Our Silver Sage Thrift Store is located at 660 Hwy 16 South in the strip mall next to Snowflakes Donuts (830) 796-3590

Store hours (Temp. hours): Tues-Thurs 10:00am-3:00pm

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. Opportunities are available to work just a couple of hours once a week or more frequently. Call us at (830) 796-4969

Cowboy Opry
The monthly Cowboy Capital Opry is our most popular event held on the 1st Tuesday of every month benefiting Meals On Wheels. Performers this month are: Linda Wilder and Vickie Gillespie

THE SILVER SAGE BUS PROGRAM PAGE 18
is intended to enrich the lives of senior citizens in our community by offering a variety of activities such as: Trips to larger grocery stores, occasional dinners, special events or sight seeing outings that our seniors might not wish to drive to on their own.

9/2 - HEB * 9/9 - Herman Son’s Steak House * 9/16 - WALMART
Contact Lisa for more info @ lisa@silversage.org - 830-850-0930

MONTHLY MENU
PAGE 13
expanding our reach.

serving 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 830.522.2002
WHAT’S INSIDE

5. Article Sponsored by Alamo Hospice and Written by Monica Zuniga:
   “Sometimes remembrance can be sad, because of the circumstances or for the idea of the overall loss, but other times, remembrance can be therapeutic, healing, and invoke good memories...”

6. Through The Eyes Of A Driver by Mary Allyce:
   “At the Silver Sage the folks (both men and women) in the kitchen definitely understand a Texas approach to meals. We’ve all experienced “institutional food”. If that’s how you picture Meals On Wheels or the daily lunches served here, you couldn’t be more wrong...”

16. Betty, It’s a Crock-er by Mikie Baker
   “Ladies, come with me on a journey back in time. 1961, to be precise. You’ll be amazed at how lucky you are. This waltz down memory lane comes straight out of an ancient Betty Crocker Cookbook...”
The Power of a Remembrance
By Monica Zuniga, Alamo Hospice

September, for the last 20 years, has been the time we remember what happened on 9/11. “We Will Never Forget” were words that have reverberated all this time. The loss of life we felt as a nation that day and the pain of the families who lost their loved ones will never be forgotten; nor will the sacrifices made by first responders and everyone who was involved. We remember.

Memorials and stories of remembrance are top of mind to those of us who work in hospice. Our focus is on someone’s life. For the time, it is giving them the best quality of life while we have them in our care, but it is also getting to know them as a person, who they are, and what makes them tick. One of the questions we ask the family is, “are there any important dates we can remember that are meaningful to your loved one?” We ask because many times, those dates and times of celebration bring to them good memories and feelings.

Sometimes remembrance can be sad, because of the circumstances or for the idea of the overall loss, but other times, remembrance can be therapeutic, healing, and invoke good memories.

“The power of remembrance surrounds us all the time,” says Rev. Dr. James B. Lemler of Christ Church Greenwich. “We recall people and events that have been important to us and to our community. We examine history to learn its lessons. We gather for memorial occasions, because we experience connections with those who have gone to the next life, and this helps us to feel connected to those whom we have loved. There are so many actions of remembrance that sustain us in our living.”

Sustaining us in life is really the point. We remember so we can move on, so we can make decisions that impact our future in positive ways, so we can honor those we are remembering.
In a column I called “Bandera Banter”, for another publication, I talked about Texas food and how Texans, specifically my women friends, loved to eat all of it. I’d arrived here from North Palm Beach, Florida, where I said, “Women push four skinny green beans and a piece of dry fish the size of matchbook around their plates whispering, ‘I am sooo full!’ and asking for a to-go box.” It was only a slight overstatement.

At least in this part of Texas, I found women who tucked into a big chicken fried steak with gusto, who thought ranch dressing was the perfect accompaniment to just about anything, and who asked for the best part of a juicy brisket – the part with some fat on it. I was charmed, fascinated, and best of all, I was no longer hungry when I finished a meal!

As far as food is concerned, Texas and her sons and daughters get five gold stars in my book.

Of course there was the cowboy who informed me, “Texas men all cook ‘cuz women can’t.” Before I fully recovered he dug deeper. “Oh, they’re okay for desserts and salads and stuff like that,” he plowed on, “But if you want meat cooked right, a man’s got to do it.” I should point out this was almost 20 years ago, so it’s possible he’s softened his opinions. Not likely, but possible, and there are more than a couple of Texas women who can cook a mean brisket!

At the Silver Sage the folks (both men and women) in the kitchen definitely understand a Texas approach to meals. We’ve all experienced “institutional food”. If that’s how you picture Meals On Wheels or the daily lunches served here, you couldn’t be more wrong. When I began driving a MOW route, the hardest part was being surrounded in my vehicle by the intoxicating aroma of the hot meals I delivered to clients. Spaghetti and garlic bread, meatloaf, Tuscan chicken, turkey and dressing – if I wasn’t hungry starting my drive, I definitely was by the time I finished.

In the last month, lunches in the dining room have included Art Crawford’s famous liver and onions, pizza with assorted toppings, a build your own taco bar, and a sophisticated teriyaki salmon. John Vandergriff and his kitchen staff – Patti Pisarz, David Montgomery, and new executive chef, James Moore, cook with imagination and gusto.

The staff will even tweak individual meals if possible. “We try to accommodate special dietary needs both for MOW and here in the dining room for lunch,” Vandergriff says.

A recent addition to the regular menus is the popular “Mystery Monday” where chefs take turns to create an alternate choice to the regular meal. The assorted pizzas, the highly rated taco bar, and a recent celebration of Banana Split Day with you guessed it – a banana split bar, have all been welcome additions.

Local “ladies who lunch” daily at the Silver Sage give all of it their stamp of approval from the self-proclaimed “Queen’s Table”. Wishing to remain anonymous, they all agreed the food is amazing.

One of my MOW clients put it a bit differently. She asked what was being delivered the next day. “I’ll have to check,” I apologized. She waved it off. “It doesn’t matter,” she said. “Whatever it is, it’ll be good!”

Good, creative, fun and just plain delicious food - it’s what’s for lunch at the Silver Sage.

See you in October.
Coming Soon

the Cottages
of Silver Sage
A Community For Active Seniors

What are the Cottages of Silver Sage?

- A Community for Active Seniors
- 46 units ranging from 600 sq ft to 980 sq ft
- Rent based on Income
- Located next to the Silver Sage Community Center
- Seniors activities Monday–Friday every week
- Free Lunch Daily for qualifying participants

WANT TO HELP? DONATE NOW.
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SILVERSAGE.ORG
Corny Jokes:
• “I’m afraid for the calendar. Its days are numbered.”

• “My wife said I should do lunges to stay in shape. That would be a big step forward.”

• “Why do fathers take an extra pair of socks when they go golfing?” “In case they get a hole in one!”

• “Singing in the shower is fun until you get soap in your mouth. Then it’s a soap opera.”

• “What do a tick and the Eiffel Tower have in common?” “They’re both Paris sites.”

• “What do you call a fish wearing a bowtie?” “Sofishticated.”

• “I thought the dryer was shrinking my clothes. Turns out it was the refrigerator all along.”

• Why did the scarecrow win an award? Because he was outstanding in his field.

• Why did the melon jump into the lake? It wanted to be a water-melon.

• What did the duck say when it bought lipstick? “Put it on my bill.”

• What do you call a pig that does karate? A pork chop.

Teacher speaking to her Class
Teacher: “Anyone who thinks he’s stupid may stand up!”

*Nobody stands up*

Teacher: “I’m sure there are some stupid students over here!!”

*Little Johnny stands up*

Teacher: “Ohh, Johnny you think you’re stupid?”

Little Johnny: “No... i just feel bad that you’re standing alone...”


Did you hear about the guy who cut off the left side of his body?

My wife told me to stop impersonating a flamingo.

I had to put my foot down.

Russian dolls are so full of themselves.

6:30 is the best time on a clock, hands down.
Bandera Writers Group, Sept. 9th
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
HEY, WHAT’S GOING ON?
By Lisa Crawford (Activities Director)

MUSIC MONDAY HAM JAM
The Monday Ham Jam has been a lot of fun and we’re starting to get regular musicians showing up as well as listeners and even a few dancers. If you know a musician that might enjoy sitting in with us then by all means please invite them to come on Monday’s. Be sure to tell them that we will feed them lunch if they come early enough. Lunch served 11:30 to 1 and the music jam is 12:30 to 2:30. Lunch is free but donations are GREATLY appreciated.

FREE HAIRCUTS
Mimi Whitehouse came and gave free haircuts last month and did a fantastic job. We are thrilled to have her volunteering her time and expertise. Everyone who got a cut said they were really happy with it. I know I am very pleased with my cut. Mimi will return for free haircuts on September 29th offering 30 minute slots from 10 a.m. until the last appointment taken at 2:30 p.m. There will be a sign up sheet at the front desk the week before. Appointment times are first come first serve. Please remember Mimi is volunteering her time and be kind.

BUS TRIPS
In August we took a full bus load to Smashin’Crab, the Witte Museum and Good Time Charlie’s. Every trip we’ve made has been full of adventure, new friendships, lots of laughter and so much fun. I just wish I had a bigger bud to take more people every trip.

Starting in September our bus trip to HEB will always be the first Thursday each month and Wal-mart trips will be the third Thursday each month.

Our dinner trip this month will be to Hermann Sons Steakhouse in Hondo on September 9th. The bus will leave at 4 p.m. from the Silver Sage and return when everyone is ready. Please come by the Silver Sage to sign up or call and ask for Lisa.

Remember to keep your eyes on the website calender or our monthly newsletter the SCOOP for all future outings and in house events.

Stay safe out there friends.
Lisa Beck Crawford

That’s what’s going on!
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
# September ACTIVITIES 2021

**Activities Director, Lisa Crawford**  
Phone: (830) 850-0930  
Email: lisa@silversage.org

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<th>Mon</th>
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| 8:00 Exercise  
10:00 Yoga w/Willy  
12:30-2:30 MUSIC HAM JAM MONDAY | 8:00 Indoor Exercise  
9:30 Quilting  
1:00 BINGO | 9:00 Bridge  
12:30 HEB Bus Trip  
1:00-4:00 42 | 8:00 Indoor Exercise | |
| 10:30 Stretch & Strengthen  
12:30 Mexican Train  
7:00 Cowboy Capital Opry w/Linda Wilder & Vickie Gillespie | 8:00 Indoor Exercise  
9:30 Quilting  
12:30 BINGO  
Nutrition Lunch & Learn w/Susan Broa- benefits of drinking water. | 9:00 Bridge  
12:30 Walmart Bus Trip  
1:00-4:00 42 | 8:00 Indoor Exercise | |
| 8:00 Exercise  
10:00 Yoga w/Willy  
12:30-2:30 MUSIC HAM JAM MONDAY | 10:30 Stretch & Strengthen  
12:30 Mexican Train | 8:00 Indoor Exercise  
9:30 Quilting  
12:30 BINGO | 9:00 Bridge  
1:00-4:00 42 | 8:00 Indoor Exercise |
| 8:00 Exercise  
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12:30-2:30 MUSIC HAM JAM MONDAY | 10:30 Stretch & Strengthen  
12:30 Mexican Train | 8:00 Indoor Exercise  
9:30 Quilting  
12:30 BINGO | 9:00 Bridge  
1:00-4:00 42 | 8:00 Indoor Exercise |
| 8:00 Exercise  
10-11:15 Yoga w/Willy  
12:30-2:30 MUSIC HAM JAM MONDAY | 10:30-Stretch & Strengthen  
12:00 Monthly Birthday Bash  
12:30 Mexican Train | 8:00 Indoor Exercise  
9:30 Quilting  
10:00-3:00 Mimi's Free Hair Cuts  
12:30 BINGO | 9:00 Bridge  
1:00-4:00pm 42 | |

*FOOD BANK DISTRIBUTIONS:*
Lakehills Civic Center: Monday Sept. 13th  
Mansfield Park, Bandera: Wednesday, Sept. 22nd.
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Menu subject to change according to availability.

Joyce D. Lamilla, LD
Call Meals On Wheels delivery.

Silver Sage ~ September 2021
Lunch served from 11:30pm-1pm
Seniors Program

Providing seniors with vision loss the skills, tools and resources needed for maintaining independence in their homes and the community.

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Mystery Menu Mondays

For those of joining us at The Silver Sage for lunch during the week, we have some exciting news. Every Monday we will be having a Mystery Chef prepare a second option for your dine in experience. You may choose to enjoy what is on the regular menu or have the Mystery Menu.

The week prior to each Monday our dine in guests will be given clues as to who the Mystery Chef is and what the Mystery Menu is. The Mystery Menu will be announced on the Friday before each Monday.

Of course, Art Crawford will be prepare his Liver and Onions a Monday now and again, but who else will be cooking for you? What will they be making? Make a date, mark your calendar, and come on down to The Silver Sage and join in the fun and food. As always, there is no costs for our meals. If you wish to donate it will be greatly appreciated.
Stretch & Strengthen with Ida Hardy
Every Tuesday 10:30am

This is a Stretch & Strengthen class for people who want to move their joints more freely, get stronger, and become more flexible.

This class promotes movement of the limbs in smooth, gentle, & flowing ways to develop coordination and improve or retain normal range of motion.

The cost of the class will be $8 per person each week ($5 going to Ida Hardy and $3 going to the Silver Sage).

While the class is OPEN TO ALL ADULTS we do not offer child care so please make other arrangements for your children.

Please contact Lisa to sign up: lisa@silversage.org (830) 850-0930

Our greatest need is for drivers and driver assistants to help with the Meals On Wheels program.

If you have a few hours once a week to help others, the rewards will be great. Visit and make friends with some of the most marvelous and interesting people who receive Meals On Wheels. Meals are delivered Monday through Friday throughout Bandera County. The Silver Sage provides vehicles and gas for deliveries. What a special feeling it is knowing that you have made such a difference in someone’s life! Please call us at (830) 796-4969 and ask for Amy. Our volunteer application form is available at: silversage.org/volunteer
THE SILVER SAGE BUS PROGRAM

is intended to enrich the lives of senior citizens in our community by offering a variety of activities such as: Trips to larger grocery stores, occasional dinners, special events or sight seeing outings that our seniors might not wish to drive to on their own.

This is a program intended strictly for senior citizens. Children will not be permitted on the bus for a variety of reasons including liability, as well as comfort and safety considerations for our seniors. Adults under the age of 60 are welcome as long as they are not taking a seat from a senior. Our seniors are our priority.

Sept. 2nd - HEB
Sept. 9th - Herman Son’s Steak House
Sept. 16th - WALMART

All activities must be scheduled in advance and a sign up sheet will be put out one week in advance for each activity. You MUST sign up in advance for each trip you wish to attend and since seats are limited it will be first come first served seating. If you wish to ride the bus you will be required to fill out an informational sheet that we will keep in a file on the bus while traveling. That information will be given to medical personnel in case of an emergency concerning you. This information won’t be shared with anyone other than medical personnel and only in an emergency situation that concerns you.

*A suggested $5 donation for trips.

*For liability reasons all guests riding the bus MUST be physically able to load and unload from the bus without any assistance.

*We will not make unscheduled stops unless it’s an emergency.

*Your ideas for outings are always welcome and I will do my best to make them happen when possible. Please keep in mind the physical limitations of many of our seniors when making suggestions.

Contact Lisa for more info @ lisa@silversage.org - 830-850-0930
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YOGA WITH WILLY EVERY MONDAY

- Location: Great Room - 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; participants are encouraged to do what they can. Class consists of simple breathing exercises, stretching, and forced relaxation (smile!) that are beneficial for both physical and mental health. Class meets at 10:00 AM on Monday mornings in the Great Room with the entrance on Buck Creek Drive. Classes are held on holiday Mondays! Willie has been a certified Yoga instructor with over 20 years experience in body, mind, and spirit work. Willie’s eclectic style of Yoga and his warm, caring creativity endear him to his students. $8 per class.

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Video-Led Exercise Location: Great Room
Time: 8:00 AM Monday, Wednesday, Friday mornings.

Participate in one hour of video-led indoor exercise. This class is offered every Monday, Wednesday, and Friday mornings at 8:00 a.m. Appropriate for those who don’t want to participate in more strenuous exercises. This exercise time is perfect for stretching and limbering up aging joints and muscles. The pace of the video-led exercise group is slow and steady. Some of the participants sit on chairs to do their exercises.
Betty, It’s a Crock-er
By Mikie Baker

Ladies, come with me on a journey back in time. 1961, to be precise. You’ll be amazed at how lucky you are.

This waltz down memory lane comes straight out of an ancient Betty Crocker Cookbook published in 1961 that landed on my desk at work just the other day. I never got past Page 5 which is entitled, “Kitchen Know-How.” Here’s Betty’s hints for you home-makers out there.

Plan Ahead

Betty’s already lost me, but okay, I’ll bite. Here’s what she says to do, “Write menus for a week’s meals at a time. Shop for staples once a week, fresh fruits and vegetables twice weekly.” I’m already beginning to feel like a Stepford Wife. But she goes on, “If you have a freezer, make several cakes, pies, cookies, main dishes and sandwiches at a time and freeze some for future use.” I’m sorry, but if I’m so organized by writing menus and shopping twice a week, why would I ever need to freeze a thing?

But, back to Betty.

Combine Jobs

“Bake cakes or cookies while washing dishes or cooking dinner. Pare vegetables while meat is browning. Plan and organize daily work while working with hands (peeling potatoes, sweeping floor, etc.)” Betty! Knock it off! No wonder we drink – the pressure! I would do all this, but I’m still waiting for the robot that’s going to clean my house.

But wait, there’s more!

Refresh Your Spirits

See, she’s about to talk about vodka, isn’t she? No, no, she isn’t. “Every morning before breakfast, comb hair, apply makeup and a dash of cologne. Does wonders for your morale and your family’s, too!” No, Betty, vodka does that. “Think pleasant thoughts while working and a chore will become a labor of love.” She doesn’t bother to mention if a bra is a requirement.

“Have a hobby. Garden, paint pictures, look through magazines for home planning ideas, read a good book or attend club meetings. Be interested – and you’ll always be interesting! Oh, and if you have a spare moment, sit down, close your eyes and just relax.” A spare moment? No, I haven’t finished peeling potatoes, composting the skins and starting a garden.

Hold on, Betty’s not done.

Organize Work

“Have a weekly plan for scheduling such tasks as washing, ironing, baking, shopping, cleaning the refrigerator or washing floors. One task done each day provides a sense of accomplishment and keeps work from piling up.” Isn’t anybody going to help me?!

Sure, Betty is with some more sage advice.

Be Comfortable

Oh good, this is where she must mention taking off your bra. “Wear comfortable shoes and easy fitting clothes while working. Stand erect. Good posture prevents fatigue.” Lady, after the list of requirements you’ve given for me to be the perfect housewife, I’m already fatigued just reading your suggestions. At least Betty is looking out for our health. “Have sink, work table, counter tops at height that is comfortable to eliminate strain. If dishpan is too low, set it on a box.” And there you have it. Yes, Betty I’m about to stand on my soap box!

Betty, I think I’ll leave your advice at the door. I’m going to sit down at my trusty computer, order my groceries online and have them delivered, find a good maid service and throw my dirty dishes into my super quiet dishwasher. And I’ve got frozen pizzas in the freezer compliments of my Italian friend, DiGiorno. Now I understand why my mother acted the way she did. It was because of Betty’s “Kitchen Know-How” or the 2021 version: “How to Become Certifiably Insane in Only One Week after spending time with Betty.”
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LAKEHILLS CIVIC CENTER 9AM-11AM

WEDNESDAY SEPTEMBER 22ND
MANSFIELD PARK 10AM-12PM

PLEASE CALL THE SILVER SAGE FOR ANY QUESTIONS @ (830) 796-4969