



Our Silver Sage Thrift Store is located at 660 Hwy 16 South in the strip mall next to Snowflakes Donuts Store hours Tues-Thurs 10:00am-3:00pm Friday - 10am-2pm



Page 13

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 Feb. 7th The Smith Family**

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.

Feb. 9th, 1:00 pm in the Silver Sage Dining Room by Lloyd Shenberger: Intro to Genealogy!!! Have you ever wondered about your family history but don't know where to start or how to find the really deep roots of where your family came from and who they were? Join us then!





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Suite 1-D
Bandera, Texas

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Bandera location, call 830.522.2002



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Medical Associates

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Sales: Mikie Baker & Karyn Lyn

Silver Sage-803 Buck Creek
Bandera, TX 78003

HOURS:

SILVER SAGE HOURS:

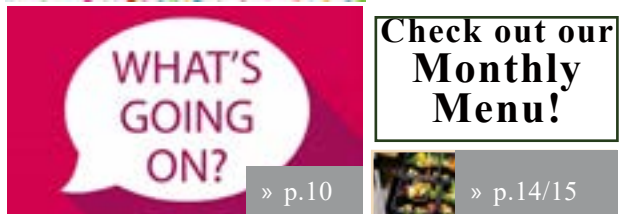
MON-THURS 8:00AM- 3:00PM

FRIDAY 8:00AM TO 2:00PM.

CLOSED WEEKENDS AND MAJOR HOLIDAYS.

WWW.SILVERSAGE.ORG

WHAT'S INSIDE



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:** “We all remember the Big February Freeze of 2021. It was no joke. Pipes froze. People had no water. The entire power grid of Texas almost went down. Multiple blackouts caused real suffering. Even those of us who actually like colder temperatures, including an occasional snowfall, were not amused...”

10. **Activities, by Lisa Beck** - “Happy February! I hope everyone has been enjoying our beautiful weather as much as my dogs and I have been. These mild temperatures always make our walks so enjoyable. Here’s a look at the month of February...”

16. **Nature Is Terrifying by Mikie Baker:** “Sometimes we get all uppity around here and watch PBS shows where you can actually learn something, usually taught by some haughty British announcer. But there’s one show that always terrifies and depresses me – will the poor Wildebeest survive?”

Our Mission:

Enriching Life for Seniors 3

EMERGENCY 911

Bandera County Sheriff (830) 796-3771

City Marshall (830) 460-7172

Bandera Fire Department (830) 796-3777

Poison Emergency 1-800-222-1222

Silver Sage/MEALS ON WHEELS (830) 796-4969

Art Crawford (Chief Executive Officer) (830) 456-4083

John Cressey-Neely (Chief Operations Officer) (830) 850-0898

Arthur Nagel Community Clinic (830) 796-3448

CVS Pharmacy (830) 460-7701

Bandera Pharmacy (830) 796-3111

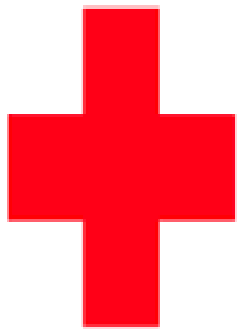
ART Bus 1-866-889-7433

Silver Sage Thrift Store (830) 796-3590

Texas Abuse Hotline 1-800-252-5400

Texas Health and Human Services (830) 796-3739

South Texas Alzheimer's Assoc. (210) 822-6449



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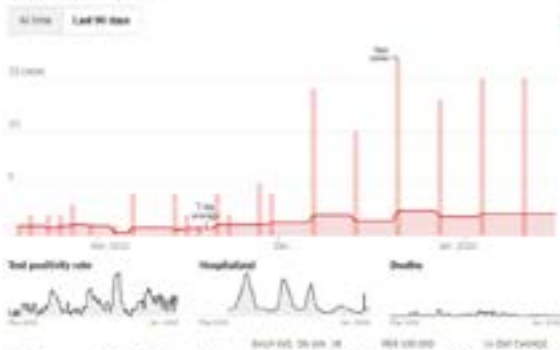
VACCINATEBANDERA.ORG

PROTECT OUR FUTURE

**COVID + FLU VACCINES ACCESSED
NOVEMBER 23, 2021 - JANUARY 5, 2023:**

890

New reported cases



Cases in Bandera County and the U.S. are rising again.

Source: New York Times



NEW OMICRON VARIANT XBB.1.5 is a highly mutated variant of Omicron that is very effective at evading defenses from vaccines and infections. The most effective way to protect yourself and others is STILL to STAY UP-TO-DATE with all Covid-19 vaccines and boosters, especially the bivalent booster that targets both the original strain and Omicron!

**EXCITING NEWS
COMING YOUR WAY
SOON!**



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



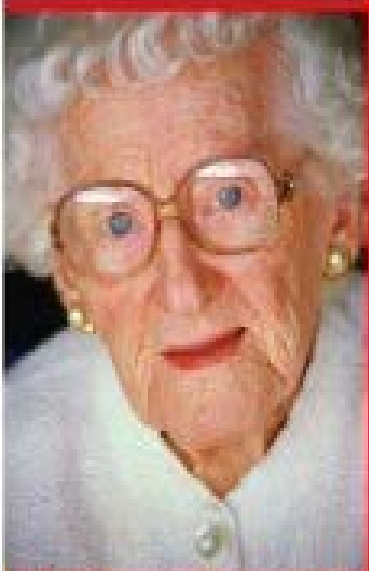
@vaxbandera



vaccinatebandera



Medication Safety Tips for Seniors



Medication Safety Tips

1. Make it easy to see the medication:
 - Wear glasses
 - Use strong lighting
 - Use a magnifier
 - Ask for large print labels
2. Create a routine for taking medicine at the same time as another daily event, such as meal time or bath time.
3. Create a way to remember when doses of medicine have been taken. Ideas include:
 - Pill minders with spots for four doses per day.
 - Pill timers which beep a sound at medication time.
 - Write dose times on a calendar and make a check mark after each dose is taken.

Questions to Ask Your Doctor About New Medications

- What is the name of the medication?
- What am I taking it for?
- Are there any side effects?
- How long do I take this medicine?

Questions to Ask Your Pharmacist About New Medications

- Is the medicine taken with food or on an empty stomach?
- Should certain food, drink or other drugs be avoided?
- Is an easy-opening cap available?
- Is a large print label available?

THROUGH THE EYES OF A DRIVER

By Mary Allyce

We all remember the Big February Freeze of 2021. It was no joke. Pipes froze. People had no water. The entire power grid of Texas almost went down. Multiple blackouts caused real suffering. Even those of us who actually like colder temperatures, including an occasional snowfall, were not amused.

In Wisconsin where I grew up, people didn't obsess over such matters. In winter it was cold. It snowed. You put on layers of clothing, boots, hats, mittens, and got on with school or work. I don't remember blackouts, losing power, busted water pipes or other indignities. I do remember ice skating, sledding, making angels in the snow, some dandy snowball fights. Kids always remember the fun stuff.

We've had some chillier days here in Bandera over the last few months. For those who complain about temperatures in the 30's, please take a moment to recall the brutally hot spring and summer of '22. We broke records and as I recall, no one was cheering.

I'm back in Texas from a month and a half in South Florida with family for Christmas, New Year's, and a theatrical production in which one of my sons was performing. My other son, his wife, and the young folks were warm and welcoming and more than generous in sharing their home. The performer son threw a fantastic New Year's Eve party and his performance as Nathan Detroit in Guys and Dolls was wonderful.

A couple of "cold fronts" arrived in Florida, however, and reminded me Texans are not the only ones who complain about cold, not so cold, and almost cold weather. You would have thought it was the return of a Canadian Clipper, the weather system that brings truly cold temps, below zero, deep freeze type cold to the upper Midwest.

Florida issues "sweater weather" alerts when temperatures drop below 70o. When it's below 50o they bundle up like Nanook of The North and remind folks to put an

extra blanket on the bed. When we hit the mid and low 40's in South Florida, the locals were openly perturbed and digging out parkas and down jackets.

Some of us call 45o simply, "Good sleeping weather." My dog and I were delighted. He wasn't panting. I wasn't sweating in the usual heat and humidity.

It wasn't long before Florida felt like Florida again with the return of the hot, humid weather Floridians love. At least when we get into hot weather seasons up here in the Texas Hill Country, it's pretty dry and there are no "ocean breezes", or what I call "hot, salty, damp winds".

Speaking of wind, humidity, and heat, they wreck pure havoc on hair. I remember now why I had a wedge haircut for 15 years when I lived in South Florida. Not even Florida "breezes" could penetrate that helmet of hair!

No place is perfect. Weather is capricious. Every one of the eight states (Wisconsin, Indiana, Colorado, New York, California, Arizona, Florida, and Texas) in which I've lived has the same prediction. "If you don't like the weather," they say, "Wait ten minutes and it'll change." Keep in mind, they all think they're unique!

When I'm reminded I'm a "Yankee" (not Texas born) and there's nothing I can do to ever change that, I respond, "You're a Texan by an accident of birth. I chose to live here!" It's true. I looked around at many states, many places and decided the Hill Country was where I wanted to be. It's not perfect, but it's as close as I can get.

Spring is on the way. Enjoy & and try not to complain, whatever Mother Nature throws at us. You know it's going to be too dry, or too wet, too hot or too cold, too windy. . . too something for some of us and no matter what it is, my eight former states are partly right - it will change!

So, hang on to your hats and see you, and those pesky winds of March, next month.



Funny Bone

“What do you write in a slug’s Valentine’s Day card?” “Be my Valen-slime!”

“What did the paper clip say to the magnet?” “I find you very attractive.”

“Why did the husband get his wife a kitten for Valentine’s Day?” “He thought it was the purr-fect present.

“What did the stamp say to the envelope on Valentine’s Day?” “I’m stuck on you!”

“Why didn’t the skeleton want to send any Valentine’s Day cards?” “His heart wasn’t in it.”

“What’s Cupid’s favorite band?” “Kiss!”

“Why did the sheriff lock up their valentine?” “She stole their heart.”

“What do you call two birds in love?” “Tweet-hearts!”

“What did the scientist say to her valentine?” “I think of you periodically.”

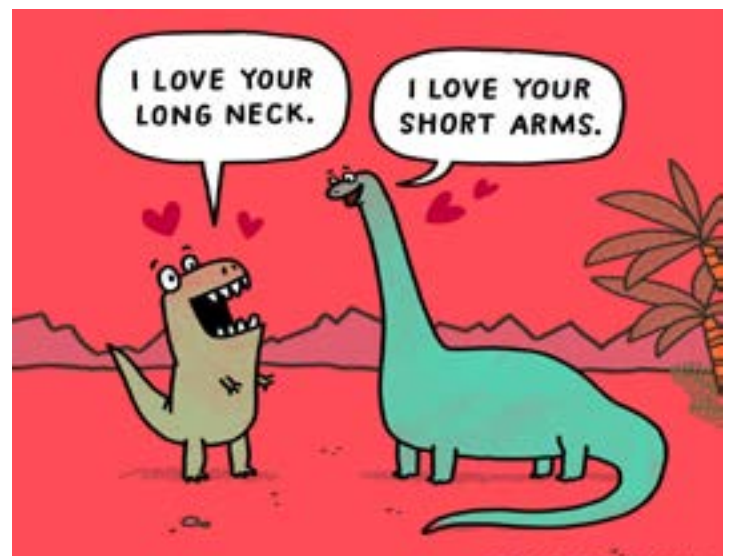
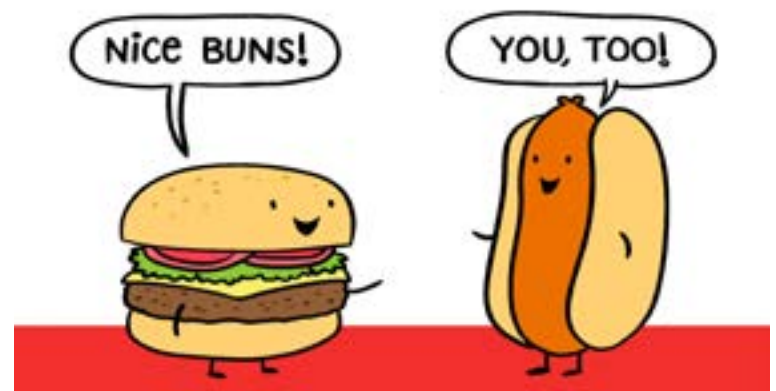
“How can you tell when a squirrel is in love?” “It goes nuts!”

“I thought I won the argument with my wife as to how to arrange the dining room furniture. But when I got home the tables were turned.”

“What did the calculator say to the pencil?” “You can count on me.”

“What did one oar tell the other oar?” “This is so row-mantic!”

“What did the light bulb say to the other light bulb?” “You light my world up.”



Bandera Writers Group, Thursday Feb. 2nd

in the Great Room 2pm-4pm!

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



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



Happy February! I hope everyone has been enjoying our beautiful weather as much as my dogs and I have been. These mild temperatures always make our walks so enjoyable. Here's a look at the month of February.

BUS TRIPS/ SHOPPING: Starting this month, we will now be taking a shopping trip every Wednesday. Check the calendar to see where we will shop each week. We will alternate between four different stores. As always, you will need to sign up in advance. Each person is responsible for signing up for themselves or calling the center to have their name put on the list by talking to me. **PLEASE include your phone number** when signing up so I can call you if there is a last-minute change. The space on the bus is very limited and the bus trip is always first come first serve.

PIPE CREEK VFD CHARITY BINGO: Friday, February 24th we will take the bus to the **Pipe Creek VFD Charity Bingo**. It will be a long night so be prepared if you sign up. The bus will leave at 5:40 sharp and return after the last game is over and everyone is on the bus. There is room for 12 riders. First come first served. You must sign up in advance.

THRIFT CITY, OLIVE GARDEN AND TEXAS THRIFT STORE: Tuesday, Feb 28th we will be taking our first thrift stores shopping trip, Several of you have been asking for this for awhile now, so here it is. This will be a very full day. We will leave the center at 8:30 a.m. and expected return is no later than 3 p.m. but you'll need to be flexible if you sign up for this one since I won't be rushing shoppers.

*Please note that we have lowered the bus rider age to 55 and up.

* Remember all bus trips are meant for seniors aged fifty-five and up. There is a \$5 fee for the bus trip, and you must be physically able to get on and off the bus without assistance.

MUSIC: COWBOY CAPITAL OPRY Tuesday, February 7th will feature The Smith Family from Tarpley Baptist Church. We have had so many requests to have this talented family back and we were finally able to work out the calendar timing to make it happen. If you missed them last time, do yourself a huge favor and make your plans to attend now. Our super talented backing band includes Gerry Payne, Lanette Pennell, Vicki Gillespie and Dave Kemp. We so appreciate all our musicians donating their time and talents to this monthly Meals on Wheels Fundraising event. We could never do it without them. Doors will open at 6:30 and music starts at 7:00. We will have fresh popcorn, candy, sodas, and water available for purchase. Thank you to all who have donated door prizes as well. **MONTHLY MUSIC JAM** is always the last Monday each month unless it falls on a holiday in which case it will be held the Monday before. This month it falls on February 27th.

MOVIES: February 16th we will show the movie **THE BEST EXOTIC MARIGOLD HOTEL**. This movie is Rated PG-13 and is 2 hours and 4 minutes in length.

NEW CLASSES: BASIC COMPUTER: We are starting a new **BASIC COMPUTER CLASS** on **Friday's at 1:00 p.m.** in the dining room. You will need to **bring your own laptop** and be prepared to take notes. We will NOT be able to provide computers for this class. John Cressey-Neely will lead the class. Each class will run about an hour in length and there will be twelve class sessions. This class will be free of charge and will focus on Windows 10 operating systems.

INTRO TO GENEALOGY: Have you ever wondered about your family history but don't know where to start or how to find the really deep roots of where your family came from and who they were? The Silver Sage will host an Intro to Genealogy presentation on **Thursday, Feb. 9th at 1:00 p.m.** in the Silver Sage Dining Room by Lloyd Shenberger. If we have enough interest, we will consider having a regular group meeting. Please sign up in advance by calling Lisa at 830-850-0028. This is a free presentation and open to all.

On a final note, we want to say thank you to all of our many volunteers.

We could not do this without them.

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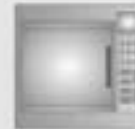
Make your safety a priority



1 NEVER LEAVE COOKING UNATTENDED



2 DON'T PUT ANYTHING METALLIC IN THE MICROWAVE



3 KEEP LOOSE CLOTHING, FABRICS, TEA TOWELS AND CURTAINS AWAY FROM THE STOVE



4 STORE FLAMMABLE ITEMS (AEROSOLS, CLEANING AGENTS AND COOKING OIL ETC) AWAY FROM HEAT



5 DON'T USE LPG CYLINDERS FOR COOKING OR HEATING INDOORS



6 TURN POT HANDLES INWARDS TO AVOID BEING KNOCKED OR GRABBED BY CHILDREN

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FEBRUARY ACTIVITIES 2023

Activities Director, Lisa Crawford




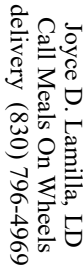
Phone: (830) 850-0028 Email: lisa@silversage.org

Mon	Tue	Wed	Thu	Fri
JAN 30	31	FEB 1	2	3
8:00 Video Exercise 10:00 Yoga w/Willie 10:00 Spanish Class 12:30 Music Jam	10:30 Stretch & Strengthen w/Ida 12:30 Mex Train	8:00 Video Exercise 9:30 Quilting 12:00 Nutrition Talk 12:30 Mex Train 12:30 La Michoacana	12:30 Skip Bo 2:00 Writers Group	8:00 Video Exercise 10:00 Yoga w/Ida 10:00 Spanish Class 1:00 Basic Computer Class
6	7	8	9	10
8:00 Video Exercise 10:00 Yoga w/Willie 10:00 Spanish Class 12:30 Farkel	10:30 Stretch & Strengthen w/Ida 12:30 Mexican Train 7:00 Cowboy Capital Opry w/The Smith Family	8:00 Video Exercise 9:30 Quilting 12:30 Mex Train 12:30 Walmart	1:00 Intro to Genealogy w/Lloyd Discovering Your Lineage	8:00 Video Exercise 10:00 Yoga w/Ida 10:00 Spanish Class 1:00 Basic Computer Class
13	14	15	16	17
8:00 Video Exercise 10:00 Yoga w/Willie 10:00 Spanish Class 12:30 Farkel	10:30 Stretch & Strengthen w/Ida 12:30 Mex Train	8:00 Video Exercise 9:30 Quilting 12:00 Medicare Q&A 12:30 Mex Train 12:30 Poco Loco Super Mercado	12:30 Skip Bo 2:00 Movie: The Best Exotic Marigold Hotel 2 Hrs, 4 mins, rated PG-13	8:00 Video Exercise 10:00 Yoga w/Ida 10:00 Spanish Class 1:00 Basic Computer Class
20	21	22	23	24
8:00 Video Exercise 10:00 Yoga w/Willie 10:00 Spanish Class 12:30 Farkel	10:30 Stretch & Strengthen w/Ida 12:30 Mex Train	8:00 Video Exercise 9:30 Quilting 12:00 Wellness Talk 12:30 Mex Train 12:30 H-E-B	11:30 Hispanic Outreach Ladies Luncheon	8:00 Video Exercise 10:00 Yoga w/Ida 10:00 Spanish Class 11:30 Birthday Bash 1:00 Basic Computer Class 5:40 Pipe Creek VFD Charity Bingo
27	28	MAR 1	2	3
8:00 Video Exercise 10:00 Yoga w/Willie 10:00 Spanish Class 12:30 Music Jam	10:30 Stretch & Strengthen w/Ida 8:30 Thrift Store Shopping/Olive Garden 12:30 Mex Train	8:00 Video Exercise 9:30 Quilting 12:30 Mex Train 12:30 La Michoacana	12:30 GAMES 2:00 Writers Group	8:00 Video Exercise 10:00 Yoga w/Ida 10:00 Spanish Class 1:00 Basic Computer Class

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

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
 6 Pollo con miel y ajo Alas Macarrones con queso Quimbombó frito	 7 Desayuno McSage Sándwich con Huevos, tocino canadiense y queso Patatas Fritas Caseras En Dados Fruta fresca	1 Lomo De Cerdo Asado Al Horno Patatas, zanahorias y cebollas asadas lentamente Ensalada	2 Tazón de pollo al suroeste Frijoles Borrachos	3 Ensalada del Chef con Jamón, Huevo/Queso/Tomates y Crutones
13 Chuleta De Cerdo Ahogada Pure de Papas al Ajo calabaza de verano	14 Pollo King Ranch Frijoles pintos pico casero mantecadas	8 Hamburguesa y todos los Fixins Tator Tots	9 Pollo General Tso Arroz frito rollo de huevo Verduras asiáticas desangradas	10 Ensalada de atún sobre cama de verduras mixtas galletas saladas
20 CERRADO	21 Filete de Pollo Frito con salsa campestre Hojas de mostaza Fruta mezclada	15 Albóndigas suecas Salsa de champiñones Puré de patatas Judías verdes Ensalada	17 Pollo asado Ensalada César Crutones	24 Ensalada De Taco Con Totopos De Maíz salsa casera
27 Tiras de pollo/salsa Macarrones con queso maíz vaquero	28 barbacoa de puerco Sándwich Frijoles Horneados Ensalada Tátor cereza crujiente	22 Pollo Cremoso De Limón Brócoli fresco ligeramente tostado Guisantes verdes y chalotes	23 Relleno envuelto en tocino Lomo De Cerdo Pilaf de arroz salvaje Verduras mezcla Toscana	FIESTA DE CUMPLEAÑOS
			Joyce D. Lamilla, LD Llame a la entrega de Meals On Wheels (830) 796-4969	Menú sujeto a cambios según disponibilidad

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Area Agency on Aging <small>Provided through the Texas Department of Aging and Disability Services Alamo Area Council of Governments</small>	 AACOG Alamo Area Council Of Governments	 San Antonio FOOD BANK SERVING SOUTHWEST TEXAS	 Joyce D. Lamilla, LD Call Meals On Wheels delivery (830) 796-4969	Menu subject to change according to availability
6 Honey Garlic Chicken Wings Macaroni and Cheese Fried Okra	7 McSage Breakfast Sandwich with Eggs, Canadian Bacon, and Cheese Diced Homefried Potatoes Fresh Fruit	8 Hamburger and all the Fixins Tator Tots	9 General Tso Chicken Fried Rice Egg Roll Asian Bled Veggies	10 Tuna Salad on a bed of mixed greens Crackers
13 Smothered Pork Chop Garlic Mashed Potatoes Summer Squash	14 King Ranch Chicken Pinto Beans Homemade Pico Mantecadas	15 Swedish Meatballs Mushroom Gravy Mashed Potatoes Green Beans Salad	16 Hot Black Forest Ham and Cheese Sandwich on a Brioche Bun Chips	17 Roasted Chicken Caesar Salad CROUTONS
20 CLOSED	21 Chicken Fried Steak with Country Gravy Mustard Greens Mixed Fruit	22 Creamy Lemon Chicken Fresh Lightly Tasted Broccoli Green Peas and Shallots	23 Bacon Wrapped Stuffed Pork Loin Wild Rice Pilaf Tuscany Blend Veggies	24 Taco Salad with Corn Chips Homemade Salsa
27 Chicken Tenders/Gravy Macaroni and Cheese Cowboy Corn	28 BBQ Pulled Pork Sandwich Baked Beans Tator Salad Cherry Crisp			BIRTHDAY BASH

Nature is Terrifying, by Mikie Baker

Sometimes we get all uppity around here and watch PBS shows where you can actually learn something, usually taught by some haughty British announcer. But there's one show that always terrifies and depresses me – will the poor Wildebeest survive?

But before I go off on my tirade, let me say this: I appreciate everyone in this world who cares for any animal in any way, forever. If you don't love some kind of critter, I'm pretty sure you have no heart. Phenomenal animal nonprofits deserve every dollar you give them, so keep donating, volunteering and saving those weaker than us.

Now back to the subject. The PBS show "Nature" is the bane of my existence. I am forced to watch this when there is nothing else on (streaming can be hard) and My Future Husband grabs the remote out of my hand. It always leads to that show which is pretty much a horror show to me.

"Nature" is like watching an hour long commercial for all the frozen, chained dogs and abused kittens from the crazy cat lady. Here's the premise of the show:

Every living creature is going to live a hard life and only a lucky few will survive because, evidently, there's a little evil thing called "natural selection." I'm sure glad Dearly Demented Mom kept me safe rather than my suffering the horror of nature.

Plus, there's the announcer with the saddest voice ever. He makes you worry every second of the show about the baby Marmaduke and if he can endure the very harsh winter out on his own, roaming for food and hopefully surviving the mountain lion who's very hungry. Sigh.

And now there's climate change, so every living thing is going to burn up by the end of the week. I can't stand the show. Doesn't matter which animal, bird or snake needs to survive – it's so hard on all of them – maybe they never will.

I wish they'd do a show on Scorpions and Tarantulas, where we could watch them all die. Now that would be a great experience!

The particular episode that I was forced to watch was about Caribou and the plague of Mosquitos that was sure to take them all out if they couldn't get to the grocery store to buy DEET. Life is no picnic.

"The mother knows the chicks will have to survive when she leaves them in 2 weeks." (Send money now so the chicks will survive.) They don't actually ask for money, but you keep expecting it to come because this is "Nature" and life is hard.

I usually have to leave the room and cry. The last Nature show MFH forced me to watch was one where the White Butted Monkey, who was evidently so ugly, the rest of the pack moved on without him because of his white butt. He had to survive on rare eucalyptus leaves that were only on top of the giant hill, but there was a pack of outrageous Orangutangs he had to get through. Sigh.

Nope give me murder and mayhem over "Nature" any day. I'll take a judge and a jury to convict the bad guy rather than watch an animal trying to avoid mosquito bites any day.

Next time MFH puts on a "Nature" show, this gal is going to find a good book and run away to a happy land where she must solve the murder mystery instead of trying to save a whole species. I figure if humans can survive after a "hold my beer" moment, we can survive anything.

YOGA WITH WILLY EVERY MONDAY

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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.

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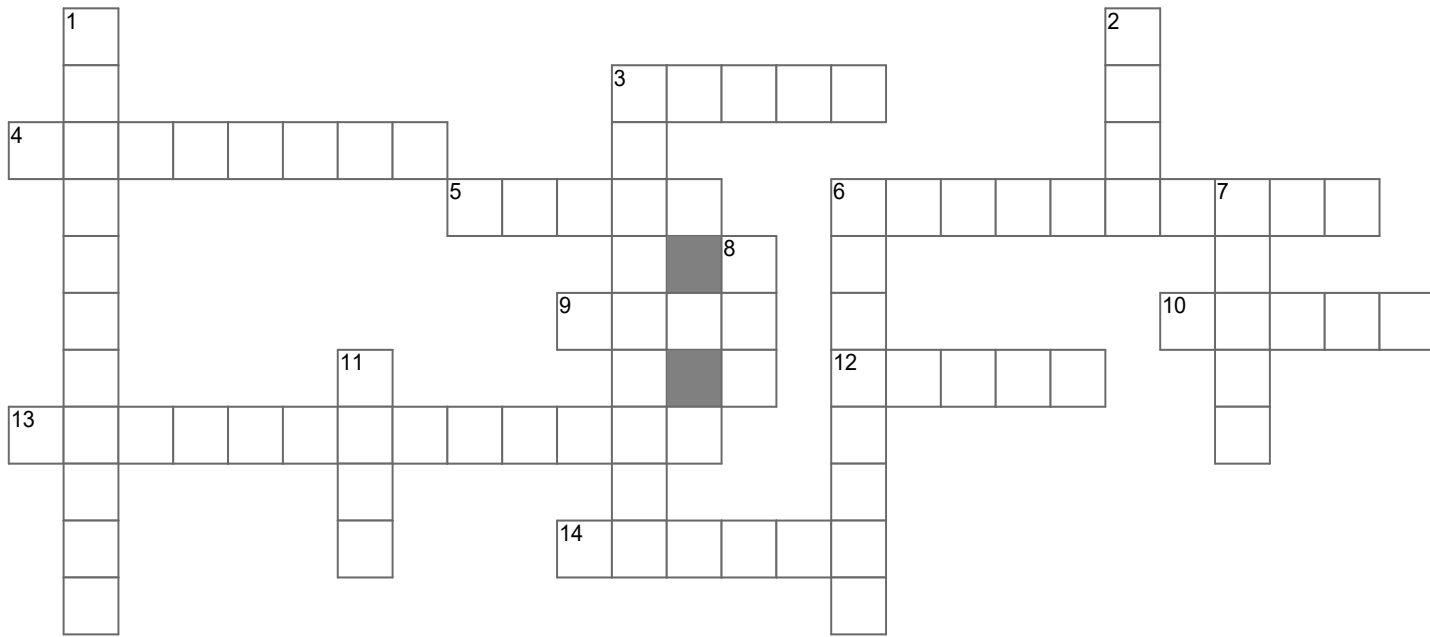
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Name: _____ Date: _____

Valentine's Day Crossword



HORIZONTAL

3. Shoots arrows at people.
4. The month of Valentine's Day.
5. Cupid shoot this and people fall in love.
6. Valentine's Day is also time for...
9. Valentine's Day is the day of
10. Kids love Valentine's Day because they want to eat a lot of
12. Favorite flower for Valentine's Day.
13. The name of this holiday is
14. Expression often said on Valentine's Day "Be _____"

VERTICAL

1. Heart shaped candy with words
2. Many people send one to a friend on Valentine's Day.
3. "Kisses" is one kind of this type of candy.
6. Valentine's Day is celebrated this day of the month.
7. Symbol of love.
8. Favorite Valentine's Day color.
11. A present.

FRIENDSHIP	CUPID	CANDY	RED
HEART	BE MINE	CHOCOLATE	GIFT
FOURTEEN	FEBRUARY	SWEETHEARTS	CARD
ARROW	VALENTINE'S DAY	LOVE	ROSES

VALENTINE'S WORD SEARCH

Level:



Find the hidden words in the puzzle

Words can be hidden:

AFFECTION	CHERISH	ENGAGEMENT	HEARTTHROB	POEM	SUITOR
ALTRUISTIC	CHOCOLATE	FEBRUARY	HONOR	RAPTURE	SWEETHEART
ALWAYS	COUPLE	FIANCE	INFATUATION	RELATIONSHIP	TEAM
APPLAUSE	COURTSHIP	FLAME	JOY	RENDEZVOUS	TEDDY
APPRECIATE	CUPID	FOREVER	KISS	RESPECT	TENDER
BALLOON	DARLING	GIFT	LIAISON	ROMANCE	TIE THE KNOT
BEAU	DATE	GIRLFRIEND	LOVE	ROMEO	UNITY
CARD	DEAR	GRACIOUS	MARRIAGE	ROSE	VALENTINE
CARE	EMOTIONS	HANDSOME	ONE AND ONLY	SELF CARE	VOWS
CELEBRATION	ENDEARMENT	HEART	PARCEL	SMOOTH	WARM HEARTED

Almuerzo De Damas

Jueves, 23 de Febrero 2023

a las 11 am

Silver Sage Community Center

803 Buck Creek Dr - Bandera

¿preguntas? teléfono Anna Montague 210-870-6355

Orador invitado

Reymond Valles:

Coordinador de desarrollo

comunitario

de Aetna-

Medicaid y TxCHIP

Actividades

Lotería

Rifa

Socializar

Aprender

Donaciones Apreciadas

Para almuerzo

Ladies Luncheon

Thursday, February 23, 2023

at 11 AM

Silver Sage Community Center

803 Buck Creek Dr - Bandera

Questions? Call Anna Montague 210-870-6355

Guest Speaker

Reymond Valles:

Community Development

Coordinator for Aetna

Medicaid & TxCHIP

Activities

Bingo

Raffle Prizes

Socializing

Learning

Donations Appreciated

For lunch



El Almuerzo De Damas

Ocurre el último jueves de cada mes. En Febrero será el jueves, 23 de Febrero en el Silver Sage. Es un tiempo de compañerismo, escuchar una presentación acerca de sujetos que a todos nos interesa. Siempre se sirve una comida fabulosa y se juega lotería, hay rifa y premios de asistencia. Todas las damas son bienvenidas

The Ladies Luncheon

The Ladies Luncheon occurs the last Thursday of every month. In February it will be on Thursday, February 23, 2023 at 11:00 A.M. at the Silver Sage Community Center. It's a great time of fellowship, hear a presentation on topics relevant to us and of our interest. A delicious meal is served and loteria is played, raffle prizes and favor bags are given. All ladies are welcome.

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LISTEN TO MUSIC	LET PEOPLE KNOW HOW YOU FEEL
EAT WELL	REACH OUT WHEN YOU ARE LONELY
MAKE TIME FOR YOURSELF	GET INTO A GOOD SLEEP PATTERN
CHALLENGE NEGATIVE THINKING	TRY SOME DEEP BREATHING
GET INVOLVED IN GROUP ACTIVITIES	WORK ON IMPROVING YOURSELF
SMILE MORE	SURROUND YOURSELF WITH PEOPLE WHO MAKE YOU HAPPY
BE MINDFUL	SHARE THINGS WITH FRIENDS AND FAMILY
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Yoga with Ida

At 9:30am on Tuesdays

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



Stretch and Strengthen with Ida will follow

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



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