



# NEWSLETTER

*Tips and information for today / Monday, May 4th 2020*

## A GREETING from Jerilyn

Hello from the Austin Parks and Recreation Adult 50+ Programs—we sincerely miss you, and look forward to the time when we can “play” together and enjoy each other’s company once again. As you know, City of Austin modified operations are still in effect, therefore our centers will remain closed until further notice. These are trying times for us all, and we cannot deny feeling a bit lonely and frustrated on occasion, but the strength and commitment we have shown as a community continues to inspire, and will benefit us all in the end.

May is “Older Americans Month” (see pg. 2) and in this current newsletter we share some great options to keep you engaged, challenge your body and mind, and hopefully make you smile as well! I have heard from so many of you about how much you enjoy the communication and information in the newsletters, and I know this edition will not disappoint!

Please remember to take care of yourselves, and do not hesitate to reach out if you need additional information, or just want to touch base—we would love to hear from you! As Reba McEntyre (one of my favorite country artists) sings, “I’m A Survivor” and so are **YOU!**

Take care, and please stay in touch-

**Jerilyn**

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## Austin Parks & Recreation YouTube Channel

Head on over to YouTube and check out Austin’s Park & Recreation’s own YouTube Channel! A lot of different centers have put together videos for us all to watch and use while at home. We hope you enjoy the hard work the staff has done to continue to bring encouragement and fun to your household. Click [here](#)! Enjoy these picked videos below!



[Sopapilla Cheesecake](#)



[Festive Tissue](#)



[Tomato Seedlings](#)

### ALTERNATIVES TO HANDSHAKES, HUGS, HIGH FIVES AND HONGI



THE WAVE



THE HAND ON HEART



NAMASTE



NZSL: HOW ARE YOU?



THE 'HI-BROWS'



THE 'ALL GOOD' NOD



THE 'EAST COAST WAVE'



THE 'WHAT A WORLD EH?'



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*Links provided are suggested viewing and are not managed by the City of Austin*



# OLDER AMERICANS MONTH



*Make Your* **MARK!**  
MAY 2020 | VISIT [ACL.GOV/OAM](https://acl.gov/oam) FOR MORE INFORMATION.

The Make Your Mark theme was selected to encourage and celebrate countless contributions that older adults make to our communities. Their time, experience, and talents benefit family, peers, and neighbors every day. Communities, organizations, and individuals of all ages are also making their marks. This year's theme highlights the difference *everyone* can make – in the lives of older adults, in support of caregivers, and to strengthen communities.

*We invite you to make your  
mark in May!*

## TED TALKS

We use rituals to mark the early stages of our lives, like birthdays and graduations -- but what about our later years? In this meditative talk about looking both backward and forward, Bob Stein proposes a new tradition of giving away your things (and sharing the stories behind them) as you get older, to reflect on your life so far and open the door to whatever comes next.

[Ted Talk Video](#)

## JUMP / START

Think about the stories that make up your life. Which ones would you like to share? Here are some questions that might get you thinking:

- What would you like to tell your 22-year-old self?
- What do you think your 22-year-old-self would want to tell you?
- What are the best and worst pieces of advice you've received?
- What's your hidden talent?
- What are you most proud of?
- Looking back, is there something you wish you had done that you did not?
- What do you most admire about your best friend?
- What do you wish the world knew about you?
- Was there a time when an older adult helped you feel strong in a tough time?

Please feel free to call in and share your responses to your center or email  
[southaustinsenioractivitycenter@austintexas.gov](mailto:southaustinsenioractivitycenter@austintexas.gov).



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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! Here is her email and Facebook links.

[Facebook Group](#)

[jacqueline.cotrell47@gmail.com](mailto:jacqueline.cotrell47@gmail.com)

# Field Trip VIRTUAL

It's virtual field trip time once again and this week's trips are brought to you by Kimberly Flores of the Lamar Senior Activity Center! We hope you enjoy them and can't wait to put together next newsletter's trips.



[Van Gogh Museum](#)



[Disney Parks](#)

## BALLETAUSTIN DANCE & FITNESS

**Community is everything to us! And we want to be *everything* for you.**

Until we can be back in the studio *with you*, we are excited to bring you *three ways* to be active and be well VIRTUALLY! There are basically 2 terminologies that will help you to choose what classes are best for you, from Osteo-Strong Active Aging and Pilates full body to Cardio Dance and resistance bands. Click the link below and head to our website to take advantage of our virtual programs!

[Ballet Austin](#)



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# STRETCH & STRENGTHEN

Patti Gagne

Join us in watching Patti Gagne's Stretch and Strength videos! She's found great time to put together a handful of videos for us to all be able to watch at home and follow along with the exercises. We hope you enjoy them as much as we do!

[Upper Body Focus](#)

[Seated & Standing](#)

[Balance](#)



## NORTH AUSTIN T'AI CHI

Kade's style of teaching, developed over the last several years, combines individual attention and group focus. His easy going manner and love of teaching give students confidence and faith in his abilities. He brings together his ability to tailor instruction to each individual and his ability to communicate the subtleties of an ancient art to modern students to make T'ai Chi accessible to those who train with him.

[Kade Green Channel](#)

Check back in with more video tutorials from North Austin T'ai Chi!



Attached is a vote by mail application. Be sure to check "Annual Application" in Box 6a to assure you also automatically receive a ballot in October to vote by mail for the Presidential election.

[Vote by Mail](#)



## Integral Care

Integral Care is offering anyone Covid-19 related counseling through Integral Care. Clients can call the main crisis number @ 512-472-(HELP) 4357, and request to speak to a someone who can help them manage anxiety or depression related to the COVID-19 pandemic. Currently this service is set to be available for the next 60 days (subject to extension of-course).

For more information click here:

[Integral Care](#)

## GROCERY STORES WITH SENIOR HOURS

Listed are grocery and general purpose stores with current store hours and some that have designated shopping times for Seniors for extra caution.

**Target** Store Hours are 8:00am - 9:00pm  
**Designated Senior shopping hour every Wednesday from 8am-9am.**

**Costco** Store Hours are 9:00am - 8:30pm  
**Designated Senior shopping hours on Tuesdays and Thursdays from 8am - 9am.**

**Dollar General** Store Hours are 8:00am - 10:00pm  
**Designated Senior shopping hours daily from 8am - 9am.**

**Fiesta Mart** Store Hours are 8:00am - 9:00pm  
**Designated Senior shopping hours from 7am - 8am.**

**Randalls** Store Hours are 7:00am - 9:00pm  
**Designated Senior shopping hours on Tuesdays and Thursdays from 7am - 9am.**

**SAMS** Store Hours are 9:00am - 8:00pm

**HEB** Store Hours are 8:00am - 8:00pm

**Central Market** Store hours are 8:00am - 8:00am

**Sprouts** Store Hours are 7:00am - 11:00pm

*\*All times subject to change*



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# Joe's MOVIES

Joe makes his weekly movie pick for us all to enjoy on our favorite streaming service. Joe's second pick for us is a fun action movie!

**Hancock** is a superhero whose ill-considered behavior regularly causes damage in the millions. He changes when the person he saves helps him improve his public image.



More info on movie streaming services through Austin Public Library on pg. 6



In case you missed the 2020 NFL draft here are the most memorable moments from the draft and the draft grades for each team. We hope your team drafted wisely and we cannot wait for the NFL season to come later this year!

[Draft Moments](#)

[Draft Grades](#)

## culturemap A U S T I N

If you're looking for some good vibes, go and check out South Austin's newest mural: Optimism Starts With You. The mural went up on the side of the restaurant TLC in Lamar Union Plaza and has brought a burst of sentiment to the mixed-use development. Stop by 1100 S. Lamar Blvd. on the side of TLC facing Alamo Drafthouse for a photo opp and tag @culturemapatx and #optforoptimism. The mural's silhouette is meant to encourage passersby to stand in its place.



[Lamar Mural](#)

## FOUNDATION COMMUNITIES

Due to COVID-19, we are not currently offering in-person tax preparation, but we still want to help! Foundation Communities has teamed up with GetYourRefund.org to help you file your taxes online with the help of our IRS-certified tax preparers from April 8 to May 8, 2020.

[Austin Tax Help](#)



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**Hoopla** has digital movies, music, TV shows, audiobooks, eBooks and comics.

- Instantly available borrowing.
  - No hold queues
  - Stream content through your browser on PC/Mac.
  - Stream or download with the **hoopla digital app** for iOS, Android, Kindle Fire and Roku.
  - Check out 4 items per month.
  - Movies & TV shows check out for 3 days.
  - Music CDs check out for 7 days.
- Audiobooks, eBooks and comics / graphic novels check out for 21 days.

Check out hoopla [here](#)

**Kanopy** has thousands of movies and documentaries that you can stream on any device.

- You can watch 3 films per month, with play credits resetting on the 1st of each month.
- After clicking "Play," you have 3 days to watch the film.
- Loading and playing 5+ seconds of a film counts as a play credit.

**Kanopy Kids** offers films for ages preschool - 12.

Check out Kanopy [here](#)

**You can gain access to both streaming sights and more with a Austin Public Library - Library Card.**



#### **Food Delivery/Pickup**

**Good Apple Foods:** Stay Home, Stay Healthy Program for anyone who is 55+ or immunocompromised and in need of food assistance:

<https://goodapplefoods.com/covid-19>

**HEB/Favor Senior Support Line:**

<https://favordelivery.com/seniors>

**ConnectATX from United Way:**

<http://connectatx.org>

Centralized list of resources on emergency food access (curbside meals, food delivery, food pantries, school meals) and other food access connections (community gardens, centralized resources, food delivery, food pantries, low cost food, meals, nutrition education, paying for food). Includes extensive resources beyond food as well.

**Food Access Resources in Central Texas from the Sustainable Food Center**

<https://sustainablefoodcenter.org/latest/blog/food-access-resources-in-central-texas-during-covid-19>

Many of the links are included above, but contains additional information on Farmer's Markets, CSAs, Austin Food Delivery Services, Food Pickup and Delivery, Access Points for low-income families.



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