Our Silver Sage Thrift Store is located at 660 Hwy 16 South in the strip mall (830) 796-3590
Store hours:
Mon-Fri 10:00am-3:00pm
See more on page 22

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. Opportunities are available to work just a couple of hours once a week or more frequently. Call us at (830) 796-4969

Cowboy Opry
The monthly Cowboy Capital Opry is our most popular event held on the 1st Tuesday of every month benefiting Meals On Wheels.
March 2 - Kathy Bauer Broussard & Terri Busic

PUT YOUR GREEN ON AND COME JOIN US FOR CORNED BEEF AND CABBAGE ON ST. PATRICK’S DAY! 4-17-2020
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
5. “Eat right when money’s tight! Food costs are on the rise, here are some tips on how to stretch your food dollars!”

6. **Seniors Writing for Seniors...** Bandera High School student, Brett Castilleja, features our special seniors Lynn and Ruth White, who both have made a major impact in our town.

MAKE BIGGER BLOCKS

An easy strategy for making a large quilt quickly is to use large blocks. For example, setting a 12” Four Corners block on the diagonal and adding four corner triangles gives you a 17” block.

Another way to create large blocks is to enlarge the size of the units in the block. I usually cut and piece 2½” bias squares, which finish to 2”.

The Quilting Corner:

MAKE BIGGER BLOCKS

An easy strategy for making a large quilt quickly is to use large blocks. For example, setting a 12” Four Corners block on the diagonal and adding four corner triangles gives you a 17” block.

Another way to create large blocks is to enlarge the size of the units in the block. I usually cut and piece 2½” bias squares, which finish to 2”.
EAT RIGHT WHEN MONEY’S TIGHT

Food costs are on the rise. Read on for tips on how to stretch your food dollars by planning ahead, budgeting, making smart food choices, and preparing low-cost recipes.

Shop SMARTER!

BEFORE Shopping

- Plan your weekly meals and snacks. Preparing in advance will help you know what you need and also help you put leftovers to good use. See below for more on planning ahead.
- Use store circulars and go online to look for coupons, sales, and store specials. Only use coupons on foods you normally eat. Make sure the coupons give you the best value for your money.
- For added savings, sign up for the store discount card or bonus card at your local supermarket.

DURING Shopping

- Have something to eat before you go shopping. It’s easier to stick to your shopping list when you are not hungry.
- Try store brands. They are the same quality and cost less.
- Compare products for the best deal. Use unit pricing and also the Nutrition Facts labels to get the best product for your money. For more on food labels go to: http://snap.nal.usda.gov/resource-library/handouts-and-websites/using-nutrition-facts-labels.

AFTER Shopping

- Store food right away in the refrigerator or freezer to keep it fresh and safe.
- If you buy a large amount of fresh food, like meat, poultry, or fish, divide it into meal-size packages, label the food, and freeze it for later use.
- Use foods with the earliest expiration dates first.

MORE TO EXPLORE...

MyPlate Healthy Eating on a Budget: http://www.choosemyplate.gov/healthy-eating-on-budget.html
Basic Nutrition for Everyone: http://snap.nal.usda.gov/basic-nutrition-everyone
When one sees a picture of Bandera from thirty years ago and compares it today they can not deny how much the town has changed. With a growing number of “outsiders” from places such as Helotes and San Antonio moving here, Bandera seems like it has no other choice but to expand. What once used to be a few buildings and a single traffic light on main street has continued to expand in all directions, little by little.

Two people who remember this version of Bandera like it was yesterday are Ruth and Lynn White. They first moved here over 30 years ago, and while they may not have planned on staying for so long, they could not help themselves as they loved the atmosphere of Bandera so much. They decided to stay. Their journey begins along the coast in the Corpus Christi area. When bad weather was about to wreak havoc on the area in the 1970s, they decided it was best to move while they still had a chance.

When Ruth and Lynn first moved here they were surprised at how friendly the locals were and the slow atmosphere of the area. Compared to the coastal cities that had a very fast and at times overwhelming feel to them, this was a welcome change. Having both worked in education when living on the coast, they started working for BISD. Ruth was an elementary teacher for the 2nd grade and Lynn went into coaching for the school system. For them both it was a little challenging, considering how little time they had together due to Lynn continuously working on coaching not just one but four different sports (football, track, tennis, and softball). Yet they did not mind it because at the end of the day they both were happy and content with their jobs, house, and lives in general. To them there was not much more you could ask for besides those things to create about as perfect of a life as you can.

One of the best perks of Lynn working as a coach was the children he got to meet and their parents. In fact, Lynn was so beloved by his players that if he even mentioned that over the weekend he was going to be busy building a fence, half the team would show up with shovels and hammers, ready to work for him. The kids did not go without fair payment, though, as Ruth would come out with pizza and hot dogs. And since the Whites lived along the river, the kids would spend all day swimming and stuffing themselves full of food. Another way Lynn would show appreciation for his players and help them out was letting them spend the night and giving them rides to games and track meets since not all of them would be able to make it to the events otherwise. And of course, all these parents appreciated the Whites for their hospitality and generosity.

The Whites did not stop there to help the kids of the community either. When Ruth had the opportunity to create a church group for kids she pounced on it. Ruth created the “Teens for Christ” group for all the kids they knew and cared for. It brought about a great new feeling for Ruth and Lynn. They both were truly and personally helping shape the growing community in Bandera.

For them it is shocking how much Bandera has changed. To see it grow from that one street light and a couple buildings on not even a quarter mile of road to an ever growing city has been an amazing experience for them, especially with how, now, every single kid and team member they knew and cared for growing up is now all grown up themselves and remembers the old days. It might take Lynn an extra 20 minutes to buy groceries because one of those many kids or parents recognizes him, but he does not mind one bit. It is always nice for him to remember the good old days and reminisce with everyone. As for Ruth, she thinks it nice to see the town grow. To her it does not matter how many people move here because deep down Bandera culture is rooted in the people and community.

When they both retired in 2005 it was an adjustment for them, for sure. No more coaching, teaching, or even bus driving. They had all the time in the world for each other as far as they were concerned. To them it was the best thing they could have ever asked for because they were able to reconnect all over again with each other. With this new found time for each other it reinforced something they always knew deep down after nearly 50 years of marriage. While Bandera might indeed be the place for them, it doesn’t matter where they live so long as they have each other. And that is a lesson we can use in life.

They had two daughters and are so pleased that their daughter Becky Kothmann is teaching in Bandera. Now Lynn and Ruth get to enjoy Bandera life through the eyes of grandparents as they watch their grandchildren Carson and Brooks grow up in the town they love so much.
Sometimes you can pack just too much excitement into a day. Take this St. Patrick’s Day for example. Not only was it corned beef and cabbage time, Spring Break kicked in plus we had out of town guests. And then, of course, we had the tornado.

It all started out fine. The Teenage Eating Machine was in monster brat Spring Break mode with Best Medina Buddy attached to his hip. Then there were the house guests; Chicken Sister George and her granddaughter My Little Eva.

You know how it is when you have house guests coming. You clean up your entire abode perfectly so it looks like an issue of Better Homes and Gardens. I even spent a whole day cleaning out the garage. What I should have done was clean out the closets.

Once the car was unloaded and my clean house was trashed, the kids headed out to the fort and trampoline to “hang.” We sane adults sat on the front porch with our beverages of choice. Dear—ly Demented Mom was firmly planted in the living room enthralled with another lively rerun of Murder She Wrote. The corned beef and cabbage was simmering on the stove.

Suddenly the wind picked up. The skies turned a St. Patrick’s Day shade of green. Next the cable went out so I knew a big storm was coming. I headed off to warn the kids about the impending thunderstorm. Best Medina Buddy piped up, “I know. Haven’t you heard the tornado siren?”

As we kicked into alarm mode, we resembled a bunch of leprechauns dancing a jig. I flipped on the weather radio and heard that a tornado was bearing down on us.

We gathered in the living room to devise an emergency plan. We ordered the kids into the bathroom tub and covered them with pillows. You know it had to be a real emergency. How else could two adult women leave two teenage boys alone with a 14-year-old girl in a room with lots of pillows?

Next I wheeled Dearly Demented Mom face first into my closet which, trust me, looked like a twister had already hit. Chicken Sister George hopped in over DDM to entertain her while I ran back and forth frantically listening to the warnings, checking on the kids and making sure all animals were accounted for.

About this time DDM decided to tell Chicken Sister George about the seven foot tall man who was here the last time we had a tornado. (Note: this never happened.) CSG yelled, “DDM’s going nuts in here. Bring corned beef for her and wine for me.” When I delivered said items they both thanked me and then remarked on how I really did need to clean out my closet.

Suddenly the TV came back on and the panic-driven weather witch announced that the tornado had just missed us. I smiled weakly and asked if everyone would like some nice corned beef and cabbage. Other than DDM, who seemed rather oblivious to the whole thing, I heard a resounding “No!” Seems when your adrenalin gets going, you’re no longer hungry.

The Teenage Eating Machine pronounced the whole event as “intense” and Chicken Sister George wanted to know if we had lots of tornadoes here. I assured her that this was very rare. To which she replied, “So what happened to your closet?”

Know what spring cleaning really means? Clean your closets because you never know when your house guests just might need to stay in there. Hopefully when I finally do, I’ll find myself a pot of gold.

Wearing Of the Green Skies by Mikie Baker
Old Memories
Two elderly people living in a retirement home near Kerrville, he was a widower and she a widow, had known each other for a number of years. One evening there was a community supper in the big arena at the Clubhouse. The two were at the same table, across from one another. As the meal went on, he took a few admiring glances at her and finally gathered the courage to ask her, ‘Will you marry me?’

After about six seconds of ‘careful consideration,’ she answered ‘Yes. Yes, I will!’
The meal ended and, with a few more pleasant exchanges, they went to their respective places. Next morning, he was troubled. ‘Did she say ‘yes’ or did she say ‘no’?’ He couldn’t remember.

Try as he might, he just could not recall. Not even a faint memory. With trepidation, he went to the telephone and called her. First, he explained that he didn’t remember as well as he used to.

Then he reviewed the lovely evening past. As he gained a little more courage, he inquired, ‘When I asked if you would marry me, did you say ‘Yes’ or did you say ‘No’?’

He was delighted to hear her say, ‘Why, I said, ‘Yes, yes I will.’ and I meant it with all my heart.’

Then she continued, ‘And I am so glad that you called, because I couldn’t remember who had asked me.’

Funny Senior Texting Moments-Senior Texting Codes
Now that we oldies can text, here are some helpful texting ideas. Young people have their acronyms, now seniors have their own texting codes:
* ATD - At the Doctor’s
* BFF - Best Friend’s Funeral
* BTW - Bring the Wheelchair
* BYOT - Bring Your Own Teeth
* DWI - Driving While Incontinent
* FWIW - Forgot Where I Was
* FYI - Found Your Insulin
* LOL - Living on Lipitor
* ROFL...CGU - Rolling on the Floor Laughing...Can’t get Up!
* TOT - Texting on Toilet
* WWNO - Walker Wheels Need Oil
Hope these help. GGLKI (Gotta Go, Laxative Kicking in!)
Preheat oven to 350.
Butter/spray a large black cast iron frying pan –or-
2 9” cake pans
In a large bowl:
4 cups Flour
1 ½ tsp. Baking Powder
2 tsp. Baking Soda
1 tsp. Salt
¾ cup Granulated Sugar

Mix all ingredients together.
Add: 2 cups Buttermilk. (lately I have been using only 1 ¾ cups of buttermilk.) Raisins can be added if you wish. Stir with a wooden spoon, as mixture is very thick. Mix until all dry ingredients are incorporated. It will be wet and sticky, but very thick. With a spatula, push all ingredients from bowl to the edges of the frying pan. Do not try to smooth out the top, leave it uneven, as this makes it nice and crusty.
Bake 370 degrees for approx. (45) minutes

7 Layer Salad

1 head of cauliflower
1 head of broccoli
2 bunches of green onions
1 head of lettuce
1 pound of bacon

Cut up all veggies and layer in a large dish. Cool crispy bacon and crumble between layers all the way to the very top. Add 3 large tablespoons of miracle whip. Add 1 tablespoon of sugar and sprinkle on top. Add 1 tablespoon of apple cider vinegar. Cover bowl and let sit overnight.

*You can also add layers of cheese, egg, tomatoes, cucumbers, corn, or peas, black beans, or black olives.*
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
Silver Sage March 2020
San Antonio Food Bank Distribution
Wednesday, March 4

WEEKLY ACTIVITIES

Monday
• Indoor Exercise 8:00 AM
• Craft & Chat 10:00 AM
• Yoga 10:00 - 11:15 AM
  * $8 per class
• Bingo 1:00 PM

Tuesday
• Mexican Train 1:00 PM

Wednesday
• Indoor Exercise 8:00 AM
• Quilting 9:30 AM
• Mexican Train 1:00 PM

Thursday
• Bridge 9:00 AM
• Dominoes/42 12:30 PM
• Bingo 1:00 PM

Friday
• Indoor Exercise 8:00 AM

HOW DID I GET THIS OLD AND WHAT DO I DO NEXT?
Wednesday, March 18, at 12:45
Silver Sage Great Room
The guest speaker will be John Gehring, Attorney at Law.
The topics are Wills, Power of Attorney, Medical Power of Attorney,
Right of Survivorship and much more.
This free, informative series is presented by John & Lanette Pennell,
Designated Seniors Real Estate Specialists.

If you have an interest in learning to play Mahjong, please come on
Tuesday afternoons to learn and play!
(it is not the same game that is played on the computer)

Craft & Chat
Mondays at 10:00 AM
Bring a craft project to work on while visiting and making new friends.

Ice Cream & Cake Social
Friday, March 27
12:20 PM

Birthday Potluck
Tuesday, March 31, 11:30 AM
Bring covered dish to share

Steve Bradley will be available to answer questions about Medicare
on Wednesday, March 25, at 12:30. Informal setting.

www.SilverSage.org

Cowboy Capital Opyr
First Tuesday
March 3, 2020
Kathy Bauer Broussard
Terri Busic
Doors open at 6:30 pm ~
Music begins at 7:00 pm
Admission ~ $5
Reserved Seats ~$5
SOLD OUT
Call to be on the wait list.

Thrift Store
Monday thru Friday
10:00 AM to 3:00 PM
Hwy 16 S
(near Snowflake Donuts)
830-796-3590
All proceeds from
Cowboy Capital Opyr &
The Thrift Store
support Meals On Wheels
<table>
<thead>
<tr>
<th>MONDAY</th>
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<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td>30. Chicken Pot Pie Applesauce &amp; Fruit</td>
<td>31. Red Beans &amp; Rice with Ham Hock Cornbread Salad ~ Dessert</td>
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Joyce D. Lamilla, LD  
Call Meals On Wheels delivery  
(830) 796-4969  
Menu subject to change according to availability

Lunch served from 11:30 AM to 12:30 PM  
Please call 796-4969 to make lunch reservations before 9:30

All meals will meet the 1/3 RDA of Federal guidelines

Area Agency on Aging  
Alamo Area Council of Governments  
SAN ANTONIO FOOD BANK  
PETTSON HEALTH

13
To qualify for the Food Bank distribution, you must meet the guidelines to participate. An application must be completed once a year.

Go to safoodbank.org and click Agency Resources, find the Client Intake section, then click “Pantry Family Intake Form B” or ask us to help you!
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

Coming Soon
the Cottages of
Silver Sage
A Community For Active Seniors

WANT TO HELP? DONATE NOW.
803 BUCK CREEK DRIVE. (830) 796-4969
SILVERSAGE.ORG

BANDERA VETERINARY CLINIC
Dr. Mark Richardson, Dr. Jennifer Knight, and Associates
830-796-3003
1989 TX-16 N, Bandera, TX 78003
BANDERAVETCLINIC.COM
**Get Fit at The Silver Sage!**

**YOGA WITH WILLY - 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; participants are encouraged to do what they can. Class consists of simple breathing exercises, stretching, and forced relaxation (smile!) that are beneficial for both physical and mental health. Class meets at 10:00 AM on Monday mornings in the Great Room with the entrance on Buck Creek Drive. Classes are held on holiday Mondays! Willie has been a certified Yoga instructor with over 20 years experience in body, mind, and spirit work. Willie’s eclectic style of Yoga and his warm, caring creativity endear him to his students. $8 per class.

**Video-Led Exercise Location: Great Room**
**Time: 8:00 AM Monday, Wednesday, Friday mornings.**
Participate in one hour of video-led indoor exercise. This class is offered every Monday, Wednesday, and Friday mornings at 8:30 a.m. Appropriate for those who don’t want to participate in more strenuous exercises. This exercise time is perfect for stretching and limbering up aging joints and muscles. The pace of the video-led exercise group is slow and steady. Some of the participants sit on chairs to do their exercises. No fee but donations are appreciated.
Project HOPE is a free food program starting in our area, sponsored by the San Antonio Food Bank. It delivers boxes of **free food** that are supplemental staple groceries of protein, whole grains, staples, and produce.

It is for senior citizens (You must be 60 years old or older), and the Project HOPE provides 50-60 pounds of food each month to **you**. If you would like to enroll or to enroll a senior citizen that you know. Please contact Lucy Reed at 713-301-2571 (the Project H.O.P.E. coordinator) or Teicher Whelchel at 830-486-4358 (the treasurer of the Utopia Food Pantry) to enroll.
HOW DID I GET THIS OLD AND WHAT DO I DO NEXT?

Have you ever asked yourself, “How did I get this old and what do I do next?” This January, a FREE, informative series concerning topics for those 50+ begins at the Silver Sage Community Center. Professionals slated to speak include an attorney, doctor, insurance expert, mortgage specialist, senior services, tax consultant and more. The series is set for the third Wednesday of every month in 2020, 12:45 – 2 pm. Many questions arise as we live longer and we need answers.

- How do I maintain a good standard of living as I get older?
- Should I age in place? How should my home be modified to accommodate me in the next few years?
- Should I downsize or upsize? If so, where would be the best location for me to live?
- Is a senior’s community right for me?
- What can I do to make sure I can afford to do what I want?
- What are some options to help me finance a move if I so desire?
- What can I do to make sure my wishes are respected and that I make my own decisions concerning my future living arrangements and care?
- What resources are available to help me? Who do I talk to and what will that cost?

Door prizes! Bring your care giver, family members and friends. Hosted by John and Lanette Pennell, Designated Seniors Real Estate Specialists, of Keller Williams Realty. 210-844-8549 lpennell@kw.com

2020 SERIES DATES..................

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<th>JAN 15</th>
<th>MAY 20</th>
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<td>FEB 19</td>
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<td>OCT 21</td>
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<td>DEC 16</td>
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March is a significant month for me. I got married in March. My first child was born in March. We lost my dad in March. It feels like a four week model of life itself – crowded with both wonderful and sad memories. It’s interesting that the one sad event is bookended by two very happy ones. Choosing what we focus on is always up to us.

I see it clearly on my Meals On Wheels route. Some MOW clients face big life challenges. With others the challenge may not be immediately apparent, but it’s there. Regardless of what they’re dealing with, what they give me is a smile and a kind word. It’s humbling.

You met the client I call “The Christmas Tree Lady” in my December column. She’s bedridden, but there’s a charming little Christmas tree at the foot of her bed, all decorated and lit up with tiny lights. We always share conversation and since she used to be a MOW driver herself, she’s very interested in what’s going on at the Silver Sage. I come away with a smile on my face and I’ve even caught myself humming a few bars of “Deck The Halls” well outside of December.

One stop is at the home of a 90+ year old veteran of three different branches of the United States military. He has limitations, but he’s sharp as a tack and has interesting commentary on the latest news. When we brought books to clients who enjoy them, he met me on the porch of his house with a big bag of books of his own to bring back to the Silver Sage. To no surprise, Louis L’Amour was an obvious favorite. This client always provides a feel-good moment with his quiet dignity, intelligence, and good humor. Another client insisted I accept a pair of earrings because, “They will look so pretty with your blouse.” Then there are the dogs. “Snoopy”, a large, rather portly pointer, greets me with lots of vocalizing, tail wagging, and a ladylike appreciation for the dog treats I carry with me. “Charlie”, a small, fluffy guy with a big bark, no longer barks a warning. He just wags and waits patiently for his treat. “Duchess” the dachshund has clearer priorities. She pushes her way to the front of the doorway, at which point I say to her amused owner, “I have your meals, but first things first.” Ms. Duchess then snatches her treat and takes off with it. The dogs are pure fun.

Earlier I said you can chose the way you look at life. My MOW clients have shown me how to look at whatever life throws at you with grace. They lift me up with smiles, with admonitions to “Be careful out there”, with compliments, and enthusiasm for our visits that energize me.

MOW is one of the best ways to serve your community and renew yourself at the same time. There’s always need for drivers and helpers and don’t forget the separately funded MOW For Pets. The puppers & kitties are grateful, too! HAPPY ST. PATRICK’S DAY!
TWO GREAT LOCATIONS!

BANDERA & LAKEHILLS

TrueValue®

1002 Main St, Bandera, TX 78003 - banderatruvalue.com
Veterans 10% discount Every Thursday

8950 FM1283, Lakehills, TX 78063 - lakehillstruvalue.com
Veterans 10% discount Every Tuesday

WHY ARE YOU SO MAD AT YOUR HAIR?

IT'S MARCH!

HINT: THROUGH THE LOOKING GLASS.

Dennis Allyn 2-25-20
Looking for a unique way to help the Silver Sage? Why not try a birthday fundraiser on Facebook? When your birthday is approaching, you can set up your fundraiser and donate the proceeds to the Silver Sage. It’s a very simple gesture that is deeply impactful.

Here’s all you need to do:

1. Go to the Search Bar at the top of the page.
2. Type in Birthday Fundraiser.
3. Click on “Create a Birthday Fundraiser.”
4. When you are asked to search for a nonprofit group, type in Bandera County Committee on Aging, Inc DBA Silver Sage.
5. The Birthday Fundraiser Preview will pop up and you can put in what information you’d like about why you are raising money for the Silver Sage. We would appreciate it if you would tell people we are raising money for the Cottages at the Silver Sage, a new development of cottages for active seniors with rent based on income level. Please make sure and explain this fundraiser is for the Silver Sage as most people don’t know Bandera County Committee on Aging.
6. Select the Create Fundraiser button and you are done!
7. Invite people on your friends’ list and engage with them! This is key. Invite, invite, invite! Share often on your timeline: remember that not everyone will see something when you post just once. While some people may be hesitant to invite people on their friends list, remember you’re giving them an opportunity to participate in something bigger than you – helping the seniors of Bandera County.
8. Thank people as they donate and watch the numbers go up! Seriously, these people are donating to Silver Sage because of YOU.

Facebook has made this very easy to do and it’s a great way to support the Silver Sage and our new project, the Cottages at the Silver Sage. Celebrate your day by helping our seniors in need – what could be a better present than that?

We appreciate you!
Our Thrift Store is an important resource for helping to fund the Meals On Wheels in Bandera County program. It is operated exclusively by volunteers.

The Thrift Store is located in Bandera at 660 Hwy 16 South in the strip mall next to Snowflakes Donut Shop. You can call the Thrift Store at (830) 796-3590.

Store hours are Monday-Friday, 10:00am- to 3:00pm
If you wish to volunteer, please come to Silver Sage at 803 Buck Creek Drive to fill out the volunteer form or call (830) 796-4969.

Honoring the past, Inspring the future.
Coming Soon

the Cottages of Silver Sage
A Community For Active Seniors

What are the Cottages of Silver Sage?

• A Community for Active Seniors
• 46 units ranging from 600 sq ft to 980 sq ft
• Rent based on Income
• Located next to the Silver Sage Community Center
• Seniors activities Monday–Friday every week
• Free Lunch Daily for qualifying participants

WANT TO HELP? DONATE NOW.
803 BUCK CREEK DRIVE. (830) 796-4969
SILVERSAGE.ORG