



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



MONTHLY MENU
PAGE 12 & 13



VOL. 5 ISSUE 4 WWW.SILVERSAGE.ORG FEBRUARY 2024



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:


February 6th
Byron Zipp pg 15

Know a Veteran struggling to meet everyday needs? pg 6

BUS TRIP: Thursday-February 8th we will take a trip out to Mac & Ernie's Roadside Grill in Tarpley. They've been featured on the Food Network Show Guy Fieri's Diners Drive-Ins and Dives. You don't want to miss this trip!

MEET UP will be a visit to the Bandera Natural History Museum on Tuesday, February 27th. We will **MEET** at the museum at 12:40 p.m. and they have graciously offered **FREE** entrance to our group of up to 20 people age 65 and over. **See pg 10**





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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**.

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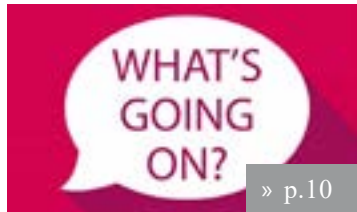
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Silver Sage-803 Buck Creek
Bandera, TX 78003
(830) 796-4969
P.O. Box 1416

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



Check out our
**Monthly
Menu!**



By Lisa Crawford



7. Through the Eyes Of A Driver, by Mary Allyce: "HIf you're expecting an ode to chocolate ala Valentine's Day, however, you'll have to wait. Something arrives in Bandera County before our annual homage to Cupid. It's that purple, green, and gold celebration we call Cowboy Mardi Gras..."
10. Activities, by Lisa Beck - "The Cowboy Capital Opry guest this month is Byron Zipp. You have probably seen him playing fiddle in bands all round the Texas Hill Country, but did you know he also sings and plays guitar? oin us on Tuesday, February 6th in the Great Room. Doors open at 6:30 and music starts at 7:00. 100% of your \$10 entrance fee goes to help fund our Bandera County Meals on Wheels program. All our musicians are volunteering their time and talents to this great cause, and we appreciate them greatly. ...

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

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

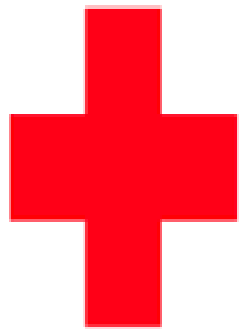
ART Bus 1-866-889-7433

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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Know a Veteran Struggling to Meet Everyday Needs?

Silver Sage Veteran's Resources may be able to help!

Find all program details at: silversage.org/veteran-services
or for specific questions call Victor Polanco at 830-328-6355
Serving Bandera, Kerr, Kendall, Medina, Real & Uvalde

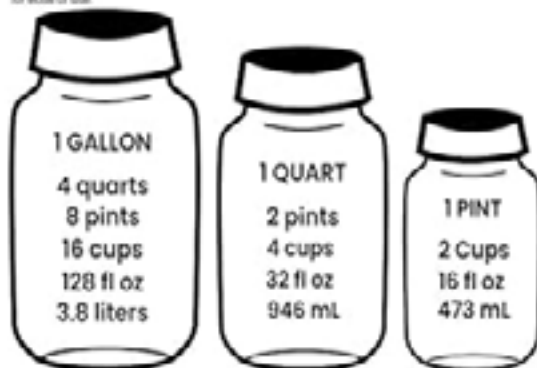
- **Mortgage/Rent**
- **Utilities**
- **Food**
- **Transportation**
- **Funeral Costs**
- **Assistive Technologies**
- **Restorative Dental**
- **Much more...**



This program is supported by a grant from the Texas Veterans Commission Fund for Veterans' Assistance. The fund for Veterans' Assistance provides grants to organizations serving veterans and their families. For more information on the Texas Veterans Commission visit <https://www.TVC.Texas.gov>

KITCHEN MEASUREMENTS CONVERSION CHART

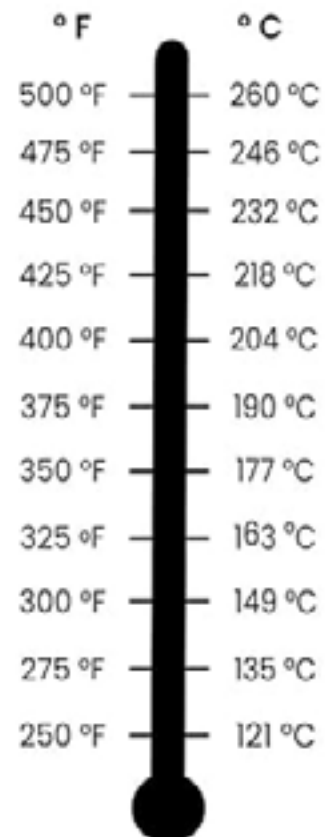
Some measurements were rounded for ease of use.



Pounds	Ounces	Grams
1 lb	16 oz	455 g
3/4 lb	12 oz	340 g
1/2 lb	8 oz	227 g
1/4 lb	4 oz	115 g
1/8 lb	2 oz	57 g
	1 oz	28 g
	1/2 oz	15 g

Cups	Tablespoons	Teaspoons	Milliliters
1 Cup	16 tbsp	48 tsp	240 ml
3/4 Cup	12 tbsp	36 tsp	180 ml
2/3 Cup	10 2/3 tbsp	32 tsp	160 ml
1/2 Cup	8 tbsp	24 tsp	120 ml
1/3 Cup	5 1/3 tbsp	16 tsp	80 ml
1/4 Cup	4 tbsp	12 tsp	60 ml
1/8 Cup	2 tbsp	6 tsp	30 ml
1/16 Cup	1 tbsp	3 tsp	15 ml

dw basics™



THROUGH THE EYES OF A DRIVER

By Mary Allyce

Does every season of the year have special food attached to it or is it just me? I have written about pumpkin spice in the fall, the aromas and flavors of Thanksgiving, the spicy goodness of gingerbread at Christmas and other toothsome treats throughout the year. February is no exception.

If you're expecting an ode to chocolate ala Valentine's Day, however, you'll have to wait. Something arrives in Bandera County before our annual homage to Cupid. It's that purple, green, and gold celebration we call Cowboy Mardi Gras. If ever there was a culinary monument to excess it is this pre-Lenten party when everyone one throws caution to the wind and chows down on hearty fare like gumbo, jambalaya, crawfish, etouffee, red beans and rice, muffuletta, beignets, all set to a zydeco beat.

Once you've OD'd on all the rich food, there's another Mardi Gras tradition to finish off a meal – King Cake. The custom of eating King Cake goes back centuries and is tied to the commemoration of Epiphany, January 6th (12th Night), the date the Church remembers the Wise Men and their gift bearing visit to the baby Jesus. It's also where the custom of hiding a tiny baby figure inside the cake originated. The first person to find the baby, presumably without breaking a tooth, becomes king or queen for the day, can look forward to luck and prosperity, and gets the honor of hosting the next Mardi Gras party and providing the next King Cake.

The sweet yeast dough cakes are undeniably enticing with a unique oval shape and the addition of colorful sparkling sugar in the traditional purple, green, and gold colors of the season. What is inside these cakes is equally intriguing. Most start off with a standard cinnamon crumble filling, but from that base the possibilities are endless. Varieties of cream cheese fillings, lemon curd, fruit, Bavarian creams, whatever

your imagination and taste buds suggest is okay.

The more recipes I looked at, the more determined I got. I was going to make a King Cake! Sure, I could buy one from a bakery, online or from the grocery store, but why? I've been baking sweet yeast bread in the form of German stollen since my youth. It's fussy; it's messy; it's very time consuming . . . I digress. The point is, I've made breads like this before. Sort of. Besides, how bad can something that's loaded with butter, sugar, eggs, gooey filling, and more of the same turn out?

I wish I could give a final review of the result, but I haven't actually made the cake yet. I'm still gathering ingredients and looking for a plastic baby Jesus. The plan is to bring my creation to our Writers Group here at the Silver Sage on February 13th. I've discovered food is a popular motivator for my writers and a party here and there is fun. So if you're interested in how writers work – and eat – join us and find out if I get a successful King Cake to the table.



There's always the HEB bakery department as a backup and rather cleverly on my part, Valentine's Day is the same week. Chocolate candies and heart shaped cookies are easy. But I can already taste that cake. I'm thinking a blueberry-lemon cream filling . . . Happy February eating!



Funny Bone

“Why shouldn’t you trust a pastry chef on Valentine’s Day?” “Because he’ll dessert you.”

“What do you give your Valentine in France?” “A big quiche.”

“What do you tell a pig on February 14?” “Happy Valen-swine’s Day!”

“What did the tortoise say on Valentine’s Day?” “I turt-ally love you.”

“How did the squirrel get his Valentine’s attention?” “He acted like a nut.”

How do you keep a jewelry store save on Valentine’s Day?” “You locket.”

“What do you call sweets that can keep a beat?” “Candy rappers.”

What do you call a romance that starts at the aquarium?” “Guppy love.”

“Why should you date a goalie?” “He’s a keeper.”

“What did the painter tell his girlfriend?” “I love you with all my art.”

“What did the man with the broken leg tell his Valentine?” “I have a crutch on you.”

“What do you write in a slug’s Valentine’s Day card?” “Be my Valen-slime!”

“What did the paper clip say to the magnet?” “I find you very attractive.”

**How do vampires know
if they had a successful
Valentine’s Day?**



If it’s love at first bite.

**Who *always* has a date
on Valentine’s Day?**

A calendar.

**What flower gives
the most kisses on
Valentine’s Day?**

T U L I P S



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**For More Info, Contact Rene Leith (210) 844-6910
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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



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HEY, WHAT'S HAPPENING?

By Lisa Crawford (Activities Director)

Live your life and forget your age!

The Cowboy Capital Opry guest this month is Byron Zipp. You have probably seen him playing fiddle in bands all round the Texas Hill Country, but did you know he also sings and plays guitar? I know for a fact he's a great fiddle player because he played with me for quite a while, but I have never heard him sing or play guitar. I'm super excited because I have been told that he's really good. Join us on Tuesday, February 6th in the Great Room. Doors open at 6:30 and music starts at 7:00. 100% of your \$10 entrance fee goes to help fund our Bandera County Meals on Wheels

program. All our musicians are volunteering their time and talents to this great cause, and we appreciate them greatly. We hope you do as well.

MEET UPS - Our MEET UP events have been going really great. I'm so thrilled with the amount of participation. This month we are going back to the Hen's Nest on Friday, February 2nd at 10:30 a.m. We will MEET at the restaurant. Our second MEET UP will be a visit to the Bandera Natural History Museum on Tuesday, February 27th. We will MEET at the museum at 12:40 p.m. and they have graciously offered FREE entrance to our group of up to 20 people age 65 and over. For this reason, we will need an accurate head count and it is absolutely necessary to sign up in advance. If you are not signed up, you will not be considered part of our group. I will bring the sign-up sheet with me when we meet at the museum. Be sure to get your name on the list early as I'm sure it will fill up quickly. Please don't be late. If you have a suggestion for a good MEET UP place in Bandera, I'm all ears.

BUS TRIPS - Our first bus trip this month is to see the movie ARGYLLE at the AMC Movie Theater in Boerne. We will leave the center at 11:30 so plan to eat beforehand or at the theater. The movie is a matinee so will be \$5.59 plus a \$5 fee for the bus trip.

Wednesday, February 7th HEB in Kerrville.

Thursday, February 8th we will finally take a trip out to Mac & Ernie's Roadside Grill in Tarpley. They've been featured on the Food Network Show Guy Fieri's Diners Drive-Ins and Dives. You don't want to miss this trip.

Monday, February 12th we will try again for the Lost Maples Café Pie Run. Last month it was icy on the scheduled day, so we had to cancel. Those who were previously on the list have been given first opportunity to sign up again. There will be very limited space, so sign up early.

Tuesday, February 20th we're going to Heavy's BBQ in Hondo. I've wanted to take y'all there for a while, and I finally got it on the calendar. I thought about combining this trip with the Walmart trip but thought better of it since the Walmart shoppers usually have quite a few purchases and that would limit space and crowd everyone. Wednesday, February 21st Walmart in Hondo.

The last trip of the month will be the Boerne AMC Movie theater to hopefully see Ordinary Angels. They have not listed the times it will be showing on the website as of yet and probably won't until the Wednesday before. That's how they work unfortunately, which makes it hard for me to determine an absolute time and date. Their website does have it listed as an upcoming movie on February 23rd. So, I feel confident we will get to see it, but if you sign up be prepared to be flexible on the day and time. I will do a mass text to everyone who signs up and give you the exact day and time as soon as possible.

All bus trips are subject to change. Please call the Silver Sage the day before if you have any questions. All bus riders must be able to get on and off the bus without any assistance. There is a \$5 per person non-refundable fee to ride the bus which is due at the time you sign up. Please give your payments directly to Lisa. If Lisa is not available, please give it to Autum or Jerry and ask them to put your name and what trip you are paying for attached to the payment and ask for a receipt.

Join us at the Silver Sage for one of our fun events! See the full Calendar of Events at silversage.org

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Silver Sage ~ Febrero de 2024 Almuerzo servido de 11:30 a. m. a 1 p. m.

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
 AACOG Alamo Area Council Of Governments	 Area Agency on Aging <small>United through the Three Departments of Aging and Disability Services Alamo Area Council of Governments</small>	 FOOD BANK <small>SERVING SOUTHWEST TEXAS</small>	1 Pollo Cremoso Cordón Azul Horneado Zanahorias con mantequilla	2 Quédate con tus costillas Pastel de carne
5 Trozos de pollo crujientes con salsa campestre Tostada de Texas Papas fritas	6 Stroganoff de carne tierna Fideos de huevo con mantequilla Espárragos Asados manzanas con canela	7 Cerdo desmenuzado jugoso Sándwich con Cebolla Papas fritas crujientes	8 Pasta Penne Al Horno Con Pollo, Asado Verduras y Queso mozzarella Pan de ajo	9 Carne de res de Luisiana y Salsa De Salchicha Picante con hierbas frescas sobre al vapor Arroz blanco
12 Sándwich De Pescado Crujiente pepinillos/salsa tártara Tator Tots	13 Hamburguesa de cebolla frita con Queso cheddar Alemán antiguo Ensalada de papas melocotón crujiente	14 Galletas con mantequilla/salsa Enlaces de salchicha Papas fritas con queso del chef James	15 Lasaña de Tres Carnes con Queso Parmesano palito de pan	16 Pastel de pollo con hojuelas Galleta
19 CERRADO	20 Pollo Sazonado Al Horno Mama pilaf de arroz Verduras mezcladas de California Fruta fresca	21 Chuletas de cerdo empanizadas a mano con salsa de champiñones Puré de patatas Coles de Bruselas con parmesano	22 Hamburguesa con queso vaquero Pastel de carne Tator Tot Guisantes y zanahorias	23 Los famosos de la abuela Fideos de atún Cazuela
26 Filete De Pollo Frito Puré de patatas & Salsa campestre Judías verdes con ajo	27 Jamón picante y queso cheddar Sandwich de queso fundido Papas fritas Caramelo De Canela manzanas	28 Fajitas de pollo festivas Con Pimientos y Cebollas Frijoles Borracha	29 Abundante país montañoso Frito Pie	30 Menú sujeto a cambios según disponibilidad. Joyce D. Lamilla, LD Llame a entrega de Meals On Wheels (830) 796-4969

Silver Sage ~ February 2024 Lunch served from 11:30am-1pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1 Creamy Chicken Cordon Blue Bake Buttered Carrots</p>	<p>2 Stick to your ribs Shepherd's Pie</p>
<p>5 Crispy Chicken Tenders with Country Gravy Texas Toast Sidewinder Fries</p>	<p>6 Tender Beef Stroganoff Buttered Egg Noodles Roasted Asparagus Cinnamon Apples</p>	<p>7 Juicy Pulled Pork Sandwich with Onions Crispy Fries</p>	<p>8 Baked Penne Pasta with Chicken, Roasted Vegetables and Mozzarella Cheese Garlic Bread</p>	<p>9 Louisiana Beef and Sausage Sauce Piquant with fresh herbs over Steamed White Rice</p>
<p>12 Crunchy Fish Sandwich with Pickles/tartar sauce Tator Tots</p>	<p>13 Fried Onion Burger with Cheddar Cheese Old Fashioned German Potato Salad Peach Crip</p>	<p>14 Buttery Biscuits/Gravy Sausage Links Chef James' Cheesy Hash- browns</p>	<p>15 Three Meat Lasagna with Parmesan Cheese Bread Stick</p>	<p>16 Chicken Pot Pie with a Flakey Biscuit</p>
<p>19 CLOSED</p>	<p>20 Baked Seasoned Chicken Breast Rice Pilaf California Blend Veggies Fresh Fruit</p>	<p>21 Hand breaded Pork Chops with Mushroom Gravy Mashed Potatoes Parmesan Brussel Sprouts</p>	<p>22 Cowboy Cheeseburger Tator Tot Meat Pie Pens & Carrots</p>	<p>23 Grandma's Famous Tuna Noodle Casserole</p>
<p>26 Chicken Fried Steak Mashed Potatoes & Country Gravy Garlic Green Beans</p>	<p>27 Hot Ham and Cheddar Grilled Cheese Sandwich Chips Cinnamon Caramel Apples</p>	<p>28 Festive Chicken Fajitas With Peppers and Onions Borrracha Beans</p>	<p>29 Hearty Hill Country Frito Pie</p>	<p>Menu subject to change according to availability</p> <p>Joyce D. Laniille, LTD Call Meals On Wheels delivery (830) 796-4969</p>

VITAMIN	WHAT WE USE IT FOR	GOOD SOURCES
A	For healthy vision, skin health, stronger bones and teeth, and reproduction.	   
B1 THIAMIN	Helps convert food into energy and is critical for the nerve function	   
B2 RIBOFLAVIN	Helps convert food into energy and supports healthy skin, hair, blood and brain	   
B3 NIACIN	Helps convert food into energy and is essential for healthy nervous system	   
B5 PANTOTHENIC ACID	Helps obtain energy from food and involved in hormone production	   
B6 PYRIDOXINE	Helps make red blood cells and improves sleep, appetite and mood	   
B7 BIOTIN	Helps convert food to energy and break down glucose	  
B9 FOLATE	Vital for new cell creation and DNA synthesis	   
B12	Breaks down fatty acids and amino acids, helps make red blood cells	
C	Acts as an antioxidant, helps make new cells and improves immune system	   
D	Strengthens and helps form bones and teeth via calcium and phosphorus	
E	Acts as an antioxidant, helps stabilise cell membranes	   
K	Essential for blood clotting and helping to regulate blood calcium	   

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7-9pm

Silver Sage Presents
COWBOY CAPITAL OPRY



Tuesday, February 6th



featuring
Byron Zipp
& the
Silver Sage House Band

7 Key Nutrients for Senior Nutrition

The Geriatric Dietitian



VITAMIN D

Vitamin D is a fat-soluble vitamin involved in bone health, muscle health, immunity, and cognition. Older adults > age 70 need 800 IU daily (younger adults need 600 IU daily). Low vitamin D is common in seniors.

CALCIUM

Calcium is a mineral involved in bone health, muscle health, nerve transmission, and hormone secretion. Men >70 years old and women 51+ years old need 1200 mg daily (younger men need 1000 mg daily).



VITAMIN B-6

Vitamin B-6 is a water-soluble vitamin that has a role in metabolism, immune function, and enzyme reactions. Those ages 51-70 need 1.3 mg daily. Men >70 years need 1.7 mg daily. Women > 70 years need 1.5 mg daily.

VITAMIN B-12

Vitamin B-12 is a water-soluble involved in making DNA, red blood cell formation, and proper nerve function. Men and women need 2.4 mcg daily. Many seniors cannot absorb vitamin B-12 from food sources.



FIBER

Fiber is a type of carbohydrate that the body is unable to digest. Fiber is involved with healthy digestion, feeling full, and preventing constipation. Men 51+ years need 30 gms daily. Women 51+ years need 21 gms daily.

PROTEIN

Protein supports good health, immunity, maintains muscle, and physical function in older adults. Researchers recommend that older adults consume 1-1.2 grams of protein per kilogram body weight.



CALORIES

Seniors who lose weight unintentionally need more calories to stop weight loss, protect their muscle, and prevent malnutrition. Foods highest in calories typically include those high in fat like avocado, whole fat dairy, nuts, and oils. Consult a geriatric dietitian as needed.

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- **FEBRUARY 26 - LAKEHILLS UNITED**
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APPLE, PEANUT BUTTER & OAT DOG TREATS

Ingredients

- 1 cup old fashioned oats
- 1/2 cup flour
- 1/4 cup peanut butter
- 1 egg
- 2 apples



Instructions

- Preheat your oven to 300 F.
- Peel and core 2 apples. Dice into small pieces.
- Mix together the oats, flour, peanut butter, egg, & apples until well combined.
- Roll out your dough on a flat surface, until the dough is approximately 1/2 inch thick.
- Use cookie cutters to cut out your favorite shapes.
- Place the treats onto your baking sheet & cook for 15 minutes or until bottoms start to brown.

Valentine's Day Word Search

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

Date	FOURTEENTH	ARROW	ADMIRER	ADORE
AFFECTION	ANGEL	BELOVED	BOUQUET	CHERISH
CHOCOLATES	COURTSHIP	CRUSH	CUPID	DARLING
DEVOTION	EMBRACE	ENAMORED	ENDEARMENT	FEBRUARY
FLIRT	FLOWERS	HEARTHROB	LOVEBIRDS	PINK
POETRY	RED	ROMANCE	SWEETHEART	VALENTINE



Valentine Word Scramble

The following mixed-up words have something to do with Valentine's Day. Unscramble the letters to identify them all.

1. Evlo _____
2. Scelocatho _____
3. Swelfor _____
4. Essor _____
5. Eatd Thing _____
6. Theastrewe _____
7. Dynac _____
8. Reggiten Dracs _____
9. Figt _____
10. Meancro _____
11. Tinas Linnevate _____
12. Scarvenitoon _____
13. Nightcalled _____
14. Skiess _____
15. Ninred Tou _____
16. Stinnteem _____
17. Sugh _____
18. Tonicaffe _____
19. Ducip _____
20. Shippanes _____



SILVER SAGE & SAN ANTONIO FOOD BANK DISTRIBUTION

****WEATHER PERMITTING****

**MONDAY FEB. 12TH 10AM-12PM
LAKEHILLS COMMUNITY CENTER
11225 PR 37, Lakehills, TX**

**MONDAY FEB. 26TH 10AM-12PM
LAKE MEDINA SHORES (THE POOL)
7100 Wharton's Dock Road**

Registration will be done on-site

QUESTIONS: (830) 796-4969

