



Our Silver Sage Thrift Store is located at 660 Hwy 16 South in the strip mall next to Snowflakes Donuts (830) 796-3590 <u>Store hours (Temp. hours):</u> Tues-Thurs 10:00am-3:00pm









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 Opry

1st Tuesday of every month benefiting Meals On Wheels. we will no longer take pre-payments for the opry. You can still make a reservation and have a guaranteed seat; you will simply pay at the door when you arrive. To make your reservations you will still either come by the Silver Sage or call Amy or Lisa at 830-796-4969.

THE SILVER SAGE BUS PROGRAM PAGE 18 is intended to enrich the lives of senior citizens in our community by offering a variety of activities such as: Trips to larger grocery stores, occasional dinners, special events or sight seeing outings that our seniors might not wish to drive to on their own. Our bus trip to HEB is on the first Thursday each month and our bus trip to Walmart on the third Thursday. These trips always leave at 12:30 from the center.





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

Development Director: Mikie Baker-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

WHAT'S INSIDE

- 5. Fall like a Kid, By Monica Zuniga, Alamo Hospice: If you have been following my articles this year, you know my intention is to bring joy along with a reminder that we can all choose joy even in the midst of the difficult things going on in our world today.
 - Through The Eyes Of A Driver by Mary Allyce: "November in south central Texas, even with warm-ish temps, definitely signals fall. Hunting Season begins with a (pardon the pun) bang the first weekend in November with Hunters' Weekend.
- 10. What's Going On, by Lisa Crawford: "If you haven't noticed our calendar days are filling up with exercise classes of all kinds. Why? Because we want you to have every opportunity (and no excuses) to stay active and healthy.

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



Fall like a Kid

By Monica Zuniga, Alamo Hospice

OK, so I do not mean to literally fall, but rather to experience this beautiful fall season with the joy, freedom, and anticipation of a child. If you have been following my articles this year, you know my intention is to bring joy along with a reminder that we can all choose joy even in the midst of the difficult things going on in our world today.



As a kid, I loved fall! It was mainly because I knew a season of fun was ahead. I enjoyed the sporting events that came with fall, the upcoming candy-fest and getting to dress up as my favorite character, Thanksgiving time with all the good food and loved ones gathering, and of course Christmas with all the toys, anticipation for Santa, and family togetherness.



As I got older, though, life set in... setbacks, hard times, unbearable seasons I thought I would never make it through, financial hardships, and having to start over – many times. I would remember my mom going through hard times, yet always choosing to be thankful for something and finding the positive in every situation.

I realize not everyone had a great childhood and serious hardships started way too young. But I do know that each of us has a choice. In us is the freedom to choose how we will react. It is one of life's greatest gifts. We have all heard the saying we can choose to be "bitter or better," and it really is that simple. It may take more time or work to do so, but if persistence prevails, our feelings change, and we change.

So, make a choice today – be all the good parts of being a kid! Get outside and enjoy the beautiful weather, "play" with friends. If you don't have any, make some! Find common interests "on the playground" of life. Kick some leaves around, watch your dog play in the park and think about the joy he must be feeling as he runs about freely. Enjoy a pumpkin latte or apple cider with a friend, read a book in the crisp breeze, or feel the sunshine on your face. Do "fall like a kid," my friend. You won't regret it. ♥





THROUGH THE EYES OF A DRIVER By Mary Allyce

Although I've lived in the southern third of the United States – California, Arizona, Florida, and Texas – for over forty years, I admit temperatures hovering around 80o as we move into November still don't feel quite right to me. I got some flack from Facebook critics when I posted a cozy picture of my little electric fireplace blazing away, or the illusion of it blazing away, when a South Texas "cold front" dropped the temperature to 70o one nippy morning. The heating element was turned off. The flickering fake flames only looked warmly inviting and I thought the tweak was evident.

Sarcasm can be such a hard sell on social media!

While many of my northern tier friends are plotting cold weather escapes to beachy locales, dreaming of pool and oceanside lounging while sipping pina coladas and southern friends are already dreading a true temperature drop and their annual hibernation, I'm happily bringing sweaters out of storage and anticipating steaming bowls of chili. I'm always excited to see fall colors, leaves turning shades of gold, orange, red and at least some of our perennial weeds taking a long winter's nap. It would be nice if it stayed warm enough for the last of my struggling tomatoes to ripen on the vine, but I'm not going to get overly nitpicky here.

Don't get me wrong. I love my Hill Country home. I love the hills, the rivers, the strong western vibe of this place. It suits me in a way the other sunbelt locales I've called home did not. We do have at least two distinct seasons and last winter we all, me included, had more winter than any of us wanted. Too much of any good thing is too much. And I confess the ubiquitous overload of all things pumpkin spice is so annoying I almost look forward to Christmas colors, pine and peppermint scent showing up before I've had a chance to put on my witch outfit and celebrate Halloween. Almost. November in south central Texas, even with warm-ish temps, definitely signals fall. Hunting Season begins with a (pardon the pun) bang the first weekend in November with Hunters' Weekend. Even non hunters enjoy that boy howdy party. We welcome our Winter Texans back to the RV parks, the venues and, of course to the Silver Sage where they help swell the volunteer ranks. They're going to find all kinds of new, fun, enlightening, and enriching things to do here at the Silver Sage thanks to Activities Director, Lisa Beck Crawford. From exercise classes, bingo and "42" games, to terrific music jams, a writers' group, and some of the best lunch menus in town, it's a happy, energizing place to meet up with friendly folks with wide interests. It might be fall, but no one's going into hibernation around here.

And then this morning it happened. The temperatures dropped into – hold the phone – into the 50's! I pulled on a sweatshirt. cranked up the little electric fireplace, and put a pot of chili on the stove. C'mon. fall. Bring it – the colder weather, the color, the aromas. the holidays and the



food. I've missed you. Can't you just smell that turkey in the oven, the sage, even the pumpkin spice in a proper pumpkin pie, of course!

Happy fall!

Happy Thanksgiving! Happy November! And see you at the Silver Sage!



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



Funny Thanksgiving Jokes

"What did the turkey say to the turkey hunter on Thanksgiving Day?" "Quack, Quack!"

"Why did the farmer have to separate the chicken and the turkey?" "He sensed fowl play."

"Why did they let the turkey join the band?" "Because he had his own drumsticks."

"What happened to the turkey that got in a fight?" "He got the stuffing knocked out of him!"

"If you call a big turkey a gobbler, what do you call a small one?" "A goblet."

"What do you call a running turkey?" "Fast food."

"How come the turkey didn't eat dinner?" "He was already stuffed."

"What did the turkey say to the computer?" "Google, google."

"What do you get if you cross a turkey with a ghost?" "A poultry-geist." What role do green beans play in Thanksgiving dinner?



- Q. What do you get when you cross an octopus with a turkey?
- A. Finally enough drumsticks for everybody at Thanksgiving.





Bandera Writers Group, Nov. 4th

in the Great Room 2pm-4pm! The Bandera Writers Group is looking to bring info on writing technique, various options for publishing, distribution/promotion, all things of interest to writers. They offer the opportunity to connect with critique partners & share our writing for feedback. Everything is open to discussion & we welcome new ideas & suggestions. For more info, contact Mary Schenk (830) 522-0089







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

If you haven't noticed our calendar days are filling up with exercise classes of all kinds. Why? Because we want you to have every opportunity (and no excuses) to stay active and healthy.

Exercise Classes: We have two NEW exercise classes starting in November. On Wednesdays at 10 a.m. Rayla Childers will lead a full body workout class called Body & Balance (first class Nov. 8th). On Fridays at 11:30 Clifton Fifer will lead a Country Two-

Step Dance class. The cost for each class will be \$8 per person, per class, payable on the day of the class to the instructor. Our Yoga, Stretch & Strengthen and Line Dance classes are going great, but still have space for you.

Monthly House Concerts: We had a little snafu with our first house concert, but we have George Ensle rescheduled for 7 p.m. on Thursday, January 13th. We are all set for a great concert on Thursday, November 11th with Mike Blakely and his lovely wife Annie. Mike is an award-winning songwriter, storyteller and novelist and is blessed with a wonderful stage presence. Prepare to be captivated. Admission will be \$10 and include reserved seating. You can call Lisa or Amy at the Silver Sage to make your reservations, but you will only be able to make your payment at the door on the day of the concert. Please notify us ASAP if you've made a reservation and cannot attend, so that we can make that seating available to others. ABOUT MIKE: As a singer/songwriter, Mike Blakely has released 13 albums performed all over the U.S. and has made 16 tours to Europe. His songs have been recorded by Alan Jackson, Gary P. Nunn, Red Steagall, Flaco Jimenez and Raul Malo, Walt Wilkins & The Mystiqueros, John Arthur Martinez, Randy Brown, Geronimo Trevino III and Johnny Rodriguez, Johnny Bush, Jon Chandler, Bill Barwick and others.

Lunch & Learn is now Let's Talk: What we used to call Lunch & Learn seems to have caused confusion for those coming in for lunch. So, we have changed the name of our Lunch & Learns to "Let's Talk About:". Some of you have asked why we have these talks. So, here it is: The persons coming in to give these talks are sponsors of our Silver Sage monthly newsletter The Scoop. Everyone loves getting the newsletter. It's a great way to stay informed about what's going on here at the Silver Sage with the activities calendar, lunch menu, bus trips and food bank distributions etc. Paper to print these newsletters and the ink is costly. We love providing this for our members and community but must have a way to offset the cost. That is where our sponsors come in. One of the perks we offer our sponsors is that they can come in and talk to you while you are having lunch. We have had some very interesting and educational talks so far and more to come. Each week the calendar will list the "Let's Talk" followed by the subject matter to be discussed. So, watch for the topics and join us for the ones that interest you. You do not have to come for lunch in order to come to a Let's Talk presentation. IF you are coming in for lunch, please also sign-in for "Let's Talk". Remember it's all about our community involvement.



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





Bandera, TX 78003 - 830-796-3333 www.myhb.com



November ACTIVITIES 2021

Activities Director, Lisa Crawford Phone: (830) 850-0930 Email: lisa@silversage.org

		<u>Phone:</u> (830) 850-02	930 <u>Email:</u> lisa@s	inversage.org
Mon	Tue	Wed	Thu	Fri
1 <u>8:00</u> Video Exercise <u>10:00</u> Yoga w/Willy <u>12:30-2</u> MUSIC JAM MONDAY	2 <u>10:30</u> Stretch & Strengthen <u>12:30</u> Mexican Train <u>7:00</u> Cowboy Capital Opry w/Art & Lisa	3 <u>8:00</u> Video Exercise <u>9:30</u> Quilting <u>12:30</u> "Let's Talk About" Medicaid Q&A w/MaryLou Howells- <u>1:00</u> BINGO	4 <u>9:00</u> Bridge <u>12:30</u> HEB Bus Trip <u>12:30-3</u> Mah Jongg <u>1:00-4:00</u> 42 <u>2-4</u> Writer's Group	5 <u>8:00</u> Video Exercise <u>9:30am-10:30am</u> Line Dance Class <u>11:30-12:30</u> Two-Step <u>12:00-2:00</u> Farkle
8 <u>8:00</u> Video Exercise <u>10:00</u> Yoga w/Willy <u>12:30-2</u> MUSIC JAM MONDAY	9 <u>10:30</u> Stretch & Strengthen <u>12:30</u> Mexican Train	10 <u>8:00</u> Video Exercise <u>9:30</u> Quilting <u>10:00</u> Body & Balance <u>12:30</u> "Let's Talk About" Boerne Community Theatre w/Christine Crowley <u>1:00</u> BINGO	11 <u>9:00</u> Bridge <u>12:30-3</u> Mah Jongg <u>1:00-4:00</u> 42 <u>6:30pm</u> Silver Sage House Concert/ Mike Blakely	12 <u>8:00</u> Video Exercise <u>9:30am-10:30am</u> Line Dance Class <u>11:30-12:30</u> Two-Step <u>12:00-2:00</u> Farkle
15 <u>8:00</u> Video Exercise <u>10:00</u> Yoga w/Willy <u>12:30-2</u> MUSIC JAM MONDAY	16 <u>10:30</u> Stretch & Strengthen <u>12:30</u> Mexican Train "Let's Talk About:" Nutrition w/Susan Broa	17 <u>8:00</u> Video Exercise <u>9:30</u> Quilting <u>10:00</u> Body & Balance <u>10:00AM-2:30PM</u> Mimi's Free Haircuts <u>12:30</u> "Let's Talk About" Intro to Juniper Village w/Joe Owen <u>1:00</u> BINGO	18 <u>9:00</u> Bridge <u>1:00-4:00</u> 42 <u>12:30-3</u> Mah Jongg <u>12:30</u> Walmart Bus Trip	19 <u>8:00</u> Video Exercise <u>9:30am-10:30am</u> Line Dance Class <u>10:30</u> Lakehouse Bus Trip (Kerrville) <u>11:30-12:30</u> Two-Step <u>12:00-2:00</u> Farkle
22 <u>8:00</u> Video Exercise <u>10:00</u> Yoga w/Willy <u>12:30-2</u> MUSIC JAM MONDAY	23 <u>10:30</u> Stretch & Strengthen <u>12:30</u> Mexican Train In-house Thanksgiving Meal	24 CLOSED	25 CLOSED	26 CLOSED
29 <u>8:00</u> Video Exercise <u>10:00</u> Yoga w/Willy <u>12:30-2</u> MUSIC JAM MONDAY	30 <u>10:30</u> Stretch & Strengthen <u>12:30</u> Mexican Train <u>12:00-1:00</u> Birthday Bash Cake and Ice Cream Social	1 <u>8:00</u> Video Exercise <u>9:30</u> Quilting <u>1:00</u> Bingo <u>10:00</u> Body & Balance	Happy THANKS GIVING	*FOOD BANK Lakehills CivicCenter:Monday 8th10am-12pmMansfield Park, Bandera:Wednesday, Nov 17th 2pm-4pm

MONDAY	<u>er Sage ~ Novembe</u> TUESDAY	DIIVET DAGE ~ NOVEINDET ZUZL LUNCN SERVEG ITOM 11:30pm-1pm TUESDAY WEDNESDAY THURSDAY	a irom 11:30pm-1p THURSDAY	DM FRIDAY
1 Chicken Strips/Gravv	2 Beef and Broccoli	3 Savorv Pork Riblets	4 Chicken Bacon Ranch	5 Hamburger/Fixings
Sweet Potato Fries	over White Rice	Green Beans	Skillet	House Cut Fries
Cowboy Corn	Dumplings	Hominy	Brussel Sprouts	
		Bacon, Lettuce, Lomato Salad		
8	6	10	11	12
Chopped Steak	Chicken Piccata	Slow Cooked Beef Tips Over	Chicken Pot Pie	Kielbasa Smoked
Loaded Mashed	Squash Medley	Egg Noodles		Sausage Dog w/Chili
Potatoes and Gravy Creamed Sninach	Mozzarella 1 omatoes	Carlic Butter Mushrooms Crilled Assertance		House-made Fries
стеашси эршаси		Broccoli & Brussel Sprouts		
		Garden Salad		
15	16	17	18	19
Pork Chop/Gravy	French Cassoulet	Meatloaf	Egg, Bacon, Spinach,	Supreme Pizza
Corn	Cornbread	Au Gratin Potatoes	and Cheese Bake	
Carrots	Grilled Apples	Black Eyed Peas	Hash Brown Casserole	
		Chef Salad	Biscuit and Sausage Gravy	
22	23	24	25	26
Country Fried Steak	<u>Home Delivered</u> -Million	<u>Home Delivered</u> -Turkey,		
Hominy	Dollar Spaghetti Casserole	Dressing, Green Bean	CLOSED	CLOSED
Stewed Tomatoes	Silver Sage Community	Casserole, Squash		
	<u>I hanksgiving</u> -I urkey, Dressing Creen Reen	Casserole, Pumpkin Pie		
	Casserole. Squash			
	Casserole, Pumpkin Pie,	<u>Silver Sage</u> CLOSED	Monii siihioot to ohanao	Joyce D. Lamilla, LD
	Cranberry Salad		according to availability	delivery (830) 796-4969
29	30	Area Agency	ſ	
Turkey and Rice Casserole Roasted Carrots w/Pecans	Three Meat Lasagna Vecetable Cratin	on Aging	AACOG	
and Sorghum Sweet Peas w/Toasted Garlic	Garlic Bread	Purpose of the Team Department of Aging and Disability Services Alamo Area Council of Governments	Alamo Area Council Of Governments	SERVING SOUTHWEST TEXAS
3				

Silver Sage ~ November 2021 Lunch served from 11:30pm-1pm



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



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



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

830-796-9197

Bandera, TX 78003

Suite D

www.edwardjones.com Member SIPC

Edward Jones

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

 135 Plaza Drive, Kerrville, TX 78028
 Senior Living and Rehabilitation and skilled care

 830.895.2626
 Junipercommunities.com

 f
 Image: Senior Living and Rehabilitation and skilled care



FACILITY #000769/000269

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



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





Dr. Mark Richardson, Dr. Jennifer Knight, and Associates

830-796-3003 1989 TX-16 N, Bandera, TX 78003 BANDERAVETCLINIC.COM





MYSTERY MENU MONDAYS

For those of joining us at The Silver Sage for lunch during the week, we have some exciting news. Every Monday we will be having a Mystery Chef prepare a second option for your dine in experience. You may choose to enjoy what is on the regular menu or have the Mystery Menu.

The week prior to each Monday our dine in guests will be given clues as to who the Mystery Chef is and what the Mystery Menu is via Facebook. Of course, Art Crawford will be prepare his Liver and Onions a Monday now and again,

but who else will be cooking for you? What will they be making? Make a date, mark your calendar, and come on down to The Silver Sage and join in the fun and food. As always, there is no costs for our meals. If you wish to donate it will be greatly appreciated.

Stretch & Strengthen with Ida Hardy Every Tuesday 10:30am

This is a Stretch & Strengthen class for people who want to move their joints more freely, get stronger, and become more flexible.

This class promotes movement of the limbs in smooth, gentle, & flowing ways to develop coordination and improve or retain normal range of motion.

The cost of the class will be \$8 per person each week (\$5 going to Ida Hardy and \$3 going to the Silver Sage).

While the class is OPEN TO ALL ADULTS we do not offer child care so please make other arrangements for your children.





Please contact Lisa to sign up: lisa@silversage.org (830) 850-0930



Our greatest need is for drivers and driver assistants to help with the Meals On Wheelsprogram.

If you have a few hours once a week

to help others, the rewards will be great. Visit and make friends with some of the most marvelous and interesting people who receive Meals On Wheels. Meals are delivered Monday through Friday throughout Bandera County. The Silver Sage provides vehicles and gas for deliveries. What a special feeling it is knowing that you have made such a difference in someone's life! Please call us at (830) 796-4969 and ask for Amy. Our volunteer application form is available at: silversage.org/volunteer

THE SILVER SAGE BUS PROGRAM

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



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

All activities must be scheduled in advance and a sign up sheet will be put out one week in advance for each activity. You MUST sign up in advance for each trip you wish to attend and since seats are limited it will be first come first served seating. If you wish to ride the bus you will be required to fill out an informational sheet that we will keep in a file on the bus while traveling. We are making our first trip out for "lunch" on Friday, November 19th and heading to The Lakehouse in Kerrville. The bus will leave from the Silver Sage at 10:30 a.m. in order to beat the lunch rush and we expect to return no later than 2:30. If you would like to join us, you must sign up in advance. You can call in and get your name added or stop by and add it yourself. I have room to take a total of twelve people and it's first come first serve. Once the list is full, I will start a stand-by list since inevitably someone almost always has to cancel.

*Each person is responsible for purchasing their own meal and tipping wait staff. *You must be physically capable of getting on and off the bus unassisted.

*A \$5 donation for the bus ride is greatly appreciated. No one under 18 please. Contact Lisa for more info @ lisa@silversage.org - 830-850-0930



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



Get Fit at The Silver Sage!



YOGA WITH WILLY EVERY MONDAY - Location: Great Room - Time: 10:00am

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



TEXAS EMERGENCY MORTGAGE ASSISTANCE PROGRAM (TEMAP)

AACOG may pay up to 6 months of mortgage payments

(5 months in arrears and 1 future payment)

You may qualify for mortgage assistance:

- If you live in one of the twelve Alamo Area rural counties
- If you have been impacted by COVID-19
- If you are at or below 80% Average Median Income (AMI)
- If your mortgage is at or below 150% FMR/SAFMR
- If your mortgage is in first or second lien position
- If where you reside is your primary residence

Scan QR code to find the AMI for your county

Call (866) 231-4922 or e-mail TEMAP@aacog.com to begin the intake process

Hide and Go Seek By Mikie Baker

Remember when you were a kid and you'd hide so your friends could try to find you? I haven't played that game in over 50 years. Know why? The man I live with would never be able to find me. Frankly hiding in a closet all day can get pretty boring.

When I was a teenager, I can remember my mom calling me into the kitchen pleading for help. I'd dash in to see her staring aimlessly into the pantry and I'd hear something like this, "I swore I had a can of pickled beets in here but I can't find them anywhere!" I'd look in the pantry, grab the can of beets and hand it to her. "Here Mom. It was right in front of your face. If that aluminum can had arms it could have reached out and tweaked your nose."

I always thought she was losing her mind. Unfortunately, she really was.

I think I remember that I'm still pretty good at finding things around me. Not so much with My Future Husband. Just the other day, I got a call from him while I was at work.

ME: Hi honey!

MFH: Have you seen my satchel? (That's his man purse.) I can't find it anywhere!

ME: Did you look in your truck?

MFH: Yes. And in all the normal places that I put it. It's nowhere to be found and I need it because my wallet is in there.

ME: Until you take your wallet out and leave it someplace else.

MFH: Well I didn't do that this time. But I still can't find it!

ME: Okay, well where's the last place you remember putting it?

MFH: I can't remember!

ME: I get that. The last place I recall you having it was when you parked your truck in front of Headquarters and you came in and brought me the mail. Have you looked out there in the office?

MFH: Okay, hold on; I'll look.

ME: Try and make it quick. I'm at work.

MFH: Oh here it is up against the wall on the floor!

ME: No wonder you couldn't find it. Talk to you later. Bye bye.

Why is it that from 35 miles away, I can still find everything he loses? I must have X-ray vision.

As I pondered how I can be so stealth, and he can be so clueless I decided to call Very Best Friend to check and see if Perfectly Engineered Husband had the same disease.

ME: Does Perfectly Engineered Husband ever call you from work and ask where he put his fa-vorite pencil?

VBF: No. He's an engineer and he's always organized. He never loses anything.

ME: Thanks. You're no help. You people don't have near enough clutter in your lives.

Undeterred, I asked around the office. Yes, it seems many a man has this disease. In fact, one of my cohorts talked about her dad, who was a farmer. He'd head into the house on the farm and ask his wife where he had put down his screwdriver that he was using to fix his tractor in the barn. I guess she had X-ray vision, too.

At least I don't forget my wallet when I go to the grocery store, like MFH. Or my hearing aids when I go to the audiologist. I guess I should consider myself lucky because he still remembers who I am. Or maybe not.

I suppose the only thing left to do is to head over to Amazon to buy vitamins and chains. I can pump him full of Prevagen and chain all his important things to his belt loops. But first, I'm going to have to remember my Amazon password.

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



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

WHEN IT COMES TO MEDICARE YOU HAVE CHOICES.

et me help

find the best plan to fit your health care needs.

RESIDENT Kerrville, Texas

it's a great day at lowe's



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.

> 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.

Victor Haro

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



SILVER SAGE KIOSK KEY CHAIN CARDS AND SIGNING IN

We want to thank everyone for their patience with us as we are implementing the new sign-in kiosk with the key chain cards. I know it is a little confusing at first, but before you know it, it will be old hat for you, and you will find it easier than physically signing in. IF you are having any trouble with using the kiosk key chain card to sign in, please see Lisa or Amy and we can do a short training on how to use it correctly.

Using the kiosk is very important because it helps us to keep a record of how many sign-ins we have at the center for each activity we offer, including lunch. The importance of knowing these numbers is two-fold. First, it helps us to get a very small, but much needed reimbursement, from the state, for each meal we serve. Of course, the reimbursement doesn't completely cover the cost of the meals, but it certainly adds up and helps us to continue serving our community.

Secondly, we depend a great deal on grants from other organizations to keep our doors open. The number of people we serve in each activity or event, as well as the number of volunteers and hours they volunteer, directly affects our prospects for grants.

The more people we serve in our community in any capacity, and the more people willing to give their time to be involved as a volunteer, shows the grant givers there is a need here, and there is community involvement. After all, why would any organization looking to hand out grants want to give money to a center no one is using or interested in helping? If no one signs in and we can't show the numbers of people we are serving and volunteering, and on paper, it looks like we are a useless organization. So, it is so very important to the Silver Sage to have everyone sign-in using their kiosk key chain card EVERYTIME you come through our doors. It's important that you are signing in for EVERY service you use on the days you come in. It's important for us and it's important for all who enjoy and need our services.

Cowboy Capital Opry - Starting in November we will no longer take pre-payments for the opry. Don't panic! You can still make a reservation and have a guaranteed seat; you will simply pay at the door when you arrive. To make your reservations you will still either come by the Silver Sage or call Amy or Lisa at 830-796-4969. The guest artists for November will be Art & Lisa Crawford.



SILVER SAGE & SAN ANTONIO **FOOD BANK DISTRIBUTION MONDAY NOVEMBER 8TH**

LAKEHILLS CIVIC CENTER 9AM-11AM

WEDNESDAY NOVEMBER 17 TIME & DATE CHANGE (DUE TO THE HOLIDAY) ELD PARK 2PM-4PM TENTIC

Save

the

Pre-registration will be done on-site







PLEASE CALL THE SILVER SAGE FOR ANY QUESTIONS @ (830) 796-4969