



Silver Sage Thrift Store & Boutique
616 Hwy 16 S

Store Hours:

Tuesday-Saturday
10:00am-4:00pm

The Silver Sage Home Goods Thrift Store
805 Main Street (old Family Dollar)

Store Hours:

Tuesday-Saturday
10am-4pm

Home Goods
THRIFT STORE

BENEFITTING MEALS ON WHEELS

MONTHLY
MENU
PAGE 8 & 9



VOL. 7 ISSUE 11 WWW.SILVERSAGE.ORG OCTOBER 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, Crafts and More!! See Page 7



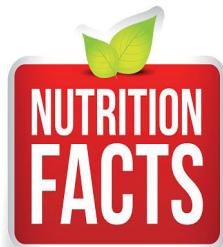
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Silver Sage-803 Buck Creek
Bandera, TX 78003
(830) 796-4969
P.O. Box 1416



» P.7



» P.10

Check out
our Monthly
Menu!



» PG 6



» P. 8/9



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



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

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Comfort Food for Fall!

An Autumn chill is in the air! Throw these scrumptious Fall recipes.

on a sweater and cozy up with Everyone will be comforted!



Beef Barley Soup



Ingredients: 1 1/2 lb ground sirloin; 1 medium onion, finely chopped; 1 (28oz) can petite or diced tomatoes; 3 (10 1/4 oz) cans beef consome; 1 can Campbell's tomato soup; 4 large carrots, finely chopped; 3 sticks celery, finely chopped; 2 cups water; 8 T barley; fresh parsley

Directions: Brown meat with onions & drain. Combine rest in a big pot. Add pepper or other seasonings to taste. Cover and simmer for 2 hours or all day.

Serve with salad and multigrain bread.

FALL

Best Mac and Cheese



Ingredients: 8 oz elbow macaroni; 2 T cornstarch; 1 tsp salt; 1/2 tsp dry mustard; 1/4 tsp ground black pepper; 3 cups milk; 2 T butter; 2 cups shredded cheddar cheese

Directions: Cook pasta for 6 minutes & drain. In medium saucepan combine cornstarch, salt, dry mustard and pepper. Stir in milk until smooth and heat on medium. Add butter, stirring constantly. Bring to a boil over medium-high heat. Boil 1 minute. Remove from heat & stir in cheese until melted. Add cooked pasta. Pour into greased 2-qt dish. Bake @ 375, 25 min.



Mimi's Corn Chowder



Ingredients: 3 slices bacon, crisply cooked & crumbled; 1/4 cup onion, chopped; 2 cups creamed corn; 1 cup chicken broth; 1 pint light cream; 6 saltine crackers, crushed; 1 cup shredded cheddar cheese; 16-oz pkg frozen diced potatoes; salt & pepper to taste.

Directions: Mix all ingredients together in a slow cooker. Cover & cook on LOW for 3-4 hours or until potatoes are tender.

Serve with extra saltine crackers.



Lazarus Dogs



Ingredients: 1 (8oz) can refrigerated crescent dinner rolls; hot dogs; mustard or ketchup

Directions: Cut the crescent roll dough into thin strips and wrap around hot dogs. Bake according to crescent package directions & add mustard or ketchup for eyes. You can cut hot dogs in half for smaller mummies.

Read the story of how Jesus raised Lazarus from the dead in John 11:1-44.

Great Depression Pumpkin Bread

Ingredients:

- 3 1/2 cup AP flour
- 2 cups (1 can) pumpkin
- 1 tsp. Nutmeg
- 2 tsp baking soda
- 3 cups sugar
- 4 eggs
- 1 tsp. Cinnamon
- 1 cup cooking oil
- 2/3 cup water
- 1 1/2 tsp salt
- 1 cup finely chopped pecans

1. Mix dry ingredients in large bowl, add rest of ingredients and mix well
2. Grease and flour 4 coffee cans
3. Fill them halfway and bake at 300 F for 1 hr.
4. Turn upside down to cool, or bake at same time in 2 loaves

(Can also use loaf pans instead of coffee cans)





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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**

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HOW MANY WORDS CAN YOU MAKE OUT OF

HAUNTED HOUSE

Using each letter only once, see how many different words you can make out of "Haunted House." Write as many words as you can on the lines below.

- | | |
|-----------|-----------|
| 1. _____ | 16. _____ |
| 2. _____ | 17. _____ |
| 3. _____ | 18. _____ |
| 4. _____ | 19. _____ |
| 5. _____ | 20. _____ |
| 6. _____ | 21. _____ |
| 7. _____ | 22. _____ |
| 8. _____ | 23. _____ |
| 9. _____ | 24. _____ |
| 10. _____ | 25. _____ |
| 11. _____ | 26. _____ |
| 12. _____ | 27. _____ |
| 13. _____ | 28. _____ |
| 14. _____ | 29. _____ |
| 15. _____ | 30. _____ |

OCTOBER ACTIVITIES 2026

Mon	Tue	Wed	Thu	Fri
			1 10am Exercise Dance 10am Bible Study Fabric Mache Bowl Crafts w/Shelley	2 8:00 Video Exercise 1:00 Games
5 8:00 Video Exercise 10:00 Yoga w/ Willie 1:00 Movie Monday	6 10:30 Stretch & Strengthen w/Lda 1:00 Games 1:00 Writers Group 3:00 Tai Chi	7 8:00 Video Exercise 9:30 Quilting	8 10am Exercise Dance 10am Bible Study 1pm Bingo	9 8:00 Video Exercise 1:00 Games
12 CLOSED	13 10:30 Stretch & Strengthen w/Lda 3:00 Tai Chi	14 8:00 Video Exercise 9:30 Quilting 10:00am Free haircuts w/ Mimi	15 10am Exercise Dance 10am Bible Study Decorative Yarn Bowls Crafts w/Shelley	16 8:00 Video Exercise 1:00 Games
19 8:00 Video Exercise 10:00 Yoga w/ Willie 1:00 Movie Monday	20 10:30 Stretch & Strengthen w/Lda 1:00 Writers Group 3:00 Tai Chi	21 8:00 Video Exercise 9:30 Quilting	22 10am Dance Class 10am Bible Study 1pm BINGO	23 8:00 Video Exercise 1:00 Games
26 8:00 Video Exercise 10:00 Yoga w/ Willie 1:00 Movie Monday	27 10:30 Stretch & Strengthen w/Lda 3:00 Tai Chi	28 8:00 Video Exercise 9:30 Quilting	29 10am Dance Class 10am Bible Study	30 Birthday Bash Halloween Party

Domingo	Lunes	Martes	Miércoles	Jueves	Viernes
	El menú se prepara en colaboración con Ben E. Alimentos Keith por Jackie Scimeca, dietista titulada n.º DT83358	 Alamo Area Council of Governments	 Funded through the Texas Department of Aging and Disability Services Alamo Area Council of Governments	1 Pollo al horno con hierbas sobre raíz asada Verduras con un Dijonnaise de hierbas Salsa Galleta de ajo	2 Filete de queso estilo Filadelfia Sándwich Ajo parmesano Patatas gajo
5 Pollo crujiente Tiras de pollo con salsa Papás fritas Tostada texana	6 Pastel de carne con salsa Puré de papas Judías verdes	7 Cerdo a la barbacoa coreana Chuletas sobre Jazmin Arroz Catrina Vegetal Mezcla	8 Stroganoff de ternera sobre fideos de huevo con mantequilla Guisantes y zanahorias	9 Cazuela de jamón, brócoli y arroz con queso Zanahorias con mantequilla	
12 CERRADO	13 Tocino y queso suizo Sándwich de pollo Patatas fritas	14 Ravioles de queso en un Espinacas y hierbas Salsa marinara Judías verdes asadas	15 Filete de ternera con pimienta sobre pan blanco al vapor Arroz Vegetal oriental Mezcla	16 Restaurante de carnes al estilo texano Pastel de Frito Maíz y frijoles negros Salsa	
19 Trocitos de cerdo al estilo sureño con salsa de cebolla sobre puré de papas Tocino parmesano Coles de Bruselas	20 Horneado de enchiladas Arroz español Frijoles pintos	21 Pollo Teriyaki y verduras por encima Arroz blanco Empanadillas chinas	22 Champiñones y cebolla Hamburguesa Papás fritas Frijoles horneados	23 Pollo Tex-Mex Tacos con pepinillos cebollas rojas Frijoles Charros	
26 Filete de pollo frito Puré de papas/ Salsa Judías verdes	27 Perrito caliente totalmente americano Frijoles horneados Aros de cebolla	28 Pollo Piccata sobre Pasta cabello de ángel Espinaca	29 Estofado de ternera con Verduras sobre Puré de papas Galleta	30 Huevo y verduras Lucha Gofre de patatas ralladas Salchicha en forma de enlace	

El menú está sujeto a cambios.

Según disponibilidad

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
	The menu is prepared in partnership with Ben E. Keith Foods by Jackie Scimeca Licensed Dietician #DT83358			1 Herb Baked Chicken over Roasted Root Vegetables with a Herb Dijonnaise Sauce Garlic Biscuit	2 Philly Cheesesteak Sandwich Garlic Parmesan Potato Wedges	
5 Crispy Chicken Tenders & Gravy French Fries Texas Toast	6 Meatloaf & Gravy Mashed Potatoes Green Beans	7 Korean BBQ Pork Chops over Jasmine Rice Catrina Vegetable Blend	8 Beef Stroganoff over buttered egg noodles Peas & Carrots	9 Cheesy Ham, Broccoli and Rice Casserole Buttered Carrots		
12 CLOSED	13 Bacon and Swiss Chicken Sandwich Tator Tots	14 Cheese Ravioli in a Spinach and Herb Marinara Sauce Roasted Green Beans	15 Beef Pepper Steak over Steamed White Rice Oriental Vegetable Blend	16 Texas Steakhouse Frito Pie Corn and Black Bean Salsa		
19 Southern Pork Tips with Onion Gravy over Mashed Potatoes Parmesan Bacon Brussel Sprouts	20 Enchilada Bake Spanish Rice Pinto Beans	21 Terryaki Chicken and Vegetables over White Rice Potsickers	22 Mushroom Onion Hamburger Twister Fries Baked Beans	23 Tex Mex Chicken Tacos with Pickled Red Onions Charro Beans		
26 Chicken Fried Steak Mashed Potatoes/Gravy Green Beans	27 All American Hot Dog Baked Beans Onion Rings	28 Chicken Picatta over Angel Hair Pasta Spinach	29 Beef Pot Roast with Vegetables over Mashed Potatoes Biscuit	30 Egg and Veggie Scramble Hashbrown Waffle Sausage Link		
			Menu Subject To Change 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.

Autumn Word Search

by Craftideas.info

OSUVIJASVDHYGNQSELNMA SIEKUMOONERWTVDITG
ACRANBERRIESETUKNREHTKHFDT CNDTRCOELEODN
ZVTGVSREGTSAIMTDIEPUMPKINSABWTSIHZDBRJ
ESROUDOAPUHG PINECONEOSUTAH CNEEDKRTIYTOV
KHISBTAVZETKEURLUNSIAGDRGKETBCLLCODEWHI
IUCHIEGNEUOVLLFTHSETNKI HARVEST EHPARVBEG
HIKOAKREBMETPESWDMHEGEAQUCAKDWIDETT UZNS
EHOBUVVDGOTSJPDAPIKDOWIGSTHMIREFGISO SLRK
GSRTKITXUCHUAETUZNEAUOTLUADT NONEPYNBYMN
AUTUMNASNUMNTLPNGDZVNDLEMSVLS CRTVEDOUAA
CARHZUSOTRTUEVMOISR AETALNTNIHDOEULKEIEH
EKEANBECYOSACHESTNUTSCHSADE CODCABIELLRT
BOAVTUSZEPTTUGTUHENHRUENLHAIRMN OTDOEVBN
JSTOIPEDBOJ MADMENCODLVNTEVETASZECAMTAYI
ZAENORVOKREVSR OWTSHGAISLQDNAEUFIBREDERN
ITBOTCAGPSMAYANFNIVESNHAUSOCNLOHENTIKHD
GEKURZEVUDQHRPKMEJLDIKTUI MARYENSTKANELI
AYAVNSLBENUWRHTLUGORBD FQNVCI AHL YAVHEDTA
TSKETUGOCIPIEEHMND FMSHTROINEDNADLETOBLN
FSAGRANYEPKTBOVIERDEANE B XGR TOSWORCERACS
ANTHOMIHTONENRKCMA DFUOIMFKSOWUJENISKYOU
LLARCELIVHUMA AHONLGNEVKHLEMTESIATKNIAEM
LOCUIZLOTBMCRPD XECMHIEDOGTIKEPTHIDOWLUM
BEREHTAEWLOOCYMAUKOTHMRASLUANONAMKNEAHE
TUOKEAFVURNSGHELHBSLNBZEBFTIRAFLYTAVLIR
APWUVSOGNOJENLRLDRNGOE VURCKTABTOLENLAKL
CNSTRIBUAKMRHONYMOLEDRAHEPAKQSE DG AUIMUO
GAKOASCZOBMOEVERSFEMALFCMOSBEUDESHT EYNV
ESTPIOKIEVUNZLMORAUHS LRUEOXZCANNEONBOSZ
ZENUPBLACKBERRIESENDPEPHLWTANMRVLARHMAL
TOVIOVUJIATHBNHMLKSTRACBLLNKSOTETSEADOU
IBACKTOSCHOOLMNPWDMEHUDSRIEBCWHNKYTOIVT
ERBPGASNUTE PAGULFORNPECTEZ NARAJIOTNLSNY
VIENPUTABIVMCEHWNFADOFMEDAIRVPTSWMATEDM
SZPEPLOGGYUNKDMSEHUWALNUTSBO SERNKHLWANT
AGUNFMELUEZECNAHA OHIRETSMHKISISEASONDSO
ROWDAITSVKYRALDCNULNSUEKGEARTCUOTVK TUWA
JCBRNCHOPREPTWOLF HQDOGD AEKSOJALNROCJHST
BZOXVKECJUQASEMKUNKSELIPFAELYN AOHTAROVN
PUMPKINPATCHMOUGLDCHDUFDATEAVDITWSJLAND

Acorns
Back To School
Chrysanthemum
Cornucopia
Falling Leaves
Haystacks
Leaf Piles
Pecan Pie
Raking Leaves
September
Turkey

Apple Pie
Blackberries
Colorful Leaves
Cranberries
Fog
Indian Summer
Moon
Pine Cone
Rain
Spooky
Walnuts

Apples
Black Cats
Cool Weather
Cranberry Sauce
Halloween
Jack o Lantern
November
Pumpkin Patch
Raincoat
Squash
Winds

Autumn
Bounty
Corn
Crows
Harvest
Kite Flying
Nuts
Pumpkin Pie
Scarecrows
Thanksgiving
Yams

Autumnal Equinox
Chestnuts
Corn Fields
Fall
Harvest Moon
Kites
October
Pumpkins
Season
Trick or Treat



SILVER SAGE & SAN ANTONIO FOOD BANK DISTRIBUTION

****WEATHER PERMITTING****

**MONDAY OCT. 5TH 10AM-12PM
LAKEHILLS COMMUNITY CENTER
11225 PR 37, Lakehills, TX**

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

Registration will be done on-site

QUESTIONS: (830) 796-4969

