



**Silver Sage Thrift Store**  
616 Hwy 16 S

**Store Hours:**  
Tuesday-Saturday  
10:00am-4:00pm  
(830) 460-1586  
Proceeds benefit  
Meals On Wheels



**MONTHLY MENU**  
PAGE 8 & 9



VOL. 6 ISSUE 7 WWW.SILVERSAGE.ORG MAY 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.

REMEMBER  & HONOR  
MEMORIAL DAY  
MAY 27TH

**MAY 12TH**

TO THE BEST MOTHERS OF

Managing Publisher/Designer:

Karyn Utterback  
Executive Assistant  
Email: [karyn@silversage.org](mailto:karyn@silversage.org)

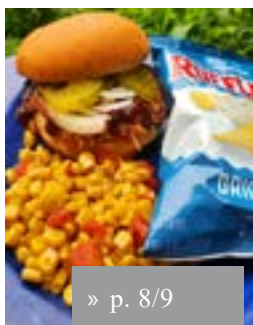
Silver Sage-803 Buck Creek  
Bandera, TX 78003  
(830) 796-4969  
P.O. Box 1416

**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

**The new Silver Sage Home Goods  
Thrift Store is located at  
805 Main Street (old Family Dollar)  
in Bandera, TX.**

**Hours: Tuesday-Thursday 10am-5pm  
Friday & Saturday 10am-7pm  
Closed Sunday & Monday**



**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**

**John Cressey-Neely (Chief Operations Officer) (830) 850-0898**

**Arthur Nagel Community Clinic (830) 796-3448**

**CVS Pharmacy (830) 460-7701**

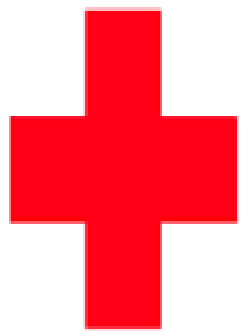
**Bandera Pharmacy (830) 796-3111**

**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*



**HEVENOR**  
**LUMBER & HARDWARE**

**354 TX-16, Bandera, TX 78003**

**hevenorlumberhardware.com-**



**Investing is about more than money.**

At Edward Jones, we stop to ask you the question: "What's important to you?" Without that insight and a real understanding of your goals, investing holds little meaning.

Contact your Edward Jones financial advisor for a one-on-one appointment to discuss what's really important: *your goals.*



**Anthony J Ferragamo, CFP®**

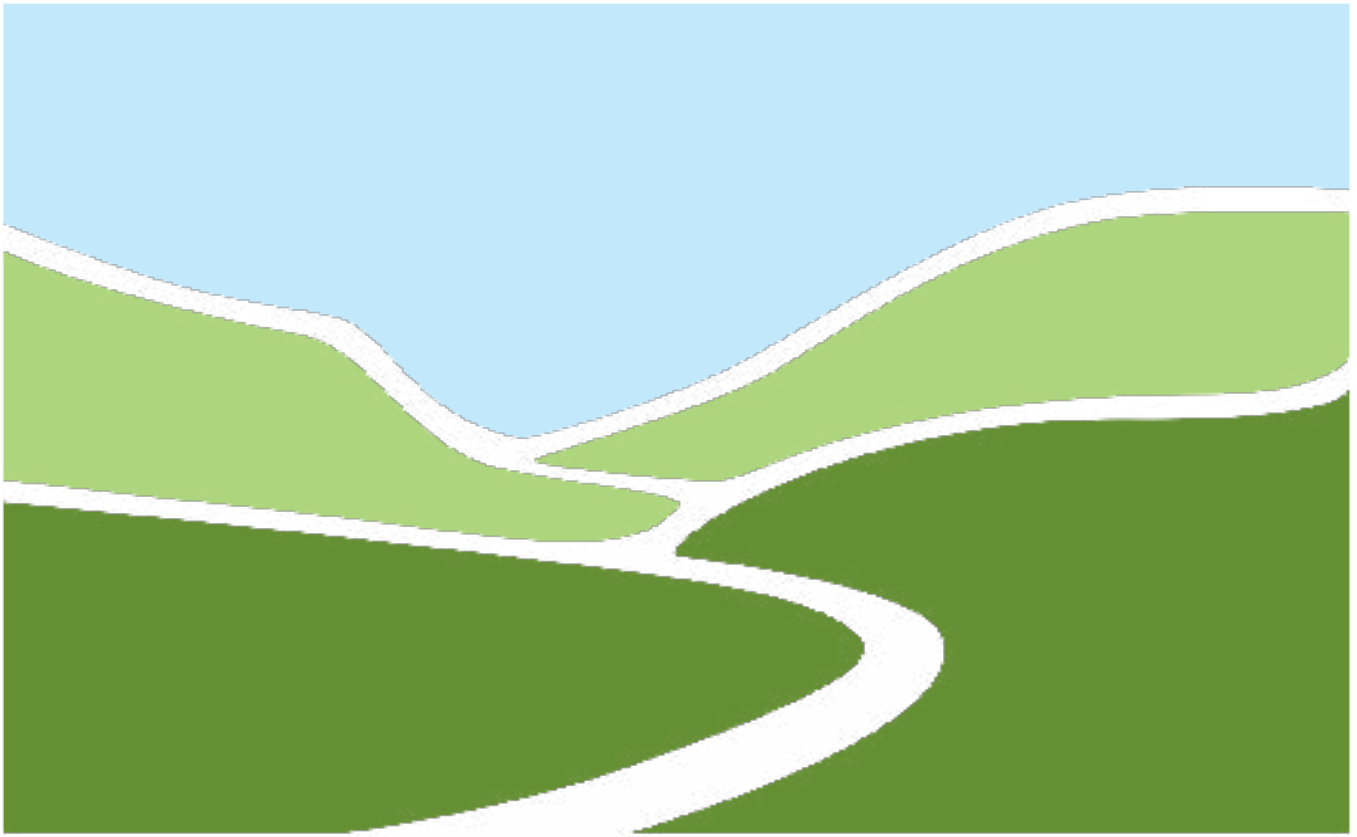
Financial Advisor

158 Hwy 16 S  
Suite D  
Bandera, TX 78003  
830-796-9197

[www.edwardjones.com](http://www.edwardjones.com)  
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**Edward Jones**  
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MKD-8652B-A



**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](http://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](mailto:lionsclubofbandera@gmail.com)  
Bruce @ (210) 396-6932**

**WS&P**

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*Debbie Brzezinski - Bandera County Resident*

[dbrzezinski@wspinsurance.com](mailto:dbrzezinski@wspinsurance.com) - [www.wspinsurance.com](http://www.wspinsurance.com)



300 E. Sonterra Blvd. Suite 1100 San Antonio, TX 78258, (210) 477-4286 Direct Office (210) 865-2966 Cell

**TEXAS  
PARTNERS BANK**



# MAY

## HOLIDAYS

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- 1-May Day
- 2-Brother & Sisters Day
- 4- Kentucky Derby Day (first Saturday)
- 4-Star Wars Day
- 5-Cinco De Mayo
- 5- Ramadan (varies)
- 6-National Nurses Day
- 8- No Socks Day
- 10- Clean Up Your Room Day
- 11- Eat What You Want Day
- 12- Mother's Day (2nd Sunday)
- 15- National Chocolate Chip Day
- 17- National Bike to Work Day (3rd Friday)
- 18- Armed Forces Day (3rd Saturday)
- 18-No Dirty Dishes Day
- 19- World Plant a Veggie Garden Day
- 21- Victoria Day (Canada)
- 22-National Buy A Musical instrument Day
- 23- Lucky Penny Day
- 25- National Brown Bag It Day
- 26-Sally Ride Day
- 27-Memorial Day (last Monday)
- 28-National Hamburger Day
- 30-Water a Flower Day



# MAY ACTIVITIES 2025

**Activities Coordinator:**

**Phone: (830) 850-0028**


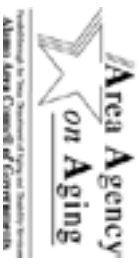
Mon	Tue	Wed	Thu	Fri
28 8:00 Video Exercise 10:00 Yoga w/ Willie 1:00 Monday Afternoon Movie: <i>The Girl Who Believed in Miracles</i>	29 10:30 Stretch & Strengthen w/Ida 12:30 Games	30 8:00 Video Exercise 9:30 Quilting 11:00 Line Dance Exercise w/Janis \$5 12:30 Games	1 12:30 Games	2 8:00 Video Exercise 10:00 Line Dance Exercise w/Janis \$5 12:30 Watercolor Painting \$6
5 8:00 Video Exercise 10:00 Yoga w/ Willie 1:00 Monday Afternoon Movie: <i>Cabaret</i>	6 10:30 Stretch & Strengthen w/Ida 12:30 Games	7 8:00 Video Exercise 9:30 Quilting 11:00 Line Dance Exercise w/Janis \$5 12:00 HEB/WalMart 12:30 Games	8 12:30 Games	9 8:00 Video Exercise 10:00 Line Dance Exercise w/Janis \$5 12:30 Watercolor Painting \$6
12 8:00 Video Exercise 10:00 Yoga w/ Willie 1:00 Monday Afternoon Movie: <i>The Secret Life of Walter Mitty</i>	13 10:30 Stretch & Strengthen w/Ida 12:30 Games 1:00 Writers Group	14 8:00 Video Exercise 9:30 Quilting 11:00 Line Dance Exercise w/Janis \$5 12:30 Games 4:00 Bumdoodlers & Rock Box Theatre Bus Trip	15 12:30 Games	16 8:00 Video Exercise 10:00 Line Dance Exercise w/Janis \$5
19 8:00 Video Exercise 10:00 Yoga w/ Willie 1:00 Monday Afternoon Movie: <i>Fly Boys</i>	20 10:30 Stretch & Strengthen w/Ida 12:30 Games	21 8:00 Video Exercise 9:30 Quilting 11:00 Line Dance Exercise w/Janis \$5 12:30 Games	22 12:30 Games	23 8:00 Video Exercise 10:00 Line Dance Exercise w/Janis \$5
26 10:00 Yoga w/ Willie <b>Center Closed</b>	27 10:30 Stretch & Strengthen w/Ida 12:30 Games 1:00 Writers Group	28 8:00 Video Exercise 9:30 Quilting 11:00 Line Dance Exercise w/Janis \$5 12:30 Games	29 12:30 Games	30 8:00 Video Exercise 10:00 Line Dance Exercise w/Janis \$5 11:30 Birthday Bash

**Activities are subject to change, please check our Facebook page/website**

Domingo	Lunes	Martes	Miércoles	Jueves	Viernes
				<p>1</p> <p>Filete de queso Filadelfia Pasta al horno con Pimientos y cebollas Crujiente de melocotón</p>	<p>2</p> <p>Ensalada de pollo con Arándanos y nueces pecanas sobre una cama de frutos frescos Verduras Galletas</p>
<p>5</p> <p>Cinco de Mayo Fajitas en tortilla de maíz Frijoles refritos Arroz español</p>	<p>6</p> <p>Pimiento relleno Cazuela con tierra Pavo Manzanas con canela</p>	<p>7</p> <p>Pastel de carne casero Papas con queso Judías verdes asadas</p>	<p>8</p> <p>Pollo a la parrilla con pesto Pasta con rigatoni Fideos y queso parmesano Coliflor asada</p>	<p>9</p> <p>Espinacas y fresas Ensalada con parrilla Cerdo y galletas Vinagreta de frambuesa Vendaje</p>	
<p>12</p> <p>Sándwich de buñuelos de cerdo con pepinillos y cebollas rojas Frijoles pintos Papas fritas</p>	<p>13</p> <p>Espaguetis de jardín con carne molida, Verduras de huerto y Hierbas frescas Brócoli a la parmesana</p>	<p>14</p> <p>Pollo a la naranja Arroz glutinoso Empanadillas</p>	<p>15</p> <p>Repollo frito con Salchicha ahumada Fideos de huevo Pan con queso</p>	<p>16</p> <p>Ensalada Fiesta con frijoles, cebollas, totopos de maíz, tomates y queso sobre una cama de verduras frescas Aderezo francés</p>	
<p>19</p> <p>Palitos de pescado Tazón de fuente Guisantes y zanahorias Salsa tártara</p>	<p>20</p> <p>Filete de ternera a la pimienta sobre arroz blanco Mezcla asiática Verduras</p>	<p>21</p> <p>Lasaña Brócoli italiano</p>	<p>22</p> <p>Pollo asado Puré de papas y Salsa Zanahorias asadas</p>	<p>23</p> <p>Ensalada griega de salmón con pepinos, cebollas y queso feta Aderezo griego</p>	
<p>26</p> <p><b>CERRADO</b></p>	<p>27</p> <p>Pechuga picada Sandwich con pepinillos y cebollas Macarrones con queso Frijoles al horno</p>	<p>28</p> <p>Pollo Tikka Masala Arroz blanco al vapor Judías verdes</p>	<p>29</p> <p>Stroganoff de ternera con Salsa de crema sabrosa Fideos de huevo con mantequilla Guisantes sazonados</p>	<p>30</p> <p>Arándano de pavo Ensalada de pasta sobre una cama de espinacas baby Galletas</p>	
				<p><b>Menú sujeto a cambios Según disponibilidad</b></p>	



# May 2025 Lunch Served 11:30-1pm [Silversage.org](http://Silversage.org)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
				<p><b>1</b> Philly Cheesesteak Pasta Bake with Peppers and Onions Peach Crisp</p>	<p><b>2</b> Chicken Salad with Cranberries &amp; Pecans over a bed of Fresh Greens Crackers</p>
<p><b>5</b> Cinco De Mayo Fajitas on corn tortilla Refried Beans Spanish Rice</p>	<p><b>6</b> Stuffed Pepper Casserole with Gound Turkey Cinnamon Apples</p>	<p><b>7</b> Homestyle Meatloaf Cheesy Potatoes Roasted Green Beans</p>	<p><b>8</b> Grilled Chicken Pesto Pasta with Rigatoni Noodles and Parmesan Cheese Roasted Cauliflower</p>	<p><b>9</b> Strawberry Spinach Salad with Grilled Pork and Crackers Raspberry Vinaigrette Dressing</p>	
<p><b>12</b> Pork Fritter Sandwich with pickles and red onions Pinto Beans French Fries</p>	<p><b>13</b> Garden Spaghetti with Ground Beef, Garden Veggies, and Fresh Herbs Parmesan Broccoli</p>	<p><b>14</b> Orange Chicken Sticky Rice Potsickers</p>	<p><b>15</b> Fried Cabbage with Smoked Sausage over Egg Noodles Cheesy Bread</p>	<p><b>16</b> Fiesta Salad with beans, onions, corn chips, tomatoes, and cheese on a bed of fresh greens French Dressing</p>	
<p><b>19</b> Fish Sticks Tator Tots Peas &amp; Carrots Tarter Sauce</p>	<p><b>20</b> Beef Pepper Steak over White Rice Asian Blend Vegetables</p>	<p><b>21</b> Lasagna Italian Broccoli</p>	<p><b>22</b> Roasted Chicken Mashed Potatoes and Gravy Roasted Carrots</p>	<p><b>23</b> Greek Salmon Salad with cucumbers, onions, and feta cheese Greek Dressing</p>	
<p><b>26</b> <b>CLOSED</b></p>	<p><b>27</b> Chopped Brisket Sandwich with Pickles and Onions Macaroni &amp; Cheese Baked Beans</p>	<p><b>28</b> Chicken Tikka Masala Steam White Rice Green Beans</p>	<p><b>29</b> Beef Stroganoff with a Savory Cream Sauce Buttered Egg Noodles Seasoned Peas</p>	<p><b>30</b> Turkey Cranberry Pasta Salad over a bed of baby Spinach Crackers</p>	
				<p>Menu Subject To Change According to Availability</p>	

# High Blood Pressure

## Know the facts...

- High blood pressure can lead to serious problems, that include, heart disease, stroke and kidney problems.
  - High blood pressure
  - A normal blood pressure is less than 120/80.
  - High blood pressure can be managed with a healthy lifestyle and medications .
  - Eating a low fat heart healthy diet including fruits, vegetables, whole grains, lean meats and poultry can help you lose weight and lower your blood pressure.
  - Alcohol affects blood pressure.
  - Lifestyle change may not be enough to lower your blood pressure.
  - Your healthcare pro-
- vider may recommend medication to help manage it.
  - A blood pressure reading from 120/80 to 139/89 is called “prehypertension”.
  - A blood pressure of 140/90 or greater is high.
  - High blood pressure is known as the “Silent Killer” because it often has no symptoms.
  - **Get your blood pressure checked!**



# Happy Mother's Day

U S I L I S T E N I N G S V F S J E D X U O R R WATCHING TV TOGETHER  
 Y N N E R D L I H C Y Q H R T S P A Y B A B R E HAPPY MOTHERS DAY  
 U W Y G Q Z S F N X G N I R A C M G W T O J E H MOTHERS DAY OFF  
 E P C Q T S E K M T M Z C R F J Q S D T J D A T BEDTIME STORY  
 Y D N A C N K E I T B V S Y K G N I S E D K D E MOTHER GOOSE  
 R F M A K N A V Q S R E W O L F I L Z Z H V U G LISTENING  
 O F L B G F C L W A D R A C O X M J I S E F M O HOMEWORK  
 I F P Y M G P R G A I H W P H M O Y G S L W O T BROWNIES  
 S S Z V N R U D L S I A B U A D C W V R P Z T V CUPCAKES  
 C C T N M U C D F K K P D S S H V M C L I N H T CHILDREN  
 V E B L V H D M U Z I P O M J J L Z O O N G E G COOKING  
 T D A T Y R B R R P C Y Q I E S E X O V G N R N SMILING  
 U B Y P P A H F L X A M K L D A C S K E K I S I HELPING  
 Y E L B G A G K G E K O M I V S I E I X S K D H COOKIES  
 K D A Z N T J O G H E T E N Z A F I E T E O A C FLOWERS  
 T T U L U L A B Y C J H K G T F R N S B S O Y T BAKING  
 C I G A S G U H U L M E T P R W C W L U S C O A KISSES  
 J M H H V P F Z C Y E R J R X F M O B P I W F W CARING  
 N E H O M E W O R K G S X E O O N R L J K S F R LULLABY  
 S S U G A S S E B H H D Q R V X P B V G F O N I MOTHER  
 T T M E V V U D X V R A M L N T K C A K X F H G LAUGH  
 F O M V V B A K I N G Y P Y S E G M H U Z J B G HAPPY  
 N R Q U A E Q K P J I O M O T H E R G O O S E F CANDY  
 W Y W M O T H E R Y Z Z W W Y R H P E Y U Q J E CAKE

HUGS  
 READ  
 BABY  
 SING  
 LOVE  
 CARD



# 50 States Word Search

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

Alabama	Hawaii	Massachusetts	New Hampshire	South Dakota
Arkansas	Idaho	Minnesota	North Dakota	Tennessee
Arizona	Illinois	Mississippi	Nevada	Texas
Alaska	Indiana	Montana	New York	Utah
Connecticut	Iowa	Michigan	Ohio	Vermont
Colorado	Kansas	Maryland	Oklahoma	Virginia
California	Kentucky	Nebraska	Oregon	Wisconsin
Delaware	Louisiana	New Mexico	Pennsylvania	Washington
Florida	Maine	New Jersey	Rhode Island	Wyoming
Georgia	Missouri	North Carolina	South Carolina	West Virginia



# ***SILVER SAGE & SAN ANTONIO FOOD BANK DISTRIBUTION***

**\*\*WEATHER PERMITTING\*\***

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

**MONDAY MAY 19TH 10AM-12PM  
LAKE MEDINA SHORES (THE POOL)  
7100 Wharton's Dock Road**

**\*Registration will be done on-site\***

**QUESTIONS: (830) 796-4969**

