



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. 7 ISSUE 3 WWW.SILVERSAGE.ORG FEBRAURY 2026

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

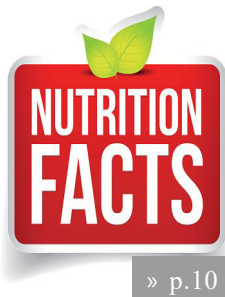
Our Opry is on hold for now, stay tuned for special apperance and holiday shows.



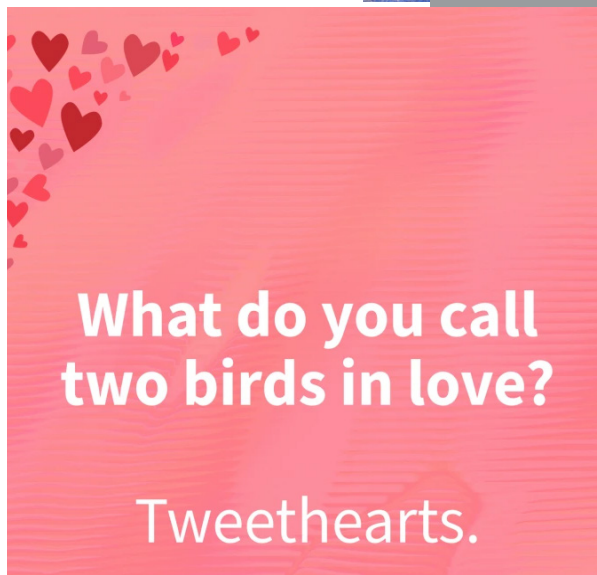
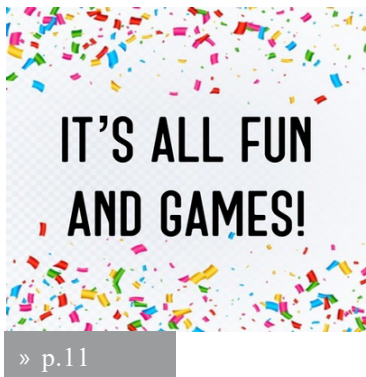
Managing Publisher/Designer:

Karyn Utterback
Executive Assistant
Email: karyn@silversage.org

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



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

**What did the
farmer give his wife
for Valentine's Day?**

Hogs and kisses.



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

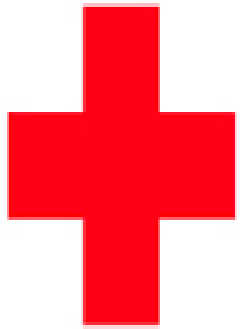
Bandera Pharmacy (830) 796-3111

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



HEVENOR

LUMBER & HARDWARE

354 TX-16, Bandera, TX 78003

hevenorlumberhardware.com-

Edward Jones®

> edwardjones.com | Member SIPC



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



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

WALTHALL SACHSE & PIPES, INC

FAMILY & BUSINESS INSURANCE SINCE 1973

Debbie Brzezinski - Bandera County Resident

dbrzezinski@wspinsurance.com - www.wspinsurance.com



300 E. Sonterra Blvd. Suite 1100 San Antonio, TX 78258, (210) 477-4286 Direct Office (210) 865-2966 Cell

WE'RE PROUD TO BE *your* NEIGHBORS.

PERSONAL | COMMERCIAL | INSURANCE | WEALTH MANAGEMENT

TEXAS 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

AssuredPartners is a partner of Texas Partners Bank. Insurance products and services are:
Not FDIC Insured - Not a Deposit of the Bank - Not Bank Guaranteed - May Lose Value.

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

SEE HOW MANY WORDS YOU CAN MAKE
OUT OF THE LETTERS IN

VALENTINES

- | | |
|-----------|-----------|
| 1. _____ | 19. _____ |
| 2. _____ | 20. _____ |
| 3. _____ | 21. _____ |
| 4. _____ | 22. _____ |
| 5. _____ | 23. _____ |
| 6. _____ | 24. _____ |
| 7. _____ | 25. _____ |
| 8. _____ | 26. _____ |
| 9. _____ | 27. _____ |
| 10. _____ | 28. _____ |
| 11. _____ | 29. _____ |
| 12. _____ | 30. _____ |
| 13. _____ | 31. _____ |
| 14. _____ | 32. _____ |
| 15. _____ | 33. _____ |
| 16. _____ | 34. _____ |
| 17. _____ | 35. _____ |
| 18. _____ | 36. _____ |

FEBRUARY ACTIVITIES 2026

Mon	Tue	Wed	Thu	Fri
2 8:00 Video Exercise 10:00 Yoga w/ Willie 1:00 Movie Monday	3 10:30 Stretch & Strengthen w/Ida 1:00 Games	4 8:00 Video Exercise 9:30 Quilting 1:00 Games	5 10:00 Dance Class 1:00 Games	6 8:00 Video Exercise 1:00 Games 1:00 Watercolor Class w/ Shelly
9 8:00 Video Exercise 10:00 Yoga w/ Willie 1:00 Movie Monday	10 10:30 Stretch & Strengthen w/Ida 1:00 Games 1:00 Writers Group	11 8:00 Video Exercise 9:30 Quilting 1:00 Games	12 10:00 Dance Class 1:00 Games	13 8:00 Video Exercise 1:00 Games
16 8:00 Video Exercise 10:00 Yoga w/ Willie 1:00 Movie Monday	17 10:30 Stretch & Strengthen w/Ida 1:00 Games	18 8:00 Video Exercise 9:30 Quilting 1:00 Games	19 10:00 Dance Class 1:00 Games	20 8:00 Video Exercise 1:00 Games
23 8:00 Video Exercise 10:00 Yoga w/ Willie 1:00 Movie Monday	24 10:30 Stretch & Strengthen w/Ida 1:00 Games 1:00 Writers Group	25 8:00 Video Exercise 9:30 Quilting 1:00 Games	26 10:00 Dance Class 1:00 Games	27 8:00 Video Exercise 12:00 Birthday Bash 1:00 Games
2 10:00 Yoga w/ Willie 1:00 Movie Monday	3 10:30 Stretch & Strengthen w/Ida 1:00 Games	4 8:00 Video Exercise 9:30 Quilting 1:00 Games	5 10:00 Dance Class 1:00 Games	6 8:00 Video Exercise 1:00 Games 1:00 Digital Literacy: Internet Basics

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

Almuerzo de febrero de 2026. Servido de 11:30 a 13:00 h. Silversage.org

Domingo	Lunes	Martes	Miércoles	Jueves	Viernes
	2 Pollo a la naranja Arroz frito Empanadillas	3 Estofado Hoover Pan de maíz	4 Pollo y salvaje Cazuela de arroz Bruselas asadas Brotes	5 Sándwich de cerdo desmenuzado con cebollas Papas fritas de batata Macarrones con queso	6 Perro caliente del tamaño de Texas Frijoles al horno Tater Tots
9 Tiras de pollo y Salsa campesire Papas fritas Tostada texana	10 Lasaña de tres carnes Espárragos asados Galleta de ajo	11 Pollo Cordon Bleu Hornear Asado balsámico tomates	12 Carne mechada Papas con queso Judías verdes Almendra	13 Cerdo cremoso con ajo Cortar Polenta con queso Zanahorias asadas	
16 CERRADO	17 Stroganoff de ternera con Salsa de crema sabrosa sobre huevo con mantequilla Fideos Guisantes y zanahorias	18 Pollo florentino sobre pasta cabello de ángel Mezcla de California Verduras	19 Pastel de carne picada Pan de ajo	20 Burrito Bowl con Frijoles negros, arroz, Maíz, Pimientos, Cebollas, queso y Salsa	
23 Filete de pollo frito y salsa Puré de papas Judías verdes	24 Enchilada de pollo Hornear Arroz español Frijoles pintos	25 SOS en Texas Toast Manzanas con canela	26 Carne asada a la cacerola Puré de papas Galleta	27 Fideos de atún Cazuela Guisantes con mantequilla	
	El menú se prepara en colaboración con Ben E. Keith Foods de Jackie Scimeca, dietista licenciada n.º DT83358		 Financed through the Texas Department of Aging and Disability Services Alamo Area Council of Governments		
	Menú sujeto a cambios Según disponibilidad				

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
	2 Orange Chicken Fried Rice Potstickers	3 Hoover Stew Cornbread	4 Chicken and Wild Rice Casserole Roasted Brussel Sprouts	5 Pulled Pork Sandwich with Onions Sweet Potato Fries Macaroni and Cheese	6 Texas Sized Hot Dog Baked Beans Tater Tots	
	9 Chicken Strips & Country Gravy French Fries Texas Toast	10 Three Meat Lasagna Roasted Asparagus Garlic Biscuit	11 Chicken Cordon Bleu Bake Balsamic roasted tomatoes	12 Meatloaf Cheesy Potatoes Green Bean Almondine	13 Creamy Garlic Pork Chop Cheesy Polenta Roasted Carrots	
	16 CLOSED	17 Beef Stroganoff with a Savory Cream Sauce over Buttered Egg Noodles Peas & Carrots	18 Chicken Florentine over Angel Hair Pasta California Blend Vegetables	19 Cottage Pie Garlic Bread	20 Burrito Bowl with Black Beans, Rice, Corn, Peppers, Onions, Cheese, and Salsa	
	23 Chicken Fried Steak & Gravy Mashed Potatoes Green Beans	24 Chicken Enchilada Bake Spanish Rice Pinto Beans	25 SOS on Texas Toast Cinnamon Apples	26 Beef Pot Roast over Mashed Potatoes Biscuit	27 Tuna Noodle Casserole Buttered Peas	
	Menu Subject To Change According to Availability		The menu is prepared in partnership with Ben E. Keith Foods by Jackie Scimeca Licensed Dietician #DT83358	 AACOG Alpine Area Council Of Governments Provided through the State Department of Aging and Disability Services Alpine Area Council of Governments		



Common Mental Health Conditions Seniors Face and How to Help



Common Conditions

- Delirium
- Depression
- Anxiety
- Schizophrenia
- Relocation Stress Syndrome

Signs to Look Out For

- Self-harming behaviours
- A desire to run away
- A sudden change in mood
- Loss of appetite
- Avoidance of social situations
- Persistent feelings of guilt, worry, AND doubt
- Difficulty sleeping

Practical Solutions

- Have a heart-to-heart
- Spend quality time together
- Plan a daily/weekly routine
- Socialise with others
- Plan ahead for future
- Seek medical therapies



Mental, Emotional, and Physical Tips for Healthy Aging

MENTAL HEALTH TIPS

- Stimulate the mind with crosswords, puzzles, and other brain challenges
- Help seniors with continuous learning—learn something new on a regular basis
- Engage in conversations often
- Talk to their doctor if trouble with memory occurs

EMOTIONAL HEALTH TIPS

- Ensure seniors are getting adequate sleep
- Encourage meditation to help de-stress
- Assist in faith building or fellowship activities

PHYSICAL HEALTH TIPS

- Help find senior fitness classes
- Assist in stretching activities
- Offer to go on walks or sit outdoors
- Monitor nutritional intake by suggesting fresh, healthy foods
- Ensure doctor visits are regularly happening



VALENTINE WORD SEARCH

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

MY GIRL JOYFUL MAGNIFICENT NICE MEET MY MAN

BOX OF CHOCOLATES CARNATION CHAMPAGNE HEART SHAPED FABULOUS

HAPPY RIBBON COCKTAIL COMPANIONSHIP DEDICATED EMOTIONAL

TRUE LOVE COMPLEMENT DREAM COME TRUE LOVINGLY

CONVERSATION HEART HOT STUFF SPECIAL SOMEONE ELEGANCE



SILVER SAGE & SAN ANTONIO FOOD BANK DISTRIBUTION

****WEATHER PERMITTING****

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

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

Registration will be done on-site

QUESTIONS: (830) 796-4969

