



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.

## Cowboy Capital Opry

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

Performers this month are:

**Tues. May 3rd Dotsy, page 6**

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

**BUS TRIPS!! May 2nd, 11:30 - Luckenbach Jam**  
**May 18, 3:30 Luckenbach Banjo Bluegrass jam**

Both Trips are a bring your own picnic (small soft lunch coolers only)



**Sunday May 8th, Happy Mother's Day**



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Silver Sage-803 Buck Creek  
Bandera, TX 78003

By Lisa Crawford

## HOURS:

SILVER SAGE HOURS:

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

FRIDAY 8:00AM TO 2:00PM.

CLOSED WEEKENDS AND MAJOR HOLIDAYS.

[WWW.SILVERSAGE.ORG](http://WWW.SILVERSAGE.ORG)

## WHAT'S INSIDE

5. **VaccinateBandera.org** is a nonprofit, community-based effort to facilitate access to Covid-19 Vaccines for Bandera County residents. We will answer your questions. We can help you make an appointment. We can help you get to your appointment. We will listen to your concerns and address them w/trusted science.
7. **Through The Eyes Of A Driver by Mary Allyce:** "In April, 1963 President John F. Kennedy w/the National Council of Senior Citizens designated May "Senior Citizens Month". Since the Silver Sage celebrates those of us of a certain age every day, every month, it's a perfect time to showcase its service to the community of Bandera..."
10. **What's Goin On:** "Would you like to get a few more steps in each week but don't much care for walking alone or maybe just can't stay motivated on your own? During the month of May, Every Tuesday & Thursday morning at 8 am, you can plan to meet me, and we can walk together, talk and get in our steps..."
21. **A Weighty Divorce" by Mikie Baker:** "There I was lounging on the couch the other day, munching on some buttered popcorn and a Nutrisystem commercial came on the smart TV. I know; that TV's smarter than me. Anyway, it wasn't your normal, "I lost 132 pounds eating these tiny microwave meals..."

*Our Mission:*

*Enriching Life For Seniors*

**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**

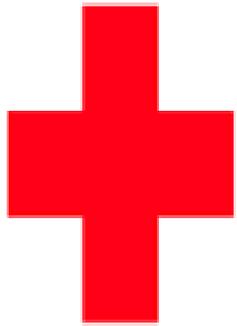
**ART Bus 1-866-889-7433**

**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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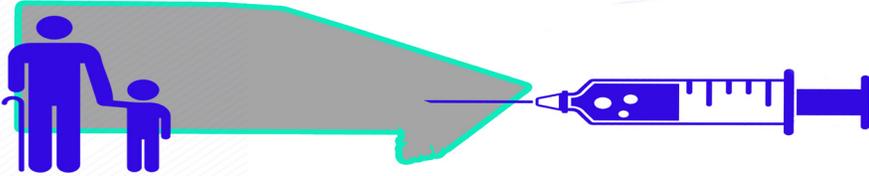
874 Harper Rd. Kerrville, TX 78028

# Covid-19 Vaccine Info?

**VACCINATEBANDERA.ORG**

**833-8-VACCINATE**

***Protect Our Future***



VaccinateBandera.org was born as an initiative to protect our most precious citizens of Bandera County, you readers. Art Crawford saw a need in his Community - the lack of access to Covid-19 vaccines even as they're free and widely available - and an opportunity to fulfill it. Well, you all know what happens when Art Crawford sees a problem and nobody else offering any solutions. He applied for Round 1 of the Texas Vaccine Outreach and Education Grant and went right to work building our team.

From November 23, 2021, to March 31, 2022, VaccinateBandera.org provided access to 50 Primary doses and 273 Booster doses. Educational campaigns reached approximately 2,600 people.

## THE FDA HAS APPROVED A SECOND BOOSTER

IF you are 4 months past your first Booster and 50+ OR 12+ and Immunocompromised, you are eligible for a second Booster. The next scheduled clinic at Silver Sage is Monday May 25, 11:30am-1:30pm. 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.

## COMMUNITY CONVERSATION – SPIRITUAL ADVISORS

VaccinateBandera.org has scheduled a Community Conversation for all Reverends, Rabbis, Pastors, Assistant Pastors, Youth Leaders, Ministers, Worship Leaders, Sunday School Teachers, Supporting Staff, etc. on Friday May 13, 11am-1pm.

## BANDERA INTERAGENCY COALITION

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

To that end, the Silver Sage and VaccinateBandera.org have joined the recently re-started Bandera Interagency Coalition (BIC). BIC is a group of service-oriented organizations/agencies with the goal of providing Bandera County Residents with easy access to the services that they need and deserve. This includes Healthcare, Crisis Assistance, Spiritual Services, Food Assistance, Nutrition, Insurance, Employment, etc. Our first meeting was March 22. BIC is growing rapidly, and at our next meeting (May 17) we plan to organize a board. Silver Sage will create a new website for BIC but for now, there is a temporary page at <https://vaccinatebandera.org/community-resources>. There are plenty of great resources listed and more to come, so please check it out and share with your family, friends and neighbors!

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

803 Buck Creek Drive  
(830) 796-4969

Bandera, Texas  
silversage.org



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



7-9pm

May 3rd, **DOTTSY**

*& the*

*Silver Sage  
House Band*

*(Lannette Pennel,  
Vickie Gillespie  
Dave Kemp,  
Gerry Payne &  
Mark Wright)*





# THROUGH THE EYES OF A DRIVER

*By Mary Allyce*

In April, 1963 President John F. Kennedy with the National Council of Senior Citizens designated May “Senior Citizens Month”. Since the Silver Sage celebrates those of us of a certain age every day, every month, it’s a perfect time to showcase its service to the community of Bandera.

There’s a brief history of the Silver Sage [SS] on its website [www.silversage.org](http://www.silversage.org). According to that account, the grand facility we enjoy today had humble beginnings in 1977 in the parsonage of the Baptist Church where 12 ladies gathered to have lunch and socialize. Longtime SS lunch-bunch regular, Cecelia Schmidtke, advises, “Actually it was three women who met in the Methodist Church.” (In the spirit of full disclosure, Cecelia & Jim are my favorite neighbors, so if you disagree with her version, please take it up directly with Cecelia.)

“We had speakers like Dr. Meador,” Cecelia said. “There were refreshments. The Board served breakfast once a month. I was a waitress and people started giving me tips,” she laughs. Other Board members wanted to know how she was collecting tips. “I simply wouldn’t let anybody have a bad attitude!” she states. You don’t argue with Cecelia.

“Back when I was a kid,” Cecelia recalled, “the County Judge took care of people and I helped. He drove and I opened the gates.” County Judge Arthur Pue happened to be her uncle. It’s obvious the seeds of a community helping its community were born early in Bandera and feeding that community was always of importance.

Those early meetings quickly outgrew the space. There was a move to a site on 11th Street. Assisted by the Kerrville State Hospital and The Kerrville Dietert Senior Center, which had been distributing meals in Bandera, the fledgling group organized as the Bandera County Committee on Aging and became a 501(c)(3) in 1984. By 1997, a study by The University of The Incarnate Word indicated a new facility was warranted. Mr. Reagan Peterson (Peterson Regional Medical Center) donated the land. The Kronkowsky Charitable Foundation among others, local businesses and philanthropic individuals contributed and the new site opened, debt free on April, 2003.

Nineteen years later the SS has seen numerous changes and additions in programs and personnel. But it’s also true, “The more things change, the more they stay the same.” A recent study showed the largest growing demographic in Bandera is the over 65 age group. And people are still hungry for food and social companionship.

We’d be here until next month if I listed all the people who have contributed to the success of this amazing community resource, both staff and numerous volunteers. Focusing on current staff, the accomplishments are vast. CEO Art Crawford, whose association with SS goes back to 2007 and includes stints on the Board from 2012 to 2015, becoming Co-Executive Director in 2015 and CEO in 2019, is a strong, determined, passionate leader with a strong, determined, passionate staff.

CFO Pam Thatcher who also came on board in 2007 after husband Tim served on the Board and as a volunteer MOW driver, says, “The Director was Ann Bishop and she asked me if I’d be interested in a parttime job, 20 hours a week.” She pauses and smiles. “I worked 60 hours the first week.” In her 15 year tenure she says, “It’s amazing how far we’ve come.” COO John Cressey-Neely, Development Director Mikie Baker, Activities Director Lisa Beck Crawford, Assistant Executive Director and Publisher of SCOOP Karyn Lyn Utterback, Supplemental Nutrition Coordinator Hollin McKay, Business Manager Paula McKay, MOW Coordinator David Montgomery, and Program Assistants Martha Pendelton and Patty Pizarz collectively not only served close to 8,000 meals in March, they oversaw assistance during the freeze of 2021, distributed heaters and fans as needed, ran numerous welfare checks, maintained a food pantry, conducted large scale food distributions and provided social opportunities ranging from music performances, dance lessons, road trips . . . It’s exhausting just to write about it and there’s so much more.

Celebrate the Silver Sage all year long, support it, contribute to it, volunteer, and shout out a huge “Thank you” to everyone who continues help organize, grow, and administer this invaluable community asset.



# Funny Bone

**Q: Why is a computer so smart?**  
**A: It listens to its motherboard.**

**Q: Who's the most important person in a Spring wedding?**  
**A: The MAYtron of honor.**

**Q: Which month can't make a decision?**  
**A: MAYbe.**

**Q: What starts growing in the spring and then goes POP?**  
**A: May-ze**

**Q: Who conducts the spring orchestra?**  
**A: May-stro.**

**Q: Why are oak trees so forgiving?**  
**A: Every May they "turn over a new leaf".**

**Q: What goes up when May rain comes down?**  
**A: An umbrella.**

**Q: What did the spring say when it was in trouble?**  
**A: May Day!!**

**Q: Which state loves spring the most?**  
**A: May-ne**

**Q: Which crime fighter likes May the most?**  
**A: Robin**

**Q: What season is it when you are on a trampoline in May?**  
**A: Spring-time.**

**Q: What May flowers grow on faces?**  
**A: Tulips (Two-lips).**

**Jack: What did the mother broom say to the baby broom?**

**Bill: What?**

**Jack: It's time to go to sweep!**



# Bandera Writers Group, May 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



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

**Special Bus Trips:** We are kicking off the month on May 2nd, the very first Monday at 11:30 a.m., with a fun little bus trip to Luckenbach for their early afternoon pickers circle. Pack yourself a lunch and come along or make plans to meet us there. I will bring a cooler full of bottled waters and ice. I will try to round up some napkins, plastic ware and paper plates as well. Feel free to bring a small dish, dip or chips to share if you wish. Because of space limitations, I ask that you please limit your coolers to soft lunch size coolers that can fit in your lap or under the seat. There is only space for 11 riders on this trip so please sign up early. If you sign up and realize later that you can't make it then please call me at the center to cancel and free up that seat for someone else.

Guess What? We are going to do almost the exact same thing on May 18th! The difference is we will be going in the late afternoon. Leaving the center at 3:30 p.m. The other difference is there will be a Bluegrass Band hosting the pickers circle. I love the name of the band BanJoy. I think you're going to love them. Again, pack yourself an evening meal or snack and I'll do all the same as above.

Same old Bus Trips.

**Music and Entertainment:** The Cowboy Capital Opry is Tuesday, May 3rd at 7p.m., doors open at 7. The guest this month will be Country Music Star Dotsy! Dotsy's first single, 'Storms Never Last', written by Jessi Colter, became a Top 20 US country chart hit in 1975 and was quickly followed by Susanna Clark's 'I'll Be Your San Antone Rose'. In the late 70s, she had further hits, including a Top 10 with '(After Sweet Memories) Play Born To Lose Again'. In 1979, Waylon Jennings played guitar and added harmony vocals to Dotsy's lead when she recorded his song 'Trying To Satisfy You', resulting in another Top 20 hit. This will be a fantastic show with Gerald Payne, Mark Wright, Lannette Pennell, Vicki Gillespie and Dave Kemp as the super talented house band. \$10 at the door. ANNOUNCEMENT for those who may have missed the change in our reservations policy: Reservations for the Opry can be made by purchasing in advance either FULL SEASON TICKETS (twelve consecutive months) or HALF SEASON TICKETS (six consecutive months). Otherwise, you will simply pay at the door.

**Bandera High School Star Steppers Dance Team:** We will have a special treat in the dining room on Monday, May 9th with the Bandera High School Star Steppers Dance Team coming in to perform for us. I bet you thought I was talking about a food treat, didn't you?

**Silver Sage House Concert Series:** Our Songwriter this month is John Arthur Martinez. If you've never heard him, I highly recommend you look him up and listen to a few of his songs and then come to the concert on Thursday, May 12 at 7p.m. doors open at 6:30. \$10 at the door, no reservations.

**Monthly Music Jam** is now being held on the last Monday each month from 12:30 until 2:00. If This is an open jam and all are welcome. Bring your instrument of choice and come share your music. If you don't play or sing, you can still join us to have lunch and listen to the music.

**Let's Talk:** Do you need a pair of FREE SHOES? Are you on Medicare? If so, join us on Wednesday, May 4th for our Let's Talk program with Steve Anderson. He will help get you fitted for a pair of custom shoes and Medicare will cover the cost. He will be at the center from 12 p.m. until around 3 p.m. and will have several assistants to help with fittings. **Still have questions about Medicare?** Steve Bradley has answers! Steve will be our Let's Talk guest on Wednesday, May 11th. Bring your questions and let Steve help. He will be at the center from 12p.m. until your questions are answered, or he can make a private appointment to help you further.

**Nutrition:** Susan Broa will come share her words of wisdom with us once again this month on Wednesday, May 25th at 12:00 p.m. Can you believe what she told us in February about how much sugar we should (or shouldn't) have a day??? That was a real eye-opening shocker for me.

**Something NEW:** Would you like to get a few more steps in each week but don't much care for walking alone or maybe just can't stay motivated on your own? Me too. During the month of May, Every Tuesday and Thursday morning at 8 a.m., you can plan to meet me, and we can walk together, talk and get in our steps. We'll be so wrapped up in conversation It won't even feel like we're working out. The first, third and fifth week we will meet at the Arthur Nagel Clinic walking track. The second and fourth week we will meet at the Bandera City Park down at the end by the bathrooms. Bring a bottle of water if you need it. It's getting hot. As always, please consult your physician before starting any exercise program.

NOTE: All times and outings are subject to change. Please call the center @ (830) 796-4969 or check our Facebook page if you are unsure about an event.



***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**



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## MAY ACTIVITIES 2022

Activities Director, Lisa Crawford

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

Mon	Tue	Wed	Thu	Fri
2 <u>8:00</u> Video Exercise <u>10:00</u> Yoga w/Willy <u>11:30</u> Luckenbach- Bring your own Picnic Lunch & drink (small soft lunch coolers only)	3 <u>8:00</u> Walk w/Lisa (Arthur Nagel Clinic) <u>9:30</u> Yoga w/Ida <u>10:30</u> Stretch & Strengthen w/Ida <u>12:30</u> Mexican Train <u>7:00</u> Cowboy Capital Opry w/Dottsy	4 <u>8:00</u> Video Exercise <u>9:30</u> Quilting <u>12:00</u> Let's Talk: FREE SHOES if on Medicare <u>12:30</u> Farkel <u>12:30</u> Mahjong	5 <u>8:00</u> Walk w/Lisa (Arthur Nagel Clinic) <u>12:30</u> HEB <u>2-4</u> Writers Group w/Mary Schenk	6 <u>8:00</u> Video Exercise <u>9:30</u> Line Dance <u>11:00</u> Two-Step
9 <u>8:00</u> Video Exercise <u>10:00</u> Yoga w/Willy <u>12:00</u> Bandera High Star Steppers show in Dining Room	10 <u>8:00</u> Walk w/Lisa (City Park) <u>9:30</u> Yoga w/Ida <u>10:30</u> Stretch & Strengthen w/Ida <u>12:30</u> Mexican Train	11 <u>8:00</u> Video Exercise <u>9:30</u> Quilting <u>12:00</u> Let's Talk: Medicare Q & A <u>12:30</u> Farkel <u>12:30</u> Mahjong	12 <u>8:00</u> Walk w/Lisa (City Park) <u>7pm</u> Songwriter Showcase w/John Arthur Martinez \$10 at the door	13 <u>8:00</u> Video Exercise <u>9:30</u> Line Dance <u>11:30</u> Two-Step
16 <u>8:00</u> Video Exercise <u>10:00</u> Yoga w/Willy	17 <u>8:00</u> Walk w/Lisa (Arthur Nagel Clinic) <u>9:30</u> Yoga w/Ida <u>10:30</u> Stretch & Strengthen w/Ida <u>12:30</u> Mexican Train	18 <u>8:00</u> Video Exercise <u>9:30</u> Quilting <u>10-2:30</u> Free Haircuts <u>12:30</u> Farkel <u>12:30</u> Mahjong <u>3:30</u> Luckenbach Banjoy Bluegrass jam/picnic (small soft lunch coolers only)	19 <u>8:00</u> Walk w/Lisa (Arthur Nagel Clinic) <u>12:30</u> Walmart	20 <u>8:00</u> Video Exercise <u>9:30</u> Line Dance <u>11:30</u> Two-Step
23 <u>8:00</u> Video Exercise <u>10:00</u> Yoga w/Willy <u>12:30-2</u> Monthly Music Jam	24 <u>8:00</u> Walk w/Lisa (City Park) <u>9:30</u> Yoga w/Ida <u>10:30</u> Stretch & Strengthen w/Ida <u>12:30</u> Mexican Train	25 <u>8:00</u> Video Exercise <u>9:30</u> Quilting <u>12:30</u> Farkel <u>12:30</u> Mahjong <u>12:00</u> Let's Talk Nutrition w/Susan Broa	26 <u>8:00</u> Walk w/Lisa (City Park)	27 <u>8:00</u> Video Exercise <u>9:30</u> Line Dance <u>11:30</u> Two-Step
30 <u>CENTER CLOSED</u> <u>Holiday</u> <u>10:00</u> Yoga w/Willy	31 <u>8:00</u> Walk w/Lisa (Arthur Nagel Clinic) <u>9:30</u> Yoga w/Ida <u>10:30</u> Stretch & Strengthen w/Ida <u>12:00</u> Birthday Bash <u>12:30</u> Mexican Train	1 <u>8:00</u> Video Exercise <u>9:30</u> Quilting <u>12:30</u> Farkel <u>12:30</u> Mahjong	2 <u>8:00</u> Walk w/Lisa (Arthur Nagel Clinic)	3 <u>8:00</u> Video Exercise <u>9:30</u> Line Dance <u>11:30</u> Two-Step

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Filete De Pollo Frito Judías verdes Puré de patatas/salsa</p>	<p>3 Bruschettas de pollo Pasta cabello de ángel Espinaca</p>	<p>4 Albóndigas de chile dulce Arroz jazmín Mezcla de verduras salteadas Ensalada</p>	<p>5 Cinco de Mayo Buffet de tacos!!</p>	<p>6 Pastel de carne</p>
<p>9 Chuletas De Cerdo/Salsa Hortalizas de la huerta Macarrones con queso</p>	<p>10 Espaguetis con/Salsa Boloñesa Calabacín palito de pan</p>	<p>11 Pollo King Ranch Frijoles pintos Ensalada</p>	<p>12 Envoltura de Salchicha Kiobassa Ensalada alemana de patata</p>	<p>13 Espinacas/Huevo/ Queso Cazuela Galletas Con Salsa De Salchicha</p>
<p>16 Pollo Pollo Frito Quimbombó frito Patatas dulces fritas</p>	<p>17 Lomo De Cerdo Asado popurrí de verduras Patatas Alevines Tricolores</p>	<p>18 Consejos de carne de res cocida a fuego lento sobre fideos de huevo Verduras a elección del chef Ensalada</p>	<p>19 Pollo parmesano Calabaza de verano fresca</p>	<p>20 Cazuela de atún tostadas texanas</p>
<p>23 Filete Salisbury Verduras asadas Patatas Rojas</p>	<p>24 Pollo y arroz Cazuela Pan de ajo</p>	<p>25 Hamburguesa/todos los Fixins Patatas dulces fritas Ensalada</p>	<p>26 Mac con chile Pan con queso del chef James</p>	<p>27 Frijoles rojos y arroz Quimbombó frito Cachorros silenciosos</p>
<p>30 Closed</p>	<p>31 Perros calientes del tamaño de Texas con chile y queso Patatas pequeñas  FIESTA DE CUMPLEAÑOS</p>	<p style="text-align: center;"> AACOG Alamo Area Council Of Governments</p>	<p style="text-align: center;"> San Antonio FOOD BANK SERVING SOUTHWEST TEXAS</p>	<p style="text-align: center;"> Area Agency on Aging</p> <p style="font-size: small; text-align: center;">Funded through the Texas Department of Aging and Disability Services Alamo Area Council of Governments</p> <p>Joyce D. Lamilla, LD Call Meals On Wheels delivery (830) 796-4969</p>

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	Chicken Fried Steak Green Beans Mashed Potatoes/Gravy	3	Chicken Bruschetta Angel Hair Pasta Spinach	4	Sweet Chili Meathalls Jasmin Rice Stir Fry Veggie Blend Salad	5	Cinco De Mayo Taco Buffet!!!	6	Shepard's Pie
9	Pork Chops/Gravy Garden Vegetables Mac N' Cheese	10	Spaghetti w/Bolognaisse Sauce Zucchini Breadstick	11	King Ranch Chicken Pinto Beans Salad	12	Kiobassa Sausage Wrap German Potato Salad	13	Spinach/Egg/Cheese Casserole Biscuits w/Sausage Gravy
	Lakehills Food Bank								
16	Chicken Fried Chicken Fried Okra Sweet Potato Fries	17	Roasted Pork Loin Vegetable Medley Tricolor Fingerling Potatoes	18	Slow Cooked Beef Tips Over Egg Noodles Chef Choice Veggies Salad	19	Chicken Parmesan Fresh Summer Squash	20	Tuna Casserole Texas Toast
23	Salisbury Steak Roasted Vegetables Red Potatoes	24	Chicken and Rice Casserole Garlic Bread	25	Hamburger/all the Fixins Sweet Potato Fries Salad  Lake Medina Shores Food Bank	26	Chili Mac Chef James' Cheesy Bread	27	Red Beans and Rice Fried Okra Hush Puppies
30	<b>CLOSED</b>	31	Texas Sized Hot Dogs with Chili and Cheese Tater Tots  <b>BIRTHDAY BASH</b>						

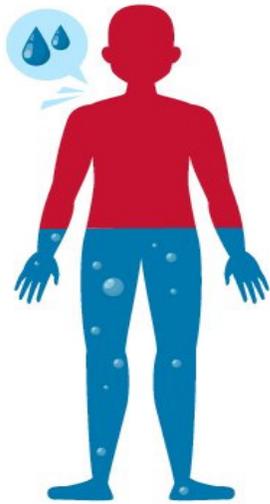


Menu subject to change  
according to availability



Financed through the Texas Department of Aging and Disability Services  
**Alamo Area Council of Governments**  
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 Call Meals On Wheels  
 delivery (830) 796-4969

# DEHYDRATION SYMPTOMS



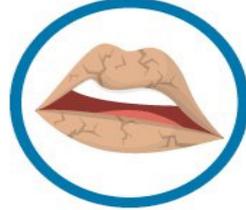
THIRST



DRY SKIN



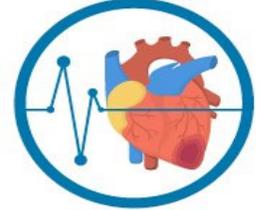
HEADACHE



DRY MOUTH



LESS FREQUENT URINATION



RAPID HEARTBEAT

## Summer Safety Tips



### Stay Hydrated

Drink 8 or more glasses of water per day to stay healthy & hydrated



### Know the Side Effects of Medications

Some medications have side effects such as drowsiness or sun sensitivity



### Stay Cool

Stay in the A/C, indoors, go swimming, etc.



### Wear Light, Loose Fitting Clothing

Wear breathable clothing and light colors that reflect the sun



### Have Emergency Contacts

Have a list of people to call in case of emergency



### Know the Weather Forecast

Plan your days accordingly depending on the weather

# YOGA WITH WILLY EVERY MONDAY

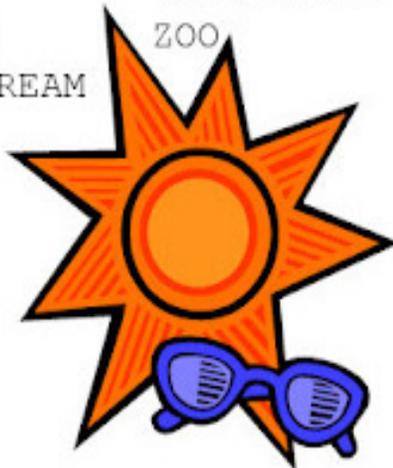
Location: Great Room - Time: 10:00am



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

## Summer Fun Word Search

BARBECUE	LEMONADE
BATHINGSUIT	PARTY
BEACH BOAT	PICNIC
CAR TRIP	POOL
CHALK	SUNGLASSES
FAMILY	SUNSHINE
FIREFLIES	SWIM
FIREWORKS	TOWEL
FRIENDS	VACATION
FUN	VOLLEYBALL
GAMES	ZOO
ICE CREAM	



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

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# *Susie Runnels*

## *End Of Life Celebration*

**Saturday, May 14th, 2022 1:00pm in the dining room.**



Susie Runnels was born on December 15th, 1941 in Cross Plains, Texas, and passed away on April 22nd, 2022 in Bandera, Texas. She was one of 14 children. She is preceded in death by her parents, Martin and Myrtle Jeffers, her husband, Robert Runnels, and all but one of her siblings, Charlotte Wright, who lives in Corrigan. She is also survived by many nieces and nephews. Susie worked at the Silver Sage and loved being there, greeting everyone with a smile that brightened everyone's life. Anyone who ever met Susie loved her because of her bright personality and sweet and caring way she had with people. She loved sitting and telling stories about all her brothers and sisters. She will be missed by everyone who knew her. And I am supposed to mention her "famous nephew" Martin Jeffers -- they loved picking and teasing each other.

**The staff here at the Silver Sage will truly miss Mrs. Susie. She was loved by everyone here. We will all particularly miss her glowing smile, warm hugs, quiches and meatloaf.**

**Let us come together, family and friends, and celebrate the love and life of our beloved Susie Runnels. A woman that not only had a zest for life but shared it with everyone she knew.**



# A Weighty Divorce

By Mikie Baker

There I was lounging on the couch the other day, munching on some buttered popcorn and a Nu-

trisystem commercial came on the smart TV. I know; that TV's smarter than me. Anyway, it wasn't your normal, "I lost 132 pounds eating these tiny microwave meals. Trust me, I felt

like Gandhi." No, this one was much worse.

It was the "Partners Plan" for loving couples who are trying to get ready for their 40th High School Reunion. Or whatever. But I'm here to tell you, that right there is reason for a divorce. Right ladies? You hearing me?

Evidently men were meant to be skinny with no shape from the shoulders down. Why is it that men wear the same size underwear in their seventies that they wore in high school? I've changed bra sizes thirteen times over the years. I'm on size SAG now.

If a man does develop a big old beer belly, all he has to do is quit drinking so much beer and he'll get skinny. He'll still eat all the brisket, biscuits and breakfast tacos he wants and stay thin while we eat grapefruit and cottage cheese to no avail.

I know, I know. There are some men out there that might have "fat genes," but you put them on the little microwavable meals only fit for a Barbie Doll to eat, and they'll lose weight. And they'll lose twice as much and faster than their poor wives who are silently starving.

The couple in the commercial looked happy but it probably took her six months more than him

of eating those Nutrisystem rations and she had to start running marathons to lose more than 10 pounds. That's okay, when she decides to divorce him for all the torture, she'll be able to run away. Literally.

No, I think the "Partner's Plan" should be called the "Ex-Partner's Plan" because that's where it will lead. I can just hear the conversation now:

Him: Oh look! I get the larger sized meal for men, and you get that little one for women. How cute!

Her: I hate you.

Him: I really do like this diet. It's so easy to lose weight! I'm down 17 pounds this month.

Her: Can you sharpen the kitchen knives for me?

Him: I think I'll go take a jog around the block.

Her: Jog around several blocks. The locksmith needs time to change the locks.

I guess this commercial struck a nerve because My Future Husband eats about as much as Paul Bunyan can pack away in a meal. Carbs? You bet. Bread? With every meal please. Ice Cream? Sure, every night. Me? I forgot what a croissant looks like, I haven't eaten anything fried in 6 years and I only dare eat 90% chocolate which is more like torture than anything else so eating one small square takes a while.

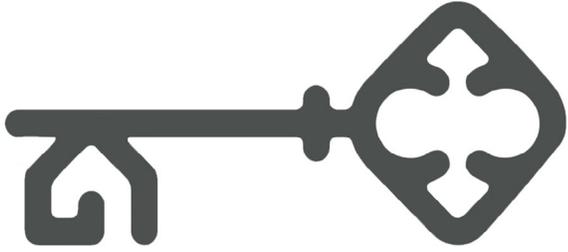
And now My Future Husband has lost another 10 pounds since I met him due to some now resolved health issues. He's weird. When he doesn't feel good, gasp, he doesn't eat. I never learned that trick.

So, I'm whipping around the kitchen cooking three hearty meals a day for him and crunching on salad and veggies for me. He's just lucky we're not married, I don't run marathons, and I don't know any locksmiths. But I am going to get him to sharpen all the knives.

Nutrisystem™ **20 MENU ITEMS**  
Lose up to **7 POUNDS** in **2 WEEKS**  
in a study, average weight loss was 7 pounds in 2 weeks



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it's a  
great  
day at lowe's



# Mini Humming Bird Cake

## For the cake

½ cup all-purpose flour  
½ cup granulated sugar  
¼ teaspoon ground cinnamon  
¼ teaspoon baking soda  
¼ teaspoon salt  
1 large egg  
¼ cup canola oil (or vegetable oil)  
½ teaspoon vanilla extract  
⅓ cup drained canned crushed pineapple , (2-ounces).

Reserve 1 ½ teaspoons of the juice for the frosting.

1 medium ripe banana , mashed

¼ cup chopped pecans , toasted

For the frosting

¼ cup butter , room temperature (4 tablespoons)

2 ounces cream cheese , softened

1 cup powdered sugar , sifted

1½ teaspoons pineapple juice

chopped pecans , for garnish



*This delightful hummingbird cake is likely to become your new favorite cake! I like to think of it as a cross between tender banana bread and a sweet pineapple upside-down cake. It's a fruit-filled spice cake that's so easy to make! This southern hummingbird cake recipe yields a light and decadent mini cake topped with a glorious cream cheese frosting and toasted pecans.*

## Instructions

Heat oven to 350° F (177° C). Lightly grease a 5x5-inch baking dish with softened butter or baking spray. Set dish aside.

In a medium-sized bowl, add flour, sugar, cinnamon, baking soda, and salt and whisk together until combined.

Next add the egg, oil, vanilla, pineapples, and mashed banana and stir until completely combined. Stir in the pecans.

Pour the batter into the prepared baking dish and bake for 30-33 minutes or until a toothpick inserted into the center of the cake comes out clean.

Allow the cake to cool to room temperature for 1 hour.

## Make the frosting

Add butter and cream cheese to a medium-sized mixing bowl and beat on high with an electric mixer until the ingredients are well combined.

Slowly pour in the powdered sugar and beat on low speed until all the sugar has incorporated.

Add the pineapple juice and continue whipping until the frosting is smooth and fluffy.

## What Is Hummingbird Cake?

*The most popular version of this cake was submitted to Southern Living magazine in 1978 by Mrs. L.H. Wiggins of Greensboro, North Carolina. The recipe featured a three-layer cake filled with pineapples and bananas and topped with a pecan-topped cream cheese frosting.*



# THE SILVER SAGE BUS PROGRAM

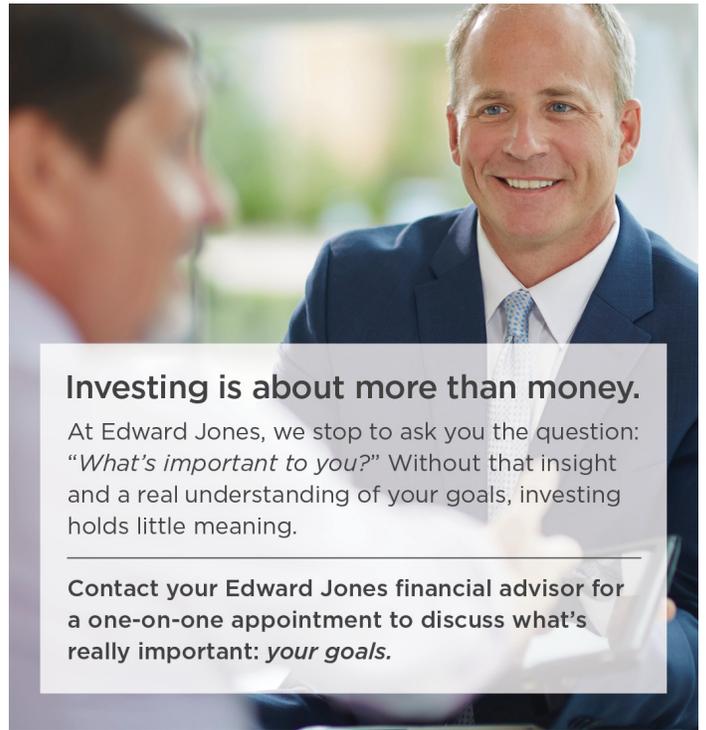
is intended to enrich the lives of senior citizens in our community by offering a variety of activities such as: Trips to larger grocery stores, occasional dinners, special events or sight seeing outings that our seniors might not wish to drive to on their own.



This is a program intended strictly for senior citizens. Children will not be permitted on the bus for a variety of reasons including liability, as well as comfort and safety considerations for our seniors. Adults under the age of 60 are welcome as long as they are not taking a seat from a senior. Our seniors are our priority.

**May 2nd 11:30 AND May 18th 3:30pm Luckenbach Banjo Bluegrass jam/picnic (small soft lunch coolers only)**

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



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# YOGA WITH IDA

**At 9:30am on Tuesdays**

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



**Stretch and Strengthen with Ida will follow**

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



# WANTED DANCERS

**EVERY FRIDAY!!**

**LINE DANCE CLASSES**

**9:30-10:30**

**TWO-STEP CLASSES**

**11:00-12:00**

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

**Dance Classes are led by Clifton Fifer Jr.**, a fourth-generation Texan, who brings history to life via storytelling, poetry, music and dance. Fifer is a retired school teacher, coach, storyteller and historical interpreter. He serves on multiple boards, including the Doyle Community Center, where he attended school in the 1960s when it was still a public school. He was named as Kerrville's Citizen of the Year at the Kerrville Chamber of Commerce Choice Awards Banquet in October 2021.





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

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## LAKEHILLS COMMUNITY CENTER 10AM-12PM

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## WEDNESDAY, MAY 25TH LAKE MEDINA SHORES (THE POOL) 10AM-12PM



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

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

# Silver Sage House Concert Series

*Featuring*

## JOHN ARTHUR MARTINEZ

### Thursday, May 12th



**\$10 @ the door**

**Doors open-6:30pm**

**Show starts-7pm**

**In the Great Room**

**803 Buck Creek Dr, Bandera, TX**

**Sodas/water/candy/popcorn**

**available (BYOB).**

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

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

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