

Austin City Council Mayor and City Council

Steve Adler, Mayor
Delia Gara, Mayor Pro Tem, District 2
Natasha Harper-Madison, District 1
Sabino "Pio" Renteria, District 3
Gregorio "Greg" Casar, District 4
Ann Kitchen, District 5
Jimmy Flannigan, District 6
Leslie Pool, District 7
Paige Ellis, District 8
Kathie Tovo, District 9
Alison Alter, District 10

Austin Parks and Recreation

Kimberly McNeely, Director
Kim McKnight, Acting Assistant Director
Lucas Massie, Acting Assistant Director
Anthony Segrua, Assistant Director
Suzanne Piper, Chief Administrative Officer
David Crabb, CPRP, Acting Division Manager
Benjamin Rustenhaven, Acting Seniors Program Manager

SASAC Advisory Board 2019

Willie Williams, President
Raisa Edelman, Vice President
Joan Cox, Secretary
Kitti Greenough, Treasurer
Elaine Benton
Carolyn Drake
Margaret Hughes
Margie Mendez
Chris Ng



MISSION Inspire Austin to learn, play, protect and connect by creating diverse programs and experiences in sustainable natural spaces and public places

REC PRINCIPLES: RECREATIONAL, ENVIRONMENTAL, CULTURAL

The Austin Parks and Recreation Department uses a professional, systematic and studied approach in determining the programs and services we offer our community. This strategy is reflected in our Recreational, Environmental, and Cultural Program Principles. These principles are used in determining programs and services:

- Provide programs and services that help fulfill the organizational mission, vision, goals and objectives adopted by the Austin City Council and the Austin Parks and Recreation Department.
- Provide programs that follow all applicable laws, ordinances, resolutions and standard operating procedures.
- Develop programs that have a stated purpose, goals and objectives which specify benefits and outcomes that the program will offer participants and the community.
- Offer accessible, affordable recreational, environmental and cultural program opportunities in a safe environment for all ages, abilities, interests and socio-economic levels, highlighting Austin's diversity.
- Encourage and respond to community input in program planning, development and evaluation.
- Programs will balance community needs with financial viability providing an overall financially sound recreation program to the Austin community.

City Manager

Spencer Cronk, City Manager
Elaine Hart, Deputy City Manager
Rey Arellano, Assistant City Manager
Gina Fiandaca, Assistant City Manager
Rodney Gonzales, Assistant City Manager
Christopher J. Shorter, Assistant City Manager


Parks Board

Dawn Lewis, Chair
Romteen Farasat, Vice Chair
Anna Di Carlo, Board Member
Richard DePalma, Board Member
Tom Donovan, Board Member
Francoise Luca, Board Member
Kate Mason-Murphy, Board Member
Fred Morgan, Board Member
Nina Rinaldi, Board Member
Laura Cottam Sajbel, Board Member
Kinberly Taylor, Board Member

SASAC Staff

Kelly Maltzberger, Recreation Program Supervisor
Maria Reyes, Recreation Program Coordinator
Lynnette Lara, Recreation Programs Specialist
Justin I. Perez, Recreation Programs Specialist
Joe Asevedo, Building and Grounds Assistant
Daniel Mendoza, Administrative Associate

2019



SOUTH AUSTIN SENIOR ACTIVITY CENTER

3911 Manchaca Road Austin, Tx 78704 / 512.978.2400
Monday/Thursday/Friday 8:00am - 5:00pm
Tuesday 8:00am - 9:00pm / Wednesday 8:00am - 10:00pm
www.austintexas.gov/department/south-austin-senior-activity-center
Austin Parks and Recreation Department - Seniors



OCTOBER



The City of Austin is proud to comply with the Americans with Disabilities Act. If you require assistance for participation in our programs or use of our facilities, please call (512) 974-3914.



SASAC LOCATION INFORMATION

South Austin Senior Activity Center
3911 Manchaca Road
Austin, Texas 78704

Main Phone Number: (512) 978-2400

<http://www.austintexas.gov/department/south-austin-senior-activity-center>

2020 Registration Begins In November!!

2019 PARD Waivers and South Austin Senior Activity Center Advisory Board Registration

ALL participants must have a completed 2019 waiver on file to participate
in ALL classes, trips, drop-in, work out room use etc. at South
Austin Senior Activity Center.

Stop by the SASAC Reception Desk to complete the form TODAY!!!

2019 Evening Hours

SASAC will be open Tuesdays until 9:00pm and Wednesdays until 10:00pm.

Evening Dance Clubs

Waterloo Squares

Tuesday Nights - Square Dancing from 7 – 8:45 pm
Square-dance the night away to a live caller!

Wednesday Night Dance Club

Wednesday Nights - Country & Western Dancing from 7:30 - 9:45pm
Come dance the night away to a live band! **\$5 per person charge**

October 2 - Nite Shift

October 23 - Chip Sneed

October 9 - 3 Chord Rodeo

October 30 - Hired Guns (Halloween)

October 16 - Alibi's

WEDNESDAY

2
Turkey Rotini Casserole
Broccoli
Country Tomatoes
Wheat Bread
Fresh Banana
Cal: 700

9
Chicken Etouffee
Black-Eyed Peas
Medley Cabbage
Cornbread
Chocolate Pudding
Margarine
Cal: 817

16
Dan Pruett's
Hamburger Patty
Lettuce and Tomato
Ranch Beans
Hamburger Bun
Hot Cinnamon Applesauce
Mustard and Ketchup
Cal: 635

23
Five Spice Chicken
Herbed Basmati Rice
Chinese Cabbage
Wheat Bread
Fresh Fruit
Cal: 701

30
Lemongrass Chicken
Herbed Basmati Rice
Broccoli
Wheat Bread
Fruited Orange Gelatin
Cal: 730

THURSDAY

3
Pork Carnitas
Pinto Beans
Spinach
Wheat Tortilla
Fruited Lime Gelatin
Cal: 630

10
Roast Beef with Gravy
Mashed Sweet Potatoes
Green Beans
Wheat Bread
Fruited Cherry Gelatin
Cal: 700

17
Turkey Taco
Spanish Brown Rice
Mexican Corn
Wheat Tortilla
Banana Pudding
Taco Sauce
Cal: 750

24
Turkey Brown Rice
Casserole
Parslied Carrots
Broccoli
Wheat Bread
Fresh Fruit
Cal: 604

31
Cheese Omelet
Roasted Sweet Potatoes
Medley Cabbage
Biscuit
Oatmeal Cream Cookie
Cal: 705

FRIDAY

4
Thai Beef
Herbed Jasmine Rice
Japanese Vegetables
Wheat Bread
Fresh Fruit
Margarine
Cal: 630

11
Italian Shells
and Cheese
Parslied Carrots
Squash Medley
Whole Wheat Breadstick
Fresh Fruit
Cal: 646

18
Beef Stroganoff
Honey Herbed Carrots
Diced Beets
Whole Wheat Breadstick
Fresh Fruit
Cal: 617

25
Sliced Ham and
Swiss Cheese
Quinoa Pepper Salad
Confetti Coleslaw
Wheat Bread (2)
Fresh Fruit
Mustard
Cal: 629

✓ - Vegetarian Entrée
≥ 1000mg Sodium

Meet new friends while eating a hot, nutritious lunch every day at SASAC. A \$1 donation for those over 60 is greatly appreciated to offset the cost of staff, meal-related expenses, dietary supplies, and delivery.

CONGREGATE MEAL REGISTRATION REQUIRED

Meal tickets are distributed on a **FIRST COME-FIRST SERVE** basis beginning at **9:30a** each morning.

Tickets distributed equal the number of meals ordered for that day.

Lunch is served daily 11:30a-12p with milk and water.

For ineligible guests **OVER 60** (not registered) and guest **UNDER 60**, the cost of the meal is \$5.39.

Due to the unavailability of certain items, substitutions are occasionally made.

LUNCH

MONDAY	TUESDAY
<p>*Due to unavailability of certain items, appropriate substitutions may need to be made.</p> <p>**Milk is served every meal.</p>	
<p>7</p> <p>Coconut Chicken Fried Brown Rice Spring Vegetables Wheat Bread Fresh Fruit Margarine Cal: 613</p>	<p>1</p> <p>Smothered Chicken Meatballs Cheesy Garlic Polenta Catalina Vegetables Wheat Bread Vanilla Berry Pudding Cal: 800</p>
<p>14</p> <p>PARD To Serve Lunch</p>	<p>8</p> <p>John Yocum's Lemon Pepper Fish Chuckwagon Corn Lemon Zest Broccoli Texas Bread Fresh Fruit Cal: 675</p>
<p>21</p> <p>Creamy Garlic Chicken Lemon Herb Couscous Peas and Carrots Wheat Pita Pocket Fresh Fruit Cal: 600</p>	<p>15</p> <p>Buffalo Chicken Pasta Lentil Vegetable Pilaf Brussels Sprouts Wheat Bread Fresh Fruit Cal: 755</p>
<p>28</p> <p>Beef with Country Gravy Whipped Potatoes w/ Skins Capri Vegetables Wheat Bread Fresh Fruit Cal: 641</p>	<p>22</p> <p>Vegetable Beef Soup Cheesy Polenta Herbed Green Beans Saltine Crackers Strawberry Swirl Puddin Cal: 704</p>
	<p>29</p> <p>Turkey Pot Pie Butternut Squash Green Beans Wheat Bread Fresh Banana Cal: 661</p>

UPCOMING EVENTS



Movie Day: "A Quiet Place"

Wednesday, October 2nd

1:30p - 3:30p FREE

The plot revolves around a family struggling to survive in a post-apocalyptic world inhabited by blind extraterrestrial creatures with an acute sense of hearing.



Movie Day: "Dumbo"

Wednesday, November 6th

1:30p - 3:30p FREE

Join us for the Live Action version of everyone's favorite elephant Dumbo! Popcorn provided.



SASAC Archery (Lottery Event)

Tuesday, October 22nd

9:00am - 11:30am

Sign-up in the lottery for this SASAC event!



Pumpkin Decorating Contest

Wednesday October 23rd, 2019

10:30-11:30 pm

Decorate a pumpkin for us to put on display. Prizes will be awarded at the Halloween Event on October 31st! Sponsored but United Health Care.



Halloween Costume Contest

Thursday October 31st, 2019

12pm

Join us for some Halloween Fun! Costume and Pumpkin Decorating Contests with prizes!

Advisory Board Elections

The SASAC Advisory Board is currently accepting applications to fill seats on the 2019 board. This support group works with center staff to create quality experiences at SASAC. Board members will be asked to attend monthly meetings and volunteer your time at the center for events and programs. Please contact the front desk for more details.

EVENTS

SASAC ADVISORY BOARD MEETING

Friday, October 11th at 12:00pm

SOUTH AUSTIN AARP #2426

Wednesday, October 16th 1-4 p

NATIONAL ACTIVE/ RETIRED FEDERAL EMPLOYEES

Thursday, October 17th 9:00-12 p

Birthday Celebration

Thursday, October 31st
12pm

Join us for cake and ice cream to celebrate all September birthdays!!!

Ballroom Dancing Moving to FRIDAYS!!

12:30p - 1:30p

Come learn classic ballroom dancing techniques in this 4 week program.

No partner required.
FREE

Paper Crafts

Friday, October 18th

1:00p - 2:30p

FREE

Using paper, cloth, and other materials we create greeting cards, garlands, quilt patterns on paper and seasonal decorations.

COMMUNITY GARDEN OF EATIN'

Join our group on Mondays to help with our winter garden maintenance and harvesting. Whether you have a green thumb to lend, or want to develop one, stop by our community garden.

Every Monday at 9am*



RECREATION AND GAMES

Bingo Wednesdays, October 9th, 23rd, 30th AND Every Friday 1-3p
25¢ per card - 8 card limit

Chess Club

Mondays and Fridays 10a-12p
New players and all levels welcome!

Mahjong

Tuesdays 1:15-3p
Join in on the classic game!

Mexican Train Dominoes

Tuesdays 12:15-3:15p

Ping Pong

Monday - Friday 8:30 - 4:45p

If you are interested in playing at a different time, please call ahead for room availability and to assure staff is available to set up the table.

Recreation Room

Complete with treadmills, recumbent bikes, elliptical machines, a weight system and pool tables. If you need assistance with using the exercise equipment, please let a staff member know. Available for daily use unless posted.

AND MORE

BIBLE STUDY

Mondays 1-3p

Join us for reflection and study with Rev. David Dukes. All are welcome. **FREE**

INTRODUCTION TO SPANISH CONVERSATION

Mondays 9-10:30a

Want to know more about the Spanish language? This program will introduce to you the alphabet and basic phrases. Bring: notebook, pen/pencil, and a Spanish dictionary.

FREE

TECHNOLOGY CLASS

Wednesday, October 16th

9-11a (In lobby)

Having trouble operating your computer, tablet, or smart phone? Have a general curiosity about current technology? We are here to help you connect. Please bring your equipment with you for us to assist you. **FREE**

Ongoing Library Computer Lab

Tuesday, 10:00am - 11:00am FREE

Short computer lessons with Q&A at the end.

VISUAL, LITERARY & PERFORMING ARTS



Honey Bee Quilters

Thursday, October 3rd & 17th
9a - 2p

The Honey Bees invite anyone interested in quilting to join their monthly meetings.

Contact: Charlotte Mackelvery
(512) 652-8587

Knitting & Crocheting

Tuesdays 9 - 11a

Bring what you are working on.
Share ideas, skills and learn.
Participants are willing to teach
beginners wanting to learn!

Let's Sing-a-Long
Wednesday, October 9th, 23rd, 30th
12:15 - 1:30p

Bring your instrument and your singing voice. Celebrate the gift of song!

Everyone Paints

Thursdays 8a - 4p

Come in and share your creativity with other painters!

Wednesday Painters

Wednesdays 1 - 3:30p

If you use pastels, oils, acrylics, etc., bring your supplies and enjoy the fun.

Ceramics Circle

Wednesdays 9 - 11a

Bring your ceramic project and join other ceramics enthusiasts as you work.

Card Making

October 18

9:00a - 10:00am

Writing the Stories of Your Life

Next Session: October 23rd - December 4th (NO CLASS Nov 27th)

9:45-11:15a

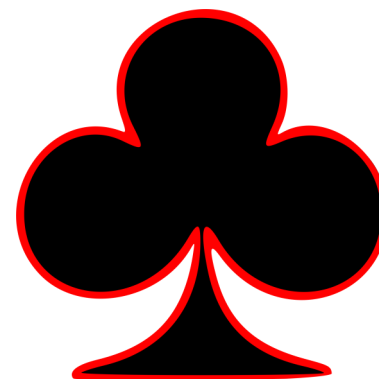
Your memories are your real family treasures! Have fun learning techniques for retrieving, writing and polishing your memories, so that you can assemble them into your life story.

Contact instructor in advance for information & availability.

Fee: \$48 (6 sessions)

Contract Instructor: Rosalind Bond (512) 441-3014

CARD GAMES



Free Play Bridge

Mondays, Wednesdays & Fridays

11a - 1p

FREE

Progressive Bridge

Monday, Wednesdays & Fridays

1 - 3p

FREE

Advanced Free Play

Monday 11a- 2p &

Thursdays 9 - 11:30a

This group focuses on:

- *Competitive Bidding*
- *Chicago Style Scoring*
- *Duplicate Practice*
- *Peer Coaching*

FREE



Gentle Duplicate Bridge

Tuesdays 12:30 - 3:30p

Led by Larry Davis,
Contract Instructor

\$5.00

Friday Morning Free Play

Fridays 9 - 11am

Beginner's welcome

FREE

Hand and Foot Canasta

October 10th, 24th, 31st 12-4p

A challenging game that's
good for the brain.

Friendly social group
willing to teach
you how to play.

FREE

Pinochle

Tuesdays & Thursdays 8a - 2p

FREE

FITNESS

BE SURE TO CHECK OUT OUR
TREADMILLS, RECUMBENT BIKES,
WEIGHT SYSTEM AND BARS,
EXERCISE BALLS, AND
ELLIPTICAL TRAINERS

IF YOU NEED ASSISTANCE USING THE
EQUIPMENT, SASAC STAFF IS AVAILABLE
TO ANSWER QUESTIONS.

*You should consult your physician
or other health care professional
before starting any fitness program
to determine if it is
right for you and your needs.*

Gym Hours

Mondays 8a-4:45p

Tuesdays 8a-8:45p

Wednesday 8a-9:45p

Thursday 8-4:45p

Friday 8a-4:45p

SUBJECT TO CHANGE

CLOSED EVERY THIRD THURSDAY

YOGA

**Mondays, Wednesdays
and Fridays 9 - 10a**

Increase your strength and balance
while gaining flexibility. Feel better
physically & spiritually.

Contact Instructor:

Charlie Pivert

**Fee: \$10 drop-in class
\$25 for 3 classes**

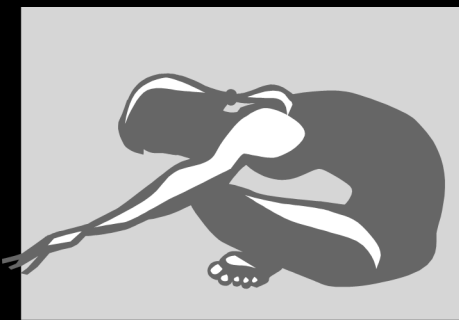
SENIOR HEALTH AND FITNESS

Tuesdays 9 - 10a

Thursdays 8:30 - 9:30a

Total body cardiovascular workout
taught in a FUN class format.
Four sets of activities
(15 minutes each).

**Instructed by video tape
FREE**



T'AI CHI

Tuesdays 10-11a

Fridays 10:15-11:15a

T'ai Chi has many proven health benefits for
seniors, from increased balance and bone
strength, to greater strength and
flexibility. T'ai Chi is also very safe and
practiced slowly; it is zero impact.
Instructor: Kade Green, Sifu

**Session 7: September 24th-November 1st
Session 8: November 5th - December 20th**

Fee: 6 Sessions Tuesdays OR Fridays only

Residents: \$30

Non-Residents: \$36

12 Sessions Tuesdays AND Fridays

Residents: \$50

Non-Residents: \$62

Drop in - per class

Resident: \$5

Non Resident: \$6

TRIPS



Fishing @ McKinney Falls (Austin, Tx) Tuesday, November 5th

Grab your sunblock and hat and head out
with us as we go catch-and-release fishing
at McKinney Falls State Park. Fishing Poles
and tackle supplied. We will be eating
Austin Java!

Departure Time: 9:00am

Returning Time: 2:00pm

Fee: \$8.00 + cost of food

Activity Level: Moderate - Walking!

CINEMARK

**MOVIE
DAY**



Movie Day @ Cinemark (Austin, TX) Tuesday, November 12th

Grab your popcorn and head with us to
the movies on November 12th! We will
be headed to the Cinemark at Southpark
Meadows. Time and film to be deter-
mined.

Departure Time: TBA

Returning Time: TBA

Fee: \$7

Activity Level: Mild

All City of Austin Parks and Recreation Department trips are offered using the PARD Senior Programs Lottery System. Please speak with a South Austin Senior Activity Senior Staff member if you have questions or need additional information on this process. All trips are subject to change due to weather, unforeseen issues, PARD Director approval, and registration numbers.

TRIPS / EVENTS

LOTTERY REGISTRATION DUE: Friday October 4th

LOTTERY RESULTS AVAILABLE: Monday October 7th

REGISTRATION FEES DUE: Friday October 11th

You may sign up one other person in addition to yourself by calling or by stopping by the center. You may contact the center anytime after Monday, October 7th @ 12pm to find out if you were selected for a trip. Staff will call you ONLY if you were selected for a trip. All trips are subject to change due to weather, PARD director approval, or registration numbers.



Kayaking (Austin, Tx) Wednesday, October 23rd

Join us as we kayak the natural beauty of Lady Bird Lake @ the Camacho Center! We will be moseying on over to the legendary Broken Spoke after for lunch.

Departure Time: 9:30am
Returning Time: 1:00pm
Fee: \$6.00 + the cost of food
Activity Level: High



San Antonio Mission Trails (San Antonio, Tx) Friday, November 1st

These missions formed part of a colonization that stretched across the Spanish Southwest. We are visiting 4 missions with a tour guide and having lunch at La Perla de Jalisco Restaurant.

Departure Time: 8:00am
Returning Time: 6:30pm
Fee: \$24.00 + the cost of food
Activity Level: High

FITNESS

BEGINNER LINE DANCE

Mondays 1- 2p
Socialize & learn the basic steps to fun line dances.
Instructor: Joan Cox
(512)288-4135
FREE

ADVANCED BEGINNER LINE DANCE

Mondays 2 - 3:30p
Thursdays 2:30-3:30p

Scoot your boots for a healthy body and mind. Have fun, make friends, and learn a variety of dances.

Instructor: Joan Cox
(512)288-4135
FREE

Stretch and Strength

Thursdays 1:15- 2:15 p
teaches you how to balance the body's strength and flexibility.
TBA
FREE

SENIORCIZE

Wednesdays 10:30 - 11a
Join Kade for a workout geared towards adults 50 and older. Seniorcize is a great way to stay active and get back into shape.
Instructor: Kade Green
FREE

Austin Rockin' Line Dancers Thursdays 9:30 - 11a

Rocking Chairettes is a line dance group that performs at various locations around Austin and has been honored with several awards.

Instructor: Sonja Hemmes
(512)531-9122
FREE



ZUMBA GOLD VIDEO FOR BEGINNERS

Mondays 10:15-11:15a
Improve your muscle strength, coordination, posture and mobility. Come on out and shake it! This is a drop in class. **FREE**

ZUMBA w/ Instructor
Fridays 1:30 - 2:30 pm
Instructor: Jacque Cotrell
Improve your muscle strength, coordination, posture and mobility. Come on out and shake it! You must pre-register **FREE**



Follow us
on Facebook at:

Austin Parks and Recreation
Department - Seniors

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Pinochle 8-2 Sr. Health & Fitness 9-10 Knitting & Crocheting 9-11 *Tai Chi 10-11 Computer Lab 10 - 11 Mexican Train 12:15-3:15 Mahjong 1:15 - 3 Gentle Dup. Bridge 12:30-3:30 Waterloo Squares 7-8:45p	2 Yoga 9-10 Ceramics 9-11 Seniorcize 10:30-11 Free Play Bridge 11-1 Progressive Bridge 1-3 Painters 1-3:30 Movie Day 1-3:30 Wednesday Night Dance 7:30-9:45p	3 Pinochle 8-2 Oil Painting 8-4 Honey Bee 8-2 Advanced Bridge 9-11:30 Sr. Health & Fitness 8:30-9:30 Austin Rockin' Line Dance 9:30-11 Computer Lab 1-2 Stretch and Strength 1:15-2:15 Line Dance 2:30-3:30	4 Yoga 9-10 Friday Morning Bridge 9-11 Chess Play 10-12 *Tai Chi 10:15-11:15* Free Play Bridge 11-1 Ballroom Dancing 12:30 - 1:30 Bingo 1-3 Progressive Bridge 1-3 Zumba 1:30-2:30
7 Yoga 9-10 Spanish 9-10:30 Garden Meeting 9-10 Chess Play 10-12 Zumba 10:15-11:15 Advanced Free Play 11-2 Free Play Bridge 11-1 Progressive Bridge 1-3 Beg. Line Dance 1-2 Bible Study 1-3 Advanced Beg. Line Dance 2-3:30	8 Pinochle 8-2 Sr. Health & Fitness 9-10 Knitting & Crocheting 9-11 *Tai Chi 10-11 Computer Lab 10 - 11 Mexican Train 12:15-3:15 Mahjong 1:15 - 3 Gentle Dup. Bridge 12:30-3:30 Waterloo Squares 7-8:45p	9 Yoga 9-10 Ceramics 9-11 Seniorcize 10:30-11 Free Play Bridge 11-1 Let Us Sing 12:15-1:30 Progressive Bridge 1-3 Painters 1-3:30 Bingo 1-3 Wednesday Night Dance 7:30-9:45p	10 Pinochle 8-2 Oil Painting 8-4 Advanced Bridge 9-11:30 Sr. Health & Fitness 8:30-9:30 Canasta 12-4 Austin Rockin' Line Dance 9:30-11 Stretch and Strength 1:15-2:15 Line Dance 2:30-3:30	11 Yoga 9-10 Friday Morning Bridge 9-11 Chess Play 10-12 *Tai Chi 10:15-11:15* Free Play Bridge 11-1 Ballroom Dancing 12:30 - 1:30 Bingo 1-3 Progressive Bridge 1-3 Zumba 1:30-2:30
14 Yoga 9-10 Spanish 9-10:30 Garden Meeting 9-10 Chess Play 10-12 Zumba 10:15-11:15 Advanced Free Play 11-2p Free Play Bridge 11-1 Progressive Bridge 1-3 Bible Study 1-3 Beg. Line Dance 1-2 Advanced Beg. Line Dance 2-3:30	15 Pinochle 8-2 Sr. Health & Fitness 9-10 Knitting & Crocheting 9-11 *Tai Chi 10-11 Computer Lab 10 - 11 Mexican Train 12:15-3:15 Mahjong 1:15 - 3 Gentle Dup. Bridge 12:30-3:30 Waterloo Squares 7-8:45p	16 Yoga 9-10 Ceramics 9-11 Technology 9-11 Seniorcize 10:30-11 Free Play Bridge 11-1 AARP 1-4 Progressive Bridge 1-3 Painters 1-3:30 Wednesday Night Dance 7:30-9:45p	17 Pinochle 8-2 Oil Painting 8-4 Honey Bee 8-2 Advanced Bridge 9-11:30 Sr. Health & Fitness 8:30-9:30 NARFE 9-12 Austin Rockin' Line Dance 9:30-11 Stretch and Strength 1:15-2:15 Line Dance 2:30-3:30	18 Yoga 9-10 Friday Morning Bridge 9-11 Cardmaking 9-10 Chess Play 10-12 *Tai Chi 10:15-11:15* Free Play Bridge 11-1 Ballroom Dancing 12:30 - 1:30 Bingo 1-3 Progressive Bridge 1-3 Zumba 1:30-2:30
21 Yoga 9-10 Spanish 9-10:30 Garden Meeting 9-10 Chess Play 10-12 Zumba 10:15-11:15 Advanced Free Play 11-2p Free Play Bridge 11-1 Progressive Bridge 1-3 Bible Study 1-3 Beg. Line Dance 1-2	22 Pinochle 8-2 Sr. Health & Fitness 9-10 Knitting & Crocheting 9-11 Be Independent: Eat Well 9-10 *Tai Chi 10-11 Computer Lab 10 - 11 Mexican Train 12:15-3:15 Mahjong 1:15 - 3 Gentle Dup. Bridge 12:30-3:30 Waterloo Squares 7-8:45p	23 Yoga 9-10 Ceramics 9-11 Seniorcize 10:30-11 Free Play Bridge 11-1 Let Us Sing 12:15-1:30 Progressive Bridge 1-3 Painters 1-3:30 Bingo 1-3 Wednesday Night Dance 7:30-9:45p	24 Pinochle 8-2 Oil Painting 8-4 Advanced Bridge 9-11:30 Sr. Health & Fitness 8:30-9:30 Austin Rockin' Line Dance 9:30-11 Canasta 12-4 Stretch and Strength 1:15-2:15 Line Dance 2:30-3:30	25 Yoga 9-10 Friday Morning Bridge 9-11 Chess Play 10-12 *Tai Chi 10:15-11:15* Free Play Bridge 11-1 Ballroom Dancing 12:30 - 1:30 Bingo 1-3 Progressive Bridge 1-3 Zumba 1:30-2:30
38 Yoga 9-10 Spanish 9-10:30 Garden Meeting 9-10 Chess Play 10-12 Zumba 10:15-11:15 Advanced Free Play 11-2 Free Play Bridge 11-1 Progressive Bridge 1-3 Beg. Line Dance 1-2 Bible Study 1-3 Advanced Beg. Line Dance 2-3:30	29 Pinochle 8-2 Sr. Health & Fitness 9-10 Knitting & Crocheting 9-11 *Tai Chi 10-11 Computer Lab 10 - 11 Mexican Train 12:15-3:15 Mahjong 1:15 - 3 Gentle Dup. Bridge 12:30-3:30 Waterloo Squares 7-8:45p	30 Yoga 9-10 Ceramics 9-11 Seniorcize 10:30-11 Free Play Bridge 11-1 Progressive Bridge 1-3 Painters 1-3:30 Wednesday Night Dance 7:30-9:45p	31 Pinochle 8-2 Oil Painting 8-4 Honey Bee 8-2 Advanced Bridge 9-11:30 Sr. Health & Fitness 8:30-9:30 Austin Rockin' Line Dance 9:30-11 Birthday 12-1 Stretch and Strength 1:15-2:15 Line Dance 2:30-3:30	

OCTOBER 2019