



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. **March 4th with hosts Art & Dave Kemp / Guest: Jeremy Kemp / Gospel Show pg 13**

Line Dance Exercise, Watercolor Painting, Movie, Music, Restaurant Trips, and more! See pg 7.



Managing Publisher/Designer:

Karyn Utterback
Executive Assistant
Email: karyn@silversage.org

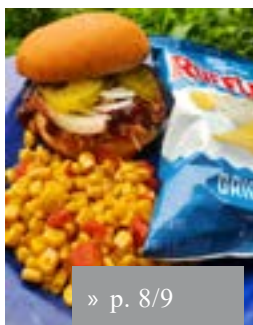
Silver Sage-803 Buck Creek
Bandera, TX 78003
(830) 796-4969
P.O. Box 1416

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.



Check out our
**Monthly
Menu!**



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

“Why do leprechauns bow when the weather’s bad? To make a rain-bow.

What kind of spells do leprechauns use? Lucky Charms!

What’s small, lucky, and green all over? A leprechaun who recycles.

What do you call a frog that jumped into a pot of gold? A leap-rechaun.

Why do leprechauns love to garden? They have green thumbs!

Why shouldn’t you borrow money from a leprechaun? Because they’re always a little short.

What do you call a leprechaun who scams you? A lepre-con!

How did the leprechaun win the race? He took a shortcut.

What is a huge Irish spider called? Paddy Long Legs



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

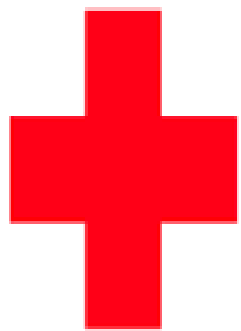
Bandera Pharmacy (830) 796-3111

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.

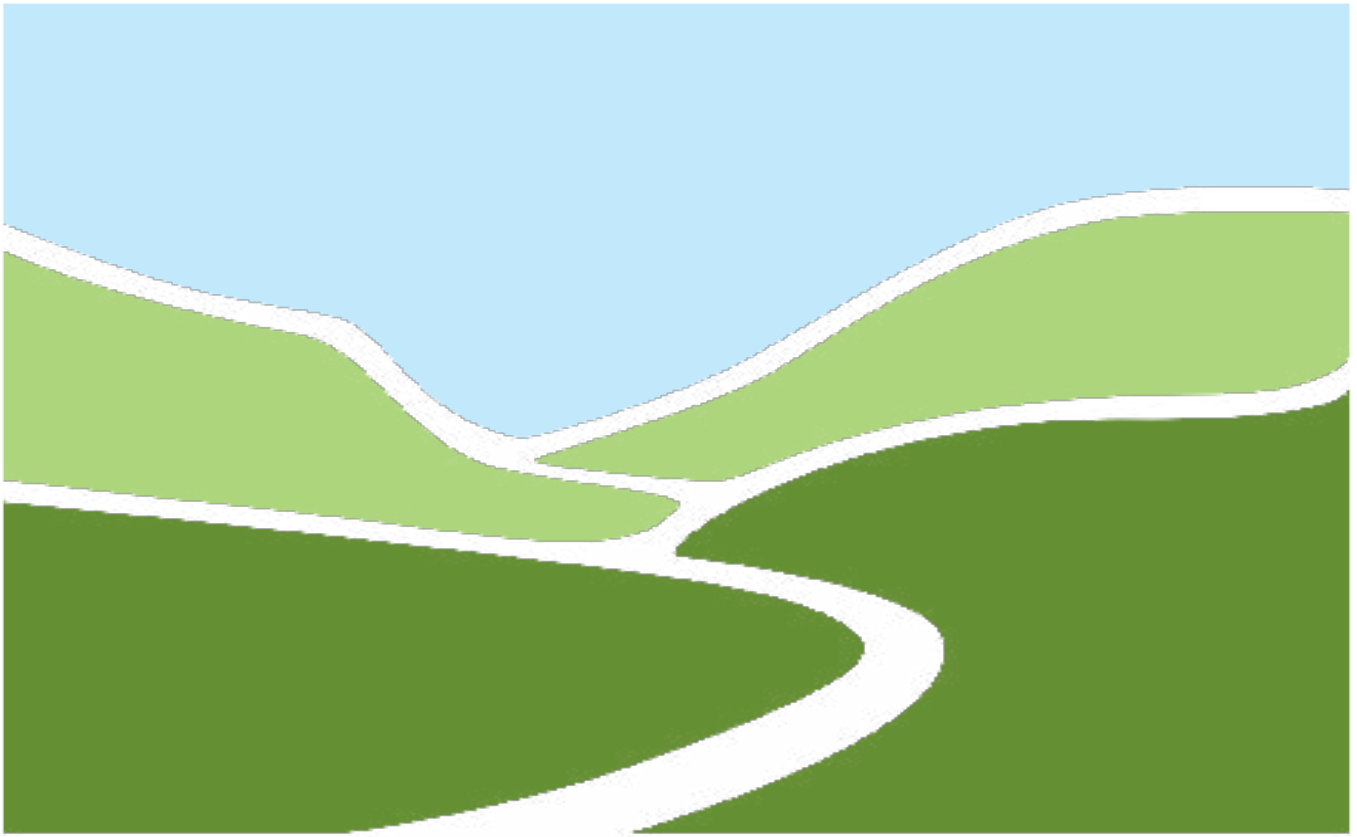


Anthony J. Ferragamo, CFP®
Financial Advisor

**158 Hwy 16 S
Suite D
Bandera, TX 78003
830-796-0997**

www.edwardjones.com
Member SIPC

Edward Jones
Member Since 1919



**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

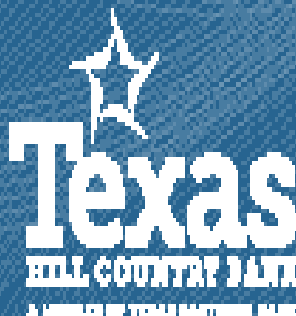
dbrzezinski@wspinsurance.com - www.wspinsurance.com



300 E. Sonterra Blvd. Suite 1100 San Antonio, TX 78258, (210) 477-4286 Direct Office (210) 865-2986 Cell

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

MARCH HOLIDAYS

1-Peanut Butter Lover's Day
3-National Anthem Day
6-National Frozen Food Day
8-Popcorn Lover's Day
10-Middle Name Pride Day
11-Johnny Appleseed Day
12-Girl Scouts Day
14-National Pi(e) Day
14-Potato Chip Day
15-Ides of March
16-No Selfies Day
17-St. Patrick's Day
21-World Down Syndrome Day
22-National Goof Off Day
23-National Chips and Dip Day
23-National Puppy Day
24-National Chocolate Covered Raisin Day
25-Palm Sunday (varies each year)
25-Waffle Day
26-National Spinach Day
28-Something on a Stick Day
30-Good Friday (varies each year)
30-Take a Walk in the Park Day



St. Patrick's Day Potato Pancakes



4 large Russet potatoes
1 small small yellow onion
2 large eggs
¼ cup all purpose flour
¼ teaspoon salt
¼ teaspoon pepper
¼ teaspoon garlic powder
2 tablespoons olive oil



**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



MARCH ACTIVITIES 2025

Activities Director, Lisa Crawford

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



Mon	Tue	Wed	Thu	Fri
3 8:00 Video Exercise 10:00 Yoga w/ Willie 10:30 Healthy Carbohydrates class 12:30 Games	4 10:30 Stretch & Strengthen w/Ida 12:30 Games 6:00 Cowboy Capital Opry with hosts Art & Dave Kemp / Guest: Jeremy Kemp / Gospel Show	5 8:00 Video Exercise 12:30 HEB 9:30 Quilting 11:00 Line Dance Exercise w/Janis \$5 12:30 Games	6 12:30 Games	7 8:00 Video Exercise 10:00 Line Dance Exercise w/Janis \$5
10 8:00 Video Exercise 10:00 Yoga w/ Willie 12:30 Games	11 10:30 Stretch & Strengthen w/Ida 12:30 Games 1:00 Writers Group	12 8:00 Video Exercise 9:30 Quilting 11:00 Line Dance Exercise w/Janis \$5 12:30 Games	13 12:30 Games	14 8:00 Video Exercise 10:00 Line Dance Exercise w/Janis \$5
17 8:00 Video Exercise 10:00 Yoga w/ Willie 12:30 Games	18 10:30 Stretch & Strengthen w/Ida 12:30 Games	19 8:00 Video Exercise 12:30 Walmart 9:30 Quilting 11:00 Line Dance Exercise w/Janis \$5 12:30 Games	20 12:30 Games	21 8:00 Video Exercise 10:00 Line Dance Exercise w/Janis \$5 12:30 Watercolor Painting \$6
24 8:00 Video Exercise 10:00 Yoga w/ Willie 12:30 Games	25 10:30 Stretch & Strengthen w/Ida 12:30 Games 1:00 Writers Group	26 8:00 Video Exercise 9:30 Quilting 11:00 Line Dance Exercise w/Janis \$5 12:30 Games	27 12:00 Hispanic Outreach Ladies Luncheon 12:30 Games	28 8:00 Video Exercise 10:00 Line Dance Exercise w/Janis \$5 11:30 Birthday Bash 12:30 Watercolor Painting \$6
31 8:00 Video Exercise 10:00 Yoga w/ Willie 12:30 Games	Apr 1 10:30 Stretch & Strengthen w/Ida 12:30 Games 6:00 Cowboy Capital Opry with hosts Art & Dave/Guest: Terri Busic	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



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

Domingo	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado															
3 Filete de pollo frito Puré de patatas y Salsa Judías verdes	4 Frijoles rojos y arroz con salchicha ahumada Pan de maíz	5 Came mechada Puré cargado Papas Maíz molido	6 Sándwich de cerdo desmenuzado con cebollas y Encurtidos Frijoles horneados a la barbaoa Macarrones con queso	7 Ensalada de huerta con Pollo a la parrilla, Pepinos, rojos Cebolla, tomates y Queso Galletas Aderezo ranchero	10 Dulce y agrio Pollo Arroz frito Empanadillas	11 Lasaña Brócoli a la parmesana	12 Filete de queso tipo Filadelfia Sándwich con Pimientos y cebollas Patatas fritas crujientes	13 Cerdo Empanizado a Mano Picar con cebolla Salsa Pilaf de arroz salvaje Coles de Bruselas	14 Ensalada de salmón sobre lecho de verduras frescas Tomates cherry Galletas	17 Tetrazzini de pavo con verduras frescas	18 Espaguetis de huerta con carne molida, Verduras del huerto y Hierbas frescas	19 Pollo a la cazadora sobre fideos de calabacín	20 Pastel de carne de res con carne de res Vegetales mixtos Queso del Chef James Pan	21 Ensalada de tacos con salsa y tortillas chips Aderezo ranchero	24 Bistec de ternera con pimientos y morrones saiteados Pimientos en un plato sabroso Salsa sobre un lecho de Arroz jazmín	25 Espinacas, huevo y Tortilla de queso Galletas y salchichas Salsa	26 Stroganoff de ternera con Salsa de crema sabrosa sobre fideos de huevo Calabacín asado y Calabaza	27 Pollo a la parrilla King Ranch Chicken	28 Ensalada cesar con Queso parmesano Aderezo César	31 Palitos de pescado crujientes Tazón de fuente de latte Guisantes y zanahorias Salsa tártara	El menú se prepara en colaboración con Ben E. Alimentos de Keith por Jackie Scimeca, dietista autorizada n.º DT83358
						<p style="color: red; text-align: center;">Menú Sujeto a Cambios Según disponibilidad</p>															

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3 Chicken Fried Steak Mashed Potatoes & Gravy Green Beans	4 Red beans and Rice with smoked sausage Cornbread	5 Meatloaf Loaded Mashed Potatoes Hominy	6 Pulled Pork Sandwich with Onions and Pickles BBQ Baked Beans Macaroni & Cheese	7 Garden Salad with Grilled Chicken, Cucumbers, Red Onion, Tomatoes, and Cheese Crackers Ranch Dressing	
	10 Sweet and Sour Chicken Fried Rice Potstickers	11 Lasagna Parmesan Broccoli	12 Philly Cheesesteak Sandwich with Peppers and Onions Crispy French Fries	13 Hand Breaded Pork Chop with Onion Gravy Wild Rice Pilaf Brussel Sprouts	14 Salmon Salad on a bed of fresh greens Cherry Tomatoes Crackers	
	17 Turkey Tetrizzini with fresh veggies	18 Garden Spaghetti with Ground Beef, Garden Veggies, and Fresh Herbs	19 Chicken Cacciatore over Zucchini Noodles	20 Beef Cottage Pie with Mixed Veggies Chef James' Cheesy Bread	21 Taco Salad with Salsa and Tortilla Chips Ranch Dressing	
	24 Beef Pepper Steak with Sauteed Bell Peppers in a Savory Sauce on a bed of Jasmin Rice	25 Spinach, Egg, and Cheese Frita Biscuits and Sausage Gravy	26 Beef Stroganoff with a Savory Cream Sauce over Egg Noodles Roasted Zucchini & Squash	27 King Ranch Chicken	28 Grilled Chicken Ceasar Salad with Parmesan Cheese Ceasar Dressing	
	31 Crispy Fish Sticks Tator Tots Peas & Carrots Tarter Sauce			Menu Subject To Change According to Availability		The menu is prepared in partnership with Ben E. Keith Foods by Jackie Scimeca Licensed Dietician #DT83358

SENIOR EXERCISES & FITNESS TIPS:



STAY HEALTHY AND ACTIVE AS YOU GET OLDER

Benefits

from incorporating exercise into your routine:

PREVENTS BONE LOSS



How to Get Started

MONDAY

ENDURANCE, STRENGTH, BALANCE:

FLEXIBILITY:

- Sit to Stand
- Bridges
- Resistance band T rows
- Squat to balance with chair
- Bicep Curls

- Hip flexor stretch
- Knee extension stretch
- Standing hip circles
- Seated side leans

STRENGTHENS IMMUNE SYSTEM & HELPS PREVENT CHRONIC DISEASES



WEDNESDAY

ENDURANCE, STRENGTH, BALANCE:

FLEXIBILITY:

- Reverse lunge with chair
- Side-to-side step
- Tricep kickback
- Seated rows
- Bird Dog

- Sit & reach stretch
- Seated side twist
- Seated cat pose
- Tricep stretch

INCREASED MOBILITY



IMPROVES MOOD & REDUCES STRESS



FRIDAY

ENDURANCE, STRENGTH, BALANCE:

FLEXIBILITY:

- Seated overhead press
- Single leg stand
- Resistance band leg raise
- Plank
- Wall push-ups

- Shoulder Stretch
- Hamstring Stretch
- Neck Stretch
- Hip Abduction

DECREASED RISK OF COGNITIVE PROBLEMS





DON'T MAKE WASTE BANDERA

3012 TX-16, BANDERA, TX 78003

SATURDAYS
9:00 A.M. - 3:00 P.M.

ACCEPTED RECYCLABLES:
PLASTIC BOTTLES - #1 NO CAPS
ALUMINUM CANS - CLEAN
CARDBOARD - CORRUGATED, FLATTENED & DRY

OR



LAKEHILLS SOLID WASTE SITE

105 OHIO AVE.

SATURDAYS
9:00-12:00PM & 1:00PM-4:00PM

ACCEPTED RECYCLABLES:
PLASTIC BOTTLES - #1 NO CAPS
ALUMINUM CANS - CLEAN
CARDBOARD - CORRUGATED, FLATTENED & DRY



KERR. COUNTY RECYCLING

CURBSIDE ONLY

ACCEPTED RECYCLABLES:
ALUMINUM, CARDBOARD, MAGAZINES, MIXED PAPER,
NEWSPRINT, SHREDDED PAPER, WHITE PAPER, PLASTIC
(#1, #2, #5), STEEL/TIN CANS, AND GLASS BOTTLES/JARS

FOR SCHEDULED PICK-UP INFO VISIT:
WWW.KERRVILLETX.GOV/1692/RECYCLING-
CURB-SIDE





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

MARCH 4TH

HOSTED BY:

ART & DAVE KEMP

W/SPECIAL GUESTS:

JEREMY KEMP - GOSPEL SHOW



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

6-8pm
silversage.org
Bandera, Texas

March
National
Days
Word
Search

March

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

- | | | |
|--------------------------|--------------------------|------------------------|
| ST PATRICKS DAY | PROPOSAL DAY | RESCUE CAT DAY |
| WOMENS DAY | GIRLS WRITE NOW DAY | PI DAY |
| HOLI | ARTICHOKE HEARTS DAY | COCKTAIL DAY |
| DAYLIGHT SAVINGS | GODDESS OF FERTILITY DAY | JOE DAY |
| FIRST DAY OF SPRING | SPINACH DAY | PLANT A FLOWER DAY |
| ZERO DISCRIMINATION DAY | IRISH FOOD DAY | TEENAGER DAY |
| DOWN SYNDROME DAY | EARMUFF DAY | MARIO DAY |
| SOCIAL WORK DAY | CANADIAN BACON DAY | JOHNNY APPLESEED DAY |
| CUDDLY KITTEN DAY | PROM DAY | FRENCH BREAD DAY |
| PANDA DAY | GOOF OFF DAY | OK DAY |
| PEANUT BUTTER LOVERS DAY | AG DAY | LANDLINE TELEPHONE DAY |
| | WAFFLE DAY | |

What is your Leprechaun Name?

First Letter of Your First Name

- | | |
|---------------|--------------|
| A Goldie | N Charming |
| B Shamrock | O Sneaky |
| C Lucky | P Cabbage |
| D Emerald | Q Playful |
| E Blessed | R Ginger |
| F Fortunate | S Paddy |
| G Soda | T Kind heart |
| H Speedy | U Fortunate |
| I Greeny | V Flowery |
| J Charmed | W Tradition |
| K Magical | X Evergreen |
| L Mischievous | Y Fruity |
| M Rainbow | Z Blessed |

Your Birth Month

- | | |
|-----------|----------------|
| January | Rainbow Hair |
| February | Dancing Clover |
| March | Gold Hat |
| April | Green Cheeks |
| May | McNaughty |
| June | O' Spud |
| July | McAle |
| August | Pointy Shoes |
| September | Pot O' Gold |
| October | Orange Tooth |
| November | Twinkle Toes |
| December | O' Rich |





SILVER SAGE & SAN ANTONIO FOOD BANK DISTRIBUTION

****WEATHER PERMITTING****

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

**MONDAY MARCH 24TH 10AM-12PM
LAKE MEDINA SHORES (THE POOL)
7100 Wharton's Dock Road**

Registration will be done on-site

QUESTIONS: (830) 796-4969

