



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. 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. Artists donate their time and talents to benefit our Meals On Wheels.



Senior Living/Small House Community Project is in the making for 2020!



Arts and crafts lovers will enjoy a lovely shopping experience for unique holiday homemade-gifts made exclusively by creative friends from the Silver Sage. Page 20



Silver Sage Annual Thanksgiving Feast Wednesday, November 20th 12pm



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Karyn Lyn & Mikie Baker

Silver Sage-806 Buck Creek
Bandera, TX 78003
(830) 796-4969 P.O. Box 1416

HOURS:

SILVER SAGE HOURS:

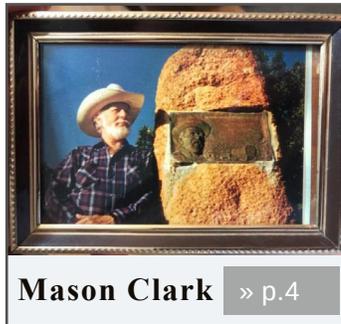
MON-THURS 8:00AM- 3:00PM

FRIDAY 8:00AM TO 2:00PM.

CLOSED WEEKENDS AND MAJOR HOLIDAYS.

WWW.SILVERSAGE.ORG

WHAT'S INSIDE



Mason Clark » p.4



Check out our Monthly Menu!



4. **Our Featured Silver Sage Senior Citizen, Mason Clark:** Bandera High School student, Zachery Widenor, explores the rich history and stories of Mr. Clark's strong will that can be traced to his great great great great grandfather, Amasa Gleason Clark, known to be one of the original founders of our Bandera community...
6. **A Message From John Cressey-Neely:** First, the Silver Sage congratulates John on his promotion. On page 6, he talks about the great appreciation we have for our Volunteers and upcoming Holiday events!
9. **How did I get this old and what do I do next?** Have you ever asked yourself that? Coming in January, a FREE, informative series concerning topics for the 50+ begins at the Silver Sage, hosted by John & Lanette Pennell, Designated Seniors Real Estate Specialists, of Keller Williams Realty.

*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) (540) 840-5550

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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The Quilting Corner:

BUY QUALITY FABRIC

Notice we did not say, "Buy the most expensive fabric." Pay close attention to the selvedge before making your purchase. If the pattern is not straight on the selvedge, you will never be able to make it stay straight, no matter how good your tools are. Also, fabric that is starched stiff by mills to make the pattern run straight may not hold so nicely after it goes through the wash. A clever trick is to tear your first cut before mass-producing individual pieces to ensure you are running straight on the grain.



(830) 816-5024

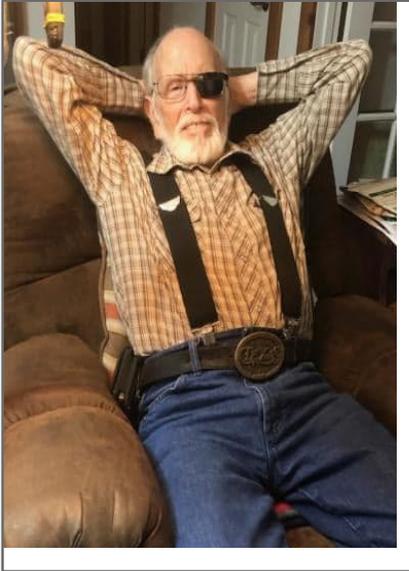
1400 Water St,
Kerrville, TX

Alamo Hospice

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Seniors Writing for Seniors

“Ten Feet Tall and Bulletproof” by Zakary Widenor



On the outside you might assume that Mason Clark is just a regular resident who lives on the east end of Hackberry Street in Bandera. For 85 years he has gifted the world with his headstrong attitude and witty sense of humor. Mr. Clark's strong will can be traced to his great great great grandfather, Amasa Gleason Clark, known to be one of the original founders of our Bandera community. As the records state, "In 1853 he traded a pistol and a horse for 60 acres of land," and by the 1900s, Bandera had grown from a population of 500 to 5,000. During that time Amasa Clark married a young Polish woman known as "The Bell of Bandera." After having 19 children Amasa's divorce was the first in the history of Bandera. As a forefather, Amasa Gleason Clark's determination can still be found in the community today through Mason Clark.

Described by his family as "10 feet tall and bulletproof," Mason was "born in San Antonio on a dark and stormy night in 1933." Born a blue baby, Mason was not predicted to survive the night. His grand-

mother, having lost two children, would not accept losing him too, so she then submerged him in whiskey so he would be able to breathe. Looking up to his father, who served in World War II, Mason Clark always wanted to join the military; however, he was denied because of a tractor machine injury which cut off his right index finger at the age of 12. Because of the times Mason Clark quit school by the age of 15. Mason always regretted his decision, however. He told me if he could go back and change one thing it would be to finish his education. But despite never completing high school, he was still very successful. After a few small jobs as a ranch hand around the country Mason Clark moved to California and pursued his first job as a general water heater repair man, and from then on Mason Clark became known as the jack of all trades, whether it was a brassiere designer or fighting fires or operating and owning a carpet and floor cleaning company. He never stopped doing his best at whatever it was. Mason feels, however, that his most impactful accomplishment is starting Bandera's very first postal center to help other small businesses grow and impact the lives of the people surrounding him. He focused very heavily on positively impacting those close to him.

I had time to ask Mr. Clark a variety of questions both fun and serious. I questioned him on his most influential life experiences, and to begin our conversation I chose to use the following ice breaking question: "If you could be a food that represents yourself, what would you be?" He of course answered with the classic: cornbread. I continued by asking him about the most important words of advice he could share with the young people of today. His wise response was, "Learn all you can about your family and treasure the time that you have with those that you love" Mr. Clark told me after having a great discussion, "To run a business you must have hard-working people. Trust them and pay them well and then a successful business is what you will have. The only thing that sells a business is the service." I feel this is one of the best life lessons he had to offer. It not only applies to a business, but can be translated into various aspects of our lives. I feel very a great honor to have been able to talk with and learn about Mr. Clark's life as well as having the opportunity to grow in knowledge with the experiences he shared.

Funny Bone

I had just started delivering MOW (Meals On Wheels) and there was a meal preference that the client didn't like pork. I accidentally delivered the client the wrong meal and turned around to swap them, but every single bite was already gone! I asked if they liked it and their response was, "it was the best meal I've ever had!!" Needless to say, they just thought they didn't like pork!

Mack, aged 88, has a problem with his house. It has two stories. It has stairs. When he uses the stairs, he stops midway to catch his breath. His main problem is that, when he is ready to start again, Mack is unable to remember whether he was going upstairs or downstairs.

THE FOUR STAGES OF LIFE

1. You believe in Santa Claus.
2. You don't believe in Santa Claus.
3. You are Santa Claus.
4. You look like Santa Claus.

Now that I am an older woman I see at least 4 men everyday. I see:

Jon
Charlie Horse
Arthur Ritus
Ben Gay

SENIOR CITIZEN TEXTING CODE

ATD	→	At The Doctors
BFF	→	Best Friend Fell
BTW	→	Bring The Wheelchair
BYOT	→	Bring Your Own Teeth
FWIW	→	Forgot Where I Was
GGPBL	→	Gotta Go, Pacemaker Battery Low
GHA	→	Got Heartburn Again
IMHO	→	Is My Hearing-Aid On?
LMDO	→	Laughing My Dentures Out
OMMR	→	On My Massage Recliner
OMSG	→	Oh My! Sorry, Gas
ROFLACGU	→	Rolling on Floor Laughing And Can't Get Up
TTYL	→	Talk To You Louder



But I Can Still Drive!

I've sure gotten old! I've had two bypass surgeries, a hip replacement, new knees, fought prostate cancer and diabetes. I'm half blind, can't hear anything quieter than a jet engine, take 40 different medications that make me dizzy, winded, and subject to blackouts. Have bouts with dementia. Have poor circulation; hardly feel my hands and feet anymore. Can't remember if I'm 85 or 92. Have lost all my friends. But, thank God, I still have my driver's license!

GRAVITY

At the beginning of my shift, I placed a stethoscope on an elderly and slightly deaf female patient's anterior chest wall. "Big breaths," I instructed. "Yes, they used to be," expressed the patient.

A Message From John Cressy-Neely

Where has the time gone? The holiday season is fast approaching and we are getting ready here at the Silver Sage. Thanksgiving is up first, and I want to take this opportunity to say "THANK YOU" to all our Volunteers here at the center. From our Meals on Wheels Drivers, Volunteers who run the Thrift store, Volunteers who help during the San Antonio Food Bank distribution days, Volunteers who help set up for the Cowboy Capital Opry, Volunteers who deliver care packages to our home bound clients and those who help in the kitchen. To all our Volunteer's we (the Silver Sage) cannot say thank you enough for all you do. Without you we could not function and provide services to our Seniors throughout the County of Bandera.

Your efforts are vital to our continued success and we want you to know we appreciate each one of you.

Mark your calendar for 20 November, that is the day we will have our Congregate Thanksgiving Lunch here at the Silver Sage. Please call the Silver Sage no later than 15 Nov and make a reservation. We will be having turkey and all the trimming so bring an appetite.

For more events/happening at the Silver Sage, follow us on:

Facebook or visit our website www.silversage.org and we hope to see at the center.

 <p>Fredericksburg Home Care</p>	<p>In-Home Senior Care Up To 24-Hours Tel: (830) 992-3392</p> <p>Serving: Fredericksburg, Kerrville, Harper, Doss, Hye, Stonewall, Kerrville, Ingram and Mountain Home</p>
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 <p>ART Alamo Regional Transit Alamo Area Council of Governments</p>
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Southern Fried Salmon Patties By Amy Dee-Hawley:

- 1 (14 3/4 ounce) canned salmon
- 1/4 cup onion
- 1/4 cup cornmeal
- 1/4 cup flour
- 1 egg
- 3 tablespoons mayo



Open salmon and drain thoroughly, place drained salmon in mixing bowl and flake evenly with a fork. Add onion, cornmeal, flour, mayo, and egg. Stir until well blended. Shape mixture into patties about the size of an average burger or less. Cook in oil in skillet over medium heat until browned on each side. Turn once while frying.

Note: The mayo helps the patties hold their shape and keeps them from drying out.

Holiday Coffee By Tina Wright

- 1 tsp cayenne pepper and 1 tsp cinnamon in coffee grounds.
- Brew. When coffee is done, put one oz of Italian creme.
- Top with whipped cream.
- Optional - 1 oz of bourbon.
- This works also as ice coffee.

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MEMBER
FDIC

Proper and Tasteful

Written by Mikie Baker

When Thanksgiving rolls around, my thoughts always turn to Dearly Demented Mom. In memory of her and that I'm so thankful she was in my life so long, here's one of my classic columns about her.

Dearly Demented Mom hails from Boston, the land of propriety and good taste. I was born in Texas, the land of tobacco spittin' and big hair. Sadly, my mother didn't have a clue on the correct way to wear blue eye shadow.

Over the years, we battled about what was "proper" and what was "in good taste." I can still remember the hissy fit I threw in the ladies dressing room when DDM wouldn't buy me a cute, plaid middy jumper because the seams didn't match.

DDM: "No child of mine is going out dressed in something that doesn't have matching seams. It's just not proper. And it's not in good taste."

ME: "Mom, I swear I'll keep my arms down to my sides so no one will notice the seams! I won't answer one single question in school all day long."

DDM: "Nope. That outfit will turn you into a poorly clothed, dumb girl."

Remember, this was prior to that Mecca for the badly dressed – Wal-Mart. When she was secure in the fact I knew the proper way to dress, she moved on to the good taste phase of my upbringing. Unfortunately, I was in my 20's by then and it was too late.

Back in the day, Dearly Departed Husband and I lived in "sin". He hadn't bought the cow yet and I felt like I needed a test drive before any real commitment. Since we were playing house, when Thanksgiving rolled around I invited my parents over for the cooking of my first bird.

ME: "Mom, how about taking the year off from cooking Thanksgiving dinner and let me do it? You can help me."

DDM: "Absolutely not! You can't prepare Thanksgiving dinner until you two are officially married. It's just not proper."

ME: "I'm living in sin so you're not giving me the bird?"

Unfortunately, the moment I was wed, my mother said the proper thing for me to do was to cook Thanksgiving dinner from then on. Maybe I should have just stayed single. Through the years, Dearly Demented Mom has continually shoved good taste down my throat – weddings, funerals, baby showers, luau's and keg parties – I know the proper thing for any occasion, all done in good taste, my dear.

So what happened the other day with DDM was quit shocking. I handed her breakfast – a giant glazed cake donut and a glass of milk. Remember my rule: over 80 and you diet no more. Dearly Demented Mom took one sip of her milk, looked up and glared at me. "This milk is sour!" I explained to her it was brand new and was fine. She said, "No, it's spoiled. Here you taste it!"

Same day, only different meal – lunch. I made DDM the standard bologna and cheese with mayo sandwich on white bread with the crusts cut off. She took one bite and glared at me. "You put peanut butter on this sandwich!"

I marched over, separated the pieces and said, "I did not! See no peanut butter." But there was no reasoning with her.

Suddenly it hit me. Mom has bad taste! After 90 years, she's finally had the decency to run out of good taste. Come to think of it, I could actually go buy a pre-cooked turkey dinner with all the trimmings and she wouldn't notice the difference. Of course, it wouldn't be proper to con a demented 90 year old, now would it?

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HOW DID I GET THIS OLD AND WHAT DO I DO NEXT

How did I get this old and what do I do next? Have you ever asked yourself that? This January, a **FREE**, informative series concerning topics for the 50+ begins at the Silver Sage Community Center. Professionals slated to speak include an attorney, doctor, insurance expert, mortgage lender, 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?

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- 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 will be awarded. Bring your caregiver, family, & friends. Hosted by: JOHN & LANETTE PENNELL, Designated Seniors Real Estate Specialists, of Keller Williams Realty.

1127 E. Main St. Suite 100, Kerrville, Texas



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Center Hours:
Monday - Thursday
8:00 am - 3:00 pm
Friday
8:00 am - 2:00pm

WEEKLY ACTIVITIES

- Monday
- Indoor Exercise 8:00 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
- Thursday
- Bridge 9:00 AM
- Dominoes/42 12:30 PM
- Mexican Train 1:00 PM
- Crafts 1:00 PM
- Friday
- Indoor Exercise 8:00 AM
- Bingo 12:30 PM



Silver Sage ~ November 2019

	San Antonio Food Bank	
	November 6	
	December 4	

November 20
Thanksgiving Meal at
Silver Sage
 (Nov. Birthdays Celebrated)

HAPPY
THANKSGIVING

November 27 - 29
Silver Sage Center
CLOSED

CHRISTMAS CRAFT SALE!

Saturday, November 30
9:00 - 4:00
 Handmade craft items that will
 make unique and beautiful gifts for
 anyone on your Christmas list!
 Support local artists and
 Silver Sage!

www.SilverSage.org

WORKSHOPS ~ 1:00 PM

Nov. 6 - Amanda Williamson -
Visiting Angels - Visiting Angels
 provide in-home care, home care,
 elderly care, and companion care.
 With senior home care services,
 elderly adults can continue to live
 independently in their own homes..

Nov. 20 - Steve Bradley will be
 available to answer questions
 concerning 2020 Medicare Open
 Enrollment plans. He can assist in
 any way he can to help you under-
 stand Open Enrollment.

Brown Hearing
Thursday, Nov. 19
 Please call **1-800-392-1041**
 to make an appointment.

Trip to Lost Maples
Thurs., Nov. 7
 Picnic lunch by the stream

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

Cowboy Capital Opry

First Tuesday
Dec. 3, 2019
Doc & Dave
Cindy & Chris
Gonzales

Doors open at 6:30 pm ~
 Music begins at 7:00 pm
 Admission ~ \$5
 Reserved Seats ~\$5

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 Opry &
 The Thrift Store
 support Meals On Wheels

Silver Sage ~ November 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
4. Hamburger Steak Mashed Potatoes w/Gravy Peas Dinner Roll	5. Stuffed Chicken Grilled Artichoke Hearts Apple Salad	6. <i>SAFB Market</i> Hearty Pork Roast w/Potatoes & Carrots Biscuit Salad	7. Grilled Chicken Fajitas Tex-Mex Salad Rice	1. Cheeseburger Tater Tots
11. Double Crunch Honey Glazed Pork Chops on a bed of Spinach Sliced Carrots	12. Lemon Chicken over Rice Glazed Carrots Broccoli Salad	13. Beef Stroganoff Grilled Brussel Sprouts Salad Dinner Roll <i>Congregate - Gumbo</i>	14. Pork w/Pineapple & Sesame Broccoli over Rice	15. Fish Sticks French Fries Coleslaw <i>Congregate—Fish Sandwich</i>
18. Chicken Fried Steak Mashed Potatoes Corn Medley Dinner Roll	19. Grilled Cabbage Sausage Biscuit	20. Old Fashioned Beef Stew Cornbread <i>Congregate - Thanksgiving Lunch</i>	21. Creamy Garlic Parmesan Chicken over Egg Noodles Fiesta Corn Green Beans	22. Turkey Salad over a bed of Greens
25. Salisbury Steak Hominy Mixed Veggies	26. Chili Fritos Salad			

Joyce D. Lamilla, LD
Call Meals On Wheels delivery
(830) 796-4969

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
Menu subject to change
according to availability



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MARKET DAYS
The San Antonio Food Bank
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Center the **FIRST** Wednesday of
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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!





Word Search

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

See how many of these newspaper related words you can find in the puzzle. The words can be forward, backward or diagonal.

- | | | | |
|-----------------|--------------|----------------|--------------|
| 1. GIVING | 5. GRATEFUL | 9. FAMILY | 13. RESPECT |
| 2. THANKS | 6. GRATITUDE | 10. FRIENDS | 14. THANKFUL |
| 3. THANKSGIVING | 7. KINDNESS | 11. HEALTH | 15. POLITE |
| 4. HOLIDAY | 8. CARING | 12. APPRECIATE | 16. MANNERS |

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Get Fit at The Silver Sage!



YOGA WITH WILLY - Location: Great Room - Time: 10:00

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.

REACH THE SENIOR MARKET!

Would you like to become a sponsor in our newsletter?

Varying levels of sponsorship gives your company/organization an opportunity to be promoted in a multitude of ways including print advertisements through our monthly newsletter

“The Scoop at Silver Sage:” Website exposure, press releases, as well as a presence through display materials at our facility. Sponsorship agreements also provide for your company/organization on-site opportunities--an incredible and effective way to connect with your target: The Senior Population.

For more info, contact Karyn Lyn: 830.796.4969
You can also view details on our website: silversage.org



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Vision:

Healthier lives across Bandera County



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For more information on how to make a donation, qualify as a patient, or for an application, please go online at:



NagelClinic.org.

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The Arthur Nagel Community Clinic is proud to be a funded partner of the **METHODIST HEALTHCARE MINISTRIES** of South Texas, Inc.



RiskBusters



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 Paps Restaurant. 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,
Inspiring the future.*



Spotlights at SILVER SAGE



*1st Annual
Christmas*

Craft Fair

at Silver Sage



Handmade Holiday Market
Saturday, November 30th
9am-4pm

803 Buck Creek Drive - www.silversage.org