



**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 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 May 2nd Chris & Cyndi Gonzales**

**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 Trip! May 9th - 9:00am Fredericksburg Amish Store/ Old German Bakery & Restaurant/ Wild Seed Farms**

**WOMEN'S EMPOWERMENT GROUP @ the Silver Sage, Free - Open to Women and Girls 13 & up. 4:45-6 pm, 1st & 3rd Thursday of each month!**



*Sunday, May 13th*

elevatinghealth



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

## WHAT'S INSIDE



By Lisa Crawford



5. **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!

7. **Through the Eyes Of A Driver, by Mary Allyce:** "The other night I needed downtime. I plowed through two books recently fitting the "literary" label and let's just say they would not make good beach reading..."

10. **Activities, by Lisa Beck** - "Check the calendar for all the fun bus trips we have coming up and be sure to sign up for something! It's a great big beautiful Texas Hill Country. Let's go enjoy it. !"

### Quilters Welcome!! Every Wednesday 9:30am

Do you know how to sew? Do you have a quilt you want to do for a family member? Do you have a project to share? Above all would you like to meet new people? If you answered Yes to any of the above questions please contact our Center at 830.796.4969

*Our Mission:  
Enriching Life for Seniors*

**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**

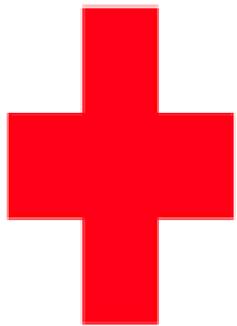
**ART Bus 1-866-889-7433**

**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](http://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



# VACCINATEBANDERA.ORG

PROTECT OUR FUTURE

**COVID + FLU VACCINES ACCESSED  
NOVEMBER 23, 2021 - APRIL 22, 2023:**

# 951

## FREE!

**VACCINE INFO + CLINICS  
COVID-19 HOME TESTS  
MASKS, SANITIZER, SOAP**

## ¡GRATIS!

**CLINICAS Y INFORMACIÓN SOBRE LAS  
VACUNAS**

**PRUEBAS DE COVID-19  
MASCARILLOS,  
DESINFECTANTE, JABÓN**

**FOR MORE INFO / PARA MÁS INFORMACIÓN:**

**833-882-2246**

**English- Ext 701,703, Español- Ext 702**

**Levin@VaccinateBandera.org**

**Rebeca@VaccinateBandera.org**

**Anna@VaccinateBandera.org (Español)**

 **Protect Our Future Bandera**  **@vaxbandera**  **vaccinatebandera**





PRESCRIPTION DRUG SAFETY

# Medication Safety Tips

If you are uncertain about any of your medications, do not hesitate to **ask your doctor or pharmacist questions**. They are available to help!

## When the Doctor Prescribes Medication for You

- Ask your doctor to *print* his or her name and the name of any new medications on the prescription slip.
- If you do not understand why you are taking a medication, ask your doctor to explain more about your new medication.
- Telling your doctor about all prescription and nonprescription medications you are taking, including over-the-counter (OTC), herbal, vitamin, and dietary supplements, can prevent dangerous drug interactions. *Don't forget to mention any allergies you may have.*



## When Picking Up Your Medication

- Just like with your doctor, be sure to tell your pharmacist about all prescription and nonprescription medications you are taking, including OTC, herbal, vitamin, and dietary supplements. *Once again, mention any allergies you may have.*
- Ask the pharmacist for a patient information sheet explaining your new medication. If you have any questions about your medication, be sure to ask the pharmacist.
- Look at the label carefully when you get a new medication to ensure that you understand all of the instructions.
- If you are picking up a refill, look at your medication label and contents to ensure that nothing looks different from the previous medication.
- Count the pills you are given and make sure the number matches the amount indicated on the label – *this is especially important with controlled substances such as pain pills.*
- Does your new prescription medication contain acetaminophen? If it does, check all OTC medications you may take while using your prescription medications to see if the OTC drug products also contain acetaminophen. Taking two medications with acetaminophen can cause an overdose or lead to liver damage.



# THROUGH THE EYES OF A DRIVER

By Mary Allyce

The other night I needed downtime. I plowed through two books recently fitting the “literary” label and let’s just say they would not make good beach reading. My own writing has taken a darker, heavier path into one project and while it’s been rewarding on an intellectual level, it also creates a need to escape to brighter, lighter material now and then.

Where to go for good old escapist fluff? Television, of course.

I’m not going to trash TV. That’s a tired, old hack. There’s always been some dandy writing on TV. Remember the writers Paddy Chayefsky and Rod Serling, the brilliance of All In The Family, MASH, and many newer streamed and cable shows like Better Call Saul, Veep, The Mandalorian? But I was caught up on those, as well as new favorites – the reality shows from zoos and veterinary practices, up close and personal visits with the animals, keepers, and vets. So, what to watch?

Surely with hundreds of channels as well as Netflix, Disney Plus, HBO Max, Hulu, etc. I could find something. I could not. TV remote in hand I began a leisurely scroll through the onscreen guide.

Doesn’t get much fluffier than The Real Housewives franchise. “The Real Housewives of New Jersey” rolled into view, identified as “Entertainment”. Here’s the synopsis of the available episode: “Celebrating Teresa’s bachelorette party, the ladies live it up by hitting a pub with the locals on their first night in Ireland.” I’ve never watched a Real Housewives of Anywhere episode and I’m happy to say I still haven’t. I’ve spent semi-entertaining evenings like this right here in Bandera.

Moving on.

“Chopped” and “Iron Chef” were serving meals featuring deep fried duck tongues, alpaca hot dogs, and squid ink ice cream. I didn’t know ducks had tongues and how hungry do you have to be anyway to consider eating them? I could hear snooty judges murmuring as they nibbled, “Beautifully tender . . . a tad under seasoned but a lovely bite . . . “

Scrolling along.

“7 Little Johnstons” is a “Reality” show featuring a family of little people with a lot of kids.

They’re a relatable, active family, and I’ve watched and enjoyed an episode or two. The info read: “The Johnston family takes a line dancing class to prepare for Liz’s upcoming birthday; the sisters have a sleepover; Trent and Amber debut their new bathroom.” Hmm. Sounded too much like banal Facebook posts we all scroll past in search of juicier tidbits. A bathroom tour? No thanks.

Scrolling, scrolling, scrolling . . .

“The Incredible Dr. Pol”, an engaging show about a Michigan veterinarian and his colleagues beckoned seductively. Yes! I love Dr. Pol. I love this show. It was a rerun, but surely it would be better than learning how to cook duck tongues or touring Trent and Amber’s bathroom. I hit the info button on the remote and read: “The clinic encounters constipated cats and gassy horses.” Nothing grosses me out. I wanted to be a veterinarian, raised countless horses and dogs and I also raised two boys, but a whole hour about constipation and gas? No puppies, no fascinating medical mysteries? No.

This was becoming a long evening’s journey into frustration.

When I was a kid, I was on a similar journey, looking for books that spoke to my love of and deep desire for horses, big dogs, and country life. I could find some, but none described what was in my head. I started writing my own stories with all the elements I wanted. And that’s how I became a writer. And that’s what I turned to the night I went in search of satisfying, relaxing material. I wrote my own. And there was no line dancing, ink squid, gas or constipation in any of it.

Much of it did find its way into this column and if you want to find out more about how a writer’s mind works, how satisfying writing can be, come to the Writers’ Class – Tuesdays, 1 pm at the Silver Sage.

Happy May!



# Funny Bone

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 cute mouse loves the spring?  
A: Maysy

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).

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.

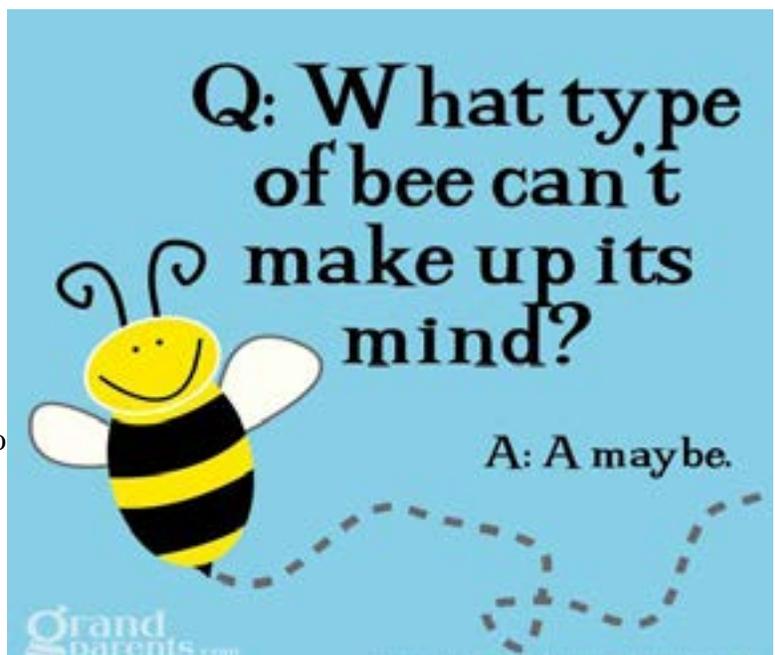
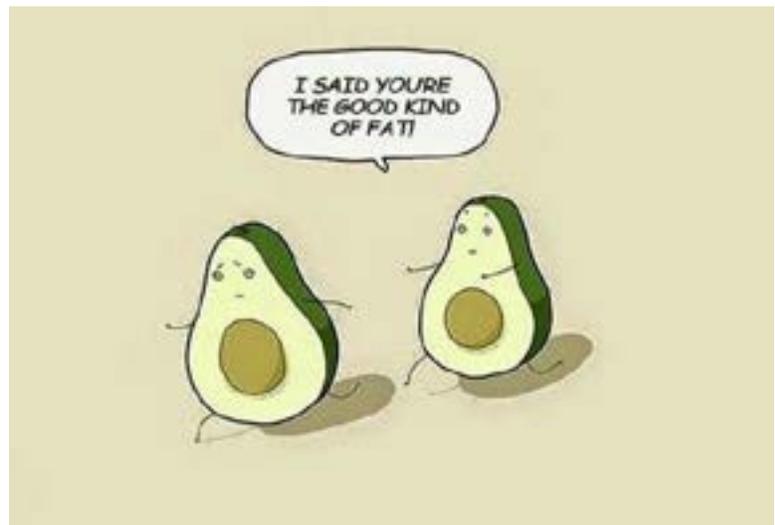
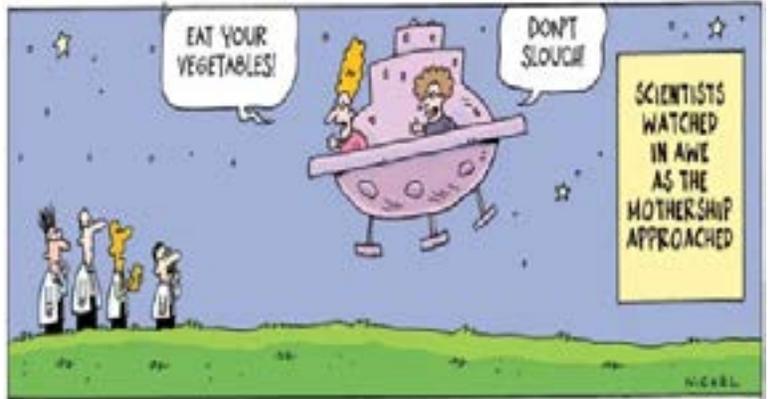
Q: What starts growing in the spring and then goes POP?  
A: May-ze

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: If April showers bring May flowers, what do May flowers bring?  
A: Pilgrims.

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



**Our Vision: To be Leaders in our Bandera County Community and serve our neighbors.**



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

**PLEASE JOIN THE BANDERA LIONS:**

**Meetings on the 1st (6pm/Dinner) & 3rd (12pm/Lunch) Wednesday each month at the Bandera China Bowl located at 1203 Pecan St.**

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

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 HAPPENING?** By Lisa Crawford (Activities Director)



Oh, the fun we had in April. So many trips and so much excitement. We had two trips to the Lucky Eagle Casino this month. As per usual I did not win anything.

**ANNOUNCEMENT:** There will be NO OPRY in July Due to the July 4th holiday falling on the first Tuesday which is normally our Cowboy Capital Opry Day,. If you pre-paid and your 6 or 12 month pre-paid time included July, then we will add a month to the end of your paid tickets.

In March I took a group of people to the San Antonio Missions San Jose and Concepcion and a second group to the same two missions with a lunch stop in between the two at Nicha's Comida Mexicana in April. I had no idea what an integral part of San Antonio history they are. We were lucky enough to have the same tour guide on both of these trips and I feel like I learned so much. I highly recommend both of these beautiful missions as well as Nicha's. I was told Nicha's is a local's favorite. It's now one of my favorites as well.

Check the calendar for all the fun bus trips we have coming up and be sure to sign up for something! It's a great big beautiful Texas Hill Country. Let's go enjoy it. If you have a recommendation for a bus trip please pass it along to me. The bus trips are always first come first serve and you must sign up in advance to be considered on the list. To join us on the bus trips, you must be 55 or older and able to get on and off the bus without any assistance. We don't have any space to carry walkers or wheelchairs. There is a \$5 fee to ride the bus and riders are responsible for their own purchases of meals etc. Hope to see you at the Silver Sage soon!

**Our Vision: To be Leaders in our Bandera County Community and serve our neighbors.**



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

**PLEASE JOIN THE BANDERA LIONS:**

**Meetings on the 1st (6pm/Dinner) & 3rd (12pm/Lunch) Wednesday each month at the Bandera China Bowl located at 1203 Pecan St.**

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

## 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)



# 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>



# MAY ACTIVITIES 2023

Activities Director, Lisa Crawford

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

Mon	Tue	Wed	Thu	Fri
MAY 1 8:00 Ejercicio en video 10:00 Yoga con Willie 10:00 Clase de español/inglés 12:30 Texas Hold 'Em	2 10:30 Estiramiento y fortalecimiento con Ida 12:30 Juegos 7:00 Cowboy Capital Opry con Chris y Cyndi Gonzales	3 8:00 Ejercicio en video 9:30 Acolchado 12:30 Juegos 12:30 Walmart	4 12:00 Escuela Secundaria Bandera Star Steppers 12:30 Juegos 2:00 Grupo de Escritores 4:30 Grupo de Empoderamiento de las Mujeres	5 8:00 Ejercicio en video 10:00 Clase de español 1:00 Genealogía Principiante
8 8:00 Ejercicio en video 10:00 Yoga con Willie 10:00 Clase de español/inglés 12:30 Texas Hold 'Em	9 9:00 Fredericksburg Amish Store/ Old German Bakery & Restaurant/ Wild Seed Farms 10:30 Estiramiento y fortalecimiento con Ida 12:30 Juegos 1:00 "Memoirs" Class	10 8:00 Ejercicio en video 9:30 Acolchado 12:00 Charla sobre nutrición 12:30 Juegos 12:30 Poco Loco	11 8:00 Wimberly Glassworks Demostración de soplado de vidrio reservas para 12 2 \$ c/u Almuerzo en el Café Wimberly 12:30 Juegos	12 8:00 Ejercicio en video 10:00 Clase de español 1:00 Genealogía Principiante
15 8:00 Ejercicio en video 10:00 Yoga con Willie 10:00 Clase de español/inglés 12:30 Texas Hold 'Em	16 9:30 Compras en The Rim (T.J. Maxx, Target, Hobby Lobby. Etc.) & Comida en Mi Familia 10:30 Estiramiento y fortalecimiento con Ida 12:30 Juegos	17 8:00 Ejercicio de video 9:30 Acolchar 12:00 Hablemos con Sheila Knowles de Heritage Place Boerne 12:30 Juegos 12:30 HEB	18 12:30 Juegos 4:00 Actualización de Silver Sage Cottages 4:45 Empoderamiento de la mujer	19 8:00 Ejercicio en video 10:00 Clase de español 1:00 Genealogía Principiante
22 8:00 Ejercicio en video 10:00 Yoga con Willie 10:00 Clase de español/inglés 12:30 Texas Hold 'Em	23 9:30 Compras en tienda de segunda/Almuerzo Buffet en el YO 10:30 Estiramiento y fortalecimiento con Ida 12:30 Juegos 1:00 "Memoirs" Class	24 8:00 Ejercicio de video 9:30 Acolchar mano/comida 12:00 Hablemos: Bienestar 12:30 Juegos	25 11:00 Almuerzo de Damas de la Comunidad Hispana 12:00 Luckenbach-Pickers Circle / camión de comida en el sitio 12:30 Juegos	26 8:00 Ejercicio en video 10:00 Clase de español/inglés 11:30 Fiesta de cumpleaños 1:00 Genealogía Principiante
29 CLOSED 10:00 Yoga con Willie	30 10:30 Estiramiento y fortalecimiento con Ida 12:30 Juegos 12:45 Comida barbacoa Smoke Shack & Museo Witte (entrada gratuita)	31 8:00 Ejercicio en video 9:30 Acolchado 12:00 Palliative Care talk/Alamo Hospice 12:30 Walmart	JUNE 1 12:30 Juegos 12:00 Luckenbach-Pickers Circle / food truck in situ	2 8:00 Video Exercise 10:00 Clase de español/inglés
				12



# MAY ACTIVITIES 2023

Activities Director, Lisa Crawford

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

Mon	Tue	Wed	Thu	Fri
<p><b>MAY 1</b></p> <p>8:00 Video Exercise 10:00 Yoga w/Willie 10:00 Spanish/English Class 12:30 Texas Hold 'Em</p>	<p><b>2</b></p> <p>10:30 Stretch &amp; Strengthen w/Ida 12:30 Games 7:00 Cowboy Capital Opry w/Chris &amp; Cyndi Gonzales</p>	<p><b>3</b></p> <p>8:00 Video Exercise 9:30 Quilting 12:30 Games 12:30 Walmart</p>	<p><b>4</b></p> <p>12:00 Bandera High School Star Steppers 12:30 Games 2:00 Writers Group 4:45 Women's Empowerment Group</p>	<p><b>5</b></p> <p>8:00 Video Exercise 10:00 Spanish Class 1:00 Beginning Genealogy</p>
<p><b>8</b></p> <p>8:00 Video Exercise 10:00 Yoga w/Willie 10:00 Spanish/English Class 12:30 Texas Hold 'Em</p>	<p><b>9</b></p> <p>9:00 Fredericksburg Amish Store/ Old German Bakery &amp; Restaurant/ Wild Seed Farms 10:30 Stretch &amp; Strengthen w/Ida 12:30 Games 1:00 "Memoirs" Class</p>	<p><b>10</b></p> <p>8:00 Video Exercise 9:30 Quilting 12:00 Nutrition Talk w/Jessica Faubion 12:30 Games 12:30 Poco Loco</p>	<p><b>11</b></p> <p>8:00 Wimberly Glassworks Glass Blowing Demonstration reservations for 12:00 Sea Wimberly Café Lunch 12:30 Games</p>	<p><b>12</b></p> <p>8:00 Video Exercise 10:00 Spanish Class 1:00 Beginning Genealogy</p>
<p><b>15</b></p> <p>8:00 Video Exercise 10:00 Yoga w/Willie 10:00 Spanish/English Class 12:30 Texas Hold 'Em</p>	<p><b>16</b></p> <p>9:30 Tiendas en The Rim (T.J. Maxx, Target, Hobby Lobby, Best Buy, Etc.) &amp; Lunch at Mi Familia 10:30 Stretch &amp; Strengthen w/Ida 12:30 Games</p>	<p><b>17</b></p> <p>8:00 Video Exercise 9:30 Quilting 12:00 Let's Talk w/ Sheila Knowles of Heritage Place Boerne 12:30 Games 12:30 HEB</p>	<p><b>18</b></p> <p>4:00 Silver Sage Cottages Update 4:45 Women's Empowerment</p>	<p><b>19</b></p> <p>8:00 Video Exercise 10:00 Spanish Class 1:00 Beginning Genealogy</p>
<p><b>22</b></p> <p>8:00 Video Exercise 10:00 Yoga w/Willie 10:00 Spanish/English Class 12:30 Texas Hold 'Em</p>	<p><b>23</b></p> <p>9:30 Thrift Stores Kerrville &amp; Ingram / YO Buffet lunch 10:30 Stretch &amp; Strengthen w/Ida 12:30 Games 1:00 "Memoirs" Class</p>	<p><b>24</b></p> <p>8:00 Video Exercise 9:30 Quilting 12:00 Let's Talk: Wellness w/Susan Broa 12:30 Games</p>	<p><b>25</b></p> <p>11:00 Hispanic Outreach Ladies Luncheon 12:00 Luckenbach-Jimmy Lee Jones Pickers Circle / food truck on site 12:30 Games</p>	<p><b>26</b></p> <p>8:00 Video Exercise 10:00 Spanish Class 11:30 Birthday Bash 1:00 Beginning Genealogy</p>
<p><b>29</b></p> <p><b>CLOSED</b> 10:00 Yoga w/Willie</p>	<p><b>30</b></p> <p>10:30 Stretch &amp; Strengthen w/Ida 12:30 Games 12:45 Smoke Shack BBQ lunch &amp; Witte Museum (Free Entrance)</p>	<p><b>31</b></p> <p>8:00 Video Exercise 9:30 Quilting 12:00 Palliative Care talk/Alamo Hospice 12:30 Walmart</p>	<p><b>JUNE 1</b></p> <p>12:30 Games 12:00 Luckenbach-Jimmy Lee Jones Pickers Circle / food truck on site</p>	<p><b>2</b></p> <p>8:00 Video Exercise 10:00 Spanish /English Class</p>

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

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
1 Pollo y gofres Batatas De Arce	2 pastel de carne Patatas Gratinadas Judías verdes frescas con rojo Pimienta y Ajo Postre	3 Cerdo Teriyaki De Piña Servido Con Arroz Y Eggroll	4 Palitos de pescado con salsa tártara casera Tator Tots Ensalada de repollo picante	5 Pollo a la parrilla en un Ensalada César con queso parmesano y Rodajas de limón fresco
8 Albondigas Con Dulce Salsa de chile servida encima Arroz Pilaf con Glaseado de Soja Brócoli fresco y asiático Verduras	9 Galletas cubiertas con Salsa de salchichas Cazuela De Hashbrown Con Queso Fruta fresca	10 Sándwich de pollo a la barbacoa Papas Fritas maíz tejano	11 Tacos De Carne Y Queso Arroz español Frijoles Borrachos salsa casera	12 Pasta con Pesto de Pollo Ensalada Cositas De Piña
15 Pollo Pollo Frito con Salsa Ensalada de papas Frijoles Estilo Rancho	16 Envolvura De Satchicha Repollo A La Parrilla Macarrones con queso caseros Postre	17 Carne de res con ajo y hierbas cocida a fuego lento Shanks sobre puré de papas Zanahorias glazeadas con miel	18 Espaguetis de la huerta con Carne Molida Fresca y Repleto de verduras y hierbas de la huerta palito de pan	19 chef james delicioso Ensalada de Jamón servida en una bollo de pretzel Encurtidos De Eneldo Y Patatas Fritas
22 Filete de Pollo Frito con Puré de papas cargado y salsa Coles de Bruselas	23 24 Pollo Bourbon pegajoso encima Arroz jazmín Brócoli cocido al vapor Zanahorias Postre	Hamburguesa con todos los Fixins Patatas dulces fritas Frijoles Homeados	25 Pollo Cordon Bleu Espirales Cremosas De Calabacin Panecillo	26 Ensalada De Atún Y Pasta Con Guisantes Dulces Servido en una Cama de Espinacas tiernas frescas galletas saladas FIESTA DE CUMPLEAÑOS
29 CERRADO	30 Chef James ahumado lento Costillitas BBQ Ensalada De Frijoles Y Papas Postre	31 Osso Bucco estofado de pierna de res en un tazón de ajo fresco, Zanahoria, Cebolla y Tomate Guiso	 <p><b>Menú sujeto a cambios según disponibilidad</b></p> <p>Joyce D. Lamilla, LD Llame a la entrega de Meals On Wheels (830) 796-4989</p>	

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Chicken and Waffles Maple Sweet Potatoes</p>	<p>2 Meatloaf Au Gratin Potatoes Fresh Green Beans with Red Pepper and Garlic Dessert</p>	<p>3 Pineapple Teriyaki Pork Served with Rice and Eggroll</p>	<p>4 Fish Sticks with Homemade Tartar Sauce Tator Tots Tangy Cole Slaw</p>	<p>5 Grilled Chicken on a Caesar Salad with Parmesan Cheese and Fresh Lemon Slices</p>
<p>8 Meatballs with a Sweet Chili Sauce Served Over Rice Pilaf with Soy Glazed Fresh Broccoli and Asian Vegetables</p>	<p>9 Biscuits Smothered with Sausage Gravy Cheesy Hashbrown Casserole Fresh Fruit</p>	<p>10 BBQ Chicken Sandwich Waffle Fries Texas Corn</p>	<p>11 Beef and Cheese Tacos Spanish Rice Borrracho Beans Homemade Salsa</p>	<p>12 Chicken Pesto Pasta Salad Pineapple Tidbits</p>
<p>15 Chicken Fried Chicken with Gravy Potato Salad Ranch Style Beans</p>	<p>16 Sausage Wrap Grilled Cabbage Homemade Mac &amp; Cheese Dessert</p>	<p>17 Slow Cooked Garlic Herb Beef Shanks over Mashed Potatoes Honey Glazed Carrots</p>	<p>18 Garden Spaghetti with Fresh Ground Beef and Loaded with Garden Vegetables and Herbs Bread Stick</p>	<p>19 Chef James Yummy Ham Salad served on a Pretzel Bun Dill Pickle and Chips</p>
<p>22 Chicken Fried Steak with Loaded Mashed Potatoes and Gravy Brussel Sprouts</p>	<p>23 Sticky Bourbon Chicken over Jasmine Rice Steamed Broccoli Carrots Dessert</p>	<p>24 Burger with all the Fixins Sweet Potato Fries Baked Beans</p>	<p>25 Chicken Cordon Bleu Creamy Zucchini Spirals Dinner Roll</p>	<p>26 Tuna and Pasta Salad with Sweet Peas Served on a Bed of Fresh Baby Spinach Crackers <b>BIRTHDAY BASH</b></p>
<p>29 CLOSED</p>	<p>30 Chef James Slow Smoked BBQ Baby Back Ribs Beans and Potato Salad Dessert</p>	<p>31 Osso Bucco Braised Beef Shank in a bowl of fresh Garlic, Carrot, Onion, and Tomato Stew</p>		<p><b>Menu subject to change according to availability</b></p> <p>Joyce D. Lamilla, LD Call Meals On Wheels delivery (830) 796-4969</p>





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

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

**LAKEHILLS COMMUNITY CENTER**  
**MAY 8TH JUNE 12TH 10AM-12PM**  
**11225 PR 37, Lakehills, TX**

**LAKE MEDINA SHORES (THE POOL)**  
**MAY 22ND JUNE 26TH 10AM-12PM**  
**7100 Wharton's Dock Road**



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

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

# 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](mailto: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)



## 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)



# POTASSIUM RICH FOODS TO CONTROL HIGH BLOOD PRESSURE



One medium banana is high in potassium, providing 9% of the Recommended Daily Intake (RDI).

Avocados are a rich source of potassium. A 100 gram serve of avocado provides about 485 mg of potassium.



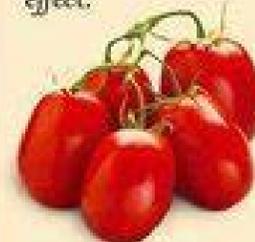
Salmon is a good source of potassium. It's also an excellent source of Omega-3 fatty acids which have anti-inflammatory effect.



The white potato is a good source of potassium, particularly when the skin is left on.



Beans are potassium rich foods. They are also a good source of protein and contain the essential amino acid lysine.



Tomato products such as tomato paste, puree and juice are particularly good source of potassium. Tomato products may also help fight cancer.

Yogurt is very high in potassium, protein, phosphorous and calcium. Some yogurt contains probiotics (live bacteria) that also have health benefits.



Dried apricots contain 378mg of potassium in a typical serving. But they are not the best choice if you have issues with blood sugar control.



A 100 gram serve of sweet potato is providing 475 mg plus 100% of the RDI for Vitamin A.

Family Fun 10am to 6pm 25th Anniversary! JUNE 24th, 2023!

BANDERA CITY PARK!!

Sponsored by Bandera Business Association

Saturday Fun In The Park "LAND YACHT" GOLF CART COMPETITION

## BANDERA RIVERFEST

LIVE BANDS & MUSIC! IBCA BBQ COOK-OFF!

\* FOOD TRUCKS \* BEER \* VENDORS \* KID'S FUN! \* CRAFTS & MORE! \*

PAY & ENTER @ GATES ON MAPLE ST  
WRISTBANDS REQUIRED!  
\$10 ADULT, \$5 KIDS  
NO COOLERS ALLOWED

www.BanderaBusiness.com



# SPIRITS OF BANDERA TX TEXAS

TEXAS MADE TEXAS PROUD

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

1107 Cypress St. Bandera, Texas  
(830)522-3221  
FB: @banderaspiritsoftexas



## 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!

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.



find the best plan to fit your health care needs.

RESIDENT  
 Kerrville, Texas

### Need some answers about Medicare?

Personal attention is everything, which is why I'll work with you to help answer your Medicare questions. Let me help you become fluent in Medicare and together we'll find a plan that may fit your needs.

I'm here to help you learn more about Medicare Advantage and Part D plans available in Kerrville. Contact me today at the phone number listed below.

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

### 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.

# Almuerzo De Damas

jueves, 25 de mayo 2023  
 a las 11 am

## Silver Sage Community Center

803 Buck Creek Dr - Bandera

¿preguntas? teléfono Anna Montague 210-870-6355

Orador invitado

Manny Santos

¡y Feria de Recursos!

Actividades  
 Lotería

Rifa

Socializar

Aprender

Donaciones Apreciadas  
 Para almuerzo



# WACKY WORDS

THE SWANKY NAIL

1 Get it Get it Get it Get it	2 	3 Somewhere 	4 DOOR
5 <u>READ</u>	6 <b>Blood</b> Water	7 Beeeeeee	8 CANCELLED
9 once 	10 Egg Egg HAM	11 Try <u>Stand</u> 2	12 TOWN
13 Nl bumpGHT	14 Aid ← Aid Aid	15 Mill1on	16 3.14
17 ice <sup>3</sup>	18 R O G O N C  I K	19 Think 	20 GROUND feet feet feet feet feet feet
21 1 KNOWS	22 <b>Big Big</b> ignore ignore	23 RAKEN	24 KNEE light light

Forget it, Jack in the box, Somewhere over the rainbow, Back door, Read between the lines  
Blood is thicker than water, Bee line, Cancelled cheque, Once upon a time, Green eggs and ham, Try  
to understand, Downtown, Bump in the night, First aid, One in a million  
Apple pie, Ice cube, Rocking around the Christmas tree, Think outside the box, Six feet under-  
ground, Won by a nose, Too big to ignore, Half baked, Neon lights

## THE ELEMENTS

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

Actinium	Aluminum	Americium	Antimony	Argon	Arsenic	Astatine	Barium	Berkelium	
Beryllium	Bismuth	Bohrium	Boron	Bromine	Cadmium	Calcium	Californium	Carbon	
Cerium	Cesium	Chlorine	Chromium	Cobalt	Copernicium	Copper	Curium	Darmstadtium	
Dubnium	Dysprosium	Einsteinium	Erbium	Europium	Fermium	Flerovium	Fluorine	Hassium	
Francium	Gadolinium	Gallium	Germanium	Gold	Hafnium	Helium	Holmium	Hydrogen	
Indium	Iodine	Iridium	Iron	Krypton	Lanthanum	Lawrencium	Lead	Lithium	
Livermorium	Lutetium	Magnesium	Manganese	Meitnerium	Mendelevium	Mercury	Molybdenum	Neodymium	
Neon	Neptunium	Nickel	Niobium	Nitrogen	Nobelium	Osmium	Oxygen	Palladium	
Phosphorus	Platinum	Plutonium	Polonium	Potassium	Praseodymium	Promethium	Protactinium	Radium	
Radon	Rhenium	Rhodium	Roentgenium	Rubidium	Ruthenium	Rutherfordium	Samarium	Scandium	
Seaborgium	Selenium	Silicon	Silver	Sodium	Strontium	Sulfur	Tantalum	Technetium	
Tellurium	Terbium	Thallium	Thorium	Thulium	Tin	Titanium	Tungsten	Ununocium	
Ununpentium	Ununseptium	Ununtrium	Uranium	Vanadium	Xenon	Ytterbium	Yttrium	Zinc	Zirconium

# History of Mother's Day 2023 will occur on Sunday, May 14

Celebrations of mothers and motherhood can be traced back to the ancient Greeks and Romans, who held festivals in honor of the mother goddesses Rhea and Cybele, but the clearest modern precedent for Mother's Day is the early Christian festival known as "Mothering Sunday."

Once a major tradition in the United Kingdom and parts of Europe, this celebration fell on the fourth Sunday in Lent and was originally seen as a time when the faithful would return to their "mother church"—the main church in the vicinity of their home—for a special service. Over time the Mothering Sunday tradition shifted into a more secular holiday, and children would present their mothers with flowers and other tokens of appreciation. This custom eventually faded in popularity before merging with the American Mother's Day in the 1930s and 1940s.

Did you know? More phone calls are made on Mother's Day than any other day of the year.

**Ann Reeves Jarvis and Julia Ward Howe:** The origins of Mother's Day as celebrated in the United States date back to the 19th century. In the years before the Civil War, Ann Reeves Jarvis of West Virginia helped start "Mothers' Day Work Clubs" to teach local women how to properly care for their children.

These clubs later became a unifying force in a region of the country still divided over the Civil War. In 1868 Jarvis organized "Mothers' Friendship Day," at which mothers gathered with former Union and Confederate soldiers to promote reconciliation.

Another precursor to Mother's Day came from the abolitionist and suffragette Julia Ward Howe. In 1870 Howe wrote the "Mother's Day Proclamation," a call to action that asked mothers to unite in promoting world peace. In 1873 Howe campaigned for a "Mother's Peace Day" to be celebrated every June 2.

Other early Mother's Day pioneers include Juliet Calhoun Blakely, a temperance activist who inspired a local Mother's Day in Albion, Michigan, in the 1870s. The duo of Mary Towles Sasseen and Frank Hering, meanwhile, both worked to organize a Mothers' Day in the late 19th and early 20th centuries. Some have even called Hering "the father of Mothers' Day."

**Anna Jarvis Turns Mother's Day Into a National Holiday:** The official Mother's Day holiday arose in the 1900s as a result of the efforts of Anna Jarvis, daughter of Ann Reeves Jarvis. Following her mother's 1905 death, Anna Jarvis conceived of Mother's Day as a way of honoring the sacrifices mothers made for their children.

After gaining financial backing from a Philadelphia department store owner named John Wanamaker, in May 1908 she organized the first official Mother's Day celebration at a Methodist church in Grafton, West Virginia. That same day also saw thousands of people attend a Mother's Day event at one of Wanamaker's retail stores in Philadelphia. Following the success of her first Mother's Day, Jarvis—who remained unmarried and childless her whole life—resolved to see her holiday added to the national calendar. Arguing that American holidays were biased toward male achievements, she started a massive letter writing campaign to newspapers and prominent politicians urging the adoption of a special day honoring motherhood.

By 1912 many states, towns and churches had adopted Mother's Day as an annual holiday, and Jarvis had established the Mother's Day International Association to help promote her cause. Her persistence paid off in 1914 when President Woodrow Wilson signed a measure officially establishing the second Sunday in May as Mother's Day. <https://www.history.com/topics/holidays/mothers-day>

**YOUR HILL COUNTRY  
MEDICARE AGENT**

**MEDICARE**

**(830) Man  
370-3912**

**Steve Bradley**

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



**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-7A

**THE LIFESTYLE YOU DESERVE,  
THE CARE YOU NEED!**

**HERITAGE PLACE**

**BOERNE**

120 Crosspoint Drive  
Boerne, Texas 78006

**830-249-9817**



Now more than ever, our assisted living is here for the health, safety and security of seniors in our community. Five Star Dining, Lifestyle360 activities, and 24-hour support from our care team just when you need it. We're enriching the journey of life, one experience at a time.

**WELCOMING NEW RESIDENTS**

**Call 830-249-9817 today or visit us online.**



[www.HeritagePlaceOfBoerne.com](http://www.HeritagePlaceOfBoerne.com)  
RETIREMENT • ASSISTED LIVING • RESPITE STAYS

ALF # 010340

©2020 Five Star Senior Living



## STRETCH & STRENGTHEN WITH IDA EVERY TUESDAY

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



## foods that LOWER BLOOD PRESSURE



# ALZHEIMER'S COMMUNICATION

1. *Never ARGUE, instead AGREE*
2. *Never REASON, instead DIVERT*
3. *Never SHAME, instead DISTRACT*
4. *Never LECTURE, instead REASSURE*
5. *Never say "REMEMBER," instead REMINISCE*
6. *Never say "I TOLD YOU," instead REPEAT/REGROUP*
7. *Never say "YOU CAN'T," instead do what they CAN*
8. *Never COMMAND/DEMAND, instead ASK/MODEL*
9. *Never CONDESCEND, instead ENCOURAGE*
10. *Never FORCE, instead REINFORCE*

# WOMEN'S EMPOWERMENT GROUP

**Location: Silver Sage, 803 Buck Creek Drive**

**Participants: FREE - Open to Women and Girls 13 and up**

**Time/Day: 4:45-6 pm, 1<sup>st</sup> and 3<sup>rd</sup> Thursday of each month**

**CONTACT: Anna Reid, MA, LPC-Associate, supervised by Kim Olden, M.Ed., LPC-S  
anna@hccares.com, 830-343-4607**

**About the Hill Country Crisis Council:** Serving Kerr, Kendall, Kimble, Bandera, and Gillespie Counties, Hill Country Crisis Council has a commitment to assist survivors of family violence, sexual assault and child abuse and restore their lives by providing intervention, protection and justice. We are dedicated to educating the community with the intention of ending violence against women and children.

**About the Trainer:** Anna Reid, MA, LPC-Associate, supervised by Kim Olden, M.Ed., LPC-S, is a counselor with the Hill Country Crisis Council and provides trauma-informed counseling services to the Bandera community. Anna is a 2<sup>nd</sup> degree Black Belt in Mu Do Kwan Taekwondo under Master PJ Talavera of The Black Belt Academy of Uvalde, and a purple belt in the Humaitá system of Brazilian Jiu Jitsu. Anna has 9 years of experience training in martial arts and self-defense and has been teaching for 7 years. Her experience includes teaching women's self-defense workshops and girl's empowerment camps through her gym in Uvalde, Texas. She is also a Licensed Professional Counselor-Associate with a Master's degree from Texas A&M University-San Antonio with experience working with survivor's of domestic violence, sexual assault, and childhood abuse and neglect.

**About the class:** This bi-weekly group will focus on fundamentals of self-defense which include: physical defense skills standing up and on the ground, movement fundamentals, verbal skills, boundary setting, educational information on trauma and violence, grounding skills, and general safety awareness and preparedness. Self-defense is serious business, but it is also a fun and empowering way to increase confidence, self-esteem, make connections with other women, and improve physical and emotional health. The class is trauma-informed, which means it is open to individuals who have experienced violence previously, and respect's survivors' experiences through intentional teaching methods that support survivors' right to autonomy, safety, and choice. Grab your best friend, sister, or mom and get ready to feel powerful!

## **What to bring/wear:**

- Wear comfortable clothing that you can move in (leggings, gym shorts, t-shirts)
- Wear socks and tennis shoes
- Please leave all jewelry at home. This is for safety, AND to avoid anything valuable getting lost!!
- Water bottle (you will sweat!)
- Small gym towel, if desired

**Tips for your first class: The first class can feel awkward and sometimes scary if you are new to self-defense or have experienced violence in your past. Remember:**

- You can always choose to sit out and take a break, just let the trainer know.
- Confidentiality. If you choose to disclose anything to your trainer, it will remain confidential.
- The motto is progress, not perfection. Just do your best!
- Don't compare yourself to others in the group. We all have our own journey.
- Take a deep breath and, of course, have fun!

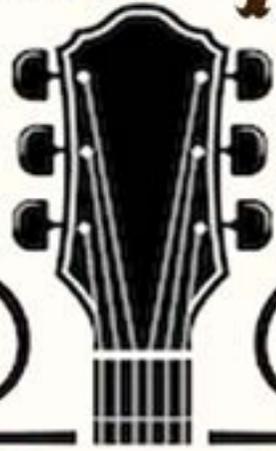
*Always* **THE 1<sup>ST</sup> TUESDAY  
OF EVERY MONTH!**

803 Buck Creek Drive  
(830) 796-4969

Bandera, Texas  
silversage.org

\$10 Cover

7-9pm



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



**Tuesday, May 2nd**

*featuring Chris & Cyndi Gonzales*

*& the*

*Silver Sage House Band*



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

