



THRIFT STORE
616 HWY 16 S. BANDERA, TEXAS

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-4pm
(830) 460-0423

Home Goods THRIFT STORE
BENEFITTING MEALS ON WHEELS

MONTHLY MENU
PAGE 8 & 9



BANDERA COUNTY



THE SCOOP AT SILVER SAGE

803 BUCK CREEK DR. BANDERA, TEXAS 78003 (830) 796-4969

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: Meals On Wheels driver/jumper, Thrift Stores, Food Pantry, Kitchen, or Garden!
Call us at (830) 796-4969



June Schedule

JOIN US FOR DIGITAL LITERACY AT 2 LOCATIONS THIS MONTH!



MEDINA COMMUNITY LIBRARY

JUNE
04
10 AM - 11:30 AM
Cybersecurity Basics

JUNE
11
10 AM - 11:30 AM
Android Mobile Phone Basics

JUNE
18
10 AM - 11:30 AM
Internet Basics

JUNE
25
10 AM - 11:30 AM
Email Basics

THE SILVER SAGE

JUNE
05
1:30 PM - 2:30 PM
Cybersecurity Basics

JUNE
12
1:30 PM - 2:30 PM
Android Mobile Phone Basics

JUNE
19
1:30 PM - 2:30 PM
Internet Basics

JUNE
26
1:30 PM - 2:30 PM
Email Basics



HELLO
SUMMER

Managing Publisher/Designer:

Karyn Utterback
Executive Administrator
Email: karyn@silversage.org

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



» P.7



» P.10

Check out
our Monthly
Menu!



» PG 6



» P. 8/9

HA HA HA HA HA HA HA HA HA

Why did the belt get arrested?

It held up a pair of pants.

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



Retired? Let us help with your income needs.



Anthony J Ferragamo, CFP®, CKA®
Financial Advisor
P O Box 2806
158 Hwy 16 S Suite D
Bandera, TX 78003
830-796-9197

EJB-19325-A-E-DA-4 AECSPAD 25792191

Dog friendly!

peanut butter Dog ICE CREAM

1 cup plain Greek yogurt
1 cup creamy peanut butter
1 tbsp honey
½ tsp cinnamon

Volunteer Appreciation

V J V J H V A H I M H B S K N A H T Z U K K Y K
Y L Z C V J R C Q S C M A M K U Q K C E U O O O
K B A M G U H Z M K J Q V T I L D Z M E T B F V
H N Z Z D E I M E E Y F V F U I S O N Q X L M Z
Z R T I E E T L V S W Q R F G S U O R E N E G Q
E D Z R N S M I L E S I T D E W E G L V Y F R O
M Y F L S D T I C H E H N L F B M T A U B K R S
W U W K P R N H K N G L F A D Y T I N U M M O C
L S H A O O Q P D U M L E E C A R I N G B O Q D
L X B P T N P S O G E V V N L D N I K D G L B H
F E P V L C H H U S F O C I L E I N E D Q V S L
L U A M Q I T V Y E T S O H B T W Q Y Q P U M K
S M N D P G T Q A E I N M O W A V S V V U G A T
A B C I E D T U D M V K M L W C I T P K N U S E
M T H X X R F H A Z G B I T Y I T C R I G F L Q
A P A W K P S M L A F D T X O D A O V Q Q B O X
Z G B E K E R M M E L Y T M V E L I Z L M D P M
I G R P R L O E E O Z S E Q N D G Y O U E T T U
N H O N A G U K U W Q C D J P W T Y H W X V N F
G E H K G Y B F A B U L O U S S A E I H L A Y S
L Y W R L T S A F L M D W H P L T D S G O O I N
U Y L W G F K S V S V E M R K X A A P D E Q V Q
M X C A N Q J W Y W H B G D F M H K C J P H N E
O L U F P L E H E P Q L T T S T F R R A X O J I

SUPPORTIVE	FRIENDSHIP	THOUGHTFUL	COMMITTED	COMMUNITY
DEDICATED	CHEERFUL	FABULOUS	SELFLESS	GENEROUS
DEVOTED	LEADERS	AMAZING	HELPFUL	GIVING
CARING	SMILES	THANKS	HUMBLE	VITAL
LOYAL	GREAT	KIND	FAST	LOVE



**COMMUNITY
FOUNDATION**
— of the —
TEXAS HILL COUNTRY

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

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PIPES, INC**

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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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PARTNERS BANK**



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

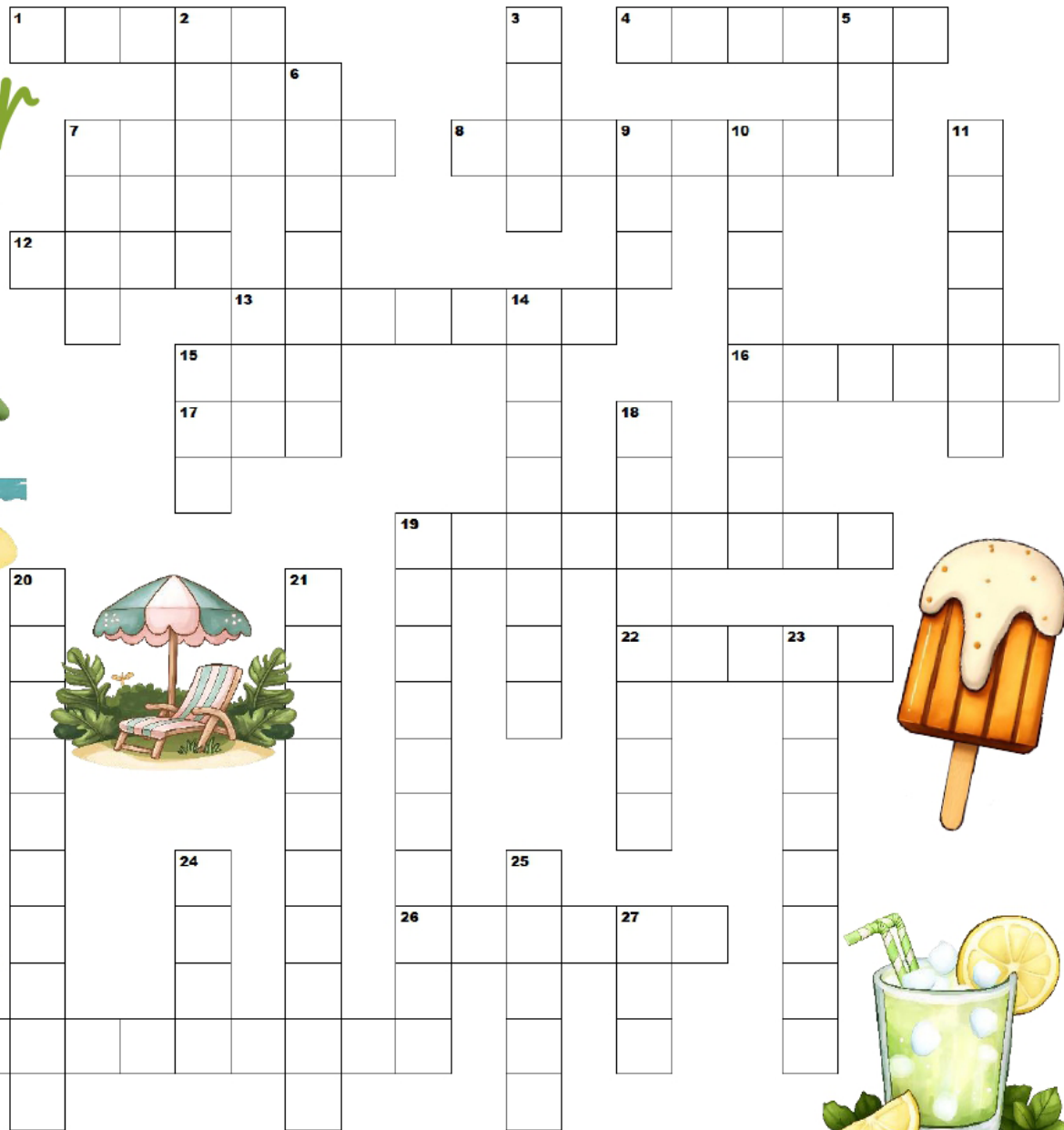


www.texaspartners.bank

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

Summer Crossword



Across

1. Sandy place to play and swim
4. Eating lunch outside on a blanket
7. Wear this to shade your face
8. Frozen snack on a stick
12. You fly this in the sky on a breezy day
13. Two-wheeled ride for summer adventures
16. These bloom in gardens and smell sweet
17. You might see these flying or crawling around
19. Put this on your skin to protect it from the sun
22. Path to walk or hike on
26. Clothes you wear to keep cool
28. Open shoes you wear to the beach

Down



2. Small boat you paddle
3. Place filled with water for swimming
5. Cold cubes that help drinks stay chilled
6. Sleeping in a tent under the stars
7. What you do in a pool or ocean
9. It shines bright and keeps us warm
10. You roast marshmallows over this
11. Place where flowers and vegetables grow
14. Sweet and tangy drink
15. Cooking food outside on a grill
18. Time off from school, often spent having fun
19. These protect your eyes from bright light
20. Fun thing to build at the beach
21. Juicy red fruit that's a summer favorite
23. Cold treat that melts fast in the heat
24. Ride the waves on a board
25. Use this to dry off after swimming
27. Your skin might get this from the sun



JUNE ACTIVITIES 2026

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5 8:00 Video Exercise 10:00 Ping Pong 1:30-2:30 Digital Literacy Class
8 8:00 Video Exercise 10:00 Yoga w/ Willie 1:00 Movie Monday	9 10:30 Stretch & Strengthen w/Ida 1:00 Games	10 8:00 Video Exercise 9:30 Quilting	11 10am Dance Class 10am Bible Study 1pm Games	12 8:00 Video Exercise 10:00 Ping Pong 1:00 Games 1:30-2:30 Digital Literacy Class
15 8:00 Video Exercise 10:00 Yoga w/ Willie 1:00 Movie Monday	16 10:30 Stretch & Strengthen w/Ida 1:00 Games 1:00 Writers Group	17 8:00 Video Exercise 9:30 Quilting 1pm Crochet w/Aaron	18 10am Dance Class 10am Bible Study 1pm Games	19 8:00 Video Exercise 10:00 Ping Pong 1:00 Games 1:30-2:30 Digital Literacy Class
22 8:00 Video Exercise 10:00 Yoga w/ Willie 1:00 Movie Monday	23 10:30 Stretch & Strengthen w/Ida 1:00 Games	24 8:00 Video Exercise 9:30 Quilting 12:00 Lunch n' Learn with Susan 1pm Crochet w/Aaron	25 10am Dance Class 10am Bible Study 1pm Games	26 8:00 Video Exercise 10:00 Ping Pong 1:30-2:30 Digital Literacy Class Birthday Bash Popcorn Party!!
29 10:00 Yoga w/ Willie 1:00 Movie Monday	30 10:30 Stretch & Strengthen w/Ida 1:00 Games 1:00 Writers Group			

June 2026 Lunch Served 11:30-1pm silversage.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1 Hamburger Steak Smothered in Mushroom Onion Gravy Green Beans with Bacon and Onion Roasted Red Potatoes	2 Turkey and Biscuit Pot Pie	3 Creamy Italian Tortellini Salad on a Bed of Fresh Greens Crackers	4 Chili Cheese Hot Dog Pub Fries	5 Sweet Pulled Pork Macaroni & Cheese Bake Collard Greens	
8 Cheesy Ham and Hashbrown Casserole Honey Kissed Brussel Sprouts	9 Garden Spaghetti Garlic Bread	10 Turkey Club Salad with bacon, cheese, and tomatoes Avocado Dressing Crackers	11 Sticky Honey Garlic Chicken Fluffy White Rice Egg Roll	12 Meatloaf Loaded Mashed Potatoes Peas	
15 Chicken & Waffles Cinnamon Apples Syrup	16 Chimichurri Steak Bites over a Bed of Cilantro Lime Rice Black Beans	17 Crispy Fried Chicken Salad with Tomato, and Monterrey Jack Cheese Ranch Dressing	18 Swedish meatballs over Buttered Egg Noodles Glazed Carrots	19 Slow Roasted Pork Roast over Mashed Potatoes Biscuit	
22 Chicken Fried Chicken Mashed Potatoes & Gravy Green Beans	23 Beef Enchilada Bake Spanish Rice Refried Beans	24 Ham Cobb Salad with bacon, egg, tomatoes and cheddar cheese Ranch Dressing Crackers	25 Creamy Cajun Chicken Pasta Cajun Corn	26 Burrito Bowl with Beef Fajita, Black Beans, Rice, Corn, Peppers, Onions, Cheese, and Salsa	
29 Chicken Pesto Pasta with Sun Dried Tomatoes Roasted Carrots	30 Kielbasa over Grilled Cabbage and Onions	The menu is prepared in partnership with Ben E. Keith Foods by Jackie Scimeca Licensed Dietician #DTR83358		 <p>Financed through the Texas Department of Aging and Disability Services Alamo Area Council of Governments</p>	
			Menu Subject To Change According to Availability		

✨ 5 Signs It's Time to Prioritize Your Mental Health ✨



Clarity

If you're feeling mentally foggy, stuck, or constantly second-guessing yourself, it may be a sign your mental health needs attention. Prioritizing your well-being helps bring clarity to your thoughts, emotions, and goals.



Connection

We all need connection. When mental health struggles arise, isolation often follows. Instead of withdrawing, lean on trusted friends, family, or professionals who can support you through the hard moments.



Coping

Stress is a part of life, but how you manage it matters. If you've been relying on unhealthy habits like overeating, overspending, or endless scrolling, it may be time to build healthier coping strategies.



Control

When your mental health is off balance, life can feel overwhelming. Small intentional steps—like setting boundaries, practicing mindfulness, or seeking help—can help you regain control over your emotions and decisions.



Compassion

Your mental health matters, and so does the way you speak to yourself. If you've been overly critical or holding yourself to impossible standards, give yourself grace. Practice self-compassion and treat yourself with kindness.



Learn to Crochet with Aaron



**WE ARE MAKING
COASTERS!
\$5 PER CLASS**

**1PM JUNE 17TH &
1PM JUNE 24TH
IN THE DINING ROOM**

**CALL TO RSVP (830) 796-4969
803 BUCK CREEK DRIVE, BANDERA TEXAS**



SILVER SAGE & SAN ANTONIO FOOD BANK DISTRIBUTION

****WEATHER PERMITTING****

**MONDAY JUNE 8TH 10AM-12PM
LAKEHILLS COMMUNITY CENTER
11225 PR 37, Lakehills, TX**

**MONDAY JUNE 22ND 10AM-12PM
LAKE MEDINA SHORES (THE POOL)
7100 Wharton's Dock Road**

Registration will be done on-site

QUESTIONS: (830) 796-4969

