



THE ZONE

Kyle Area Senior Zone Newsletter

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Fun Fact:
February 8th
National Kite-Flying Day

FEBRUARY ISSUE | 2022

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SUPPORT OUR SENIORS

We love KASZ! How about you?!
Thank you for your support!

 <https://kasz.weshareonline.org>

UPCOMING EVENTS— MEMBERS PLEASE WEAR YOUR NAME BADGE TO SIGN-IN

LET'S CELEBRATE - HOLIDAY FUN

► Super Bowl Party
Sun., February 13th Time: TBA
Details on page 6

► Valentine's Gift Card Exchange
Tue., February 15th 12:30p
Come wear red & join us at a fun gift
card exchange. Details on page 6

MOVIE TIME - THE SILVER SCREEN

► Groundhog Day - loc: Kyle Public Library
Fri., February 11th 4:00p

► 42: Jackie Robinson - loc: Kyle Public Lib.
Fri., February 25th 4:00p

SAVE THE DATE! - UPCOMING EVENT

► KASZ Rummage Sale & BBQ Plates
Sat., March 5th 9:00a - 3:00p
Details on renting a table on page 3

LET'S LEARN! - GUEST SPEAKERS & SR. SERIES

► Sr. Nutrition & Wellness Program
hosted by Hays County Food Bank
Wed., February 16th 1:00p
Cooking classes and more!

► Pizza Social & Presentation
Thurs., February 17th 1:00p
Come enjoy pizza & a presentation on
Senior Living 101. Provided by
CarePatrol. Details on page 6

► Senior Series w/ Warm Springs
Mon., February 28th 2:30p
Topic: Heart Health

LET'S STAY AHEAD! - VITALS CHECK

► Blood Pressure and O2 Checks
Tues., Feb. 8th & 22nd 12:30p - 1:30p
Provided by Lisa V. Fletcher w/
Make-A-Change

Get in the Zone! Immerse yourself in a Community of Fun, Active & Energized Adults!

NEWS & MENU

Kyle Area Senior Zone



BIRTHDAYS

- 1st - Sally McKee
- 5th - John Russell
- 16th - Dennis Hall
- 16th - Essie Merrill
- 16th - Sandy Broussard
- 14th - Shelby Marrero
- 19th - Jimmy Reyna



FEBRUARY HOLIDAYS

- Black History Month
- American Heart Health Month
- 1st - National Freedom Day
- 2nd - Groundhog Day
- 3rd - KASZ's Birthday
- 4th - National Wear Red Day
- 4th - World Cancer Day
- 13th - Super Bowl Sunday
- 14th - Valentine's Day
- 21st - President's Day



MENU \$5 PER PERSON

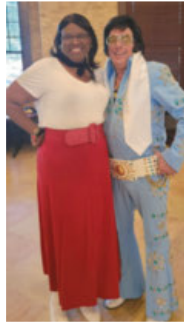
Subject to Change

- 1st - [Los Vaqueros Cafe & Grill]
Taco, Enchilada, Rice, Beans, Dessert & Beverage
- 8th - [ilario's] Lasagna, Salad, Roll, Dessert & Beverage
- 15th - [HurryBack Catering]
Gumbo, Muffaletta, Dessert & Beverage
- 22nd - [Texas Pie Company]
Chicken breast w/ cranberry-citrus gravy, Cornbread stuffing, Roll, Dessert & Beverage



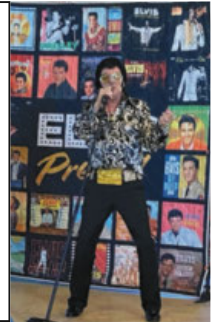
MIND TEASER

What travels around the world but stays in one corner?
(answer on pg. 8)



Elvis Tribute Party & Fundraiser

Thank you for all those who attended and volunteered for this fun event!



LETTER FROM THE PREZ...

HELLO KASZ MEMBERS AND FRIENDS OF KASZ...

I opened up this new year saying that the process of getting our new facilities is well on its way. This is the year. The train has pulled out the station.....I also said the bottom line is to get the funding for our portion of our shovel ready documents and it has begun. We had an anonymous donor and some businesses contribute so far and we are so thankful. Our new donation box even saw a \$100 bill.

As you know we are working close with this City and County to reach our building goal. Vanessa, our Program and Entertainment Coordinator, has previous experience in fund raising and she plans to have a dedicated theme fundraiser each month. Elvis was our kickoff and we want to especially thank Dennis and Susan Hall for their time and talent. What a great time for all. If members have ideas for fundraisers, please share your experience and ideas.

Remember to show up at our many events and support us. We have started our scripture reflection activity and want to thank all who came and conducted the classes. We are excited about the Hays County Food Bank providing cooking classes & a senior nutritional program for the next 5 months. We celebrated MLK Day with partnership of the Kyle Public Library. Thank you to Councilman, Dex Ellison, for helping with set-up. It was inspiring to see the community enjoy cake, watch a documentary and come together on this important day.

Please spread the word about KASZ and what we are trying to do to become a great facility for the active seniors and community. This Senior and Community facility can bridge generations and bring a much-needed service to Kyle and the surrounding area.

Please remember to thank the facilitators, volunteers & board members- they give a great deal of their time, talent and treasures.

Happy Valentine's Day
Team KASZ
Larry



THANK YOU
for your generosity



Please thank these businesses & organizations for their contributions towards helping our Elvis Tribute Party & Fundraiser be a Success!

Dairy Queen
22601 Interstate 35, Frnt
Kyle, TX 78640

Whataburger
5401 FM-1626, Ste 500
Kyle, TX 78640

Legend Oaks
Rehabilitation and Healthcare
1640 Fairway
Kyle, TX 78640

Old Town Buda Antique Mall
212 Main St
Buda, TX 78610

Sage Plum Creek
Senior Community Apartments
1075 Vaughn
Kyle, TX 78640

Central Texas AMVETS Post 115
401 Veterans Dr
Kyle, TX 78640

Rockin' Elvis
Dennis Hall, Tribute Artist
txrockinelvis@gmail.com



KASZ RUMMAGE SALE

Kyle Area Senior Zone

TABLES FOR RENT - KASZ RUMMAGE SALE

Rummage SALE

Saturday, March 5, 2022
9:00AM - 3:00PM

Find your Treasures and don't miss out on the Bargains!
BBQ Plates \$10 available for lunch

Come to Tuesday Lunches and
speak with Betty Conley to rent a table.
Limited Tables!

Table Rental:

small \$25
medium \$35
large \$45



BLACK HISTORY MONTH

When did the celebration of Black History Month begin?

- A. 1963
- B. 1923
- C. 1926
- D. 1957

(Answer on pg 8)



Sunshine COMMITTEE

Do you know a KASZ member who needs a Thinking of You, Get Well or Sympathy card?

Please email their name, address (if known) & reason for card to kasz78640@gmail.com



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PLEASE JOIN US ON SUNDAYS AT THE KYLE AREA SENIOR ZONE FOR A MUSICAL JAM SESSION!

AS THE CENTER IS BEGINNING TO OPEN UP, WE WILL ALSO HAVE GREAT MUSICAL PROGRAMS OF INTEREST TO ALL!

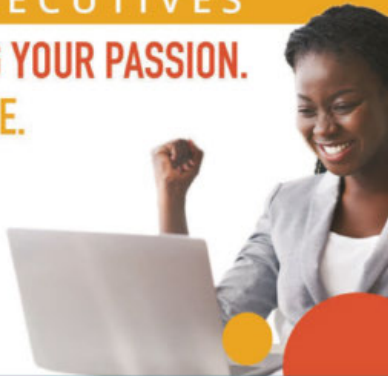
STAY TUNED FOR MORE INFORMATION!!!

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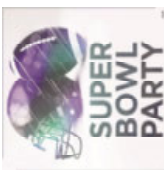
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Kyle Area Senior Zone, Kyle, TX

A 4C 05-1868

KASZ FEBRUARY 2022 CALENDAR

DATES, TIMES & PARTICIPATION FEES SUBJECT TO CHANGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>REINDER: Some activities are held at the Kyle Public Library (550 Scott St.) Please check location, found under certain activities.</p>	<p>1 FREEDOM DAY - Games 9:00a - Luncheon 12:00p - Games 1:00p-4:00p</p>	<p>2 Game Day 1p- 3p </p>	<p>3 - Beg. Line Dance Class 10:30a - 11:30a - Hi Beg./Improver Line Dance Class 12p – 1p - Inter. Line Dance Class/Social 1:15p-2:30p - Game Night 5p- 9p</p>	<p>4 Community Event: Dialogue for Peace & Progress Time: 7:00p Loc: City Hall</p>	<p>5</p>	
<p>6</p>	<p>7 - Tejano Class 1:00p - Crafty Club 2:30p Loc: Krug Activity Center</p>	<p>8 - Games 9:00a - Luncheon 12:00p - Games 1:00p-4:00p  Blood Pressure Screening 12:30p - 1:30p</p>	<p>9 Game Day 1p- 3p </p>	<p>10 - Beg. Line Dance Class 10:30a - 11:30a - Hi Beg./Improver Line Dance Class 12p – 1p - Inter. Line Dance Class/Social 1:15p-2:30p - Scripture Reflection 2:45p - Game Night 5p- 9p</p>	<p>11  Movie: Groundhog Day Time: 4p Hosted by the Kyle Public Library & KASZ Location: Kyle Public Library</p>	<p>12</p>
<p>13  SUPER BOWL PARTY Details coming soon!</p>	<p>14 HAPPY VALENTINE'S DAY - KASZ Krafters Paper Roses 1:00p Loc: Krug Activity Center - Kyle Quilters: 6:00p – 8:00p</p>	<p>15 - Games 9:00a - Luncheon 12:00p - Games 1:00p-4:00p  Gift Card Exchange details on page 6</p>	<p>16  COOKING CLASSES - Senior Nutrition & Wellness Program presented by Hays County Food Bank 1:00p</p>	<p>17 - Penny Bingo 10:30a – 12:00p - Pizza Social & presentation by CarePatrol 1:00p Details on pg 6 - Game Night 5p- 9p</p>	<p>18</p>	<p>19 Kyle Quilters: Sew-all-Day! Potluck (please bring a dish to share) 8:00a – 4:30p</p>
<p>20 Jam Session CANCELLED</p>	<p>21  Presidents' Day - Tejano Class 1:00p - Slice of Art Canceled</p>	<p>22 - Games 9:00a - Luncheon 12:00p - Games 1:00p-4:00p  Blood Pressure Screening 12:30p - 1:30p</p>	<p>23 Game Day 1p- 3p </p>	<p>24 - Beg. Line Dance Class 10:30a - 11:30a - Hi Beg./Improver Line Dance Class 12p – 1p - Inter. Line Dance Class/Social 1:15p-2:30p - Scripture Reflection 2:45p - Game Night 5p- 9p</p>	<p>25  Movie: 42-Jackie R. Time: 4p Hosted by the Kyle Public Library & KASZ Location: Kyle Public Library</p>	<p>26 KASZ SATURDAY NIGHT DANCE & SOCIAL 6:00p- 9:00p \$5 Tip Appreciated </p>
<p>27</p>	<p>28 - Tejano Class 1:00p - Sr. Series 2:30p Topic: Heart Health presented by Warm Springs</p>					

HOW TO ADOPT A HEART-SMART LIFESTYLE DURING RETIREMENT

Heart disease is the leading cause of death for both men and women worldwide. Research shows that 1 in 4 deaths can be attributed to heart disease. Experts say it doesn't have to be this way. Many risk factors that contribute to cardiac diseases can be controlled with a healthy lifestyle. In honor of National Heart Month, recognized in February each year, we are sharing steps you can take to lower your risk for heart disease.

9 Steps to Promote Heart Health

- 1. Eat a healthy breakfast:** Start the day off right with a well-balanced breakfast. This sets the tone for the food choices you'll make all day. A breakfast high in fiber and protein, such as a bowl of oatmeal or a smoothie, will also keep you feeling full longer. That makes you less likely to reach for sugary treats midmorning.
- 2. Sweets in moderation:** Everyone likes a sweet treat now and then. The key is to indulge only in moderation. Elevated blood sugar levels are linked to heart disease, especially for women. The American Heart Association guidelines recommend no more than 6 teaspoons per day of added sugar for women, and 9 teaspoons for men.
- 3. Skip processed foods:** Western diets are often filled with packaged and processed foods. Though they may be convenient, most are high in sodium, trans

fat, and calories. Too much sodium increases blood pressure putting you at a high risk for cardiac-related illnesses. The added calories and fat can also contribute to weight gain and obesity.

4. Limit alcohol: You may be surprised to learn that overindulging in alcohol can increase your risk for heart disease. While some studies seem to indicate red wine is good for your heart, it's important to limit how much you consume. Ask your physician for advice on how much alcohol is safe considering your personal medical history.

5. Stay active: A sedentary lifestyle, especially when combined with a lack of exercise, also raises your risk for heart disease. In fact, researchers say sitting too much can be as dangerous for your health as smoking! Lower your risk by exercising at least 150 minutes a week and avoid sitting for long periods of time. It might help to invest in a fitness tracker that counts the steps you take, as well as alerts you if you've been sedentary for too long.

6. Sleep well: Many adults underestimate the importance of a good night's rest. Too little sleep leaves you tired and groggy. That can cause you to make bad choices during the day, such as watching too much television or indulging in too many carbohydrates. If you aren't able to sleep

well or if you feel tired when you wake up, talk to your physician. You might have a medical issue that needs to be addressed.

7. Manage stress: Finding positive ways to manage stress is another important factor in maintaining a healthy heart. Walking, cycling, swimming, and yoga are a few types of exercise that help. Spending time enjoying friends and family is another stress-buster. Keeping a daily journal may also be a good idea. Documenting the day's ups and downs can help you find perspective that you might not otherwise.

8. See the doctor: Having a physician you can count on and feel comfortable with is important. You are more likely to stay on track with preventative tests and screenings when you have a doctor you see on a regular basis.

9. Stop smoking: If you are a smoker, find a cessation program that will allow you to kick the habit. Smoking is a leading cause of heart disease. One out of five heart-related deaths in this country can be linked to smoking.

Learn More about Heart Health

Visit the American Heart Association online where you will find a variety of resources ranging from recipes to exercise tips!

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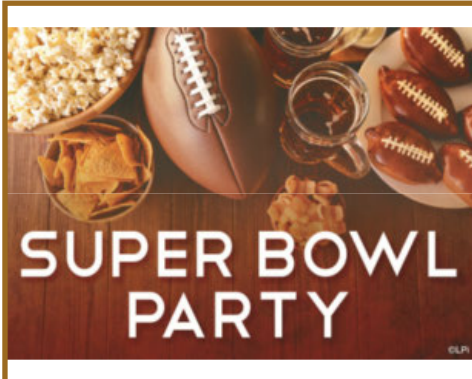
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UPCOMING EVENTS

Kyle Area Senior Zone



SUPER BOWL PARTY
FEB. 13th | TIME TBA

Kick off the super bowl with activities throughout the day. Then stay to watch the football game while playing games. More details coming soon!

Loc: KASZ



VALENTINE'S GIFT CARD EXCHANGE
FEB. 15th | 12:30p

Wear red & come participate in a Valentine's Gift Card Exchange. Bring a greeting card (Valentine, Thinking of You, etc.) with a \$10.00 gift card included. Remain a mystery or put your name on the card. Each person who brings a card, will be able to participate in the exchange.

Loc: KASZ



PIZZA SOCIAL
FEB. 17th | 1:00P - 3:00P

Come join us for Pizza, Fun and a Presentation by CarePatrol.

~ Senior Living 101 ~

Learn what kinds of options are out there, how to pay, what to do in an emergency, and how CarePatrol can assist.

Coming?
Please email: kasz78640@gmail.com
Loc: KASZ

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Kyle Area Senior Zone, Kyle, TX

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HAPPENINGS AROUND YOU*

- **Dialogue for Peace & Progress:** *Fri. 2/4, 7:00p.* The Dialogues for Peace & Progress is an event series that works to join community members and leaders for open and honest conversations to raise awareness and, if necessary, facilitate change in the City of Kyle. More details: <https://www.cityofkyle.com/communications/dialogue-peace-and-progress-2022-celebrating-black-history-month>
- **San Marcos**
 - Check out Aquarena Springs and the Meadows Center for great Bird Watching and Glass Bottom Boat rides
 - Visit the new wing of the San Marcos Library and the Price Senior Center
- **Wimberley**
 - Hot Rod Showdown, Sat. 2/26, 11:00a - 5:00p
 - Always great scenery and shopping, Saturday market days and thrift stores Tuesday - Saturday

**Times & Dates Subject to Change*

Email: kasz78640@gmail.com to share community events in newsletter



Dialogue for Peace & Progress
~City of Kyle~

Date: Fri. February 4th
Time: 7:00p
Loc: City Hall
100 W. Center Street

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KASZ IN THE KITCHEN

Have a recipe to share? Email: kasz78640@gmail.com



Rio Star Grapefruit & Quinoa Salad February is National Grapefruit Month

- 1 Texas Rio Star Grapefruit, sectioned and peeled (reserve the peel)
- 1 Texas Orange, sectioned
- 8 thin slices fresh ginger
- 1/4 c extra-virgin olive oil
- 3/4 c quinoa
- 2 scallions, minced
- 2 tbs chopped fresh cilantro leaves
- 1/2 tsp kosher salt, plus additional for seasoning
- 1 tbs white wine vinegar
- 2 tsp honey
- 1 small serrano or jalapeno chili, minced
- 2 carrots, peeled and diced
- Freshly ground black pepper

- Warm the grapefruit peel, ginger and olive oil in a small saucepan over medium heat. As soon as the oil starts to bubble, remove from heat. Set the oil aside to steep for 30 minutes. Strain and reserve the oil.

- Meanwhile, rinse and drain the quinoa, and follow the package directions to cook. Transfer the quinoa to a bowl and fluff with a fork. Cool.

- Segment the grapefruit over a bowl, reserving the segments and juice separately. Whisk 3 tbs of the grapefruit juice with the vinegar, honey and salt to taste in a medium bowl. Gradually whisk in 3 tbs of the reserved grapefruit oil, starting with a few drops and then adding the rest in a stream to make a slightly thick dressing. Season with pepper to taste.

- Toss the quinoa with the dressing, chiles, scallions, carrots and cilantro. Season with salt and pepper, to taste.

- Toss the grapefruit segment into the salad, divide among four plates. Serve warm or at room temperature.

Serving suggestion: This salad makes a great packed lunch. If you want to serve this salad at dinner, try it with grilled salmon. Serves: 4

(Courtesy of NewsUSA) @LPi

I LOVE YOU IN MANY LANGUAGES

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Match "I Love You" with the correct Language!

- | | |
|---------------------|-------------------------------|
| 1. French _____ | A) Wo ai ni |
| 2. Russian _____ | B) Mahal kita |
| 3. Greek _____ | C) Te amo |
| 4. Portuguese _____ | D) Ich liebe dich |
| 5. Chinese _____ | E) Volim te |
| 6. Korean _____ | F) Aishiteimasu |
| 7. Hungarian _____ | G) Ya tebya lyublyu |
| 8. Filipino _____ | H) Une te dua |
| 9. Spanish _____ | I) S' agapo |
| 10. Italian _____ | J) Te iubesc |
| 11. German _____ | K) Saranghaeyo |
| 12. Croatian _____ | L) Aloha wau ia 'oe |
| 13. Japanese _____ | M) Mai tumase pyar karati hun |
| 14. Irish _____ | N) Seni seviyorum |
| 15. Albanian _____ | O) Ik hou van jou |
| 16. Hawaiian _____ | P) Eu te amo |
| 17. Hindi _____ | Q) Je te aime |
| 18. Romanian _____ | R) Ti amo |
| 19. Dutch _____ | S) Ta gra agam duit |
| 20. Turkish _____ | T) Szeretlek |



JUST FOR LAUGHS

Guess Who?

A guy walked into a post office one early February day to see a middle-aged, balding man standing at the counter methodically placing "Love" stamps on bright pink envelopes with hearts all over them. He then took out a perfume bottle and started spraying them with the scent.

His curiosity got the better of him, so he went up to the balding man and asked him what he is doing.

The man said, "I'm sending out 1,000 Valentine cards signed, 'Guess who?'"

"But why?" asked the man.

"I'm a divorce lawyer," the man replied.

ANSWERS

Mind Teaser: A Stamp

Black History Month: C-1926

The event was first celebrated during a week in February 1926 that encompassed the birthdays of both Abraham Lincoln and Frederick Douglass.

Love Language:

(N)0Z (O)6I (C)6I (M)17 (L)17 (H)15 (S)14 (F)13 (E)12 (D)11 (P)5 (A)6 (K)7 (T)8 (B)9 (C)10 (R)11

Use Google Translate to hear the pronunciations for fun!