



THE ZONE

Kyle Area Senior Zone Newsletter



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MAY ISSUE | 2022



We Love Our Volunteers!

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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 EAT & HAVE FUN! - FUNDRIASERS

▶\$6 Pancake Breakfast
 Sat., May 7th 8:00a - 11:30a
 Enjoy 3 pancakes, biscuit sausage, scramble eggs, & a beverage (coffee or OJ)
 Breakfast Sponsors:
 Pete Longoria w/ Texas Health Plans
 Whataburger Kyle Location



▶Silent Auction
 Sat., May 7th 8:00a - 12:00p
 Bid on your favorite items for a chance to win at the silent auction.
(Do not need to be present to win)

LET'S MAKE A DIFFERENCE! - PROJECTS

▶It Mat-ters: Planners Club
 Weds., Starting May 4th 1:00p-3:00p
 Service project. Details on page 3

LET'S CELEBRATE! - KASZ LUNCH & MEALS

▶Cinco de Mayo Lunch
 Tue., May 3rd 12:00p
 Celebrating Cinco de Mayo w/ friends, food & music (\$5 per meal) Tex Mex Music w/ Susan Torres & Bradley Jaye Williams. La Loteria (Bingo) after lunch!

▶Memorial Day Potluck
 Mon., May 30th 1:00p -4:00p
 Doors open at 12:30p meal starts at 1:00p. Please bring a dish to share. Game players welcomed too.

▶Memorial Day Lunch
 Tue., May 31st 12:00p
 Honoring and remembering those who lost their lives in service of the armed forces. Empty Chair Ceremony (\$5.00 per meal)

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



BIRTHDAYS

- 5th - Barbara Saner
- 6th - Janie Reyna & Sue Head
- 7th - Stella Duran
- 12th - Mary Spiller & Paula Perez
- 13th - Linda Butler
- 16th - Juana Regalado
- 20th - Ed Graining, Regina Heng & Marilyn Villalobos
- 24th - Brigitte Asbury
- 28th - Shirley LaFleur



MAY HOLIDAYS

- Arthritis Awareness Month
- National Blood Pressure Month
- Older Americans Month
- Mental Health Awareness Month
- 1st - May Day
- 5th - Cinco de Mayo
- 5th - National Day of Prayer
- 8th - Mother's Day
- 21st - Armed Forces Day
- 30th - Memorial Day



MENU \$5 PER PERSON

Subject to Change

- 3rd - [Piscis Seafood & Mexican Grill]
Cheese Enchiladas, rice, beans, dessert & beverage
- 10th - [Popeye's]
Chicken Breast, Leg, Coleslaw, Dessert & Beverage
- 17th - [Texas Pie Company]
Box Lunch Turkey & Swiss on Sourdough Bread, Chips, Brownie & Beverage
- 24th - No Lunch
- 31st - [Hawaiian Bros]
Luau Pig w/ Macaroni Salad, Dessert & Beverage



MIND TEASER

What kind of running means walking?

(answer on pg. 8)



*“Whatever your mind can conceive
and believe, it can achieve”*

by Norman Vincent Peale.

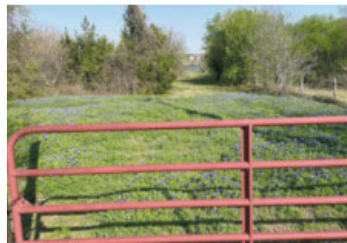


LETTER FROM THE PREZ

HELLO KASZ MEMBERS AND FRIENDS OF KASZ...

My apologies to those that are getting turned away at the door for Tuesday lunches; it just breaks our hearts! But it is the price KASZ will continue to pay as long as the only place we have to meet is a room that only holds 125 people in a community that has over 1,200 seniors! The sad truth is our need for a new, 30,000-square-foot building is growing every day.

Have you been to the property that the City of Kyle has donated for this project? In April, it started with a walk through a field of bluebonnets—it was so thick with blooms that you could not get through it without stepping on a few--followed by dense forests on either side that opened to a *Gorgeous* view of the lake! The City of Kyle already maintains lots of mowed lawn to stroll around! I think it's about a mile all the way around the lake.



Can you see a wall of windows right off the main room in the new building overlooking this view with doors that step out to a large, covered porch? On the other side of the lake, off to the left, there is a large nesting of birds—egrets I think. The next time I visited, a large flock of ducks were enjoying a swim. Wouldn't you just love to sit there all day enjoying nature's peaceful gifts and friendly encounters with people your own age?

We Can Make This Happen!

Email me your pledge to send your donation by January 1, 2023—help us make this dream come true for Kyle seniors. I'll contact you when KASZ has all the matching pledges we need to make the dream a reality:

***Our Goal is
\$65,000 by January 1, 2023.
It's All or Nothing!***

Team KASZ,
Larry Simone (lsimone@austin.rr.com)

Have you visited “our spot” yet?



255 Creekside Trail, Kyle, TX 78640

KASZ IN THE COMMUNITY

One member's mission has become an inspiring project for the center & the community. Needing 800 bags every month, Cheri Odom, asked if KASZ could start collecting plastic bags. Eight hundred bags would then be turned into plarn yarn to make one mat for the homeless. These mats don't degrade & give an extra layer between the ground and a sleeping bag. Odom's goal was to make one mat per month, but things would soon change. Bags started coming in & others started to assist in the project. Donating, cutting bags, making yarn & even crocheting mats. KASZ members were busy! Bags became mats & pillows too! One mat per month has far exceeded that goal! Odom & her husband, Bo Odom, have found a grateful receiver of these mats/pillows: Southside Community Center located in San Marcos, TX.

Thank you to all who are participating in this project!!!

KASZ is still collecting bags, & we are excited to announce that It Mat-ters: Plarners Club will start meeting on Wednesdays this month.

Come help in cutting, and constructing mats/pillows! Come help make a difference in the community!



Cheri Odom, middle, with volunteers from Southside Community Center.

It Mat-ters: Plarners Club
Wednesdays, 1:00p - 3:00p
(except 3rd Wednesdays)

IN LOVING MEMORY

Alice (Marie) Galvan (75)
02/05/1947 - 02/16/2022

Martha Robinson (80)
11/10/1941 - 3/19/2022

Nolan Kunkle (85)
02/17/1937 - 3/27/2022

Michael Grizzle (7/12/1968 - 4/14/2022)
Son of OCSC founder Sandra Grizzle



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



Life's Short, Eat More Pie

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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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KASZ MAY 2022 CALENDAR

DATES, TIMES & PARTICIPATION FEES SUBJECT TO CHANGE

LIMITED LUNCHES. PLEASE COME EARLY TO PURCHASE YOUR LUNCH

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|--|--|---|--|
| 1  REMEMBER: Some activities are held at the Kyle Public Library (550 Scott St.) Please check location, found under certain activities. | 2 - Crafty Club 1:00p Loc: Krug Activity Center |  3 - Games 9:00a - Cinco de Mayo Luncheon celebration 12:00p - Games 1:00p-4:00p | 4 - Game Day 1p-3p - Planners 1p-3p | 5 - 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  | 6 |  7 KASZ FUNRAISER \$6 PANCAKE Fundraiser & Silent Auction* 8:00a - 11:30a *Silent Auction ends 12:00p |
| 8 KASZENIARS SINGING CLUB 2:00p - 4:00p COUNTRY WESTERN DANCE (\$5 donation) 6:00p - 9:00p | 9 - Senior Crafts 1:00p focus: Jewelry Collages Loc: Krug Activity Center - Kyle Quilters 6:00p Loc: Krug Activity Center | 10 - Games 9:00a - Luncheon 12:00p - Board Meeting 1:30p - Games 1:00p-4:00p  Blood Pressure Screening 12:30p - 1:30p | 11 - Game Day 1p-3p - Planners 1p-3p | 12 - 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 | 13  The Silver Screen Movie: Because I Said So Time: 4p Hosted by the Kyle Public Library & KASZ Location: Kyle Public Library | 14 |
| 15 KASZ EVENT DETAILS COMING SOON | 16 - Slice of Art 1:30p focus: water coloring Loc: Kyle Public Library | 17 - Games 9:00a - Luncheon 12:00p - Games 1:00p-4:00p | 18  COOKING CLASSES - Senior Nutrition & Wellness Program presented by Hays County Food Bank 1:00p | 19  BINGO 10:30a - 12p hosted by Warm Springs - Fall Prevention workshop hosted by Warm Springs 1:00p - Game Night 5p-9p | 20 | 21 Kyle Quilters: Sew-all-Day! Potluck (please bring a dish to share) 8:30a - 4:30p OCSC GARAGE SALE 8:00a - 3:00p 420 Bartons Crossing Buda, TX |
| 22 | 23 | 24 | 25 | 26 | 27  The Silver Screen Movie: Catch Me if You Can Time: 4p Hosted by the Kyle Public Library & KASZ Location: Kyle Public Library | 28 KASZ SATURDAY NIGHT DANCE & SOCIAL 6:00p- 9:00p \$5 Tip Appreciated  |
| 29 | 30 MEMORIAL DAY Memorial Day Potluck Social 1:00p (doors open 12:30p) | 31 - Games 9:00a - Coffee Talk 9:00a - Memorial Day Luncheon 12:00p - Games 1:00p-4:00p  REMEMBER AND HONOR | June 1 | June 2 (1 hour delay) - Game Night 6p-9p Loc: Krug Activity Center | June 3 | June 4 |
| CITY USE OF BUILDING | | | | | | |

THIS DAY IN HISTORY

Kyle Area Senior Zone

MAY... 1/1941: Directed & starring Orson Welles, "Citizen Kane" premiered in NY. • **2/1885:** The magazine "Good Housekeeping" was 1st published. • **3/1937:** Margaret Mitchell won a Pulitzer Prize for "Gone with the Wind." • **4/1970:** The Ohio National Guardsmen opened fire on students during an anti-Vietnam war protest at Kent State University, where 4 students were killed. • **5/1865:** The 13th Amendment was ratified, abolishing slavery in the U.S. • **6/1941:** Bob Hope gave his 1st USO show at California's March Field. • **7/1915:** The British ocean liner Lusitania was sunk by a German submarine, killing 1,201 civilians. • **8/1958:** U.S. President Eisenhower ordered the National Guard out of Little Rock as Ernest Green became the 1st black to graduate from an Arkansas public school. • **9/1958:** Richard Burton made his network television debut in the presentation of "Wuthering Heights" on CBS-TV. • **10/1994:** Nelson Mandela was sworn in as S. Africa's 1st black president. • **11/1910:** Glacier National

Park in Montana was established. • **12/1978:** The National Oceanic & Atmospheric Administration announced that they would no longer exclusively name hurricanes after women. • **13/1989:** Thousands of students began a hunger strike on Tiananmen Square in Beijing. • **14/1878:** The name Vaseline was registered by Robert A. Chesebrough. • **15/1964:** The Smothers Brothers, Dick & Tom, gave their 1st concert in Carnegie Hall in New York City. • **16/1929:** The 1st Academy Awards were held in Hollywood. • **17/1985:** Bobby Ewing died on the season finale of "Dallas." He returned the following season. • **18/1953:** Jacqueline Cochran, the 1st woman to fly faster than the speed of sound, piloted an F-86 Sabrejet over CA at an average speed of 652.337 mph. • **19/1536:** Anne Boleyn, the second wife of England's King Henry VIII, was beheaded after she was convicted of adultery. • **20/1873:** Levi Strauss began marketing blue jeans with copper rivets. • **21/1980:** The movie "The Empire Strikes Back" was released.

• **22/1967:** "Mister Rogers' Neighborhood" premiered on PBS. • **23/1934:** Bonnie Parker & Clyde Barrow were ambushed & killed by TX Rangers in Bienville Parish, LA. • **24/1844:** Samuel F.B. Morse formally opened America's 1st telegraph line. • **25/1992:** Jay Leno debuted as the new permanent host of NBC's "The Tonight Show." • **26/1986:** The Dow Jones Industrial Average appeared for the first time in the "Wall Street Journal." • **27/1995:** Christopher Reeve was paralyzed after being thrown from his horse during a jumping event in Charlottesville, VA. • **28/1957:** National League club owners voted to allow the Brooklyn Dodgers to move to Los Angeles & that the NY Giants could move to San Francisco. • **29/1945:** Bing Crosby makes his 1st recording of Irving Berlin's "White Christmas." • **30/1431:** Joan of Arc was burned at the stake in Rouen, France, at the age of 19. • **31/1927:** Ford Motor Company produced the last Tin Lizzie in order to begin production of the Model A.

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UPCOMING EVENTS

Kyle Area Senior Zone



KASZ KRAFTERS MAY 9th | 1:00p

Bring your broken jewelry, shiny things, gems, brooches, buttons, and pins! KASZ Krafters will show you how to make a collage tree (or heart) with your items. A great way to showcase the little things that hold memories. Bring a frame if you want!

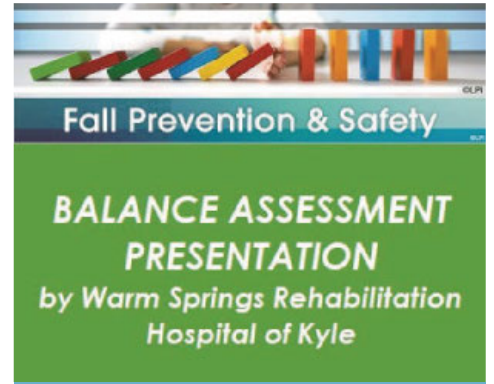
Loc: KASZ



BINGO MAY 19th | 10:30A - 12:00P

Feeling lucky? Join us for Bingo! Warm Springs Rehabilitation Hospital of Kyle will be calling out the numbers and passing out prizes to the lucky winners!

Loc: KASZ



SENIOR SERIES WORKSHOP MAY 19th | 1:00p

Take time to know your balance. Warm Springs Rehabilitation Hospital of Kyle will be hosting a Balance Assessment Presentation after Bingo. You will go through a series of balance assessments and learn how to lessen your fall risk. All are welcomed!

Loc: KASZ

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For ad info. call 1-800-950-9952 • www.lpcommunities.com

Kyle Area Senior Zone, Kyle, TX

C 4C 05-1868

HAPPENINGS AROUND YOU*

- **Trivia Night:** *Every Monday, 6:30pm - 8pm*, at Centerfield Sports Bar & Grill. Participation is free and no registration is required. A max. of 6 members are allowed per teams, there is no min. requirement per group. Participation is limited to individuals over the age of 21. Winners will receive a prize from Centerfield Sports Bar & Grill. Please arrive early, as the event will begin promptly at 6:30 p.m. Loc: 200 W. Center St, Kyle
- **KUMC Marie Anderson Lunch:** *Mon. 5/2, 12pm-1pm*, Enjoy fellowship and a meal at the Kyle United Methodist Church. Meals are free. Donations are accepted. Loc: 408 W Center St, Kyle
- **KUMC Free Garage Sale:** *Sat. 5/14, 8am - 12pm*, KUMC is back for their Fourth Annual Free Garage Sale! They welcome the community back to shop with no cost! Loc: 408 W Center St, Kyle
- **Rheumatoid Arthritis Support Group:** *3rd Thurs. (5/19), 10am*, The group encourages people to share their challenges and successes with fellow members. Hand exercises and different methods of pain relief for hands will be discussed. Loc: OCSC, 420 Bartons Crossing, Buda
- **OCSC Indoor Garage Sale:** *Sat., 5/21, 8am - 3pm* - Find your treasures & bargains. Bake Sale. They will be selling Breakfast & Lunch.
- **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



Onion Creek Senior Center Indoor Garage Sale

Date: Sat., May 21st

Time: 8a - 3p

Loc: OCSC
420 Bartons Crossing
Buda, TX 78640

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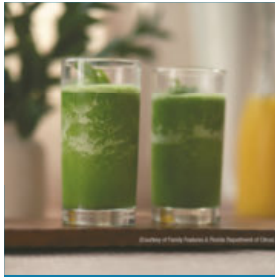
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KASZ IN THE KITCHEN

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



Orange Kale Smoothie - Servings: 2

A study published in the "European Journal of Nutrition" by researchers at Eurecat, Centre Tecnològic de Catalunya, in Reus, Spain provides further support for 100% orange juice's role in heart health and offers additional insight into a unique component in orange juice, called hesperidin, that may have antioxidant activity and contribute to orange juice's cardiovascular benefits.

The study, which was funded by the Florida Department of Citrus, determined that adults with pre- or stage-1 hypertension who drank about 2 cups of 100% orange juice per day saw significant reductions in systolic blood pressure and other markers of heart health and inflammation.

"Nearly half of adults in the United States have high blood pressure," said Dr. Rosa Walsh, scientific research director at the Florida Department of Citrus. "For those with mild hypertension, including something as simple and pure as 100% orange juice in your daily healthy routine may help make significant improvements in such a prevalent problem."

- 2 c Florida Orange Juice
- 1/4 c frozen pineapple
- 1 c kale, tough stems removed
- 4 mint leaves

In large blender, blend 100% orange juice, frozen pineapple, kale and mint leaves until smooth. Pour into tall glass.
(Courtesy of Family Features & Florida Department of Citrus)

National Barbeque Day - May 16th

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

Word List:

- BBQ
- HAMBURGER
- RUB
- COOKOUT
- BEER
- BACKYARD
- TEXAS
- CAROLINA
- BARBEQUE
- BRAT
- SAUCE
- SAUSAGE
- HICKORY
- SPIT
- KANSAS
- HAWAIIAN
- BRISKET
- KEBAB
- GRILL
- RIBS
- OAK
- BEANS
- MEMPHIS
- JERK
- PORK
- STEAK
- SMOKER
- HOG
- CHAR
- PIT
- CONTEST

ANSWERS

Mind Teaser: running out of gas

