



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



**MONTHLY MENU**  
PAGE 14 & 15



BANDERA COUNTY  
**THE SCOOP AT**  
**SILVER SAGE**

803 BUCK CREEK DR. BANDERA, TEXAS 78003 (830) 796-4969

## Community Volunteering

Want to learn how to become a Silver Sage Volunteer? As a non-profit organization, we rely on volunteers to accomplish our mission. There are numerous ways you can help. Call us at (830) 796-4969

## Cowboy Capital Opry


Our Opry is always the 1st Tuesday of every month, benefiting Meals On Wheels. Performer this month is:  
**Tuesday January 3rd- Phillip Brush**

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

### SILVER SAGE BUS TRIPS -

Branding Iron at the YO for their lunch buffet on Monday, January 23rd. We will leave the center at 10:30 A.M. The buffet is \$13 for seniors 55 and over. The bus trips are for our seniors 60 and over.





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](mailto:karyn@silversage.org)

Development Director:

Mikie Baker-[mikie@silversage.org](mailto:mikie@silversage.org)

Sales: Mikie Baker & Karyn Lyn

Silver Sage-803 Buck Creek  
Bandera, TX 78003

## HOURS:

SILVER SAGE HOURS:

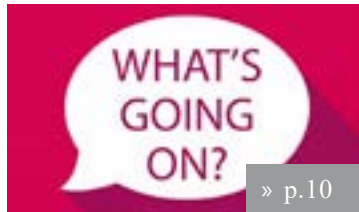
MON-THURS 8:00AM- 3:00PM

FRIDAY 8:00AM TO 2:00PM.

CLOSED WEEKENDS AND MAJOR HOLIDAYS.

**WWW.SILVERSAGE.ORG**

## WHAT'S INSIDE



By Lisa Crawford



Check out our  
Monthly  
Menu!



5. **VaccinateBandera.org** is a non-profit, Community-based effort to facilitate access to Covid-19 Vaccines for Bandera County residents. “We will answer your questions. We can help you make an appointment. We can help you get to your appointment.”
7. **Through the Eyes Of A Driver, by Mary Allyce:** “We made it! It’s 2023, a brand new year and no, I didn’t make one single resolution. Making resolutions feels wrong, somehow. The intent might be genuine but the bar is always set way too high....”
10. **Activities, by Lisa Beck** - Happy New Year! Get ready for some movie matinees, shopping trips, nutrition talks, Spanish/ English Classes, and so much more!
16. **Expressionism by Mikie Baker:** “Maybe it’s because I was a disc jockey or maybe it’s just something we all do, but I find I have expressions that I’ve used over and over in my life. Like when I’m checking out at the grocery store and the checker asks me if I found everything I was looking for. I always say, “The only thing I couldn’t find was a rich single man.”

January 16th



*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**

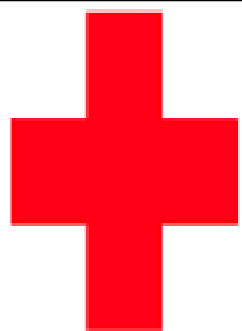
**ART Bus 1-866-889-7433**

**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**



**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](http://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](http://tricountyhomehealth.com)**

**874 Harper Rd. Kerrville, TX 78028**

# COVID-19 VACCINE INFO



VACCINATE BANDERA.ORG

PROTECT OUR FUTURE

 Protect Our Future Bandera

 @vaxbandera

 vaccinatebandera

**QUESTIONS? CALL:**

**833-8-VACCINATE | 833-882-2246**

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

## COVID & FLU CLINICS

**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! Our number is 833-882-2246. Extension 700 for Levin. Extension 701 para Anna (Español). Extension 702 for Rebeca.

There were no clinics held in December, but we continue to take calls and questions almost daily about where and how to get protected from Covid-19. Bandera Family Practice keeps Moderna in stock for ages 18+ available at all times. Walk-ins are available, but it is better to make an appointment. All major pharmacy chains carry most versions of the Covid vaccines. It is best to make an appointment online for those pharmacies, but some do accept walk-ins (HEB on Wednesdays, for example).

## STAY UP-TO-DATE – BIVALENT BOOSTERS AVAILABLE FOR AGES 6mo+ !

New boosters from Pfizer and Moderna, formulated to protect against Omicron variants, sub-variants, and potentially future subvariants, are available at major pharmacies AND at our clinics NOW. These bivalent boosters are now approved for ages 5+, regardless of which primary series was taken. For ages 6 months – 4 years, bivalent boosters from Moderna and Pfizer are available for those who completed the Moderna primary series. Other requirements include having been 2 months since the last dose OR 3 months since recovering from Covid.

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

## BANDERA INTERAGENCY COALITION

BCIC members have been busy during this first freezing weather event of winter 2022-2023. Silver Sage, VaccinateBandera.org, Un Nuevo Amanecer / New Day Church, Lakehills UMC, Bandera Foster Closet, and many others teamed up to provide warming centers, blankets, heaters, winter clothing, hot food and coffee to residents who were in need during power outages. Of course, VaccinateBandera.org was available with FREE Covid-19 vaccine education, masks, sanitizer, home Covid-19 test kits, and cough drops.



# WINTER SAFETY TIPS FOR SENIORS

Winter has arrived! Be sure to leave this checklist with your aging loved ones to help keep them warm and safe during the winter season.



**Check the weather.** Before leaving home, be sure to view the forecast so you are aware of any special weather statements. Change your plans and stay indoors if needed.



**Bring your walking aid if necessary.** If you have a cane or walker, be sure to bring it along when leaving the house.



**Stick to the path.** When outdoors, be sure to walk on bare surfaces and use handrails whenever possible.



**Invest in good footwear.** Warm, waterproof, anti-slip boots are key for winter.



**Plan ahead when going outdoors.** Pack a snack, water, and any medication you may need to take throughout the day in case your trip takes longer than expected.



**Bundle up.** Be sure to dress in several layers suitable for cold weather, including a hat, scarf, and mittens.



**Let others know** where you are going and when you expect to return whenever leaving the house.



**Ask for help for winter tasks.** Do not attempt to shovel the driveway, break ice, or remove snow from your roof by yourself.



**Eat a healthy diet and stay hydrated.** Winter can lead to a deficiency in vitamin D due to lack of sun exposure. Consume vitamin D rich foods (such as salmon, fatty fish, mushrooms and egg yolk) to prevent deficiency. Drink plenty of water throughout the day to stay hydrated.



# THROUGH THE EYES OF A DRIVER

By Mary Allyce

We made it! It's 2023, a brand new year and no, I didn't make one single resolution. Making resolutions feels wrong, somehow. The intent might be genuine but the bar is always set way too high. You know darn well you're never going to meet most of those goals but they sound so good, so positive. Everyone knows you're fibbing because their resolutions are equally unlikely, if equally noble. Frankly, it's embarrassing.

You're not going to lose all that weight. You're not going to sail around the world in rowboat.

You're probably not going to organize all the old family photos. You're not going to write The Great American Novel . . . Wait. Somebody's going to write it. Why not me? That's not a resolution, more like an annual plea to the elusive muses writers know only exist in the same universe with fairies and elves. Call it a plan. I know I'm going to write something, somewhere, somehow. If The Great American Novel, or something a bit less grandiose shows up, good enough!

Years ago, my mother and father-in-law had a group of friends who gathered each New Year's Eve to ring in the New Year. The tradition involved good food, a full bar, and written predictions of what each party participant thought the coming year would bring. Not exactly resolutions and the requested predictions were described rather loosely so I was never sure what the boundaries were, if any. Politics, relationships, weather – I guess folks were free to let their imaginations run amuck with projected forecasts of the next twelve months. The predictions were written, anonymously, on slips of paper, sealed and held until the next New Year's Eve when they were read. Hilarity ensued, or so we were told. It was all loosey-goosey and no specifics were ever reported. It never sounded very en-

lightening or satisfying to me, but it repeated year after year with great enthusiasm so I guess it

worked for them.

Predictions, resolutions, plans, goals, the important thing is to have some, along with a wink to acknowledge what is admirable but highly unlikely. I have a Goddaughter who did sail around the world in a rather small boat with her husband. I don't know if it was a resolution, but they did it. Sometimes the unlikely becomes the reality. Often the fulfillment is much less dramatic but no less gratifying - a good job, decent housing, a nice warm coat, a new pair of boots, enough to eat, health, companionship.

**Our very own Silver Sage helps so many folks realize their hopes for the New Year with many of the above. They cannot do it without the help of the community, however. Volunteers are always needed, donations of any amount are always welcome. Whether it's helping with food bank distributions, donations of food for the pantry, clothing like the recent sox box in the lobby, monetary donations from individuals or local businesses, driving and delivering for Meals On Wheels, the success of Silver Sage programs relies on you to help them continue to serve our community. When I suddenly was in desperate need of a wheelchair and a walker for a sick friend, guess where I turned? And guess who came through for me that same day.**

**How about making a resolution this year to help the Silver Sage help our seniors in any way you can. It's one very sound resolution you'll be able to say you were able to keep and it's a lot easier and more gratifying than sailing around the world in a rowboat!**

**See you in February!**





# Funny Bone

What is a New Year's resolution? Something that goes in one year and out the other.

What do snowmen like to do on New Year's Eve? Chill out.

Youth is when you're allowed to stay up on New Year's Eve. Middle age is when you're forced to.

What do New Year's Day parades have in common with Santa Claus? No one is awake to see either of them.

Why do you need a jeweler on New Year's Eve? To ring in the New Year.

What did the little champagne bottle call his father? Pop!

What's a cow's favorite holiday? Moo Year's Eve.

Where can you find comedians on New Year's Eve? Waiting for the punch line.

What do farmers give their wives at midnight on New Year's Eve? Hogs and kisses.

An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old year leaves.

What do you call always wanting a date for New Year's Eve? Social security.

What happened to the man who shoplifted a calendar on New Year's Eve? He got 12 months!





# Bandera Writers Group, Thursday Jan. 5th 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



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](http://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](http://www.bswws.com)

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



*Another year has come and gone. I feel my age more and more these days. Everyone older than me tells me "you ain't seen nothin' yet". I really hope that is true and I have LOTS more to see! Happy New Year to us all!*

MUSIC - The Cowboy Capital Opry will be Tuesday, January 3rd at 7 P.M. The guest this month will be Philip Brush. Phil has joined us several times for our monthly jam at the Silver Sage and he is super fun to pick with. He generally plays the standup bass at the pickers circle but can also play guitar and he sings those great old down home songs you don't hear every day anymore. I don't know what he'll be playing for the Opry, but I know it will be a really fun show. As always, we appreciate our backing house band Gerald Payne, Lanette Pennell, Vicki Gillespie and Dave Kemp. These caring musicians donate their time and talents each month to this worthy cause and make it possible for all the proceeds from the Opry to go to our Meals On Wheels program.

Phill Brush ventured out of the hills and valleys and onto the stage with a low bass in his soul and a song in his heart. Born in the Big City of Houston he quickly ventured countryside where his spirit has resided ever since.

His story is his song, and his song is his home. Traveling around the world he has collected tales from the mountains and tunes from the troubadours.

Residing in Austin Texas, where the music flows like yesterday's wine, he enjoys swimming in Barton Springs, seeing Willie Nelson, and pallin' around.

MUSIC JAM - The last Monday each month at 12:30 P.M. we have a little open jam in the dining room. Everyone is welcome to come play or to listen. We always have a good time. Hope you will join us soon.

BUS TRIPS - Branding Iron at the Y O for their lunch buffet on Monday, January 23rd. We will leave the center at 10:30 A.M. The buffet is \$13 for seniors 55 and over. The bus trips are for our seniors 60 and over. Check the calendar for grocery shopping dates and times.

SPANISH/ENGLISH CLASSES - We are now hosting two weekly Spanish classes and two English classes. On Mondays and Fridays, the Spanish class will be held in the craft/quilting room at 10A.M. and English class will be in the same room at 11A.M. Our wonderful teacher Georgina is generously *donating her time to offer these classes. We ask that you put a little something in the basket she puts out as a donation to help her with gas money.*

BIRTHDAY BASH will be on FRIDAY, January 27th 11:30am!!!

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

**830-796-4969**



# 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

[cascadehealthservices.org](http://cascadehealthservices.org)



# CIBOLO CREEK

REHABILITATION • HEALTH • LIVING

1440 River Rd #1958, Boerne, TX 78006

Mary Lou Howells (830) 388-6991



**THE HONDO NATIONAL BANK**



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

[www.myhnb.com](http://www.myhnb.com)

## FIRE CLASSIFICATIONS

LOOK FOR THE FOLLOWING SYMBOLS TO TELL YOU WHAT TYPES OF FIRES AN EXTINGUISHER IS MEANT TO PUT OUT:

| LETTER SYMBOL | PICTURE SYMBOL | DESCRIPTION                              |
|---------------|----------------|--|
| <b>A</b>      |                | USE ON WOOD, PAPER, TEXTILES AND RUBBISH |
| <b>B</b>      |                | USE ON FLAMMABLE LIQUIDS                 |
| <b>C</b>      |                | USE ON ELECTRICAL EQUIPMENT              |
| <b>D</b>      |                | USE ON COMBUSTIBLE METALS                |
| <b>K</b>      |                | USE ON COMBUSTIBLE COOKING MEDIA         |

## Heater Fire Safety

### Space heater safety

- Do not plug anything else into the same circuit as the one you are using for your space heater. This can cause overheating.
- Plug portable heaters directly into outlets. Never use an extension cord or power strip.



### Heat your home safely.

Keep anything that can burn 3 feet away from a fireplace, wood stove or space heater.

# 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](http://BanderaNursingRehab.com)**

**TOUCHSTONE**  
COMMUNITIES<sup>®</sup>

## 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](http://BanderaElectric.com/EnergySaver)**










# JANUARY ACTIVITIES 2023

Activities Director, Lisa Crawford

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

| Mon   | Tue  | Wed   | Thu   | Fri   |
|---|--|---|---|---|
| <b>JAN 2</b><br><b>CENTER CLOSED</b><br>10:00 Yoga w/Willie<br>Still on   | <b>3</b><br>10:30 Stretch & Strengthen w/Ida<br>12:30 Mexican Train<br>7:00 Cowboy Capital Opry/Phil Brush | <b>4</b><br>8:00 Video Exercise<br>9:30 Quilting<br>12:30 Maj Jong<br>12:30 Mexican Train                             | <b>5</b><br>12:30 Skip Bo<br>2:00 Writers Group                                       | <b>6</b><br>8:00 Video Exercise<br>10:00 Spanish Class<br>10:00 Yoga w/Ida<br>11:00 English Class                         |
| <b>9</b><br>8:00 Video Exercise<br>10:00 Spanish Class<br>10:00 Yoga w/Willie<br>10:30 English Class<br>12:30 Farkel            | <b>10</b><br>10:30 Stretch & Strengthen w/Ida<br>12:30 Walmart   | <b>11</b><br>8:00 Video Exercise<br>9:30 Quilting<br>12:00 Nutrition Talk<br>12:30 Maj Jong<br>12:30 Mexican Train    | <b>12</b><br>12:30 Skip Bo  | <b>13</b><br>8:00 Video Exercise<br>10:00 Spanish Class<br>10:00 Yoga w/Ida<br>11:00 English Class                        |
| <b>16</b><br><b>CENTER CLOSED</b><br>10:00 Yoga w/Willie<br>still on  | <b>17</b><br>10:30 Stretch & Strengthen w/Ida<br>12:30 Mexican Train                                       | <b>18</b><br>8:00 Video Exercise<br>9:30 Quilting<br>12:30 Maj Jong<br>12:30 Mexican Train                            | <b>19</b><br>12:30 Skip Bo<br>2:00 MOVIE<br>Secondhand Lions<br>Rated PG 1 hr, 49mins | <b>20</b><br>8:00 Video Exercise<br>10:00 Spanish Class<br>10:00 Yoga w/Ida<br>11:00 English Class                        |
| <b>23</b><br>8:00 Video Exercise<br>10:00 Spanish Class<br>10:00 Yoga w/Willie<br>11:00 English Class<br>10:30 Y O Lunch Buffet | <b>24</b><br>10:30 Stretch & Strengthen w/Ida<br>12:30 HEB   | <b>25</b><br>8:00 Video Exercise<br>9:30 Quilting<br>12:30 Maj Jong<br>12:30 Mexican Train                            | <b>26</b><br>12:30 BINGO  | <b>27</b><br>8:00 Video Exercise<br>10:00 Spanish Class<br>10:00 Yoga w/Ida<br>10:30 English Class<br>11:30 Birthday Bash |
| <b>30</b><br>8:00 Video Exercise<br>10:00 Spanish Class<br>10:00 Yoga w/Willie<br>11:00 English Class<br>12:30 Music Jam        | <b>31</b><br>10:30 Stretch & Strengthen w/Ida<br>12:30 Mexican Train                                       | <b>FEB 1</b><br>8:00 Video Exercise<br>9:30 Quilting<br>12:00 Nutrition Talk<br>12:30 Maj Jong<br>12:30 Mexican Train | <b>2</b><br>12:30 Skip Bo   | <b>3</b><br>8:00 Video Exercise<br>10:00 Spanish Class<br>10:00 Yoga w/Ida<br>11:00 English Class                         |
|   |  |   |   | <b>13</b>   |

# Silver Sage ~ enero de 2023 Almuerzo servido de 11:30 p. m. a 1 p. m.

| LUNES |   | MARTES |   | MIÉRCOLES   |   | JUEVES   |  | VIERNES  |  |
|-------|---|--------|---|---|---|--|--|--|--|
| 2     | CERRADO   | 3      | Frijoles Rojos & Arroz<br>Cachorros de okra hush<br>Duende                            | 4   | Pastel de carne de pastor<br>pan de maiz  | 5  | pollo al romero<br>Papas rostizadas<br>Verduras mezcla Toscana             | 6  | Ensalada de atún sobre cama de<br>Verdes frescos<br>galletas saladas               |
| 9     | Tiras de pollo y salsa<br>Patatas dulces fritas<br>maiz vaquero                         | 10     | Salchicha italiana y pepperoni<br>Ziti<br>Brócoli<br>Fruta fresca                     | 11  | Potstickers de arroz<br>frito con pollo teriyaki<br>Oriental Veg.                 | 12   | Albóndigas a la Barbacoa<br>Puré de papas cargado<br>Frijoles Borracha     | 13   | Ensalada del Chef con Jamón,<br>huevo, queso y<br>Tomates<br>Crutones              |
| 17    | CERRADO   | 17     | Macarrones con queso y carne<br>Calabacín Asado<br>Panecillo<br>manzanas acarameladas | 18  | Pollo Alfredo encima<br>pasta fettuccini<br>Calabacín y calabaza<br>palito de pan | 19   | Ensalada de pasta de pavo sobre<br>una cama de lechuga<br>galletas saladas | 20   | Ternera a la boloñesa encima<br>Pasta cabello de ángel<br>Brócoli<br>palito de pan |
| 23    | chile y frijoles<br>Pan de Maiz Tejano  | 24     | Lasaña<br>Verduras de la huerta<br>Pan con queso<br>cereza crujiente                  | 25  | Pollo agridulce terminado<br>Arroz Jazmín<br>Mezcla de vegetales asiáticos        | 26   | Perrito caliente del tamaño de Texas<br>Frijoles Horneados<br>Chucrut      | 27   | Ensalada de taco<br>Frituras de maiz<br>Salsa<br>Aderezo ranch                     |
| 30    | Filete De Pollo Frito<br>salsa campestre<br>Puré de patatas<br>Judías verdes y cebollas | 31     | Stroganoff de ternera<br>Fideos de huevo<br>Coles de Bruselas<br>Cóctel de frutas     | <p>Joyce D. Lamilla, LD<br/>Llame a la entrega de<br/>Meals On Wheels (830) 796-4969</p>  |   | <p><b>Menú sujeto a cambios<br/>según disponibilidad</b></p>  |  |  |  |



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

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|---|---|---|--|--|
| 2<br><b>CLOSED</b>  | 3<br>Red Beans & Rice<br>Okra Hush Puppies<br>Brownie                         | 4<br>Beef Shepherd's Pie<br>Cornbread   | 5<br>Rosemary Chicken<br>Roasted Potatoes<br>Tuscany Blend Veggies   | 6<br>Tuna Salad on a bed of<br>Fresh greens<br>Crackers  |
| 9<br>Chicken Tenders & Gravy<br>Sweet Potato Fries<br>Cowboy Corn                     | 10<br>Italian Sausage & Pepperoni<br>Ziti<br>Broccoli<br>Fresh Fruit          | 11<br>Teriyaki Chicken<br>Fried Rice<br>Popsickers<br>Oriental Veg.   | 12<br>Barbeque Meatballs<br>Loaded Mash Potatoes<br>Borrracha Beans  | 13<br>Chef Salad with Ham,<br>Egg, Cheese, &<br>Tomatoes<br>CROUTONS   |
| 16<br><b>CLOSED</b>   | 17<br>Beefy Mac & Cheese<br>Roasted Zucchini<br>Dinner Roll<br>Caramel Apples | 18<br>Chicken Alfredo over<br>Fettucine pasta<br>Zucchini and Squash<br>Bread Stick   | 19<br>Turkey Pasta Salad on a<br>bed of lettuce<br>Crackers  | 20<br>Beef Bolognese over<br>Angel Hair Pasta<br>Broccoli<br>Bread Stick   |
| 23<br>Chili and Beans<br>Texas Cornbread  | 24<br>Lasagna<br>Garden Veggies<br>Cheesy Bread<br>Cherry Crisp               | 25<br>Sweet and Sour Chicken over<br>Jasmin Rice<br>Asian Vegetable Medley  | 26<br>Texas Sized Hotdog<br>Baked Beans<br>Sauerkraut  | 27<br>Taco Salad<br>Corn Chips<br>Salsa<br>Ranch Dressing  |
| 30<br>Chicken Fried Steak<br>Country Gravy<br>Mashed Potatoes<br>Green Beans & Onions | 31<br>Beef Stroganoff<br>Egg Noodles<br>Brussel Sprouts<br>Fruit Cocktail     | Joyce D. Lammila, LD<br>Call Me! On Wheels<br>delivery (830) 796-4969<br> <b>San Antonio FOOD BANK</b><br>SERVING SOUTHWEST TEXAS |  <b>Area Agency on Aging</b><br><small>United through the Shared Resources of Aging and Disability Services<br/>Alamo Area Council of Governments</small> |  <b>AACOG</b><br>Alamo Area Council<br>Of Governments |

Menu subject to change  
according to availability

# Expressionism, by Mikie Baker

Maybe it's because I was a disc jockey or maybe it's just something we all do, but I find I have expressions that I've used over and over in my life. Like when I'm checking out at the grocery store and the checker asks me if I found everything I was looking for. I always say, "The only thing I couldn't find was a rich single man."

So, I'm offering up some of my favorites. Let's jump right in.

## **Farmer's Almanac Advice**

Very Best Friend always calls me for gardening advice. She worries over her dirt, her plants and every bug within a mile of her backyard. She asks me questions that no good gardener can answer because there is no perfectionism in gardening. So, the thing I keep telling her over and over is, "Just slap it in the ground." Funny but when you do that, things tend to grow.

## **Funny Names I Use**

Whenever I am asked my name and I'm feeling particularly funny, I tell them my name is Sylvia Pennybutt. I just think that's a hysterical name. It comes from a bit by that comedic genius, George Carlin when he was doing a radio show skit. The two main characters were Sylvia Pennybutt and Tondelayo Breckenridge on Wonderful WINO Radio. I bet those two were a real pair.

## **Bathroom Etiquette**

Back during the Swinging Singles era, Very Best Friend and I were in our twenties, and boy were we swinging – out every night at TGI Friday's meeting all the guys. Whenever I needed to go to the restroom, rather than announce that, I'd just say, "I've got to tighten my roller skates." VBF even gave me a red roller skate key necklace to wear...

## **When You've Got Game**

I love to walk into a meeting and announce, "The Pros from Dover are here!" If you're not a fan of the movie, MASH, you won't get it. If you are, you'd be expecting me to have on knickers.

## **Bosses Fall for This**

I can't take credit for this one, but it will work great on any boss that walks in and demands to know if you've finished what he/she has asked you to do. All you say is, "I'm just about done, all I lack is finishing up." Really confuses them.

## **The Grand Send Off**

This one is great for soon to be ex-boyfriends or anyone you need to shed out of your life. "Sylvia Pennybutt, you were good in your day, but it's nighttime now."

## **Sing Me A Tune**

I hate Karaoke. I mean I really hate it. I was a professional disc jockey, and I was trained that you never get up to a mic and talk unless you know what you are doing. Of course, this was before Karaoke snuck over here from Japan. Karaoke and liquor are a deadly combination because armed with a mic, most people believe they can sing. If I am ever forced to do Karaoke, it's happened by the way, I just sing "Tequila." Just think about it.

That's All Folks!

Speaking of radio, all disc jockeys have their signature sign off phrase – you know, like: "Tondelayo Breckenridge wishing you happy trails!" Frankly, I always thought mine was the best: "Remember, wherever you go, there you are."



# 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](http://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](http://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](http://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](http://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](http://www.rivercityhospice.org)



## MANAGING HIGH BLOOD PRESSURE

### 1 FOLLOW A HEALTHY DIET

- Prioritise vegetables, legumes, nuts and seeds, lean protein and healthy fats.
- Minimise processed foods.
- Aim to drink mainly water to avoid excess sugar and sodium.



### 2 REDUCE SALT INTAKE

- Flavour foods with herbs and spices instead of defaulting to salt.
- Minimising processed foods will also help reduce the sodium you're consuming.

### 3 EXERCISE REGULARLY

- Aim for 30 to 45 mins of moderate exercise daily.
- If you struggle to fit this in, break this up into 10 minute chunks.
- Start with slow walks and build up from there - it doesn't have to be too intense!



### 4 AVOID/LIMIT ALCOHOL

- Maximum 2 drinks per day for men, and 1 per day for women.

### 5 ACHIEVE A HEALTHY WEIGHT

- If you're overweight, losing just 5-10% of your body weight can significantly improve your health and blood pressure.



***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**



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

**1107 Cypress St. Bandera, Texas**

**(830) 522-3221**

**FB: @banderaspiritsoftexas**





TWO GREAT LOCATIONS!

**BANDERA & LAKEHILLS**

***True Value®***

**1002 Main St, Bandera, TX 78003 - [banderatruevalue.com](http://banderatruevalue.com)**  
**Veterans 10% discount Every Thursday**



**8950 FM1283, Lakehills, TX 78063 - [lakehillstruevalue.com](http://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.

**RESIDENT**  
 Kerrville, Texas

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

**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.



it's a  
**great**  
 day at lowe's







# 2023 BUCKET LIST

Go \_\_\_\_\_  
Do \_\_\_\_\_  
Play \_\_\_\_\_  
Explore \_\_\_\_\_  
Plan \_\_\_\_\_  
Travel \_\_\_\_\_  
Make \_\_\_\_\_  
Enjoy \_\_\_\_\_  
Visit \_\_\_\_\_  
Create \_\_\_\_\_  
See \_\_\_\_\_  
Teach \_\_\_\_\_  
Try \_\_\_\_\_  
Give \_\_\_\_\_  
Learn \_\_\_\_\_  
Be \_\_\_\_\_



# 2023 RESOLUTIONS

Name \_\_\_\_\_ Age \_\_\_\_\_

IN 2023

I want to continue \_\_\_\_\_

I want to try \_\_\_\_\_

I want to stop \_\_\_\_\_

I want to visit \_\_\_\_\_

MY GOAL FOR THIS YEAR

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



**1-866-899-7433**

Try our mobile App - Call need a ride line.

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

## New Year's Resolutions

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| T | E | V | A | L | U | A | T | E | U | A | M | E | W |
| D | M | E | V | A | R | B | O | A | V | B | E | E | I |
| E | I | G | O | A | L | I | A | S | N | D | R | E | N |
| T | A | T | B | A | E | T | T | E | G | R | A | T | C |
| E | L | H | J | E | A | C | H | I | E | V | E | P | O |
| R | C | T | E | V | Y | R | E | V | O | C | S | I | D |
| M | O | G | C | O | E | S | O | P | R | U | P | H | T |
| I | R | N | T | R | R | E | A | C | H | E | O | O | H |
| N | P | E | I | P | A | I | L | B | E | H | E | P | U |
| A | F | R | V | M | P | O | S | I | T | I | V | E | R |

PLAN  
 OBJECTIVE  
 TARGET  
 POSITIVE  
 WIN  
 FOCUS  
 DISCOVERY  
 HOPE  
 ATTITUDE  
 IMPROVE  
 STRENGTH  
 EVALUATE  
 MEANING  
 BRAVE  
 GOAL  
 RESULTS  
 ATTAINABLE



# 20 WAYS TO LOOK AFTER YOUR MENTAL HEALTH



**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](http://www.edwardjones.com)  
Member SIPC

**Edward Jones**  
MAKING SENSE OF INVESTING

MKD-8652B-A

**YOUR HILL COUNTRY  
MEDICARE AGENT**

**MEDiCARE**

**(830) *Man*  
370-3912**

**Steve Bradley**

Email: [agentsteveb@yahoo.com](mailto:agentsteveb@yahoo.com)



# Yoga with Ida

## At 9:30am on Tuesdays

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



## Stretch and Strengthen with Ida will follow

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



## MOVIE MATINEE

**Thursday, Jan. 19th, 2pm  
In the Dining Room.**



## Need Health Insurance? We Are Here to Help!



**EnrollSA is Working with Families  
in the Hill Country**

**Medina | Bandera | Kerr | Kendall | Comal | Gillespie**

## Your Health Depends on You

Working families may qualify for zero premium plans with vastly reduced deductibles. We can also see if your children qualify for CHIP or Medicaid.

**To Schedule an Appointment  
for Free Assistance**

**Call 210-977-7997 or visit [EnrollSA.com](http://EnrollSA.com)**



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

**Schedule an Appointment Today!**



*Always* **THE 1<sup>ST</sup> TUESDAY  
OF EVERY MONTH!**

803 Buck Creek Drive  
(830) 796-4969

Bandera, Texas  
[silversage.org](http://silversage.org)

\$10 Cover

7-9pm



*Silver Sage Presents*  
**COWBOY CAPITAL OPRY**



**Tuesday, January 3rd**

*featuring Phillip Brush*

*& the*

*Silver Sage House Band*



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







# **SILVER SAGE & SAN ANTONIO FOOD BANK DISTRIBUTION**

**\*\*WEATHER PERMITTING\*\***

## **LAKEHILLS COMMUNITY CENTER**

**JANUARY 9TH & FEBRUARY 13TH 10AM-12PM**  
**11225 PR 37, Lakehills, TX**

## **LAKE MEDINA SHORES (THE POOL)**

**JANUARY 23RD & FEBRUARY 27TH, 10AM-12PM**  
**7100 Wharton's Dock Road**



**\*Registration will be done on-site\***

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