Our Silver Sage Thrift Store is located at 660 Hwy 16 South
Store hours Tues-Thurs 10:00am-3:00pm
Friday - 10am-2pm
Proceeds benefit Meals On Wheels

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:
NO OPRY FOR JULY

Vaccinate Bandera is a non-profit, community-based effort to provide residents of Bandera County with factual, unbiased, science-based information about Covid-19 Vaccines and to provide access to Covid-19 Vaccines. See More On Page 5.

Bus Trips! Wild Seed Farms, Lucky Eagle Casino, El Chapparel, and so much more!! See Pg 10

WHAT IS GOING ON WITH THE SILVER SAGE AND COTTAGES??
Join us July 20th @4pm in the dining room.
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
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: “You will all have to cut me some slack this month. For one thing, it’s July, and after a very pleasant, mild spring, we are now firmly entrenched in a typical Texas summer. It’s hot, very hot. It’s the kind of heat my dad would have characterized as, “Hotter than the hinges of hell.”…”

10. Activities, by Lisa Beck - “I hope you have gotten connected with an event or bus trip and made some new friends. We love having you join us for every occasion possible. Check the calendar for upcoming events and bus trips you might be interested in. We are here for YOU!”

Quilters Welcome!! Every Wednesday 9:30am
Do you know how to sew? Do you have a quilt you want to do for a family member? Do you have a project to share? Above all would you like to meet new people? If you answered Yes to any of the above questions please contact our Center at 830.796.4969

Our Mission:
Enriching Life for Seniors
Doing whatever it takes…

…when it matters the most.

Established, local team proudly serving the Bandera area for nearly 10 years. Available 24/7.

(830) 816-5024
1232 Bandera Hwy, Kerrville, TX
How can Vaccinate Bandera help you stay protected from... flu, shingles, pneumonia, and COVID-19?

If you need assistance locating a provider, scheduling your vaccines or getting transportation to your vaccine appointment, please let us help!

1-833-882-2246
Remember when the Mobile Mercado SA Food Bank came and gave away all that beautiful produce? Remember the yummy sample they gave us? Here it is!!

Yellow Squash & Zucchini Salad

**Ingredients**
- Makes 4 (1 cup) servings
- Salad
  - 1 zucchini, cut into half-moon wedges
  - 1 yellow squash, cut into half-moon wedges
  - ¼ red onion, thinly sliced
  - 2 tomatoes, cut into wedges
- Dressing:
  - 3 Tbsp. olive oil
  - 2 Tbsp. apple cider vinegar
  - ⅛ Tbsp. Italian seasoning
  - 1 tsp. of sugar
  - ⅛ tsp. salt

**Method**
1. Mix the olive oil, apple cider vinegar, Italian seasoning, sugar and salt in a large bowl and set aside.
2. Add the zucchini, yellow squash, tomatoes and red onion to dressing and stir to coat.
3. Serve immediately or store in the refrigerator.

**Nutrition Facts**
- Servings per container: 1 Cup (206g)
- Calories: 130
  - Total Fat 11g (14%)
  - Saturated Fat 2g (10%)
  - Trans Fat 0g
  - Cholesterol 0mg (0%)
  - Sodium 160mg (7%)
  - Total Carbohydrate 6g (2%)
  - Dietary Fiber 1g (4%)
  - Total Sugars 4g
  - Includes 1g Added Sugars (2%)
  - Protein 1g
- Vitamin D 0mcg (0%)
- Calcium 21mg (2%)
- Iron 1mg (6%)
- Potassium 299mg (6%)

**Tips on Squash**
- How To Store: Store vegetables in a sealed container in the refrigerator.
- How To Use: Roast with root vegetables or puree into a soup.
- Health Benefits: Vision, immunity & heart health, lowers the risk of some cancers.

[Food Bank logo and address]
You will all have to cut me some slack this month. For one thing, it’s July, and after a very pleasant, mild spring, we are now firmly entrenched in a typical Texas summer. It’s hot, very hot. It’s the kind of heat my dad would have characterized as, “Hotter than the hinges of hell.” My dad had a very colorful vocabulary, much of which he admitted he picked up from a business associate who was from Texas. As a born and bred Wisconsin “Yankee”, the way I deal with Texas summers is staying indoors with the A/C on, casting circles and muttering spells and curses. It almost makes 117o heat indexes tolerable.

The other reason I’m giving one and all fair warning that I have no idea where this column is headed or how it will turn out, is because at 2:15 this morning, after a 1:45 a.m. wrap up the night before, I loaded my book manuscript to the editor/publisher.

This is the moment, after months of writing, rewriting, editing, rewriting again, and repeating the process as often as it takes, all writers say to themselves, “When I thought I wanted to write a book, I should have taken two aspirin and a nap instead.” I don’t know about taking a nap before I started the whole thing, but I need a week of naps now that I’m done. Sort of done. The editor and designer will now weigh in and I know there are more rewrites in the immediate future.

I’m not complaining. There is nothing else I really want to do besides write. It’s just a little soft whimpering and whining you hear, nothing those naps and a couple nights of a solid 10 hours of sleep won’t fix.

The weather is a much harder fix. I’m already tired of pictures from cooler northern climes coming in from friends and acquaintances. It’s those smug smiles as they write, “We needed light jackets last night for the concert!”

It’s only the first of July here. I won’t need a jacket for five months. Next November, when they’re struggling through an icy snowstorm, bundled up like Nanook of the North, I’m sending out pictures with the caption, “Our lovely outdoor Thanksgiving – it was so warm and sunny I dug out a tank top. Wish you were here!”

Did I mention excessive heat makes me crabby? The best thing about very hot weather is, I don’t get lost in outdoor activities. Gives me more time to stay inside and write.

It will be about a week before I’m likely to hear from the publisher again. Already they want me to change my bio photo. I bit my tongue, took a deep breath and explained, again, in my most pleasant, honeyed tones that this was a book about the west. A cropped, closeup photo of me in a western hat, with one of my horses in hand, I restated, was far more interesting and appropriate than the standard 8x10 glossy professional head shot they preferred.

It is just the first of the disagreements we will have. I may have to cast another circle – one that will help me maintain my naturally good humor-ed persona in 100o+ heat.

So if you see me and I walk right past you with not so much as a glance. If it takes me far too long to form an answer to a simple question and I have an odd, far away look in my eyes . . . I’m not in the throes of some nasty illness and I’m not ignoring you. Outdoors it is still reaching temperatures not fit for human beings. It’s this idea I have for a book . . .

Time for an aspirin and a nap!

Have a wonderful 4th of July and see you in August when we can all continue complaining about the about the heat together. It’s a Texas tradition, y’all.
What is brown, hairy, and wears sunglasses? A coconut on vacation.

What did the little corn say to the mama corn? Where is pop corn?

What animal is always at a baseball game? A bat

What do ghosts like to eat in the summer? I Scream.

Why did the robot go on vacation? He needed to recharge his batteries.

What did the reporter say to the ice cream? “What’s the scoop?”

Where do math teachers like to go on vacation? Times Square

Why did the elephants get kicked out of the pool? They kept dropping their trunks.

Where do ghosts like to boat on vacation? Lake Eerie.

Why did the teacher jump into the pool? He wanted to test the water!

Why are mountains the funniest place to vacation? They are hill-arious.
We’re proud to be your neighbors.

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Downtown Kerrville | 200 Earl Garrett, Ste. 208 | 830.955.8331
Fredericksburg | 1318 S. State Hwy 16, Ste. 100 | 830.307.5490

texashillcountrybank.com
HEY, WHAT’S HAPPENING?
By Lisa Crawford (Activities Director)

Well, June has been one hot mess. I mean what can you even say about these insane temperatures? I really hope you have all found a way to keep cool. We are all doing the best we can I suppose. Just remember to stay hydrated. Water is your friend.

We have some fun trips coming up this month. We have a make-up day to the Wild Seed Farms in Fredericksburg now scheduled for July 6th at 9:00 a.m. If you were one of those on the original sign-up sheet and I have not called you to confirm that you will be going this time, then please call me to let me know you plan to attend. This trip is intended for those who were signed up the day I had to cancel. If any of those people decide not to attend this make up trip then I will open it up to first come first serve.

We’ll head down to Eagle Pass on Tuesday, July 18th to the Lucky Eagle Casino. If you are interested in going on this trip you must sign up in advance. You can either come by or call Lisa to get on the list for the bus. As always the bus trips are first come, first served.

El Chapparal in Boerne is finally open for business and that means we need to check them out to be certain they are as good as the one in Helotes. We will make that drive on Tuesday, July 25th. The bus will leave at 10:30 a.m.

Open Range Bakery and Café in Uvalde has been requested by several of the Silver Sage clients. Apparently, it’s an Amish restaurant and has a 4.7 of 5 stars rating in Google reviews. I personally have (so far) had really good luck going by Google reviews. So, on Monday, July 31st we are all going to give Open Range a try. The bus will leave at 9:00 a.m. and should be in Uvalde by 10:00. We will spend a little time shopping on the square and plan to arrive at the restaurant a little before 11:00 to hopefully beat the lunch rush.

Please check the calendar for grocery store trips.

*Please remember the bus trips are intended for seniors 55 and older. All riders must be able to get on and off the bus completely unassisted. There is no room to take any walkers or wheelchairs on the bus. There is a $5 fee for each person who rides the bus.

MEET UP In an effort to support our local community, we will meet for lunch at Brick’s River Café right here in Bandera on Thursday, July 20th at 11:00 a.m. Please call Lisa at 830-850-0028 to get signed up so we can have a head count for our reservation no later than Tuesday the 19th.

Remember there will be NO Cowboy Capital Opry in July since it falls on July 4th. The guest for the Opry in August will be Ricky Adams. We look forward to seeing you on August 1st for that.
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Upgrade your HVAC system, water heater, pool and well pumps, windows, doors, insulation and more.

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BanderaNursingRehab.com
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Menú sujeto a cambios según disponibilidad.

Silver Sage ~ July 2023 El almuerzo se sirve de 23:30 a 13:00

Joyce D. Lamilla, LD
Llama a la entrega de Meals On Wheels (830) 796-4969

Machine Translated by Google
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<th>FRIDAY</th>
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<td>Toscana</td>
<td>27</td>
<td>Creamed Chicken with Vegetables</td>
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<td>Sweet Potato fries</td>
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<td>21</td>
<td>Green Salad with Dressing &amp; Cheese</td>
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<td>Broccoli &amp; Cheddar Cheese</td>
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<td>Shrimp &amp; Rice</td>
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Lunch served from 1:30pm-1:45pm

Silver Sage ~ July 2023
SILVER SAGE & SAN ANTONIO FOOD BANK DISTRIBUTION

**WEATHER PERMITTING**

LAKEHILLS COMMUNITY CENTER
JULY 10TH 10AM-12PM
11225 PR 37, Lakehills, TX

LAKE MEDINA SHORES (THE POOL)
JULY 24TH 10AM-12PM
7100 Wharton’s Dock Road

*Registration will be done on-site*

QUESTIONS: (830) 796-4969
YOGA WITH WILLY EVERY MONDAY

Location: Great Room @ the Silver Sage - Time: 10:00am

Bring your yoga mat and enjoy one hour of eclectic instructor-led yoga with Willie. This multi-level class is suitable for all abilities and ages. Class consists of simple breathing exercises, stretching, and forced relaxation (smile!) that are beneficial for both physical and mental health. Classes are held on holiday Mondays! Willie has been a certified Yoga instructor with over 20 years experience in body, mind, and spirit work. $8 per class.
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
135 Plaza Drive, Kerrville, TX 78028
830.895.2626
junipercommunities.com

Exceptional Senior Living in the Texas Hill Country

INDEPENDENT LIVING | ASSISTED LIVING | REHABILITATION AND SKILLED CARE

FACILITY #000769/000269

KERRVILLE CANCER CENTER
Valerian Chyle, Jr., MD
Board - Certified. Radiation Oncology, American Board Of Radiology
218 Sidney Baker Street North • Kerrville, TX 78028
30-257-2070 • fax: 830-257-2079 • www.KerrvilleCancerCenter.net

Bandera Veterinary Clinic
Dr. Mark Richardson,
Dr. Jennifer Knight, and Associates
830-796-3003
1989 TX-16 N, Bandera, TX 78003
BanderaVetClinic.com

Lighthouse
Seniors Program
Providing seniors with vision loss the skills, tools and resources needed for maintaining independence in their homes and the community.
210-531-1547 • www.salighthouse.org
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

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

Spirits of Bandera
Texas Made - Texas Proud

Featuring the finest crafts, food, books, and alcohol from across Texas!
1107 Cypress St, Bandera, Texas
(830)522-3221
FB:@banderaspiritsoftexas

Babe Ruth Strawberry Pineapple Smoothie

Ingredients
- 1 cup strawberries
- 1/2 cup pineapple
- 1 cup banana
- 2 cups orange juice
- 1/4 cup Greek yogurt
- 1 cup spinach
- 1 tbsp chia seeds

Nutrition
- Calories: 129
- Fat: 1g
- Protein: 4g
- Sodium: 17mg
- Carbohydrates: 26g
- Fiber: 2g
- Sugars: 18g
- Calcium: 6% DV
- Potassium: 15% DV

Need Health Insurance?
We Are Here to Help!

EnrolSA is Working with Families in the Hill Country
Medina | Bandera | Kerr | Kendall | Comal | Gillespie

Your Health Depends on You
Working families may qualify for zero-premium plans with vastly reduced deductibles. We can also see your children qualify for CHIP or Medicaid.

To Schedule an Appointment for Free Assistance
Call 210-977-7397 or visit EnrolISA.com

Schedule an Appointment Today!
Let me help you.

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.

WHEN IT COMES TO MEDICARE
YOU HAVE CHOICES.

find the best plan to fit your health care needs.

RESIDENT
Kerrville, Texas

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find the best plan to fit your health care needs.

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Summer Fun

Summer Word Scramble

KEIB  ACPM  ATHE  ANF  MEUSRM  DNSA  EHCBA  KIEH  TOSSRH  EIFR  LOPO  NSU  ELKA

Why does ice cream always get invited to the party?

SUNSCREEN  BEACH  SWIMSUIT  PICNIC  SUNSHINE  POOL  SANDCASTLE  CAMPING  POPSICLE  WATERMELON  ICECREAM  SWEAT  SUNGLASSES  OUTSIDE  HAMBURGERS  FRIENDS  SPRINKLER  COOKOUT  VACATION  HOTDOGS  BIKE  SWIMMING  SUMMER
INCLUDE IN YOUR DIET

FLUID RICH FOODS
Always check with your doctor before making diet and lifestyle changes.

- Soups
- Popsicles
- Ice Cream
- Milk Shakes

FLUID RICH FRUITS
- Peaches
- Strawberries
- Watermelon
- Oranges

FLUID RICH VEGGIES
- Lettuce
- Bell Peppers
- Cauliflower
- Celery

STAY HYDRATED!
KNOW THE SIGNS OF DEHYDRATION

- Dry mouth
- Nausea
- Headache
- Thick saliva
- Sunken eyes
- Confusion
- Dry skin
- Inelastic skin
- Muscle aches

IMPROVING FLUID INTAKE

- Measure the amount of fluid you drink
- Increase intake slowly over two weeks
- Keep a “Liquid Log” of intake
- Try to take 4 fl oz with medications
- Water is best, but non-caffeinated drinks are good too
- Consume fluid rich foods

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STRETCH & STRENGTHEN WITH IDA EVERY TUESDAY

10:30am and is a therapeutic movement class, adapted from various styles and approaches to movement as a rehabilitative, healing, and transformational experience. It is particularly effective for people of all ages and those recovering from, or living with injury or illness. $8 per class.
WHAT ABOUT BEE’S? By Carl Hare

I have been told that there approximately 24,000 species of bee’s in the world, and about 4,000 species live in the United States. Honey Bees are not native to the America’s, in fact they were brought here by the Pilgrims in the 1500 and 1600.

The Honey Bee is a flying insect of the genus Apis (stinging) and Meliponini (stingless) and are native to Afro-Eurasia. Humans are responsible for introducing them to South America (early 1500’s), North America (early 1600’s), and Australia (early 1800’s).

Honey Bee’s are great pollinators and pollinate apples, pears, nuts, strawberries, tomatoes, peppers, blueberries, squash, and Mellons.

The five main bee groups in Texas are honey bee’s, bumble bee’s, mason bee’s, ground(digger) bee’s and carpenter bee’s. Only the Honey Bee produces enough honey to supply human.

Honey bees live in hives made up of worker bee’s (all female), drones (male bee’s), and the Queen! Yes it is a fact that the worker bee’s (all female) do all the work, while the drones (male) bee’s just sit around and take it easy! In fact the worker bee’s even have to take care of the drone, feeding and grooming them.

The only job the Drone has is to breed with a queen, but not from his hive! Each morning, after breakfast, the drones will fly away and hang out in the Drone congregation area where they just buzz around looking up for a beautiful Virgin Queen to come flying by. Then they will fly up and and breed with her and die! The Queen may breed with 50 or more drones on her maiden flight. This will supply enough semen for a lifetime.

When winter is coming on, the worker bee’s will force the Drones out of the hive and let them die!

Many people will often mistake the Drone as the Queen, for they are generally larger than the worker bee’s. The Drones are fat, but the Queen has a long slender body.

The Drone Bee do not sting, it is only those ole mean Worker Bee’s that will sting you, but only in defense of their hive or their life! When they sting you, their stinger pulls out of their body and they die!

The Queens only duty is to lay eggs. She has the ability to lay fertile eggs (workers) or infertile eggs (drones). Generally, no other worker Bee’s canals eggs. On occasion, when the Queen unexpectedly dies a worker may start laying eggs, but they will be infertile and only produce drones, thus the hive is doomed! This does not happen often. We will have more next month when we learn about the life cycles of the Honey Bee!
***NO OPRY IN JULY***

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featuring **Ricky Adams** & the Silver Sage House Band

Lanette Pennell
Vickie Gillespie
Dave Kemp, & Gerry Payne