Our Silver Sage Thrift Store is located at 660 Hwy 16 South. Store hours are Tues-Thurs 10:00am-3:00pm, and Friday 10am-2pm. Proceeds benefit Meals On Wheels.

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 August 1st Ricky Adams.

NO FOOD DISTRIBUTIONS THE MONTH OF AUGUST.

NEW VETERAN SERVICES!!! Pg 28

Bus Trips! Aug. 14th 1pm - Cosmic Mayhem Blacklight Mini Golf, San Antonio. Aug. 16th-10:30am Hungry Horse Café Boerne. See Pg 10.
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
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

WHAT’S INSIDE

5. We are prepared TO ASSIST ANYONE with accessing vaccines. 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!

7. Through the Eyes Of A Driver, by Mary Allyce: “Ever heard of a Sturgeon Moon? I hadn’t either. When I start writing this column each month, I research what might be special about a given month, days to be noted or of historical interest...”

10. Activities, by Lisa Beck - “I hope you have gotten connected with an event or bus trip and made some new friends. We love having you join us for every occasion possible. Check the calendar for upcoming events and bus trips you might be interested in. We are here for YOU!”

Our Mission:
Enriching Life for Seniors

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
LET'S GET CAUGHT UP
We want to help you avoid preventable diseases.

We offer scheduling, transportation, and information about immunizations for the Flu, Shingles, Pneumonia, and Covid.

Call Today
(830) 460-0423
VAMOS A PONERNOS AL DÍA
Queramos ayudarte a evitar enfermedades prevenibles.

Ofrecemos asistencia con la programación y el transporte e información sobre vacunas contra la gripe, la culebrilla, Neumonía y COVID.

Llama Hoy 833-822-2246 x 701 para español
Ever heard of a Sturgeon Moon? I hadn’t either.

When I start writing this column each month, I research what might be special about a given month, days to be noted or of historical interest. Sometimes it’s a gold mine of fun, frivolity, and fascinating facts. Sometimes it’s dry and barren as a desert, much like our current weather.

As I searched for items of interest for the next 30 days, the first thing that popped up was the Sturgeon Full Moon, a “Super Moon” no less, kicking off the month on August 1st. Who knew? Native Americans, primarily the Algonquin tribes, named this moon because it showed up as the giant sturgeon fish of the Great Lakes were best caught in early August. I read it in The Old Farmer’s Almanac so it must be true.

I’ve written about all the many, many, endlessly many types of full moons, the super moons, the colorful blue and red and pink moons. I like a good full moon as much as the next person, but after a while the breathless announcements of upcoming special moons don’t feel so special.

There is also the usual spate of noteworthy days and even full weeks dedicated to the pursuit of joy, merriment, and enlightenment. Presidential Joke Day, National Mustard Day, and Water Balloon Day all show up in August. Celebrate ‘til you’re silly.

Here’s one we won’t have to observe in this wickedly hot, dry summer – World Mosquito Day. It’s one of the few upsides to the drought. Those pesky little buggers are all but nonexistent. Nevertheless, if you’re looking for a reason to get wild and crazy on August 20th, you can celebrate Sir Ronald Ross who discovered in 1897 it was female mosquitoes who transmitted malaria. Cause celebre, I guess, although I have to wonder why females have to take the hit for I really do love to research, but it could be questioned whether the world needs a National Clown Week or an Intimate Apparel Week. In the event you are interested, both of those occur during the 1st week of the month. It might be fun to see if some of these observances could be combined into one insane festival. Personally, I’m holding out for Wiggle Your Toes Day on August 6th, combined with National S’mores Day and Lazy Day on August 10th.

It must be the heat. My mind takes curious detours when the temps are over 100o.

August risks turning into the month we simply use to count down the days to fall. It’s the last month of summer, the month when school starts for many school districts. Here in Bandera, the first day of school is August 15th, smack dab in the middle of the month. It depends on whom you are talking to whether that’s a day to celebrate or not. It is definitely worth celebrating the undeniable fact we are inching closer to September when outdoor temperatures might only be in the 90’s rather than the 100’s.

There is reason to appreciate every month and August is no exception. There’s that Sturgeon Full Moon to kick things off on the 1st and a Full Blue Moon to look forward to on the 30th. Two full moons in one month and they’re both super moons. Who says August is only noteworthy for the heat?

In between, we can continue to enjoy the indoor activities offered by our truly special Silver Sage, all in air-conditioned comfort. Check out the calendar in each edition of the SCOOP. And if you’re still looking for something to kick your heels up and celebrate, how about Be Kind To Humankind Week, August 25 – 31st? A whole week to treat ourselves and others with kindness and respect. Now that’s something I can really get excited and hopeful about!
A sweet grandmother telephoned St. Joseph’s Hospital. She timidly asked, “Is it possible to speak to someone who can tell me how a patient is doing?” The operator said, “I’ll be glad to help, dear. What’s the name and room number of the patient?”

The grandmother in her weak, tremulous voice said, Norma Findlay, Room 302.” The operator replied, “Let me put you on hold while I check with the nurse’s station for that room.”

After a few minutes, the operator returned to the phone and said, “I have good news. Her nurse just told me that Norma is doing well. Her blood pressure is fine; her blood work just came back normal and her Physician, Dr. Cohen, has scheduled her to be discharged tomorrow.”

The grandmother said, “Thank you. That’s wonderful. I was so worried. God bless you for the good News.” The operator replied, “You’re more than welcome. Is Norma your daughter?”

The grandmother said, “No, I’m Norma Findlay in Room 302. No one tells me squat.”

What do expired cake mix and seniors have in common? They both have a hard time rising!

They say kids have selective hearing, but seniors do too – we just turn our hearing aids off.

What did one senior mountain climber say to the other? We’re finally over the hill!

Now that I’ve gotten older, everything’s finally starting to click for me. My knees, my back, my neck …

What goes up but never comes down? Your age.

I called the incontinence hotline recently. They asked if I could hold.

One benefit of old age is that your secrets are always safe with your friends … because they can’t remember them!
Our Vision: To be Leaders in our Bandera County Community and serve our neighbors.

Mission: Lions serve. It’s that simple, and it has been since we first began in 1917. Our clubs are places where individuals join together to give their valuable time and effort to improve the quality of life in Bandera County.

PLEASE JOIN THE BANDERA LIONS:
1st Wednesday of each month @ 6pm, also the 3rd Wednesday of each month at noon @ Bandera China Bowl located at 1203 Pecan St.

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

TEXAS HILL COUNTRY BANK
A MEMBER OF TEXAS PARTNERS BANK
Member FDIC

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

www.bswws.com

WE’RE PROUD TO BE your NEIGHBORS.
I do believe we’re in the dog days of summer. It’s even too hot for a swim in the neighborhood pool. Now that’s hot!

We had so much fun in July despite the heat. We did miss having our Cowboy Capital Opry in July, but it returns on Tuesday, August 1st. Hopefully you’ve already made your plans to attend. The special guest this month is Ricky Adams who never disappoints with his amazing vocals. As always, the backing band will include Opry founder Gerald Payne, Lanette Pennell, Vicki Gillespie and Dave Kemp. We are so very fortunate to have such talented musicians volunteering their valuable time and talents in support of the Bandera County meals on wheels program and we certainly appreciate their generosity and hope you do as well.

Lots of fun stuff coming up this month so be sure to check the calendar and get signed up asap as most trips fill up very quickly.

I’ve noticed that people are waiting until the very last minute to sign up for some of the grocery store trips. Please note that if no one is signed up by two days prior to a scheduled grocery store trip then that trip will be canceled. The sign-up sheets are made available at least a week in advance and usually much more than that. If you can’t come in to sign up you can always call me and I can put your name on the list. Remember we do need at least 4 people to go on every trip to cover the cost of gas for it to make sense to make the trip. If we don’t have at least 4 people, then we may have to cancel that trip. This is particularly true if the destination is a greater distance.

The Lucky Eagle Casino trip on August 22nd is open to anyone who did not go in July. If the sign-up sheet is not full by one full week prior to departure date then it will be open to all, even those who went in July.

In July I put out a short activities poll and most of you that filled it out have expressed a desire to go to the AMC Theater in Boerne. So, in order to make that happen, I will put it on the schedule for a tentative time of 10:00 a.m. with the actual departure time and movie to be determined no later than the Friday before the scheduled movie date. The reason for this is that the theater does not release the next month movie times and dates in time for me to get them on the calendar. I generally must turn in my calendar by the 15th of the month prior to the calendar month I’m working on. So, we are going to give this a try with a TBD time and movie. Hopefully many of you will be willing to sign up without knowing what movie we will see and trust that I will pick the one I feel most of you will enjoy. The matinee times fluctuate anywhere from 10:30 a.m. to somewhere before 4 p.m. I will almost always try to pick a time that will allow us to return to the center by 4 p.m. when possible. If it doesn’t work out well at least I can say I gave it a shot. So…If you sign up for this please call the week before to see if we have a time and movie set yet. Thank you for being willing to try something new.

Another thing several folks were interested in doing is INDOOR Black Light Miniature Golf. This sounds like a blast to me, so I’m excited. Please keep in mind that the course will not be lit with normal lighting but will have low light and black lights. Look for it on the calendar this month as well. Stay cool out there, join us for a delicious lunch and get signed up for a fun outing ASAP.
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
### AUGUST ACTIVITIES 2023

Activities Director, Lisa Crawford  
Phone: (830) 850-0028  
Email: lisa@silversage.org

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
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<td>31</td>
<td>AUG 1</td>
<td>2</td>
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<td>4</td>
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</tbody>
</table>
| 8:00 Ejercicio en video  
10:00 Yoga con Willie  
12:30 Juegos | 10:30 Estiramiento y fortalecimiento con Ida  
12:30 Juegos  
7:00 Cowboy Capital Opry/Ricky Adams | 8:00 Ejercicio en video  
9:30 Acolchar  
12:30 Juegos  
12:30 Poco Loco | 12:30 Juegos  
4:45 Grupo de Empoderamiento de las Mujeres | 8:00 Ejercicio en video  
12:30 Juegos |
| 7   | 8   | 9   | 10  | 11  |
| 8:00 Ejercicio en video  
10:00 Yoga con Willie  
12:30 Juegos  
3:30 Buffet Chino Chopsticks $15.29 Buffet + $5 cuota de autobús | 10:30 Estiramiento y fortalecimiento con Ida  
12:30 Juegos  
1:00 Grupo de Escritores | 8:00 Ejercicio de video  
9:30 Acolchar  
12:00 Educación nutricional con Jessica Faubion  
12:30 Juegos  
12:30 HEB | 12:30 Juegos | 8:00 Ejercicio en video  
12:30 Juegos |
| 14  | 15  | 16  | 17  | 18  |
| 8:00 Ejercicio en video  
10:00 Yoga con Willie  
12:30 Juegos  
1:00 Cosmic Mayhem Blacklight Mini Golf $11 | 10:30 Estiramiento y fortalecimiento con Ida  
1  
2:30 Juegos | 8:00 Ejercicio de video  
9:30 Acolchar  
10:30 Hungry Horse Café Boerne  
12:30 Juegos | 12:30 Juegos  
4:45 Actualización de Silver Sage Cottages  
4:45 Empoderamiento de la mujer | 8:00 Ejercicio en video  
12:30 Juegos |
| 21  | 22  | 23  | 24  | 25  |
| 8:00 Lucky Eagle  
10:30 Estiramiento y fortalecimiento con Ida  
12:30 Juegos  
1:00 Clase para escritores | 8:00 Ejercicio de video  
9:30 Acolchar mano/comida  
12:30 Juegos  
12:30 Walmart | 12:30 Juego | 8:00 Ejercicio en vídeo  
11:30 Fiesta de cumpleaños | 8:00 Video Exercise  
12:30 Juegos |
| 28  | 29  | 30  | 31  | SEPT 1 |
| 10:00 Yoga con Willie  
12:30 Juegos | 10:00 Matinée de cine en Boerne AMC Theater/Película TBD  
8/25 Mayores $5.19  
10:30 Estiramiento y fortalecimiento con Ida  
12:30 Juegos | 8:00 Ejercicio en video  
9:30 Acolchado  
12:30 Juegos | 11:00 Hispanic Outreach Ladies Luncheon  
12:30 Juegos | 8:00 Video Exercise  
12:30 Juegos |
| 30  | 31  | 30  | 31  | 12 |
| 11:00 Hispanic Outreach Ladies Luncheon  
12:30 Juegos | 11:00 Hispanic Outreach Ladies Luncheon  
12:30 Juegos | 11:00 Hispanic Outreach Ladies Luncheon  
12:30 Juegos | 11:00 Hispanic Outreach Ladies Luncheon  
12:30 Juegos | 8:00 Video Exercise  
12:30 Juegos |
## AUGUST ACTIVITIES 2023

**Activities Director, Lisa Crawford**  
**Phone:** (830) 850-0028  **Email:** lisa@silversage.org

<table>
<thead>
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<th>Mon</th>
<th>Tue</th>
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</table>
| 31  | AUG 1 | 8:00 Video Exercise  
10:30 Stretch & Strengthen w/Ida  
12:30 Games  
7:00 Cowboy Capital Opry/Ricky Adams | 8:00 Video Exercise  
9:30 Quilting  
12:30 Games  
12:30 Poco Loco | 12:30 Games  
4:45 Women’s Empowerment Group | 8:00 Video Exercise  
12:30 Games |
| 7   | 10:30 Stretch & Strengthen w/Ida  
12:30 Games  
1:00 Writer’s Group | 8:00 Video Exercise  
9:30 Quilting  
12:00 Nutrition Education with Jessica Faubion  
12:30 Games  
12:30 HEB | 12:30 Games | 8:00 Video Exercise  
12:30 Games |
| 14  | 10:30 Stretch & Strengthen w/Ida  
12:30 Games  
1:00 Cosmic Mayhem Blacklight Mini Golf $11 | 8:00 Video Exercise  
9:30 Quilting  
10:30 Hungry Horse Café Boerne  
12:30 Games | 12:30 Games  
4:00 Silver Sage Cottages Update  
4:45 Women’s Empowerment | 8:00 Video Exercise  
12:30 Games |
| 21  | 8:00 Lucky Eagle  
10:30 Stretch & Strengthen w/Ida  
12:30 Games  
1:00 Writer’s Group | 8:00 Video Exercise  
9:30 Quilting  
12:30 Games  
12:30 Walmart | 12:30 Games | 8:00 Video Exercise  
11:30 Birthday Bash  
12:30 Games |
| 28  | 10:00 Yoga w/ Willie  
12:30 Games | 8:00 Video Exercise  
9:30 Quilting  
12:30 Games | 11:00 Hispanic Outreach Ladies Luncheon  
12:30 Games | 8:00 Video Exercise  
12:30 Games |

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**Chinese Buffet $15.29 pp + $5 Bus fee**  
**Hungry Horse Café Boerne**  
**Cottages Update**  
**Silver Sage Cottages**  
**Birthday Bash**  
**Silver Sage Cottages Update**  
**Women's Empowerment**  
**Bilingual Outreach Ladies Luncheon**
### Silver Sage ~ Agosto de 2023
Almuerzo servido de 11:30 p.m. a 1 p.m.

<table>
<thead>
<tr>
<th>LUNES</th>
<th>MARTES</th>
<th>MIÉRCOLES</th>
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<td><strong>Menú sujeto a cambios según disponibilidad</strong></td>
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<tr>
<td>1 Pastel de res con Verdur <strong>Menú sujeto a cambios según disponibilidad</strong></td>
<td>2 Sándwich de cerdo desmenuzado a la barbacoa y Frijoles rancheros</td>
<td>3 Lasaña de carne parmesano asado Brócoli y palito de pan</td>
<td>4 Ensalada De Fajitas De Pollo y Salsa sobre cama de Fresh Verdu</td>
<td><strong>Menú sujeto a cambios según disponibilidad</strong></td>
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<tr>
<td>7 Palitos de Pescado con Caseros y Salsa Tártara Ensalada de repollo picante y Patatas dulces fritas</td>
<td>8 Pollo y gofres Batatas De Arce Guiso de maíz Fruta fresca</td>
<td>9 Queso Chili Tamaño Texas Hot dog Frijoles Horneados a la barbque Chucrut</td>
<td>10 Horneado De Enchilada De Pollo Arroz español Frijoles Borracha Salsa</td>
<td>11 Ensalada Chef con Duro Huevo cocido sobre lecho de espinacas tiem</td>
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<td><strong>Menú sujeto a cambios según disponibilidad</strong></td>
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<td>12 Buñuelos De Chueta De Cerro Con Salsa de ojos rojos y Maíz molido y Mezcla de Verdur <strong>Menú sujeto a cambios según disponibilidad</strong></td>
<td>13 pasel de carne Puré de papas cargado popurri de verduras</td>
<td>16 Cerdo adobado con especias Filete de lomo Calabacín y calabaza pan de maíz</td>
<td>17 Ensalada picante de taco con Totopos De Maíz, Rancho Aderezo y Salsa Casera</td>
<td><strong>Menú sujeto a cambios según disponibilidad</strong></td>
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<tr>
<td>21 Pollo agridulce y Arroz Jazmín rollo de huevo</td>
<td>22 Hamburguesa jugosa con todos los acompañamientos y Patatas fritas y Manzanas De Caramelo Al Horno</td>
<td>23 Pollo Cremoso Cordon Bleu Hornear y Verduras toscanas Panecillo</td>
<td>24 Bistec de ternera a la pimienta con Pimientos morrones salteados en un Salsa Salada sobre cama de Fideos Lo Mein</td>
<td><strong>Menú sujeto a cambios según disponibilidad</strong></td>
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<td>28 Filete de Pollo Frito con Salsa Pure de Papas al Ajo Judías verdes con ajo mantecoso</td>
<td>29 Pollo al Limón y Ajo y Patatas Alargadas Asadas y Zanahorias glaceadas con miel y Fruta fresca</td>
<td>30 Tacos suaves de carne y queso y Frijoles refritos Maíz Mexicano</td>
<td>31 Espaguetis de la huerta con carne molido, tablas de verduras de la huerta y hierbas Palitos de pan de ajo</td>
<td><strong>Menú sujeto a cambios según disponibilidad</strong></td>
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**Joyce D. Lamilla, LD**
Llame a la entrega de Meals On Wheels (830) 796-4969
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<tbody>
<tr>
<td>Beef Cottage Pie with Mixed Veggies</td>
<td>Chef James Cheesy Bread</td>
<td>Peach Crisp</td>
<td>Fresh Fruit</td>
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<td>Butterly Cottage Cheese Beans</td>
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<td>Cornbread and Herbs</td>
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<td>Ground Pork, Garden Veggie</td>
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<td>Garden Spaghetti with Beef and Cheese Soft Tacos</td>
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Menu subject to change according to availability.

Joyce D. Lamilla, LD
Call Meals On Wheels delivery (830) 796-4969

Lunch served from 11:30am-1pm

Silver Sage ~ August 2023
5 WAYS TO PREVENT HEART DISEASE & STROKE

By American Heart Association News

<< NUTRITION
Adults should eat more plant-based foods such as vegetables, fruits, nuts, legumes and whole grains, and choose fish, lean vegetable or lean animal proteins. Minimize processed meat and sweetened drinks.

<< EXERCISE
Each week, adults should engage in at least 150 minutes of a moderate-intensity activity, such as brisk walking, or at least 75 minutes of a vigorous activity, such as jogging.

<< TOBACCO
At each health care visit, tell your doctor whether you have smoked any tobacco product in the previous month – and, if so, work with your doctor to create a plan to quit.

<< SOCIAL DETERMINANTS
Talk to your doctor about factors that affect your health, such as housing, food security, transportation, self-image and culture.

<< ASPIRIN
Because of the risks of bleeding, don’t take aspirin for prevention unless your doctor prescribes it. Aspirin can help in some cases, but talk to your doctor about whether it’s right for you.
YOGA WITH WILLY EVERY MONDAY
Location: Great Room @ the Silver Sage - Time: 10:00am

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

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

Hay Family Insurance Group
“Where your Medicare needs matter”

Your plan may be changing for 2023...
Let’s review it!
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How about your out-of-pocket costs?

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Levi Hay 210-365-8122
Email Levi_Hay@outlook.com

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

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

GARDEN GREEN SMOOTHIE
The perfect green smoothie formula!

- 3/4 cup 100% orange juice
- 1 cup baby spinach
- 3-4 fresh mint leaves
- 1/2 cup plain Greek yogurt
- 1/2 cup frozen mango chunks
- 1/2 cup frozen strawberries
- 1/2 cup fresh cucumber
- 1/2 cup lowfat Greek yogurt
- 1 tbsp almond butter
- 1/2 cup spinach
- 1/2 cup almond milk

*Calories: 300  
Fat: 11g  
Protein: 12.5g  
Sodium: 155mg  
Carbohydrates: 40g  
Fiber: 7g  
Sugar: 23g  
Calcium: 20% DV  
Potassium: 15% DV
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

WHEN IT COMES TO MEDICARE
YOU HAVE CHOICES.

find the best plan to fit your health care needs.

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.
What is The History Behind Crossword Puzzles?
On December 21, 1913, The New York World’s ‘Fun’ page published the first crossword puzzle. It was created in the 1890s by British writer Arthur Wynne, who immigrated to the United States. Other publications caught up on the hobby in the early 1920s. According to the crossword editor of the New York Times, “Solving crosswords eliminates worries; they make you a calmer and more focused person.” The first British crossword puzzle was published in Pearson’s Magazine in February 1922, and these versions were considered more difficult than their American equivalents. The history of crossword puzzles dates back to the late 19th century and involves several notable figures and developments.
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Mary Lou Howells (830) 388-6991

cascadehealthservices.org

Include in your diet:
Fluid rich foods

- Soups
- Popsicles
- Ice Cream
- Milk Shakes

Fluid rich fruits

- Peaches
- Strawberries
- Watermelon
- Oranges

Fluid rich veggies

- Lettuce
- Bell Peppers
- Cauliflower
- Celery

Stay hydrated!
Know the signs of dehydration

- Dry mouth
- Nausea
- Headache
- Thick saliva
- Sunken eyes
- Confusion
- Dry skin
- Inelastic skin
- Muscle aches

Improving fluid intake

- Measure the amount of fluid you drink
- Increase intake slowly over two weeks
- Keep a “Liquid Log” of intake
- Water is best, but non-caffeinated drinks are good too
- Try to take 4 fl oz with medications
- Consume fluid rich foods
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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.
I have been told that there approximately 24,000 species of bee’s in the world, and about 4,000 species live in the United States. Honey Bees are not native to the America’s, in fact they were brought here by the Pilgrims in the 1500 and 1600.

The Honey Bee is a flying insect of the genus Apis (stinging) and Meliponini (stingless) and are native to Afro-Eurasia. Humans are responsible for introducing them to South America (early 1500’s), North America (early 1600’s), and Australia (early 1800’s).

Honey Bee’s are great pollinators and pollinate apples, pears, nuts, strawberries, tomatoes, peppers, blueberries, squash, and Melons.

The five main bee groups in Texas are honey bee’s, bumble bee’s, mason bee’s, ground(digger) bee’s and carpenter bee’s. Only the Honey Bee produces enough honey to supply human.

Honey bees live in hives made up of worker bee’s (all female), drones (male bee’s), and the Queen! Yes it is a fact that the worker bee’s (all female) do all the work, while the drones (male) bee’s just sit around and take it easy! In fact the worker bee’s even have to take care of the drone, feeding and grooming them.

The only job the Drone has is to breed with a queen, but not from his hive! Each morning, after breakfast, the drones will fly away and hang out in the Drone congregation area where they just buzz around looking up for a beautiful Virgin Queen to come flying by. Then they will fly up and and breed with her and die! The Queen may breed with 50 or more drones on her maiden flight. This will supply enough semen for a lifetime.

When winter is coming on, the worker bee’s will force the Drones out of the hive and let them die!

Many people will often mistake the Drone as the Queen, for they are generally larger than the worker bee’s. The Drones are fat, but the Queen has a long slender body.

The Drone Bee do not sting, it is only those ole mean Worker Bee’s that will sting you, but only in defense of their hive or their life! When they sting you, their stinger pulls out of their body and they die!

The Queens only duty is to lay eggs. She has the ability to lay fertile eggs (workers) or infertile eggs (drones). Generally, no other worker Bee’s canals eggs. On occasion, when the Queen unexpectedly dies a worker may start laying eggs, but they will be infertile and only produce drones, thus the hive is doomed! This does not happen often. We will have more next month when we learn about the life cycles of the Honey Bee!
SILVER SAGE IS DELIGHTED TO NOW OFFER VETERAN SERVICES!!

Do you know a Veteran struggling with everyday needs?

- Mortgage/Rent  - Utilities  - Food  - Transportation  - Much more...

Thanks to a Grant from the Texas Veterans Commission Fund for Veterans Assistance, Veterans and their families in Bandera, Kerr, Kendall, Medina, Real and Uvalde counties can now find the help they need including one-time utility or rent/mortgage payments, providing food or certain medical services and arranging transportation services. (Beneficiaries will not be required to quality based on income level; need is based on unpaid utility or rent/mortgage bills.)

If you know of a Veteran in need visit silversage.org/veteran-services or reach out to Victor Polanco, the Veteran Service Coordinator at 830-328-6355. Victor is excited to see this type of resource available to the Veterans in need and is ready to support as many Veterans as possible.