



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

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.
April 1st with hosts Art & Dave Kemp / Guest: Terri Busic pg 13



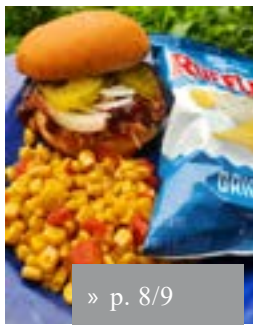
Managing Publisher/Designer:

Karyn Utterback
Executive Assistant
Email: karyn@silversage.org

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



Check out our
Monthly
Menu!



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

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

**What do you get
when you cross a
dog and a tulip?**

A collie-flower.



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

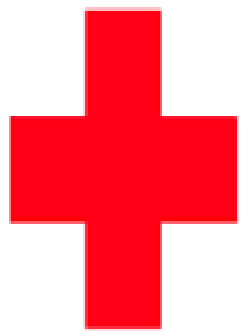
Bandera Pharmacy (830) 796-3111

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



HEVENOR
LUMBER & HARDWARE

354 TX-16, Bandera, TX 78003

hevenorlumberhardware.com-



Investing is about more than money.

At Edward Jones, we stop to ask you the question: "What's important to you?" Without that insight and a real understanding of your goals, investing holds little meaning.

Contact your Edward Jones financial advisor for a one-on-one appointment to discuss what's really important: *your goals.*



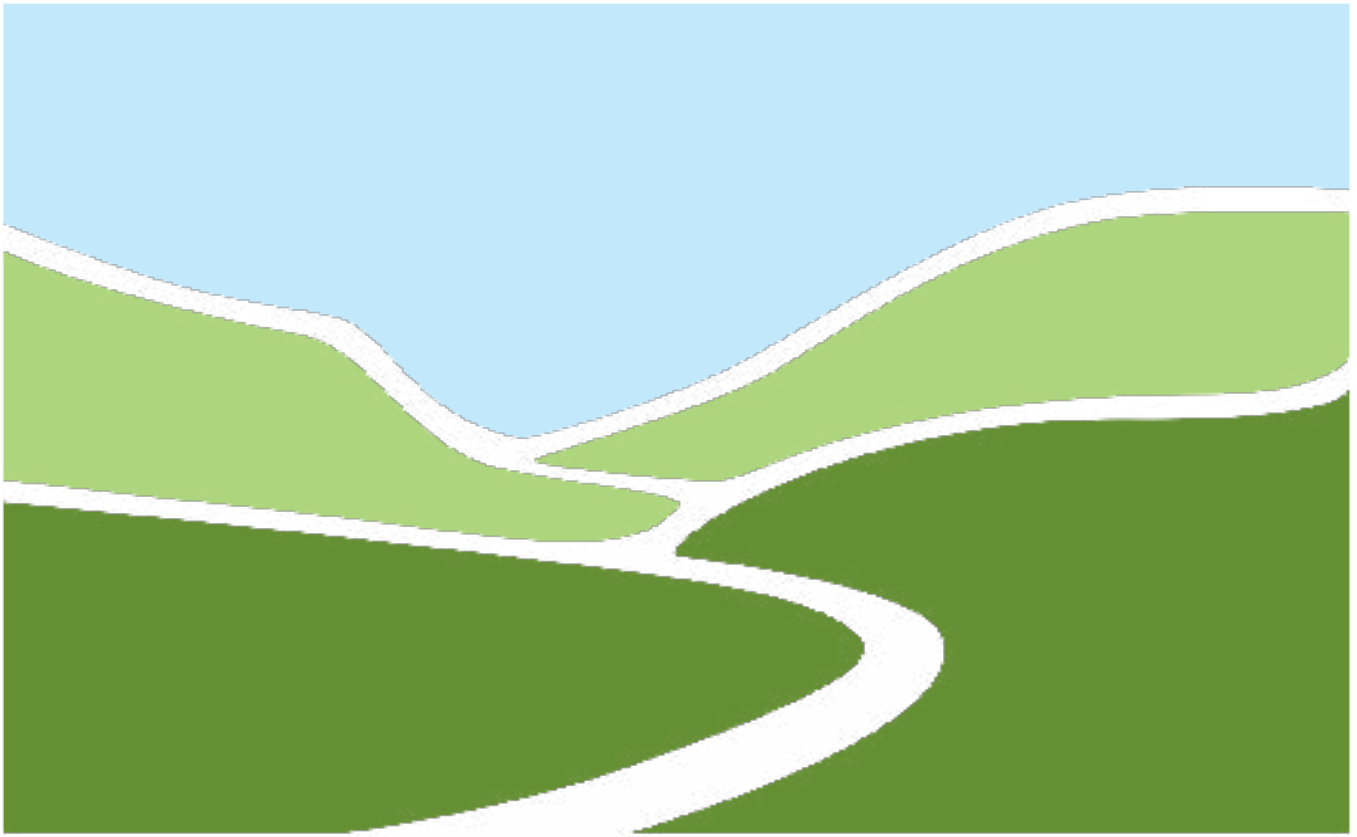
Anthony J Ferragamo, CFP®
Financial Advisor

158 Hwy 16 S
Suite D
Bandera, TX 78003
830-796-9197

www.edwardjones.com
Member SIPC

Edward Jones®
MAKING SENSE OF INVESTING

MKD-8652B-A



**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

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WE'RE PROUD TO BE *your* NEIGHBORS.

PERSONAL | COMMERCIAL | MORTGAGE | WEALTH MANAGEMENT



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 | 1318 S. State Hwy 16, Ste. 100 | 830.307.5490



texashillcountrybank.com

APRIL HOLIDAYS

1-April Fool's Day
2-National PB&J Day
3-National Find a Rainbow Day
4-National Burrito Day
4-National Walking Day
7-World Health Day
10-National Siblings Day
11-National Pet Day
12-National Grilled Cheese Day
14-Palm Sunday (varies each year)
15-National Tax Day
15-National Laundry Day
16-Wear Pajamas to Work Day
18-National Haiku Poetry Day
20-Husband Appreciation Day
21- Easter(varies each year)
22-Earth Day
22-National Jelly Bean Day
23-National Picnic Day
25-Administrative Professionals Day
26-Arbor Day
26-National Pretzel Day
28-National Superhero Day
30-National Honesty Day



**Silver Sage
is delighted
to now offer
Veterans
Services!!**

Do you know a Veteran struggling with everyday needs?

-Mortgage/Rent -Utilities -Food -Transportation -Much more...

Thanks to a Grant from the Texas Veterans Commission Fund for Veterans Assistance, Veterans and their families in Bandera, Kerr, Kendall, Medina, Real and Uvalde counties can now find the help they need including one-time utility or rent/mortgage payments, providing food or certain medical services and arranging transportation services. (Beneficiaries will not be required to qualify based on income level; need is based on unpaid utility or rent/mortgage bills.)

If you know of a Veteran in need visit silversage.org/veteran-services or reach out to Victor Polanco, the Veteran Service Coordinator at 830-328-6355. Victor is excited to see this type of resource available to the Veterans in need and is ready to support as many Veterans as possible.



Activities are subject to change,
please check our Facebook page/website




APRIL ACTIVITIES 2025

Activities Coordinator: Autum Perry-Sevilla


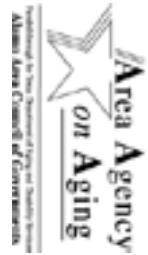
Phone: (830) 850-0028 Email: autum@silversage.org

Mon	Tue	Wed	Thu	Fri
31 8:00 Video Exercise 10:00 Yoga w/ Willie 1:00 Monday Afternoon Movie	1 10:30 Stretch & Strengthen w/Ida 12:30 Games 6:00 Cowboy Capital Opry with hosts Art & Dave Kemp	2 8:00 Video Exercise 9:30 Quilting 11:00 Line Dance Exercise w/Janis \$5 12:30 Games	3 12:30 Games	4 8:00 Video Exercise 10:00 Line Dance Exercise w/Janis \$5
7 8:00 Video Exercise 10:00 Yoga w/ Willie 1:00 Monday Afternoon Movie	8 10:30 Stretch & Strengthen w/Ida 12:30 Games 1:00 Writers Group	9 8:00 Video Exercise 9:30 Quilting 11:00 Line Dance Exercise w/Janis \$5 12:30 Games	10 12:30 Games	11 8:00 Video Exercise 10:00 Line Dance Exercise w/Janis \$5
14 8:00 Video Exercise 10:00 Yoga w/ Willie 1:00 Monday Afternoon Movie	15 10:30 Stretch & Strengthen w/Ida 12:30 Games	16 8:00 Video Exercise 9:30 Quilting 11:00 Line Dance Exercise w/Janis \$5 12:30 Games	17 12:30 Games 1:00 Bingo for Prizes	18 8:00 Video Exercise 10:00 Line Dance Exercise w/Janis \$5 12:30 Watercolor Painting \$6
21 8:00 Video Exercise 10:00 Yoga w/ Willie 1:00 Monday Afternoon Movie	22 10:30 Stretch & Strengthen w/Ida 12:30 Games 1:00 Writers Group	23 8:00 Video Exercise 9:30 Quilting 11:00 Line Dance Exercise w/Janis \$5 12:30 Games	24 12:30 Games	25 8:00 Video Exercise 10:00 Line Dance Exercise w/Janis \$5 11:30 Birthday Bash with Live Musical Guest 12:30 Watercolor Painting \$6
28 8:00 Video Exercise 10:00 Yoga w/ Willie 1:00 Monday Afternoon Movie	29 10:30 Stretch & Strengthen w/Ida 12:30 Games	30 8:00 Video Exercise 9:30 Quilting 11:00 Line Dance Exercise w/Janis \$5 12:30 Games	May 1 12:30 Games	May 2 8:00 Video Exercise 10:00 Line Dance Exercise w/Janis \$5

Almuerzo de abril de 2025. Servido de 11:30 a 13:00 h. Silversage.org

Domingo	Lunes	Martes	Miércoles	Jueves	Viernes
	1 Carne Mexicana Picadillo con patatas y verduras en tortilla de harina Frijoles refritos	2 Pesto salteado Pollo con queso parmesano Fideos rigatoni Zanahorias con mantequilla	3 Pechuga picada Sándwich Macarrones con queso Frijoles pintos	4 Ensalada de espinacas con Verduras a la parrilla y Pollo Galletas Aderezo francés	
6 Pollo a la naranja Arroz frito Empanadillas	7 Filete Salisbury con Salsa Patatas nuevas asadas Judías verdes Amadine	8 Pimiento relleno Cazuela con pavo molido	9 Stroganoff de ternera con Salsa de crema sabrosa Fideos de huevo con mantequilla Calabacín asado y Calabaza	10 Pollo BBQ dulce Ensalada con maíz, Chips de tortilla, Queso y tomates sobre una cama de pan fresco Verduras	
14 Pollo palomitas de maíz Tazón con puré Papas, salsa, Maíz y queso	15 Espinacas, huevo y Tortilla de queso Galletas y salsichas Salsa	16 Espaguetis de jardín con carne molida, Verduras de huerto, Hierbas frescas	17 con costra de hierbas Pollo con maíz, Guisantes y zanahorias	18 Ensalada de taco con salsa, Chips de maíz y Aderezo Ranch	
21 Palitos de pescado crujientes Papas fritas de batata Guisantes con mantequilla y Zanahorias	22 Enchilada al horno	23 Pastel de carne casero Papas con queso coles de Bruselas	24 Cerdo glaseado con naranja Cortar Pilaf de arroz Verduras orientales	25 Pollo a la parrilla Ensalada César con queso parmesano Aderezo César	
28 Filete de pollo frito Puré de papas y Salsa Judías verdes	29 Pollo al romero Papas Asadas y Zanahorias	30 Lasaña de tres carnes Brócoli a la parmesana	El menú se prepara en colaboración con Ben E. Keith Foods de Jackie Scimeca, dietista licenciada n.º DT83358		
					Menú sujeto a cambios

April 2025 Lunch Served 11:30-1pm Silversage.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		1 Mexican Beef Picadillo with potatoes & vegetables in a flour tortilla Refried Beans	2 Sautéed Pesto Chicken with Parmesan Cheese Rigatoni Noodles Buttered Carrots	3 Chopped Brisket Sandwich Macaroni & Cheese Pinto Beans	4 Spinach Salad with Grilled Veggies and Chicken Crackers French Dressing
6 Orange Chicken Fried Rice Pottickers	7 Salisbury Steak with Gravy Roasted New Potatoes Green beans Amadine	8 Stuffed Pepper Casserole with Ground Turkey	9 Beef Stroganoff with a Savory Cream Sauce Buttered Egg Noodles Roasted Zucchini & Squash	10 Sweet BBQ Chicken Salad with Corn, Tortilla Chips, Cheese, and Tomatoes on a Bed of Fresh Greens	
14 Popcorn Chicken Bowl with Mashed Potatoes, Gravy, Corn, & Cheese	15 Spinach, Egg, and Cheese Frittata Biscuits & Sausage Gravy	16 Garden Spaghetti with Ground Beef, Garden Veggies, Fresh Herbs	17 Herb Crusted Chicken with Hominy, Peas, and Carrots	18 Taco Salad with Salsa, Corn Chips, and Ranch Dressing	
21 Crunchy Fish Sticks Sweet Potato Fries Buttered Peas & Carrots	22 Enchilada Bake	23 Homestyle Meatloaf Cheesy Potatoes Brussel Sprouts	24 Orange Glazed Pork Chop Rice Pilaf Oriental Vegetables	25 Grilled Chicken Caesar Salad with Parmesan Cheese Ceasar Dressing	
28 Chicken Fried Steak Mashed Potatoes & Gravy Green Beans	29 Rosemary Chicken Roasted Potatoes and Carrots	30 Three Meat Lasagna Parmesan Broccoli	<p>The menu is prepared in partnership with Ben E. Keith Foods by Jackie Scimeca Licensed Dietician #DT83358</p> 		
			<p>Menu Subject To Change According to Availability</p>		

Build a Healthy Eating Routine as You Get Older

Good nutrition is key to staying healthy, active, and independent as you get older. And it's never too late to make healthy changes!

Follow these tips to build a healthy eating routine that works for you.



Choose a mix of healthy foods

There are lots of healthy choices in each food group! Choose a variety of foods you enjoy, including:



Whole fruits — like apples, berries, oranges, mangos, and bananas



Veggies — like broccoli, sweet potatoes, beets, okra, spinach, peppers, black beans, edamame, and jicama



Whole grains — like brown rice, millet, oatmeal, bulgur, whole-wheat bread, and pasta



Protein foods — like lean meats and chicken, eggs, seafood, beans and lentils, nuts and seeds, and tofu



Low-fat or fat-free dairy — like milk, yogurt, cheese, lactose-free dairy, and fortified soy beverages (soy milk) or soy yogurt



Oils — like vegetable oil, olive oil, and oils in foods like seafood, avocado, and nuts



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.



Broccoli Salad

8 cups broccoli cut in bite-sized pieces

1/3 cup red onion diced

1/2 cup dried cranberries

1/4 cup sunflower seeds

1/2 cup fresh bacon bits

Dressing

1 cup mayonnaise

3 tablespoons cider vinegar

2 tablespoons sugar

salt & pepper to taste

Whisk together dressing ingredients in a medium bowl. Set aside.

In a large bowl, combine broccoli, onion, cranberries, sunflower seeds, and bacon bits. Pour the prepared dressing over and mix well. Refrigerate for at least one hour before serving.



Benefits Enrollment Center

In 2024 The Silver Sage received a grant that was awarded by the National Council on Aging to fund the Benefits Enrollment Center. The Benefits Enrollment Center is here to assist people entitled to Medicare and adults with disabilities enroll in public benefits for which they are eligible.

Programs include:

Medicare Savings Plan (MSP):

MSP helps eligible persons pay for all or some of their out-of-pocket Medicare expenses, such as premiums, deductibles or coinsurance.

INCOME GUIDELINES

Max Income for Individuals

\$1,215 (QMB)

\$1,458 (SLMB)

Max Income for Couples

\$1,643 (QMB)

\$1,972 (SLMB)

Low Income Subsidy (LIS)

Medicare Part D Extra Help

Medicare Part D provides drug coverage. The LIS Extra Help program helps with the cost of your prescription drugs, like deductibles and copays.

INCOME GUIDELINES

Those that qualify for MSP will automatically qualify for LIS.

Supplemental Nutrition Assistance Program (SNAP)

SNAP provides benefits to eligible low-income individuals and families via an Electronic Benefits Transfer card.

INCOME GUIDELINES

Max Income for Individuals

1 person \$ 2,005

2 persons \$ 2,712

3 persons \$ 3,419

4 persons \$ 4,125

5 persons \$ 4,832

For each additional person, add: \$ 707

Call to schedule an appointment to discuss what you qualify for and application assistance

(830) 460 0423

THE 1ST TUESDAY OF EVERY MONTH!
-SILVER SAGE PRESENTS-

Cowboy Capital **Opry**

APRIL 1ST

HOSTED BY:

ART AND LISA & DAVE KEMP

W/SPECIAL GUESTS:

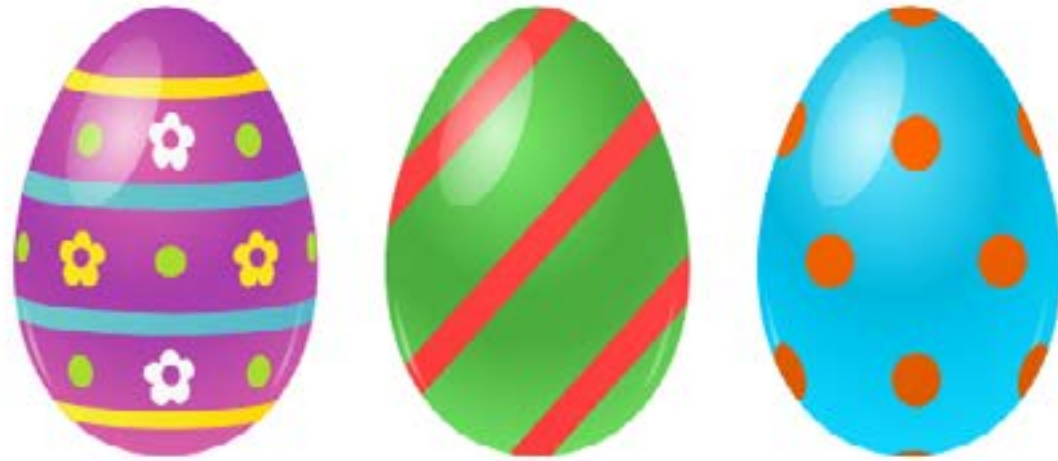
TERRI BUSIC



\$10 Cover
(830) 796-4969
803 Buck Creek Drive

7-9pm
silversage.org
Bandera, Texas

Easter Word Search



eggs-travanganza
 eggstra-special
 hippity hoppity
 Easter Egg Hunt
 egg-specially
 Chocolate egg
 Easter Bunny
 egg-cellent
 Marshmallow
 eggs-treme
 eggs-actly
 egg-sposed
 egg-citing
 Jellybeans
 Easter egg
 egg-cited
 Chocolate
 Decorate
 festive
 Treats
 Parade
 Bonnet
 Basket
 Rabbit
 Easter
 happy
 Peeps
 Grass
 Candy
 Chick
 Bunny
 Lily
 Hunt
 Hide
 Find
 Eggs
 Hop
 Fun
 Dye

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

Easter

Word Scramble Puzzle

- 1 TEESAR
- 2 ECRETODA
- 3 TARCOR
- 4 NUYNB
- 5 OETHOCCLA GEG
- 6 SSEJU
- 7 FORCCIIIXNU
- 8 UTOEBUQ
- 9 DRAPEA
- 10 ATBIRB
- 11 FEACSRIIC
- 12 RAILP
- 13 NENBTO
- 14 LAFDODIF
- 15 CSICKH



SILVER SAGE & SAN ANTONIO FOOD BANK DISTRIBUTION

****WEATHER PERMITTING****

**MONDAY APRIL 14TH 10AM-12PM
LAKEHILLS COMMUNITY CENTER
11225 PR 37, Lakehills, TX**

**MONDAY APRIL 28TH 10AM-12PM
LAKE MEDINA SHORES (THE POOL)
7100 Wharton's Dock Road**

Registration will be done on-site

QUESTIONS: (830) 796-4969

