



**NEW LOCATION/
NEW HOURS**

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

Store Hours:

**Tues-Saturday
10:00am-4:00pm
Proceeds benefit
Meals On Wheels**



**MONTHLY
MENU
PAGE 12 & 13**



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. Performer this month is: **CANCELLED FOR JULY**

Know a Veteran struggling to meet everyday needs? pg 6

JULY BUS TRIPS: GOODWILL & GOLDEN CORRAL

Tuesday, July 30th, we will head out to the Goodwill Thrift store in Helotes and then on to lunch at the Golden Corral. The buffet price for seniors is \$11.90 and that includes your drink. We will stop at The Meadows Custard Shop on the way back.

BLOOD PRESSURE CLINIC Every Thursday we have Starla with Tri-County Home Health in the dining room to do blood pressure checks beginning at 11:30.



elevatinghealth



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servicing the Bandera community.

Peterson Health is here for our community. Here to provide family medicine services at our convenient location at Bandera Landing. Peterson Medical Associates - Bandera is accepting new patients and ready to provide exceptional, compassionate, patient-centered care, right here at home. At Peterson Health, we're growing closer to you every day. We're **Elevating Health.**

Peterson Medical Associates
3540 SH 16 S
Suite 1-D
Bandera, Texas

To schedule your appointment at our new
Bandera location, call 680.522.2002



Managing Publisher/Designer:

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

HOURS:

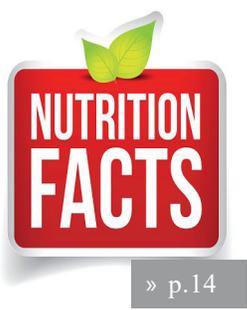
SILVER SAGE HOURS:

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

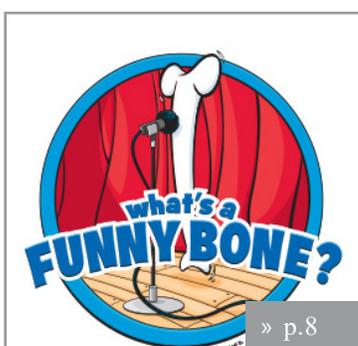
CLOSED WEEKENDS AND MAJOR HOLIDAYS.

WWW.SILVERSAGE.ORG

WHAT'S INSIDE



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- 16. Benefits Enrollment Center - Your Gateway to Essential Programs in Texas! Contact us at the Benefits Enrollment Center to Access Vital Programs! Don't miss this opportunity to enroll in essential programs designed to support you and your family. Our knowledgeable staff will guide you through the process, ensuring you receive the benefits you're entitled to.



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

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

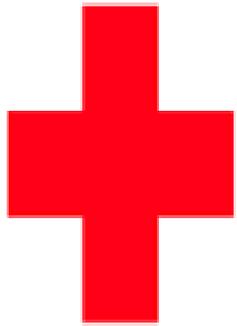
Bandera Pharmacy (830) 796-3111

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



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Know a Veteran Struggling to Meet Everyday Needs?

Silver Sage Veteran's Resources may be able to help!

Find all program details at: silversage.org/veteran-services
or for specific questions call Victor Polanco at 830-328-6355
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This program is supported by a grant from the Texas Veterans Commission Fund for Veterans' Assistance. The fund for Veterans' Assistance provides grants to organizations serving veterans and their families. For more information on the Texas Veterans Commission visit <https://www.TVC.Texas.gov>

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THROUGH THE EYES OF A DRIVER

By Mary Alyce

Ask most folks what distinguishes July from the other eleven months and you'll usually get a brief answer- the 4th of July and hot weather. It's so hot it can take me the rest of the month to recuperate from any celebration on the 4th, but then I hibernate in hot rather than cold weather so it's a great excuse to cool down and take a nap.

However, July is much more than a federal holiday riding a heat wave.

July was named for Julius Caesar who was born in what was then known as "Quintilis" because it was the fifth of ten months in the old Roman calendar. It became the seventh month in our modern Gregorian Calendar, with no less than a holy benediction. In Biblical numerology, seven symbolizes completeness and perfection, divine intervention and spiritual fulfillment. As the seventh month, it carries the essence of divine order and completion. So there. It might be hot but it has a sacred endorsement.

July 4th, the birthday of the United States of America commemorates the day in 1776 The Continental Congress approved The Declaration of Independence. And it was on July 4th, 1863, at Vicksburg, the final Confederate stronghold belatedly surrendered to General Grant. It's a day filled with celebration, a day to wear the red, white, and blue, and wave "Old Glory" while humming along with God Bless America. If we weren't in a drought, a lot of us might set off fireworks. This year Bandera's even having a parade, promoted by the 11th Street Cowboy Bar, at 11 a.m. on Saturday, July 6th, that's sure to bring plenty of color and fun to Main Street.

Looking for a culinary reason to celebrate in July? Here are three official suggestions: It's National Watermelon Month, National Hot Dog

Month, and National Ice Cream Month. Sounds like the perfect menu for a 4th of July backyard barbecue.

There are three founding fathers of our country who would probably have mixed emotions about the date. John Adams, Thomas Jefferson, and James Monroe, all United States Presidents, died on the 4th of July. Adams had declared his dissatisfaction with the date early on, refusing to recognize it, believing the official date should have been the 2nd. He did have the right idea, calling the day ". . . the most memorable in the history of America . . . commemorated as the Day of Deliverance . . . with Pomp and Parade, with Shews, Games, Sports, Guns, Bells, Bonfires and Illuminations . . ."

July 4th is also celebrated in the Philippines. Originally called Independence Day, it was also known as Philippine-American Friendship Day. The latter might have been an attempt to avoid hard feelings as the date marked the signing of the Treaty of Manila which liberated the Philippines from over 48 years of rule by America. The current observance of Philippine Republic Day features an impressive military parade described by one enthusiast as "a sight to behold!"

I don't know if Bandera's parade on the 6th can compete with the one in Manila, but I'm betting it will set its own standard of style, merriment, and energy. So dress for the occasion in your patriotic best and head to Main Street. Bring on John Adams' suggested "Pomp and Parade, Bells, Games, and Shews". Hold the fireworks and bonfires. There's always A Capital Fourth on TV with plenty "Illuminations" and the requisite rousing chorus of Stars and Stripes.

Grill a hot dog. Eat a slice of watermelon. Have some ice cream. Start the first full month of summer off right. It's July. Celebrate.

See you in August.



Funny Bone

When is it safe to dive into a pool? It deep ends.

Why did the seagrass blush? It saw the sea's bottom.

What's brown and hairy and covered in sunscreen? A coconut on summer vacation.

What do you call a snowman in the summer time? A puddle.

Why did the battery go on summer vacation? He needed to recharge.

What did the beach say to the tide when it came in? Long time, no sea.

What kind of scientists sit under beach umbrellas? Paleontologists.

Why don't fish take vacations? Because they're in schools.

Why can't basketball players take summer vacation? Traveling is not allowed.

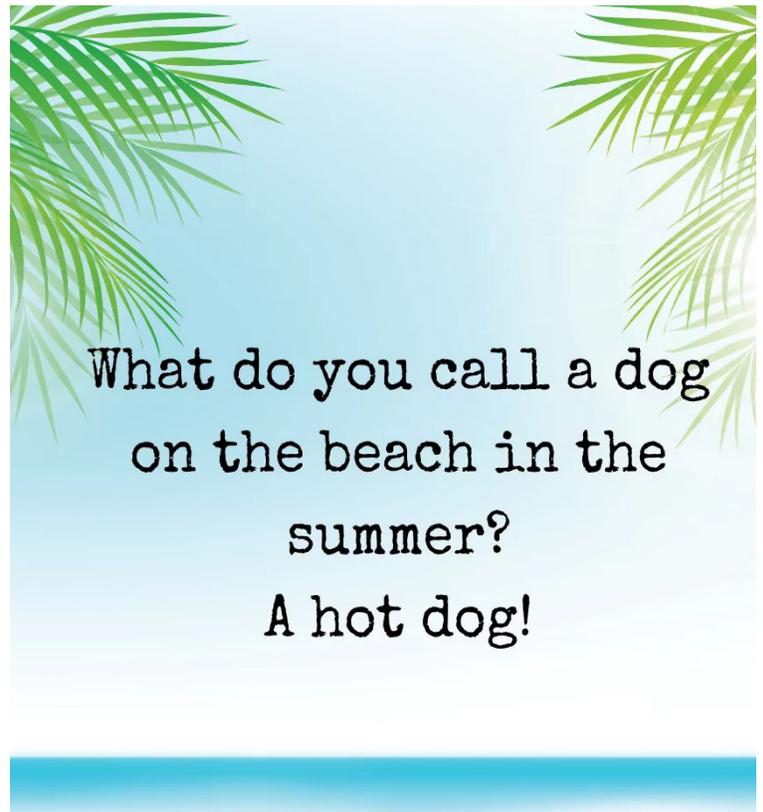
What's the difference between a piano and a fish? You can tune a piano but you can't tuna fish.

What's the one vegetable not welcome on a cruise? A leek.

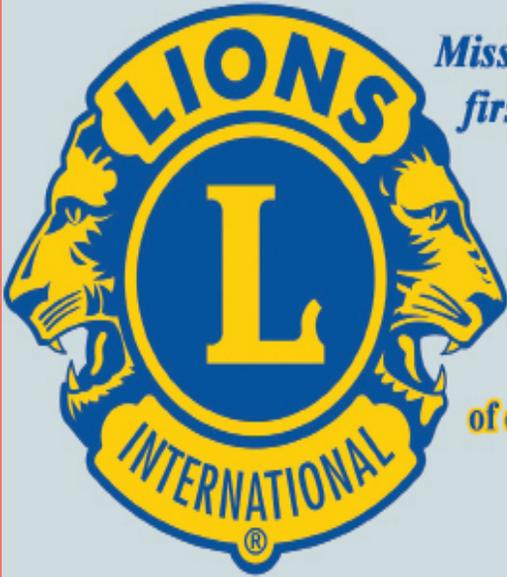
What's stressed out and sits on the ocean floor? A nervous wreck.

What did the ice cream do when it got mad? It melted down.

Where do freshwater fish keep their money? In a river bank.



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**

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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



HEY, WHAT'S HAPPENING?

By Lisa Crawford (Activities Director)

Well, here we are again, the hot, humid dog days of summer. All I can say is pray for rain. We will be doing many more indoor activities this month; Let's get to it!

MOVIES: This month we will be doing an In-House movie every Monday in the dining room at 1:30 p.m. We ask that if you stay for the movie you will silence your phone and if you get an important call you need to answer, please take it to the lobby or outside so as not to disturb the folks trying to enjoy the movie. Also remember no talking during the movie as it is extremely distracting and rude to those trying to enjoy the movie. I won't be making popcorn, but you are welcome to bring a snack for yourself or to share. We will have tea and coffee available. Below is the list of movies.

July 1: A Man Called Otto rated PG13 2 h 6 m

July 8: A Walk To Remember rated PG 1 h 42 m

July 15: WONDER rated PG 1 h 53 m

July 22: God's Not Dead rated PG 1 h 53 m

July 29: Fatherhood rated PG-13 1h 50m

MUSIC: The Cowboy Capital Opry is on hold until October. There will be no Opry until October.

BUS TRIPS & MEET-UPS: SHOPPING Tuesday, July 2nd, we will leave the center at 9:00 a.m. and head to the shops located at Hwy 1604 and Hwy 16. We will spend the day shopping at TJ Max, Old Navy, Kohls, Target, etc. We will take a break for lunch at one of the many nearby restaurants. This will be an all-day trip and we may not get back until after 4 p.m. or later.

THE LAKEHOUSE RESTAURANT Wednesday, July 3rd, we will leave the center at 10:30 a.m. in order to get to the restaurant when they open. The Lakehouse is known for it's fried catfish, but has many other wonderful menu choices.

H-E-B Tuesday, July 9th, we will make our monthly trip to HEB. This month we will go to the one in Boerne. The bus will leave at 12:30 so you will have plenty of time to have lunch at the center.

CRACKER BARREL & THE ROCKBOX THEATER Live Radio Show Wednesday, July 10th, we will leave the center at 3:45 p.m. and stop in Kerrville for an early dinner before heading out to the Rock Box. I have reserved our seats, so be sure to add your name to the sign up sheet if you are planning to go even if you will be taking your own car so that I can reserve your seat.

MEET-UP at THE HEN'S NEST Monday, July 15th, we will meet for brunch at 9:00 a.m. This NOT a bus trip. Everyone will meet at the restaurant. PLEASE sign up so I can give them an accurate head count and they can have a table reserved for us.

WHAT'S HAPPENING CONTINUED...

AMC MOVIE THEATER BOERNE Tuesday, July 16th, we will leave the center at 12:15 to see FLY ME TO THE MOON rated PG-13, 2 h 12 m *(please note: I just got a grand jury summons and if I get chosen the date and time may change for this trip) *

WALMART Tuesday, July 23rd, we will leave the center at 12:30 heading to the Boerne Walmart.

MEET-UP EL JACALITO'S Thursday, July 25th we will meet at the El Jacalito's restaurant located at 1207 Cedar St, Bandera, TX. If you plan to attend please remember to sign up so that I can give them an accurate head count.

GOODWILL & GOLDEN CORRAL Tuesday, July 30th, we will head out to the Goodwill Thrift store in Helotes and then on to lunch at the Golden Corral. The buffet price for seniors is \$11.90 and that includes your drink. We will stop at The Meadows Custard Shop on the way back.

BIRTHDAY BASH will take place on Friday, July 26th and Virginia Wilson will play us a little piano music before lunch.

BLOOD PRESSURE CLINIC Every Thursday we have Starla with Tri-County Home Health in the dining room to do blood pressure checks beginning at 11:30.

Ok there you have it! Come join us for lunch and activities soon. - Lisa Crawford

TWO GREAT LOCATIONS!

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Veterans 10% discount Every Tuesday



Julio de 2024 Almuerzo servido de 11:30 a 13:00 h Silversage.org

Domingo	Lunes	Martes	Miércoles	Jueves	Viernes
	 <p>1 Tazón De Pollo Con Palomitas De Maiz Puré Cremoso Patatas, salsa, maiz y queso</p>	 <p>2 Sándwich De Jamón Y Cheddar Papas fritas manzanas con canela</p>	<p>3 Chile tamaño Texas Perrito caliente con queso Maiz</p>	<p>4 CERRADO</p>	<p>5 César De Pollo A La Parrilla Ensalada/Queso Parmesano aderezo César Crutones</p>
	<p>8 Filete De Pollo Frito Puré de patatas & Salsa campestre Judías verdes con ajo</p>	<p>9 Pollo del General Tso Arroz frito pegatinas Fruta fresca</p>	<p>10 Hamburguesa con todos los arreglando Tater Tots</p>	<p>11 Tacos Suaves De Cerdo/Queso Frijoles refritos Ensalada de maiz del suroeste</p>	<p>12 Ensalada De Atún Con Guisantes Espinacas tiernas con Tomates y galletas saladas</p>
	<p>15 Buñuelos De Cerdo Empanizados Con Salsa De Cebolla Puré de patatas Verduras mezcladas alemanas</p>	<p>16 Tex Mex descuidados Joes Papas fritas con poco dinero Cóctel de frutas</p>	<p>17 Fajitas de pollo con Pimientos y cebollas en un Tortilla de harina Frijoles pintos</p>	<p>18 Raviolis De Queso En Salsa De Carne Verduras mixtas palito de pan</p>	<p>19 Ensalada Chef para Bebé Espinacas Con Duro Huevo Cocido Y Rancho Vendaje galletas saladas</p>
	<p>22 Sándwich de Pescado con Pepinillos y salsa tártara Tator Tots Ensalada de col</p>	<p>23 Galletas sureñas/salsa Enlaces de salchicha Queso del chef James patatas fritas Fruta fresca</p>	<p>24 Espaguetis de la abuela y albóndigas Calabacín calabaza palito de pan</p>	<p>25 Enchilada De Pollo Al Horno Frijoles refritos salsa casera</p>	<p>26 Ensalada De Tacos Con Maiz Papas fritas, aderezo ranch y salsa picante</p>
<p>29 Tiras De Pollo Con Salsa campestre Tostada de Texas papas fritas</p>	<p>30 pastel de carne Puré de patatas/salsa Vegetales a elección del chef. Postre elegido por el chef</p>	<p>31 Lomo De Cerdo A La Barbacoa Deslizadores Frijoles Horneados a la barbecue Ensalada picante</p>	<p>Menú sujeto a cambios Según disponibilidad</p>		

July 2024 Lunch Served 11:30-1pm Silversage.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	 <p>Area Agency on Aging Proudly through the Texas Department of Aging and Disability Services Alamo Area Council of Governments</p>	 <p>AACOG Alamo Area Council Of Governments</p>			
1 Popcorn Chicken Bowl Creamy Mashed Potatoes, Gravy, Corn, and Cheese	2 Ham/Cheddar Sandwich Chips Cinnamon Apples	3 Texas Sized Chili Cheese Hot Dog Corn	4 CLOSED	5 Grilled Chicken Caesar Salad/Parmesan Cheese Caesar Dressing Croutons	
8 Chicken Fried Steak Mashed Potatoes & Country Gravy Garlic Green Beans	9 General Tso's Chicken Fried Rice Potstickers Fresh Fruit	10 Hamburger with all the Fixin's Tater Tots	11 Pork Soft Tacos/Cheese Refried beans Southwest Corn Salad	12 Tuna Salad with Peas on Baby Spinach with Tomatoes & Crackers	
15 Breaded Pork Fritters with Onion Gravy Mashed Potatoes German Blend Veggies	16 Tex Mex Sloppy Joes Shoestring Fries Fruit Cocktail	17 Chicken Fajitas with Peppers and Onions in a Flour Tortilla Pinto Beans	18 Cheese Ravioli In a Meat Sauce Mixed Vegetables Bread Stick	19 Chef Salad on Baby Spinach with Hard Boiled Egg and Ranch Dressing Crackers	
22 Fish Sandwich with Pickles and tartar sauce Tator Tots Coleslaw	23 Southern Biscuits/Gravy Sausage Links Chef James' Cheesy Hashbrowns Fresh Fruit	24 Granny's Spaghetti & Meatballs Zucchini & Squash Bread Stick	25 Chicken Enchilada Bake Refried Beans Homemade Salsa	26 Taco Salad with Corn Chips, Ranch Dressing, and Tangy Salsa	
29 Chicken Tenders with Country Gravy Texas Toast Steak Fries	30 Meatloaf Mashed Potatoes/Gravy Chef Choice Veg. Chef Choice Dessert	31 BBQ Pork Tenderloin Sliders BBQ Baked Beans Zesty Slaw	<p>Menu Subject To Change According to Availability</p>		



Nutrition for Seniors



Serving Size:

- Single Serving Size
- Servings per container

Calories per serving:

If you double the Serving Size, you double the calories and nutrients

Limit these Nutrients:

- Limit the amount of Saturated Fats to about 5-6% of daily calories & avoid Trans Fats
- Limit Sodium to less than 1500 mg/day
- Limit Added Sugars to no more than 36 grams for men and 25 grams for women

Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Amount per serving
Calories 230

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Make Sure to Get Enough of These Nutrients:

Fiber: Men >28 grams
 Women > 22 grams
 Protein: Men >56 grams
 Women > 46 gram
 Calcium: 1,200 mg
 Vitamin D: 800 IU
 Iron: 8mg
 Potassium: 4700 mg

The amount of calories you need depends upon how active you are.

Men 2,000-2,400
 Women 1,600 - 2,000
 You may need fewer or more calories if you are unable to maintain a healthy weight.

For more information: <https://healthyforgood.heart.org/eat-smart/articles/understanding-food-nutrition-labels>

Live 2 B Healthy® helps seniors stay active and independent well into their 90's and beyond! Contact us for more information about how your senior living community can participate in our programs.

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 BANDERA, TX
www.4thofJulyBandera.com

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CONTACT US AT THE BENEFITS ENROLLMENT CENTER TO ACCESS VITAL PROGRAMS!

SNAP (Supplemental Nutrition Assistance Program): Receive assistance to purchase nutritious food for you and your family, helping to stretch your budget and ensure everyone's well-being.

MSP (Medicare Savings Program): Get help with Medicare premiums, deductibles, and other out-of-pocket costs, ensuring access to essential healthcare services without financial strain.

LIS (Low Income Subsidy): Qualify for reduced prescription drug costs under Medicare Part D, ensuring access to vital medications at an affordable price.

LIHEAP (Low Income Home Energy Assistance Program): Receive assistance with energy bills, weatherization services, and energy-related home repairs, keeping your home comfortable and affordable.

Medicaid: Texas has not expanded Medicaid for adults, however a very small percentage of adults may qualify for long term care Medicaid coverage.

Don't miss out on these valuable programs! Join us at the Benefits Enrollment Center and take the first step toward a brighter future for you and your loved ones.

**For more information/assistance, contact us at Silver Sage Hill Country Resource Center
803 Buck Creek Dr. Bandera, TX 78003 - (830) 850-0038
socialservicesinfo@silversage.org**



Ambrosia Salad

Yogurt/Sour Cream – I have always used sour cream as the base is sweetened by the marshmallows. It can be replaced with plain or vanilla Greek yogurt or ½ with whipped topping (such as Cool Whip).

Marshmallows – Use miniature marshmallows (fruit-flavored or plain). They add sweetness to the base, and the texture will soften as they sit.

Fruit – I use coconut shreds, canned mandarin oranges, and pineapple as my grandma always made it, but you can mix things up with a fruit cocktail or canned peaches.

hopped maraschino cherries
Chopped nuts like walnuts or pecans for crunch
Fresh bananas, grapes, or strawberries.

Tips: Be sure to make this salad ahead of time to blend the flavors and soften the marshmallows. Drain the canned fruit so the dish isn't watery. Gently fold in the mandarin oranges last, as they can be fragile and break apart.



Broccoli Salad

8 cups broccoli cut in bite-sized pieces
 ⅓ cup red onion diced
 ½ cup dried cranberries
 ¼ cup sunflower seeds
 ½ cup fresh bacon bits

Dressing

1 cup mayonnaise
 3 tablespoons cider vinegar
 2 tablespoons sugar
 salt & pepper to taste

Whisk together dressing ingredients in a medium bowl. Set aside.

In a large bowl, combine broccoli, onion, cranberries, sunflower seeds, and bacon bits. Pour the prepared dressing over and mix well.

Refrigerate for at least one hour before serving.



Summer Fun Word Scramble

Can you unscramble the following summer-related words?

1. Anactivo _____
2. Habec Llab _____
3. Adro Pirt _____
4. Mumser Gardeni _____
5. Droba Smage _____
6. Boko Bluc _____
7. Lemontrawe _____
8. Slurribabee _____
9. Cie Trawe _____
10. Wons Scone _____
11. Mismatchw Loop _____
12. Yazl Sayd _____
13. Vindig Broda _____
14. Krabe form Holcos _____
15. Museteman Karp _____
16. Malyif Unioner _____
17. Kingakay _____
18. Nuf thiw Sifend _____
19. Netsin _____
20. Droutoo Visome _____



SILVER SAGE & SAN ANTONIO FOOD BANK DISTRIBUTION

****WEATHER PERMITTING****

**MONDAY JULY 8TH 10AM-12PM
LAKEHILLS COMMUNITY CENTER
11225 PR 37, Lakehills, TX**

**MONDAY JULY 22ND 10AM-12PM
LAKE MEDINA SHORES (THE POOL)
7100 Wharton's Dock Road**

Registration will be done on-site

QUESTIONS: (830) 796-4969

