



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



A Community For Active Seniors



Page 13

Events Calendar

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.

Cowboy Capital Opry

1st Tuesday of every month benefiting Meals On Wheels. We will no longer take pre-payments for the opry. You can still make a reservation and have a guaranteed seat; you will simply pay at the door when you arrive.

Performers this month are:

Tues. April 5th Ricky Adams

****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- Lunch at Alamo Springs Cafe/Wild Seed Farm Bus Trip (Fredericksburg) April 12th - Departure time 11am Page 25**

April 29th 6-8pm - Evening DANCE CLASS w/Clifton Fifer

Food Distribution Updates Page 27



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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

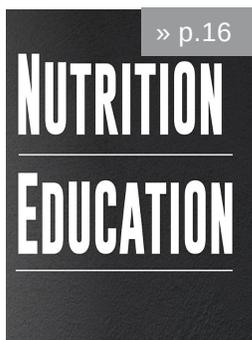
Email: karyn@silversage.org

Development Director:

Mikie Baker-mikie@silversage.org

Sales: Mikie Baker & Karyn Lyn

Silver Sage-803 Buck Creek
Bandera, TX 78003



By Lisa Crawford



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

- VaccinateBandera.org** is a nonprofit, 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. We will listen to your concerns and address them w/trusted science.
- Through The Eyes Of A Driver by Mary Allyce:** “My search for fun days in April led me to the source of all knowledge – Google. A veritable embarrassment of celebratory days in April (and all eleven other months) came up, or as one source put it, “Every excuse to celebrate! Because every day should be a celebration...”
- What’s Goin On:** “Here’s What’s Happening in April! It looks like Spring is here! I for one am so ready! We have a fabulous line-up of activities planned. Come join us soon...”
- Want To Go Bowling? by Mikie Baker:** “I always thought YouTube was just a bunch of ancient music videos until My Future Husband taught me differently.” ...
- Home Safety Checklist:** Participate in this do-it-yourself check list and make sure your home safety is in tact!

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

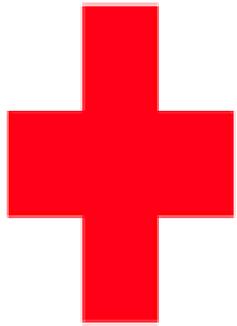
ART Bus 1-866-889-7433

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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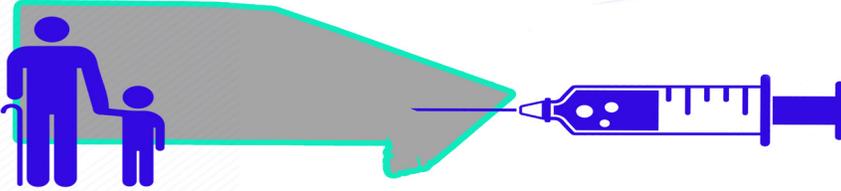
tricountyhomehealth.com

874 Harper Rd. Kerrville, TX 78028

Covid-19 Vaccine Info?

VACCINATEBANDERA.ORG
833-8-VACCINATE

Protect Our Future



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. Well, you all know what happens when Art Crawford sees a problem and nobody else offering any solutions. He applied for Round 1 of the Texas Vaccine Outreach and Education Grant and went right to work building our team.

From November 23, 2021, to February 28, 2022, VaccinateBandera.org provided access to 46 Primary doses and 258 Booster doses. Our educational campaigns have reached approximately 2,500 people.

In our months of working with other service organizations in Bandera County, we have recognized more gaps in our Residents' access to affordable Healthcare and to Services they need and deserve. We are proud to collaborate with Bandera County and City governments, Emergency Services, and nonprofits to help fill these gaps and make Healthcare generally more accessible here.

Some of our Partners and Projects are described below:

SA Food Bank & AACOG have served Bandera County for years and are looking to expand their outreach here with an initiative, dubbed "Secure Bandera," focused on Food, Employment, Housing, and Education. To assess the county's needs, officials from SA Food Bank and AACOG met on March 4, 2022, with County, City and ISD officials and other Community leaders to identify and discuss areas of opportunity. There are many but connecting them all is the lack of a central place for people to go when they need help but don't know where to start. Bandera County residents need a user-friendly system for easily finding and accessing all help that is available to them. The Secure Bandera initiative has resources to offer that can help facilitate just such a system. More to come on Secure Bandera....

The Wesley Nurse program is Methodist Healthcare Ministries of South Texas, Inc.'s largest geographic outreach program. Bandera County's Wesley Nurse, Aida Minnick, is based in Lakehills United Methodist Church (LUMC) and is a member of VaccinateBandera.org's Advisory Board. Together with LUMC, Hill County Daily Bread, and the TX National Guard's Mobile Vaccine Unit, we've hosted drive-thru vaccine clinics and food distributions for Lakehills area residents.

CentroMed is a nonprofit primary care clinic providing accessible services, and their subsidiary EnrollSA is a coalition of healthcare, faith-based & community organizations with the sole goal to increase enrollment into health insurance in San Antonio and surrounding communities. We co-host many educational events and work together to connect residents to affordable Healthcare and Covid-19 vaccines.

Un Nuevo Amanecer / New Day Church (UNA) in Pipe Creek serves their community in many ways, including teaching English as a Second Language (ESL), helping immigrants with citizenship paperwork, and maintaining a free Closet and Pantry for new immigrants and anyone in the community with a need. UNA has partnered with VaccinateBandera.org to bring Covid-19 vaccines to the Hispanic Community and to connect them with access to Healthcare.

It didn't take long to realize that the growing Bandera County Hispanic population is also being neglected. We have applied for Round 2 of the Texas Vaccine Outreach and Education Grant, which would be a separate, one-year project focused on reaching Communities of Color and Youth (5-11). More on Round 2 to come....

THE 1ST TUESDAY OF EVERY MONTH!

803 Buck Creek Drive
(830) 796-4969

Bandera, Texas
silversage.org



Silver Sage Presents
COWBOY CAPITAL OPRY

April 5th, Ricky Adams

7-9PM



& the
**Silver Sage
House Band**
(Lannette Pennel,
Vickie Gillespie
Dave Kemp,
Gerry Payne &
Mark Wright)





THROUGH THE EYES OF A DRIVER

By Mary Allyce

I try to highlight fun days each month for this column. But here we are in April and the first two images coming to mind are taxes and rain. “April showers . . . la-la-la-la” and the annual arrival of April 15th – income tax day. Not much to celebrate with either one even if April showers bring us May flowers.

Easter Sunday shows up this year on April 17th (unless you’re Eastern Orthodox which observes Easter on April 24th), so that’s cause for rejoicing and eating chocolate and buying Easter lilies. The date of this Christian “moveable feast” is determined by the first full moon after the Spring Equinox, March 20th in 2022. For trivia buffs – Easter is always on a Sunday, March 22nd to April 25th, and from 1600 to 2099 it most often falls on March 31st or April 16th. I guess you’d have to be a statistical mathematician steeped in the theory of randomness to explore that one further!

My search for fun days in April led me to the source of all knowledge – Google. A veritable embarrassment of celebratory days in April (and all eleven other months) came up, or as one source put it, “Every excuse to celebrate! Because every day should be a celebration!” Alrighty then.

How could I have forgotten April Fool’s Day on the 1st? Most of us give up pranking somewhere around 7th grade, although there are those wags who never get too old to take pleasure in making the rest of us look and feel ridiculous. Turns out April Fool’s Day is just the beginning, literally and figuratively, of observances in April. The 1st is also Fun At Work Day. Maybe because you’re making sport of fellow workers with Fool’s Day pranks?

April 2nd starts off with noble intent as World Autism Awareness Day, then takes a mundane, albeit tasty dip into National Peanut Butter and Jelly Day. The 3rd is National Chocolate Mousse Day, the 4th is International Carrot Day, The 5th is National Deep Dish Pizza Day, and the 6th and 7th are New Beer’s Eve and National Beer Day respectively. Beer does go well with pizza.

It gets confusing with the overlapping and some frankly awkward pairings. There’s even a National Awkward Moments Day. For example, the 17th is both Easter and National Cheese Ball Day raising the image of a rather untraditional Easter basket. The 18th is National Velociraptor Day and Animal Cracker Day. Terrifying, carnivorous raptor cookies anyone? The 24th honors National Pet Parents’ Day along with National Pigs In A Blanket Day. Please don’t observe those two celebrations in front of your pet potbellied pig!

So where do all these haphazard days of importance come from? Who does the official recognizing and why?

To be truly official it literally takes an act of Congress – or a declaration of the President of The United States. However, if you’re determined to promote a day, for a fee of \$2300-\$4500 as of 2019, and if you can get approved over approximately 20,000 other annual requests, you might land a coveted spot on the unofficial National Day Calendar, a entrepreneurial run business headquartered in North Dakota. And why? Benefits include “. . . increase in product sales, market visibility, social media engagement, fundraising opportunities for non-profits . . .” according to the folks at the National Calendar. In other words – money.

But before my natural cynicism took over, I discovered May is Senior Citizens Month - a whole month! I can get behind that one. So rest up. We have a whole month coming up to celebrate and promote, support and bring awareness to our amazing Silver Sage. If you haven’t already, check out the classes & activities available and join or volunteer. If you have a day or two a week, consider becoming a MOW driver. The need is great and the rewards are many.

There truly are limitless ways to celebrate every day, especially at the Silver Sage.

Happy April, Happy Spring, Blessed Easter,
and see you in May!



Funny Bone

What do you call a rabbit with fleas?
Bugs Bunny.

What did the Easter Bunny say to the
carrot? Nice gnawing you.

What is Easter Bunny's favorite kind
of music? Hip-hop!

What do you get if you give an Easter
Bunny a pair of socks? A sock hop!

How does an Easter Bunny keep his
fur looking so good? Hare spray.

What's the Easter Bunny's favorite
restaurant? IHOP.

Why was the Easter Bunny so sad? He
was having a bad hare day.

How does the Easter Bunny stay in
shape? He eggs-ercises.

How does the Easter Bunny travel? By
hare-plane.

What's the Easter Bunny's favorite
sport? Basket-ball.

What kind of rabbit tells jokes? A fun-
ny bunny.

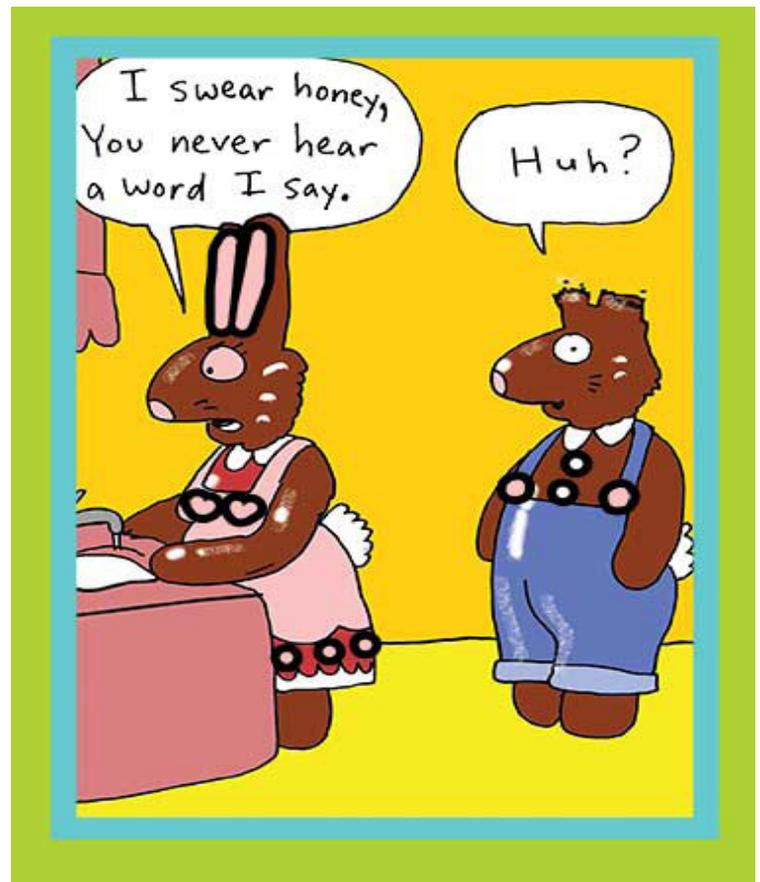
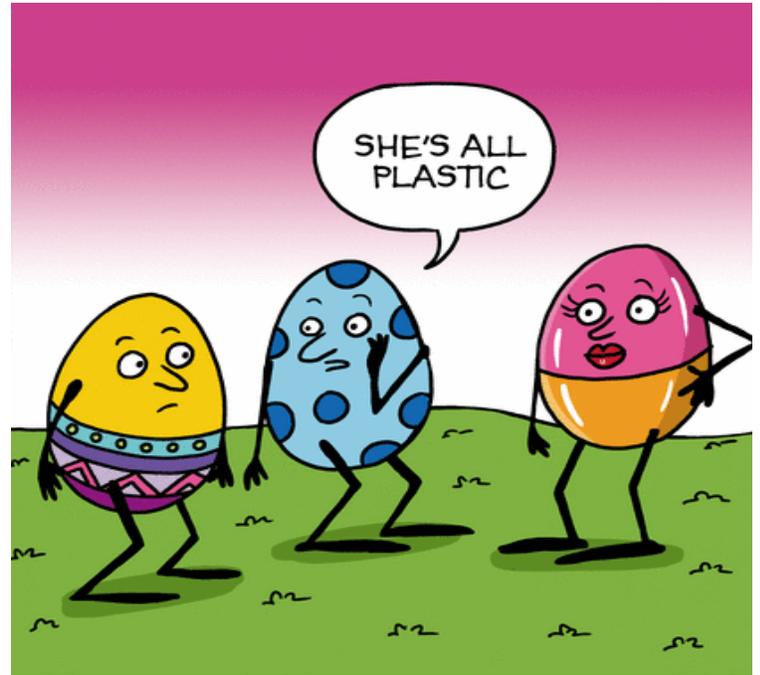
What do you call a very tired Easter
egg? Eggs-austed.

What do you call a mischievous egg? A
practical yolk-er.

What happens if you tell a joke to an
Easter egg? It cracks up.

What did the Easter egg ask for at the
hair salon? A new dye-job.

Why did the Easter egg hide? It was a
little chicken.



Bandera Writers Group, April 7th

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)

Here's What's Happening in April!

It looks like spring is here! I for one am so ready! We have a fabulous line-up of activities planned. Come join us soon!

Tuesday, April 5th at 12:00, we will have /Jessica Faubion & Denise here from AgriLife to talk about NUTRITION and on Wednesday, April 13th at 12:30, Dakota Kempkin (also from AgriLife) will speak on WATER CONSERVATION. Please plan to join us for lunch and these two educational speakers.

The **Cowboy Capital Opry** will be on April 5th and the special guest this month will be Ricky Adams with the Almost Patsy Cline trio along with Gerald Payne and Mark Wright to complete the house band. Ricky is a well-known local artist and it's sure to be a superb show. *You may or may not know that we only take reservations for the Opry now if you are paying in advance for 6 months or a year at a time. Otherwise, please plan to pay at the door and seating will be first come, first serve. If you have not been paying in advance but have been finding your name on a reserved seat, please know that will no longer be the case*

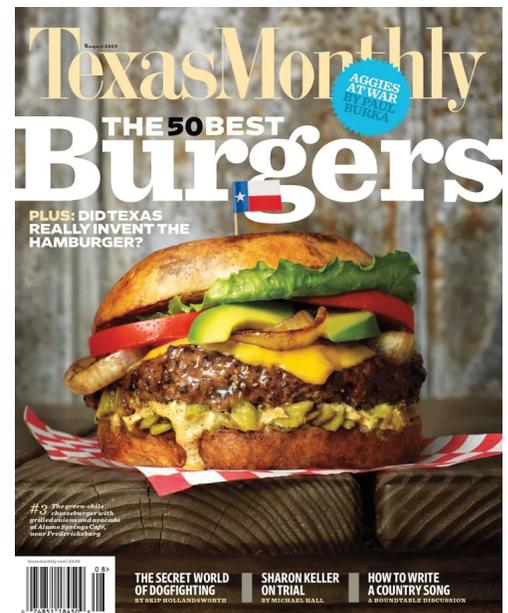
The **Silver Sage House Concert** in April will feature Dave Kemp. You probably know Dave from the Almost Patsy Cline Band, but did you also know that he is a phenomenal songwriter as well? We are thrilled to feature Dave and his original songs this month. Make plans to join us on Thursday, April 14th at 7 p.m.

Thursday, April 7th be our bus trip to **HEB** in Kerrville and Monday April 18th is the trip to **Walmart** in Hondo. Both trips leave the center at 12:30 p.m. so come early if you plan to join us for lunch at the center on those days.

We have a couple of notable changes in April for the **line dancing** and **two-step** classes. Since we are closed on Friday, April 15th for Good Friday, those two classes will be held Wednesday, April 13th. The second thing is that we have had numerous people asking us to do an evening Line Dance and Two-Step class, so on Friday, April 29th, from 6 p.m. to 8 p.m. we will hold our first evening classes. One after the other. Clifton Fifer will still be the instructor, so it will be just as much fun as ever. *If these dance classes are well attended we are considering a continued evening class on a permanent basis.

Our special bus outing this month will be to the Alamo Springs Café in Fredericksburg, which is well known for their burgers, but they do have other delicious options. From there we will head out to the Wild Seed Farms in Fredericksburg. We will leave the center at 11 a.m. since it is a bit of a drive on a scenic back road to get to the café. I am hopeful we will see wildflowers, but it's never a guarantee. You can look up the Alamo Springs Cafe menu online at alamospringscafetx.com

I am looking forward to seeing you here and there and everywhere in April, but mostly at the Silver Sage.





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



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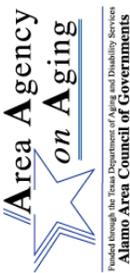
APRIL ACTIVITIES 2022

Activities Director, Lisa Crawford

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

Mon	Tue	Wed	Thu	Fri
28	29	30	31	1
<u>8:00</u> Video Exercise <u>10:00</u> Yoga w/Willy	<u>10:00</u> Stretch & Strengthen w/Ida <u>12:30</u> Mexican Train	<u>8:00</u> Video Exercise <u>9:30</u> Quilting <u>12:30</u> Uno	<u>12:30</u> MahJong <u>1:00-2:30</u> Knit w/Amy	<u>8:00</u> Video Exercise <u>9:30am-10:30am</u> Line Dance Class <u>11:00-12:30</u> Two-Step
4	5	6	7	8
<u>8:00</u> Video Exercise <u>10:00</u> Yoga w/Willy	<u>9:30</u> Yoga w/Ida <u>10:30</u> Stretch & Strengthen w/Ida 12:00 Let's Talk: Nutrition w/Jessica Faubion & Denise 12:30 Mexican Train <u>7:00</u> Cowboy Capital Opry w/Ricky Adams	<u>8:00</u> Video Exercise <u>9:30</u> Quilting <u>12:30</u> Farkel	<u>12:30</u> Mah Jongg <u>12:30</u> HEB <u>1:00-2:30</u> Knit w/Amy <u>2-4</u> Writers Group w/Mary Schenk	<u>8:00</u> Video Exercise <u>9:30am</u> Line Dance <u>11:30</u> Two-Step
11	12	13	14	15
<u>8:00</u> Video Exercise <u>10:00</u> Yoga w/Willy	<u>9:30</u> Yoga w/Ida <u>10:30</u> Stretch & Strengthen w/Ida **11:00- Lunch at Alamo Springs Cafe/Wild Seed Farm Bus Trip	<u>8:00</u> Video Exercise <u>9:30</u> Quilting <u>9:30</u> Line Dance <u>11:30</u> Two-Step 12:30 Let's Talk: Water Conservation <u>1:00</u> Farkel	<u>12:30</u> Mah Jongg <u>1:00-2:30</u> Knit w/Amy <u>7pm</u> Songwriter Showcase w/Dave Kemp	CLOSED
18	19	20	21	22
<u>8:00</u> Video Exercise <u>10:00</u> Yoga w/Willy <u>12:30</u> Walmart	<u>9:30</u> Yoga w/Ida <u>10:30</u> Stretch & Strengthen w/Ida <u>12:30</u> Mexican Train	<u>8:00</u> Video Exercise <u>9:30</u> Quilting <u>12:30</u> Farkel	<u>12:30</u> Mah Jongg <u>1:00-2:30</u> Knit w/Amy	<u>8:00</u> Video Exercise <u>9:30am-10:30am</u> Line Dance Class <u>11:30-12:30</u> Two-Step
25	26	27	28	29
<u>8:00</u> Video Exercise <u>10:00</u> Yoga w/Willy <u>12:30-2</u> MUSIC JAM MONDAY	<u>9:30</u> Yoga w/Ida <u>10:30</u> Stretch & Strengthen w/Ida <u>12:00</u> Birthday Bash Cake and Ice Cream Social <u>12:30</u> Mexican Train	<u>8:00</u> Video Exercise <u>9:30</u> Quilting <u>10-2:30</u> Free Haircuts w/Mimi <u>12:30</u> Farkel	<u>12:30</u> Mah Jongg <u>1:00-2:30</u> Knit w/Amy	<u>8:00</u> Video Exercise **6pm-8pm Evening DANCE w/ Clifton Fifer 6 pm Line Dance 7pm Two-Step

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 AACOG Alamo Area Council Of Governments	 San Antonio FOOD BANK SERVING SOUTHWEST TEXAS	 Area Agency on Aging <small>Funded through the Texas Department of Aging and Disability Services Alamo Area Council of Governments</small>	Joyce D. Lamilla, LD Call Meals On Wheels delivery (830) 796-4969 Menu subject to change according to availability	1 Albóndigas de Chile dulce sobre arroz jardín fresco Vegetales
4 Pollo Pollo Frito Judías verdes Patatas Asadas Al Horno	5 Salteado De Cerdo Con Ajo Y Jengibre Arroz jazmín Postre	6 Piccata de pollo al limón Vegetales Asados Mixtos Patatas Rotas Ensalada verde cubierta con pi- ña asada crujiente y pepino	7 Consejos de carne de res cocida a fuego lento Fideos de huevo Verduras frescas de la huerta	8 Gumbo De Pollo Y Salchicha pan de maíz
11 Hamburguesa/todos los Fixins Tater Tots De Patata Dulce	12 Pollo Marsala sobre una cama de Fideos de Huevo Vegetales Frescos de la Huer- ta Postre	13 Pastel de carne Puré De Patatas Y Salsa Coles De Bruselas Asadas Ensalada del chef	14 pavo y aderezo Guisado de Patatas Dulces cazuela de judías verdes	15 Cerrado pero se en- trega el jueves Jamón glaseado con arce Papas empanizadas al horno Cazuela De Piña
18 Chuleta De Cerdo Doble Crunch Miel Ajo Hortalizas de la huerta	19 Bruschetta de pollo sobre una cama de espinacas, judías verdes frescas y almendras Postre	20 lasaña rellena Pan de ajo Ensalada Italiana	21 Albóndigas suecas sobre fideos de huevo Hortalizas de la huerta	22 Pollo King Ranch Arroz español Frijoles refritos
25 Fajitas de pollo Puré de patatas/salsa Maíz	26 Horneado de enchilada de carne Frijoles Borracha Postre	27 Lomo De Cerdo Ahumado Patatas dulces Verduras frescas de la huerta Ensalada del chef	28 Estofado De Ternera Y Pan De Maíz	29 una ensalada de pollo Un control deslizante de ensalada de atún con pepinillos y pata- tas fritas

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 4 Chicken Fried Chicken Green Beans Oven Roasted Potatoes	 5 Garlic Ginger Pork Stir Fry Jasmine Rice Dessert	 6 Lemon Chicken Piccata Mixed Roasted Vegetables Smashed Potatoes Green Salad topped with Crunchy Grilled Pineapple and Cucumber	Joyce D. Lamilla, LD Call Meals On Wheels delivery (830) 796-4969 Menu subject to change	1 Sweet Chili Meatballs over Rice Garden Fresh Vegetables
11 Hamburger/all the Fixins Sweet Potato Tater Tots	12 Chicken Marsala over a bed of Egg Noodles Garden Fresh Vegetables Dessert	13 Meatloaf Mashed Potatoes and Gravy Roasted Brussel Sprouts Chef Salad	7 Slow Cooked Beef Tips Egg Noodles Garden Fresh Vegetables	8 Chicken and Sausage Gumbo Cornbread
18 Double Crunch Honey Garlic Pork Chop Garden Vegetables	19 Chicken Bruschetta on a Bed of Spinach Fresh Green Bean Almondine Dessert	20 Stuffed Lasagna Garlic Bread Italian Salad	14 Turkey and Dressing Sweet Potato Casserole Green Bean Casserole	15 CLOSED FOR GOOD FRIDAY BUT WILL DELIVER ON THURSDAY Maple Glazed Ham Scalloped Potatoes Pineapple Casserole
25 Chicken Strips Mashed Potatoes/Gravy Corn	26 Beef Enchilada Bake Borracha Beans Dessert BIRTHDAY BASH	27 Smoked Pork Loin Sweet Potatoes Garden Fresh Vegetables Chef Salad	21 Swedish Meatballs over Egg Noodles Garden Vegetables	22 King Ranch Chicken Spanish Rice Refried Beans
			28 Beef Stew and Cornbread	29 One Chicken Salad One Tuna Salad Slider with Pickles and chips

DIABETES

Diabetes management can be as easy as A-B-C!

A: A1C Levels

A1C is a measure of your average blood sugar over 2-3 months.

Reducing A1C by just one percent (from 8% to 7%) reduces the risk of eye, kidney, and nerve damage by 35 percent! 7% is the goal but talk to your doctor for your plan.

B: Blood Pressure

Blood pressure is the force of your blood against the walls of your arteries.

Keep your blood pressure at or below 140/80 for optimal diabetes health!

C: Cholesterol

According to the National Heart, Lung, and Blood Institute, “the higher your blood cholesterol level, the greater your risk for developing heart disease or having a heart attack.”

Check your cholesterol at least once per year.

Keep your
ABCs in
check:



Tips to Stay Healthy

- Lose 5 -10% of your body weight if you are overweight. Be sure to consult with your doctor and approach the weight loss gradually.
- Limit or avoid foods that are high in fat, sugar, and white flour. Eat more whole grains, fruits, & veggies.
- Gradually increase the amount of physical activity that you do each day until you reach 30-60 minutes of continuous activity. Exercise can help decrease insulin resistance.
- Manage stress by identifying home, work, or social stressors and talking with someone about them.
- Test your blood glucose regularly and log daily highs and lows.
- Limit sodium to 1,500 mg of sodium per day. Most sodium comes from packaged foods and restaurant meals.



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. 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.

SPRING WORDSEARCH



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CHICKS
CHOCOLATE
EASTER
EGGS
FLOWERS
GREEN
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I	D	V	B	F	M	A	N	I	A	R	C	C	S	W
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C	T	O	E	S	B	A	G	B	U	N	N	Y	D	K
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U	L	L	H	C	X	I	F	X	E	R	B	S	B	X
I	V	Y	W	U	M	A	T	V	K	L	I	C	D	V



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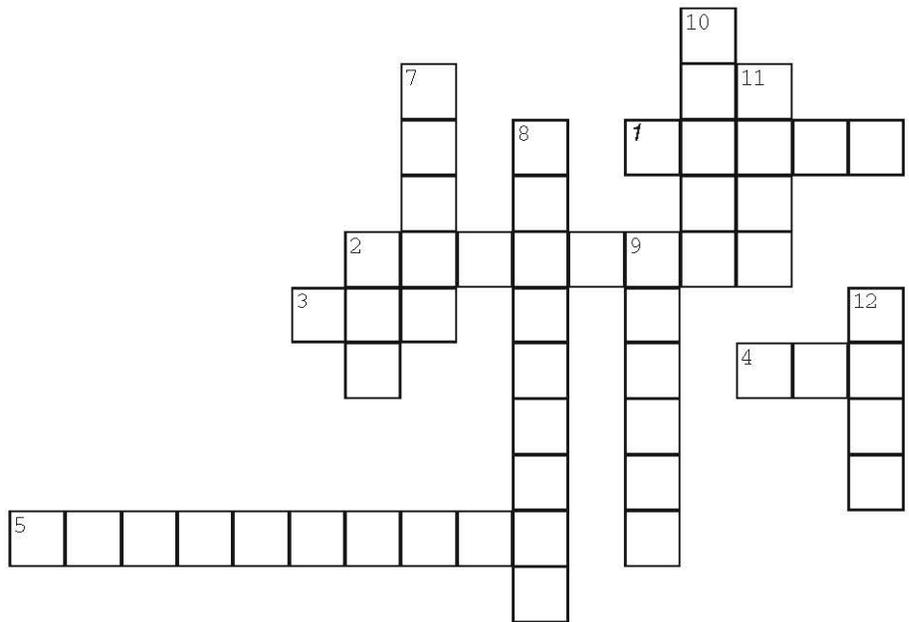
1107 Cypress St. Bandera, Texas

(830)522-3221

FB: @banderaspiritsoftexas



Solve The Fruit & Veggie Puzzle



ACROSS:

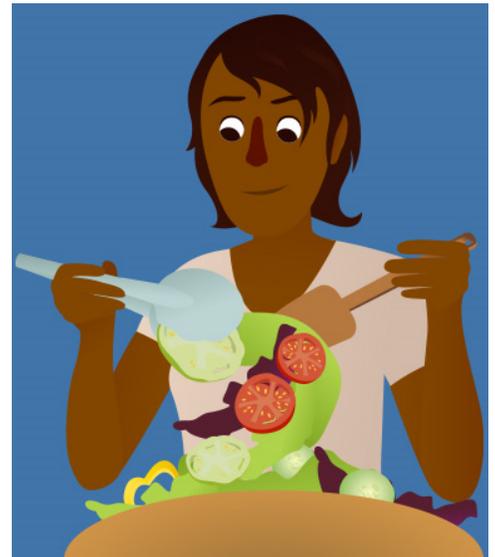
- 1/2 cup dried, 1 cup 100% juice, 1 medium fruit and 1 cup fruit are all equal to one cup of _____.
- Fruits and vegetables, when eaten in adequate amounts as part of a healthy diet, help lower the risks for many chronic _____.
- Most people need to _____ 2 1/2 to 3 cups of vegetables each day.
- Most adults need 1-1/2 to _____ cups of fruit per day.
- 1 cup raw or cooked, 1 cup 100% juice or 2 cups leafy greens equals one cup of _____.

DOWN:

- Try to eat more fruits and vegetables every _____.
- Whole _____ is better than juice because it contains fiber.
- _____ is the first meal of the day and the first opportunity for fruit (as well as whole grains and skim milk!).
- Eat fruits and veggies for your _____ instead of calorie-dense choices like chips, cookies and crackers.
- Most people need to eat 2-1/2 to _____ cups of vegetables each day.
- Most people need to eat about 4.5 _____ of fruits and vegetables each day.
- You should eat _____ fruits and vegetables than any other food group.

BONUS QUESTION:

Sarah is making a salad. She puts 2 cups of leafy greens on her plate. Then she adds 1 cup of assorted chopped vegetables. How many cups of vegetables is Sarah eating with this salad? _____



ANSWERS

ACROSS: 1. fruit, 2. diseases, 3. eat, 4. two, 5. vegetables.
DOWN: 2. day, 7. fruit, 8. breakfast, 9. snacks, 10. three, 11. cups, 12. more
BONUS: 2 cups of vegetables. The 2 cups of leafy greens counts as one cup.

Sweatin' for the Oldies

By Mikie Baker

I always thought YouTube was just a bunch of ancient music videos until My Future Husband taught me differently. One day I bounded into the house and there he was having a bromance with a guy on YouTube who was explaining how to replace the alternator on a 1954 Ford Tractor. And yes, it was even duller than it sounds. Old Bee Gees music videos would have been more exciting.

He kept watching YouTube for all his repair needs, so one day I decided I'd bite. I watched one YouTube show on how to grow orchids and mine promptly died. I also watched one on how to start seeds with paper towels and a mister bottle until I realized it was for third graders. After that, I kinda gave up. Except for the time both of us watched with rapture How to Make Sourdough Bread for Beginners. We did great. We produced a sourdough doorstop. I quit YouTube.

But laying around through the winter, still pandemic eating and drinking, had gotten me to thinking it was probably time to quit being a couch potato and get my groove on. Without the Bee Gees.

I figured they had exercise videos on YouTube. And boy do they, for anyone who's under 30, thin and already in great shape. I pondered if they had any exercise videos for old people. None of us is brave enough to take on a Peloton. And if you are over 70 and can still do that, go away.

Being a smart (eat-too-many) cookie, I perused yoga videos, tai chi, and stretching. All of them hurt my back, my knees and my pride.

I decided to lower my standards and go for something I knew would be safe – Richard Simmons and Sweatin' to the Oldies. By the way, did you know his real name is Milton Teagle Simmons? He really does look like a Milton, you know. Anyway, they had his video, so I gave it a try. After 4.37 minutes, I had to lay down.

I was exhausted.

I hate to say that Milton beat me, but he did. And I was pretty sure I'd hit rock bottom on exercise for old people, so I've come up with a great idea. I'd like someone to start an AARP YouTube channel filled with these kinds of exercise videos:

AARP Gardening: Hoeing Exercise

I figure they can have different versions: Beginner, small weeds; Medium for hoeing 5 minutes straight, Hard thistle hoeing for 7 minutes, and when you're really fit you can take on How to Use a Scythe for Texas weeds.

AARP Yoga

Simple yoga poses for old people who can still get off the floor. Of course, they should have another one for old people that can't get off the floor. And another called Walker Yoga.

AARP Stretch

This would be entitled "6 Minute Morning Stretch while Holding on to the Refrigerator Door." I wonder if there's a break in the middle to get a snack.

AARP Martial Arts

I'd like to see a video on a 5 Minute Black Belt Workout where they send you the AARP black belt from Etsy after you finish that workout. With an AARP paid subscription, of course.

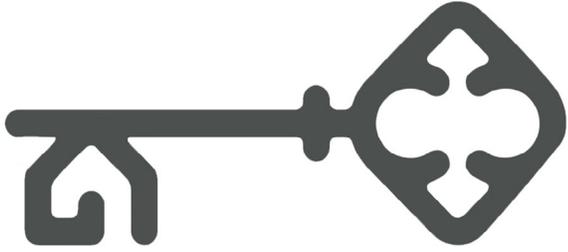
And finally, my favorite of all:

AARP Evening Stretch

This nighttime stretch you do in bed after you'd had three glasses of wine. Of course, you must have at least a Queen-sized bed to attempt this stretch, especially if you can't get up off the floor on your own because you've had a whole bottle of wine.

I don't know. Maybe I'll just watch Bee Gees videos and wiggle.

Coming Soon

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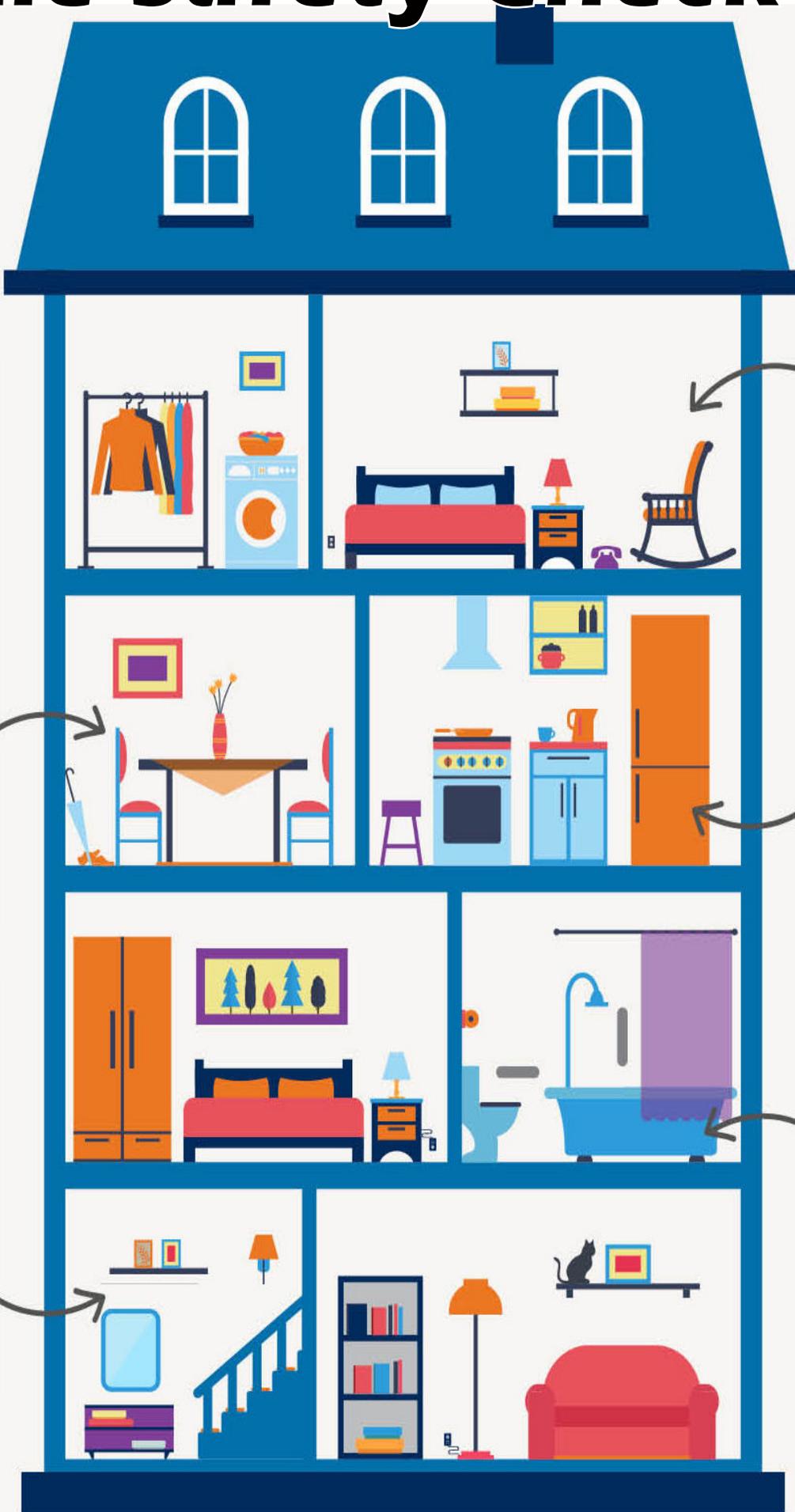
Home Safety Check-List

Floors

- Use nonskid rugs.
- Coil or tape extension cords or wires.
- Keep pathways clear of excessive furniture.
- Keep floors clear of things that can trip seniors, like shoes.

Stairs

- Fix loose or uneven steps.
- Install handrails on both sides, and lights.
- Attach nonslip rubber tread to steps.



Bedroom

- Ensure lamps are easy to reach.
- Plug in night lights.
- Install phone on the floor in case of emergency.

Kitchen

- Keep often-used items in easy-to-reach places.
- Never use a chair as a step stool.

Bathroom

- Install grab bars next to toilets and inside showers.
- Use nonslip mats.
- Consider a shower chair.

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.



APRIL 12th
BUS TRIP -
11:00am-
Lunch
at Alamo
Springs
Cafe/Wild
Seed Farm
(Fredericksburg)

*Each person is responsible for purchasing their own meal and tipping wait staff. *You must be physically capable of getting on and off the bus unassisted. *A \$5 donation for the bus ride is greatly appreciated. No one under 18 please.

*Contact Lisa for more info @ lisa@silversage.org



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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.



Learn to *Knit* with *Amy Dee Hawley*

**Every Thursday
1:00PM-2:30 PM**

***Subject to change**

A close-up photograph of a person's hands knitting with wooden needles and blue yarn. In the background, there are several balls of yarn in various colors (yellow, pink, purple) and a pair of scissors.

WANTED

DANCERS

EVERY FRIDAY!!

LINE DANCE CLASSES
9:30-10:30

TWO-STEP CLASSES
11:00-12:00

\$8 per class - Dance Classes Led By
The *Legendary Clifton Fifer*
Call Lisa To Sign Up: (830)850-0930

26



SILVER SAGE & SAN ANTONIO FOOD BANK DISTRIBUTION

****WEATHER PERMITTING****

**MONDAY APRIL 11TH, 10AM-12PM
LAKEHILLS COMMUNITY CENTER**

**WEDNESDAY APRIL 27TH 10AM-12PM
LAKE MEDINA SHORES (THE POOL)**

It has been two years since The Silver Sage partnered with The San Antonio Food Bank to bring monthly food distributions to Bandera County residents at Mansfield Park. In those two years over 700,000 pounds of food have been distributed to those in need. This partnership would not have been possible without the help of Bandera County Judge Richard Evans and all the County Commissioners. This work has been long, hard, and sometimes exhausting. The Silver Sage could have never accomplished this alone. We would like to thank each and every volunteer that worked tirelessly in the heat and the cold to make these distributions possible. Arthur Nagel Clinic, Helping Hands, Boys and Girls Club, Lions Club, Democrat Club, Warriors Heart, and many other organizations including local churches were a big part of the effort to get the food to the people. A giant thank you to Heather and Steve Jones for always coordinating and leading the volunteers. Last, but not least, we would like to acknowledge the Bandera County Sheriff's Department for always being on hand for traffic and support. As they say, "everything changes". The time has come for The Silver Sage to change our methods of distributing food for Bandera County. There are currently no distributions scheduled for Mansfield Park. We do anticipate hosting one or two "Mega Distributions" at Mansfield Park in the future. It is imperative that we take the food to the areas of the County which are most in need. Our new method of distributions will be to continue hosting the pop up market at the Lakehills Community Center every second Monday of the month. We will also begin a new pop up market in Lake Medina Shores (Whartons Dock) at the swimming pool every fourth Wednesday. The Silver Sage food pantry is open five days a week for anyone in need of emergency food. The food pantry in Medina is located at the community center and is open on the second Friday every month and can be contacted for emergencies. We will be updating our annual paperwork on every individual, so please be patient. It has been our honor and privilege to serve you in this way, and we look forward to continuing our service to you with our new format.

Registration will be done on-site

QUESTIONS: (830) 796-4969

Silver Sage House Concert Series

Featuring

DAVE KEMP

Thursday, April 14th

\$10 @ the door - Doors open-6:30pm - Show starts-7pm

In the Great Room, 803 Buck Creek Dr, Bandera, TX

Sodas/water/candy/popcorn available (BYOB).



An intimate evening of beautiful songs, tall tales, and fellowship with kindred spirits.



* This event has been created to benefit the funding of the Cottages of Silver Sage and help support Songwriters of Texas.

For more info, contact Lisa @ (830) 850-0028