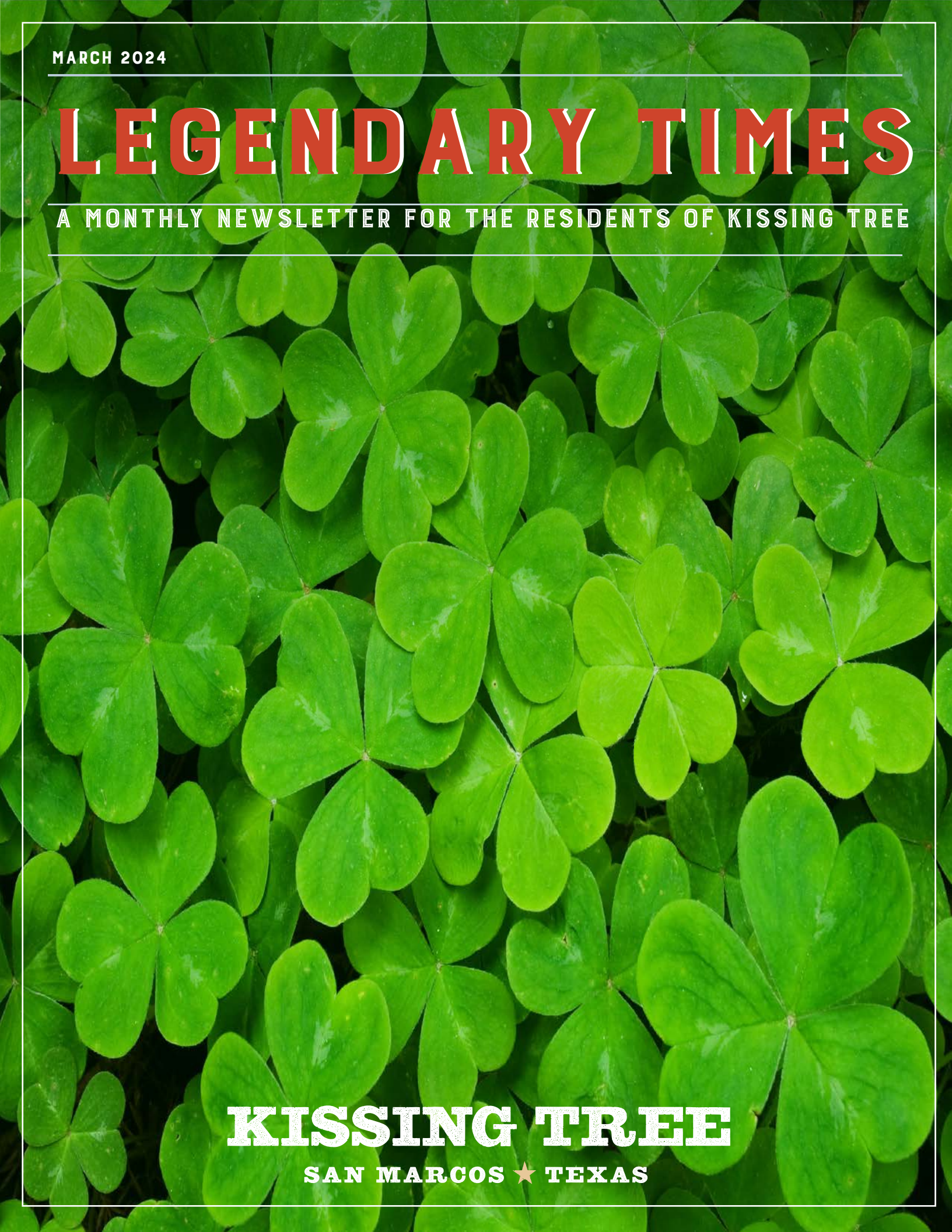
MARCH 2024

LEGENDARY TIMES

A MONTHLY NEWSLETTER FOR THE RESIDENTS OF KISSING TREE



KISSING TREE

SAN MARCOS ★ TEXAS



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A LETTER FROM THE E.D.

Dear Community,

A common theme among our most active residents is how much they enjoy the amenities and campus feel of Kissing Tree. The design of our community was driven by a mindset of creating experiences and spaces that bring people together in Texas style, where everything is done on a different scale and with friendship in mind.

Like most 55 and Better communities the amenities and activities in our community are what draw prospective residents to consider moving to San Marcos and making a place like Kissing Tree home. Having managed four large-scale communities, three of which were 55 and Better, Kissing Tree ranks at the top. The culture, programming, and location are hard to beat and because of this, we have some of the most well-attended events and fitness classes you could ask for. Many of you have even spoken to me and asked for more. More space, more class offerings, and more time to enjoy friendships in places like Independence Hall, the Fitness Center, and the outdoor pool.

In the spring of 2023, we extended the outdoor pool hours to accommodate resident requests, we increased fitness class offerings to utilize space and non-traditional times, and we moved to open the fitness center earlier in the morning for those who wanted to get an earlier start. In 2024 we are extending the hours of operation across the board to allow for longer open times and later closings. We will also complete the mini-renovation to Grand Central and utilize the old golf pro-shop and café for fine arts classes, group meetings, and fitness classes.

As we continue to grow additional opportunities to utilize space will be explored. We appreciate your support and understanding during these growing pains, all of which are not bad problems to have considering our zeal for life and friendship are the forces that bring us together to enjoy the place we call home and want more time with each other.

Sincerely,
Matthew Dozier CMCA, AMS, PCAM, LSM

FEATURED EVENTS

COFFEE WITH THE ED
Wednesday, Mar. 6

Learn about Kissing Tree happenings by joining Executive Director Matthew Dozier in the activity room at 8:30 a.m.

NONPROFIT & VOLUNTEER FAIR
Tuesday, Mar. 12

Check out some local organizations and learn how you can contribute your time, services, goods, and funds.

ST.PATRICKS HAPPY HOUR
Thursday, Mar. 14

Enjoy drinks, tasty treats, and com-pete for the best costume and jig dance with some live music at the Biergarten.

WEBSITE OREINTATION
Tuesday, Mar. 19

New to KT or need a refresher? The next website orientation is at 10 a.m. in The Depot. Bring the device you would use to login.

HEALTH & WELLNESS FAIR
Tuesday, Mar. 26

Wanting to reach your mind and body goals? Learn about what works for you when it comes to your health and wellness.

KTMC TOWN HALL
Wednesday, Mar. 27

Join the Community Life team and Board of Directors for a KT Master Community Town Hall in Independence Hall at 6 p.m.

For more information, navigate to the electronic calendar on our resident website.

Want to Share Event Photos?

Share fun photos of you enjoying the KT campus, events, and more! While we may not be able to fit everything, we'd love to feature more resident photography in Legendary Times. If you're interested, please submit photos to ktmc@coherelife.com.



MICAHMENDATIONS

UNLOCKING PEAK PERFORMANCE:
MASTERING MOBILITY AND FLEXIBILITY FOR LIFELONG VITALITY

In the pursuit of physical fitness, the spotlight often shines brightest on strength, endurance, and cardiovascular health, leaving mobility and flexibility in the shadows. Yet, as we journey through life, these two aspects become increasingly vital, playing a pivotal role in our overall health, injury prevention, and the quality of our day-to-day life. Ignoring them can lead to a decreased range of motion, pain, and a diminished ability to perform everyday tasks. This article aims to underscore the importance of mobility and flexibility, offering insights and practical advice to incorporate them into your fitness regimen.

The Basics of Mobility and Flexibility
At their core, mobility and flexibility are about freedom of movement. Mobility is the ability of a joint to move through its full range of motion, crucial for performing functional movements without restriction. Flexibility, on the other hand, refers to the ability of the muscles to lengthen and stretch, allowing movements to occur without injury or strain.

Both elements are foundational to physical fitness. They support proper posture, reduce the risk of injuries, and improve the efficiency of movements. For example, enhanced hip mobility can improve your squat depth, while increased shoulder flexibility can aid in overhead lifts. Furthermore, flexibility and mobility contribute to efficient movement patterns that can enhance athletic performance, reduce the day-to-day wear and tear on the body, and minimize pain associated with tight muscles and restricted joints.

Deepening the Understanding with Science
Research underscores the importance of these components. According to the American College of Sports Medicine, flexibility exercises can decrease the risk of injury, improve physical performance, and alleviate muscle soreness. A study in the Archives of Physical Medicine and Rehabilitation illustrates that older adults with better flexibility had a lower risk of developing physical disabilities.

Practical Tips for Enhancing Mobility and Flexibility
To improve your mobility and flexibility, consider integrating the following into

your daily routine:

1. Start with a Dynamic Warm-Up: Begin your exercise routine with dynamic stretches to prepare your body for movement, enhance blood flow, and improve joint mobility.
2. Incorporate Static Stretching Post-Workout: After exercising, when muscles are warm, perform static stretches to improve flexibility. Hold each stretch for 20-30 seconds for maximum benefit.
3. Utilize Tools and Equipment: Foam rollers and resistance bands can be excellent aids in improving flexibility and mobility. They help in releasing muscle tightness and improving joint range of motion.
4. Practice Yoga and Pilates: These disciplines combine strength, balance, and flexibility exercises that can significantly enhance your mobility and flexibility over time.

Overcome Common Barriers

One of the biggest barriers to improving mobility and flexibility is the misconception that these areas can't be improved or aren't as important as other fitness components. Another challenge is the fear of injury. However, starting slow, focusing on proper technique, and progressively increasing the intensity and complexity of stretches and exercises can mitigate these risks.

Lifestyle Integration

Incorporate mobility and flexibility exercises into your daily life by:

1. Taking short breaks to stretch during long periods of sitting.
2. Adding mobility drills into your morning routine to start your day with energy.
3. Practicing breathing exercises in conjunction with stretching to enhance relaxation and effectiveness.

Bring it All Together

Embracing mobility and flexibility as integral components of your fitness routine doesn’t just contribute to a more robust, injury-resistant body; it fosters a lifestyle that values and prioritizes a wide range of physical capabilities. With commitment, patience, and the right strategies, enhancing your mobility and flexibility can lead to significant improvements in your quality of life, enabling you to enjoy a broader array of activities and maintain independence as you age. Begin this journey with an open mind and celebrate the small victories along the way. Remember, the path to improved mobility and flexibility is continuous, offering endless opportunities for growth and enhancement.

FITNESS FANATICS

Andrea Higgins

My name is Andrea Higgins, I moved here to KT from Illinois with my other half Mike Hubbell. We came to Texas to be near my son Kevin, daughter-in-law Ashley, and my granddaughter Blair. On April 1st we will be here for 3 years. When we thought about moving to Texas, we wanted an active adult community so that we could become involved with activities and groups and meet people of our own age.

I started my fitness journey focus after my children were born to lose the weight that I had gained from being pregnant in the mid-80s. I babysat in the nursery in exchange for free classes. I did jazzercise classes and walked to Jane Fonda's cassette tapes when there weren't classes I could attend. I've played tennis, and racquetball and have enjoyed hiking and biking (in Illinois on flat land). I belonged to a fitness center in Illinois and did Pilates, yoga, ball classes, and personal training. I waterski and snow ski and I love walking my dogs.

Over the years my fitness approach has changed to weight strengthening. I've had a few injuries along the way and my cardio fitness has always been challenged but I still like to keep my heart rate up while playing pickleball and doing some cycle classes here at KT. I also try and do the Saturday morning 5k walk with the Hill Huggers as often as I can. I've also taken advantage of some of the personal training here at Kissing Tree.

A couple of significant milestones were climbing Sacagawea Peak in Montana elevation 9,654', riding the Sparta trail rails to rails and a 50-mile bike ride in Illinois called the Udder Century in 2016.

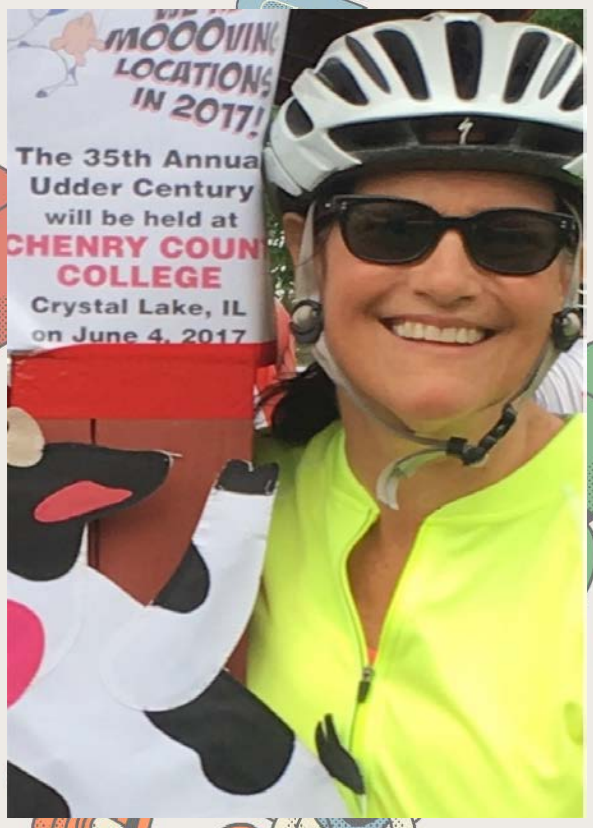
I try to stay motivated by taking classes, being social, and doing activities that I enjoy. Tough days are mostly me getting up for the 7 am classes but I enjoy both the instructors and seeing the people I know, getting to know new people, and having a few laughs along the way.

Beyond the physical health that working out does for me it's also a great way to keep my mental health in check. If I am feeling down it picks me up, if I am tired it gives me energy, if I am in pain it takes my mind off that feeling for that moment in time. I do say to myself, "I can do anything for 30 seconds or a minute" and I push through. KT has helped me keep a fitness routine; being so convenient and 3 min away as long as I get signed up for a group class I will keep working out. I am not much for working out by myself I need the motivation group fitness provides. I also enjoy the group of women I play pickleball with on Fridays and I do try and get 9 holes of golf in when I can. I also enjoy doing activities like darts and bocce ball.

For those that are just starting out on their fitness journey, I would give the advice to take it slow, so you don't get injured and have setbacks, maybe do a trainer so you can learn the correct postures and what works for you and how to use the machines. There's an exercise for everyone even if it's just walking; try something and step out of your comfort zone!

To be here for my family and especially my grandchildren keeps me active so I can sit on the floor and play with them, pick them up, and climb on the playgrounds. I look forward to many years of physical activity and to reap the benefits it provides.





MEET KT SINGLES

BRINGING THE COMMUNITY TOGETHER

In the heart of our KT Neighborhoods lies a hidden gem where singles gather to connect, laugh, and enjoy each other's company. Led by the indomitable Joy Berberek, the KT Singles Club has blossomed into a thriving community at with 196 members and counting.

Joy, the spirited organizer behind the club, “I envisioned a space where singles from all corners of KT could come together.”, Joy explains with a smile. Joy, a natural organizer, has been organizing large events since she was in 8th grade.

Deeply involved with our community, Joy also runs a Bunco group and is involved with our Golf Cart group, Thoughtful Hearts group, Soul Sisters, a no-kill local animal shelter, and is, of course, on KT’s Social Committee Team. Joy believes there are plenty of opportunities for KT singles to get out and join in the fun.

The KT Singles Club hosts a variety of festivities, including a spirited Halloween Costume Contest and a heartwarming Christmas Party complete with a gift exchange. "We're not a matchmaking group, but rather a place for singles to get outdoors and have fun at a minimal cost," Joy emphasizes.

Indeed, the club's activities extend far beyond the confines of the KT community. Boat trips on Lake Travis, tours of local caverns, and delightful dinners out are just a few examples of the adventures enjoyed by KT Singles members.

Meetings, held at The Mix, every 2nd Monday of the month, unless otherwise announced, are a blend of game playing, camaraderie, and delicious meals. Joy's boundless energy and passion for organizing shine through in every aspect of the club. "My name fits me!" she laughs, "I love life, laughter, and fun."

For those interested in joining this lively community, Joy extends a warm invitation. Simply answer three questions on the KT Singles group Facebook site or email Joy directly at joyberberek@gmail.com. With 196 members and growing, there's always room for one more in the KT Singles family.







Meet the Quilters

In 2019, a cozy haven for quilting enthusiasts sprang to life in our community, thanks to the passion and vision of Irene Houser and Kay Handy. Meet KT Quilters, a vibrant group dedicated to the timeless craft of quilting.

For Irene, quilting is not just a hobby; it's a lifelong love affair. Fond memories of adorning her home with quilts, creating a warm and inviting atmosphere, sparked her journey into quilting in 2017. Since then, she has amassed a stunning collection of over fifty quilts.

Specializing in Civil War and Amish aesthetics, Irene finds solace and inspiration in the rich hues of blues and browns that dominate her creations. "It's amazing what people can do with the material," she muses, reflecting on the intricate designs that adorn so many quilts, some resembling picturesque scenes and portraits.

Making her first quilt for her granddaughter in 2017, Irene was hooked! Driven by a desire to share her passion with others, Irene established the KT Quilters group. Every second and fourth Wednesday, quilters gather at The Depot from 12-3 pm, for shared camaraderie and creativity. While members primarily work on their projects, they occasionally unite their talents to craft donation pieces, such as pillowcases for the Maui community and stuffed hearts for local nursing homes.

With a current membership of eighteen individuals, KT Quilters continues to flourish, welcoming both men and women who share a love for quilting. If you're intrigued by the idea of joining this vibrant community of quilters, reach out to KT Quilters on Facebook or contact Irene directly at iguerra4@yahoo.com, and check out their pieces hanging at The Mix.

Join us in celebrating the artistry and warmth of quilting with KT Quilters—a place where creativity knows no bounds, and friendships are stitched together with every quilted masterpiece.


Page





Mardi Gras









Community Connection

Lauren's Wildflour Bakery

Residents of the Kissing Tree community have a new reason to indulge their sweet tooth, thanks to Lauren's WildFlour Triple Chocolate Bakery. Nestled in their new digs at 700 N. LBJ, this charming bakery is quickly becoming a favorite spot for locals to satisfy their cravings for decadent desserts.

Lauren's WildFlour Triple Chocolate Bakery, owned and operated by the talented baker Lauren McKeever herself, offers two perfect items, her famous Triple Chocolate Cake and Lemon-glazed Butter Cookies. What sets Lauren's creations apart is her dedication to perfection. Lauren adds special touches to her rich chocolate cake, which makes them the centerpiece of any celebration, any time of year, or ask for Lauren's signature red paper poppy with sprinkles. Her motto is, "Elevate when you celebrate," with that one special item.

Beginning with a visit to Scotland, in 1999, (Lauren is half Scottish), Lauren fell in love with baking through scones, and the cake baking came shortly after. Since then, she has been on a quest for the perfect consistency and flavor balance.

Lauren has made San Marcos her home since 1989 and she has become an integral part of the local culinary scene, contributing to the success of Jo's Café, Palmers Restaurant, Mochas and Javas, and Tantra Coffee Shop. Eventually, Lauren embarked on a partnership with Pamela Steger, leading to the creation of Fox and Sparrow Catering. Pamela and Lauren are in their third location, after joining forces in a bakery and catering coop for the past ten years. While still operating together, Lauren and Pamela now each have their own bakery business, out of the same location with Lauren's WildFlour Bakery being Lauren's pride and joy.

Despite opportunities elsewhere, Lauren remains firmly rooted in San Marcos. "I love being able to operate in a small intimate town with a strong foundation of permanent residents with the University here to keep us fresh and youthful," she explains. She highlights San Marcos as the birthplace of the Unicycle Football League. How fun is that?!

At Lauren's WildFlour Bakery, excellence beyond taste to include health-conscious

choices. She can even accommodate the non-gluten desires. Whether you're craving a slice of heavenly chocolate cake, or a batch of melt-in-your-mouth glazed lemon butter cookies, Lauren's WildFlour Bakery promises a treat for every palate. Customers have the option to order and pick up their goodies (some come from as far as Dallas!) or enjoy the convenience of delivery, complete with Lauren's signature attention to presentation. You may reach Lauren at laurenswildflourbakery@gmail.com.

So, the next time you're in search of the perfect dessert, give WildFlour a try. With Lauren's commitment to perfection and the irresistible flavors of her creations, you're in for a delightful experience that's bound to leave you satisfied.





CRITTER CORNER



In the heart of our cozy KT neighborhood reside two bundles of fur that bring boundless joy to their human companion, Carol Walton. Meet Wiley (coyote) and Bella, fondly dubbed (Beautiful), two gorgeous and sweet Persian kitties.

Eager to greet everyone, big fluffy boy Wiley displays charm and charisma, with his endearing back-and-forth conversations and is a true ‘love bug.’

On the other paw, we have Bella, aka Bellerina, the epitome of beauty, elegance, and sweetness. Weighing in at a dainty 4 lbs., Bella is a self-proclaimed circus cat as she astounds us with her acrobatic feats, twirling for treats and jumping through hoops with finesse.

"I love their sweet mushed and very expressive faces!" exclaims Carol, whose adoration for Persians has a long history. Give a wave if you see this beautiful pair looking out the window as you pass by.



Columnist bio: Lisa Breaux moved to Kissing Tree in August of 2021. She was born in England and traveled frequently as an Air Force “brat.” Coming from a family of writers and artists, she enjoyed her career as an English/writing instructor for 27 years. She discovered her passion for storytelling while visiting nursing homes. Completing a course with the Texas Folklife Storytellers Institute helped her continue her quest for retelling tales. Lisa believes everyone has an interesting story to tell and she is excited to showcase KT residents.

T&B UPDATES

Have you ever found yourself in a restaurant, only to be informed of a wait for a table, even when it seems like there are available seats? There are a few reasons why this might occur:

- **High Demand:** Both the front-of-house staff and the kitchen may be under high demand, resulting in a backlog of orders. Placing you on a wait helps them catch up, ultimately leading to better service for you as the customer.
- **Kitchen Capacity:** Sometimes, there's a maximum capacity in the kitchen, and a wait is necessary to ensure that current orders can be fulfilled promptly and efficiently.
- **Large Parties:** The presence of large groups can strain both servers and the kitchen, leading to delays in service. In such cases, guests may be put on a wait until the large group is accommodated.

Overall, going on a "wait" is a strategic way for restaurants to manage customer flow and guarantee a positive dining experience for all patrons, even if it means some customers may experience a short delay in getting seated.

At Tarbox & Brown, we're thrilled to witness the rising popularity of two of our latest wine additions!

- Alexander Valley Cabernet Sauvignon: $52
- Siduri Pinot Noir from Willamette Valley: $69

While these wines are exclusively available by the bottle, did you know that if you don't finish your bottle while dining in, you can take it home with you?

Food and Beverage Fact of the Month:

Culinary Coinage: The term "sandwich" was named after John Montagu, the 4th Earl of Sandwich. Legend has it that he wanted to eat without using utensils, so he asked for his meat to be placed between two slices of bread.



Spring is in the air here at the Kissing Tree Golf Club. After a tough January that included nearly an entire week of closures due to freezing and then flooding, a moderate February where we saw temperatures steadily improve, and then a stretch of wonderful 70s and 80s at the end of the month, we are starting to see some early green grass and golfers in shorts!

With the changing season, there is a lot of change and programming taking place on the golf course. First off, we completed the big irrigation project that took most of the winter. We were targeting a March 1st completion date, so we finished more than a week ahead of schedule. This has allowed us to reopen the chipping green for practice and to have all 18 holes on the golf course open. While there will be some recovery needed for the sod to heal up and the seams to smooth out, the project went very well and we are set up for a quick recovery. We do ask that golfers be mindful of the sodded areas and please try to route the golf carts around it where possible. The more we are able to do that, the better it will heal and recover. In addition to the sod, by the time this letter is released, we will have patched up the cart paths in all of the areas that were impacted by the irrigation repairs. We are very happy to have completed this project successfully and look forward to far less impact from leaks on the course in the future. While it's unlikely that we will never experience another leak, the number should be greatly reduced as every area that has ever leaked, has now been completely replaced.

Another thing that will be taking place as we move into Spring is some very important agronomic programming to have the course in great shape for everyone to enjoy this summer. At the beginning of the month, we will be applying a wall-to-wall application of a pre-emergent herbicide to keep weed pressure down this summer. In addition to that, we will also be going wall-to-wall with a fertilizer application at the same time to start pushing the turf along and make sure it is well-fed as it comes out of winter dormancy. This should accelerate the growth of the turf and help with the healing of the front 9. We will also be doing our first aeration of the year in the middle of the month. As we've done in the past, we are bringing in a system called dryject that injects sand into the holes and makes them perfectly filled. The advantage to this is the greens come out very smooth relative to normal aeration and this can also improve the healing time. While it is not financially feasible to do this for all the aerations year

round, we like to take advantage of it in the spring so we can recover as quickly as possible since the grass isn't in full growth yet.

Lastly, our Spring restaurant menu will be launching in March and we are very excited to bring everyone some new flavors and dishes to enjoy. Chef David has picked right up where Chef Chanel left off and we haven 't missed a beat. We look forward to continuing to bring everyone some great food and some fun events as we get into patio season!

Best wishes,
Ryan Andrews, Golf Course General Manager -March 2024

UPDATES FROM THE GREEN

Spring is here! Many of you have noticed your lawns starting to green up, as well as the roughs on the golf course. I am ready for the frost delays and weather-related closed days to be behind us and start growing some grass.

This month we will be applying our Spring preemergent herbicide on March 5th. This should not affect play in any way , so you will not even notice.

However, on March 12th, we will be doing our annual DryJect aerification which no doubt you will notice. With our new, heavier rollers, we will roll immediately behind the aerifier, to smooth out the greens and help us get back to a normal green speed.

March is a very important month for us, aerification is a necessary evil in the golf world, and we will do our best to make this process the least disruptive as possible.

Enjoy your rounds and look forward to seeing you out on the course!



John Mckay, KT Golf Course Superintendent

TIPS FROM THE GOLF PRO

I am going to begin with Bunker Play. Sand Traps are very easy once you get the hang of it. We haven't had our short game area and practice bunker available lately. We have since opened it back up for practice. The things to always remember on a greenside bunker are:

1. Take a wider stance in trap and create a solid base.
2. (RIGHT-HANDED) Open the club face up and lineup left of the hole a good 10-15 feet. (LEFT-HANDED) Do the opposite, line up right of the hole a good 10-15 feet.
3. Bend your knees more than normal. This helps keep you in balance and hopefully, your feet won't move.
4. Place the ball more towards the front quarter of your stance.
5. Lean forward towards your target. 75% on your front foot and 25% on your back foot.
6. Swing the club outside and cut across the ball with an open face. (IMPORTANT) Do not roll your hands over, you want to slide the club under and across the ball. Swinging around your body, you want the face of the club to be pointed up towards the sky. DO NOT roll the toe of the club over.
7. The last thing to do is thump the sand and explode the sand out of the trap and onto the green where you want the ball to land. Always hitting about 1 to 1 1/2 inches behind the ball. Keep your swing traveling along your feet for alignment. It should feel like you are swinging down your target/feet line.



8. Watch the ball fly softly out of the bunker. Use the bounce of your club to skim the sand, try your hardest to not dig, and stop your swing. You must continue the swing through the follow-through. Otherwise, results will be inconsistent.

Happy Bunkering!
Gabe Ross, Head Golf Professional

CHILI COOK-OFF











Upcoming events

BATTLE OF FLOWERS PARADE

The Battle of Flowers Parade is the oldest event and largest parade of Fiesta San Antonio, attracting crowds of more than 350,000 on the second Friday of Fiesta. View the parade from the best street seats in town while enjoying the plentiful amount of street vendors.

SCS EVENTS

Get excited for multiple upcoming tournaments featuring cornhole, swimming, and disc golf this April. Stay alert for a registration link in your Monday and Thursday highlights!

LIVE MUSIC SERIES

The live music series is back and better than ever! On the ÿrst Tuesday of May, join us and your neighbors for a night of great music at the biergarten. Our talented artists will be playing a variety of genres that are sure to please everyone.

2024 TOWN HALLS

Overview

On the following dates, join your Community Life team and board of directors to discuss important issues in the community, including amenities, construction, golf, maintenance, and more.

KTMC

Quarter 1: Mar.27

Quarter 2: Jun. 26

Quarter 3: Sept. 25

Quarter 4: Dec. 11

Cottages

Quarter 1: Mar. 28

Quarter 2: Jun. 27

Quarter 3: Sept. 26

Quarter 4: Dec. 12

Villas

Quarter 1: Mar.28

Quarter 2: Jun.27

Quarter 3: Sept. 26

Quarter 4: Dec. 12

Community Life Team

Matthew Dozier - Executive Director
Rebecca Rounds - Director of Community Operations
Kevin Wilson - Director of Community Engagement
Elizabeth Enriquez - Director of Community Assests
Micah Ross - Fitness Manager

Rae Lynn Wilson - Community Operations Coordinator
Anitra Martinez - Community Standards Coordinator
Andy Pina - Senior Maintenance Technician
Sandee Miller - Community Care Coordinator
Austin Rounds - Fitness Coordinator
Linda Mott - Community Engagement Coordinator
Ashlyn Wilson - Communications Coordinator
Jeremy Mott - Custodial Engineer
Gerald Hayward- Custodial Engineer
Richard Salinas - Facilities Technician

Katherine Dodd - Fitness Attendant
Trent Rodgers - Fitness Attendant
Michael Martin - Fitness Attendant
Elise Salinas - Front Desk Ambassador

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