



**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-5pm  
(830) 460-0423

**Home Goods THRIFT STORE**  
BENEFITTING MEALS ON WHEELS

**MONTHLY MENU**  
PAGE 8 & 9



**BANDERA COUNTY**



# THE SCOOP AT SILVER SAGE

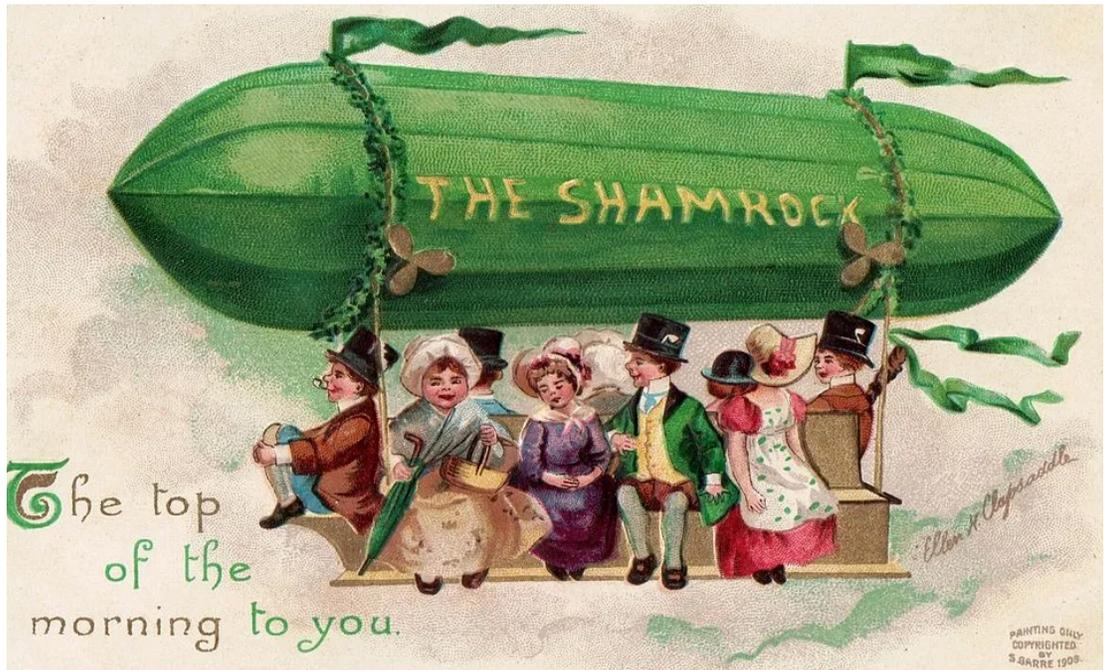
803 BUCK CREEK DR. BANDERA, TEXAS 78003 (830) 796-4969

## 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.



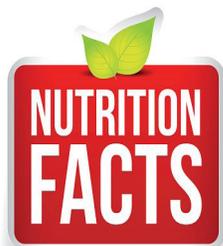
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Silver Sage-803 Buck Creek  
Bandera, TX 78003  
(830) 796-4969  
P.O. Box 1416



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Check out  
our **Monthly  
Menu!**



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## HOURS:

SILVER SAGE HOURS:

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

FRIDAY 8:00AM TO 2:00PM.

CLOSED WEEKENDS AND MAJOR HOLIDAYS.

[WWW.SILVERSAGE.ORG](http://WWW.SILVERSAGE.ORG)

*Our Mission:*

**SUPPORTING PEOPLE.**

**STRENGTHENING COMMUNITIES.**

**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

## MARCH HOLIDAYS

- 1-Peanut Butter Lover's Day
- 3-National Anthem Day
- 6-National Frozen Food Day
- 8-Popcorn Lover's Day
- 10-Middle Name Pride Day
- 11-Johnny Appleseed Day
- 12-Girl Scouts Day
- 14-National Pi(e) Day
- 14-Potato Chip Day
- 15-Ides of March
- 16-No Selfies Day
- 17-St. Patrick's Day
- 21-World Down Syndrome Day
- 22-National Goof Off Day
- 23-National Chips and Dip Day
- 23-National Puppy Day
- 24-National Chocolate Covered Raisin Day
- 25-Palm Sunday (varies each year)
- 25-Waffle Day



# What's In A Word - Or Number? By Mary Allyce

As a writer, I am fascinated with language. Words are descriptive and our choice of words and phrases say a lot about us. For example, social media has revealed those of us who should have paid more attention to spelling and grammar in school. Failing that – and many do – there's always spell check and edit features in modern technology. Unfortunately, it's obvious many folks skipped school that day, too. Reading a simple post on Facebook can turn into a foreign language exercise, but without a translation prompt.

And then there is current jargon that gets thrust into the conversation by every generation and by the computer age itself. Who knew what “sliding into someone's DM's” meant even a few years ago? Not me. I didn't even know what a DM was. It's a direct or private message on Instagram or X, formerly Twitter, and a couple of other platforms I never heard of.

It's so hard to keep up. I still thought “trolls” were ugly, grouchy creatures who lived under the Billy Goats' Gruff bridge. Apparently they moved on from the bridge into Social Media where they still cause trouble by deliberately antagonizing people. I don't know if trolls slide into DM's.

A few years ago I wrote about the phrase “Hey Boomer”, leveled at my age group by Gen X folks and pronounced with a palpable edge of disdain. We were, in their view, opinionated and past our expiration date. That one hurt because being a Baby Boomer always felt cool. Yes, I know using a term like “cool” dates me, too, but being a Boomer sure sounded better than being called “elderly” or just plain “old”, until it got used against us. It was a cheap shot. Just my opinion.

I was keeping up reasonably well with the slang of the day and along came the most recent addition to the language and the most frustrating. 2025 gave us the phrase “six seven”. It even has choreography. Raise and lower alternate hands while repeating “six seven” as if you're weighing something and you, too can be ever so cool. But what does it mean?

I immediately thought of the old “I'm at sixes and sevens” phrase meaning confusion, disagreement, indecision. I've heard it all my life, but the currently popular “six seven” has nothing to do with the old term, which dates back to the 14th century & Chaucer no less.

We can thank Gen Alpha for this one, and the new version can be traced to a 2024 rap song, “Doot Doot (6 7)” by someone named Skrilla. I confess ignorance of both the song and the singer, but it's ok. It turns out the phrase means absolutely nothing. One source says, “it's nonsensical, an inside joke, a random interjection, a brain-rot expression.” I vote for definition number four.

Go ahead and have fun with it. You get to decide what it means, so you can't be wrong and don't forget the hands. Your kids or grandkids are going to think you're very cool.



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— of the —  
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**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**

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# HERE'S A CHALLENGE FOR YA!!

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Shoemaker  
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Shamrock  
Green  
Carrots  
Blarney  
Dublin

## FEBRUARY ACTIVITIES 2026

| <b>Mon</b>   | <b>Tue</b>   | <b>Wed</b>   | <b>Thu</b>                            | <b>Fri</b>  |
|--|--|--|---------------------------------------|---|
| 2<br>8:00 Video Exercise<br>10:00 Yoga w/ Willie<br>1:00 Movie Monday  | 3<br>10:30 Stretch & Strengthen w/Ida<br>1:00 Games                        | 4<br>8:00 Video Exercise<br>9:30 Quilting<br>1:00 Games  | 5<br>10:00 Dance Class<br>1:00 Games  | 6<br>8:00 Video Exercise<br>1:00 Games<br>1:00 Watercolor Class w/ Shelly                                     |
| 9<br>8:00 Video Exercise<br>10:00 Yoga w/ Willie<br>1:00 Movie Monday  | 10<br>10:30 Stretch & Strengthen w/Ida<br>1:00 Games<br>1:00 Writers Group | 11<br>8:00 Video Exercise<br>9:30 Quilting<br>1:00 Games | 12<br>10:00 Dance Class<br>1:00 Games | 13<br>8:00 Video Exercise<br>1:00 Games   |
| 16<br>8:00 Video Exercise<br>10:00 Yoga w/ Willie<br>1:00 Movie Monday | 17<br>10:30 Stretch & Strengthen w/Ida<br>1:00 Games                       | 18<br>8:00 Video Exercise<br>9:30 Quilting<br>1:00 Games | 19<br>10:00 Dance Class<br>1:00 Games | 20<br>8:00 Video Exercise<br>1:00 Games   |
| 23<br>8:00 Video Exercise<br>10:00 Yoga w/ Willie<br>1:00 Movie Monday | 24<br>10:30 Stretch & Strengthen w/Ida<br>1:00 Games<br>1:00 Writers Group | 25<br>8:00 Video Exercise<br>9:30 Quilting<br>1:00 Games | 26<br>10:00 Dance Class<br>1:00 Games | 27<br>8:00 Video Exercise<br><span style="background-color: yellow;">12:00 Birthday Bash</span><br>1:00 Games |
| 2<br>10:00 Yoga w/ Willie<br>1:00 Movie Monday                         | 3<br>10:30 Stretch & Strengthen w/Ida<br>1:00 Games                        | 4<br>8:00 Video Exercise<br>9:30 Quilting<br>1:00 Games  | 5<br>10:00 Dance Class<br>1:00 Games  | 6<br>8:00 Video Exercise<br>1:00 Games<br>1:00 Digital Literacy: Internet Basics                              |

**For Inquiries about Activities or to Schedule an Activity, Please call Daniel (830)850-0028**



# March 2026 Lunch Served 11:30-1pm [silversage.org](http://silversage.org)

| Sunday | Monday  | Tuesday  | Wednesday   | Thursday   | Friday   |
|--------|---|--|---|--|--|
|        | 2<br>Orange Chicken<br>Fried Rice<br>Potstickers                                    | 3<br>Garlic and Herb<br>Crusted Pork Loin<br>with Gravy<br>Herb Roasted New<br>Potatoes<br>Brussel Sprouts | 4<br>Three Meat Lasagna<br>Parmesan Broccoli  | 5<br>Juicy Burger with all<br>the Fixin's<br>Crispy Fries<br>Cherry Crisp  | 6<br>Tuna Salad on a bed<br>of Baby Spinach<br>Tomatoes<br>Crackers  |
|        | 9<br>Crunchy Chicken<br>Sandwich with Pickels<br>Sweet Potato Fries<br>Mac & Cheese | 10<br>Garden Spaghetti<br>with Ground Beef,<br>Garden Veggies, and<br>Fresh Herbs<br>Bread Sick            | 11<br>Pulled Pork<br>Sandwich with Onions<br>and Pickles<br>BBQ Baked Beans<br>Macaroni & Cheese                      | 12<br>Cottage Pie<br>Biscuit   | 13<br>Taco Salad with Salsa<br>and Tortilla Chips<br>Ranch Dressing  |
|        | 16<br>Chicken Fried Steak<br>Mashed Potatoes &<br>Gravy<br>Green Beans              | 17<br>Beef Stroganoff with a<br>Savory Cream Sauce<br>over Egg Noodles<br>Roasted Zucchini &<br>Squash     | 18<br>Creamy Chicken<br>Cordon Bleu Bake<br>Tuscany Veggies<br>Dinner Roll  | 19<br>Sausage, Egg and<br>Cheese Taco<br>Crispy Breakfast<br>Wedges<br>Salsa   | 20<br>Grilled Chicken<br>Caesar Salad with<br>Parmesan Cheese<br>Caesar Dressing   |
|        | 23<br>Crispy Fish Sticks<br>Tator Tots<br>Peas & Carrots<br>Tarter Sauce            | 24<br>Texas Sized Hotdog<br>Waffle Fries<br>Macaroni & Cheese  | 25<br>Meatloaf<br>Loaded Mashed<br>Potatoes<br>Hominy   | 26<br>Chicken Enchilada<br>Bake<br>Spanish Rice<br>Pinto Beans   | 27<br>BLT Pasta Salad on a<br>bed of Fresh Greens<br>Crackers  |
|        | 30<br>Chicken Strips &<br>Country Gravy<br>Shoestring Fries<br>Texas Toast          | 31<br>Tex Mex Soft Taco<br>With Pepper and<br>Onions<br>Refried Beans                                      | The menu is prepared in<br>partnership with Ben E.<br>Keith Foods by Jackie<br>Scimeca Licensed<br>Dietician #DT83358 |  <p>Area Agency<br/>on Aging<br/>Funded through the Texas Department of Aging and Disability Services<br/>Alamo Area Council of Governments</p> |  <p>AACOG<br/>Alamo Area Council<br/>Of Governments</p> |
|        |   |  |   | Menu Subject To Change<br>According to Availability  |  |



# 10 STEPS FOR HEALTHY AGING



## Maintain a Healthy Diet

Adopt a diet that is high in fruits and vegetables. Limit red meat, fried and processed foods, salt, and sugar.



## Get Plenty of Exercise

Physical activity increases blood flow to the brain and can also help improve mood.



## Learn Something New

Stimulate your brain and learn something new. Take up a new sport or hobby, learn to speak a foreign language, or enroll in a local class.



## Get Plenty of Sleep

Get a consistent night's sleep— at least 7–9 hours. Lack of proper sleep can affect your health and memory.



## Mind Your Medication

Contact your doctor or pharmacist with any questions you have about current or new medications.



## Stop Smoking & Limit Alcohol

Smoking and high consumption of alcohol increases your risk of serious illnesses.



## Stay Connected

Maintaining an active social life is important for brain health, cognitive stimulation, and mood.



## Know Your Blood Pressure

Have your blood pressure checked regularly to help screen for underlying health issues.



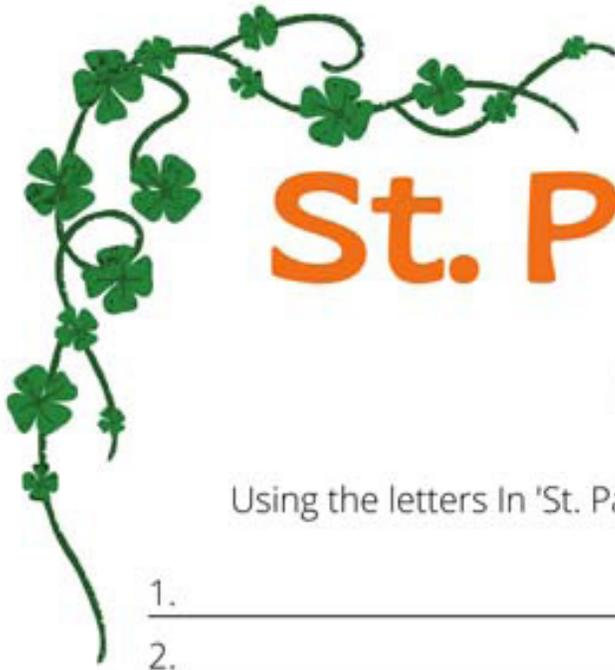
## Keep Up With Appointments

Get your annual checkups and health screenings. Contact your doctor with any questions you have about your health.



## Get A Memory Screening

Your brain needs regular checkups too! A memory screening is a quick, easy, and non-invasive exam for the brain.



# St. Patrick's Day



Using the letters in 'St. Patrick's Day' create as many words as you can.

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**MONDAY MARCH 9TH 10AM-12PM  
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**MONDAY MARCH 23RD 10AM-12PM  
LAKE MEDINA SHORES (THE POOL)  
7100 Wharton's Dock Road**

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

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

