



Our Silver Sage Thrift Store is located at 660 Hwy 16 South in the strip mall next to Snowflakes Donuts Store hours Tues-Thurs 10:00am-3:00pm Friday - 10am-2pm



MONTHLY MENU
PAGE 14 & 15



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: **Tuesday November 1st- THE GIBSON SISTERS**

Vaccinate Bandera is a non-profit, community-based effort to provide residents of Bandera County with factual, unbiased, science-based information about Covid-19 Vaccines and to provide access to Covid-19 Vaccines. See More On Page 5.

SILVER SAGE BUS TRIPS - Café at The Ridge November 9th Dinner and Music. We will meet at the Silver Sage and leave at 5:15 sharp. Reuben Darnell will play music from 6-8 and plan to be back by 9pm. **Hobby Lobby - November 21st.** We will leave the Silver Sage at 8:30am and plan on returning in time for lunch at the center.





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Suite 1-D
Bandera, Texas

**To schedule your appointment at our new
Bandera location, call 830.522.2002**



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Karyn Utterback
Executive Assistant

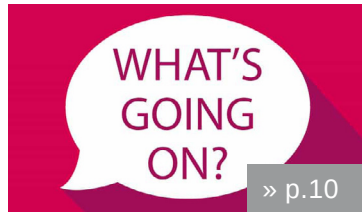
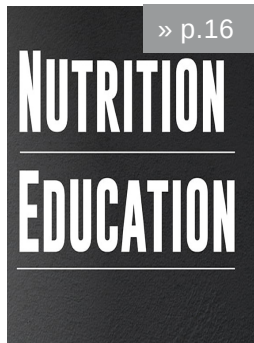
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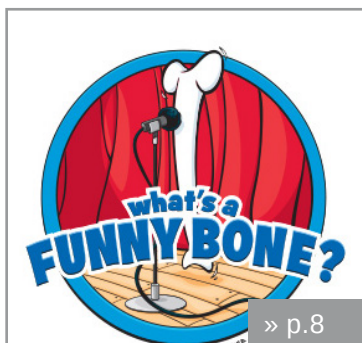
Sales: Mikie Baker & Karyn Lyn

**Silver Sage-803 Buck Creek
Bandera, TX 78003**



By Lisa Crawford

**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

WHAT'S INSIDE

5. **VaccinateBandera.org** is a non-profit, Community-based effort to facilitate access to Covid-19 Vaccines for Bandera County residents. "We will answer your questions. We can help you make an appointment. We can help you get to your appointment."
7. **Through the Eyes Of A Driver, by Mary Allyce:** "It's November, the month for giving thanks, gateway to the holidays. I'm thankful for many things. I'm thankful for my health, that I have a roof over my head and food on the table, a vehicle with fuel in it and plenty of friends to prop me up when I'm not finding a lot for which to give thanks. Mercifully, the latter is not often, but thinking of friends and reading a little Facebook piece from another writer made me aware of another thing for which I express deep gratitude. The demise of "Home Parties..."
10. **Activities, by Lisa Beck - Hello Fall!** Bus trips, movie matinees, corn-hole, rock painting, nutrition talks, eating out locally, music, shopping and so much more this month!
16. **Nutrition, Health, and Wellness:** "Signs of Nutrition Deficiencies:" What you should look for? Anti-inflammatory foods, as well as foods that lower your blood pressure...
21. **AARP Driver Safety Course:** Do you need to brush up on your driving skills? Join us November 7th...

Our Mission:

Enriching Life for Seniors 3

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

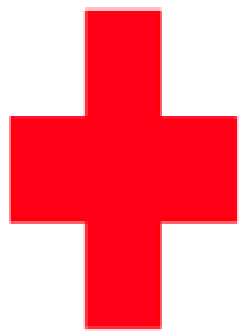
ART Bus 1-866-889-7433

Silver Sage Thrift Store (830) 796-3590

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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COVID-19 VACCINE INFO



VACCINATEBANDERA.ORG

PROTECT OUR FUTURE

 **Protect Our Future Bandera**
 **@vaxbandera**
 **vaccinatebandera**

QUESTIONS? CALL:
833-8-VACCINATE | 833-882-2246

VaccinateBandera.org was born as an initiative to protect our most precious citizens of Bandera County, you readers. Art Crawford saw a need in his Community - the lack of access to Covid-19 vaccines even as they're free and widely available - and an opportunity to fulfill it.

On Saturday November 19, VaccinateBandera.org and Silver Sage will be participating in the first Wharton's Dock Fall Fest and Resource Fair! Hosted at Walker Community Church and by Lakeshore VFD and the Copper Lantern, the event will feature hay rides, kids' activities, chili provided by Silver Sage, FREE COVID & FLU VACCINES provided by VaccinateBandera.org, Lela Pharmacy and TX DSHS, and many other FREE health services.

STAY UP-TO-DATE – BIVALENT BOOSTERS AVAILABLE!

New boosters from Pfizer and Moderna, formulated to protect against Omicron variants, subvariants, and potentially future subvariants, are available at major pharmacies AND at our clinics NOW. You are eligible for this better booster IF you're 12+ AND if it's been 2 months since your last dose OR 3 months since you recovered from COVID.

Check <https://vaccinatebandera.org/vaccines-here> OR follow "Protect Our Future Bandera" on Facebook OR call 833-882-2246 for updates on newly scheduled clinics/educational events. You can also call to pre-register for any of our clinics to save time.

BANDERA INTERAGENCY COALITION

The Silver Sage has secured funding for the creation and maintenance of a website directory and bi-annual printings of a physical resource directory for the Bandera County Interagency Coalition. The Website will be called BanderaCountyConnect.org. Soon, anyone with internet access in Bandera County will be able to use our website to find the resources they need. For those without internet access, we will have the printed directory available.

Check vaccinatebandera.org/vaccines-here OR follow "Protect Our Future Bandera" on Facebook OR call 833-882-2246 for updates on newly scheduled clinics/educational events. You can also call to pre-register for any of our clinics to save time.



&



SILVER SAGE & SAN ANTONIO FOOD BANK DISTRIBUTION

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LAKEHILLS COMMUNITY CENTER

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MONDAY, DECEMBER 12TH, 10AM-12PM

11225 PR 37, Lakehills, TX

LAKE MEDINA SHORES (THE POOL)

MONDAY, NOVEMBER 21ST, 10AM-12PM

MONDAY, DECEMBER 19TH, 10AM-12PM

7100 Wharton's Dock Road



Registration will be done on-site

QUESTIONS: (830) 796-4969

THROUGH THE EYES OF A DRIVER

By Mary Allyce

It's November, the month for giving thanks, gateway to the holidays. I'm thankful for many things. I'm thankful for my health, that I have a roof over my head and food on the table, a vehicle with fuel in it and plenty of friends to prop me up when I'm not finding a lot for which to give thanks. Mercifully, the latter is not often, but thinking of friends and reading a little Facebook piece from another writer made me aware of another thing for which I express deep gratitude.

The demise of "Home Parties".

That's what a Facebook writer called them. I'm not sure we had a name for them, but had them we did. Like many of the business functions I attended as a corporate wife, they were cleverly disguised as parties. The real purpose was to sell something to the party goers and convince them they were having a good time buying.



A Tupperware Party, all the rage at the time, was my first. There was some kind of sticky sweet punch and fruit kabobs with a dipping sauce of mayonnaise and whipped cream tinted pink with maraschino

cherry juice. If there was other food, I don't remember it. I still have a mental sugar buzz from the punch and fruit sauce.

We gathered in a friend's home and before I knew it we were playing a game so we could all learn each other's names. Since most of us had been friends for years it felt a bit silly, but we were polite young women and went along with the merriment. The hostess announced, "We're going on a picnic and we're all bringing a food that starts with the letter of our first name. Hi," she yelled. "I'm Vicky and I'm bringing vinegar!"

Still on my sugar high, I said, "Hi, I'm Mary and I'm

bringing marshmallows!"

The selection of picnic food got stranger after that. I sort of hoped there was an "Ann" who might bring antacids.

Being rather naïve it took me a while to catch on that we were expected to buy the plastic tubs we were learning to "burp". After the picnic, burping seemed appropriate. And so the party trundled on and we headed home with our burp-able containers that would keep those fruit kabobs fresh darn near forever.

I swore I'd never go to another "party", but of course I did. More Tupperware®, jewelry parties, household décor that usually wound up in a yard sale, the popular Pampered Chef® cookware and utensils, because no proper kitchen was properly proper without it. The number and assortment of these soirees was limitless. I began to long for the days as a young mother when my home shopping was confined to a ringing doorbell and my very dramatic Avon® lady, Andrea, in New York.

But one party stands alone. As it should. I was invited to a Mary Kay® Party where we would learn to apply make-up and turn ourselves into suburban vamps.

Mercifully there was no name game. No punch. No fruit. There was "sauce". Turns out our hostess liked a good mixed drink and she had a lethal assortment for us as we began dipping into and applying unfamiliar creamy foundation, powder, blush, eyeshadows, eyeliners, and lipsticks. As the evening wore on we struggled to remember if blusher went on the apple of your cheek or below the cheekbone and what about that darned forehead? I'm not much of a drinker, but I began to wish I was just a teeny bit looped.

The ladies looking back at me looked more like vampires than vamps. Remember Bette Davis in the movie *Whatever Happened To Baby Jane?* It was ghastly. I am thankful for several things. Cell phones did not exist. Cell phone cameras did not exist. There was no Facebook to memorialize the event. It exists only in my memory like a bad dream. It was also my final House Party,

Yes, there's always something for which to be thankful.
Happy November. Happy Thanksgiving!



Funny Bone

What side dish do you bring for Thanksgiving dinner when you accidentally sat on the sweet potatoes?" "Squash casserole."

**"What's Frankenstein's favorite Thanksgiving dish?" "Monster mash potatoes and grave-y."
"What's a turkey's favorite dessert?" "Peach gobbler!"**

"Why was the Thanksgiving soup so expensive?" "It had 24 carrots."

"What did the mother turkey say to her disobedient children?" "If your father could see you now, he'd turn over in his gravy!"

"Why did the cranberries turn red?" "Because they saw the turkey dressing."

**"What do you wear to Thanksgiving dinner?"
"A har-vest."**

"Why didn't the cook season the Thanksgiving turkey?" "There was no thyme!"

"What's the best dance to do on Thanksgiving?" "The turkey trot."

"What instrument does a turkey play?" "The drumsticks!"

"What kind of noise does a limping turkey make?" "Wobble, wobble."

**"What did Han Solo say to Luke Skywalker on Thanksgiving?" "May the forks be with you."
"What kind of music did the pilgrims listen to?" "Plymouth Rock."**

Why didn't the Pilgrim want to make the bread?" "It's a crummy job."



"you nurses are kind, caring & devoted to saving lives. If it's cool, I'm hangin' with you this Thanksgiving."

***What do
sweet potatoes
wear to bed?***

Yammies.

Q. What do you get when you cross an octopus with a turkey?

A. Finally enough drumsticks for everybody at Thanksgiving.



Bandera Writers Group, Thursday Nov. 3rd in the Great Room 2pm-4pm!

The Bandera Writers Group is looking to bring info on writing technique, various options for publishing, distribution/promotion, all things of interest to writers. They offer the opportunity to connect with critique partners & share our writing for feedback. Everything is open to discussion & we welcome new ideas & suggestions. For more info, contact Mary Schenk (830) 522-0089



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HEY, WHAT'S GOING ON? By Lisa Crawford (Activities Director)



This being a pretty full month with Thanksgiving and the center being closed three days, the calendar may look a little sparse. Worry not though, I still have plenty things planned.

MUSIC - November 1st is Cowboy Capital Opry and we are so excited to have the Gibson Sisters as our double guests this month.

The Monday Music Jam will be on November 28th from 12:30 to 2:00 and all are invited to come and play or come to listen. It's always a fun time.

MOVIES - Tuesday, November 15th at 2 P.M. March of The Wooden Soldiers (Laurel & Hardy) in the dining room.

BUS TRIPS - Café at The Ridge November 9th dinner and music. We will meet at the Silver Sage and leave at 5:15 sharp. Reuben Darnell will play music from 6 to 8 and plan to be back by 9 P.M.

Hobby Lobby November 21st. We will leave the Silver Sage at 8:30 A.M. and plan on returning in time for lunch at the center. Hobby Lobby opens at 9:00.

*Please check the calendar for the HEB and Walmart trips. I've had to make some changes.

MONTHLY MEET UP - HEN'S NEST meet up November 11th, 8:00 a.m. 1134 C Main Street in the strip mall near CVS. This is not a bus trip since it's right here in town. If you have never eaten here, you're in for a treat.

BIRTHDAY BASH REMINDER - This month the Birthday Bash will be held on FRIDAY, NOVEMBER 18th.

LET'S TALK - MEDICARE- Because it is open enrollment time, on November 3rd Yvonne Garcia, A representative from AACOG (Alamo Area Council of Governments) will give a short presentation at noon in the dining room during lunch and then stick around until 4 to answer your questions on all things Medicare.

NUTRITION- November 9th Jessica Fabion from Agri-Life will give a presentation on nutrition in the dining room.

MEDICARE- November 16th with Victor Haro will give a short presentation and stick around to answer questions.

*As always, please be respectful of our speakers and give them your full attention. Please be sure to sign the attendance sheets as well.

REMINDER The Silver Sage is CLOSED on November 23rd, 24th and 25th in honor of Thanksgiving. Have a wonderful Holiday and come see us soon!

***PLEASE REMEMBER ALL CALENDER EVENTS ARE SUBJECT TO CHANGE WITHOUT NOTICE. PLEASE CALL IN ADVANCE IF YOU ARE UNSURE ABOUT AN EVENT.**

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NOVEMBER ACTIVITIES 2022

Activities Director, Lisa Crawford




Phone: (830) 850-00028 Email: lisa@silversage.org

Mon	Tue	Wed	Thu	Fri
<p>Oct 31</p> <p>8:00 Video Exercise 10:00 Yoga w/Willy 11:30 Costume Party & Scary Potluck 12:15 Music Jam 2:00 Movie HOCUS POCUS Rated PG 4:00 Movie HOCUS POCUS 2 Rated PG</p>	<p>Nov 1</p> <p>9:15 Yoga w/Ida 10:30 Stretch & Strengthen 12:30 Mexican Train</p> <p>7:00 Cowboy Capital Opry w special guest The Gibson Sisters</p>	<p>2</p> <p>8:00 Video Exercise 9:30 Quilting 12:30 HEB</p>	<p>3</p> <p>12:00 Let's Talk Medicare w/Yvonne Garcia/AACOG 12:30 Mexican Train 2-4 Writer's Group</p>	<p>4</p> <p>8:00 Video Exercise 1:00 Crochet w/Sarah</p> <p>10am Elderly Fraud Prevention</p>
<p>7</p> <p>8:00 Video Exercise 10:00 Yoga w/Willy 12:30 Rock Painting 12:30 AARP Drivers Safety Course/Great room (pls sign up)</p>	<p>8</p> <p>9:15 Yoga w/Ida 10:30 Stretch & Strengthen w/Ida 12:30 Mexican Train</p>	<p>9</p> <p>8:00 Video Exercise 9:30 Quilting 12:00 Let's Talk Nutrition w/Jessica Faubion</p> <p>5:15 Café at the Ridge/Reuben Darnell</p>	<p>10</p> <p>12:30 Mexican Train 11:00 Honor our Veterans</p>	<p>11</p> <p>8:00 Video Exercise 8:00 Hen's Nest meet up 12:00 Oregon Trail Reenactment DVD Presentation 1:00 Crochet w/Sarah</p>
<p>14</p> <p>8:00 Video Exercise 10:00 Yoga w/Willy 12:30 WALMART</p>	<p>15</p> <p>9:15 Yoga w/Ida 10:30 Stretch & Strengthen w/Ida 2:00 Movie March of The Wooden Soldiers (Laurel & Hardy)</p>	<p>16</p> <p>8:00 Video Exercise 9:30 Quilting 12:00 Let's Talk Medicare w/Victor Haro 12:30 Mexican Train</p>	<p>17</p> <p>11:00 Hispanic Outreach Ladies Luncheon 12:30 Mexican Train</p>	<p>18</p> <p>8:00 Video Exercise 12:00 Birthday Bash 1:00 Crochet w/Sarah</p>
<p>21</p> <p>8:30 Hobby Lobby 8:00 Video Exercise 10:00 Yoga w/Willy 12:30 Rock Painting</p>	<p>22</p> <p>9:15 Yoga w/Ida 10:30 Stretch & Strengthen w/Ida</p>	<p>23</p> <p>CENTER CLOSED</p>	<p>24</p> <p>CENTER CLOSED Thanksgiving Day</p>	<p>25</p> <p>CENTER CLOSED</p>
<p>28</p> <p>8:00 Video Exercise 10:00 Yoga w/Willy 12:30 Music Jam</p>	<p>29</p> <p>9:15 Yoga w/Ida 10:30 Stretch & Strengthen w/Ida 12:30 HEB</p>	<p>30</p> <p>8:00 Video Exercise 9:30 Quilting 12:30 Mexican Train</p>	<p>Dec 1</p>	<p>Dec 2</p>
				13

Silver Sage ~ November 2022 Lunch served from 11:30pm-1pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 1 Chili Verde de Cerdo con Arroz Frijoles Rancheros Tortillas	2 Salteado de pollo Arroz jazmín Adhesivos para macetas Ensalada	3 Filete Salisbury Puré De Patatas Con Salsa De Champiñones Judías verdes	4 Ensalada de pollo a la parrilla en una cama de verduras frescas galletas saladas	
7 Costillas De Cerdo crema de maíz Ensalada de repollo caliente	8 Stroganoff de ternera sobre fideos Arvejas y zanahorias Panecillo	9 Sándwich de desayuno McSage con huevos, tocino canadiense y queso Patatas Fritas Caseras Ensalada de frutas	10 Asado De Cerdo Cargado con verduras pan de maíz	
14 Filete De Pollo Frito sémola con queso Coles de Bruselas	15 Bruschettas de pollo sobre una cama de espinacas frescas Brócoli Tostado palito de pan	16 pastel de carne Puré De Patatas Y Salsa zanahorias con mantequilla Panecillo Ensalada	17 Pollo con chile verde Enchilada horneada Frijoles Borrachos Salsa	
21 Tiras de pollo y salsa maíz vaquero Patatas dulces fritas	22 Meals on Wheels - Chili Mac y pan con queso Congregado - Pavo/Aderezo/ Salsa Guiso De Judías Verdes/Patatas Dulces/Pastel De Calabaza	23 Pavo/Aderezo/Salsa Guiso De Judías Verdes/ Patatas Dulces Panecillo Pastel de calabaza Centro Cerrado Solo entregas	24 Feliz día de acción de gracias CERRADO  <small>Provided through the Texas Department of Aging and Disability Services Alamo Area Council of Governments</small>	
28 Chuleta De Cerdo Empanizada Con Salsa Vegetales de temporada	29 Estofado Brunswick Cargado pan de maíz	30 Pollo parmesano sobre una Cama de Pasta Cremosa Cabello de Ángel Ensalada de Calabaza Fresca	25 Pavo con queso y arroz con Vegetales Mixtos  Joyce D. Lamilla, LD Call Meals On Wheels delivery (830) 796-4969 Menu subject to change according to availability	

Silver Sage ~ November 2022 Lunch served from 11:30pm-1pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Pork Chili Verde with Rice Ranchero Beans Tortillas	2 Chicken Stir Fry Jasmine Rice Pottickers Salad	3 Salisbury Steak Mashed Potatoes with Mushroom Gravy Green Beans	4 Grilled Chicken Salad on a Bed of Fresh Greens Crackers
7 Pork Riblets Creamed Corn Warm Slaw	8 Beef Stroganoff over Noodles Peas and Carrots Dinner Roll	9 McSage Breakfast Sandwich with Eggs, Canadian Bacon, and Cheese Homefried Potatoes Fruit Salad	10 Pork Pot Roast Loaded with Vegetables Cornbread	11 Tuna Macaroni Salad on a Bed of Mixed Greens Chips
14 Chicken Fried Steak Cheesy Grits Brussel Sprouts	15 Chicken Bruschetta on a Bed of Fresh Spinach Toasted Broccoli Bread Stick	16 Meatloaf Mashed Potatoes and Gravy Buttered Carrots Dinner Roll Salad	17 Green Chili Chicken Enchilada Bake Boracho Beans Salsa	18 Mediterranean Pasta Salad with Cucumbers, Red Onion, Olives, Italian Sausage, Pepperoni, Feta Cheese, and Tomatoes
21 Chicken Strips and Gravy Cowboy Corn Sweet Potato Fries	22 Meals on Wheels - Chili Mac and Cheesy Bread Congregate - Turkey/Dressing/ Gravy/Green Bean Casserole Sweet Potatoes/Dinner Roll Pumpkin Pie	23 Turkey/Dressing/Gravy Green Bean Casserole Sweet Potatoes/Dinner Roll Pumpkin Pie Center Closed Deliveries Only	24 Happy Thanksgiving CLOSED  <small>Funded through the Texas Department of Aging and Disability Services Alamo Area Council of Governments</small>	25 Cheesy Turkey and Rice with Mixed Vegetables Center Closed Deliveries Only
28 Breaded Pork Chop with Gravy Seasonal Vegetables	29 Loaded Brunswick Stew Cornbread	30 Chicken Parmesan on a Bed of Creamy Angel Hair Pasta Fresh Squash Salad	Joyce D. Lamilla, LD Call Meals On Wheels delivery (830) 796-4969	 Menu subject to change according to availability



SIGNS OF NUTRITION DEFICIENCIES

EYES



- Dark circles or bags under the eyes: Allergies, food intolerances, dehydration
- Poor night vision: Vitamin A
- Ruptured blood vessels in the eyes: Vitamin C
- Nearsightedness: Vitamin D
- Pale lower eyelid: Iron

TEETH & GUMS



- Bleeding gums: Vitamin C, folic acid
- Crowded teeth: Calcium, Vitamin K

HAIR



- Hair loss: B2, B5, Biotin, D, Zinc
- Dry hair: Vitamin A, E, Omega 3, Protein, Iodine, Selenium, Biotin
- Dandruff: Selenium, Omega 3, Vitamin A

NAILS



- Spoon shaped nails: B12, Iron
- White marks: Calcium or Zinc
- Pale nails: Iron, Biotin
- Brittle nails: Calcium, Magnesium, Iodine
- Cuticles tear easily: Protein

MUSCLES & JOINTS



- Muscle cramping: Magnesium, B1, B2, B6
- Twitching: B1, B2, B3, B6, B9, Vitamin D, Magnesium, Calcium
- Edema/Swelling: B1, B6, Potassium
- Numbness or tingling: B12, B5
- Clicking Joints: Manganese

MOUTH



- Canker sores: B3, B12, Folic acid, Calcium
- Cracks in the corner of the mouth: B2
- Weak tooth enamel: Vitamin A, D, K, Calcium
- Painful tongue: B2, B3, Folic Acid
- Loss of smell or taste: Zinc

SKIN



- Bumps on the back of the arms: Vitamin A
- Dry or rough skin: Vitamin A, E
- Unusual nosebleeds: Vitamin C
- Easy bruising: Vitamin C
- Acne during menstruation: B6
- Dermatitis: B2, B3, Biotin
- Red stretch marks: Zinc

EMOTIONAL/MENTAL



- Depression: B1, B5, Biotin, PABA
- Dementia: B1, B3, B12, folic acid
- Nervousness/Irritability: B1, B6, B5
- Insomnia: B3, B5, B6, D3
- Dizziness: Iron, B2, B12

Anti-inflammatory FOOD LIST



WALNUTS



PINEAPPLE



AVOCADO



LEAFY GREENS



FLAX & CHIA SEEDS



GINGER



SALMON



BONE BROTH & COLLAGEN



BROCCOLI & CARROTS



SPIRULINA



TURMERIC COCONUT OIL



CHERRIES & BERRIES



CABBAGE



GREEN TEA & MATCHA POWDER

Foods to Eat to Control High Blood Pressure

1. Garlic is natural medicine for treating high blood pressure.
2. Don't add salt.
3. Regular physical activity — at least 30 to 60 minutes
4. Apple cider vinegar: Vinegar alkalizes the body and lowers your blood pressure
5. Avoid Coffee.
6. Cucumber: Eat 2 fresh cucumbers every day for 2 weeks.



YOGA WITH WILLY EVERY MONDAY

Location: Great Room @ the Silver Sage - Time: 10:00am



Bring your yoga mat and enjoy one hour of eclectic instructor-led yoga with Willie. This multi-level class is suitable for all abilities and ages. Class consists of simple breathing exercises, stretching, and forced relaxation (smile!) that are beneficial for both physical and mental health. Classes are held on holiday Mondays! Willie has been a certified Yoga instructor with over 20 years experience in body, mind, and spirit work. \$8 per class.

*It's that time of year again!
Hi, my name is Levi Hay. I'm your
local Medicare health plan broker...*



HAY FAMILY INSURANCE GROUP
"Where your Medicare needs matter"



**Your plan may be changing for 2023...
Let's review it!**

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How about your out-of-pocket costs?

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P.S. I am 100% independent and not
affiliated with the federal Medicare program. 17

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Top
10

Ways to Improve Mental Health

Maintaining your mental health is just as important as maintaining your physical health.
Here are 10 ways to improve your mental health!

1. Get enough sleep.

The amount of sleep you get impacts your mood. Go to bed at a regular time each night and make sure you get at least eight hours of sleep.

2. Exercise.

Your body releases mood-improving chemicals when you exercise. Look for ways to integrate physical activity into your daily routine.

3. Open up to someone.

Talking about your feelings is a great way to process them. Talk to a friend or family member when you have a problem or something is bothering you.

4. Be mindful.

Mindfulness is being aware of the world around you and focusing on what you are experiencing. Throughout your day, remind yourself to be fully present, and to focus on the "now."

5. Deal with stress.

Stress can really take a toll on your mental health. To feel more empowered and less overwhelmed, make a list of the things that stress you out and come up with a plan for dealing with them.



***Do you have
walkers, wheel chairs,
shower chairs, commode
chair, canes,
etc. that you don't
use/need?***

**Please consider
donating them to
the Silver Sage.**

**Contact:
John Cressey-Neely
(830) 796-4969**





WWW.SILVERSAGE.ORG - 830.796.4969



Driver Safety Course

Monday, November 7th
12:30pm - Please Sign Up

ALL WELCOME

-The class is \$20 for AARP members and \$25 for non-members-
803 Buck Creek Drive, Bandera Texas (830) 796-4969



American
Heart
Association.



La vida es dulce...

¡con estos fáciles sustitutos de azúcar!

Reduce el consumo de azúcares añadidos y calorías con estos deliciosos trucos y consejos.

Hornear y cocinar

La salsa de manzana sin endulzar puede reemplazar el azúcar de una receta. Además con ella necesitamos menos aceite; ajusta la receta según necesites para obtener el sabor y la textura deseada. O intenta usar un endulzante sin calorías apto para hornear y cocinar.



Aderezos y salsas

Sustituye los aderezos embotellados que compras en la tienda, la catsup, la salsa de tomate y la barbeque, que pueden tener mucha azúcar añadida, por versiones hechas en casa para controlar la cantidad de azúcar que contienen.



hechas en casa
cantidad de



Refrescos



Cambia las bebidas endulzadas con azúcar por agua sin gas o con gas, a la cual le puedes dar sabor con menta, cítricos, pepino o un toque de jugo de fruta 100% natural.



Consigue recetas y más consejos en
HEART.ORG/RECIPES

Postres y dulces

En lugar de pecar con un postre tradicional con azúcar, disfruta la dulzura natural de la fruta. Frescas, congeladas o enlatadas (en su propio jugo o agua) son todas buena opción. Pruébalas horneadas, asadas, guisadas o hervidas.



Mezcla de botanas y granola



Prepara la tuya sin el azúcar añadido. Combina tus nueces y semillas favoritas (sin sal o ligeramente saladas), pasitas y fruta seca (sin endulzar), avena y cereal integral (sin endulzar ni escarchar) y ¡evita los dulces!



Té y café

Reduce gradualmente el consumo de azúcares añadidos (incluyendo miel y jarabe de agave) hasta que tu gusto se adapte a menos dulzura. Intenta añadir sabores naturales como canela, cítrico, hierbabuena o nuez moscada.



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Personal attention is everything, which is why I'll work with you to help answer your Medicare questions. Let me help you become fluent in Medicare and together we'll find a plan that may fit your needs.

I'm here to help you learn more about Medicare Advantage and Part D plans available in Kerrville. Contact me today at the phone number listed below.

Victor Haro

Licensed Sales Agent
Golden Outlook Insurance Services LLC
361-688-4497

RESIDENT
Kerrville, Texas

**Call now for a personal
consultation.**

I'm here to help you better understand your local Medicare choices. I would be happy to talk with you over the phone or in person.



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great
day at lowe's

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Of Governments 23



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Please provide info when scheduling a ride if using w/c, walker, cane, scooter, etc.

THANKSGIVING WORD SEARCH

Acorns	Indians
America	Leaves
Autumn	Mayflower
Blessings	Nap
Colonists	November
Corn	Parade
Cornucopia	Pie
Cranberries	Pilgrims
Dessert	Plymouth
Eat	Pumpkin
Fall	Stuffing
Family	Tablecloth
Feast	Thanks
Gobble	Thanksgiving
Gratitude	Thursday
Gravy	Turkey
Harvest	Vegetables
	Wishbone

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19
NOVEMBER
2022

FREE

MUSIC- HAY RIDES-
FACE PAINTING- BOUNCY HOUSE-
ACTIVITIES & GAMES- FOOD-
FALL PHOTO BOOTH-
HEALTH SERVICES

WHARTON'S DOCK FALL FESTIVAL & RESOURCE FAIR

12PM-3PM

****Celebrate the fall season with
friends and neighbors.**

****Enjoy fun-filled activities and
connect to resources.**

Hosted by Lakeshore VFD
Walker Community Church
Copper Lantern

HELD AT WALKER COMMUNITY CHURCH
8135 WHARTON'S DOCK RD.

For more information contact Mary @ 830-777-7799



MKD-8652B-A



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MAKING SENSE OF INVESTING

19
DE NOVIEMBRE
2022
12PM-3PM

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CASA HINCHABLE-ACTIVIDADES-
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CABINA DE FOTOS-
SERVICIOS DE SALUD

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****Celebre la temporada de otoño con
amistades y vecinos.**

****Disfrute actividades llenas de gozo y
conecte con los recursos.**

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Iglesia Walker de la Comunidad
Linterna de Cobre

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8135 CAMINO WHARTON'S DOCK

Para más información contacte a Mary 830-777-7799



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370-3912

Steve Bradley

Email: agentsteveb@yahoo.com

YOGA WITH IDA

At 9:30am on Tuesdays

Ida will be teaching a comprehensive, balanced, traditional style of yoga class with each session starting with a centering breath, meditation, flowing sun salutations, relaxation between poses, and guided instruction throughout. As everyone becomes comfortable with the work, new exercises and poses are introduced and others will be held longer to deepen the experience.



Stretch and Strengthen with Ida will follow

at 10:30am and is a therapeutic movement class, adapted from various styles and approaches to movement as a rehabilitative, healing, and transformational experience. It is particularly effective for people of all ages and those recovering from, or living with injury or illness. \$8 per class.



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BANDERA COUNTY
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Activities & Events
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Rock Painting with Tiffany

November Dates:
12:30PM - Monday 7th & 21st

\$3 per class (if using our paint)
803 Buck Creek Dr. In the Great Room



Please bring at least 3 rocks for you to paint. You will need to wash and scrub them and let them dry before painting on them, so do it a day or two before class and try to pick smooth rocks! These things will help tremendously to keep our paint pens in good working condition.

www.silversage.org
Questions: (830) 796-4969



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This project is supported by the Centers for Medicare and Medicaid Services (CMS) of the U.S. Department of Health and Human Services (HHS) as part of the Federal Navigator Grant.

Schedule an Appointment Today!

Autumn Spiced Cider

1/2 gal. apple cider
 2 c. orange juice
 3-3" cinnamon sticks
 10 whole cloves
 zest of 1 orange
 1/4 tsp. ground nutmeg
 1/4 tsp. ground allspice

Bring all ingred. to a boil,
 Boil 15 min. Strain
 through fine mesh into
 thermos or back into pan.
 Serve hot.

Almuerzo De Damas

Hispanic Outreach Ladies Luncheon

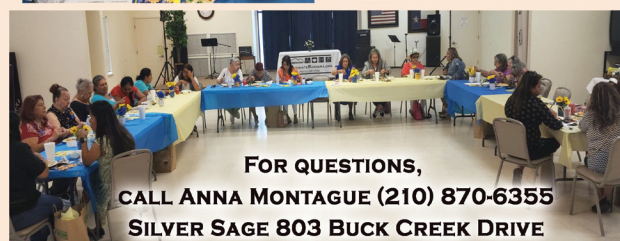
THURS. OCTOBER 27TH, 11AM

in the Silver Sage Great Room



LUNCH
PROVIDED

ALL
WELCOME



FOR QUESTIONS,
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 SILVER SAGE 803 BUCK CREEK DRIVE

Julie Daniluk
 TV HOST AND NUTRITIONIST



Healing Pumpkin Soup

Makes 4-6 servings

2 lbs.	pumpkin, diced
4 cloves	garlic, chopped
1 cup	onion, chopped
1/2 cup	basil (fresh)
	or 1/4 cup dairy-free pesto)
1 tbsp	turmeric
to taste	pink rock or grey sea salt
to taste	olive oil (organic)



1. Put pumpkin, turmeric, salt, garlic and onions in a large saucepan and add enough cold water to just cover them.
2. Bring to a boil over high heat.
3. Reduce heat to medium-low. Cover and simmer for 15 minutes, until squash is tender.
4. Remove from heat and add fresh basil or pesto.
5. Transfer soup to a blender and purée until smooth.
6. Top with organic olive oil, and serve.

Always **THE 1ST TUESDAY
OF EVERY MONTH!**

803 Buck Creek Drive
(830) 796-4969

Bandera, Texas
silversage.org

7-9pm

Silver Sage Presents
COWBOY CAPITAL OPRY

TUESDAY, NOVEMBER 1ST

Featuring The **GIBSON SISTERS** & *the*

Silver Sage House Band

*(Lanette Pennell, , Vickie Gillespie, Dave Kemp,
Gerry Payne & Mark Wright)*

