

Welcome

Good Morning from Dina at the Conley-Guerrero Senior Activity Center. To our Austin Senior Community we hope that you're all doing well and staying safe. Now that we are into triple digit heat, we want to remind you to please stay cool and hydrated. I know you want to get out and water your plants, but please do it in the very early morning hours before the sun heats up. Remember to phone a neighbor or family member before you do it and call again afterwards when you're safe inside. If you have concerns or worries about something going on in your neighborhood or have a question about any services provided in Austin, Austin 311 is "Your All Day, Any Day, Info Center." They provide uncomplicated access to City services and information. You can call them or go online. In English or Spanish they are there to help you. We miss you and I look forward to seeing all your bright smiling faces again in the near future!!

- Dina Rosas Cantu



50+ Programs NEWSLETTER

Tips and information for today / Week of July 13th 2020



Social Distancing and Me is a project made by seniors that is a reflection of their time spent at home during social distancing during COVID-19. Participants were asked to share their experiences, thoughts, lessons learned, highs & lows, and newly discovered interests, through the mediums of Stories, Poems, Photographs, Jokes, Drawings and cartoons. All submitted projects were combined into a digital flipbook and made available to view for the rest of the Austin Parks and Recreation Senior Community.

[**Social Distancing and Me**](#)



Summer is a wonderful time for enjoyment, but for seniors, the heat and sun that come with the season can be dangerous if certain precautions aren't taken. Here are eight tips to help ensure you and your senior loved one stays safe during the summer months.

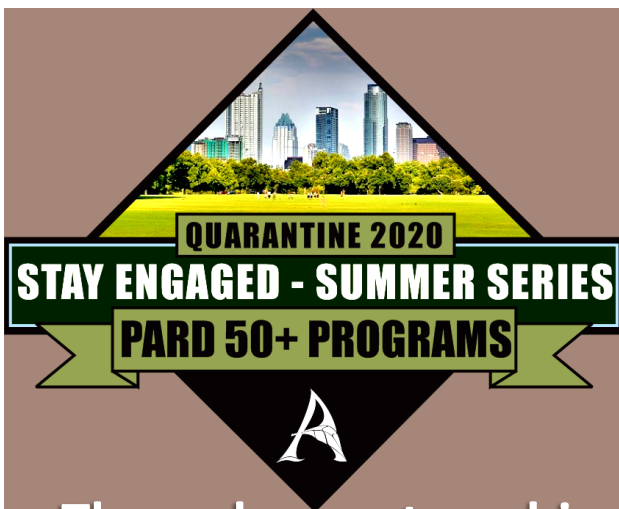
[**Beat the Heat**](#)



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.

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





REGISTER ONLINE

for great activities to keep you engaged this Summer!

[Click Here](#) to register or call your center!

Through a partnership with Aging is Cool, the PARD Adult 50+ Programs are able to bring many new programs your way!



Trying to find A way to feel connected to friends and family in a safe and socially distanced way? Get out and get moving with our new virtual marathon challenge! Invite all your family and friends to join you in this FREE, *self paced* challenge. Each participant will track their own distance over the 6 week period until they reach the 26.1 miles mark. Each registered participant will receive a face mask, race bib, and completion medal. We want to see you succeed! Just snap a photo of yourself at the finish line with your new medal and send it to us at southaustinsenioractivitycenter@austintexas.gov or mail it to the following address:

**South Austin Senior Activity Center
3911 Menchaca Road
Austin, TX 78704**

Registration: July 13th - Aug. 3rd

Challenge: Aug. 10th - Sept. 18th



Enjoy reading and want to form new relationships? Then here is your chance to expand your horizons! The all new Book Club will meet monthly virtually or through conference call to discuss different books that we will be reading together. Session 1's book will be *A Man Called Ove* by Fredrick Backman.

Space is limited

***Registration begins July 20th and first meeting is August 18th
Time 10am-11:30am***

Paint Your Pot Garden Craft

Registration begins on July 30th and kit distribution begins on August 3rd.

We will provide you with paints to decorate your pot, a plant, and soil to bring life to your indoor or outdoor garden.

Mala Beads for Meditation

Registration begins on August 31st and distribution begins on September 1

A Mala is a string of beads that are used in meditation practice. It is a tool to help you count mantras (positive phrases repeated to aid concentration in meditation) and acts as a tactile guide as you sit in silence.

The Paper Quilling Craft will be making its way back again! Stay Tuned!



ENTERTAINMENT & OPPORTUNITY

MENTAL FLOSS

Christopher Reeve's Superman Cape Can Be Yours—For a Sky-high Price!

[Superman Cape](#)



Big & Mini is a nonprofit that connects seniors (Bigs) with young adults (Minis) to create mutually beneficial opportunities for conversation and mentorship while combating loneliness. Through weekly phone or video calls, you'll have the opportunity to share stories, advice, or even recipes with someone who has similar interests. You'll also get to learn something new while forming a lasting friendship with a Mini, who will benefit greatly from hearing about your unique experiences. To learn more and sign up click [here](#) or if you have questions or need help watch the *walk-through video* link provided.

[Walk Through Video](#)

BIG AND MINI



ROYAL
OPERA
HOUSE

Royal Opera House is offering a schedule of free broadcasts and live content that audiences can access for free. Romeo and Juliet is the most famous love story in the English literary tradition. This site has highlights, classic clips, and production trailers from different operas. Make sure you have some time to enjoy it. If you are like me you will want to watch everything.

[Romeo & Juliet](#)

Impressionism is one of the best known and loved movements in Art History, but why? We present a case for why Impressionism is interesting and worth your attention and admiration, beyond the famous names behind it of Claude Monet, Berthe Morisot, Edgar Degas, Pierre-Auguste Renoir, Mary Cassatt, Alfred Sisley, Camille Pissaro, Gustave Caillebotte, Paul Cézanne, et al.

[Impressionism](#)



TED TALK VIDEOS

When your future is uncertain, how do you keep moving forward? In this courageous talk, oncologist and cancer survivor Shekinah Elmore shares how she embraced life after a rare genetic diagnosis -- and explains why she believes doctors have a duty to help their patients learn to live with radical uncertainty.

[Radical Uncertainty](#)

In 1905, psychologists Alfred Binet and Théodore Simon designed a test for children who were struggling in school in France. Designed to determine which children required individualized attention, their method formed the basis of the modern IQ test. So how do IQ tests work, and are they a true reflection of intelligence? Stefan C. Dombrowski explores how the tests have been used throughout history.

[Dark History of IQ Tests](#)

While on lockdown, the galleries of Singapore's iconic ArtScience Museum were empty -- but online, the museum was abuzz. Honor Harger shares how they're engaging deeply with its visitors through streamed talks, performances and workshops that investigate the COVID-19 landscape and uplift marginalized voices. (This virtual conversation, hosted by TED's current affairs curator Whitney Pennington Rodgers, was recorded June 17, 2020.)

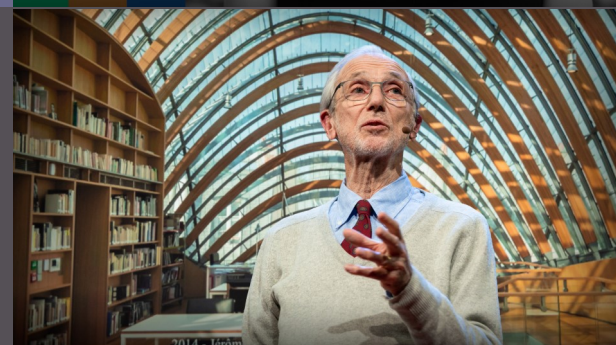
[How Museums Help](#)

How do you make a great public space inside a not-so-great building? Liz Diller shares the story of imagining a welcoming, lighthearted -- even, dare we say it, sexy -- addition to the Hirshhorn Museum in Washington, DC. (From The Design Studio session at TED2012, guest-curated by Chee Pearlman and David Rockwell.)

[New Museum Wing](#)

Taika Waititi is a visual artist, actor, writer and director hailing from the Raukokore region of New Zealand. His short film Two Cars, One Night was nominated for an Academy Award in 2005. Taika's second and most recent feature, Boy, appeared at the Sundance and Berlin Film Festivals earlier this year. He discusses how creativity has helped him to express his ideas and led him to where he is today.

[Taika Waititi](#)



SPORTS

A SMALL ISLAND CURAÇAO & BASEBALL



No country produces more Major Leaguers per square mile than the tiny island of Curaçao. During the winter of 2020, we explored how baseball arrived on the island and the stars who led its surge in popularity.

[A Small Island](#)



Maria Taylor takes us inside the details of the NBA bubble in Orlando, Florida, then Brian Windhorst addresses concerns regarding the 2019-20 NBA season restart.

[Inside the Bubble](#)



Evolution of the NFL

Ever wonder how the NFL got to be where it is today? Every wonder how every team got its name and identity? Sit back, relax, and enjoy the Evolution of the NFL. Which names did you already know the history of? Which name's history surprised you? Where did your favorite team get its name from?

[NFL Name Evolution](#)



Get a behind the scenes look at the making of UFC Fight Island, a 10-mile "safe zone" on Yas Island designed for a series of UFC events. See how athletes are tested, quarantined, then flown to Abu Dhabi to repeat the process as fight week gets underway.

[Fight Island Ep 1](#)

VIRTUAL FUN

Austin Parks & Recreation

You Tube Channel

Head on over to Austin's Parks & Recreation's own YouTube Channel! Many 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 video by various makers that Lynnette has picked just for you below!

[Meet an Animal Monday: Snakes are Friends](#)



This is the story of a team of archaeologists and a 75-person crew who sought to unravel a central mystery of Easter Island: how hundreds of giant stone statues that dominate the island's coast were moved and erected. For one month, the team struggled to raise a 10-ton moai, using only the tools and materials available to the ancient Easter Islanders.

[Easter Island](#)

Join The National WWII Museum for a cross-country virtual expedition to discover the science, sites, and stories of the creation of the atomic bomb. Student reporters examine the revolutionary science of nuclear energy in the Museum's exhibits and the race to produce an atomic weapon in complete secrecy. Explore the world's first industrial nuclear reactor at the massive and remote Hanford Site in Washington State. Travel to the undercover laboratory and test site in New Mexico to learn about the team of talented physicists who tirelessly created the detonating device and witnessed its destructive power firsthand. Our reporters uncover the stories of mobilization, collaboration, and innovation to understand how the results brought about the end of World War II and forever changed the world.

[Manhattan Project](#)

MOVIES

Joe's pick is an classic, *American Graffiti* celebrates an America of the early 1960s, where teenagers cruise the streets in hot rods and rock and roll tops the music charts. Inspired by his youth in the valley town of Modesto, California, *Graffiti* was George Lucas' second feature film, and is a masterwork of vibrant colors, exciting soundtracks, and endearing characters. A story of coming-of-age, it remains one of the most successful films in history.



[Hoopla](#) and [Kanopy](#) have thousands of digital movies, music, T.V. shows and more! You can gain access to both streaming sights with your Austin Public Library card.

EXERCISE

Join us in watching Patti Gagne's Stretch and Strength videos! She's 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!

[Plank Workout](#)

STRETCH STRENGTHEN

Patti Gagne

virtual
ZUMBA
gold

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

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](#)



RESOURCES



Integral Care

[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).

In partnership with Meal on Wheels and More, PARD senior activity centers and 3 recreation centers are distributing meals for curbside or parking lot pick up. Each registered participant was given 10 shelf stable meals to take to their home. Although the pick ups listed already occurred, we encourage you to check back for future distribution dates.



MEALS on WHEELS

[Congregate Meal Update](#)

COVID-19
INFORMATION



Austin-Travis County information for online enrollment for Free COVID-19 Testing .

[Free COVID-19 Testing Enrollment](#)

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.

FOUNDATION
COMMUNITIES

[Austin Tax Help](#)

**Austin Emergency
Financial Assistance
Program**

In these trying times, it's known one may need a little help so the City of Austin is doing it's part. Click below to be welcomed to the City of Austin Utility Bill Relief application process! A simple process can take a little strain off these days.

[Austin Bill Help](#)

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](#)

**EMERGENCY
FOOD
PROGRAM**

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

<https://favordelivery.com/seniors>

<http://connectatx.org>

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