



THE ZONE

Kyle Area Senior Zone Newsletter

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MARCH 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

KASZ BIG EVENT! - FUNDRAISER

►KASZ Rummage Sale & BBQ Plates
Sat., March 5th 9:00a - 3:00p
Come find your treasures & bargains!
Purchase & enjoy a mouthwatering
BBQ plate. Details page 2



LET'S CELEBRATE- HOLIDAY FUN

►Mardi Gras Mask Contest
Tue., March 1st 12:30p (after lunch)
Come dressed in your best Mardi Gras
Mask and you may just win a prize.
Details on page 6

LET'S DANCE! - CLASS

►Back to the Basics Line Dance Class
Thur., March 10th 10:30a
Details on page 6

MOVIE TIME - THE SILVER SCREEN

►Phantom of the Opera - loc: Kyle Library
Fri., March 11th 4:00p
►Selena - loc: Kyle Public Lib.
Fri., March 25th 4:00p

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

►Writing a Will w/ David Garza
Tue., March 8th 1:30p
David Garza will be talking about the
steps in writing a will.
►Senior Series w/ Legend Oaks
Mon., March 28th 2:30p
Topic: The Bladder Details on page 6

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

NEWS & MENU

Kyle Area Senior Zone



BIRTHDAYS

- 2nd - Glenda Acklen & Cindy Wegner
- 3rd - Don Crowe
- 4th - Janie Frere & Nancy Gottschall
- 6th - Tom Greco & Jan Kloss
- 7th - Lissa Cook
- 9th - Mike Wittrock & Donna Hayes
- 10th - Yole Torres
- 14th - Wendy Gunn, Susan Reyna, Donna Salinas & Alma Gresham
- 19th - Josie Zygmunt
- 23rd - MJ Vasquez
- 31st - Dora Hamburg



MARCH HOLIDAYS

Red Cross Month

National Women's History Month

- 1st - Mardi Gras
- 2nd - Texas Independence Day
- 13th - Daylight Saving Time
- 14th - National Pi Day
- 17th - St. Patrick's Day
- 20th - 1st Day of Spring



MENU \$5 PER PERSON

Subject to Change

- 1st - [Texas Pie Company]
Chicken Tetrizzini with pasta, role, butter, cookie & beverage
- 8th - [Arby's] Fish Sandwich, macaroni and cheese, dessert & beverage
- 15th - KASZ CLOSED (No Lunch)
- 22nd - [Popeye's]
Chicken Breast and Leg, coleslaw, biscuit, dessert & beverage
- 29th - [Taco Cabana]
Chicken Cabaña Bowl, dessert & beverage



MIND TEASER

Why can't you iron a four-leaf clover?
(answer on pg. 8)





Kyle Area Senior Zone

Saturday – March 5, 2022

Krug Activity Center (KASZ)
101 S. Burleson | Kyle, Tx

Rummage SALE

Time: 9:00a – 3:00p



BBQ PLATE SALE

Time: 11:00a - until sold out

\$15 per plate

- Brisket
- Sausage
- Beans
- Potato Salad
- Fixings
- Beverage

Drinks Provided By:

Kyle, Tx

Pre-ticket Sales Available
Contact a KASZ Board Member
or
email kasz78640@gmail.com

Food Provided By:

2600 Goforth Rd. | Kyle, Tx
737.404.0042

ALL PROCEEDS GO TO KASZ TO BE USED FOR BUILDING & PROGRAM FUNDS

THANK YOU

for your generosity

Raised \$458.00

Please thank these businesses/organizations for their contributions towards helping our Superbowl Kick-off Party/Fundraiser be a Success!

Legend Oaks Rehabilitation and Healthcare
1640 Fairway
Kyle, TX 78640

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

Kyle, Buda Kiwanis Club
kylebudakiwanis@gmail.com

Unforgettable Families and Friends, Inc
<http://unforgettablelives.org/>

Page 2

KASZ AND THE KYLE CHAMBER

President Larry, Ambassador Cynthia and Marketing Coordinator Domingo are spreading the word to area businesses as they attend various Chamber events. Several board members attended the Chamber Gala, a Murder Mystery where VP Betty was chosen as the murderer. We thank Nelia for sponsoring the KASZ table.



Trivia

What percentage of Americans eat enough vegetables?
 A. about 60%
 B. about 33%
 C. about 15%
 D. about 9%

(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!!!

WE'RE HIRING
 AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

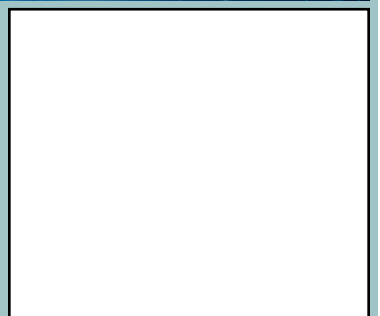
- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community



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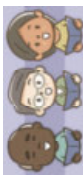



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LPi

KASZ MARCH 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</p> <ul style="list-style-type: none"> - Games 9:00a - Luncheon 12:00p - Games 1:00p-4:00p <p>Mardi Gras Mask Contest</p> 	<p>2</p> <p><i>Texas Independence Day</i></p> <p>Game Day 1p- 3p</p> 	<p>3</p> <ul style="list-style-type: none"> - 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>4</p>	<p>5</p> <p>KASZ RUMMAGE SALE & BBQ PLATE SALE 9:00a - 3:00p</p> <p>Loc: Krug Activity Center</p> 			
<p>6</p>	<p>7</p> <ul style="list-style-type: none"> - Tejano Class 1:00p - Crafty Club 2:30p <p>Loc: Krug Activity Center</p>	<p>8</p> <ul style="list-style-type: none"> - Games 9:00a - Luncheon 12:00p - Games 1:00p-4:00p <p>- Sr. Series 1:30p Topic: Writing Wills <i>presented by David Garza</i></p>	<p>9</p> <p>Game Day 1p- 3p</p> 	<p>10</p> <ul style="list-style-type: none"> - <i>Back to the Basics Line Dance Class 10:30a</i> - 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>11</p> <p>The Silver Screen</p> <p>Movie: Phantom of the Opera Time: 4p Hosted by the Kyle Public Library & KASZ Location: Kyle Public Library</p>	<p>12</p>		
<p>13</p> <p>Daylight Saving Time</p>  <p>KASZ MUSIC EVENT</p>  <p>Details Coming Soon!</p>	<p>14</p> <p>Tejano Class Canceled</p> <ul style="list-style-type: none"> - Senior Crafts 1:00p <i>focus: soup cozy</i> Loc: Kyle Public Library - Kyle Quilters 6:00p Loc: Krug Activity Center 	<p>15</p> <p>CITY USE OF BUILDING 3/14 - 3/18</p> <p>Spring break camp for youngsters by City of Kyle Parks and Recreation Department.</p>				<p>16</p> <p>Happy St. Patrick's Day</p> 	<p>17</p>	<p>18</p>
<p>20</p> <p>1st Day of Spring</p>  <p>KASZENIARS SINGING CLUB 2:00p - 4:00p</p> 	<p>21</p> <ul style="list-style-type: none"> - Tejano Class 1:00p - Slice of Art 2:30p <p><i>focus: TBD</i> Loc: Kyle Public Library</p>	<p>22</p> <ul style="list-style-type: none"> - Games 9:00a - Luncheon 12:00p - Games 1:00p-4:00p 	<p>23</p> <p>Game Day 1p- 3p</p> 	<p>24</p> <ul style="list-style-type: none"> - 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>25</p> <p>The Silver Screen</p> <p>Movie: Selena Time: 4p Hosted by the Kyle Public Library & KASZ Location: Kyle Public Library</p>	<p>26</p> <p>KASZ SATURDAY NIGHT DANCE & SOCIAL 6:00p- 9:00p \$5 Tip Appreciated</p> 		
<p>27</p>	<p>28</p> <ul style="list-style-type: none"> - Tejano Class 1:00p - Sr. Series 2:30p Topic: The Bladder <i>presented by Legend Oaks</i> 	<p>29</p> <ul style="list-style-type: none"> - Games 9:00a - Luncheon 12:00p - Games 1:00p-4:00p 	<p>30</p> <p>Game Day 1p- 3p</p> 	<p>31</p> <ul style="list-style-type: none"> - 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 				

THE ART OF MEAL PLANNING

Meal or menu planning can be a hot ticket to easy homecooked meals, stress free grocery shopping, and peaceful evenings — but who has the time? The secret to peace of mind and menu success is finding what works for you. A quick poll of families around you will reveal that you probably know someone who plans meals a month at a time, someone who has never planned a menu, and someone who works on a week-by-week plan. You too can be a meal planning guru, and there's no right way to do it. Skip the apps and online meal services and follow these tips for easy-peasy menu making.

Make Time Count

One of the easiest ways to start a meal planning project is to make some time assessments. Look at your week to see where you have nights with extra time to cook something new or more elaborate, which nights you'll just have to get take-out, which nights might benefit from a crock-pot style meal, when the weather is perfect for the grill, and when something quick like pasta is key. It's also a great idea to keep in mind a couple of go-to meals that can be cooked or served at two

different times (like when the kids need to eat before sports practice, but you prefer a 7 p.m. meal).

Spreadsheets for the Win

Not every meal plan starts with spreadsheets, but sometimes they do manage to get the job done! Consider your core recipes and start by plugging those into whatever you choose to plan with (Pro-tip: Include the recipe book and the page number so that your spouse or an older child could start the meal for you!). Add the main entrée protein to the table for each recipe. Maybe add a column for a note about how much time you need to prepare each meal. Add in any "odd" ingredients that you might not normally have in your pantry — this way if you decide on that recipe, you'll be able to make sure those are on your shopping list. You could also add a note about any side dishes that would go well to help round out the meal.

The Pantry Trick

Stock your pantry with non-perishable staples that will work in several recipes, so you always have them on hand. For example, boxes of chicken broth for pan

sauces or soups, cans of crushed tomatoes for making quick red sauces, pasta and rice for easy sides or entrées. Keep your refrigerator full of basics like celery, carrots, onions, and potatoes, milk, eggs, butter, and leafy greens. Choose to freeze some of your proteins so you can grab those out the day you need them. Keep a list of your frozen items, and anything that may need using up, and build your menus from there.

Shop Like a Pro

Just a little bit of prep can make grocery shopping for meal planning a snap. Don't forget to take advantage of things like ordering online for store pick-up to get your pantry stocked. Spend your grocery time on choosing fresh produce, bakery, and meats, and let someone else pick out the cans of tomatoes, bags of chocolate chips, and frozen items. Looking to save a few extra dollars? Take a few minutes to read your local store ads to see what's on sale — you might choose to put chicken, ground beef or pork on the weekly menu based on the current offerings.

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Kyle Area Senior Zone, Kyle, TX
B 4C 05-1868

UPCOMING EVENTS

Kyle Area Senior Zone



Mask Contest

MARDI GRAS MASK CONTEST
MAR. 1st | 12:30p AFTER LUNCH

It's Mardi Gras! Come dressed in your best Mardi Gras Mask and you may just win a prize. You don't have to eat each Lunch (\$5 per meal), but it doesn't hurt to have some yummy food on this festive day!

Loc: KASZ



Back to the Basics Line Dance Class

BACK TO THE BASICS
MAR. 10th | 10:30a

Susan Hall, will be instructing a back to the basics line dance promo class. This special class will introduce you to basic steps used in line dancing. No dance experience required. New participants are encouraged to come to this class.

Loc: KASZ



SENIOR SERIES

SENIOR SERIES WORKSHOP
MAR. 28th | 2:30p - 4:00p

It's a topic many try to avoid... bladder incontinence. But for many this is part of aging. Legend Oaks Rehabilitation & Healthcare Representatives, we will be introducing us to the understanding of bladder incontinence & pelvic exercises that can help.

Loc: KASZ

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Kyle Area Senior Zone, Kyle, TX

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HAPPENINGS AROUND YOU*

- **Primary Election Day:** *Tues., 3/1*, - Vote at any voting location in the County, See sample ballot in your Community IMPACT magazine or online
- **City Council Meetings:** *Tues., 3/1*, Buda at 5:30pm, Kyle at 7pm, San Marcos at 6pm.
- **Great Texas River Cleanup:** Sat., 3/5, City of Kyle Parks and Recreation, keeping our community clean. To sign up for Waterleaf area in Kyle, visit: https://bit.ly/SpringCleanUp2022_PlumCreek.
- **Plant a Flower, Paint a Pot:** Sat., 3/12, 9am - 12pm, Each participant will receive a 4-inch terracotta pot with a flower and the opportunity to paint and decorate their pot.
Free, REGISTRATION REQUIRED
<https://www.cityofkyle.com/recreation/plant-flower-paint-pot-0>
Loc: Lake Kyle 700 Lehman Road Kyle, Texas
- **National Pi Day:** *Mon., 3/14*, with sweet treats & events in Kyle.
- **Kyle Railroad Depot and Museum** *Every Saturday 10am-2pm* throughout the year welcomes visitors and volunteers.

**Times & Dates Subject to Change*

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



**Sunday,
March 13th
Spring Forward
2:00am**

At Legend Oaks, we ensure a comfortable and compassionate environment for your loved one. We are dedicated to working with patients and their families to maximize outcomes and quality of life.



MEDICARE-RATED FACILITY

Admissions Accepted 24/7

For questions, tours or requests for more information, our nurse liaison, Amy Saenz, is available 7 days a week at 512-734-6467

1640 Fairway, Kyle, TX 78640 • www.legendkyle.com



Legend Oaks, the Heart of Kyle

- Short-Term Rehab & Skilled Nursing
- Long-Term Medical Care
- Outpatient Therapy Services
- Palliative Nursing Program
- Specializing in Wound Care
- Respite Care
- Hospice Services

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KASZ IN THE KITCHEN

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



A Healthy St. Patrick's Day - Pork Tenderloin

Roasting is one of the healthiest ways to cook, reducing the amount of oil needed and adding layers of flavor in browning. So, ditch the pot and the corned beef, and opt instead for a lean pork tenderloin with roasted parsnips and carrots.

- 1, 1 ½ lb** pork tenderloin
- 1 large** red onion, cut into 1-inch pieces
- 3-4** carrots, cut into 2-inch pieces
- Salt and pepper
- 2 Tbsp** olive oil, divided
- 3-4** parsnips, cut into 2-inch pieces
- 2 tsp** thyme

- Heat the oven to 425 degrees. Toss the carrots, parsnips, onion and thyme with 1 Tbsp of the oil, add salt and pepper to taste. Spread into a baking dish and put it in the oven. Bake until the vegetables are tipped with brown and easily pierced with a fork. Pat the pork dry with paper towel and season with salt and pepper on all sides. Heat the oil in a 12" oven-proof skillet over medium high heat until just smoking. Add the pork and brown for about 2 minutes on each side. Transfer the skillet to the oven and cook the pork until it reaches 130 degrees. Rest for 10 minutes before serving. Cut into ½ inch medallions and serve with the roasted vegetables.

©LPI

Celebrate St. Paddy's Day!

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

Word List:

- BAGPIPE
- BLARNEY
- BLESSINGS
- CABBAGE
- CASTLE
- CELEBRATE
- CELTIC
- CHARM
- CHEER
- CLOVER
- COINS
- CORNEDBEEF
- DANCE
- DRINKING
- ERINGBRAGH
- FOLKLORE
- GREEN
- GREENBEER
- HARP
- HOLIDAY
- IRELAND
- IRISH
- JIG
- KISS
- LEPRECHAUN
- LIMERICK
- LUCK
- MARCH
- MUSIC
- PARADE
- POTOGOLD
- RAINBOW
- SAINTPATRICK
- SEVENTEENTH
- SHAMROCK
- SNAKES
- TOPHAT
- TOPOFTHEMORNING
- TRADITION
- WISH



ANSWERS Trivia: D) about 9% : Only 9.3% of U.S. adults eat the recommended amount of vegetables, which means just about all of us have room for improvement.

Mind Teaser: You should never press your luck!