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Free Lunch Daily For Qualifying Participants.

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SILVERSGAGE.ORG
What is a New Year’s resolution? Something that goes in one year and out the other.

What is corn’s favorite holiday? New Ears Eve.

What’s a cows favorite holiday? Moo Year’s Eve

They say New York City has the best New Year’s celebration, but I say it’s overrated. Every year they drop the ball.

Some astronauts wanted to have a New Year’s party on the moon, but they didn’t planet in time.

What do farmers grow on January 1? New Year’s Hay.

What’s the luckiest band to listen to on New Year’s Day? Black-Eyed Peas

Why do you need a jeweler on December 31? To ring in the New Year.

What does the little Champagne bottle call his father? Pop!

Knock knock!
Who’s there?
Cheese.
Cheese who?
For cheese a jolly good fellow.

My new year’s resolution is to procrastinate. But I will wait till tomorrow to start.

I’M BACK!!! HAPPY NEW YEAR, AMERICANS!!!
Sincerely, Your Health Insurance Deductible

WHY WAS 6 AFRAID OF 9 ON NEW YEAR’S EVE?

Because 9, 8, 7 ...
Bandera Writers Group, January 6th
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 gotten involved in the goings on at the Silver Sage yet, then you are truly missing out. We had a wonderful December and now looking forward to a brand-new year. Start your year out right by joining us in one of our many fitness opportunities, or join us for a delicious lunch, listen in on one of our informative and interesting Let’s Talks, play games, listen to music at the monthly Cowboy Capital Opry or Songwriter Showcase or ride along on one of our bus adventures. There is something here for everyone and YOU are invited!

We want to thank the Almost Patsy Cline Trio for putting on a wonderful Christmas show and being flexible in playing two shows so that everyone that wanted could attend. Also a great big THANK YOU to all who showed their support by attending. The turnout was tremendous!

Cowboy Capital Opry January 4th at 7 p.m. The guest for our January Cowboy Capital Opry will be the very talented Kathy Bauer. Discovered by Sylvia at Gilley’s club, Kathy hit #82 on the Top 100 Billboard country chart in 1983 with “Hold Me Till The Last Waltz Is Over”.

Silver Sage House Concert with George Ensle January 13th. The Silver Sage House Concert Series features a different songwriter on the second Thursday each month and this month we are excited to have George Ensle as our songwriter guest. Doors will open at 6:30 and music starts at 7:00. We will have snacks, sodas and water available for purchase. George’s concerts are filled with poignancy and a healthy dose of wit and wisdom, accompanying his warm baritone with his unique fingerpicking style on 6 string, 12 string, resonator guitar, and sometimes with piano.

That’s what’s going on!
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
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### January ACTIVITIES 2022

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

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
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<td>3</td>
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<td>7</td>
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</tbody>
</table>
| 8:00 Video Exercise  
10:00 Yoga w/Willy | 9-10am Yoga w/Ida  
10:30 Stretch & Strengthen  
7:00 Cowboy Capital Opry w/Kathy Bauer | 8:00 Video Exercise  
9:30 Quilting  
10:00 Body & Balance | 10-11:30 Paint With Jim  
2-4 Writer’s Group | 8:00 Video Exercise  
9:30am-10:30am  
Line Dance Class  
11:30-12:30  
Two-Step |
| 8:00 Video Exercise  
10:00 Yoga w/Willy | 9-10am Yoga w/Ida  
10:30 Stretch & Strengthen w/Ida | 8:00 Video Exercise  
9:30 Quilting  
10:00 Body & Balance | 10-11:30 Paint With Jim  
7pm Songwriter Showcase w/ George Ensle | 8:00 Video Exercise  
9:30am-10:30am  
Line Dance Class  
11:30-12:30  
Two-Step |
| 17  | 18  | 19  | 20  | 21  |
| CLOSED | 9-10am Yoga w/Ida  
10:30 Stretch & Strengthen w/Ida | 8:00 Video Exercise  
10:00 Body & Balance | 10-11:30 Paint With Jim | 8:00 Video Exercise  
9:30am-10:30am  
Line Dance Class  
11:30-12:30  
Two-Step |
| 24  | 25  | 26  | 27  | 28  |
| 8:00 Video Exercise  
10:00 Yoga w/Willy  
12:30-2 MUSIC JAM MONDAY | 9-10am Yoga w/Ida  
10:30 Stretch & Strengthen w/Ida  
12:30 Mexican Train  
11:30-12:00 Birthday Bash Cake and Ice Cream Social | 8:00 Video Exercise  
9:30 Quilting  
10-2:30 Free Haircuts w/Mimi  
10:00 Body & Balance  
12:30 Bingo | 9:00 Bridge  
10-11:30 Paint With Jim  
1:00-4  
12:30-3 Mah Jongg  
3pm-8pm McNay & Mamacitas | 8:00 Video Exercise  
9:30am-10:30am  
Line Dance Class  
11:30-12:30  
Two-Step |
| 31  | 28  | 29  | 30  | 31  |
| 8:00 Video Exercise  
10:00 Yoga w/Willy  
12:30-2 MUSIC JAM MONDAY | 9-10am Yoga w/Ida  
10:30 Stretch & Strengthen w/Ida  
12:30 Mexican Train | 8:00 Video Exercise  
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1:00-4  
12:30-3 Mah Jongg | 8:00 Video Exercise  
9:30am-10:30am  
Line Dance Class  
11:30-12:30  
Two-Step |

*FOOD BANK DATES:  Lakehills Civic Center: Monday Jan. 10th 2pm-4pm  
Mansfield Park, Bandera: Wednesday Jan 26th 2pm-4pm*
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 Filete Salisbury Puré de papas / salsa Judías verdes frescas</td>
<td>11 Bruschetta de pollo sobre una cama de espinacas Espárragos Postre</td>
<td>12 Pastel de carne gratinado con papas Brócoli tostado Ensalada de espinacas y manzana</td>
<td>13 Asado de cerdo con patatas, cebollas y zanahorias pan de maíz</td>
<td>14 Ensalada de pollo a la parrilla</td>
</tr>
<tr>
<td>17 CERRADO</td>
<td>18 Lomo De Cerdo Tierno Asado Elección de chefs frescos Verduras Panecillo Postre</td>
<td>19 Pollo Salteado con / Fresco Verduras y mandarina Naranjas sobre arroz Ensalada Spring Mix</td>
<td>20 Estofado Brunswick</td>
<td>21 Sartén Gyro</td>
</tr>
<tr>
<td>24 Bistec / Salsa Fritos Del País Arvejas y zanahorias Hojas de berza</td>
<td>25 Tazón de pollo Southwest Fruta fresca</td>
<td>26 Falda Frijoles papas doblemente cocidas Ensalada del chef</td>
<td>27 Pollo y albóndigas caseros Coles de Bruselas</td>
<td>28 Hamburguesa con todos los arreglos.</td>
</tr>
<tr>
<td>31 Chuleta de cerdo / salsa Calabacín a la plancha Manzanas Fritas</td>
<td></td>
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<td>Menu subject to change according to availability</td>
</tr>
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*Joyce D. Lamilla, LD Call Meals On Wheels delivery (830) 796-4969*
<table>
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<tr>
<th>Date</th>
<th>Lunch Menu</th>
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</table>

Menu subject to change according to availability.

Joyce D. Lamilla, LD
Call Meals On Wheels delivery (830) 796-4969
WE WILL MISS YOU AMY!!!

“We will miss you Amy!!!

“After ten years and one month working at Silver Sage, it was time for me to retire effective Thursday, December 30. During that time, I was Activities Director, Administrative Assistant, Office Manager, Director of Client and Volunteers, Client Concierge, and quite a few unofficial titles. I have met so many wonderful people who have made an impact on my life. I will now get to visit with you when I come to the Center for lunch and activities.

I have a special philosophy. I believe that our hearts are like lava rocks with lots of tiny holes. Every person and animal that we love occupies a tiny hole that is special only for that one person or creature. So, you never replace loved ones! New loved ones occupy their own special spot. I am telling you this because each one of you has your own very special place in my heart and I will treasure those places. Wishing all of you a very special 2022 filled with many fabulous things!” - Amy Dee Hawley
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.

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

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.
JOIN US FOR A TALK, TASTE AND TOUR!

JANUARY 20 AT 2PM

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EAT RIGHT WHEN MONEY'S TIGHT

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

Shop SMARTER!

**BEFORE Shopping**

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

**DURING Shopping**

- Have something to eat before you go shopping. It's easier to stick to your shopping list when you are not hungry.
- Try store brands. They are the same quality and cost less.

**AFTER Shopping**

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

---

**PLAN AHEAD**

- Plan to prepare and eat foods you already have at home first.
- Know how much money you have to spend on food.
- Make a shopping list based on the money you have to spend and what foods you will need.
- Buy only the amount of food you can use before it spoils. Remember, frozen, canned, or shelf-stable foods last longer!

---

MORE TO EXPLORE...


Escape from Swallowtail
By Mikie Baker

Sometime in the night, the inmates must have planned their escape. They knew they could sneak away quietly, but they needed a way to get over the wall or maybe through the window. They hadn’t planned on the elements though and, as luck would have it, on this very windy night, the door to the outside of Swallowtail Prison blew open slightly and gave them means for an escape.

When they had made their getaway, they decided to split ways as it’s always every man for himself in the life of an escapee. The older of the two inmates, Sammy the Siamese Terrorist, had been incarcerated for almost two years at the Swallowtail and the kid they called Rod the Terrible hadn’t seen the outside world since he was six weeks old, some seven long months ago.

Because the nonexistent alarm never sounded, the sleeping guards were unaware of the nighttime escape from the Swallowtail. The female guard awoke first only to find the open door and, then sounded the alarm by screaming at the warden to get up right now!

While the warden threw his boots on, the female guard armed with no more than porch lights and a pretty dim flashlight, headed out the door yelling the names of her escaped prisoners. She knew how hard life on the outside could be.

Not two steps outside the Swallowtail Prison walls, she glanced down and spied Rod the Terrible sitting there on the porch. He walked up, rubbed her leg and she had him! She whisked him back to his cell safely inside the prison walls and made sure all the doors were secured. Guess he just wasn’t tough enough for the outside world.

By then the Warden was armed and ready to go look for Sammy the Siamese Terrorist. The two of them fanned out in different directions when suddenly the female guard, with the much better hearing, heard the cries of the Terrorist. She circled the yard trying to find the location of the escapee and finally found him about 10 feet up in a cedar tree. During Cedar Fever season. Sigh.

It’s never easy to talk an escapee down. Especially one that doesn’t have apposable thumbs. Her demands and threats of solitary confinement fell on deaf ears. She summoned the Warden who decided the best course of action was to go up to the barn and get a 12-foot ladder. So off they went while dawn was breaking. When they returned with the ladder, they found Sammy the Siamese Terrorist had taken the opportunity to make his getaway yet again.

Just then, the other two hairy guards showed up for their morning shift and decided to help. They made such a ruckus; they got sent back to Swallowtail Prison to guard Rod the Terrible.

In the meantime, the female guard discovered Sammy the Siamese Terrorist atop the netted chicken pen. He was hopelessly tangled up in all that netting. He was impossible to reach and since an electric cattle prod was no longer allowed to be used at the prison, the Warden produced a pair of scissors and cut the escapee out. The female guard carried the terrified Terrorist back inside the safe, prison walls.

Both prisoners were immediately sent to solitary confinement with a bowl of milk. And so, ends the tale of the Escape from Swallowtail.
Let me help you find the best plan to fit your health care needs.

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.
SILVER SAGE KIOSK KEY CHAIN CARDS AND SIGNING IN

We want to thank everyone for their patience with us as we are still implementing the new sign-in kiosk with the key chain cards. 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.

Two-Step Dance classes. Come join us for Country Two-Step dance classes at the Silver Sage every Friday at 11:30 a.m. (excluding holidays) led by Clifton Fifer, one of the best dance teachers around and he makes the class so much fun. Cost is $8 per person per class and should be paid to Clifton at time of class.

Clifton also leads our Line Dance class on Fridays at 9:30 a.m.

Body & Balance by Rayla every Wednesday at 10am (excluding holidays) Classes will include a warm-up, body sculpting, which tones different areas of the body, exercises focusing on balance, cardio to raise the heart rate and a cool down with stretching exercises. Classes will vary from week to week and will be tailored according to the ability of the people attending. These classes are designed to promote fitness in a fun, low stress and non-competitive environment. For more information or to sign up for classes, call Childers at 688-6325 or email raylachilders@gmail.com.

NEW CLASSES:

Watercolor Painting Class Thursday’s at 10 a.m. in the craft room. Intro to the class will be held on January 6th to discuss the supplies needed, where to find them for less and what to expect. Classes will be held weekly in the craft room. The class will be led by Jim Black who has over 40 years’ experience. If you have always wanted to learn to paint with watercolors, this is your chance.

Starting Tuesday January 7th exercise physiologist Ida Hardy will be leading a new YOGA class every Tuesday at 9 a.m. in the great room. Please bring a mat, yoga socks, bottled water if needed and wear comfortable clothing that will not hinder your movements. 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.
**HEALTHY EATING**

**Getting Enough Fluids**

It’s important for your body to have plenty of fluids each day. Water helps you digest your food, absorb nutrients from food, and then get rid of the unused waste. Water is found in foods—both solids and liquids, as well as in its natural state.

With age, you might lose some of your sense of thirst. To further complicate matters, some medicines might make it even more important to have plenty of fluids.

Remember, water is a good way to add fluids to your daily routine without adding calories.

Try these tips for getting enough fluids:

- Don’t wait until you feel thirsty to drink water or other fluids.
- Take sips of water, milk, or juice between bites during meals.
- Add liquids throughout the day.
- Have a cup of low-fat soup as an afternoon snack.
- Drink a full glass of water when you take a pill.
- Have a glass of water before you exercise.
- Drink fat-free or low-fat milk, or other drinks without added sugars.
- If you drink alcoholic beverages, do so sensibly and in moderation. That means up to one drink per day for women and up to two drinks for men.
- Don’t stop drinking liquids if you have a urinary control problem. Talk with your doctor about treatment.

**For More Information on Fluids and Nutrition**

National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)
800-860-8747 (toll-free)
866-569-1162 (TTY/toll-free)
healthinfo@niddk.nih.gov
www.niddk.nih.gov

National Heart, Lung, and Blood Institute
(Instituto Nacional del Corazón, los Pulmones y la Sangre)
301-592-8573
nhlbiinfo@nhlbi.nih.gov
www.nhlbi.nih.gov

National Association of Nutrition and Aging Services Programs
202-682-6899
www.nanasp.org
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paintings by Jim Black

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EVERY THURSDAY AT 10–11:30AM

OVER 40 YEARS EXPERIENCE!!

10 PERSON LIMIT PER CLASS
STUDENTS WILL NEED TO BUY THEIR OWN SUPPLIES

CONTACT LISA TO RESERVE YOUR SPOT! (830) 850-0937
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.

January 27th 3pm
The McNay Art Museum

The bus will leave from the Silver Sage at 3 p.m. and the museum visit is free. After we leave the museum we will stop at Mamacitas on I-10 for dinner and then head back to the center.

*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

Body & Balance
With Rayla Childers

**FULL BODY WORKOUT**

When: Every Wednesday 10am-11am
Where: Silver Sage Great Room
803 Buck Creek Drive, Bandera
Cost: $8 per class ($5 to instructor, $3 to the Sage)

WANTED DANCERS
Every Friday!!
Line Dance Classes
9:30-10:30
Two-Step Classes
11:30-12:30

$8 per class - Dance Classes Led By The Legendary Clifton Fifer
Call Lisa To Sign Up: (830)850-0930
SILVER SAGE & SAN ANTONIO FOOD BANK DISTRIBUTION

MONDAY JANUARY 10TH
LAKEHILLS CIVIC CENTER 10AM-12PM

WEDNESDAY JANUARY 26TH
MANSFIELD PARK 10AM-12PM

Save the Date!

Registration will be done on-site

PLEASE CALL THE SILVER SAGE FOR ANY QUESTIONS @ (830) 796-4969
Silver Sage House Concert Series

Featuring

George Ensle

Thursday, January 13th

$10 @ the door
Doors open-6:30pm
Show starts-7pm
In the Great Room
803 Buck Creek Dr, Bandera, TX
Sodas/water/candy/popcorn available for purchase (BYOB).

An intimate evening of beautiful songs, tall tales and fellowship with kindred spirits.

* This event has been created to benefit the funding of the Cottages of Silver Sage and help support Songwriters of Texas.

For more info, contact Lisa @ 210-818-5874