



Silver Sage Thrift Store & Boutique
616 Hwy 16 S
Store Hours:
Tuesday-Saturday
10:00am-4:00pm
(830) 460-1586

The Silver Sage Home Goods Thrift Store
805 Main Street (old Family Dollar)
Store Hours:
Tuesday-Saturday
10am-5pm
(830) 460-0423

Home Goods THRIFT STORE
BENEFITTING MEALS ON WHEELS

MONTHLY MENU
PAGE 8 & 9



VOL. 6 ISSUE 12 WWW.SILVERSAGE.ORG

NOVEMBER 2025


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



What are YOU Thankful For?



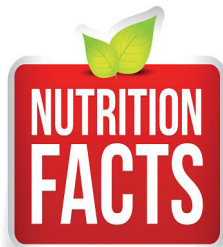
Managing Publisher/Designer:

Karyn Utterback
Executive Assistant
Email: karyn@silversage.org

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



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Check out our
**Monthly
Menu!**



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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

Best Thanksgiving Recipe

PUMPKIN PECAN PIE

PREP TIME: 20 MINS

COOK TIME: 45 MINS

INGREDIENTS

- | | |
|-------------------------------|-------------------------------|
| 1. Lorem ipsum dolor sit amet | 4. Lorem ipsum dolor sit amet |
| 2. Lorem ipsum dolor sit amet | 5. Lorem ipsum dolor sit amet |
| 3. Lorem ipsum dolor sit amet | 6. Lorem ipsum dolor sit amet |

METHOD

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In dapibus tincidunt odio. Praesent convallis risus ac purus aliquet, at sagittis lacus dictum. Pellentesque sit amet ornare erat.



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

Daniel Sevilla (Chief Operations Officer) (830) 850-0898

Arthur Nagel Community Clinic (830) 796-3448

CVS Pharmacy (830) 460-7701

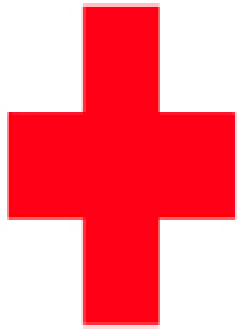
Bandera Pharmacy (830) 796-3111

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



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FOR BANDERA. FOREVER.

**CONSIDER A CHARITABLE LEGACY AS A PART OF YOUR
ESTATE PLAN.**

241 EARL GARRETT STREET | KERRVILLE, TEXAS 78028

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 Activity Center located at 803 Buck Creek Drive.

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

WS&P

WALTHALL SACHSE & PIPES, INC

FAMILY & BUSINESS INSURANCE SINCE 1973

Debbie Brzezinski - Bandera County Resident

dbrzezinski@wspinsurance.com - www.wspinsurance.com



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WE'RE PROUD TO BE *your* NEIGHBORS.

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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

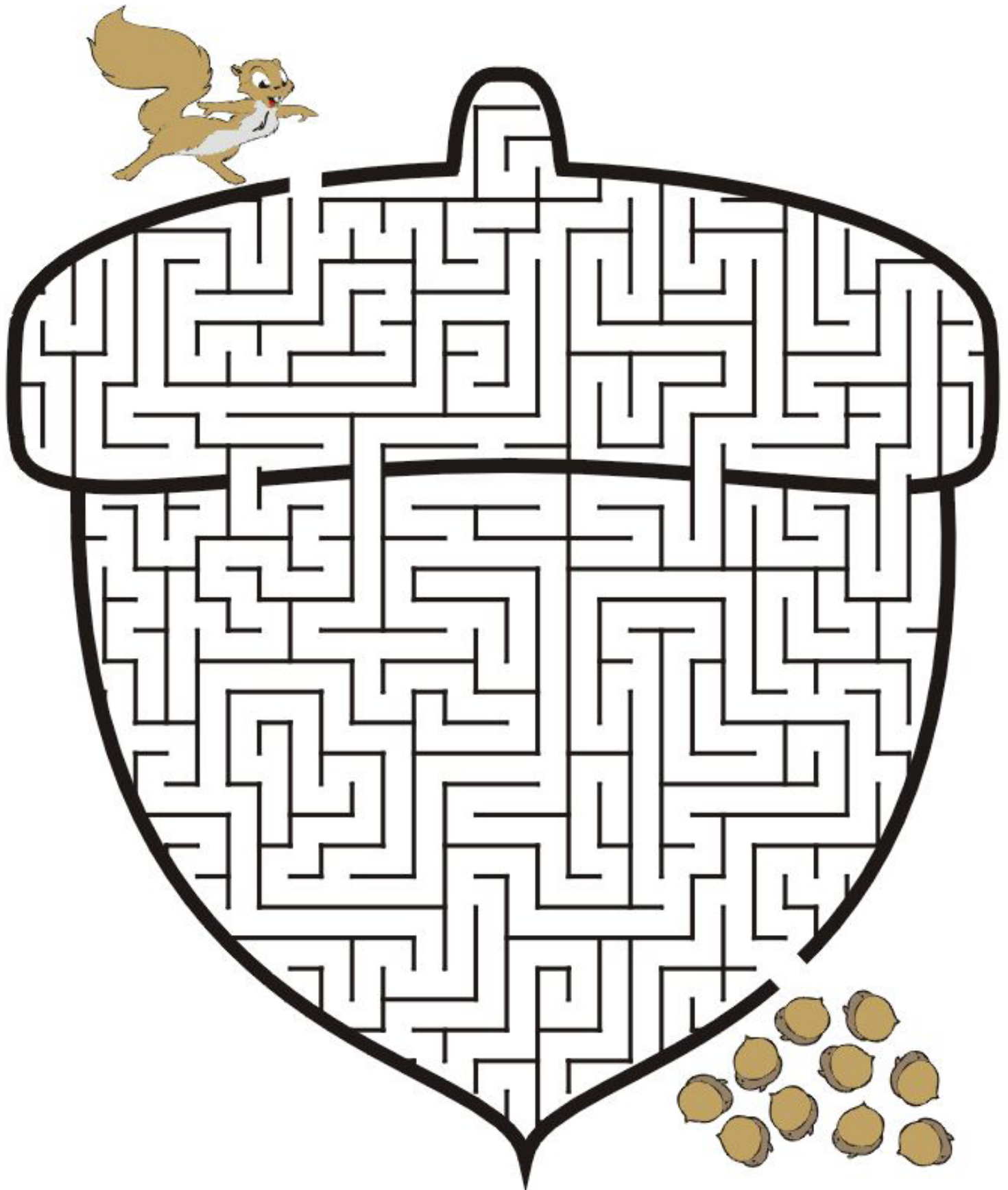


www.texaspartners.bank

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BANDERA | KERRVILLE | FREDERICKSBURG | NEW BRAUNFELS | SAN ANTONIO | AUSTIN

Help the squirrel through the maze to find its acorns



SEPTEMBER ACTIVITIES 2025

Mon	Tue	Wed	Thu	Fri
1 8:00 Video Exercise 10:00 Yoga w/ Willie \$10 1:00 Movie Monday	2 10:30 Stretch & Strengthen w/Ida \$8 12:30 Games	3 8:00 Video Exercise 9:30 Quilting 12:30 Games	4 12:30 Games	5 8:00 Video Exercise 1:00 Games
8 8:00 Video Exercise 10:00 Yoga w/ Willie \$10 1:00 Movie Monday	9 10:30 Stretch & Strengthen w/Ida \$8 12:30 Games 1:00 Writers Group	10 8:00 Video Exercise 9:30 Quilting 11-1 Takeout Meal Fundraiser 12:30 Games	11 12:30 Games	12 8:00 Video Exercise 1:00 Games 1:00 Watercolor w/Shelly \$6
15 8:00 Video Exercise 10:00 Yoga w/ Willie \$10 1:00 Movie Monday	16 10:30 Stretch & Strengthen w/Ida \$8 12:30 Games	17 8:00 Video Exercise 9:30 Quilting 12:30 Games	18 12:30 Games	19 8:00 Video Exercise 1:00 Games
22 8:00 Video Exercise 10:00 Yoga w/ Willie \$10 1:00 Movie Monday	23 10:30 Stretch & Strengthen w/Ida \$8 12:30 Games 1:00 Writers Group	24 8:00 Video Exercise 9:30 Quilting 11-1 Takeout Meal Fundraiser 12:30 games	25 12:30 Games	26 8:00 Video Exercise 12:00 Birthday Bash 1:00 Games 1:00 Watercolor w/Shelly \$6
29 8:00 Video Exercise 10:00 Yoga w/ Willie \$10 1:00 Movie Monday	30 10:30 Stretch & Strengthen w/Ida \$8 12:30 Games	1 8:00 Video Exercise 9:30 Quilting 12:30 Games	2 12:30 Games	3 8:00 Video Exercise 1:00 Games

For Inquiries about Activites or to Schedule an Activity, Please call Daniel (830)850-0028



Noviembre de 2025. Almuerzo servido de 11:30 a 13:00. Silversage.org

Domingo	Lunes	Martes	Miércoles	Jueves	Viernes
3	Tiras de pollo y Salsa Papas fritas Tostada de Texas	4 Pastel de carne picada Pan de ajo	5 Pollo a la holandesa Pilaf de arroz coles de Bruselas	6 Ziti al horno con Embutido Calabaza y calabacín Panecillo	7 Cerdo con costra de hierbas Lomo Papas con queso Brócoli & Coliflor
10	Panqueques/Sirope Hamburguesa de salchicha Crujiente de arándanos	11 Pollo a la barbacoa Sándwich Papas fritas tipo waffle	12 Solo para consumo en el local y para llevar Filete de pollo frito Puré de papas/Salsa de carne Judías verdes -O- Hígado con cebolla	13 Enchilada de pollo Hornear Arroz español Frijoles pintos	14 Millón de dólares Espaguetis Espárragos asados
17	Palitos de pescado crujientes Papas fritas de boniato Guisantes y zanahorias	18 Estofado de ternera con un Salsa cremosa salada sobre huevo con mantequilla Fideos coles de Bruselas	19 Perro caliente con chili y queso Frijoles al horno	20 Pollo y waffles Manzanas con canela Jarabe	21 Horneado con chile Papa Maiz del suroeste
24	Pollo a la naranja Arroz frito empanadillas chinas	25 Estofado húngaro pan de maíz	26 <u>Cena de Acción de Gracias</u> Pavo, judías verdes Cazuela, Relleno, Puré de patatas y Salsa, panecillo Salsa de arándanos, Budín de pan	27 CERRADO	28 CERRADO
	Menú sujeto a cambios Según disponibilidad				El menú se elabora en colaboración con Ben E. Alimentos Keith por Jackie Scimeca, Dietista Licenciada #DT83358

November 2025 Lunch Served 11:30-1pm silversage.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
3 Chicken Strips & Gravy French Fries Texas Toast	4 Cottage Pie Garlic Bread	5 Hollandaise Chicken Rice Pilaf Brussel Sprouts	6 Baked Ziti with Sausage Squash & Zucchini Dinner Roll	7 Herb Crusted Pork Loin Cheesy Potatoes Broccoli & Cauliflower		
10 Pancakes/Syrup Sausage Patty Blueberry Crisp	11 BBQ Chicken Sandwich Waffle Fries	12 Congregate & to-go only Chicken Fried Steak Mashed potatoes/Gravy Green Beans -OR- Liver and Onions	13 Chicken Enchilada Bake Spanish Rice Pinto Beans	14 Million Dollar Spaghetti Roasted Asparagus		
17 Crispy Fish Sticks Sweet Potato Fries Peas & Carrots	18 Beef Stroganoff with a Savory Cream Sauce over Buttered Egg Noodles Brussel Sprouts	19 Chili Cheese Hot Dog Baked Beans	20 Chicken and Waffles Cinnamon Apples Syrup	21 Chili Topped Baked Potato Southwest Corn		
24 Orange Chicken Fried Rice Potstickers	25 Goulash Cornbread	26 <u>Thanksgiving Dinner</u> Turkey, Green Bean Casserole, Stuffing, Mashed Potatoes & Gravy, Dinner Roll Cranberry Sauce, Bread Pudding	27 CLOSED	28 CLOSED		
Menu Subject To Change According to Availability			 Funded through the Texas Department of Aging and Disability Services Alamo Area Council of Governments		The menu is prepared in partnership with Ben E. Keith Foods by Jackie Scimecca Licensed Dietician #DT83358	

FIBER: The Forgotten Hero of Human Health



Fiber is an important, but often overlooked nutrient that has a multitude of health benefits. Not only does it aid digestive health, but fiber is also crucial for preventing heart disease, cancer, diabetes, obesity and even mood disorders.



How Much Fiber Should I Eat Per Day?*



Men: 28-34 grams

Women: 22-28 grams

*More than 90% of women and 97% of men do not meet recommended fiber intakes.

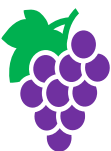


What Foods Are Good Sources of Fiber?

Fiber is only found in plants such as fruits, vegetables, nuts, seeds, whole grains and legumes. These foods are also high in beneficial antioxidants and phytonutrients.



Ways To Add More Fiber To Your Diet



- **Eat whole foods.** Instead of fiber supplements and processed foods, get your fiber from foods found in their most natural state.
- **Focus on diversity.** Eating a variety of plants helps maximize your intake of the different types of fiber, phytonutrients and antioxidants.
- **Choose a healthy snack.** Many fiber-rich foods make for convenient snacks such as apples, pears, berries, carrots, almonds and walnuts.
- **Get your protein from fiber-rich foods.** Beans, lentils, chickpeas and tofu are healthy sources of protein and are also loaded with fiber.



Thanksgiving Word Search

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 H B U D
 T P D Y B T P J I S
 U C W P A U Q F K S N
 I R O R P K M S K X E H A
 D K T N A I N F S E C H E
 D O I E V A P N P R F V F A Q S
 N J N Y Y T B G B I A D A R P W
 Z J N N P Y F Y L A E B Y M V F K D
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HARVEST
 PUMPKIN
 TURKEY
 FAMILY
 GRAVY
 AUTUMN
 DINNER

FEAST
 THANKS
 CRANBERRY
 CORNBREAD
 STUFFING
 YAMS
 PILGRIM

PARADE
 NAPKINS
 DISHES
 BAKING
 BOUNTY
 TABLE
 SEASON
 FRIENDS





SILVER SAGE & SAN ANTONIO FOOD BANK DISTRIBUTION

****WEATHER PERMITTING****

**MONDAY NOV. 3RD 10AM-12PM
LAKEHILLS COMMUNITY CENTER
11225 PR 37, Lakehills, TX**

**MONDAY NOV. 17TH 10AM-12PM
LAKE MEDINA SHORES (THE POOL)
7100 Wharton's Dock Road**

Registration will be done on-site

QUESTIONS: (830) 796-4969

