



Silver Sage Thrift Store 616 Hwy 16 S

Store Hours:

Tuesday-Saturday 10:00am-4:00pm (830) 460-1586 Proceeds benefit Meals On Wheels







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 on hold for now, stay tuned for special apperance and holiday shows.





Managing Publisher/Designer:

Karyn Utterback Executive Assistant Email: karyn@silversage.org

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













HOURS:

SILVER SAGE HOURS: MON-THURS 8:00AM- 3:00PM FRIDAY 8:00AM TO 2:00PM.

CLOSED WEEKENDS AND MAJOR HOLIDAYS.

WWW.SILVERSAGE.ORG

Our Mission: SUPPORTING PEOPLE. STRENGTHENING COMMUNITIES.

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

The Silver Sage Home Goods Thrift Store is located at 805 Main Street (old Family Dollar) in Bandera,TX.

Hours: Tuesday-Thursday 10am-5pm Friday & Saturday 10am-7pm Closed Sunday & Monday



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

Texas Abuse Hotline 1-800-252-5400

Texas Health and Human Services (830) 796-3739

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



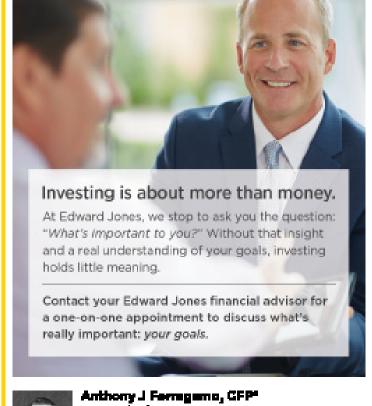
American Red Cross

redcross.org

Together, we can save a life



354 TX-16, Bandera, TX 78003 hevenorlumberhardware.com-





Financial Advisor

158 Hwy 16 S Suite D Bandera, TX 78003 830-790-9997



COMMUNITY FOUNDATION

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WWW.COMMUNITYFOUNDATION.NET

Our Vision: To be Leaders in our Bandera County Community and serve our neighbors.

Mission: Lions serve. It's that simple, and it has been since we first began in 1917. Our clubs are places where individuals join together to give their valuable time and effort to improve the quality of life in Bandera County.

PLEASE JOIN THE BANDERA LIONS:

3rd Thursday of each month @ 6pm
@ Silver Sage Acttivity Center located at 803 Buck Creek Drive.

For More Info, lionsclubofbandera@gmail.com Bruce @ (210) 396-6932

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dbrzezinski@wspinsurance.com - www.wspinsurance.com

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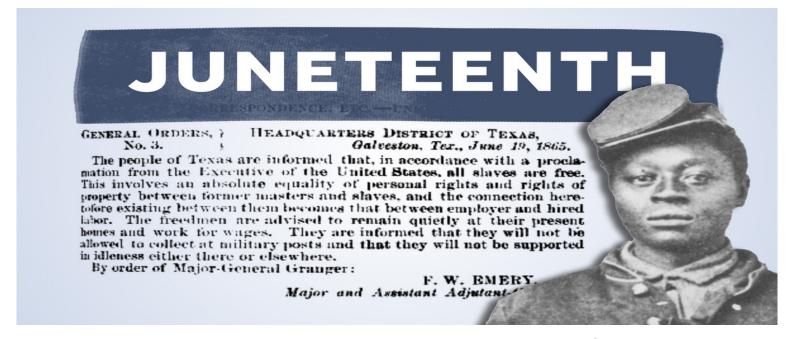


Bandera | 800 Main St. | 830.796.3100 Kerrville Main | 998 Sidney Baker St. South | 830.257.4771 Downtown Kerrville | 200 Earl Garrett, Ste. 208 | 830.955.8331 Fredericksburg | 1037 S. State Hwy 16 | 830.307.5490



www.texaspartners.bank

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Juneteenth commemorates the day, June 19, 1865, when news of the Emancipation Proclamation, and the end of slavery in the Confederate states, reached African Americans in Galveston, Texas. This marked the official end of slavery in the United States, though the 13th Amendment was ratified later that year, abolishing slavery nationwide.

Elaboration: Emancipation Proclamation and its Delay:

President Abraham Lincoln issued the Emancipation Proclamation in 1863, freeing slaves in Confederate states. However, news of the Emancipation Proclamation, and the end of the war, did not reach Galveston, Texas until June 19, 1865.

General Gordon Granger's Announcement: Union General Gordon Granger arrived in Galveston with news of emancipation and the war's end.

The Last Bastion of Slavery: Texas was the last state to officially enforce the Emancipation Proclamation and the end of slavery.

Juneteenth Celebrations: The news of freedom prompted celebrations by formerly enslaved people in Texas, marking the beginning of Juneteenth.

13th Amendment: The 13th Amendment, ratified in December 1865, formally abolished slavery in the United States.

Juneteenth as a Holiday: Juneteenth has been celebrated by African Americans for decades and is now recognized as a federal holiday.

Ongoing Struggles: Juneteenth serves as a reminder of the historical struggle for freedom and the ongoing fight for equality.

JUNE ACTIVITIES 2025



Activities Coordinator: Phone: (830) 850-0028

Mon	Tue	Wed	Thu	Fri
2 8:00 Video Exercise 10:00 Yoga w/ Willie 1:00 Monday Afternoon Movie	3 10:30 Stretch & Strengthen w/lda 12:30 Games	4 8:00 Video Exercise 9:30 Quilting 12:30 Games 1:00 Senior Savy Savings Class	5 12:30 Games	6 8:00 Video Exercise 12:30 Watercolor Painting \$6
9 8:00 Video Exercise 10:00 Yoga w/ Willie 1:00 Monday Afternoon Movie	10 10:30 Stretch & Strengthen w/lda 12:30 Games	11 8:00 Video Exercise 9:30 Quilting 12:30 Games	12 12:30 Games	13 8:00 Video Exercise 12:30 Watercolor Painting \$6
16 8:00 Video Exercise 10:00 Yoga w/ Willie 1:00 Monday Afternoon Movie	17 10:30 Stretch & Strengthen w/lda 12:30 Games 1:00 Writers Group	18 8:00 Video Exercise 9:30 Quilting 12:30 Games	19 12:30 Games	20 8:00 Video Exercise 12:30 Watercolor Painting \$6
23 8:00 Video Exercise 10:00 Yoga w/ Willie 1:00 Monday Afternoon Movie	24 10:30 Stretch & Strengthen w/lda 12:30 Games	25 8:00 Video Exercise 9:30 Quilting 12:30 games	26 12:30 Games	27 8:00 Video Exercise 12:00 Birthday Bash
30 10:00 Yoga w/ Willie				
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Almuerzo de junio de 2025. Servido de 11:30 a 13:00 h Silversage.org

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Viernes	6 Ensalada de taco con maíz Papas fritas, tomates, Salsa y Ranch Vendaje	Pollo a la parrilla y verduras asadas sobre una cama de verduras frescas con aderezo ranch.	20 Ensalada de pasta con atún sobre un lecho de verduras frescas Galletas	Ensalada Gyro con queso feta, tomate, cebolla roja, pepino y salsa tzatziki. Hummus	
Jueves	5 Sándwich de cerdo desmenuzado con pepinillos y cebollas Maíz vaquero	Horneado Cordon Bleu Cereza asada Tomates y Cebolla con Ajo y Balsámico	Chuleta de cerdo y Coba Ajo asado y Risotto de hierbas Brócoli sazonado	26 Pollo a la barbacoa Frijoles al horno Macarrones con queso	El menú se prepara en colaboración con Ben E. Keith Foods de Jackie Scimeca, dietista licenciada n.º DT83358 Menú sujeto a cambios Según disponibilidad
Miércoles	4 Pollo con brócoli y Cazuela de arroz Pan con queso	Espaguetis de jardín Cargado con fresco verduras y hierbas Pan con queso	18 Pollo Tikka Masala Arroz blanco Judías verdes	25 Lasaña de tres carnes Brócoli a la parmesana	Area Agency on Aging Product through the Tital Dependence of Aging and Dumbling Services Alamno Area Council of Governments
Martes	3 Carne Mexicana Picadillo con Papas y verduras en tortilla de harina Frijoles refritos	10 Carne de res y brócoli Arroz blanco Verduras orientales	Stroganoff de ternera con Salsa de crema sabrosa sobre huevo con mantequilla Fideos Zanahorias sazonadas	24 Carne mechada Polenta con queso Judías verdes Almendra	A Algung Area Council Of Governments
Lunes	2 Palitos de pescado crujientes Papas fritas de batata Guisantes y zanahorias Salsa tártara	9 Agridulce Pollo Arroz esponjoso Empanadillas	Sándwich de buñuelos de cerdo con pepinillos y cebollas Frijoles pintos Tater Tots	23 Pollo palomitas de maíz Tazón con puré Papas, salsa, Maíz y queso	30 Filete de pollo frito y salsa Puré de papas Judías verdes
Domingo					8

1pm Silversage.org

June
2025
Lunch
Served
11:30

				Sunday
Chicken Fried Steak and Gravy Mashed Potatoes Green Beans	Popcorn Chicken Bowl with Mashed Potatoes, Gravy, Corn, and Cheese	16 Pork Fritter Sandwich with pickles and onions Pinto Beans Tater Tots	9 Sweet and Sour Chicken Fluffy Rice Potsticker	Monday 2 Crispy Fish Sticks Sweet Potato Fries Peas & Carrots Tarter Sauce
Algmo Area Council of Governments	Meatloaf Cheesy Polenta Green Bean Almondine	Beef Stroganoff with a Savory Cream Sauce over Buttered Egg Noodles Seasoned Carrots	Beef and Broccoli White Rice Oriental Vegetables	3 Mexican Beef Picadillo with potatoes & vegetables in a flour tortilla Refried Beans
Area Agency on Aging on Aging Friends through the Trans Department of Aping and Disability Services Adamo Area Council of Governments	Three Meat Lasagna Parmesan Broccoli	18 Chicken Tikka Masala White Rice Green Beans	Garden Spaghetti Loaded with fresh vegetables and herbs Cheesy Bread	Wednesday 4 Chicken Broccoli and Rice Casserole Cheesy Bread
The menu is prepared in partnership with Ben E. Keith Foods by Jackie Scimeca Licensed Dietician #DT83358 Menu Subject To Change According to Availability	26 BBQ Chicken Baked Beans Macaroni & Cheese	Pork Chop and Applesauce Roasted Garlic & Herb Risotto Seasoned Broccoli	Cordon Bleu Bake Roasted Cherry Tomatoes and Onion with Garlic and Balsamic	5 Pulled Pork Sandwich with pickles and onions Cowboy Corn
	Gyro Salad with feta, tomato, red onion, cucumber, and Tzatziki sauce.	20 Tuna Pasta Salad on a bed of fresh greens Crackers	Grilled Chicken and roasted veggies on a bed of fresh greens with Ranch Dressing	6 Taco Salad with Corn Chips, Tomatoes, Salsa, and Ranch Dressing



FetchFind SUMMER SAFETY GUIDE



1 Learn the early signs of heat exhaustion

- Excessive panting
- Excessive or thick drool
- Reddened tongue, inside ears
- Red or pale gums
- Glassy and/or red eyes
- Anxiousness or restlessness
- Reluctance or refusal to go on



Take it slow and cut it short

- When it's above 80°F (26.6°C)
- The more extreme the heat, the shorter the walk
- Spend the rest of the visit inside playing, cuddling, training or just recovering from the heat



3 Pay close attention to the dog

- Breed will influence how heat-tolerant a dog is
- Watch for signs of distress, difficulty breathing and pain
- If the dog seems to be done, head back home
- Don't force them to continue



4 Brachycephalic dogs heat up faster

and have difficulty cooling down so take extra precautions



Affenpinscher, Boston Terrier, Boxer, Brussels Griffon, Bulldog, Cane Corso, Chihuahua, French Bulldog, Japanese Chin, King Charles (& Cavalier), Lhasa Apso, Mastiff-types, Pekingese, Pug, Shih Tzu, Tibetan Spaniel

5 Find cool ground and avoid hot asphalt

Look for shade, grass and sprinklers

- Cross streets quickly
- If it's too hot to put your hand on for 3 seconds, it's too hot for paws



6 Bring room-temp water - always!

- Cold water can be too much of a shock to the system
- Give the dog chances to drink
- Apply to ears, paw pads, inner thighs and stomach





If you transport dogs never leave them in a hot car

If you must, keep the car well downward ventilated or leave the A/C on and keep your absence extremely limited

R Check paws frequently



Examine paws and watch for redness, sensitivity, signs of burning or pain, and head back home or cool them off with water

Know normal temperature



Most dogs average between 101 - 102.5°F

(38.3 - 39.2°C)

In general, 105°F (40.5°C) or above is considered hyperthermia

10 Walk in populated areas

so that if you or the dog you're walking needs help, someone may be around to assist



11 Minimize sun exposure

especially for hairless dogs or dogs with thin or white hair

Use sunscreen made for dogs when available

12 Take plenty of breaks

Find some shade, take a seat and relax

Take time to chill as often as needed, especially in high humidity





Summer Ice cream word search!





Chocolate Banana Peach Coconut Peppermint Brownie Pistachio Coffee Bubblegum Butterscotch Mango Pumpkin Strawberry Caramel Maple Vanilla Cherry Neapolitan



SUMMER

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CANTELOUPE DR PEPPER LIMEAIDE FRESCA PUNCH TEA



SILVER SAGE & SAN ANTONIO FOOD BANK DISTRIBUTION

WEATHER PERMITTING

MONDAY JUNE 9TH 10AM-12PM LAKEHILLS COMMUNITY CENTER 11225 PR 37, Lakehills, TX

MONDAY JUNE 23RD 10AM-12PM LAKE MEDINA SHORES (THE POOL) 7100 Wharton's Dock Road

Registration will be done on-site QUESTIONS: (830) 796-4969

