



**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 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 always the 1st Tuesday of every month, Benefiting Meals On Wheels. **It's Back! October 1st, Art and Lisa will host a spectacular show! More details on pg 13**



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



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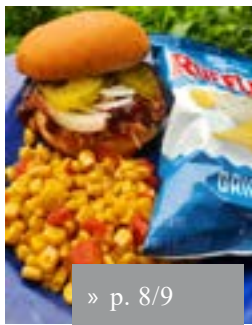


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Check out our  
**Monthly  
Menu!**



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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:*

**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

## 5 Main Blood Pressure Ranges



Ranges are in **millimeters of mercury**

180+ —AND/OR— 120+	Hypertensive Crisis
140+ —AND/OR— 90+	Stage 2 Hypertension
130-139 —AND/OR— 80-89	Stage 1 Hypertension
120-129 —AND— <80	Elevated Blood Pressure
<120 —AND— <80	Normal Blood Pressure



**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**

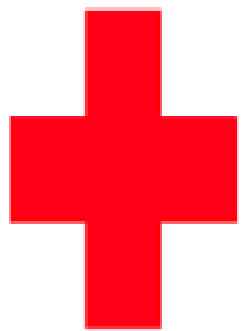
**Bandera Pharmacy (830) 796-3111**

**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.*



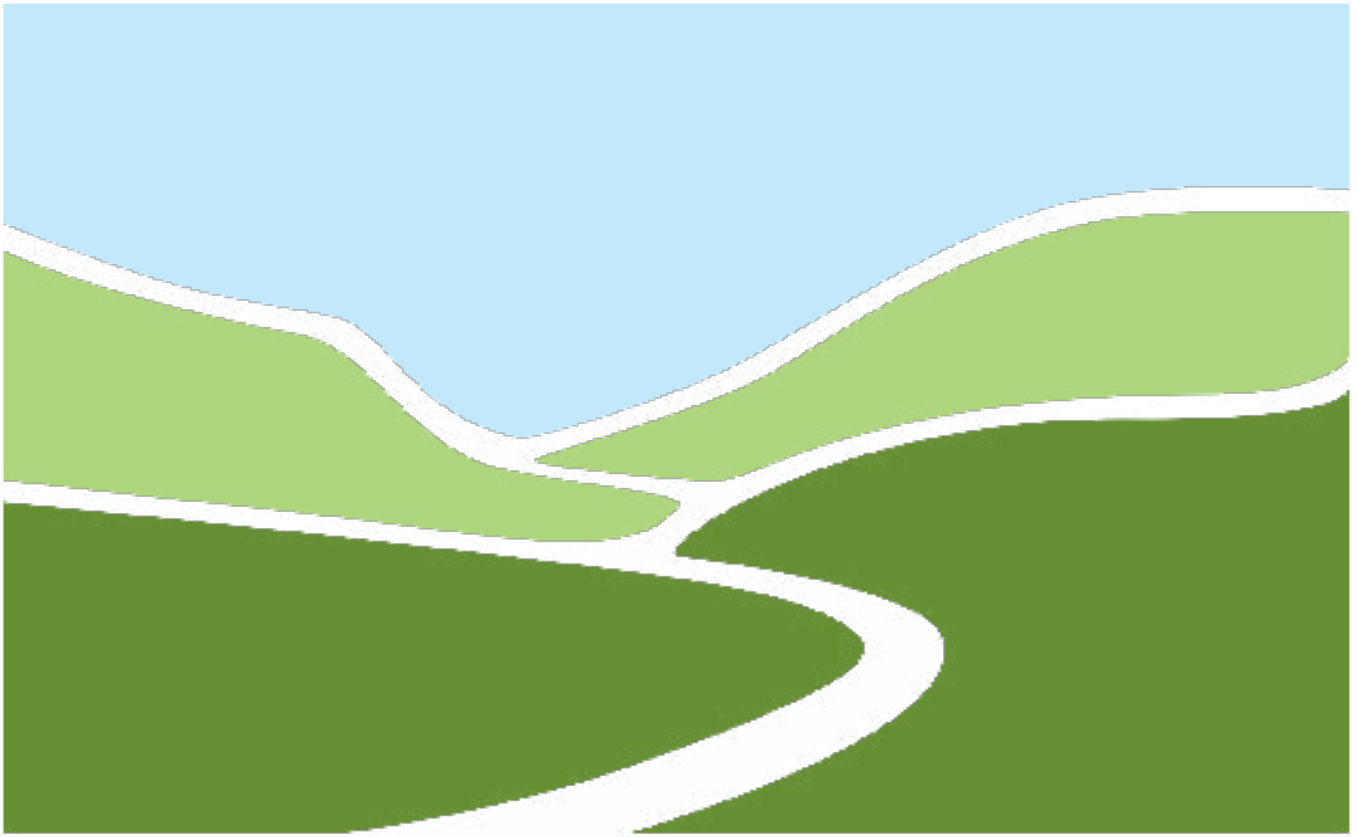
**Anthony J Ferragamo, CFP®**  
Financial Advisor

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

MKD-8652B-A



**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](mailto:dbrzezinski@wspinsurance.com) - [www.wspinsurance.com](http://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)



# Medicare 101

Join us every Wednesday at 10:00 AM throughout September for an easy-to-understand presentation on "Understanding Medicare." Levi Hay, a trusted partner, and broker from Hay Family Insurance, will guide the community through the details, helping everyone gain a clearer understanding of their coverage. Additionally, our Benefits Enrollment Center will be on hand to ensure you're receiving all the benefits you're entitled to.

Don't miss this opportunity to better understand your Medicare coverage and options. Bring your questions and get the answers you deserve!

**The Silver Sage  
803 Buck Creek Drive  
Bandera, Texas**

***Every Wednesday in September, Starting at 10:00AM***

**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.





# SEPTEMBER ACTIVITIES 2024

Activities Director, Lisa Crawford

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

Bus Trips and Holidays in yellow

Mon	Tue	Wed	Thu	Fri
SEPT 2 <b>CENTER CLOSED</b> <u>10:00 Yoga w/ Willie \$10</u>	3 <u>10:30 Stretch &amp; Strengthen w/Ida</u> 12:30 Games	4 <u>8:30 Video Exercise</u> <u>9:30 Quilting</u> 10:00 Medicare 101 Presentation <b>12:30 HEB</b>	5 11:00 TRI-County Home Health Blood Pressure Clinic 12:30 Games 5:00 The Forge Dinner & Trivia please sign up if joining (Bus Trip no fee)	6 <u>8:00 Video Exercise</u> 10:00 Dance for Joy \$5
9 <u>8:00 Video Exercise</u> <u>8:30 Walking Group at AN Clinic Track</u> <u>10:00 Yoga w/ Willie</u> 1:30 Movie Monday: Find Me Falling TV-14 1h 33m	10 <u>10:30 Stretch &amp; Strengthen w/Ida</u> 12:30 Games 1:00 Writers Group	11 <u>8:00 Video Exercise</u> <u>9:30 Quilting</u> 10:00 Medicare 101 Presentation 4:00 The Lakehouse Restaurant & Rock Box	12 10:30 Mac & Ernie's Grill 11:00 TRI-County Home Health Blood Pressure Clinic 12:30 Games	13 <u>8:00 Video Exercise</u> 10:00 Dance for Joy \$5 <b>12:30 Watercolor Painting \$6 person</b>
16 <u>8:00 Video Exercise</u> <u>8:30 Walking Group at AN Clinic Track</u> <u>10:00 Yoga w/ Willie</u> 1:30 Movie Monday: LIAR LIAR PG-13 1h 26m	17 <u>10:30 Stretch &amp; Strengthen w/Ida</u> 12:00 Nutrition Education 12:30 Games	18 <u>8:00 Video Exercise</u> <u>9:30 Quilting</u> 10:00 Medicare 101 Presentation 12:00 Wellness Ed <u>12:30 Walmart</u>	19 11:30 TRI-County Home Health Blood Pressure Clinic 12:30 Games	20 <u>8:00 Video Exercise</u> 10:00 Dance for Joy \$5 <b>12:30 Watercolor Painting \$6 person</b>
23 <u>8:00 Video Exercise</u> <u>8:30 Walking Group at AN Clinic Track</u> <u>10:00 Yoga w/ Willie</u> 1:30 Movie Monday: Mr. Deeds PG-13 1h 36m	24 <u>10:30 Stretch &amp; Strengthen w/Ida</u> 12:30 Games 1:00 Writers Group 00:00 AMC Movie Theater Movie & Time TBD	25 <u>8:00 Video Exercise</u> <u>9:30 Quilting</u> 10:00 Medicare 101 Presentation 11:30 Hispanic Outreach Ladies Luncheon	26 9:00 The Empty Cross Sculpture Prayer Garden/Café at The Ridge/James Avery Tour 10:00 Dance for Joy \$5 12:30 Games	27 <u>8:00 Video Exercise</u> <u>11:30 Birthday Bash</u> 12:30 Watercolor Painting \$6
30 <u>8:00 Video Exercise</u> <u>8:30 Walking Group at AN Clinic Track</u> <u>10:00 Yoga w/ Willie</u> 1:45 Movie Monday: GHOSTBUSTERS Frozen Empire PG-13 1H 55M	OCT 1	2	3	4



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



# Septiembre de 2024 Almuerzo servido de 11:30 a 13:00 h.

Comidas sobre ruedas

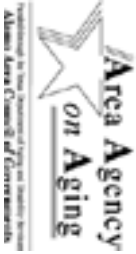

Silversage.org

Domingo	Lunes	Martes	Miércoles	Jueves	Viernes
2	 <b>CERRADO</b>	 palitos de pescado Patatas fritas Salsa tártara Zapatero de frutas	4 Lomo De Cerdo Asado Pilaf de arroz salvaje Mezcla de verduras	5 Pizza de peperoni Hornear	6 Pollo A La Parrilla Ensalada Cesar
9	Dedos de filete y Salsa De Crema Patatas Asadas Tomates Guisados	10 Pollo Italiano Mama Pasta con pajarita Zanahorias	11 Raviolis De Queso Verduras Italianas Pan de ajo	12 Patata al horno Cubierto con chile, Maíz vaquero, y Queso	13 Ensalada del Chef con Huevo Duro
16	Empanada De Costilla De Cerdo Sándwich Tator Tots Verduras Mixtas	17 Pollo Barbacoa Guisantes y zanahorias Ensalada de papa	18 Carnitas de Cerdo en tortilla de maíz Frijoles Pintos Ensalada De Lima Y Cilantro	19 Espaguetis de jardín Cargado con fresco Verduras y Hierbas	20 mediterráneo Ensalada De Pasta Con Salmón
23	Agridulce Pollo Arroz pegajoso Rollo De Huevo	24 Hot dog macarrones con queso Verduras Mixtas	25 Bruschetta de pollo Fideos De Huevo Brocoli & Coliflor	26 Cerdo a la antigua usanza Asar Con Zanahorias y cebollas	27 Ensalada De Tacos De Cerdo
30	Filete De Pollo Frito Puré De Patatas Y Salsa De Crema Judías verdes			<b>Menú sujeto a cambios Según disponibilidad</b>	



# September 2024

Meals on Wheels Lunch Served 11:30-1pm  
Siltersage.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
					
2	<b>CLOSED</b>	3 Fish Sticks Sweet Potato Fries Tartar Sauce Fruit Cobbler	4 Roasted Pork Loin Wild Rice Pilaf Vegetable Medley	5 Pepperoni Pizza Bake	6 Grilled Chicken Caesar Salad
9	Steak Fingers & Cream Gravy Roasted Potatoes Stewed Tomatoes	10 Italian Chicken Breast Bowtie Pasta Carrots	11 Cheese Ravioli Italian Vegetables Garlic Bread	12 Baked Potato Topped with Chili, Cowboy Corn, and Cheese	13 Chef Salad with Hard Boiled Egg
16	Pork Rib Patty Sandwich Tator Tots Mixed Vegetables	17 BBQ Chicken Peas & Carrots Potato Salad	18 Pork Carnitas in Corn Tortilla Pinto Beans Cilantro Lime Slaw	19 Garden Spaghetti Loaded with fresh Vegetables and Herbs	20 Mediterranean Salmon Pasta Salad
23	Sweet & Sour Chicken Sticky Rice Egg Roll	24 Hotdog Macaroni & Cheese Mixed Vegetables	25 Chicken Bruschetta Egg Noodles Broccoli & Cauliflower	26 Old Fashioned Pork Roast With Potatoes, Carrots, and Onions	27 Pork Taco Salad
30	Chicken Fried Steak Mashed Potatoes & Cream Gravy Green Beans			<p>Menu Subject To Change According to Availability</p>	

# SENIOR EXERCISES & FITNESS TIPS:



STAY HEALTHY AND ACTIVE AS YOU GET OLDER

## Benefits

from incorporating exercise into your routine:

PREVENTS BONE LOSS



STRENGTHENS IMMUNE SYSTEM & HELPS PREVENT CHRONIC DISEASES



INCREASED MOBILITY



RELIEVES PAIN



IMPROVES MOOD & REDUCES STRESS



DECREASED RISK OF COGNITIVE PROBLEMS



## How to Get Started

### MONDAY

ENDURANCE, STRENGTH, BALANCE:

- Sit to Stand
- Bridges
- Resistance band T rows
- Squat to balance with chair
- Bicep Curls

FLEXIBILITY:

- Hip flexor stretch
- Knee extension stretch
- Standing hip circles
- Seated side leans

### WEDNESDAY

ENDURANCE, STRENGTH, BALANCE:

- Reverse lunge with chair
- Side-to-side step
- Tricep kickback
- Seated rows
- Bird Dog

FLEXIBILITY:

- Sit & reach stretch
- Seated side twist
- Seated cat pose
- Tricep stretch

### FRIDAY

ENDURANCE, STRENGTH, BALANCE:

- Seated overhead press
- Single leg stand
- Resistance band leg raise
- Plank
- Wall push-ups

FLEXIBILITY:

- Shoulder Stretch
- Hamstring Stretch
- Neck Stretch
- Hip Abduction





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.

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

**In partnership with the:**





# **BENEFITS ENROLLMENT CENTER**

## **Your Gateway to Essential Programs in Texas**

### **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**



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

*Cowboy  
Capital* **Opry**  
IS BACK!!

**TUESDAY, OCTOBER 1ST!**

**HOSTED BY: ART AND LISA  
W/SPECIAL GUESTS EACH MONTH**



PROCEEDS  
BENEFIT  
MEALS ON  
WHEELS

\$10 Cover

(830) 796-4969

803 Buck Creek Drive

7-9pm  
[silversage.org](http://silversage.org)  
Bandera, Texas

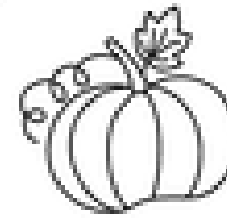


# ICE CREAM



© 2021 THE WRITING ACADEMY

- |                       |                       |                       |   |                       |                        |                        |
|-----------------------|-----------------------|-----------------------|---|-----------------------|------------------------|------------------------|
| <b>4 letter words</b> | <b>5 letter words</b> | <b>6 letter words</b> | <b>7 letter words</b>   | <b>9 letter words</b> | <b>8 letter words</b>  | <b>11 letter words</b> |
| cone                  | fudge                 | carton                | caramel   | Bubble Gum            | ice cream              | banana split           |
| lick                  | Mango                 | creamy                | flavors   | Chocolate             | toppings               | Butter Pecan           |
| melt                  | sooop                 | frozen                | Vanilla   | Pistachio             |                        |                        |
| Mint                  | spoon                 | gelato                |  | Rocky Road            | <b>10 letter words</b> | <b>13 letter words</b> |
| Oreo                  | Tiger                 | sundae                |   | sprinkles             | Neapolitan             | Chocolate Chip         |
|                       | treat                 |                       |   | sugar cone            | Strawberry             | Cookies N Cream        |
|                       |                       |                       |   | wafer cone            | waffle cone            |                        |



# FALL WORDSEARCH



N R O C G L H U Z Y Z O C T W U F R S E  
O H P R F L D S Y A N S M O R E S E E M  
M I Y E H A Y R I D E A L C L M N D V C  
E I V B A B T B L X N L T G Z P Y M A L  
V P R M J T S O O B A E O L U X T D E Q  
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L A U T U M N A W F I R E P L A C E E I  
P Q D Z K E C A M P F I R E L H Q O V Z

## WORD LIST

- |           |             |         |              |
|-----------|-------------|---------|--------------|
| AUTUMN    | FOOTBALL    | OCTOBER | SCARECROW    |
| BONFIRE   | GOLDEN      | ORANGE  | SCARF        |
| CAMPFIRE  | HALLOWEEN   | ORCHARD | SMORES       |
| CHILLY    | HARVEST     | PIE     | SOUP         |
| CORN      | HAYRIDE     | PUMPKIN | STARGAZING   |
| COZY      | LEAVES      | QUILT   | SWEATER      |
| CRANBERRY | MARSHMALLOW | RED     | THANKSGIVING |
| FIREPLACE | NOVEMBER    |         |              |





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

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

**MONDAY SEPT. 9TH 10AM-12PM  
LAKEHILLS COMMUNITY CENTER  
11225 PR 37, Lakehills, TX**

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

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

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

