercise 9:30 Quilting 1:00 Games	23 10am Dance Class 10am Bible Study 1pm Games	24 8:00 Video Exercise 1:00 Games Birthday Bash!
27 10:00 Yoga w/ Willie 1:00 Movie Monday	28 10:30 Stretch & Strengthen w/lda 1:00 Games 1:00 Writers Group	29 8:00 Video Exercise 9:30 Quilting 1:00 Games	30 10am Dance Class 10am Bible Study 1pm Games	

Domingo	Lunes	Martes	Miércoles	Jueves	Viernes
	 <p>6 Jamón de Pascua Papas ralladas con queso Cazuela Mantequilla de miel Zanahorias</p>	<p>7 Tocino y queso suizo Sándwich de pollo Papas fritas de boniato okra frita</p>	<p>1 Pollo a la toscana sobre una cama de espinacas Arroz pilaf Rollo de levadura</p>	<p>2 Cerdo desmenuzado Sándwich con cebolla y pepinillos Frijoles hornados con salsa barbacoa Papas fritas</p>	<p>3 Ensalada de fajitas de res con Queso, tomates, Pimientos y cebollas Rancho de cilantro Vendaje</p>
	<p>13 Filete de pollo frito Puré de patatas y Salsa Judías verdes</p>	<p>14 Pollo a la parmesana sobre pasta cabello de ángel Brócoli asado Palitos de pan con ajo</p>	<p>8 Carne mechada Puré cargado Papas Coles de Bruselas</p>	<p>9 Pollo King Ranch Maíz español</p>	<p>10 Ensalada de tacos con salsa y totopos Aderezo Ranch</p>
	<p>20 Agridulce Pollo Arroz frito Empanadillas chinas</p>	<p>21 Espaguetis de jardín Pan de ajo</p>	<p>15 Filete con chimichurri Bocados sobre una cama de Arroz con cilantro y lima Frijoles negros</p>	<p>16 Pollo a la barbacoa Maíz asado Macarrones con queso</p>	<p>17 Ensalada de pasta BLT en una Lecho de verduras frescas Tomates cherry Galletas</p>
	<p>27 Tiras de pollo y Salsa campestre Papas fritas Tostada texana</p>	<p>28 Filete Salisbury con Salsa Maíz molido guisantes con mantequilla</p>	<p>22 Asado de cerdo con verduras frescas Verduras sobre Puré de papas Pan de ajo</p>	<p>23 Hot dog Patatas fritas</p>	<p>24 Pollo a la parrilla Ensalada César con queso parmesano Aderezo César</p>
			<p>29 Enchilada de pollo Homear Arroz español Frijoles pintos</p>	<p>30 Hamburguesa clásica Cazuela de fideos Brócoli Manzanas acarameladas</p>	<p>El menú se prepara en colaboración con Ben E. Alimentos Keith por Jackie Scimeca, dietista titulada n.º DT83358</p>
					<p>El menú está sujeto a cambios. Según disponibilidad</p>

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
					
6 Easter Ham Cheesy Hashbrown Casserole Honey Buttered Carrots	7 Bacon and Swiss Chicken Sandwich Sweet Potato Fries Fried Okra	8 Meatloaf Loaded Mashed Potatoes Brussel Sprouts	1 Tuscan Chicken over a Bed of Spinach Rice Pilaf Yeast Roll	2 Pulled Pork Sandwich with Onions and Pickles BBQ Baked Beans French Fries	3 Beef Fajita Salad with Cheese, Tomatoes, Peppers and Onions Cilantro Ranch Dressing
13 Chicken Fried Steak Mashed Potatoes & Gravy Green Beans	14 Chicken Parmesan over Angel Hair Pasta Roasted Broccoli Garlic Breadstick	15 Chimichurri Steak Bites over a Bed of Cilantro Lime Rice Black Beans	16 BBQ Chicken Roasted Corn Macaroni & Cheese	17 BLT Pasta Salad on a Bed of Fresh Greens Cherry Tomatoes Crackers	
20 Sweet and Sour Chicken Fried Rice Potsickers	21 Garden Spaghetti Garlic Bread	22 Pork Roast with Fresh Vegetables over Mashed Potatoes Garlic Bread	23 Hot Dog Tator Tots	24 Grilled Chicken Caesar Salad with Parmesan Cheese Caesar Dressing	
27 Chicken Strips & Country Gravy French Fries Texas Toast	28 Salisbury Steak with Gravy Hominy Buttered Peas	29 Chicken Enchilada Bake Spanish Rice Pinto Beans	30 Classic Hamburger Noodle Casserole Broccoli Caramel Apples	The menu is prepared in partnership with Ben E. Keith Foods by Jackie Scimeca Licensed Dietician #DT83358	
				Menu Subject To Change According to Availability	



DIABETIC

FOOD LIST



EAT

- WATER
- UNSWEETENED TEA (BLACK, GREEN, CHAMOMILE)
- OLIVE OIL
- AVOCADO
- CHIA SEEDS
- FLAXSEEDS
- ALMONDS (UNSALTED)
- WALNUTS
- BOILED EGGS
- GRILLED CHICKEN BREAST
- SALMON
- TOFU
- GREEK YOGURT (UNSWEETENED)
- LOW-FAT COTTAGE CHEESE
- BROCCOLI
- ZUCCHINI
- SPINACH
- CAULIFLOWER
- STRAWBERRIES
- BLUEBERRIES
- KIWI
- CHERRIES
- GREEN APPLE (SMALL PORTION)
- QUINOA
- BARLEY
- STEEL-CUT OATS
- LENTILS (SMALL PORTION)

LIMIT

- BANANA (RIPE)
- GRAPES
- PINEAPPLE
- ORANGE JUICE (SMALL GLASS)
- MANGO
- WHOLE GRAIN BREAD
- BROWN RICE
- BUCKWHEAT
- WHOLE WHEAT PASTA
- COUSCOUS
- SWEET POTATO
- PEAS
- CARROTS (COOKED)
- CORN
- MILK (LACTOSE)
- PEANUT BUTTER (WITH SUGAR)
- DARK CHOCOLATE (70%+, SMALL AMOUNT)
- DIET SODA
- SUGAR-FREE SNACKS (CHECK INGREDIENTS)

GOAL – CONTROL PORTIONS TO AVOID BLOOD SUGAR SPIKES.

AVOID

- WHITE BREAD
- WHITE FLOUR PASTA
- SUGARY CEREALS
- PANCAKES
- WAFFLES
- CAKES
- COOKIES
- PASTRIES
- REGULAR SODA
- CANDY
- ICE CREAM
- SWEETENED COFFEE DRINKS
- DATES
- RAISINS
- FIGS
- WATERMELON
- CANNED FRUIT IN SYRUP
- VEGETABLE CHIPS
- POTATOES (FRIED OR MASHED WITH BUTTER)
- SWEETENED YOGURT

GOAL – AVOID HIGH-GLYCEMIC, SUGAR-LOADED, AND REFINED FOODS.



Easter

A TO Z



Write an Easter related word that starts with each letter from A to Z.

A

B

C

D

E

F

G

H

I

J

K

L

M

N

O

P

Q

R

S

T

U

V

W

X

Y

Z



SILVER SAGE & SAN ANTONIO FOOD BANK DISTRIBUTION

****WEATHER PERMITTING****

**MONDAY APRIL 13TH 10AM-12PM
LAKEHILLS COMMUNITY CENTER
11225 PR 37, Lakehills, TX**

**MONDAY APRIL 27TH 10AM-12PM
LAKE MEDINA SHORES (THE POOL)
7100 Wharton's Dock Road**

Registration will be done on-site

QUESTIONS: (830) 796-4969

