

NEWSLETTER

Tips and information for today / Week of October 5th, 2020



Hello everyone! How are you? Last time I saw you I was leaving for a trip to Morocco without any idea as to how much our lives would be impacted in the following months. And now my goodness, it is already fall and we still miss seeing you all so, so much. We are fortunate however to get a little respite from the summer heat as the temperatures drop. Perhaps it is time for pumpkin spiced lattes and walks outside in the crisp autumn weather. As you are probably aware the City of Austin modified operations are still in effect, hence the centers will remain closed until it is safe to open. Please know that we are working hard to bring you valuable online programming, videos and classes. Laura and I recently taped some fitness and yoga classes in Spanish! Check them out – even if you don't speak Spanish, it might be a fun way to learn..? They are on Austin Parks and Recreation's own YouTube channel. Also hang tight, you never know, we might have some new exciting activities happening in the future.

Please continue to take care of yourself, Stay safe and stay positive. We know, it is not easy. These times are unprecedented and it is natural to get restless, sad or lonely. But do know that we are here for you, we think about you often and wish you well. Please stay in touch, give us a call or send us an email.

Leti Alvarez / Lamar Senior Activity Center / 512-978-2480

VIRTUAL RUN



A huge congratulations to another batch of our Virtual Marathon participants! The Virtual Marathon may have been one of the most fun virtual programs that we have completed this year! We had 100 participants and we, as staff, did it along side you all! Continue to send us your pictures as you cross your finish line so we can all be encouraged with your success. Be ready for our next virtual challenge to invite your friends and family to take on the challenge as well. Keep your bodies moving, stay engaged, and stay positive! We'll join you on the next challenge.

MENTAL FLOSS



As election season ramps up, voters will be seeing a lot of campaign advertisements on television. Without exception, these ads will conclude with a disclaimer that the politician being endorsed has sanctioned the spot. Usually, the person will say or be quoted as saying “I approve this message.” It’s clearly a requirement, but why? And how did it get started? [**Click the picture for the full article.**](#)



Did you know that there’s a place in the South Pacific Ocean called Point Nemo that’s farther from land than any other point on Earth? So far, in fact, that the closest humans are usually astronauts aboard the International Space Station. (And by the way: The map you’re about to look for Point Nemo on might not be entirely accurate; a certain amount of distortion occurs when trying to depict a 3D planet on a 2D surface.) [**Click the picture for the full article.**](#)



When Enola Holmes—Sherlock’s teen sister—discovers her mother missing, she sets off to find her, becoming a super-sleuth in her own right as she outwits her famous brother and unravels a dangerous conspiracy around a mysterious young Lord. Starring Millie Bobby Brown, Sam Claflin, with Henry Cavill and Helena Bonham-Carter. Directed by Harry Bradbeer (Fleabag). [Click picture to watch trailer.](#)

EDGAR ALLAN POE

BEYOND THE HORROR



Many of us have grown reading his tales on self-destruction, revenge and violence. Tales of premature burials, of ghastly cats and ravens, where the line between the living and the dead is never clear. But when you look deeper into the life and works of Edgar Allan Poe a more complex figure emerges, beyond the traditional image of the alcoholic, pale, sickly author with an obsession for death. [Click picture for video.](#)



Just for fun! *First We Feast* videos offer an iconoclastic view into the culinary world, taking you behind-the-scenes with some of the country's best chefs and finding the unexpected places where food and pop culture intersect. Terry Crews has more strength in one bicep than most humans have in their entire being. But how is he with spicy food? Find out as the Brooklyn Nine-Nine star enters the Hot Ones Terrordome and feasts on the wings of death. As he tackles sauce after sauce with Sean Evans, Crews opens up about everything from his relationship with his father, to his difficult experience in the NFL. Are you into spicy foods? Do you think this would be too much for even you to handle?!

[Click picture for video.](#)

SUZANNE VEGA



An Evening Of
NEW YORK
SONGS
AND STORIES

THE
PARAMOUNT
THEATRE

The Paramount Theatre presents Suzanne Vega Live Stream from Blue Note Jazz Club, Saturday, 10/7 @ 8pm. In celebration of her just-released, career-spanning album, *An Evening of New York Songs and Stories* (out now on Amanuensis/Cooking Vinyl), Suzanne Vega will play a livestreamed concert from New York City's iconic Blue Note Jazz Club in Greenwich Village. The full-band set will feature the album's New York-centric repertoire, such as Luka and Tom's Diner, honoring Vega's long musical relationship with her hometown. She will be joined on the Blue Note stage by longtime guitarist Gerry Leonard, bassist Jeff Allen and keyboardist Jason Hart. [Click picture for ticket information.](#)

WORLD PREMIERE

BELLE REDUX/

A TALE OF BEAUTY & THE BEAST

A 3M INNOVATION COMMISSION



BALLETAUSTIN



Our 2020/21 season begins in the comfort of your home! Welcome to your exclusive opportunity to experience a one-of-a-kind dance work from the comfort and safety of your home. As a special Ballet Austin Night of Community guest, we're thrilled to bring you this virtual presentation of Artistic Director Stephen Mills' ground-breaking full-length ballet, BELLE REDUX / A TALE OF BEAUTY & THE BEAST. This contemporary work, based on the timeless story of Beauty & the Beast, debuted in February 2015 to sell-out audiences and rave reviews. BELLE REDUX became an instant classic and fan favorite, and we're excited to share this innovative work with you.

Thank you for connecting with Ballet Austin in this unique way. [Click the picture](#) to be taken to the virtual presentation. Take care, be well, and enjoy the show!



The Atlantic

In her 87 and a half years, Ruth Bader Ginsburg left a significant mark on law, on feminism, and, late in her life, on pop culture. She also left a significant mark on everyday life in America, helping broaden the sorts of families people are able to make and the sorts of jobs they're able to take. Her legacy is, in a way, the lives that countless Americans are able to live today. Ginsburg achieved the status of celebrity as a Supreme Court justice, and during her tenure she cast votes in support of Americans' ability to get an abortion and to marry someone of the same sex. But her legal legacy can be traced back to her work as a litigator with the American Civil Liberties Union in the 1970s, when she and others won a string of groundbreaking sex-discrimination cases challenging laws that governed quotidian parts of American life and now seem medieval. [Click on picture for full article.](#)



California Wildfires Have Burned 4 Million Acres And The Season Isn't Over Yet. California hit a grim milestone on Sunday as the total number of acres burned this wildfire season crossed 4 million, according to the California Department of Forestry and Fire Protection, or Cal Fire. The agency said that since it started recording the amount of land burned in a single season the state had never surpassed 2 million acres until this year. "The 4 million mark is unfathomable. It boggles the mind, and it takes your breath away," Scott McLean, a spokesperson for Cal Fire, told The Associated Press. As of Sunday, Cal Fire says the state has seen more than 8,200 fires this year, with 31 fatalities and more than 8,454 structures destroyed. Nearly 17,000 firefighters are still working to contain at least 23 major fires in the state. [Click picture for full article.](#)



On October 7, 2003, actor Arnold Schwarzenegger is elected governor of California, the most populous state in the nation with the world's fifth-largest economy. Despite his inexperience, Schwarzenegger came out on top in the 11-week campaign to replace Gray Davis, who had earlier become the first United States governor to be recalled by the people since 1921. Schwarzenegger was one of 135 candidates on the ballot, which included career politicians, other actors, and one adult-film star. [Click picture for full article.](#)



STRETCH STRENGTHEN

WITH PATTI GAGNE

Virtual Stretch and Strength starting Wednesday October 7th, 2020 at 1:30pm - 2:30pm. Join Patti for 45 minutes of Stretch and Strength in the comfort of your own home via Zoom. Manage arthritis, exercise safely, decrease joint pain and stiffness, improve daily function and reduce anxiety and depression, along with many other benefits! Register by email to sharon.bryant-campbell@austintexas.gov or call 512-978-2660 for more information.



virtual gold
ZUMBA®

Jackie is doing a virtual Zumba class on Friday mornings at 10:30AM if anyone would like to join her. There are two ways to join her: you can go to my "Virtual Zumba Gold classes with Jackie" Facebook page and join the group, or you can email Jackie and she will send you an email invitation once she sets up the meeting for the class. Then you can join straight from your email via the link in the invitation. Jackie hopes to see you there! [Click on picture for Facebook link.](#)



GENTLE YOGA

The Asian American Resource Center is offering Gentle Yoga with Patti via Zoom on Tuesdays, October 14th and 27th at 10:00am. Bilingual with English / Mandarin interpretation. Email aarc@austintexas.gov to register or for more information. Hope to see you there!

eventbrite



In keeping with our city's social distancing recommendations, we've adapted our monthly Open House events - and now we're baking on Instagram Live! Every week, we invite a new bud to whip up one of their favorite recipes.

Just like our Cookie Squares and Croissant Chips, each of these recipes are made with ingredients you probably already have in your kitchen. Bake along with us! [Click picture above for more information.](#)



Join a 5-day Facebook mindfulness challenge with Sabina Vitacca, known as 'The Personal Trainer for the Mind'. Please note - The Mindfulness Challenge is not a full day commitment each day - but rather just 15 minutes of your day, a time that works for you. It will all take place on a private Facebook group.

Designed to help you work on 'project you', Sabina will help steer you to live a more productive and less overwhelmed life during the uncertainty of COVID19.

Mindfulness simply means to be present in the moment – in your thoughts, actions and behaviors and has been scientifically proven to have HUGE benefits for your wellbeing.

Receive daily challenges direct to the private Facebook group to start you on your journey. Each challenge can easily slip into a pocket of your day - taking a maximum of 15 minutes. [Click picture for more information.](#)

POSTSEASON 2020

GIANCARLO STANTON 5 HRs 4 GAMES



Yankees slugger Giancarlo Stanton is smashing home runs so far this Postseason! He has a home run in 4 straight Postseason games and is up to 5 total already! Watch him crushing HRs in the 2020 Postseason.

[Click on picture for video.](#)



MIC'D UP



The first month of NFL Football is over and the games have surely been exciting! Teams that should be winning are of course not and teams that shouldn't have found ways to pull it through! There has no doubt been some interesting mic'd up scenarios and here is a link to watch them all in action! [Click the picture for video.](#)



FULL GAME HIGHLIGHTS



Led by LeBron James' 28 PTS, 12 REB and 8 AST, the Los Angeles Lakers defeated the Miami Heat, 102-96, in Game 4. Additionally for the Lakers, Anthony Davis recorded 22 PTS, 9 REB and 4 BLK in the victory. Jimmy Butler tallied 22 PTS, 10 REB and 9 AST for the Heat, while Tyler Herro added 21 PTS and 7 REB. [Click picture for highlights.](#)

REGISTER FOR FALL PROGRAMMING



FALL 2020 STAY ENGAGED SERIES PART 50+ PROGRAMS



Lamar Senior Activity Center
2874 Shoal Crest Ave
Austin, Texas 78705
512-978-2480

Stay Engaged – Jewelry Club

3 Jewelry Projects to choose from:

Memory Wire Bracelet

Braided Bead Bracelet

Swivels & Charms Bracelet

Registration begins Sept 28th until supplies last

Participants can register for any or all of the Jewelry Projects

Pick up supply kits starting Oct 1st

Supply kits can be mailed on Oct 2nd, Oct 9th, Oct 16th

Supply kits can be delivered on Oct 2nd, Oct 9th, Oct 16th, Oct 23rd

Jewelry Club Zoom Meetings will take place on Thursdays at 1:00 PM

Project 1 - Memory Wire Bracelets – Oct 15th

Project 2 - Braided Bead Bracelets – Oct 22nd

Project 3 – Swivels & Charms Bracelets - Oct 28th



Stay Engaged - Book Club with Leti

The Dutch House by Ann Patchett

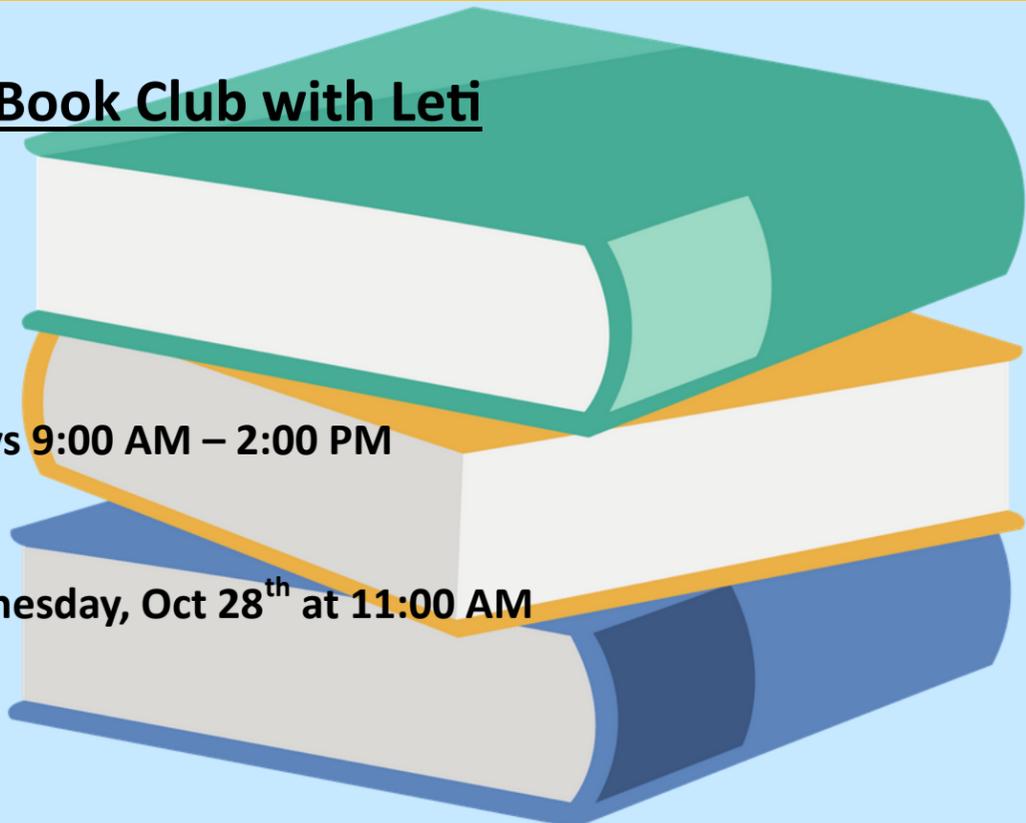
Book Club is limited to 12 Participants

Registration begins Sept 28th

Pick up books starting on Friday, Oct 9th Weekdays 9:00 AM – 2:00 PM

Delivery dates for books: Oct 9th & 16th

1st Book Club Zoom Meeting will take place Wednesday, Oct 28th at 11:00 AM



REGISTER FOR FALL PROGRAMMING



FALL 2020 STAY ENGAGED SERIES PART 50+ PROGRAMS



South Austin Senior Activity Center
3911 Menchaca Road
Austin, Texas 78704
512-978-2400

LEARN UKULELE

Registration: Oct 12th - 23rd / Delivery or Pick-up: Oct 26th - 28th / Zoom Classes: Nov 2, 9, 16, 23, 30, Dec 7 @ 10am / Return: Dec 8th - 11th

Ever wanted to learn how to play the Ukulele? Heck, ever wanted to learn an instrument period?! Now is your chance! Learn the beginner points of a Ukulele as we provide you with a Ukulele on loan you can use at home while we run through the classes together! Learn the basics of the body, how to tune, how to hold very simple and easy chords, and, lastly, how to play simple songs! Space is limited so make sure to contact us or your center for registration.

STRING ART

Registration: Oct 19th - 26th

Supply Delivery or Pick-up: Oct 27th

Zoom Classes 10am: Nov 4, 18, 25

Supply Return: Nov 30th

String art is weaving colored string, wool, wire, or yarn between hammered nails to make geometric patterns. Artists use lines of thread to create curved patterns that can form various desirable shapes. This organic idea to use thread and nails to form angles has grown from an educational tool to an art form like no other. string art continues to intrigue the curious and artistic alike. For those who have yet to give this inspiring art form a try, we have a solution for you! We are offering string art kits with designs that we can deliver directly to your doorstep or you can swing by and pick up. Our kits come fully equipped with everything needed to create an impressive string art project.

BIRD HOUSES



Simple enough for anyone, this pre-cut wooden kit encourages creativity and a sense of accomplishment. You will learn to sand, nail and create real cool stuff in just about an hour or so. Parts are made of wood and can be used as is or finished with your own paint, stickers or stamps. Use your imagination and creativity to build a bird house that resembles who you are! Hang it in a tree, patio, or porch and enjoy the wonderful nature that it attracts! Give us a call and sign-up today!

Registration: Oct 19th - 27th / Delivery or Pick-up: Oct 28th / Zoom Classes: Nov 6, 13, 20 @ 10am / Return: Nov 30th

HERO! SIGNS

Join us in creating "Hero Signs" for our wonderful and dedicated First Responders! We feel that our First Responders are a vital part of our community and would like to show them great thanks in creating signs that we can donate to them to display. If you would like to assist us in this project please contact us. We can supply the signs supplies and you can decorate them with your own style.

Registration: Oct 19th / Delivery or Pick-up: Nov 3rd / Zoom Classes: Nov 6 @ 10am / Return: Nov 17th



Our doors may be closed but there are still fun things to take part in! South Austin Senior Activity Center's Pumpkin Decorating Contest is still on! Here is all the information you need. Contact us if you'd like to register.

- **Registration Dates: Oct.5th - 9th**
- **Delivery Dates: Oct.12th - Oct15th**
- **Pick up Dates: Oct. 26th - 28th**
- **Program Dates: 10/30/2020**

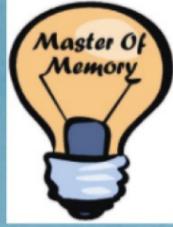


PRAIRIE VIEW
A&M UNIVERSITY
COLLEGE OF AGRICULTURE
AND HUMAN SCIENCES

Cooperative Extension Program



FAMILY &
CONSUMER
SCIENCES



K-STATE
Research and Extension

COOPERATIVE EXTENSION PROGRAM,
PRAIRIE VIEW A&M UNIVERSITY

Keys to Embracing Aging

We're all aging — but whether we do so gracefully is up to us! Learn 12 keys that can help you grow old successfully and with increased longevity. No matter your age, you can take steps now to age well into the future.

CLASSES COMING IN DECEMBER 2020

*Presented by: Crystal E. Wiltz
Cooperative Extension Program,
Prairie View A&M University
Travis County*



**Contact Dina Cantu
at 512-978-2660**

**or dina.cantu@austintexas.gov
to register**



The City of Austin is committed to compliance with the Americans with Disabilities Act. Reasonable modifications and equal access to communications will be provided upon request. For assistance please contact (512) 974-3914 or Relay Texas 7-1-1.