



**THRIFT STORE**  
616 HWY 16 S. BANDERA, TEXAS

**NEW LOCATION/  
NEW HOURS**

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

**Store Hours:**

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



**MONTHLY  
MENU  
PAGE 8 & 9**



**VOL. 6 ISSUE 1 WWW.SILVERSAGE.ORG**

**NOVEMBER 2024**

**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 always the 1st Tuesday of every month, Benefiting Meals On Wheels.  
**Nov. 5th Art, Lisa, Dave Kemp, with Special guest: Lee Haile**  
**More details on pg 13**

**Happy  
THANKSGIVING**





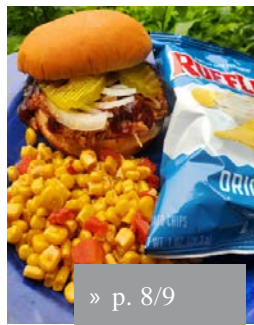
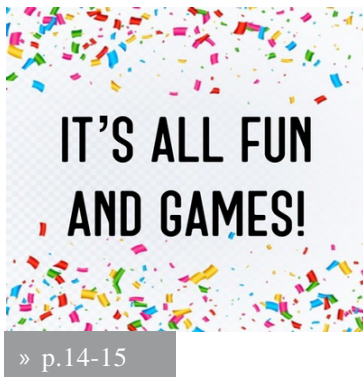
Managing Publisher/Designer:

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



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.  
**WWW.SILVERSAGE.ORG**

*Our Mission:*  
**EMPOWERING PEOPLE.  
BUILDING EQUITABLE 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

## THANKSGIVING WOULD YOU RATHER...

Have your birthday always land on Thanksgiving or Christmas

Rake and bag leaves on Christmas or Shovel snow on Thanksgiving

Eat light and fluffy mashed potatoes or Eat thick and chunky mashed potatoes

Have your entire meal with no seasonings or Have every dish oversalted

Have only appetizers or Have only dessert

Go sledding or Go ice skating

Not have the ability to speak before dinner or Not speak after dinner

Play games with your family or Perform for your family

Clean and prep the turkey or Empty and carve a pumpkin

Have dinner with your family or Dinner with a celebrity of your choice

Eat cranberry sauce or Eat candied yams

Eat an entire raw onion or Chew and eat a clove of garlic

Only use a fork for your entire meal or Only use a spoon for your meal

Cook Thanksgiving dinner or Clean up after dinner

Swim in a pool of cranberry sauce or Swim in a pool of gravy

Eat dinner at the kid's table or Eat dinner at the grown-up's table

## **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*.

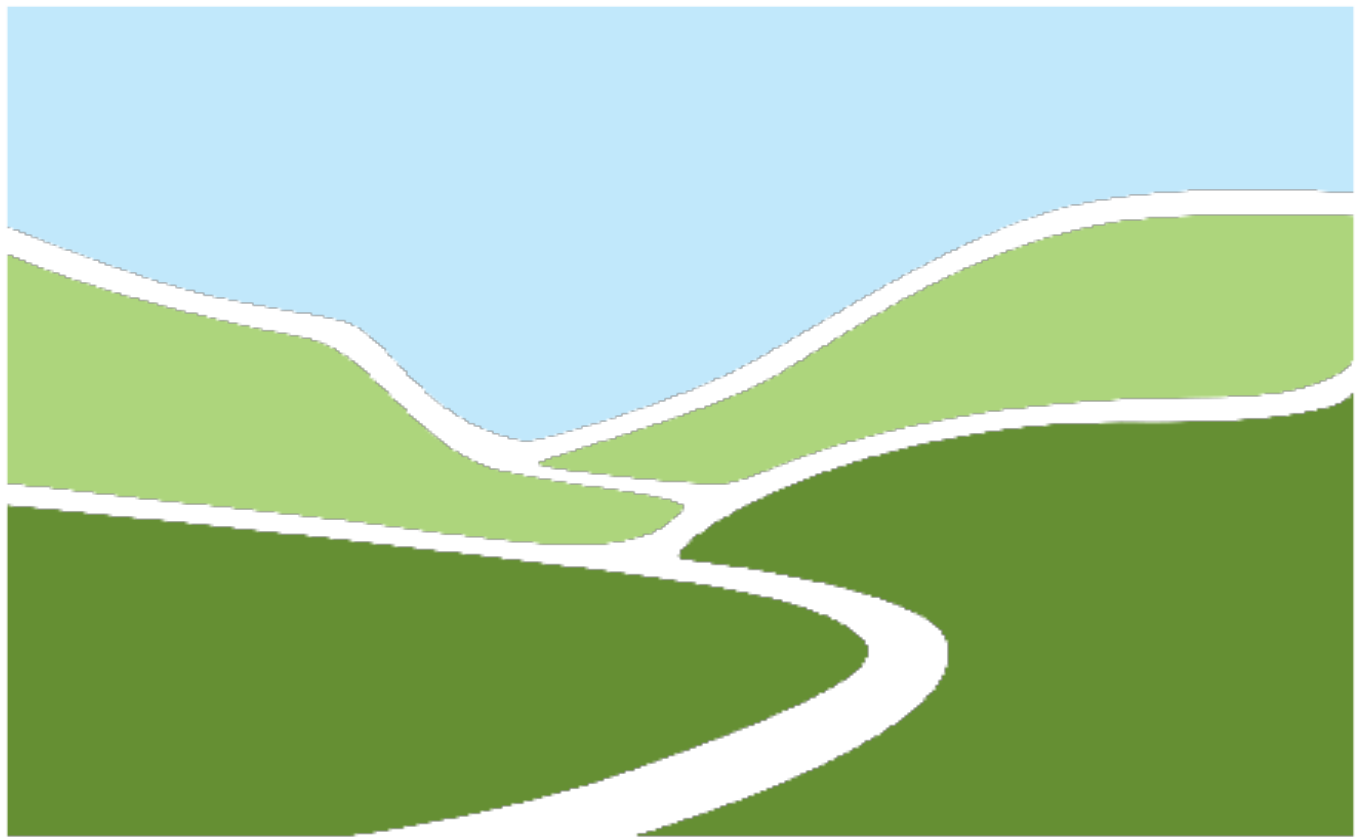


**Anthony J Ferragamo, CFP®**  
Financial Advisor

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

[www.edwardjones.com](http://www.edwardjones.com)  
Member SIPC

**Edward Jones**  
MAKING SENSE OF INVESTING



# **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:**

**1st Wednesday of each month @ 6pm, also the 3rd Wednesday of each month at noon @ Bandera China Bowl located at 1203 Pecan St.**

**For More Info, Contact Rene Leith (210) 844-6910  
-or- 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**



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

# WE'RE PROUD TO BE *your* NEIGHBORS.

PERSONAL | COMMERCIAL | MORTGAGE | WEALTH MANAGEMENT



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 | 1318 S. State Hwy 16, Ste. 100 | 830.307.5490



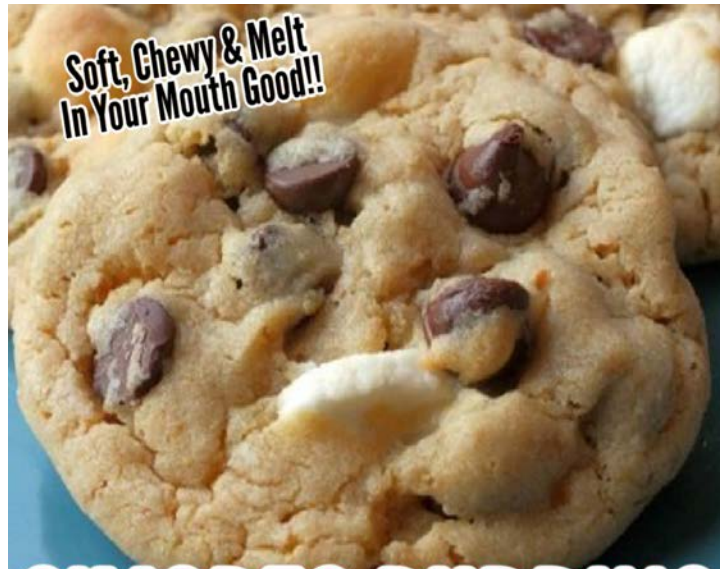
[texashillcountrybank.com](http://texashillcountrybank.com)





## FRENCH ONION SOUP

4 pounds yellow onions, halved and thinly sliced  
 3 tbsp. butter  
 2 cloves garlic, minced  
 2 sprigs fresh thyme  
 1 bay leaf  
 Salt and pepper to taste  
 3 tbsp. all-purpose flour  
 1/4 cup white wine or water  
 6 cups beef stock  
 French bread, sliced  
 2 tbsp. olive oil  
 Gruyere cheese, sliced or grated



## S'MORES PUDDING cookies

butter  
 sugar  
 brown sugar  
 eggs  
 instant vanilla pudding  
 vanilla extract  
 honey graham crackers  
 baking soda  
 flour  
 mini marshmallows  
 chocolate chips



**Silver Sage  
 is delighted  
 to now offer  
 Veterans  
 Services!!**

### Do you know a Veteran struggling with everyday needs?

-Mortgage/Rent -Utilities -Food -Transportation -Much more...

Thanks to a Grant from the Texas Veterans Commission Fund for Veterans Assistance, Veterans and their families in Bandera, Kerr, Kendall, Medina, Real and Uvalde counties can now find the help they need including one-time utility or rent/mortgage payments, providing food or certain medical services and arranging transportation services. (Beneficiaries will not be required to qualify based on income level; need is based on unpaid utility or rent/mortgage bills.)

If you know of a Veteran in need visit [silversage.org/veteran-services](http://silversage.org/veteran-services) or reach out to Victor Polanco, the Veteran Service Coordinator at 830-328-6355. Victor is excited to see this type of resource available to the Veterans in need and is ready to support as many Veterans as possible.







## NOVEMBER ACTIVITIES 2024

Activities Director, Lisa Crawford

Phone: (830) 850-0028 Email: [lisa@silversage.org](mailto:lisa@silversage.org)



Mon	Tue	Wed	Thu	Fri
OCT 28	29	30	31	NOV 1
8:00 Video Exercise 10:00 Yoga w/ Willie \$10 1:30 Movie Monday: Death Becomes Her PG-13 1h 44m	10:30 Stretch & Strengthen w/Ida \$8 12:30 Games	8:30 Video Exercise 9:30 Quilting 12:30 Games	11:00 TRI-County Home Health Blood Pressure Clinic 12:30 Games	8:00 Video Exercise 10:00 Dance for Joy \$5 12:30 Watercolor Painting \$6
4	5	6	7	8
8:00 Video Exercise 10:00 Yoga w/ Willie 1:30 Movie Monday: The Ultimate Life PG 1h 45m	10:30 Stretch & Strengthen w/Ida \$8 12:30 Games 7:00 Cowboy Capital Opry with hosts Art, Lisa & Dave/ Guest Lee Haile	8:00 Video Exercise 9:00 HEB 9:30 Quilting 12:30 Games	10:30 Mac & Ernie's Roadside Grill 11:00 TRI-County Home Health Blood Pressure Clinic 12:30 Games	7:00 Veteran's Appreciation Breakfast 8:00 Video Exercise 10:00 Dance for Joy \$5 12:30 Watercolor Painting \$6 ----- Nov 9 11:00 Veterans Day Parade
11	12	13	14	15
8:00 Video Exercise 10:00 Yoga w/ Willie 1:30 Movie Monday: 1:30 Lunes de cine: Temple Grandin PG-13 1h 49m	10:30 Stretch & Strengthen w/Ida \$8 12:30 Games 1:00 Writers Group	8:00 Video Exercise 9:30 Quilting 12:00 Nutrition Education/Jessica 4:30 5D Steakhouse & FREE Live Radio Show at Rock Box Theater	12:30 Games	8:00 Video Exercise 10:00 Dance for Joy \$5 11:30 Birthday Bash
18	19	20	21	22
8:00 Video Exercise 8:30 Hen's Nest Meet Up 10:00 Yoga w/ Willie 1:30 Movie Monday: Water for Elephants PG-13 1h 56m	10:30 Stretch & Strengthen w/Ida \$8 12:30 Games 00:00 AMC Movie Theater Movie & Time TBD	8:00 Video Exercise 9:30 Quilting 12:00 Nutrition Education/Susan 12:30 Games 12:30 Walmart	11:30 TRI-County Home Health Blood Pressure Clinic 12:30 Games	8:00 Video Exercise 10:00 Dance for Joy \$5
25	26	27	28	29
8:00 Video Exercise 10:00 Yoga w/ Willie 1:30 Movie Monday: The Women PG-13 1h 54m	10:30 Stretch & Strengthen w/Ida \$8 12:30 Games 1:00 Writers Group	8:00 Video Exercise 9:30 Quilting 12:30 Games	CENTER CLOSED	CENTER CLOSED ----- 30 Christmas Craft Sale In Great Room

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

Domingo	Lunes	Martes	Miércoles	Jueves	Viernes
	 <b>AACOG</b> Alamo Area Council of Governments	 <b>Area Agency on Aging</b> Provided through the Texas Department of Aging and Disability Services Alamo Area Council of Governments			<b>1</b> Chile verde de cerdo sobre Arroz pegajoso Maíz del suroeste
<b>4</b> Al horno con hierbas Pollo Patatas con queso Mezcla de verduras italiana	<b>5</b> Carne de res al sitroganoff Fideos de huevo con mantequilla Gusanitos	<b>6</b> Sándwich de cerdo desmenuzado con cebolla y pepinillos Gajos de patata	<b>7</b> Espaguetis y albóndigas Verduras de la Toscana		<b>Atún al limón y 8</b> Pasta con brócoli Patata cremosa y Sopa de codillo de jamón Pan de maíz
<b>11</b> Pechuga picada Sandwich con cebolla & encurtidos Tazon de fuente de latto	<b>12</b> Lasaña Brócoli a la pamesana	<b>13</b> Chuleta de cerdo ahogada Puré de patatas y Salsa Maíz sazonado	<b>14</b> Pavo frito y arroz Homear	<b>15</b> Palillos de pescado Patatas fritas dulces Salsa tártara	
<b>18</b> Filete de pollo frito & Salsa campestre Puré de papas Judías verdes	<b>19</b> Pollo al romero Zanahorias asadas y Papas	<b>20</b> Cerdo con costra de hierbas Lomo Black Eyed Peas Espinaca	<b>21</b> Pollo King Ranch Frijoles borrachos Arroz español	<b>22</b> Carne mechada Puré de papas Brócoli & Coliflor	
<b>25</b> Pollo a la naranja Arroz pegajoso Empanadillas	<b>26</b> Almuerzo de Acción de Gracias: Pavo asado Cazuela de judías verdes Patatas dulces Panecillo Pudín de pan	<b>27</b> Pastel del peregrino	<b>28</b> CERRADO	<b>29</b> CERRADO	
				<b>Menú Sujeto a Cambios</b> <b>Según disponibilidad</b>	



# November 2024 Lunch Served 11:30-1pm [Silversage.org](http://Silversage.org)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
					<b>1</b> Pork Chili Verde over Sticky Rice Southwest Corn	
<b>4</b> Herbed Baked Chicken Cheesy Potatoes Italian Blend Veggies	<b>5</b> Beef Stroganoff Buttered Egg Noodles Peas	<b>6</b> Pulled Pork Sandwich with Onion & Pickle Potato Wedges	<b>7</b> Spaghetti & Meatballs Tuscan Vegetables	<b>8</b> Creamy Potato and Ham Hock Soup Cornbread		
<b>11</b> Chopped Brisket Sandwich with Onion & Pickles Tator Tots	<b>12</b> Lasagna Parmesan Broccoli	<b>13</b> Smothered Pork Chop Mashed Potatoes & Gravy Seasoned Corn	<b>14</b> Fried Turkey & Rice Bake	<b>15</b> Fish Sticks Sweet Potato Fries Tarter Sauce		
<b>18</b> Chicken Fried Steak & Country Gravy Mashed Potatoes Green Beans	<b>19</b> Rosemary Chicken Roasted Carrots and Potatoes	<b>20</b> Herb Crusted Pork Loin Black Eyed Peas Spinach	<b>21</b> King Ranch Chicken Borrracho Beans Spanish Rice	<b>22</b> Meatloaf Mashed Potatoes Broccoli & Cauliflower		
<b>25</b> Orange Chicken Sticky Rice Potstickers	<b>26</b> Thanksgiving Lunch: Roasted Turkey Green Bean Casserole Sweet Potatoes Dinner Roll Bread Pudding	<b>27</b> Pilgrim's Pie	<b>28</b> CLOSED	<b>29</b> CLOSED		
			Menu Subject To Change According to Availability			

# Build a Healthy Eating Routine as You Get Older

Good nutrition is key to staying healthy, active, and independent as you get older. And it's never too late to make healthy changes!

**Follow these tips to build a healthy eating routine that works for you.**



## ■ Choose a mix of healthy foods

There are lots of healthy choices in each food group! Choose a variety of foods you enjoy, including:



**Whole fruits** — like apples, berries, oranges, mangos, and bananas



**Veggies** — like broccoli, sweet potatoes, beets, okra, spinach, peppers, black beans, edamame, and jicama



**Whole grains** — like brown rice, millet, oatmeal, bulgur, whole-wheat bread, and pasta



**Protein foods** — like lean meats and chicken, eggs, seafood, beans and lentils, nuts and seeds, and tofu



**Low-fat or fat-free dairy** — like milk, yogurt, cheese, lactose-free dairy, and fortified soy beverages (soy milk) or soy yogurt



**Oils** — like vegetable oil, olive oil, and oils in foods like seafood, avocado, and nuts





The Hill Country Reduce, Reuse, and Recycle Project (HCRRRP) proposes to inform the residents of 14 rural and disadvantaged communities about new and existing recycling programs.

- **Bandera, Pipe Creek, Tarpley**
- **Kerrville, Ingram, Hunt**
- **Leakey, Rio Frio, Camp Wood**
- **Uvalde, Utopia, Concan, Knippa, Sabinal**

HCRRRP will perform diverse and impactful outreach efforts to facilitate the promotion, increase in awareness of and participation in recycling.

**In partnership with**



**For More Info, Visit:**  
**[Silversage.org/HCRRP](https://silversage.org/HCRRP)**





## **Benefits Enrollment Center**

In 2024 The Silver Sage received a grant that was awarded by the National Council on Aging to fund the Benefits Enrollment Center. The Benefits Enrollment Center is here to assist people entitled to Medicare and adults with disabilities enroll in public benefits for which they are eligible.

Programs include:

### **Medicare Savings Plan (MSP):**

MSP helps eligible persons pay for all or some of their out-of-pocket Medicare expenses, such as premiums, deductibles or coinsurance.

#### **INCOME GUIDELINES**

##### **Max Income for Individuals**

**\$1,215 (QMB)**

**\$1,458 (SLMB)**

##### **Max Income for Couples**

**\$1,643 (QMB)**

**\$1,972 (SLMB)**

### **Low Income Subsidy (LIS)**

#### **Medicare Part D Extra Help**

Medicare Part D provides drug coverage. The LIS Extra Help program helps with the cost of your prescription drugs, like deductibles and copays.

#### **INCOME GUIDELINES**

Those that qualify for MSP will automatically qualify for LIS.

### **Supplemental Nutrition Assistance Program (SNAP)**

SNAP provides benefits to eligible low-income individuals and families via an Electronic Benefits Transfer card.

#### **INCOME GUIDELINES**

##### **Max Income for Individuals**

**1 person           \$ 2,005**

**2 persons         \$ 2,712**

**3 persons         \$ 3,419**

**4 persons         \$ 4,125**

**5 persons         \$ 4,832**

For each additional person, add: \$ 707

Call to schedule an appointment to discuss what you qualify for and application assistance

**(830) 460 0423**



THE 1<sup>ST</sup> TUESDAY OF EVERY MONTH!  
-SILVER SAGE PRESENTS-

# Cowboy Capital Opry

HOSTED BY:  
ART AND LISA & DAVE KEMP

W/SPECIAL GUEST

LEE HAILE  
NOVEMBER 5TH



\$10 Cover

(830) 796-4969

803 Buck Creek Drive

7-9pm

[silversage.org](http://silversage.org)

Bandera, Texas 13

Name \_\_\_\_\_

## Thanksgiving Crossword Like Word Search Puzzle #09

Find the words hidden in the grid. There are 2 steps to solving the puzzle. First, solve for the clue and record the word. Then, locate the word hidden in the grid. Words can go up, down, diagonally both forwards and backwards.

a	n	y	y	u	w	a	m	p	a	n	o	a	g	i	n	d	i	a	n	s	b
u	w	f	p	z	d	r	u	t	s	j	u	c	l	v	z	h	e	u	u	k	o
z	z	e	l	p	u	k	r	k	m	n	n	a	c	e	p	o	z	p	i	f	h
n	r	a	y	u	a	h	o	q	d	c	r	b	c	c	s	m	k	w	t	d	o
f	c	u	m	r	s	p	f	s	z	j	g	o	t	u	m	e	w	d	h	h	d
z	t	c	o	z	e	j	w	b	o	s	i	y	c	a	q	f	l	u	z	f	t
z	k	p	u	i	i	t	f	j	k	i	e	o	f	n	y	k	d	s	u	j	l
g	t	y	t	q	b	m	t	k	a	t	j	q	o	i	a	s	w	y	o	h	t
k	l	u	h	t	z	m	t	a	i	c	a	r	v	e	z	i	n	j	o	w	x
k	b	i	r	t	r	l	u	t	l	i	s	n	u	b	j	c	d	x	h	w	t
v	z	v	o	e	s	w	e	e	t	p	o	t	a	t	o	i	a	n	w	v	z
j	x	q	c	m	u	p	s	d	n	e	i	r	f	l	x	c	z	a	i	m	m
t	d	i	k	g	p	k	d	m	t	z	j	c	a	n	o	e	i	n	m	x	f
q	p	t	d	a	e	i	r	b	x	b	t	a	b	l	e	c	l	o	t	h	e
e	r	h	r	j	k	g	d	s	g	n	i	v	r	e	s	x	v	k	a	s	s

- Birch bark was used to make this.
- \_\_\_\_\_ is where the heart is.
- Type of pie.
- Famous landmark for landing of Mayflower pilgrims.
- Serving tray.
- This corn is a variant of corn.
- Squanto was their leader.
- Small bread rolls are called \_\_\_\_\_.
- A desire to eat means this.
- You spend time with your \_\_\_\_\_.
- Often mistaken as a yam.
- Food guides use this standard.
- Use a knife to \_\_\_\_\_ the turkey.
- Follow this to bake a cake.
- Use this to cover a table.



# thanksgiving

## FINISH MY PHRASE

**Example: Apple a day, keeps the doctor away.**

ACORN \_\_\_\_\_

APPLE \_\_\_\_\_

BAKED \_\_\_\_\_

CORN \_\_\_\_\_

CRANBERRY \_\_\_\_\_

CREAM \_\_\_\_\_

FAMILY \_\_\_\_\_

FAVORITE \_\_\_\_\_

FOOTBALL \_\_\_\_\_

GIVE \_\_\_\_\_

GOBBLE \_\_\_\_\_

GRAVY \_\_\_\_\_

HOLIDAY \_\_\_\_\_

HOME \_\_\_\_\_

HONEY \_\_\_\_\_

LEFTOVER \_\_\_\_\_

MOVIE \_\_\_\_\_

NAP \_\_\_\_\_

PIE \_\_\_\_\_

PUMPKIN \_\_\_\_\_

ROASTED \_\_\_\_\_

SAY \_\_\_\_\_

STUFFING \_\_\_\_\_

SWEET \_\_\_\_\_

TABLE \_\_\_\_\_

THANKFUL \_\_\_\_\_

THANKSGIVING \_\_\_\_\_

TURKEY \_\_\_\_\_

WISH \_\_\_\_\_

YUMMY \_\_\_\_\_



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

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

**MONDAY NOV 4TH 10AM-12PM  
LAKEHILLS COMMUNITY CENTER  
11225 PR 37, Lakehills, TX**

**MONDAY NOV 18TH 10AM-12PM  
LAKE MEDINA SHORES (THE POOL)  
7100 Wharton's Dock Road**

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

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

