



THE ZONE

Kyle Area Senior Zone Newsletter



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JULY ISSUE | 2022



We Love Our Volunteers!

Please visit kasz.org/news/volunteering for ways you can volunteer at KASZ.

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

LET'S SUPPORT! - KASZ FUNDRAISER

▶CHRISTMAS IN JULY HOLIDAY MARKET
Sat., July 30th 8:00a - 2:00p
Find the your treasures early! Crafts, collectibles and more! Details on pg 2

LET'S CELEBRATE! - HOLIDAYS

▶Fourth of July Potluck
Monday., July 4th 1:00p - 4:00p
Doors open at 12:30p. Meal starts at 1:00p. Please bring a dish to share. Game players welcomed too.

▶4th of July Lunch (\$5.00 per meal)
Tue., July 5th 12:00p
Come dressed in your best Patriotic attire for a chance to win a prize! Prizes from Suncrest Home Health & Hospice.

LET'S DANCE! - SOCIAL

▶Tejano Dance
Sat., July 17th 3:00p - 6:00p
Details coming soon. Check bulletin board

LET'S PLAY! - GAMES

▶Lotería Details on pg 6
Thurs., July 7th 12:30p - 2:00p
A game of chance. Just like bingo, but with beautiful artwork. Are you lucky?!

LET'S EAT! - FOOD AND FUN

▶Sundae Fun Day Details on pg 6
Sun., July 10th 1:00p
Have a Sunday on Sundae!!!

▶Root Beer Float Meet & Greet
Mon., July 25th 1:00p
Sponsor: Suncrest Home Health & Hospice Details on pg 6

SUPPORT OUR SENIORS

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

 <https://kasz.weshareonline.org>

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



BIRTHDAYS

- 3rd - Victoria Bigham
- 9th - Marta Lyons
- 10th - Bill O'Dwyer
- 11th - Tom Cook, Barbara Wallace & Diane Myers
- 13th - Thelma Trahan
- 14th - Monique Miller & Carol Quast
- 19th - Barbara Colarusso
- 21st - Lisa Parkinson
- 22nd - Wanda Ortiz
- 25th - Stormy Cadena-Stockman
- 29th - Bob Geiger
- 31st - Ginny Harlow & Carolyn Kainer



JULY HOLIDAYS

- 4th - Independence Day



MENU \$5 PER PERSON

Subject to Change

- 5th - [Ilario's]
Lasagna & Roll, Dessert & Beverage
- 12th - [Kinghtfire BBQ Food Truck]
Pulled Pork, Cole Slaw, Dessert & Beverage
- 19th - [Popeye's]
Chicken Breast & Thigh,
Coleslaw, Biscuit, Dessert & Beverage
- 26th - [Texas Pie Company]
Chicken Pot Pie, Dessert & Beverage



MIND TEASER

What is the smartest state?

(answer on pg. 8)

*"Then join hand in hand, brave
Americans all! By uniting we stand,
by dividing we fall."
- John Dickinson*



**Stay Cool,
Stay Safe,
Stay Hydrated!**

LETTER FROM THE PREZ

HELLO KASZ MEMBERS AND FRIENDS OF KASZ...

A special welcome to our newest members.

I would like to thank all the board members and members for all the support this past month over the various activities we had. I also would like to thank those that made contributions big and small to our building plans. We are slowly moving to our goal. We are so grateful. I have had a few members tell me they don't have a lot of money to give but they do have time to give and can help at our many events. A big thanks.

For the past 8 weeks, Mike Harellick and I attended the City Of Kyle's "Kyle Academy". This was open to Kyle citizens to bring awareness to how the city operates. During our training, all the departments within the city organizations gave lectures on what they do. We heard from the HR, Finance, Police, Public Works, Economic Development, Parks & others. We got great insight on how the city is growing and how the departments are keeping up with the growth. The city formed a policy years ago to reach a "Gold Standard" in all they do.

The various Assistant Managers and Department heads were very positive in spite of the challenges and staffing they were faced with. Their mission continues at a rapid pace. The city is short 70 employees and the mission still goes on.

One take away from this class was perhaps we seniors could help out as volunteers in some of these departments similar to as we currently do at the Information Desk at City Hall. As the president, I view the members application and see the many skills we all have. I have reached out to the assistant city manager James Earp to see if there's anywhere, we may be able to help on a temporary volunteer basis based on past careers.

So, if anyone is interested in volunteering at some of the city positions, please let me or someone in the Board know. As seniors, it is important to be involved and have purpose in life. This is a great way to give back to our city and community.

Team KASZ,
Larry Simone
President

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<https://smile.amazon.com/ch/33-1132134>

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AmazonSmile will donate 0.5% of your eligible purchases to KASZ

HOLIDAY MARKET

KYLE AREA SENIOR ZONE
CHRISTMAS
IN JULY

Holiday Market

Gifts - Home Decor - Ornaments
 Crafts - Jewelry - Bake Sale - and Much More!

JULY 30, 2022
SATURDAY
8:00a - 2:00p

KRUG ACTIVITY CENTER
 101 S. Burlison St.
 Kyle, TX 78640
 kasz.org

Summer Trivia

What is the last day of summer?

A) August 31st
 B) September 20th
 C) September 30th
 (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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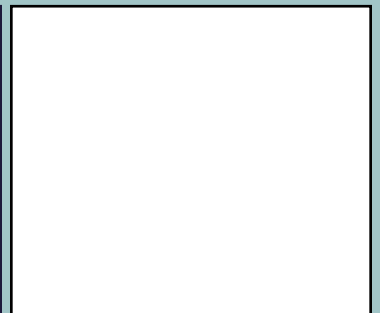
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ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?

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 or visit www.lpicommunities.com/advertising

KASZ JULY 2022 CALENDAR

DATES, TIMES & PARTICIPATION FEES SUBJECT TO CHANGE

LIMITED LUNCHESES. PLEASE COME EARLY TO PURCHASE YOUR LUNCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>REMINDER: Some activities are held at the Kyle Public Library (550 Scott St.) Please check Location, found under certain activities.</p>						
<p>3</p> <p>- 4th of July Potluck (please bring a dish to share) 1:00p (doors open 12:30p)</p> 	<p>4</p> <p>- Games 9:00a - July 4th Luncheon 12:00p (patriotic contest) - Judges from Suncrest Home Health & Hospice - Games 1:00-4:00p</p> 	<p>5</p> <p>- Game Day 1p- 3p - Planners Club 1p - 3p - Diamond Painting 1p</p>	<p>6</p> <p>- Beg. Line Dance Class 10:30a - 12:00p - Loteria 12:30p - 2:00p Sponsor: Kyle Family & Injury Chiropractic</p>  <p>- Game Night 5p -9p</p>	<p>7</p> <p>The Silver Screen Movie: Around the World in 80 Days (1956) Time: 4p Hosted by KPL & KASZ Treats provided by Suncrest Location: Kyle Public Library</p>	<p>1</p>	<p>2</p>
<p>10</p> <p>KASZENIARS SINGING CLUB 2:00p - 4:00p</p>  <p>SUNDAE FUN DAY 4:30p - 5:30p Come enjoy a Sundae!</p>	<p>11</p> <p>- Senior Crafts 1:00p focus: <i>Summertime Treats!</i> Loc: Krug Activity Center - Kyle Quilters 6:00p Loc: Krug Activity Center</p>	<p>12</p> <p>- Games 9:00a - Luncheon 12:00p - Games 1:00p - 4:00p Blood Pressure Screening 12:30p - 1:00p</p> 	<p>13</p> <p>- Game Day 1p- 3p - Planners Club 1p - 3p - Diamond Painting 1p</p>	<p>14</p> <p>- Beg. Line Dance Class 10:30a - 12:00p - Bunco 12:30p - 2:00p Sponsor: Warm Springs</p>  <p>- Game Night 5p -9p</p>	<p>15</p>	<p>16</p> <p>Kyle Quilters: Sew-all-Day! Potluck (please bring a dish to share) 8:30a - 4:30p</p>
<p>17</p>  <p>TEJANO DANCE 3:00p - 6:00p</p>	<p>18</p> <p>- Slice of Art 1:30p focus: <i>water coloring</i> Location: Kyle Public Library</p>	<p>19</p> <p>- Games 9:00a - Luncheon 12:00p - Games 1:00p-4:00p</p>	<p>20</p> <p>TBA 1:00p</p>	<p>21</p> <p>- Penny 6:00-12:00 KASZ members only 10:30a - 12p - TBA 1:00p - Game Night 5p- 9p</p> 	<p>22</p>	<p>23</p>
<p>24</p> <p>31</p>	<p>25</p> <p>Root Beer Float Meet & Greet w/ Suncrest Home Health & Hospice 1:00p - 3:00p</p> 	<p>26</p> <p>- Games 9:00a - Coffee Talk 9:00a - Luncheon 12:00p - Games 1:00p - 4:00p</p>	<p>27</p> <p>- Game Day 1p- 3p - Planners Club 1p - 3p - Diamond Painting 1p</p>	<p>28</p> <p>- Beg. Line Dance Class 10:30a - 12:00p - Game Night 5p- 9p</p>	<p>The Silver Screen Movie: Tarzan and His Mate Time: 4p Hosted by the Kyle Public Library & KASZ Location: Kyle Public Library</p>	<p>30</p>  <p>KASZ Christmas in July Holiday Market 8:00a - 2:00p</p>

6 STEPS FOR AVOIDING DEHYDRATION

We face unique challenges when it comes to staying safe during the hot days of summer. These challenges range from health conditions that increase sun sensitivity to more fragile skin. They can also put an older adult at higher risk for heat-related illnesses such as sun poisoning and heat stroke. It's important that people to take steps to avoid dehydration, especially during the dog days of July and August. Here are a few preventive measures that promote healthier hydration.

6 Ways to Prevent Dehydration

1. Maximize fluid intake

Drinking eight to ten glasses of water each day during the summer is important. It's advice most people know they should follow, but don't always do. If the taste of water isn't appealing to you, foods with a high water content can help you stay hydrated. Popsicles, melon, apples, pears, pineapple, cucumbers, tomatoes, carrots, and leafy greens are a few foods to include in your diet all year round.

2. Limit alcohol consumption

Summer is a season for outdoor celebrations. Many of these parties include alcoholic beverages. Unfortunately, alcohol contributes to dehydration. When outdoors in the summer sun, you should limit alcoholic beverages or avoid them completely.

3. Avoid caffeinated beverages

Caffeine is a diuretic. This means when you indulge in sodas, iced coffee drinks, and energy drinks, fluids pass through your system faster. That can contribute to dehydration. Stick to water with lemon or lime slices or other noncaffeinated beverages.

4. Monitor medication side effects

Some people aren't aware that medications may increase sun sensitivity. If a medication you or your loved one takes has that as a potential side effect, it means you are at higher risk for sunburn, hives, rashes, and dehydration. Review any medications you may be taking to see if sun sensitivity is listed as a side effect and learn more if it is.

5. Schedule outdoor time wisely

Try to limit the time you spend outdoors. Stick with the coolest times of day, which are generally before 10:00 a.m. or after 4:00 p.m.

6. Wear a hat

While many might not consider themselves hat people, wearing a lightweight hat with a brim at least three inches wide is another hydration safety tip. It shades the face and neck, helping to keep you cooler.

Recognizing the Symptoms of Dehydration

Finally, we suggest familiarizing yourself with the symptoms of dehydration. From confusion to irritability, the signs aren't always obvious. Recognizing when you or a loved one is in the early stages of dehydration can help you get treatment before a more serious health crisis occurs.

How do you try to drink more water during the summer months?

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UPCOMING EVENTS

Kyle Area Senior Zone

Lotería



Lotería

LOTERÍA
JULY 7th | 12:30P

It's the luck of the cards! Do you feel lucky? Come play Lotería, a fun game that is like bingo. *Sponsor: Kyle Family & Injury Chiropractic*

*1st Thursday of each Month
~ Bring a snack to share ~*

Loc: KASZ



Sundae Fun Day!

SUNDAE FUN DAY!
JULY 10th | 4:30P - 5:30P

Did you know? The Hot Fudge Sundae was created in 1906 at C.C. Browns, a new ice cream parlor on Hollywood Boulevard in Los Angeles.

Come enjoy a free sundae!

Loc: KASZ

Root Beer Float Meet & Greet

*gotta
get one!*



ROOT BEER FLOAT
MEET & GREET
JULY 25th | 1:00P - 3:00P

Come meet Suncrest Home Health & Hospice and learn how they can be a great service. Stay cool and enjoy a root beer float too!

Loc: KASZ

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Kyle Area Senior Zone, Kyle, TX

C 4C 05-1868

HAPPENINGS AROUND YOU*

- **Tejano Night at the Railhouse (Kyle):** *Thursdays, 7pm* loc: 107 E Center St.
- **"The Stars At Night" camping & stargazing event:** *Sat., 7/30, to Sun., 7/31.* Two different meteor showers that attendees will have the chance to see! Additionally, the moon will be almost fully dark. *Registration and fees required.* Visit: <https://www.cityofkyle.com/recreation/stars-night> Loc: Lake Kyle, 700 Lehman Rd
- **Music in the Park Mondays:** *Mondays, 7/11, 7/18, 7/25, 6pm - 8pm,* July 11 - Fallon Franklin; July 18 - Tahni Handal; July 25 - TBD
Loc: 101 S. Burlison St. - Mary Hartson Kyle City Sq Park
- **Kyle Market Day:** *Sat. 7/9, 9am-2pm,* Local vendors, arts & crafts, farm to market items & more! Loc: 101 S. Burlison St. - Mary Hartson Kyle City Sq Park
- **National Snake Day:** *Sat. 7/16, 1pm - 3:00pm,* This event will provide attendees the opportunity to learn how to identify various local snakes and ask any questions. *Registration is required.* Kyle Resident: \$10 Non-resident: \$15 To register, visit: teamsideline.com/kyle Loc: Falcon Room in City Hall, 100 W. Center St.
- **Red, White & Buda:** *Mon, 7/4, 9am - 10pm,* Bike Parade down Main Street & an evening with Shinyribs & Jack Ingram on the Amphitheater Stage all before the big fireworks finale!
- **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



Kyle Fireworks!

Date: Monday, July 4, 2022
Time: approximately 9:30pm (sundown)
Location: Kyle, TX
More Details:
<https://www.cityofkyle.com/recreation/kyles-independence-day-fireworks-show>

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KASZ IN THE KITCHEN

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



Tropical Chiquita Banana Colada Shake with Coconut Water

Why not add a little excitement to your summer by choosing something to drink that's fun and colorful, super healthy and delicious, too? Servings: 2

2 Chiquita bananas
2 cups mango juice
2 limes

2 cups coconut water
3 sprigs fresh mint

Chop the Chiquita bananas in pieces and blend them together with the coconut water, mango juice and the juice of one lime. Pour the juice into the glasses and garnish with the other lime (sliced or quartered) and the sprigs of mint.

(Courtesy BPT) ©LPi



National Sundaes Day!



- CHOCOLATE
- FUDGE
- SPRINKLES
- PECANS
- BRITTLE
- GELATO
- SOCIAL
- CANDY
- PEANUT
- VANILLA
- PINEAPPLE
- SPLIT
- CASHEWS
- CUSTARD
- ICE
- MARSHMALLOW
- STRAWBERRY
- WHIPPED
- BUTTER
- BANANA
- BUTTERSCOTCH
- PARFAIT
- SUNDAE
- FROZEN
- CREAM
- SCOOPS
- TOPPINGS
- CREAM
- CHERRY
- CARAMEL
- PEANUTS
- MINT
- FRUIT
- JIMMIES
- SHERBET
- YOGURT
- BROWNIE

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 Y O G U R T S C H E R R Y E A G O T

Mind Teaser (pg 2): Alabama—it has four A's and one B!
Summer Trivia (pg 3): September 20th