



THE ZONE



Kyle Area Senior Zone Newsletter



Details pg 11

AUGUST ISSUE | 2026

2022 Non Profit of the Year
2023 Nominated Non Profit of the Year
2024 Nominated Innovator & Shining Star
2025 Nominated Non Profit of the Year



WHAT'S INSIDE

News	2
A New Home	3
Save Money	4
Continue: Home	5
Calendar & Menu	6 & 7
Upcoming Events	8 & 9
KASZ Highlights	10
Community Corner	11
Food, Fun & Games	12

I ♥ KASZ DONATIONS

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Kyle, TX 78640

Scan to Donate



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

LET'S EAT, DANCE & HAVE FUN! - SOCIAL & DANCE

► LIVE BAND: JORGE TAMAYO & FRIENDS **\$10 PRE SALE TICKET**
\$12 AT DOOR

► WATERMELON SOCIAL
► WHACKY BINGO W/ GRAVIS LAW
LAST SATURDAY NIGHT DANCE & SOCIAL W/ DJ JOHN HANSON

LET'S CELEBRATE! - HOLIDAYS

► FRITO PIE BAR & BIRTHDAY BASH - **RSVP**

LET'S LEARN! - GUEST SPEAKERS

► AGING IS COOL - NOSTALGIA: THE THINGS WE FORGOT WE REMEMBERED
► ROOT BEER FLOAT SOCIAL & HOUSE TALK W/ WARREN
► NURSE TALK - HEART HEALTH - **RSVP**
► AARP - FRAUD - **RSVP**

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



101 S. Burleson Street



www.kasz.org



kasz78640@gmail.com



737-738-5279



@KASZpage

NEWS

Kyle Area Senior Zone

Welcome

NEW MEMBERS AND BUSINESSES

- New Members -

Susan R.★Roger R.★Brenda J.
Mary R.★Elizabeth O.★David B.
Stephanie H.★Johan H.★Lisa T.
Melissa L.★Mary Ann M.★Katie M.
Jacqueline P.★Maria S.★Terry B.
Sophia A.★Maria S.★Valentin S.



CELEBRATE AUGUST BIRTHDAYS WED, AUG 5th at 11:30a

2nd - Pamela Stobart, Cindy Bell
& Virginia Garcia
3rd - Annestacia Arriola
7th - Jerry Ann Bartow, Hans Krier
& Jose Aguilar
8th - Karen Manry
9th - Susan Hall
10th - Anne Mosher & Sandra Bruno
11th - Edna Cox
12th - Maria Gonzalez &
Rosemary Talavera
15th - Randy Pillifant
16th - Donilee Rinehart &
Sally Bittick
17th - Karen Koons, Mary Amaya
18th - Ray Conley & Susan Rewarz
19th - Jorge Morales Ruiz
20th - Jacqueline Medina &
Larry Dunlap
22nd - Gloria Miyasato
23rd - Susie Nemeth, Marisol Garcia
& Linda Sandoval
24th - Nicholas Diamond
25th - Matt Stone
28th - Andy Solis
30th - Wayne Kamaura,
Cathryn Daly & Lucy Hernandez
31st - Mary Colliluori &
Suzanne Farrell

BREAKFAST CLUB Aug 13th 9:00am

Sign up:
kaszsignup@gmail.com

Restaurant
Cracker Barrel
550 County Road 117
Buda, TX 78610

Limited Seating - Meet at Restaurant - Separate Checks

SUPPORT OUR
FUNDRAISER



SPIRIT NIGHT

*Tell them you are eating for KASZ!!!
Show them the a paper or digital copy of flyer*

Panera Bread Wed, Aug 19th

4:00p - 8:00p Loc: 5200 S FM 1626 , Kyle

Use code **FUND4U** at panerabread.com, in the Panera App,
or at the kiosk in-cafe.

Online orders placed all day at your event cafe will count toward your total sales.



A dollar for every year \$20 for 20th Anniversary

KASZ is celebrating these 20 years with a campaign to help the organization adapt and equip itself with the necessities needed to help its members and the community stay educated, engaged & active.

Thank you for your support!

Thank you for your donation

<https://square.link/u/2OVIZc8d>



KASZ ELECTIONS - ACCEPTING NOMINATIONS

Every year, KASZ holds elections for open positions on the Board.

Open Board Positions:

Treasurer
Secretary

Current Slate:

Kathie Gilson - Incumbent
Cindy Bolding- Incumbent

We have 2 names currently on the slate and listed above. If you are seeking one of the above open Board positions, please reach out to Nominations Chair, Pam Gibson , at kasz78640@gmail.com to receive a nomination application. Nomination applications are due by August 25, 2026. You will find the descriptions of these positions on the bulletin board at KASZ.

During the luncheon announcements (11:30a) on Tuesday, September 1, 2026, nominees will have 2 minutes to introduce themselves . There will be no nominations taken from the floor. Active Members can vote between 10a - 12p. The votes will be tallied and the newly elected Board members will then be announced.

*Please mark your calendars for September 1, 2026.
Voting 10a - 12p*

YOUR VOTE
Matters

KYLE SENIOR CENTER - New Building

Kyle Area Senior Zone will be moving to a new location...a new home. Plans project Mid-September 2026 to move in, but an exact date has not been confirmed. The new location is at 1500 Dacy Lane.

KASZ established itself in 2006 and would meet in church halls and peoples homes. Founder Adell Hurst, lobbied with charter members to find a permanent place for seniors to meet. In 2008, Old City Hall was dedicated as the Senior Center for KASZ and the community.

With a growing senior population, KASZ's current location is too small to keep up with the programing & support that Kyle Seniors are seeking. The new building will have more space, more ADA accessibility and a commercial kitchen. *Continue on Page 5*



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of Dementia

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SAVE MONEY

Kyle Area Senior Zone

WE'RE INTO THE DOG DAYS OF SUMMER! STAYING COOL IS TOP OF MIND, AND SO IS WATER CONSERVATION!

Did you know that as much as 60% of Kyle utility bills goes towards lawn irrigation in the summertime? To save money and maintain a healthy landscape during prolonged periods of drought, learn how to properly program your irrigation controller. Deep, infrequent watering will encourage your lawn's roots to grow deeper, helping your lawn survive both the drought as well as pests and diseases.

For most automatic irrigation systems, you only need:

- One Program with appropriate run times for each zone, and One Start Time.
- Ensure your Watering Day follows our current drought restrictions. (You may need to use the "CYCLIC" or "INTERVAL" function to water once every other week, depending on our current drought restrictions.)
- Or, to maximize your savings, keep your system OFF and only run it manually when you need to on your watering day.

Watering the sidewalk? Notice any misting? Perform your own SPRINKLER CHECKUP and make sure your system is running efficiently. Head to CityofKyle.gov/WaterConservation to view the full system checklist.

And if your lawn goes dormant this summer (or shows off its "summer blonde") remember that your HOA can no longer fine you (Texas Property Code §202.008). How do you know if your lawn is dormant or dead? Try the "Tug Test"!

- Dormant: Grab a handful of brown grass blades and give them a gentle pull. If the grass resists and stays firmly anchored to the ground, the roots are alive and the plant is dormant.
- Dead: If the turf lifts out of the ground easily (often with the roots attached) and provides almost no resistance, the grass is dead.

Finally, remember that the City of Kyle currently offers rebates for rain barrels and turf grass replacement! Learn more at CityofKyle.gov/Rebates.

In our fast-growing community, thoughtful water use at home helps ensure service remains steady and reliable for everyone.

Save Water, Save Money!



Rebates are available for:

Low-Flow Toilets & Showerheads
Toilet Tank Flapper Repair Kits
Rain Barrels
Turf Grass Replacement

Find out
more here!



Exiting the parking lot does have some visibility issues and the City of Kyle has come up with a plan to help visitors exit safely.

To watch a video how traffic pattern will change, please visit:
<https://kyletxnews.com/kyle-senior-community-center-to-get-safer-access-to-dacy-lane/>

OR SCAN BELOW



Can't wait to start a new Chapter in KASZ's History!!!





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KASZ AUGUST 2026 CALENDAR

DATES, TIMES & PARTICIPATION FEES SUBJECT TO CHANGE

"Everything good, everything magical happens between the months of June and August." - Jenny Han

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
Call or email the office for this month's Movie Title  Senior Strong & Gentle Fitness accepts Silver Sneakers, Renew Active or \$5 per class 		\$2 door fee or \$6 Lunch	
	2 - Senior Strong 9:00a - Gentle Fitness 10:00a - Watermelon Social 11:30a - 12:30p 	3 - Games 10:00a - Announcements 11:30a - Lunch 12:00p - Vitals Check:  12:30p - 1p - Games 1:00p - 4:00p	4 - Frito Pie Bar & Birthday Bash 11:30a (RSVP) - Crochet Class 1:00p - Crafty Club 1:00p - Drumming 4 Wellness 3:30p
	9 - Senior Strong 9:00a - Gentle Fitness 10:00a - Mystery Masters 11:15a - Heart Health 1:00p Limited Seating RSVP - Aging is Cool 3:30p <i>Focus: Nostalgia: The Things We Forgot We Remembered</i> - Kyle Quilters 6:00p	10 - Games 10:00a - Announcements 11:30a - Lunch 12:00p - Age of Central Texas Table - Board Meeting 1:30p - Games 1:00p - 4:00p	11 - Root Beer Float Social & House Talk w/ Warren 11:00a - 12:00p (RSVP) - Fraud (AARP) 12:00p (RSVP) - Crochet Class 1:00p - Crafty Club 1:00p - Crafty Knots 1:00p - Drumming 4 Wellness 3:30p
\$10 pre sale ticket \$12 at Door LIVE BAND JORGE TAMAYO & Friends 4:00p - 6:00p (doors open 3:00p) Kitchen open for Purchase of Concessions 	16 - Sr Strong 9:00a - Gentle Fitness 10:00a	17 - Games 10:00a - Announcements 11:30a - Lunch 12:00p - Games 1:00p - 4:00p	18 - Senior Strong 9:00a - Gentle Fitness 10:00a - Drumming 4 Wellness 3:30p  Spirit Night: Panera Bread
23 30	24 - Sr Strong 9a - Gentle Fitness 10a 31 - Sr Strong 9a - Gentle Fitness 10a	25 KASZ CLOSED	26 - Senior Strong 9:00a - Gentle Fitness 10:00a - Drumming 4 Wellness 3:30p

THURSDAY

FRIDAY

SATURDAY

		 1 STUFF THE BUS at KYLE WALMART 10a - 1p
6 - Tai Chi 9:00a - Loteria 12:30p Sponsor: First Light Home Care - The Inkwell 2:30p	7 - Moving w/ the Music 9:30a - Chair Volleyball 11a (fans welcome to watch) - The Silver Screen 1:00p 	8 Community Event: City of Kyle Market Day 101 S. Burleson St. 8a - 1p 
 13 Breakfast Club 9a Loc: Buda Cracker Barrel - Tai Chi 9:00a - Bunco 12:30p - The Inkwell 2:30p	 14 - Rise & Shine Bingo Sponsor: Bridgeway Hospice - The Silver Screen 1:00p 	15 Kyle Quilters: Sew-all-Day! Potluck (please bring a dish to share) 9:00a - 4:30p
20 - Tai Chi 9:00a - Whacky BINGO 10:30a Sponsor: Gravis Law	21 - Moving w/ the Music 9:30a	22
27 - Tai Chi 9:00a - Domino Bingo 2:00p Loc: Pam Health Rehab 5980 Kyle Pkwy	28 - Moving w/ the Music 9:30a	29 SATURDAY NIGHT DANCE & SOCIAL 5:00p - 8:00p \$5 Door Fee DJ: John Hanson Kitchen Sponsor: Silverado 

OFFICE HOURS

M & W 1:00p - 4:00p
Tue 9:00a - 1:00p
Thurs 8:30a - 2:30p



\$6.00 CASH OR \$6.50 FOR CREDIT CARD

**LIMITED LUNCHES. PLEASE COME EARLY TO
PURCHASE YOUR LUNCH**

Subject to Change

beverage & dessert w/ meals

4th- [Rudy's BBQ]
Turkey Sandwich & Chips

Dessert Sponsor:
Kyle Quilters

11th - [Koy]
Moo Goo Gai Pan, Rice &
Egg Roll

18th - [Chick-Fil-A]
Market Salad

25th - NO LUNCH

AUGUST HOLIDAYS

Boomers Making a Difference
Month

Look out for School Zones, as kids
begin to head back to school

3rd - Nat'l Watermelon Day

21st - Nat'l Senior Citizens Day

"What do you always get on your birthday?"
"Another year of memories!"



UPCOMING EVENTS

Kyle Area Senior Zone

RSVP: kasz78640@gmail.com or stop by office

National Watermelon Day

WATERMELON SOCIAL

MON | AUG 3rd | 11:30a

Enjoy Watermelon flavored treats and of course Watermelon! It's National Watermelon Day. Grandkids welcome

Monthly Birthday Bash! AUGUST

BIRTHDAY BASH

WED | AUG 5th | 11:30a

Join us to celebrate all the birthdays of the month! All are welcome. Enjoy cupcakes and a

Frito Pie Bar

Please RSVP

Nurse Talk

HEART HEALTH

MON | AUG 10th | 1:00p

Learn simple, everyday habits that support a healthy heart, including nutrition, exercise, stress management, and understanding common heart disease risk factors.

Please RSVP

Speaker: Cynthia Cortez, RN



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Kyle Area Senior Zone, Kyle, TX

05-1868

UPCOMING EVENTS

Kyle Area Senior Zone



HOUSE TALK W/WARREN

ROOT BEER FLOAT SOCIAL & HOUSE TALK W/ WARREN WED | AUG 11th | 11:00a

Enjoy a cold treat while talking about Renovation vs Repairs, Maintenance Check list, Property Tax exemption and more.

Please RSVP



FRAUD **AARP** WED | AUG 11th | 12p

Let AARP show you how to spot scams and protect yourself from fraud. Join our safety workshops to secure your identity and financial information.

Please RSVP



JORGE TAMAYO & FRIENDS LIVE BAND SUN | AUG 16th | 4p - 6p (Doors open 3:00p)

\$10 pre sale ticket
\$12 at the door

Enjoy a live band!!!

No outside food or drinks allowed
Alcohol permitted

Kitchen open for Concessions



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Island of Hope

A BRAIN HEALTH DISCUSSION



On Thursday, July 23rd, Island of Hope: A Brain Health Discussion was hosted by KASZ and their cohosts: The Philomena Assisted Living & Memory Care and the Alzheimer's Association. This was their second year hosting this informative and interactive conference. Guest Speakers, fun games, hula dancing and exhibitors all focused on brain health. Thank you to Hawaiian Bros for sponsoring our healthy salad lunch. Check out the fun and hope you can join in next year!



HAPPENINGS AROUND YOU*

*TIMES & DATES SUBJECT TO CHANGE



KASZ partnered with (UFF) Unforgettable Friends & Family in collecting school supplies for various outlets.

July 5 - Aug 10



Scan here for list of supplies:

<https://www.hayscisd.net/o/hcisd/page/scs>

- **Rally Round the Blessings Box**, free games, food, and music. Sunday, August 2, 6-7 PM at Kyle United Methodist Church, 408 West Lockhart St.
- **Hays CISD First Day of the School Year**, Thurs, August 13.
- **Market Day at the Railhouse**, August 15, and each third Sunday from noon to 4 o'clock. 107 East Center St. in Kyle.
- **Texas State University semester begins**, Wednesday, August 19. Austin Community College semester begins Tuesday, August 25.
- **Wimberley Players host the Players Script Club**, free monthly gathering for community members to do a cold read of play scripts. Tuesday, August 25, 7 PM, 450 Old Kyle Road.



**Stuff the Bus
School Supply Drive**

Saturday, August 1
10a - 1p

Loc: Kyle Walmart Supercenter

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KASZ IN THE KITCHEN

WATERMELON PROTIEN SHAKE Serving 1

Ingredients:

1 cup chopped watermelon 1 cup frozen mango, chopped
1/4 cup tart cherry juice 1/2 cup plain, nonfat Greek yogurt
1/2 scoop vanilla or unflavored protein powder
1 tablespoon honey or to taste (optional)

Directions:

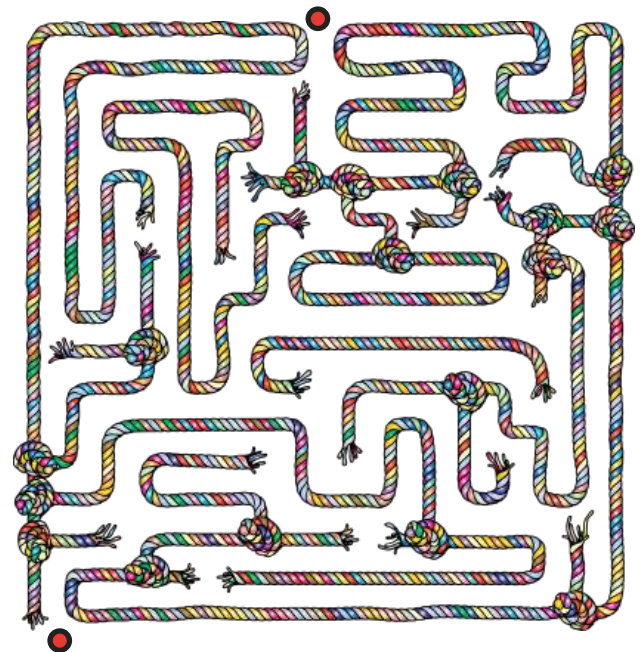
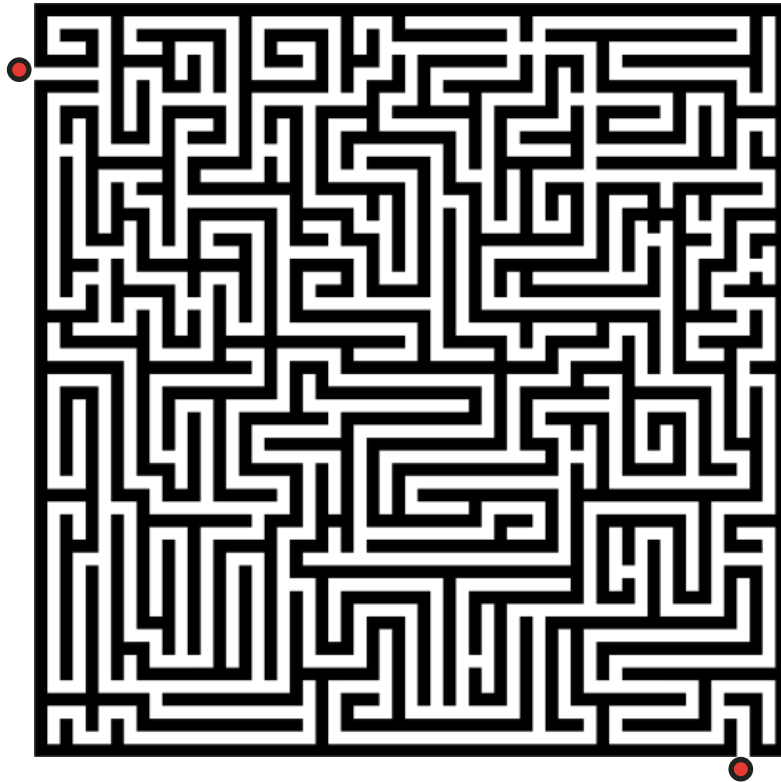
In a blender, blend watermelon, mango, cherry juice, Greek yogurt, protein powder, and honey for about 30 seconds until well combined.

(Chrissy Carroll on behalf of the National Watermelon Promotion Board)



Photo Courtesy of National Watermelon Promotion Board

MAZES



CELEBRATION RAFFLE

BUY YOUR TICKETS AT TUESDAY LUNCHES,
KASZ EVENTS OR WITH A
BOARD MEMBER

TICKETS
\$1 EACH OR 6 FOR \$5

1st Prize:
\$150 Gift Card
2nd Prize:
\$100 Gift Card
3rd Prize:
\$50 Gift Card

DRAWING
AUG. 18, 2026
NOON LUNCH

DON'T NEED TO BE PRESENT TO WIN!

ANSWER KEY

Mind Teaser (pg 10): A Sponge

