



Silver Sage Thrift Store & Boutique
616 Hwy 16 S

Store Hours:

Tuesday-Saturday
10:00am-4:00pm

The Silver Sage Home Goods Thrift Store
805 Main Street (old Family Dollar)

Store Hours:

Tuesday-Friday-
10am-4pm

Home Goods
THRIFT STORE

BENEFITTING MEALS ON WHEELS

MONTHLY
MENU
PAGE 8 & 9



VOL. 7 ISSUE 12 WWW.SILVERSAGE.ORG NOVEMBER 2026

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

Come join us for BINGO, Tai Chi, Quilting, Yoga, Dance Exercise, Bible Studies, Stretch N' Strengthen, Movie Monday, Ping Pong, Crafts and More!! See Page 7

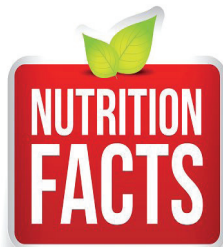
HAPPY
Thanksgiving



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Executive Administrator
Email: karyn@silversage.org

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



Check out
our Monthly
Menu!



What do sweet
potatoes wear to
bed?

Yammies.



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

Edward Jones®

> edwardjones.com | Member SIPC



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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





FALL

THINK FAST



NAME 3 ITEMS FOR EACH CATEGORY. FIRST TO FINISH WINS!

NAME 3 FALL COLORS _____

NAME 3 FALL FRUITS _____

NAME 3 FALL VEGETABLES _____

NAME 3 FALL HOLIDAYS _____

NAME 3 PUMPKIN DESSERTS _____

NAME 3 APPLE TREATS _____

NAME 3 WARM FALL DRINKS _____

NAME 3 FALL ACTIVITIES _____

NAME 3 FALL DECORATIONS _____

NAME 3 THINGS YOU CARVE _____

NAME 3 THINGS YOU RAKE _____

NAME 3 FALL CLOTHES _____

NAME 3 WOODLAND ANIMALS _____

NAME 3 THANKSGIVING FOODS _____

NAME 3 AUTUMN SCENTS _____



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FOR BANDERA. FOREVER.

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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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Debbie Brzezinski - Bandera County Resident

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TEXAS
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A blue wavy line graphic that curves from the left towards the right, positioned below the bank's name.

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



COMMUNITY GRANNYSQUARE BLANKET PROJECT



w/Aaron

**EVERY WEDNESDAY IN
NOVEMBER - 1PM**

Please join us for this community project that will
be raffled off for Christmas.

Each person will create and crochet their own
square to be contributed to the blanket. Proceeds
of the auction will go to Meals On Wheels.

ALL LEVELS OF EXPERTISE WELCOME!!

November 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 3:00 Tai Chi	4 8:00 Video Exercise 9:30 Quilting 1pm Granny Square Community Blanket Project	5 10am Bible Study Crafts w/Shelley Fall Pumpkins	6 8:00 Video Exercise 1:00 Games
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 3:00 Tai Chi	11 8:00 Video Exercise 9:30 Quilting 1pm Granny Square Community Blanket Project	12 10am Bible Study 1pm Bingo & Popcorn Party	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 3:00 Tai Chi	18 8:00 Video Exercise 9:30 Quilting 1pm Granny Square Community Blanket Project	19 10am Bible Study Crafts w/Shelley Christmas Jewelry Tree	20 8:00 Video Exercise 1:00 Games Birthday Bash
23 8:00 Video Exercise 10:00 Yoga w/ Willie 1:00 Movie Monday	24 10:30 Stretch & Strengthen w/Ida 1:00 Writers Group 3:00 Tai Chi	25 8:00 Video Exercise 9:30 Quilting 1pm Granny Square Community Blanket Project	26 CLOSED	27 CLOSED
30 8:00 Video Exercise 10:00 Yoga w/ Willie 1:00 Movie Monday				

Domingo	Lunes	Martes	Miércoles	Jueves	Viernes
	2 Pollo crujiente Tiras de pollo con salsa Frijoles horneados Crisp de frutas	3 Raviolis de queso en un Espinacas y hierbas Salsa marinara Calabacines en tiras	4 Jamón glaseado Cazuela de batata Col rizada	5 Chile blanco Pollo, judías blancas, Cebolla y ajo a fuego lento Cocinado en un sabroso Caldo de pollo y pan de maíz	6 Desayuno Bandera Hornear Huevos, jamón, Papas ralladas, cebolla, Pimientos y queso
	9 Sándwich McRib Ensalada de col tibia y agridulce peras	10 Pollo a la florentina sobre pasta cabello de ángel Calabaza amarilla y Pimientos rojos	11 Filete en cubos con cebolla Salsa sobre hierbas Arroz integral con Coles de Bruselas salteadas Brotes	12 Cazuela Reuben Ensalada de patatas alemana	13 Estofado de la región montañosa con Cerdo, repollo, Cebollas y zanahorias pan de maíz
	16 Filete Salisbury con Salsa de champiñones Huevo con mantequilla Fideos Guisantes de olor	17 Pollo toscano con Tomates secos y espinacas sobre una cama de arroz pilaf	18 Pastel de carne con salsa Puré de papas Judías verdes	19 Burrito de fajitas de pollo Tazón, frijoles negros, Arroz, maíz, pimientos, Cebollas, queso y Salsa	20 Cerdo al horno Chuleta cubierta con un Manzana, patata roja y Compota de zanahoria
	23 Filete de pollo frito Puré de papas y Salsa Verduras	24 Pollo a la naranja y Verduras asiáticas Sobre arroz jazmin	25 ACCIÓN DE GRACIAS Pavo, puré Papas con salsa, Cazuela de judías verdes, Panecillo, pan Pudín	26 CERRADO Solo corte de césped: Horneado de enchiladas Arroz español Frijoles refritos	27 CERRADO Solo corte de césped: denso y abundante Jamón y judías blancas Sopa pan de maíz
	30 Cazuela de pavo Brócoli asado Galleta	El menú se prepara en colaboración con Ben E. Alimentos Keith por Jackie Scimeca, dietista titulada n.º DT83358	El menú está sujeto a cambios. Según disponibilidad		 <small>Funded through the Texas Department of Aging and Disability Services Alamo Area Council of Governments</small>

November 2026 Lunch Served 11:30-1pm [Silversage.org](https://silversage.org)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
	2 Crispy Chicken Tenders & Gravy Baked Beans Fruit Crisp	3 Cheese Ravioli in a Spinach and Herb Marinara Sauce Zucchini Spears	4 Glazed Ham Sweet Potato Casserole Collard Greens	5 White Chili Chicken, White Beans, Onion, and Garlic Slow Cooked in a Savory Chicken Broth and Cornbread	6 Bandera Breakfast Bake Eggs, Ham, Hashbrowns, Onion, Peppers, and Cheese	
	9 McRib Sandwich Tangy Warm Coleslaw Pears	10 Chicken Florentine over Angel Hair Pasta Yellow Squash and Red Peppers	11 Cubed Steak in Onion Gravy over Herbed Brown Rice with Sautéed Brussel Sprouts	12 Reuben Casserole German Potato Salad	13 Hill Country Stew with Pork, Cabbage, Onions, and Carrots Cornbread	
	16 Salisbury Steak with Mushroom Gravy Over Buttered Egg Noodles Sweet Peas	17 Tuscan Chicken with Sundried Tomatoes and Spinach over a Bed of Rice Pilaf	18 Meatloaf & Gravy Mashed Potatoes Green Beans	19 Chicken Fajita Burrito Bowl, Black Beans, Rice, Corn, Peppers, Onions, Cheese, and Salsa	20 Oven Baked Pork Chop topped with an Apple, Red Potato, and Carrot Compute	
	23 Chicken Fried Steak Mashed Potatoes and Gravy Greens	24 Orange Chicken and Asian Vegetables Over Jasmine Rice	25 THANKSGIVING Turkey, Mashed Potatoes & Gravy, Green Bean Casserole, Dinner Roll, Bread Pudding	26 CLOSED MOW Only: Enchilada Bake Spanish Rice Refried Beans	27 CLOSED MOW Only: Thick and Hearty Country Ham and White Bean Soup Cornbread	
30 Turkey Casserole Roasted Broccoli Biscuit	The menu is prepared in partnership with Ben E. Keith Foods by Jackie Scimeca Licensed Dietician #DT83358					

Menu Subject To Change
According to Availability





American Heart Association.

Healthy for Good™

Life's Essential



Improving and maintaining cardiovascular health, or CVH, can help you enjoy a longer, healthier life. Better CVH also has been associated with decreased risk for heart disease, stroke, cancer, dementia and other major health problems.

Life's Essential 8 outlines a few easy steps you can take to live a healthier lifestyle.



✓ EAT BETTER

Aim for an overall healthy eating pattern that includes whole foods, lots of fruits and vegetables, lean protein, nuts, seeds and cooking in non-tropical oils such as olive and canola.



✓ MANAGE WEIGHT

Achieving and maintaining a healthy weight has many benefits. Body mass index (BMI), a numerical value of your weight in relation to your height, is a useful gauge. Optimal BMI for most adults ranges from 18.5 to less than 25. You can calculate it online or consult a health care professional.



✓ BE MORE ACTIVE

Adults should participate in 150 minutes of moderate or 75 minutes of vigorous physical activity. Walking is great for moderate levels of activity. Kids should have 60 minutes every day, including play and structured activities.



✓ CONTROL CHOLESTEROL

High levels of non-HDL, or "bad," cholesterol can lead to heart disease. Your health care professional can consider non-HDL cholesterol as the preferred number to monitor, rather than total cholesterol, because it can be measured without fasting beforehand and is reliably calculated among all people.



✓ QUIT TOBACCO

Use of inhaled nicotine delivery products, which includes traditional cigarettes, e-cigarettes and vaping, is the leading cause of preventable death in the U.S., including about a third of all deaths from heart disease. Roughly 40% of U.S. children ages 3-11 are exposed to secondhand smoke.



✓ MANAGE BLOOD SUGAR

Most of the food we eat is turned into glucose (or blood sugar) that our bodies use as energy. Over time, high levels of blood sugar can damage your heart, kidneys, eyes and nerves. As part of testing, monitoring hemoglobin A1c can better reflect long-term control in people with diabetes or prediabetes.



✓ GET HEALTHY SLEEP

Getting a good night's sleep every night is vital to cardiovascular health. Adults should aim for an average of 7-9 hours, and babies and kids need more depending on their age. Too little or too much sleep is associated with heart disease, studies show.



✓ MANAGE BLOOD PRESSURE

Keeping your blood pressure within acceptable ranges can keep you healthier longer. Levels less than 120/80 mm Hg are optimal. High blood pressure is defined as 130-139 mm Hg systolic pressure (the top number in a reading) or 80-89 mm Hg diastolic pressure (bottom number).

Thanksgiving Word Search

H M G U V G A B O U N D I N G O R H M T D I Y T H C E R I J C W M J J V G E
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LAKEHILLS COMMUNITY CENTER
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**MONDAY NOV. 16TH 10AM-12PM
LAKE MEDINA SHORES (THE POOL)
7100 Wharton's Dock Road**

Registration will be done on-site

QUESTIONS: (830) 796-4969

