



THE ZONE

Kyle Area Senior Zone Newsletter

BACK TO SCHOOL
SUPPLY DRIVE



Fill the Green Box!

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I ♥ KASZ



AUGUST ISSUE | 2022



We Love Our Volunteers!

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

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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 ROCK! - KASZ FUNDRAISER

► Elvis Presley Tribute Concert
Sun., Aug 14th 3:00p - 5:00p
Doors open at 2:30p

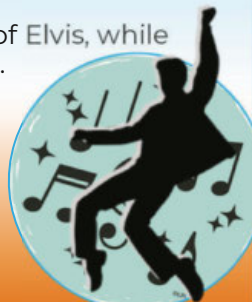
**It's Elvis week and
Rockin' Elvis is
back in the house!**

Enjoy the songs of Elvis, while
supporting KASZ.

\$5

*minimum requested
donation*

Details on pg 3



LET'S REFLECT! - SPIRITUAL/MINDFULNESS

► Scripture Reflection
2nd & 4th Thurs., (Starting 8/11) 2:30p
Read the Gospel of John through
Reflection & Faith Sharing

LET'S LEARN! - GUEST SPEAKERS/WORKSHOPS

► Planning & Peace of Mind Details on pg 6
Thurs., Aug 18th 1:00p
Hosted by Harrell Funeral Home
► AGE of Central Texas
Tues., Aug 16th Lunch
Resource Table during 3rd Lunches

LET'S EAT! - FOOD AND FUN

► Watermelon Social Details on pg 6
Wed, Aug 3rd 1:00p - 3:00p
Enjoy Watermelon & other treats



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



101 S. Burseson Street



www.kasz.org



kasz78640@gmail.com



@KASZpage



BIRTHDAYS

- 2nd - Karen O'Neal
- 7th - Tamerae Beardsley
- 9th - Susan Hall
- 11th - Kathy Carpenter
- 12th - Maria Gonzalez
- 17th - Rosa Sanso
- 18th - Ray Conley
- 21st - Irene Martinez & Mary Ledesma
- 23th - Richard Dengelegi
- 24th - Mindy Cruz & Nicholas Diamond
- 30th - Wayne Kamaura & Marge Wightman



AUGUST HOLIDAYS

- Boomers Making a Difference Month
Look out for School Zones, as kids begin to head back to school
- 3rd - National Watermelon Day
 - 21st - National Senior Citizens Day



MENU \$6 PER PERSON

Subject to Change

- 2nd - [Sonic]
foot long w/ chili & cheese, dessert & beverage
- 9th - [Taco Cabana]
chicken fajita cabana bowl, dessert & beverage
- 16th - [Ilario's]
chicken fettucine with roll, dessert & beverage
- 23rd - [Hawaiian Bro's]
luau pig with macaroni salad, dessert & beverage
- 30th - [Koy's]
sweet & sour chicken w/ white rice, dessert & beverage



MIND TEASER

When do you stop at green and go on red?

(answer on pg. 8)



KASZ SUMMER RAFFLE

\$5 per ticket or 6 for \$20

1st Prize
50" Roku
TCL TV

2nd Prize
Handmade
Quilt
75" X 98"

3rd Prize
\$100
Visa Gift Card

Purchase tickets at Tues. Lunches & Events or w/ a Board Member

DRAWING
SEPT. 27,
2022
(NOON LUNCH)
Presence not required

LETTER FROM THE NOMINATIONS CHAIR

HELLO KASZ MEMBERS AND FRIENDS OF KASZ...

My name is Raymond Conley and I have been the Nominations Chair for the past 3 years. Every year before KASZ ends the fiscal year in September and begins the new fiscal year we hold elections for open positions on the Board.

Open Board Positions:

President
Vice President
Grants/Marketing

Current Slate:

President, Betty Conley
Vice President, Domingo Castilleja

We have two names currently on the slate and are listed above. If you are seeking one of the above open Board positions, please provide your full name, the position you are seeking, and a brief biography of your qualifications to me, Raymond Conley, at kasz78640@gmail.com. Or you may bring it to a Tuesday luncheon and turn it into any Board Member by August 19, 2022. You will find the descriptions of these positions on the bulletin board at KASZ.

Once a voting slate has been created, it will be presented to the Board President. Before the luncheon on Tuesday, September 6, 2022, the slate will be presented to the KASZ members and nominations will be taken from the floor. Following the floor nominations, the nominations will be closed. Each nominee will have 2 minutes to introduce themselves and then the voting will commence. The votes will be tallied and the newly Board members will then be announced.

Please mark your calendar for September 6th. Voting happens at the luncheon.

Respectfully,
Raymond Conley

Message from Larry Simone,

It's with a happy and sad heart that I have decided to step down as the KASZ President. It's been a long 46 month journey and in that time the Board and I made a difference to KASZ and it's future. With the death of my wife and the selling of my home I need to move on.

The good news is Betty Conley our Vice President will step up as interim President. KASZ could not ask for a better person. Please support her and the Board to take KASZ to the next level.

Thank you all for your support over these years. It's been an honor to know you all. I plan to do all I can from behind the scenes to get us our new and much needed senior facility.

All my best
Thank you,
Larry Simone




ELIVS IN THE HOUSE

Kyle Area Senior Zone

KASZ FUNDRAISER

Songs from the 50's and 60's,
will take you back to happy days and nights.
Dennis Hall, Elvis Tribute Artist

Elvis Presley Tribute Concert



AUGUST 14, 2022

\$5.00 **3:00P - 5:00P**

Minimum Requested Donation **doors open 2:30p**

Concessions available for purchase featuring some of
Elvis' favorite snacks/drinks

Proceeds Benefit KASZ

IN LOVING MEMORY

Alice Chisholm (78)
08/03/1943 - 6/26/2022



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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Kyle Area Senior Zone, Kyle, TX

A 4C 05-1868

KASZ AUGUST 2022 CALENDAR

DATES, TIMES & PARTICIPATION FEES SUBJECT TO CHANGE

LIMITED LUNCHES. PLEASE COME EARLY TO PURCHASE YOUR LUNCH. \$6.00

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>1 - Kraffy Club 1:00p (Don't craft alone, bring your own project to work along side other crafters)</p>	<p>2 - Games 9:00a - Luncheon 12:00p - Games 1:00p-4:00p</p>	<p>3 - Game Day 1p- 3p - Diamond Painting 1p  Watermelon Social Come enjoy refreshing watermelon 1p - 3p</p>	<p>4 - Beg. Line Dance Class 10:30a - 12:00p - Loteria 12:30p - 2:00p Sponsor: Julio Campos, Edward Jones  - Game Night 5p -9p</p>	<p>5</p>	<p>6</p>
<p>7</p>	<p>8 - Senior Crafts 1:00p <i>focus: dreamcatcher</i> Loc: Krug Activity Center - Kyle Quilters 6:00p Loc: Krug Activity Center</p>	<p>9 - Games 9:00a - Luncheon 12:00p - Games 1:00p - 4:00p  <i>Blood Pressure Screening</i> 12:30p - 1:00p</p>	<p>10 - Game Day 1p- 3p - Planners Club 1p - 3p - Diamond Painting 1p</p>	<p>11 - Beg. Line Dance Class 10:30a - 12:00p - Bunco 12:30p - 2:00p Sponsor: Warm Springs - Scripture Reflection 2:30p - 4:30p - Game Night 5p -9p</p>	<p>The 12 Silver Screen Movie: G.I. Blues Time: 4p Hosted by KPL & KASZ Location: Kyle Public Library</p>	<p>13 Community Event: Kyle Market Days 9:00a - 2:00p Loc: Mary Kyle Hartson Park</p>
<p>14 ELVIS 3:00p PRESLEY TRIBUTE CONCERT \$5 </p>	<p>15 - Slice of Art 1:30p <i>painting class</i> Location: Kyle Public Library</p>	<p>16 - Games 9:00a - Luncheon 12:00p - Games 1:00p-4:00p - <i>AGE of Central Texas Resource Table setup during lunch</i></p>	<p>17 - KASZ Volunteer Day: closet clean-up/organize 1:00p</p>	<p>18  10:30a - 12p Sponsor: Kyle Parks & Rec - Planning & Peace of Mind Seminar 1:00p Host: Harrell Funeral Home - Game Night 5p- 9p</p>	<p>19</p>	<p>20 Kyle Quilters: Sew-all-Day! Potluck (please bring a dish to share) 8:30a - 4:30p Community Event: National Honey Bee Day 10:00a - 2:00p details pg 7 </p>
<p>21 National Senior Citizen's Day EVENT TBA</p>	<p>22 - KASZ Crafters 1:00p Jewelry Make & Take project (session 1) <i>limited spaces, please sign-up</i> kaszsignup@gmail.com</p>	<p>23 - Games 9:00a - Luncheon 12:00p - Games 1:00p-4:00p</p>	<p>24 - Game Day 1p- 3p - Planners Club 1p - 3p - Diamond Painting 1p</p>	<p>25 - Beg. Line Dance Class 10:30a - 12:00p - Scripture Reflection 2:30p - 4:30p - Game Night 5p- 9p</p>	<p>The 26 Silver Screen Movie: Father of the Bride 2 Time: 4p Hosted by the KPL & KASZ Location: Kyle Public Library</p>	<p>27 KASZ SATURDAY NIGHT DANCE & SOCIAL 6:00p- 9:00p \$5 Tip Appreciated </p>
<p>28</p>	<p>29 - KASZ Crafters 1:00p Jewelry Make & Take project (session 2) <i>limited spaces, please sign-up</i> kaszsignup@gmail.com</p>	<p>30 - Games 9:00a - Luncheon 12:00p - Games 1:00p - 4:00p</p>	<p>31 - Game Day 1p- 3p - Diamond Painting 1p</p>	<p>Community Event: National Dog Day 5:00p - 7:00p details pg 7 </p>	<p>26</p>	<p>27</p>

THE HEALTH BENEFITS OF WATERMELON

As the weather heats up, so does our need for hydration & healthy snacks. A ripe, juicy watermelon satisfies your thirst & goes the extra mile toward helping maintain a healthy diet. But did you know that not only does this picnic staple taste sweet & is delicious, but is also rich in lycopene & Vitamin C?

Lycopene, an antioxidant, can be found mostly in red fruits & vegetables, such as tomatoes, watermelons, red oranges, pink grapefruits. You may be surprised to learn this health-boosting nutrient can also be found in apricots, red cabbage, & asparagus. Watermelon has more of this nutrient than any other fruit or veggie - even tomatoes. To load up on lycopene, choose a ripe melon with bright red flesh & opt for the seedless variety as it has more lycopene than those with seeds.

Try Watermelon to Protect Your Cells

Antioxidants play a significant role in protecting your cells against free radicals (natural and environmental occurring), which may play a role in heart disease, cancer, & other diseases.

Watermelon is no one health trick pony; it also contains vitamin C, which the body needs to boost immunity & produce collagen, promoting healthy skin. Studies suggest that vitamin C may reduce the risk of age-related skin damage, such as wrinkling. If watermelon had not already made enough of a case as to why it should be added to a healthy diet, this show-off fruit boasts a few more health benefits. It is even more pleasing to the palate for anyone looking to boost their vitamin intake; watermelon includes these nutrients: Vitamin A, Potassium, Magnesium, and Vitamins B1, B5, & B6.

For most adults, their body consists of 60% water, and to function optimally; it needs proper hydration. Drinking enough water each day is vital for regulating body temperature, keeping joints lubricated, preventing infections, delivering nutrients to cells, and keeping organs functioning properly. Being well-hydrated also improves sleep quality, cognition, and mood. As the thermometer rises, so does our need for more water.

Sneak in Water Through This Tasty Treat

If you struggle to meet the recommended 6 - 8 glasses of water a day, fresh fruits, like watermelon, which is 92% water (probably could have guessed that from the name), can be a delicious solution for adding more water into your diet. This health-conscious melon is a versatile food, try cutting it up and add to a summer beverage or a salad, or freeze and use as ice cubes in your favorite lemonade. What something a little more filling? Blend watermelon, strawberries, yogurt, and a drizzle of honey, for a delicious breakfast smoothie.

While watermelon can be consumed any time of the year, summer seems to be its sweet spot offering the perfect combination of refreshment and nutrition. Maybe you'll experience one more unexpected benefit, as this summertime classic invokes memories that will bring a smile to your face.

All a Matter of Perspective: Watermelon can be considered a fruit or a vegetable. No matter which way you slice it, watermelon is versatile, healthy & conveniently available year-round.



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or (800) 950-9952 x2324

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UPCOMING EVENTS

Kyle Area Senior Zone

WATERMELON SOCIAL



**WATERMELON SOCIAL
AUG 3RD | 1:00P - 3:00p**

Did you know? The first recorded watermelon harvest occurred nearly 5,000 years ago in Egypt.

Come enjoy refreshing watermelon and watermelon themed treats.

LOC: KASZ



Kyle Quilters

**KYLE QUILTERS RAFFLE
OCT 15th & 16th (Quilt show)**

Kyle Quilters has begun selling their raffle tickets for their annual quilt show and raffle. Please support them. Raffle tickets can be purchased by contacting kylequilters@gmail.com

\$1 per ticket, 6 for \$5



Peace of Mind

**PLANNING AND PEACE OF MIND SEMINAR
AUG 18th | 1:00P - 3:00P**

You are invited to learn how planning for your final wishes may shield your family from unnecessary emotional & financial burden. Light snacks provided.

Hosted by: Harrell Funeral Home

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*

- **Cuts 4 Kidz:** *Sat., 8/7, 11a-3p*, Free Kids Haircuts for the school year
Loc: 101 S. Burlleson St. - Mary Hartson Kyle City Sq Park
- **Kyle Market Day:** *Sat. 8/13, 9a-2p*, Local vendors, arts & crafts, farm to market items & more! Loc: 101 S. Burlleson St. - Mary Hartson Kyle City Sq Park
- **AGE of Central Texas Online Caregiving Course:** *Weds., 8/17 & 8/24, 11:30a - 1:00p*, Free. *Call to register: (512) 458-6306*
- **AGE of Central Texas Caregiver Conference:** *Sat., 8/20, 9a-2p*, Loc: Austin Doubletree. *Call to register: (512) 916-6000*
- **National Honey Bee Day:** *Sat., 8/20, 10a - 2p*, Hays Master Naturalists will be present with Beekeeping equipment and honeybee education. Kyle Parks & Recreation will be set up for Build A Pot, where you can get a free hanging basket and some flower starts to make your own hanging basket. **This is free but limited to the first 100.**
Loc: 101 S. Burlleson St. - Mary Hartson Kyle City Sq Park
- **National Dog Day:** *Fri. 8/26, 5p - 7p*, Join the Kyle Parks and Recreation Department for the National Dog Day celebration. The first 20 dogs at the event will get a free goodie bag filled with treats!
Loc: Steeplechase Dog Park, 135 Hallie Dr.
- **Margarita Salsa Fest:** *Sat. 8/27, 5p*, Food, drink & music by Pat Green, Mike & the Moonpies & Shaker Hymns **\$25 admission**
Loc: Buda Amphitheater & City Park 204 San Antonio St, Buda

Times & Dates Subject to Change

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



Kyle Pie in the Sky Hot Air Balloon Festival

Date: Saturday, 9/3

Time: 12p - 8p

Location: Gregg-Clarke Park

More Details:

<https://www.pieinthesky.com/>

CROSSWORD



GENIE JOKE

A man was walking down the beach and came across an old bottle. When he picked it up and pulled out the cork, a genie appeared.

The genie said, "Thank you for freeing me from the bottle. In return, I will grant you three wishes."

The man replied, "Great! I always dreamed of this and know exactly what I want. First, I want one billion dollars in a Swiss bank account."

Poof! There was a flash of light, and a piece of paper with account numbers appeared in his hand.

The man continued, "Next, I want a brand new red Ferrari."

Poof! There was a flash of light, and a new, bright red Ferrari appeared.

"Finally," the man said, "I want to be irresistible to women."

Poof! There was a flash of light, and he turned into a box of chocolates

- ACROSS**
- 1 Charity
 - 5 Ancient Gr. city
 - 9 Sheep's cry
 - 12 Build a ceiling
 - 13 Burrowing animal
 - 14 Alas
 - 15 Pretend
 - 16 Semitic deity
 - 17 Caucho tree
 - 18 Same (Lat.)
 - 20 Marsh tea
 - 22 Tray
 - 24 Electric reluctance unit
 - 25 Golf club
 - 26 Religious allegory
 - 30 Propeller
 - 31 Taradiddle
 - 32 S.A. sloths
 - 33 Coax
 - 36 Man's servant
 - 38 Aunt (Sp.)
 - 39 Crush
 - 40 Crape fern
 - 43 Idolatrous
- DOWN**
- 1 Amer. College of Physicians (abbr.)
 - 2 Pope
 - 3 51st Psalm
 - 4 Unravel silk
 - 5 Live coal
 - 6 Earth
 - 7 Bantu language
 - 8 Vender
 - 9 Plaid fabric
 - 10 Amer. Civil Liberties Union (abbr.)
 - 11 Throat-clearing sound
 - 19 Ten (pref.)
 - 21 Guido's note (2 words)
 - 22 Flat-bottomed boat
 - 23 King of Israel
 - 24 Mortar beater
 - 26 Turnover
 - 27 Alopecia
 - 28 Stead
 - 29 Ferrara patron of the arts
 - 31 Florida (abbr.)
 - 34 Summer (Fr.)
 - 35 Crown
 - 36 Geode
 - 37 Abbey (Sp.)
 - 39 Hall (Fr.)
 - 40 Afrikaans
 - 41 Monster
 - 42 Carplike fish
 - 43 Variegated in color
 - 46 Pother
 - 48 Exclamations of delight
 - 49 Tenth of a sen



ANSWERS

Mind Teaser (pg 2): When you're eating a watermelon

