



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



VOL. 6 ISSUE 8 WWW.SILVERSAGE.ORG JULY 2025



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.

IN CONGRESS, JULY 4, 1776. A DECLARATION BY THE REPRESENTATIVES OF THE UNITED STATES OF AMERICA, IN GENERAL CONGRESS ASSEMBLED.

WHEN in the Course of human Events, it becomes necessary for one People to dissolve the Political Bands which have connected them with another, and to assume among the Powers of the Earth, the separate and equal Station to which the Laws of Nature and of Nature's God entitle them, a decent Respect to the Opinions of Mankind requires that they should declare the causes which impel them to the Separation.

We hold these Truths to be self-evident, that all Men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty, and the Pursuit of Happiness—That to secure these Rights, Governments are instituted among Men, deriving their just Powers from the Consent of the Governed, that whenever any Form of Government becomes destructive of these Ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its Foundation on such Principles, and organizing its Powers in such Form, as to them shall seem most likely to effect their Safety and Happiness. Prudence, indeed, will dictate that Governments long established should not be changed for light and transient Causes; and accordingly all Experience hath shewn, that Mankind are more disposed to suffer, while Evils are sufferable, than to right themselves by abolishing the Forms to which they are accustomed. But when a long Train of Abuses and Usurpations, purring invariably the same Object, evinces a Design to reduce them under absolute Despotism, it is their Right, it is their Duty, to throw off such Government, and to provide new Guards for their future Security. Such has been the patient Sufferance of these Colonies; and such is now the Necessity which constrains

**MONTHLY
MENU
PAGE 8 & 9**



HAPPY

**fourth
OF
JULY**



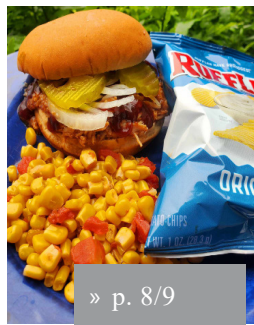
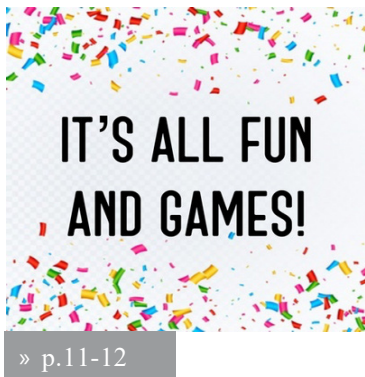
Managing Publisher/Designer:

Karyn Utterback
Executive Assistant
Email: karyn@silversage.org

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



Check out our
**Monthly
Menu!**



Why are there not any
knock-knock jokes
about America?
Because freedom rings.

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.

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

APPLE CRISP

from Heather Westlake



6 Granny Smith
apples

8 (2 1/2 x 5") graham
cracker squares,
finely chopped
3/4 cup packed brown
sugar

1/2 cup oats

1/2 cup flour

1 tsp. ground

cinnamon

1/2 tsp. ground

nutmeg

1/2 cup margarine,
melted

1. Peel, core & slice apples. Cut apples in half crosswise. Place in greased 8' square or round pan.

2. In large bowl, mix remaining ingredients well. Sprinkle that mixture evenly over the apples.

3. Bake in 350 degree oven for 30-35 minutes or until apples are tender.

4. In microwave: cook on HIGH 12-15 minutes or until apples are tender, turning dish after 6 minutes.



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

Daniel Sevilla (Chief Operations Officer) (830) 850-0898

Arthur Nagel Community Clinic (830) 796-3448

CVS Pharmacy (830) 460-7701

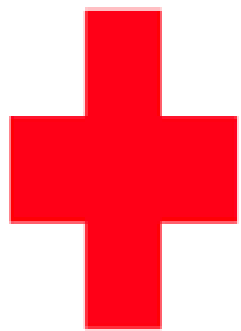
Bandera Pharmacy (830) 796-3111

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



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



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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

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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Debbie Brzezinski - Bandera County Resident

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WE'RE PROUD TO BE *your* NEIGHBORS.

PERSONAL | COMMERCIAL | INSURANCE | WEALTH MANAGEMENT

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PARTNERS BANK



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 | 1037 S. State Hwy 16 | 830.307.5490



www.texaspartners.bank

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

3 Dog Treats

Your Dog Will Really Love



DOG ICE CREAM

3 bananas
½ cup peanut butter, no Xylitol
2 tsp maple syrup, no Xylitol
½ cup lactose free
half and half



HOMEMADE DOG TREATS

2 ½ cups whole wheat flour
2 ½ tsp baking powder
1 ½ cups carrots
1 cup peanut butter
(xylitol-free)
2 eggs
2 tbsp honey



FROZEN DOG TREATS

16 oz Greek yogurt
⅓ cup peanut butter
(xylitol-free)
2 bananas
2 tbsp honey

JUNE ACTIVITIES 2025



Activities Coordinator:

Phone: (830) 850-0028



| Mon | Tue | Wed | Thu | Fri |
|--|---|---|-------------------|--|
| 2 8:00 Video Exercise 10:00 Yoga w/ Willie 1:00 Monday Afternoon Movie | 3 10:30 Stretch & Strengthen w/Ida 12:30 Games | 4 8:00 Video Exercise 9:30 Quilting 12:30 Games 1:00 Senior Savvy Savings Class | 5 12:30 Games | 6 8:00 Video Exercise 12:30 Watercolor Painting \$6 |
| 9 8:00 Video Exercise 10:00 Yoga w/ Willie 1:00 Monday Afternoon Movie | 10 10:30 Stretch & Strengthen w/Ida 12:30 Games | 11 8:00 Video Exercise 9:30 Quilting 12:30 Games | 12 12:30 Games | 13 8:00 Video Exercise 12:30 Watercolor Painting \$6 |
| 16 8:00 Video Exercise 10:00 Yoga w/ Willie 1:00 Monday Afternoon Movie | 17 10:30 Stretch & Strengthen w/Ida 12:30 Games 1:00 Writers Group | 18 8:00 Video Exercise 9:30 Quilting 12:30 Games | 19 12:30 Games | 20 8:00 Video Exercise 12:30 Watercolor Painting \$6 |
| 23 8:00 Video Exercise 10:00 Yoga w/ Willie 1:00 Monday Afternoon Movie | 24 10:30 Stretch & Strengthen w/Ida 12:30 Games | 25 8:00 Video Exercise 9:30 Quilting 12:30 games | 26 12:30 Games | 27 8:00 Video Exercise 12:00 Birthday Bash |
| 30 10:00 Yoga w/ Willie | | | | |

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

Almuerzo de julio de 2025. Servido de 11:30 a 13:00 h. Silversage.org

| Domingo | Lunes | Martes | Miércoles | Jueves | Viernes |
|---|---|--|--|--|--|
| |  AACOG Alamo Area Council Of Governments | 1 Enchilada de pollo Homear Arroz Frijoles pintos | 2 Filete Salisbury con salsa Puré de papas Judías verdes Amandina | 3 Pollo Alfredo Brócoli sazonado Panecillo | 4 Cerrado  Area Agency on Aging Provided through the Texas Department of Aging and Disability Services Alamo Area Council of Governments |
| 7 Pollo a la naranja Arroz blanco Rollo de huevo | 8 Taco de cerdo con Pimientos y cebollas en una tortilla de maíz Frijoles refritos Maíz del suroeste Galleta | 9 Pastel de carne con salsa Puré de papas Judías verdes sazonadas | 10 Pollo Caprese sobre un lecho de arroz Calabacín asado | 11 Ensalada de pasta italiana sobre un lecho de verduras frescas Galletas | |
| 14 Pollo palomitas de maíz Tazón con puré Papas, Maíz, Queso y salsa | 15 Hamburguesa con Cebollas a la parrilla Frijoles al horno Papas fritas | 16 Chuletas de cerdo cremosas Sobre espinacas Polenta con queso | 17 Cerdo a la barbacoa con miel Costillas Frijoles al horno Papas con queso | 18 Ensalada de taco con salsa y totopos | |
| 21 Palitos de pescado crujientes Tazón de fuente Guisantes y zanahorias Salsa tártara | 22 Pastel de carne picada con Ajo machacado Papas | 23 Stroganoff de ternera con Salsa de crema sabrosa sobre huevo con mantequilla Fideos Zanahorias frescas con mantequilla | 24 Pollo a la parrilla con Salsa holandesa Pilaf de arroz Rábanos al ajillo con Hierbas frescas | 25 Ensalada de pasta BLT en una Cama de verduras frescas Galletas | |
| 28 Filete de pollo frito con salsa Puré de papas Judías verdes asadas | 29 Parmesano cremoso Pollo carbonara sobre una cama de espinacas | 30 Burrito Bowl con Carne molida sazonada, Arroz, frijoles negros, Maíz, queso y Salsa | 31 Lasaña Coliflor asada Pan con queso | El menú se prepara en colaboración con Ben E. Keith Foods de Jackie Scimeca, dietista licenciada n.º DT83358 | |
| 8 | | | | Menú Sujeto a Cambiar Según disponibilidad | |

July 2025 Lunch Served 11:30-1 pm silversage.org

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | |
|---|--|---|--|---|--|--|
| |  | 1 Chicken Enchilada Bake Rice Pinto Beans | 2 Salisbury Steak/Gravy Mashed Potatoes Green Beans Amandine | 3 Chicken Alfredo Seasoned Broccoli Dinner Roll | 4 Closed  <small>Provided Through the Senior Department of Aging and Disability Services Alamo Area Council of Governments</small> | |
| 7 Orange Chicken White Rice Egg Roll | 8 Pork Taco with Peppers and Onions on a Corn Tortilla Refried Beans Southwest Corn Biscuit | 9 Meatloaf/Gravy Mashed potatoes Seasoned Green Beans | 10 Caprese Chicken over a Bed of Rice Roasted Zucchini | 11 Italian Pasta Salad on a Bed of Fresh Greens Crackers | | |
| 14 Popcorn Chicken Bowl with Mashed Potatoes, Corn, Cheese and Gravy | 15 Hamburger with Grilled Onions Baked Beans French Fries | 16 Creamy Pork Chops Over Spinach Cheesy Polenta | 17 Honey BBQ Pork Riblets Baked Beans Cheesy Potatoes | 18 Taco Salad with Salsa and Tortilla Chips | | |
| 21 Crispy Fish Sticks Tator Tots Peas & Carrots Tarter Sauce | 22 Cottage Pie with Garlic Mashed Potatoes | 23 Beef Stroganoff with a Savory Cream Sauce over Buttered Egg Noodles Fresh Buttered Carrots | 24 Grilled Chicken with Hollandaise Rice Pilaf Garlic Radishes with Fresh Herbs | 25 BLT Pasta Salad on a Bed of Fresh Greens Crackers | | |
| 28 Chicken Fried Steak and Gravy Mashed Potatoes Roasted Green Beans | 29 Creamy Parmesan Carbonara Chicken on a Bed of Spinach | 30 Burrito Bowl with Seasoned Ground Beef, Rice, Black Beans, Corn, Cheese, and Salsa | 31 Lasagna Roasted Cauliflower Cheesy Bread | The menu is prepared in partnership with Ben E. Keith Foods by Jackie Scimeca Licensed Dietician #DT83358 | | |
| | | | | Menu Subject To Change According to availability | | |

10

SUMMER HEALTH TIPS for Older Adults

As the calendar tips into the month of August, almost all 50 states are enjoying the warmth of summer months. But as temperatures soar higher, there are unique health risks to bear in mind.

Below are 10 tips to help you stay safe (and cool) in the hot weather

1

Avoid Heat Stroke

Know the signs of heat stroke. If you notice symptoms (including a flushed face, high temperature, nausea, and confusion), contact your healthcare provider immediately.¹



6

Plan Your Exercise Time

If your physical activity takes you outdoors (walking, gardening or hiking), take advantage of early morning and evening hours when the sun is at its weakest.



2

Stay Hydrated

Know the signs of Dehydration which can include dry mouth, rapid heartbeat, and lightheadedness.²



7

Keep Cool Inside

Close blinds and curtains to help keep the heat out of your home during daytime hours.⁵



3

Drink Plenty of Water

Seniors have a more difficult time identifying thirst, so keep hydrated by drinking plenty of water (the standard recommended amount is 8 glasses every day).³



8

Stay Cool

If you don't have central air conditioning, consider taking a "staycation" at a local hotel during really hot stretches – investing in one good night's sleep can be the respite you need to beat the heat.



4

Manage Caffeine Intake

Caffeinated beverages like coffee or tea can dehydrate you. If they are part of your daily ritual, make sure you're also getting plenty of water: A good rule of thumb is at least a glass of water for each caffeinated beverage.⁴



9

Apply Sunblock

When outdoors, make sure you wear sunblock. Here's a great link from AHC on choosing the right one: [Click Here](#)⁶



5

Exercise Smart

Older adults have a harder time sweating, so consider changing your exercise routine during the summer months to an indoors location (swimming pools or classes at the gym).



10

Cool Down

Take a cool shower or hold a cool towel on your neck to help bring body temperatures back down after being outdoors.⁷



The Beach

M S C R A B S A N D A L S T S A O C L P I S B S
 L E G U L L P E T O T A N E V O C D R O M N A I
 I A B O S C J E L L Y F I S H D N A L S I O E N
 F S E E K A W C D R A O B F R U S F R U S R R I
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sail salt water
 beachball
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surf surfboard
 boardwalk
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 holiday
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 coast
 shore
 cove
 lake
 bay

hermit crab
 ice cream
 popsicle
 mussels
 weekend
 coral
 towel
 crab
 pier
 hat

sandcastle
 jellyfish
 seashell
 pelican
 bikini
 ocean
 water
 dive
 reef
 sea

sunglasses
 lifeguard
 seashore
 sandals
 island
 relax
 waves
 dock
 sand
 sun

underwater
 longboard
 starfish
 sandbar
 lagoon
 scuba
 wharf
 fish
 ship
 tan

volleyball
 palm tree
 sunbathe
 seagull
 snacks
 shark
 yacht
 gull
 swim
 wet



SILVER SAGE & SAN ANTONIO FOOD BANK DISTRIBUTION

****WEATHER PERMITTING****

**MONDAY JULY 14TH 10AM-12PM
LAKEHILLS COMMUNITY CENTER
11225 PR 37, Lakehills, TX**

**MONDAY JULY 28TH 10AM-12PM
LAKE MEDINA SHORES (THE POOL)
7100 Wharton's Dock Road**

Registration will be done on-site

QUESTIONS: (830) 796-4969

