



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



VOL. 4 ISSUE 6 WWW.SILVERSAGE.ORG APRIL 2023

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 April 4th
Reuben Darnell

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.

Bus Trip! Thurs. April 20th @ 8:00am San Antonio Missions National Historical Park & Nicha's Comida Mexicana

WOMEN'S EMPOWERMENT GROUP @ the Silver Sage, Free - Open to Women and Girls 13 & up. 4:45-6 pm, 1st & 3rd Thursday of each month!





elevating**health**

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



Managing Publisher/Designer:

Karyn Utterback
Executive Assistant

Email: karyn@silversage.org

Development Director:

Mikie Baker-mikie@silversage.org

Sales: Mikie Baker & Karyn Lyn

Silver Sage-803 Buck Creek
Bandera, TX 78003

HOURS:
SILVER SAGE HOURS:
MON-THURS 8:00AM- 3:00PM
FRIDAY 8:00AM TO 2:00PM.
CLOSED WEEKENDS AND MAJOR HOLIDAYS.
WWW.SILVERSAGE.ORG

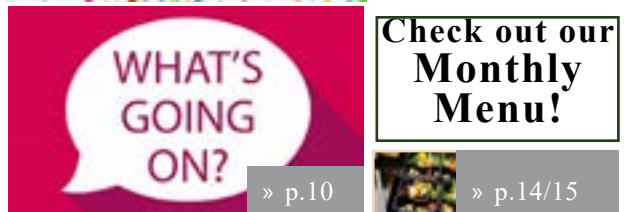
WHAT'S INSIDE

5. **VaccinateBandera.org** IS PREPARED TO ASSIST ANYONE with accessing a Covid-19 vaccine. If you need a ride, call us! If you need help making an online appointment, call us! If you would like us to bring a clinic to your area, call us! If you have a question about the latest vaccine or CDC recommendations, call us!
7. **Through the Eyes Of A Driver**, by Mary Allyce: "When I started writing this column for SCOOP, I was still driving for the Silver Sage Meals On Wheels (MOW) program, hence the title of said column. Due to health issues .."
10. **Activities**, by Lisa Beck - "Cowboy Capital Opry Tuesday, April 4th our special guest will be Reuben Darnell. If you have not heard him sing, you're in for a real treat. Our talented backing band includes Gerry Payne, Lanette Pennell, Vicki Gillespie and Dave Kemp. We so appreciate all our musicians donating their time and talents to this monthly Meals on Wheels Fundraising event!"

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

Our Mission:
Enriching Life for Seniors



By Lisa Crawford



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

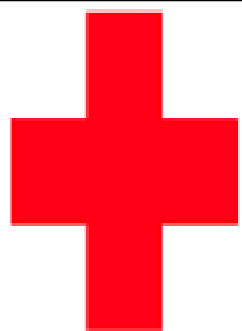
ART Bus 1-866-889-7433

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



**American
Red Cross**

redcross.org

Together, we can save a life

We'd love to see you in our seats!

BOERNE COMMUNITY THEATRE

907 E. Blanco/PO Box 891

Boerne, TX 78006

210.269.3290-Mobile

830.249.9166-Theatre



Reservations Online @ www.boernetheatre.org

Doing whatever it takes...

... when it matters the most.



**Established, local team proudly serving the Bandera area
for nearly 10 years. Available 24/7.**

(830) 816-5024

1232 Bandera Hwy, Kerrville, TX

"Your home is where our heart is."



Phone: (830) 895-3100

tricountyhomehealth.com

874 Harper Rd. Kerrville, TX 78028


COVID-19 VACCINE INFO



VACCINATEBANDERA.ORG

PROTECT OUR FUTURE

 Protect Our Future Bandera

 @vaxbandera

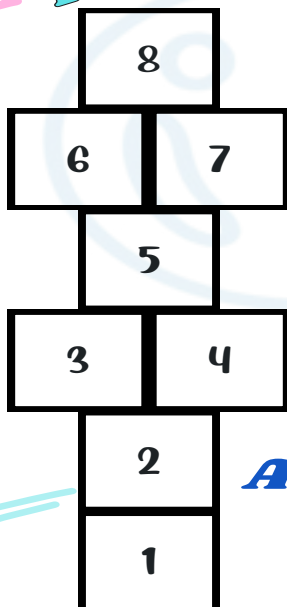
 vaccinatebandera

QUESTIONS? CALL:

833-8-VACCINATE | 833-882-2246

WHARTON'S DOCK NEIGHBORHOOD BLOCK PARTY

FREE!



**FREE
COMMUNITY
EVENT FOR
ALL!**

@ Lakeshore VFD
9019 Wharton's Dock Rd.
Saturday April 22, 2023
10am-2pm

FREE!

Face Painting

Food

Cakewalk

Dunk Tank

Activities & Games

Live DJ

**RESOURCE FAIR
and VACCINE CLINIC**

FREE!

FREE!



Hosted by
Lakeshore VFD
Lake Medina Shores Owner's Association
Copper Lantern



For more information contact Mary Brosius 830.777.7799 or mary.brosius@centromedsa.com



PRESCRIPTION DRUG SAFETY

Medication Safety Tips

If you are uncertain about any of your medications, do not hesitate to **ask your doctor or pharmacist questions**. They are available to help!

When the Doctor Prescribes Medication for You

- Ask your doctor to *print* his or her name and the name of any new medications on the prescription slip.
- If you do not understand why you are taking a medication, ask your doctor to explain more about your new medication.
- Telling your doctor about all prescription and nonprescription medications you are taking, including over-the-counter (OTC), herbal, vitamin, and dietary supplements, can prevent dangerous drug interactions. *Don't forget to mention any allergies you may have.*



When Picking Up Your Medication

- Just like with your doctor, be sure to tell your pharmacist about all prescription and nonprescription medications you are taking, including OTC, herbal, vitamin, and dietary supplements. *Once again, mention any allergies you may have.*
- Ask the pharmacist for a patient information sheet explaining your new medication. If you have any questions about your medication, be sure to ask the pharmacist.
- Look at the label carefully when you get a new medication to ensure that you understand all of the instructions.
- If you are picking up a refill, look at your medication label and contents to ensure that nothing looks different from the previous medication.
- Count the pills you are given and make sure the number matches the amount indicated on the label – *this is especially important with controlled substances such as pain pills.*
- Does your new prescription medication contain acetaminophen? If it does, check all OTC medications you may take while using your prescription medications to see if the OTC drug products also contain acetaminophen. Taking two medications with acetaminophen can cause an overdose or lead to liver damage.



THROUGH THE EYES OF A DRIVER

By Mary Allyce

When I started writing this column for SCOOP, I was still driving for the Silver Sage Meals On Wheels (MOW) program, hence the title of said column. Due to health issues, a broken ankle and other craziness, I haven't driven for MOW for a few years. My memories of volunteering for the program, however, are fresh and happy ones. I loved the clients and many of their pets. I loved driving all around our beautiful Texas Hill Country.

I only got lost once. I say "only" because I have a terrible sense of direction, a dysfunction my grown sons will attest to. One of them had to direct me to his pre-school when I drove past the correct turn twice. He was three at the time. He was right. I learned to trust a three-year old. I've also accepted the GPS is not as reliable as some three-year olds. My lapse on the MOW route was about four miles from the Silver Sage parking lot and it took several phone calls to the home office to get me, my jeep, and meals to the correct destination. Believe this: the Silver Sage staff are the most patient, helpful bosses I've ever had. And they're far more forgiving than a smarty pants three-year old.

I only fell down once. It's still a bit of a mystery because it happened so fast, as falls often do, but a smear of mud, a concrete porch, and my smooth soled boots might have had something to do with it. The fact that I'm decades out from dance training when I was a lot more coordinated, flexible, and graceful might have been factors, too. The only damage was to my ego and jeans which neatly mopped up the smear of mud. The client, who watched the entire performance from her doorway, was kindly concerned. "I'm fine," I assured her, supremely grateful I slipped on the way out and not in when her meal might have wound up in the mud with me. (It's well to note if there is a mishap with a client meal, a replacement is delivered. No one goes hungry when Silver Sage is involved!)

I learned a lot more than the routes. Driving for

MOW teaches patience. Some folks take a bit longer to get to the door. When I had my own mobility issues, I tried, not always successfully, to be as patient with myself as I was with clients. I learned sometimes a little conversation and a whole lot of listening goes a very long way. We all need words repeated now and then, although I often think how cool if we had some sort of virtual closed captioning like we have on TV. (Perhaps attached to a hat? Not too much to ask in this electronic age, is it?) Driving for MOW, I was reminded that learning to speak slowly, clearly and loud enough for humans to hear is skill everyone should develop.



My MOW driver days remain some of my favorite memories, clients' pets often leading the list. . . Bossy, independent little Charlie, the perfectly named Princess of the Porch, the oh-so demanding Duchess whose doggy treat had to be offered before her "parents" got their meals or Ms. Duchess gave a distinctly dachshund reprimand. All special characters just like their human companions.

In coming weeks, as our Winter Texans head for their warm weather homes, the volunteer pool for MOW drivers and their "jumper" helpers shrinks, but the need continues to grow. If you can't drive, maybe you can help a driver – no actual jumping involved, unless that's your style. Just leave the slick soled boots at home and watch out for mud. We are all praying for April showers, aren't we?

See you in May!



Bone

What do you call two best friends on Easter?
Two Peeps in a pod!

Why were the chickens huddled together?
They were hatching a plan for the Easter egg hunt.

Why wasn't the bunny that funny this Easter?
Because we poached all his best yolks!

Why was the Easter movie so scary? Because it
was really hare-raising!

What do you tell a jokester egg on Easter?
You're crackin' me up!

What do you put in your hair before church on
Easter? Hare spray!

What does a mommy egg say to a baby egg on
Easter? You're egg-tra special.

When do the kids go to bed on Easter? When
they're eggs-osted

Why was the little kid sad after the egg hunt?
Because an egg beater.

How do you know carrots are good for your
eyes? Have you ever seen the Easter Bunny
with glasses?!

What do you say after you burp during Easter
brunch? Eggs-cuse me!

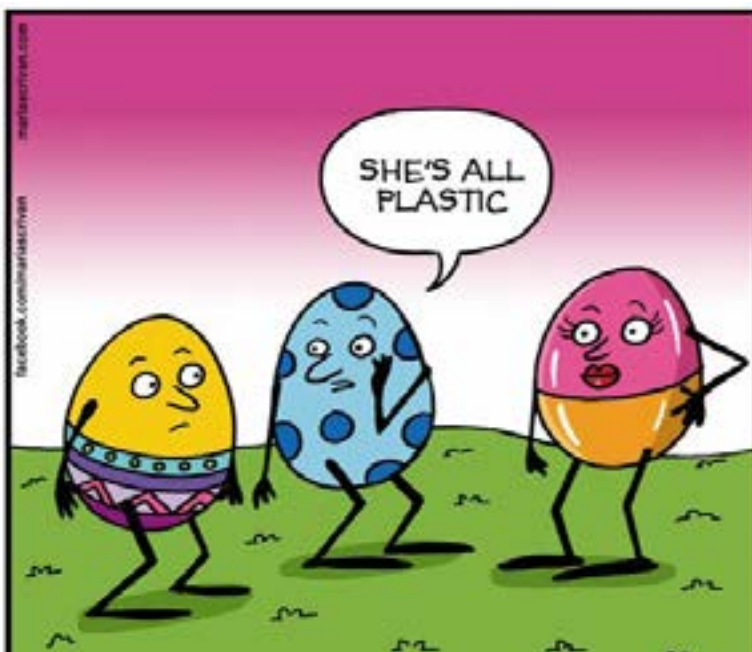
Why did the baby chick cross the road? To
meet up with her Peeps.

What's the most popular baby bunny name?
Peter!

What sport do you have to play on Easter?
Basket-ball.



HAPPY EAST... OH NO





Capillas y Altares, (Chapels & Altars)

A study in the Mexican Ultra-Baroque by Mauri Guillen Fagan, Executive Director of the Bandera Kronkosky Library and a magnificent Travelogue of Photography by Executive Director of the Arthur Nagel Community Clinic, Chuck Ludke. It will include a tour of the New Spain Art Collection at the Bandera Natural History Museum (\$15 fee) **The class will take place at the Silver Sage Community Center on Thursday, April 6, 2023 @ 10:00AM All must pre- register, please contact Anna Montague by text or call , 210.870.6355**

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



When you gotta go – go with the best!

Septic Installation & Pumping – Water Well Drilling & Service
Portable Toilet Rental (Construction Site & Private Events)
Residential & Commercial Jobs – Free Estimates

4855 State Hwy 173 North • Bandera, TX 78003
www.bswws.com



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

Oh my, the bluebonnets! They have been wonderful this year! I hope you've had a chance to see them. I had a surprise patch pop up in my yard and they were glorious! Another wonderful surprise for me was that the Mountain Laurel right outside my bedroom window has never had more than a handful of blooms, but this year it was covered. Every morning when I walked out the door I was happily greeted with that beautiful sight and smell, and it just made me smile all day. I love spring!

MUSIC: Cowboy Capital Opry Tuesday, April 4th our special guest will be Reuben Darnell. If you have not heard him sing, you're in for a real treat. Our talented backing band includes Gerry Payne, Lanette Pennell, Vicki Gillespie and Dave Kemp. We so appreciate

all our musicians donating their time and talents to this monthly Meals on Wheels Fundraising event. We could never do it without them. Doors will open at 6:30 and music starts at 7:00. We will have fresh popcorn, candy, sodas, and water available for purchase. Thank you to all who have donated door prizes as well. We always could use more if you are so inclined. NOTICE: There will be NO Opry in the month of July since it falls on the 4th and there will be so many other events to compete with.

MONTHLY MUSIC JAM: This month the jam falls on Monday, April 24th at 12:30 p.m. Come join the fun. All are welcome to play or to listen.

BUS TRIPS: Gravity Check Jam Night Dinner and Music Tuesday, April 11th we will leave the center at 6:00 p.m. and expect to return by 9. This is an open jam and my understanding is that anyone can sign up to play or sing with the band. Gravity Check is located just outside of Kerrville on 173. They serve food and I have heard it's good.

LUCKY EAGLE CASINO: There will be two opportunities to go to the casino this month. The first one will be on Thursday, April 13th. The second will be Thursday, April 27th. Please do not sign up for both trips so that we can ensure as many people as possible can go. Both trips will leave the center at 8:00 a.m. sharp and we expect to leave the casino by 3 p.m. Don't be late!

SAN ANTONIO MISSIONS NATIONAL HISTORICAL PARK & NICHAS COMIDA MEXICANA Thursday, April 20th at 8:00 a.m. In March we took a full bus load to two of the Missions and had such a wonderful time. For those who missed it in March here is your chance to go. Sign up right away because this trip will fill up quickly. IF the bus sign-up sheet is not full by the 10th, we will start letting even those who went in March sign up to go again. Please see the calendar for shopping trips. **Remember all bus trips are meant for seniors aged fifty-five and up. There is a \$5 fee for the bus trip, and you must be physically able to get on and off the bus without assistance.* Please remember if you have never been on one of our bus trips before, you will need to arrive at least 15 minutes prior to departure time to fill out a medical emergency information form.

FREE MOVIE SHOWING: RISEN will be shown in honor of Easter in the dining room on Thursday, April 6th at 2:00 p.m. This is the day before Good Friday. This movie is 1 hour and 47 minutes long.

BIRTHDAY BASH will be on Friday, April 28th during lunch from 11:30 to 1:00. Our chef James Moore provides the cake and the Ice Cream is provided by the volunteers that serve the cake and ice cream. Please remember to join us in thanking them for supporting the Silver Sage and in turn YOU!

EDUCATIONAL : "Memoirs" Writing Class. You've decided to write your life story, but how to get started? Learn the techniques, identify your audience, develop your unique voice, and begin your journey as a writer. April 4, 11, 18 & 25th at 1:00 p.m. in Craft Room. Led by Author Mary Schenk (Mary Allyce - Riders On The Storm, Real Cowboys Write Poetry, Silver Sage SCOOP, Saddle & Bridle, etc.) This is a FREE class that Mary Allyce has volunteered to lead. Please remember to thank her.

Women's Empowerment Group Starting April 6th the Silver Sage will host a twice a month women only group meeting/class in the Great Room from 4:30 to 6:00 p.m. PLEASE ENTER FROM THAT SIDE OF THE BUILDING. This class is FREE and being offered by Hill Country Crisis Council, led by Anna Reid, MA, LPC-Associate, supervised by Kim Olden, M.ED., LPC-S. You will be asked to sign two release of liability forms. **See more info on page 27.**

JM ARTISAN BAKED GOODS



*A Veteran owned & operated
company in the heart of
Bandera, TX making artisan
baked goods from scratch
just like your mom
use to make.*



PHONE: (830)212-0601

EMAIL: JMBAKEDGOODS@GMAIL.COM

WEBSITE: JMARTISANBAKEDGOODS.COM

WHAT'S HAPPENING CONTINUED...

LET'S TALK: FOSTER

GRANDPARENTING Tuesday, April 18th at 2:00 p.m. in the dining room. "Seeking "Grandparents", 55 years and older, to provide one on one tutoring for children in elementary schools. "Grandparents" will receive monthly stipend, mileage reimbursement, training, PTO, and paid holidays. Earn extra money and assist a child in your community.

REMINDER 4 PART BEGINNING GENEALOGY COURSE COMING

IN MAY: Starting on Fridays in May at 1:00pm in the Silver Sage dining room we will have local Genealogy teacher Lloyd Shenberger return for a 4 part series of classes. There is a \$20 fee for the entire series which simply covers the cost of supplies needed for the class. Lloyd is donating his time to teach this class and to prepare the books. If you would like to join this class, you will need to register in advance and the fee of \$20 will need to be collected by April 14th. **YOU MUST PRE-REGISTER FOR THIS CLASS.** Please call Lisa at 830-850-0028.



cascadehealthservices.org

CIBOLO CREEK

REHABILITATION • HEALTH • LIVING

1440 River Rd #1958, Boerne, TX 78006
Mary Lou Howells (830) 388-6991

The Beginning Genealogy Course is designed for students who are just starting out in Family Research as well as those who may have done research in the past and are now returning, or those who have been researching but struggling and need a refresher course. We will address the following topics: Getting Started, Researching Online, United States Census, Land Deed Records, Probate Records, Research Strategies, Getting Organized and DNA. The course will be held in a once a week 2 hour class, for four weeks. Each class will consist of a presentation on the topic and a handout for future reference.



THE HONDO NATIONAL BANK



Bandera Banking Center
355 State Hwy 16 S. - PO Box 1389
Bandera, TX 78003 - 830-796-3333
www.myhnb.com



Genealogy



BANDERA

NURSING & REHABILITATION

A Touchstone - Heritage Partnership

Comfort. Care. Community.

Delivering Compassionate Care Through Innovative Approaches

SKILLED NURSING - OUTPATIENT THERAPY - COMPLEX PAIN MANAGEMENT
LONG-TERM CARE - RESPITE CARE - POST-SURGICAL STABILIZATION
PHYSICAL, OCCUPATIONAL & SPEECH THERAPY - WOUND THERAPY

(830) 796-4077

222 FM 1077, Bandera, TX 78003

BanderaNursingRehab.com

TOUCHSTONE
COMMUNITIES[®]

MAKE HOME IMPROVEMENTS WITH THE **ENERGY SAVER PROGRAM**

No Money Down, Interest-free, On-bill Financing

Upgrade your HVAC system, water heater, pool and well pumps, windows, doors, insulation and more.

Learn more at BanderaElectric.com/EnergySaver





APRIL ACTIVITIES 2023

Activities Director, Lisa Crawford

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

Mon	Tue	Wed	Thu	Fri
APR 3 <u>8:00</u> Video Exercise <u>10:00</u> Yoga w/Willie <u>10:00</u> Spanish Class <u>12:30</u> Games	4 <u>10:30</u> Stretch & Strengthen w/Ida <u>12:30</u> Games <u>1:00</u> "Memoirs" Writing Class <u>7:00</u> Cowboy Capital Opry w/Reuben Darnel	5 <u>8:00</u> Video Exercise <u>9:30</u> Quilting <u>12:30</u> Games <u>12:30</u> Walmart	6 <u>10:00</u> Chapels and Alters presentation <u>12:30</u> Games <u>2:00</u> Writers Group <u>2:00</u> Movie: Risen 1 Hour, 47 minutes <u>4:30</u> Women's Empowerment Group in Great Room	7 CLOSED
10 <u>8:00</u> Video Exercise <u>10:00</u> Yoga w/Willie <u>10:00</u> Spanish Class <u>12:30</u> Games	11 <u>10:30</u> Stretch & Strengthen w/Ida <u>12:30</u> Games <u>1:00</u> "Memoirs" Class <u>6:15</u> Gravity Check Jam <u>Night Dinner and Music Bus Trip</u>	12 <u>8:00</u> Video Exercise <u>9:30</u> Quilting <u>12:00</u> Nutrition Talk <u>12:30</u> Games <u>12:30</u> Poco Loco	13 <u>8:00</u> Lucky Eagle Casino Trip <u>12:30</u> Games	14 <u>8:00</u> Video Exercise <u>10:00</u> Yoga w/Ida <u>10:00</u> Spanish Class <u>*May Genealogy Class \$20 payment due (covers series)</u>
17 <u>8:00</u> Video Exercise <u>9:30</u> <u>10:00</u> Yoga w/Willie <u>10:00</u> Spanish Class <u>12:30</u> Games	18 <u>10:30</u> Stretch & Strengthen w/Ida <u>12:00</u> Let's Talk: Foster Grandparenting program <u>12:30</u> Games <u>1:00</u> "Memoirs" Writing Class	19 <u>8:00</u> Video Exercise <u>9:30</u> Quilting <u>12:00</u> Let's Talk Long Term Care Ombudsman <u>12:30</u> Games <u>12:30</u> HEB	20 <u>8:00</u> San Antonio Missions National Historical Park & Nichas Comida Mexicana Bus Trip <u>12:30</u> Games <u>4:00</u> Silver Sage Cottages Update <u>4:30</u> Women's Empowerment	21 <u>8:00</u> Video Exercise <u>10:00</u> Yoga w/Ida <u>10:00</u> Spanish Class
24 <u>8:00</u> Video Exercise <u>10:00</u> Yoga w/Willie <u>10:00</u> Spanish Class <u>12:30</u> Music Jam	25 <u>10:30</u> Stretch & Strengthen w/Ida <u>12:30</u> Games <u>1:00</u> "Memoirs" Writing Class	26 <u>8:00</u> Video Exercise <u>9:30</u> Quilting <u>12:30</u> Games <u>12:30</u> La Michoacana	27 <u>8:00</u> Lucky Eagle Casino Trip <u>11:00</u> Hispanic Outreach Ladies Luncheon <u>12:30</u> Games	28 <u>8:00</u> Video Exercise <u>10:00</u> Yoga w/Ida <u>10:00</u> Spanish Class <u>11:30</u> Birthday Bash
MAY 1 <u>8:00</u> Video Exercise <u>10:00</u> Yoga w/Willie <u>10:00</u> Spanish Class	2 <u>10:30</u> Stretch & Strengthen w/Ida <u>12:30</u> Games	3 <u>8:00</u> Video Exercise <u>9:30</u> Quilting <u>12:30</u> Games <u>12:30</u> Walmart	4 <u>12:30</u> Games	5 <u>8:00</u> Video Exercise <u>10:00</u> Yoga w/Ida <u>10:00</u> Spanish Class
				13

Silver Sage ~ Abril 2023 Almuerzo servido de 1:30 p. m. a 1 p. m.

LUNES		MARTES		MIÉRCOLES		JUEVES		VIERNES	
3	Tiras De Pollo Con Salsa maíz vaquero Papas Fritas	4	Filete Salisbury con Salsa Cazuela De Hashbrown Arvejas y zanahorias Postre	5	pavo y aderezo Patatas dulces cazuela de judías verdes	6	Palitos de pescado/salsa tártara Patatas pequeñas Ensalada de col	7	Buen viernes CERRADO
10	jamón Patatas gratinadas con queso Coles De Bruselas Asadas	11	Albondigas de barbecue Macarrones con queso Frijoles Borracha Fruta fresca	12	Pollo Alfredo encima Fettuccine Calabacín Pan con queso	13	Hamburguesa con todos los Fix ins Ensalada de papas	14	Ensalada de pollo a la parrilla sobre una cama de verduras galletas saladas
17	buñuelos de cerdo Pure de Papas al Ajo Verduras mixtas	18	Stroganoff de ternera y Fideos de huevo Coles de Bruselas Postre	19	Pollo King Ranch Totopos y salsa casera	20	Lasaña brócoli fresco Pan de ajo	21	Ensalada De Chefs Cargada Jamón, Queso, Huevo, Tomates y Crou Tons
24	Filete De Pollo Frito Puré de papas cargado Judías verdes	25	Pollo parmesano Sobre pasta cabello de ángel Vegetales frescos palitos de pan Postre	26	Sándwich de cerdo desmenuzado Frijoles Horneados Papas Fritas	27	osso buco Pierna de ternera estofada en un plato de ajo fresco, zanahoria, cebolla y Estofado De Tomate	28	Sliders de ensalada de atún con pepinillos y papas fritas fiesta de cumpleaños
						<p>Menú sujeto a cambios según disponibilidad</p>		<p>Joyce D. Lamilla, LD Llame a la entrega de Meals On Wheels (830) 796-4969</p>	

Silver Sage ~ April 2023 Lunch served from 11:30pm-1pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Strips with Gravy Cowboy Corn Waffle Fries	4 Salisbury Steak and Gravy Hashbrown Casserole Peas and Carrots Dessert	5 Turkey and Dressing Sweet Potatoes Green Bean Casserole	6 Fish Sticks/Tarter Sauce Tater Tots Cole Slaw	7 Good Friday CLOSED
10 Ham Cheesy Au Gratin Potatoes Roasted Brussel Sprouts	11 BBQ Meatballs Mac and Cheese Borrracha Beans Fresh Fruit	12 Chicken Alfredo over Fettuccine Zucchini Cheesy Bread	13 Hamburger w/all the Fix- ins Potato Salad	14 Grilled Chicken Salad on a Bed of Greens Crackers
17 Pork Fritters Garlic Mashed Potatoes Mixed Vegetables	18 Beef Stroganoff and Egg Noodles Brussel Sprouts Dessert	19 King Ranch Chicken Tortilla Chips and Homemade Salsa	20 Lasagna Fresh Broccoli Garlic Bread	21 Loaded Chefs Salad Ham, Cheese, Eggs, Tomatoes, and Crou- tons
24 Chicken Fried Steak Loaded Mashed Potatoes Green Beans	25 Chicken Parmesan Over Angel Hair Pasta Fresh V egetables Bread Sticks Dessert	26 Pulled Pork Sandwich Baked Beans Waffle Fries	27 Osso Bucco Braised Beef Shank in a bowl of fresh Garlic, Carrot, Onion, and Tomato Stew	28 Tuna Salad Sliders with Pickles and Chips Birthday Bash
			Menu subject to change according to availability	Joyce D. Lamilla, LD Call Meals On Wheels delivery (830) 796-4969



American Heart Association

Healthy for Good™

SEASONS OF EATING

SPRING

Artichokes
Asparagus
Carrots
Chives
Fava Beans

Green Onions
Leeks
Lettuce
Parsnips
Peas

Radishes
Rhubarb
Swiss Chard

SUMMER

Berries
Corn
Cucumbers
Eggplant
Figs
Garlic
Grapes

Green Beans
Melons
Peppers
(sweet and hot)
Stone Fruit
(apricots, cherries,
nectarines, peaches,
plums)

Summer Squash
Tomatoes
Zucchini

FALL

Apples
Brussels Sprouts
Dates

Hard Squash
(acorn, butternut,
spaghetti)

Pears
Pumpkins
Sweet Potatoes

WINTER

Bok Choy
Broccoli
Cauliflower
Celery

Citrus Fruit
(clementines,
grapefruit, lemons,
limes, oranges,
tangerines)
Endive

Leafy Greens
(collards, kale,
mustard greens,
spinach)
Root Vegetables
(beets, turnips)

KEEP THESE TIPS IN MIND WHEN USING AND SHOPPING FOR SEASONAL PRODUCE:

- Fresh foods are often less expensive during their harvest season. You may even save money by buying in bulk.
- Shop at your local farmers market to learn more about produce and get ideas on how to prepare foods in season.
- Gardening gives you fresh seasonal produce and a little exercise, too. The sense of pride you'll feel will make that produce taste even better!
- Frozen, canned and dried fruits and vegetables also can be healthy choices. Compare food labels and choose items with the lowest amounts of sodium, added sugars and saturated fat.
- Freeze fresh produce so you can add it to smoothies, soups, breads and more throughout the year.

Learn more at heart.org/HealthyForGood

EAT SMART **MOVE MORE** **BE WELL**



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!**

**LOOKING FOR MORE OPTIONS?
Are you paying too much for medicine?
How about your out-of-pocket costs?**

**Born & raised in Bandera Texas,
let me come to you and help!
My services are free! Call me today!**

Levi Hay 210-365-8122

Email Levi_Hay@outlook.com

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

JUNIPER VILLAGE AT GUADALUPE RIVERFRONT

Exceptional Senior Living in the Texas Hill Country

INDEPENDENT LIVING | ASSISTED LIVING | REHABILITATION AND SKILLED CARE

AMENITIES INCLUDE

- Multiple Fitness Centers
- Exquisite Game Room
- Various Courtyards
- Beauty Parlor & Barber Shop
- Irresistible Social Events and Entertainment
- Pet Friendly
- 24-Hour Security System
- Captivating Walking Paths
- Extensive Library
- Relaxing Covered Patios
- Elegant Private Dining Room
- General Store
- WiFi Access Throughout



Call us now to schedule a visit and learn more about the Juniper Difference at 830.895.2626

Juniper Village at Guadalupe Riverfront

SENIOR LIVING AND REHABILITATION AND SKILLED CARE

FACILITY #000769/000269

135 Plaza Drive, Kerrville, TX 78028

830.895.2626

junipercommunities.com



KERRVILLE CANCER CENTER

Hope and compassion since 1989.

Valerian Chyle, Jr., MD

Board - Certified: Radiation Oncology, American Board Of Radiology

218 Sidney Baker Street North • Kerrville, Texas 78028
30-257-2070 • Fax: 830-257-2079 • www.KerrvilleCancerCenter.net



LIGHTHOUSE
for the Blind & Vision Impaired

Seniors Program

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

210-531-1547 • www.salighthouse.org



BANDERA

— VETERINARY CLINIC —

**Dr. Mark Richardson,
Dr. Jennifer Knight, and Associates**

**830-796-3003
1989 TX-16 N, Bandera, TX 78003
BANDERAVETCLINIC.COM**



RIVER CITY HOSPICE

"Our family taking care of your family."

River City Hospice provides loving hospice care to patients and their families. Our caring and experienced team of professionals and volunteers are prepared to meet your hospice needs.

(210) 858-9138

www.rivercityhospice.org



SILVER SAGE & SAN ANTONIO FOOD BANK DISTRIBUTION

****WEATHER PERMITTING****

LAKEHILLS COMMUNITY CENTER

APRIL 10TH, MAY 8TH 10AM-12PM

11225 PR 37, Lakehills, TX

LAKE MEDINA SHORES (THE POOL)

APRIL 24TH, MAY 22ND 10AM-12PM

7100 Wharton's Dock Road



Featuring the finest crafts, food,
books, and alcohol from across Texas!

1107 Cypress St. Bandera, Texas

(830) 522-3221

FB: @banderaspiritsoftexas



Registration will be done on-site

QUESTIONS: (830) 796-4969

TWO GREAT LOCATIONS!

BANDERA & LAKEHILLS

True Value®

1002 Main St, Bandera, TX 78003 - banderatruevalue.com
Veterans 10% discount Every Thursday



8950 FM1283, Lakehills, TX 78063 - lakehillstruevalue.com
Veterans 10% discount Every Tuesday

WHEN IT COMES TO MEDICARE YOU HAVE CHOICES.

Let me help
 you

find the best plan to fit your
 health care needs.

Need some answers about Medicare?

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.

Almuerzo De Damas

jueves, 27 de abril 2023

a las 11 am

Silver Sage Community Center

803 Buck Creek Dr - Bandera

¿preguntas? teléfono Anna Montague 210-870-6355

Orador invitado

Yessenia Torres y Laura Klein

¡y Feria de Recursos!

Actividades
 Lotoría

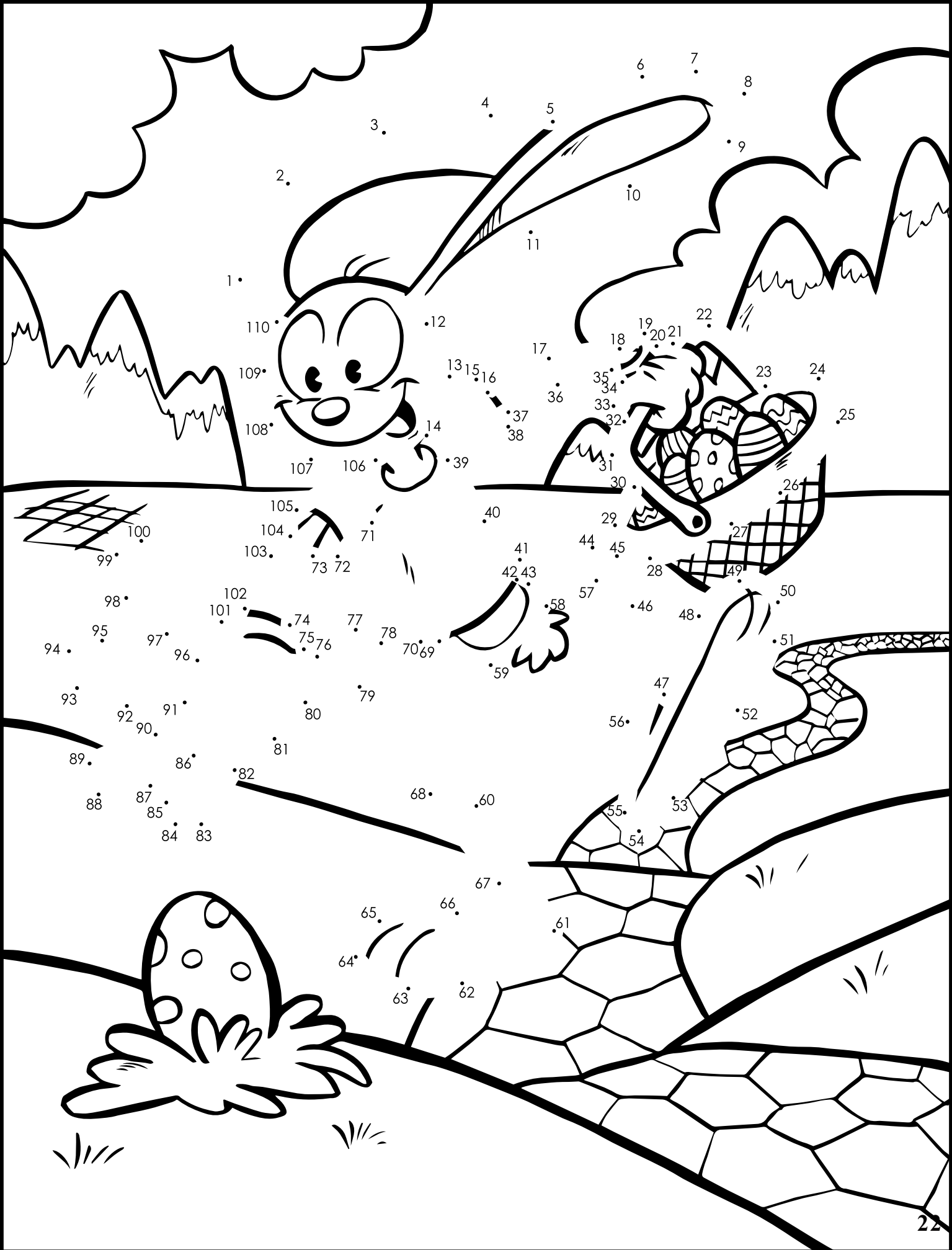
Rifa

Socializar

Aprender

Donaciones Apreciadas
 Para almuerzo





Around the House

100 Hidden Words to Find

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

- | | | | | | | | |
|----------|-------------|------------|---------|-----------|--------------|------------|------------|
| attic | brush | couch | floor | mattress | plate | soap | toothbrush |
| basement | cabinet | counter | fork | microwave | pot | socks | toothpaste |
| bathroom | candle | cup | frame | mirror | purse | spatula | towel |
| bathtub | carpet | curtains | glass | mop | refrigerator | sponge | trash |
| bed | chair | cushion | hanger | ottoman | remote | spoon | vacuum |
| bedroom | clock | desk | hook | outlet | rug | stairs | vent |
| bench | closet | detergent | iron | oven | shampoo | table | washcloth |
| blanket | clothes | dishwasher | keys | pan | sheet | teapot | washer |
| blender | coaster | door | kitchen | pantry | shelf | television | window |
| book | coat | drawer | knife | paper | shoes | tile | |
| bookcase | comb | dresser | knob | pen | shower | tissues | |
| bowl | computer | dryer | lamp | photo | sink | toaster | |
| broom | conditioner | fan | light | pillow | slippers | toilet | |

PAINT THE TOWN *Blue*



CHILD ABUSE PREVENTION MONTH



Why

Join us in painting the town blue! Let's come together as a community to help strengthen families and to prevent child abuse and neglect.



When

The month of April is recognized as Child Abuse Prevention Month.



How

We encourage you to join us by painting your community blue! Here are a few ways:

- Wear blue for Go Blue Day on **April 7th**
- Wear blue and join us in prayer for Blue Sunday, **April 30th**
- Change your light bulbs to blue
- Paint your storefront blue
- Plant blue flowers
- Share information
- Think of creative ways to incorporate **BLUE** within your home, business, organization, and community.

Share on social media and tag SJRC Texas and Belong with the hashtags **#PaintItBlue**



See Something, Say Something!
800-252-5400 or www.txabusehotline.org



**YOUR HILL COUNTRY
MEDICARE AGENT**

MEDICARE

**(830) Man
370-3912**

Steve Bradley

Email: agentsteveb@yahoo.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
Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

MKD-8652B-A

**THE LIFESTYLE YOU DESERVE,
THE CARE YOU NEED!**

HERITAGE PLACE

BOERNE

120 Crosspoint Drive
Boerne, Texas 78006

830-249-9817



Now more than ever, our assisted living is here for the health, safety and security of seniors in our community. Five Star Dining, Lifestyle360 activities, and 24-hour support from our care team just when you need it. We're enriching the journey of life, one experience at a time.

WELCOMING NEW RESIDENTS

Call 830-249-9817 today or visit us online.



www.HeritagePlaceOfBoerne.com
RETIREMENT • ASSISTED LIVING • RESPITE STAYS

ALF # 010340
©2020 Five Star Senior Living



STRETCH & STRENGTHEN **WITH IDA EVERY TUESDAY**

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.



YOGA WITH
IDA EVERY FRI-
DAY 10AM \$8 EACH
CLASS.



803 BUCK CREEK DRIVE BANDERA, TEXAS
BANDERA COUNTY 
SILVER SAGE
ENRICHING LIFE FOR SENIORS
Activities & Events
ACTIVITIES DIRECTOR, LISA CRAWFORD 830-850-0930



MOVIE **MATINEE**

Thursday, April 6th 2pm
In the Dining Room.



HAPPY SPRING!

Our Vision: To be the Global Leader in Community & Humanitarian Service.



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 improving their communities, and the world.

JOIN US!!!

Meetings on the 1st (6pm/Dinner) & 3rd (12pm/Lunch) Wednesday each month at the Bandera China bowl located at 1203 Pecan St.

**For More Info, Contact Rene Leith (210) 844-6910
-or- Bruce @ (210) 396-6932**

WOMEN'S EMPOWERMENT GROUP

Location: Silver Sage, 803 Buck Creek Drive

Participants: FREE - Open to Women and Girls 13 and up

Time/Day: 4:45-6 pm, 1st and 3rd Thursday of each month

**CONTACT: Anna Reid, MA, LPC-Associate, supervised by Kim Olden, M.Ed., LPC-S
anna@hccares.com, 830-343-4607**

About the Hill Country Crisis Council: Serving Kerr, Kendall, Kimble, Bandera, and Gillespie Counties, Hill Country Crisis Council has a commitment to assist survivors of family violence, sexual assault and child abuse and restore their lives by providing intervention, protection and justice. We are dedicated to educating the community with the intention of ending violence against women and children.

About the Trainer: Anna Reid, MA, LPC-Associate, supervised by Kim Olden, M.Ed., LPC-S, is a counselor with the Hill Country Crisis Council and provides trauma-informed counseling services to the Bandera community. Anna is a 2nd degree Black Belt in Mu Do Kwan Taekwondo under Master PJ Talavera of The Black Belt Academy of Uvalde, and a purple belt in the Humaitá system of Brazilian Jiu Jitsu. Anna has 9 years of experience training in martial arts and self-defense and has been teaching for 7 years. Her experience includes teaching women's self-defense workshops and girl's empowerment camps through her gym in Uvalde, Texas. She is also a Licensed Professional Counselor-Associate with a Master's degree from Texas A&M University-San Antonio with experience working with survivor's of domestic violence, sexual assault, and childhood abuse and neglect.

About the class: This bi-weekly group will focus on fundamentals of self-defense which include: physical defense skills standing up and on the ground, movement fundamentals, verbal skills, boundary setting, educational information on trauma and violence, grounding skills, and general safety awareness and preparedness. Self-defense is serious business, but it is also a fun and empowering way to increase confidence, self-esteem, make connections with other women, and improve physical and emotional health. The class is trauma-informed, which means it is open to individuals who have experienced violence previously, and respect's survivors' experiences through intentional teaching methods that support survivors' right to autonomy, safety, and choice. Grab your best friend, sister, or mom and get ready to feel powerful!

What to bring/wear:

- Wear comfortable clothing that you can move in (leggings, gym shorts, t-shirts)
- Wear socks and tennis shoes
- Please leave all jewelry at home. This is for safety, AND to avoid anything valuable getting lost!!
- Water bottle (you will sweat!)
- Small gym towel, if desired

Tips for your first class: The first class can feel awkward and sometimes scary if you are new to self-defense or have experienced violence in your past. Remember:

- You can always choose to sit out and take a break, just let the trainer know.
- Confidentiality. If you choose to disclose anything to your trainer, it will remain confidential.
- The motto is progress, not perfection. Just do your best!
- Don't compare yourself to others in the group. We all have our own journey.

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

803 Buck Creek Drive
(830) 796-4969

Bandera, Texas
silversage.org

\$10 Cover

7-9pm



Silver Sage Presents
COWBOY CAPITAL OPRY



Tuesday, April 4th

featuring **Reuben Darnell**



& the

Silver Sage House Band

*Lanette Pennell
Vickie Gillespie
Dave Kemp,
& Gerry Payne*

