

WELCOME

Hi ya'll! Although this isn't exactly what we pictured, I hope the start of Autumn reminds us of the impermanence of everything. I know it feels like this pandemic will go on forever, but I hope the change in seasons reminds you that this too shall pass. Please remember that the senior center staff will be right beside you on this journey until we can all be together again. I have read numerous articles about the need for selfcare during this time. Don't forget to continue to reach out to each other (*we have a great card making class to help*), exercise your mind and body, and focus on your nutrition. As the weather cools, we encourage you to get outside and enjoy nature. Let your endorphins flow! I wanted to give a special "Shout Out" to all our Virtual Marathon Competitors!! You set a mighty goal and pushed through to the end! I was amazed to see up to 150 miles completed during the 6 week challenge, and all of the fun photos that are coming in have really made our day! Be sure to check out the recognition section in this edition. There are many exciting classes and opportunities, both old and new, coming to you in the next few months. Traditions are key to our feeling of community, especially when far apart, so please be sure to sign up for our annual pumpkin decorating and ornament making programs. If you need assistance navigating the technology part of our programming then please reach out to center staff. We hope you enjoy this edition of our 50+ Virtual Newsletter and don't forget to register for all our upcoming adventures! WE MISS YOU!!

- Kelly Maltsberger

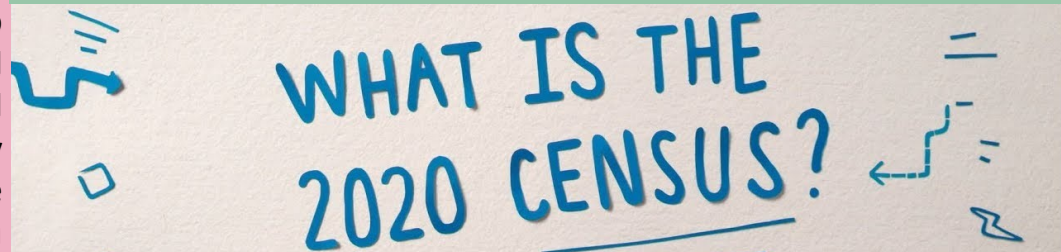


50+ Programs NEWSLETTER

Tips and information for today / Week of September 21 2020



Since 1961, a mini train has run in Zilker Park. The latest version, the Zilker Zephyr, went out of commission in May 2019. Like you, we were saddened by the closure announcement, and we understand the train has been an important part of Austin's past. With your help, we can ensure it's part of Austin's future. Because of our partnership with the City's Parks & Recreation Department, and nearly 30 years of proven results, we were contacted to help find an interim solution while Zilker Park undergoes a master planning process to build a new, long-term vision for the park. We will operate the Zilker train with proceeds benefiting Zilker Park, while the community has a chance to determine how the train fits into the new vision for the park. Click the picture above to read full article.



The 2020 Census is happening now. You can complete your questionnaire online, by phone, or by mail. The 2020 Census asks a few simple questions about you and everyone who was living with you on April 1, 2020. Please complete your form online, by phone, or by mail when your invitation to respond arrives. Click the picture to learn more about what the 2020 Census is used for.

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



ENTERTAINMENT & INFORMATION

CLICK ON PICTURES FOR LINKED INFORMATION



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*

A message from West Baxter of Conley - Guerrero: Even though you have been away from the Conley-Guerrero Senior Activity Center we have been doing a lot of good work. We have been remodeling, adding technology, and updating the center. Also, we wanted to let you know we miss you.

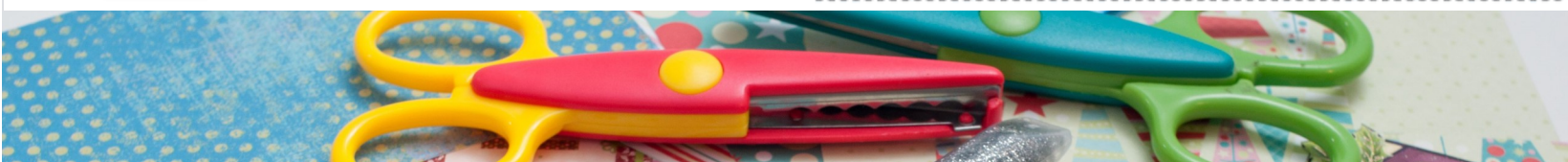


ARTS & HEALTH

Healthy Aging Through the Arts

We are looking for 10 seniors who are experiencing isolation due to Covid-19. This group will consist of hands-on art-making activities and virtual check-ins led by Austin Art Educator Allison Lash. No Prior experience in art making required! Live groups will occur bi-monthly, with lessons available for viewing afterwards. Materials provided. If interested please contact Allison at awesomeartaustin@gmail.com!

Cardmaking involves the production of greeting cards, either from scratch or with the use of bases and templates. People of all ages can practice cardmaking, and it is a popular pastime in some parts of the world, especially during the holiday season. Contact us to register for our next classes! **Oct 9: Two Halloween Cards**; **Nov 13: Two Christmas Cards**.



ENTERTAINMENT & INFORMATION

CLICK ON PICTURES FOR LINKED INFORMATION



TOM HANKS

Tom Hanks has often been cast in films based on real circumstances, from Chesley "Sully" Sullenberger in 2016's *Sully*, to U.S. Rep. Charlie Wilson in 2007's *Charlie Wilson's War*. Hanks says that he spends time with the people, learning about their lives so he can carry their DNA into his performance. He also talks about the physicality and mental strain of his iconic film *Cast Away*. Plus, find out why taking a pay cut for filming 1994's *Forrest Gump* ended up being a good decision.

Are you drinking enough water? We all struggle with getting in the right amount of water a day to make sure our bodies are performing as well as they can be. Also, if you're trying to kick your soda habit to the curb, these flavored water recipes are here to help. From bright citrus to warm spices, these infused waters will be your new go-to beverages! Contact us and tell us which ones are your favorite and which ones you could pass on.



Taste of Home



Presented by The South Austin Senior Activity Center

October Book Club; ***WHEN THE MEN WERE GONE***
BY MARJORIE HERRERA LEWIS.

The book is based on the true story of Tylene Willson, a woman from Texas in the 1940's who, in spite of extreme opposition, became a female football coach to keep her students from being off to war.

Call (512) 978-2400 to register.

Virtual Book Club Coming Soon by SAC Lamar!

***THE DUTCH HOUSE* by Anne Patchett**

The Dutch House is a 2019 novel by Ann Patchett. It was published by Harper on September 24, 2019. It tells the story of a brother and sister over the course of five decades. The novel was a finalist for the 2020 Pulitzer Prize for Fiction. Call your center for registration!



Brought to you by North Lamar Senior Activity Center

ENTERTAINMENT & INFORMATION

CLICK ON PICTURES FOR LINKED INFORMATION

GO BIG OR GO HOME.



DUMPLIN'

A YA CONTEMPORARY THAT WILL
MAKE YOU THINK ABOUT BODY IMAGE
AND BEING COMFORTABLE IN YOUR
OWN SKIN.



JULIE MURPHY

With this Covid-19 virus keeping us mostly home a lot of us are turning more and more to the movie streaming apps (Netflix, Hulu, Amazon, etc.) While there is a monthly charge to have these on your Smart TV, "WHAT'S A MOVIEHOLIC TO DO!" Luckily my sister Barbara (also a *movieholic*) has these and we love watching movies on her TV. Last week we saw one of the best movies that I've seen in a long time. This is a total "chick flick" and I can't wait to get my 3 pre-teen nieces (ages 12 - 13) together for movie night and show "Dumplin'" to them! I hope you enjoy!! - Dina Cantu (Conley - Guerrero Center)

Willowdean ('Dumplin'), the plus-size teenage daughter of a former beauty queen, signs up for her mom's Miss Teen Bluebonnet Pageant as a protest that escalates when other contestants follow her footsteps, revolutionizing the pageant and their small Texas town.

[Click the picture and watch the trailer!](#)

Infants in medieval art all have one thing in common: They don't look like babies. Instead, they resemble miniature versions of middle-aged men, sometimes complete with receding hairlines and ripped muscles. Depictions of weird, prematurely aged babies appeared throughout the medieval era and into the Renaissance when the trend (thankfully) started to fade away. The Renaissance, in particular, may have spawned some of the best paintings of all time, but what's up with all those ugly babies in old paintings?



Wolves, werewolves, and people dressed as werewolves will have a bona fide full moon to howl at this Halloween. And it's not just any full moon—it's a blue moon. Why did the Maine Farmer's Almanac choose to call these certain type of full moons blue? The answer may surprise you. Read the full Mental Floss article to find out!.



MENTAL FLOSS

A collage of 18 photographs showing participants of the 'Stay Engaged Series' trail walk. The photos feature individuals of various ages and backgrounds, many wearing medals and bibs, celebrating their participation in the event. Some photos show people posing with trail markers, while others show groups walking on trails.

HISTORY CLASS

CLICK ON PICTURES FOR LINKED ARTICLES

This day in History on September 23, 1875, Billy the Kid is arrested for the first time after stealing a basket of laundry. He later broke out of jail and roamed the American West, eventually earning a reputation as an outlaw with a rap sheet that allegedly included 21 murders. The exact details of Billy the Kid's birth are unknown, other than his name....



The Judiciary Act of 1789 is passed by Congress and signed by President George Washington, establishing the Supreme Court of the United States as a tribunal made up of six justices who were to serve on the court until death or retirement. That day, President Washington nominated John Jay to preside as chief justice, and John Rutledge, William Cushing, John Blair, Robert Harrison and James Wilson to be associate justices. On September 26, all six appointments were confirmed by the U.S. Senate.



While all 44 people aboard the plane were killed, countless people who might've perished in Washington were spared because of a passenger revolt—a heroic struggle undertaken with whatever low-tech weapons they and the cabin crew members could muster. Brendan Koerner says that in the hundreds of cases he studied for his book, he never came across anything like Flight 93's passenger revolt.



Thanks in part to the battle of Thermopylae in 480 B.C., in which a small force of Spartan soldiers stayed behind to fight to the death against a vastly larger Persian army, the warriors of Sparta have long been famous for their military prowess and tenacity. Even today, the word "Spartan" conjures up an image of an awesomely fit, skillful fighter, indifferent to pain and fear.



In a tradition dating back to the Middle Ages, international law permitted countries at war to license private seamen to seize and plunder enemy vessels. While privateers differed from pirates in that they received legal authorization to operate through an official "letter of marque and reprisal," the distinction meant little to those who encountered the marauders on the high seas.



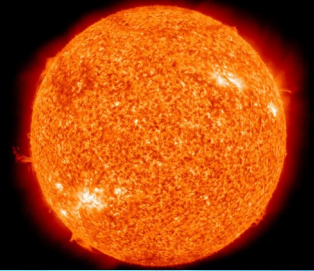
U.S. presidential history is filled with "firsts." First president? George Washington. First president to die in office? William Henry Harrison. First president to serve two non-consecutive terms? That would be Grover Cleveland, who won the 1884 election, lost the 1888 election, then won again in 1892. Cleveland is both the 22nd and the 24th president and the only commander-in-chief to hold this dubious distinction. First Black American and first woman to seek the party's nomination? Shirley Chisholm



NATURE & SCIENCE

CLICK ON PICTURES FOR LINKED ARTICLES

Every star you see in the sky, including the sun, will someday die. It's best to get used to that idea now, before things start to get HEAVY! Our sun currently powers itself through the fusion of hydrogen into helium in its core. This is generally a good thing, since that fusion process provides all the heat and light and warmth that we have come to enjoy on our little watery rock, 93 million miles away.



Scientists know great white sharks are living descendants of megalodon sharks, but what we didn't know was the true scale of the prehistoric animal. That is, until now. Previously, the estimated size of Otodus Megalodon (aka Megalodon) was mainly determined from fossilized teeth. Scientists have also used the Carcharodon Carcharias (aka great white shark) as the modern benchmark for size. Based on this, the thought was that the max scale of megalodon was about 15 to 18 meters.



In 2018, Captain Clemens Gabriel, along with his young family and a group of modern-day explorers, set out on the adventure of a lifetime. They set a goal to cross The Northwest Passage - an Arctic ship route known for its historic dangers and deaths. Harsh weather and thick ice have caused the route to remain largely unexplored and uncharted.



A groundbreaking piece of legislation has been passed which may just save America's wilderness. The Great American Outdoors Act will see funds channeled into repairs, such as water systems and outdated buildings, and create up to 100,000 jobs. Up to \$6.5 billion over five years will go to the National Park Service, which are the public lands' top tourist attraction, but despite 327 million visits last year alone, there is around \$12 billion in overdue projects.



Endangered Species Day – a day to learn about animals that are at risk and to recognize national efforts to protect our endangered species and their habitats. Here's what you need to know about some of the animals that are considered endangered species protected by the World Wildlife Fund.



From hairpin turns and sheer drops, here is a list of the world's scariest roads. These terrifying drives will have your stomach churning. Sometimes you don't need to get out of the car, especially during a pandemic, to go for an adventure, as these terrifying, exhilarating drives prove. Just make sure you buckle up your seatbelt and find the closest road to you.



SPORTS



LAKERS at NUGGETS | FULL GAME HIGHLIGHTS | September 24, 2020 The Los Angeles Lakers defeated the Denver Nuggets, 114-108, to take a 3-1 series lead. Anthony Davis (34 PTS, 5 REB) and LeBron James (26 PTS, 9 REB, 8 AST) combined for 60 PTS for the Lakers, while Jamal Murray tallied 32 PTS and 8 AST for Denver. Game 5: Saturday, September 26 at 9pm/et on TNT



They dress like the players, and tons of people aren't really sure why! On this episode of Quick Question we dive into why managers wear uniforms! For years, MLB managers have worn full uniform just like the players on their rosters, making it one of the most unique things about baseball. The genesis is rooted in the days where managers played on the team as well as coached, even though last player manager was in the 1980s! [Click the picture above for the video.](#)



Did you get a chance to catch the games of your favorite teams in week 2 of the NFL? If not, don't worry, here are the top 15 plays of this past week. Did your team make the list? Did you know the receiving team can grab an onside kick before the 10 yard mark but the kicking team couldn't? Neither did the Atlanta Falcons! [Click the picture above for all the highlights!](#)



Texas Longhorns quarterback Sam Ehlinger has a dominant night in the pocket completing 25 - of - 33 passes for 426 yards and five touchdowns as he leads the Longhorns to a 59 - 3 rout of the UTEP Miners. [Click the picture for the highlight video!](#)

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!

[Hand and Finger Exercise](#)



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](#)



REGISTER FOR FALL PROGRAMMING

DREAM THINK CREATE



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

FALL 2020
STAY ENGAGED SERIES
PARD 50+ PROGRAMS



Registration: Oct 19th - 26th

Supply Delivery or Pick-up: Oct 27th

Zoom Classes 10am: Nov 4, 18, 25

Supply Return: Nov 30th

STRING ART

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 offer 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.



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REGISTER FOR FALL PROGRAMMING

DREAM THINK CREATE



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

FALL 2020
STAY ENGAGED SERIES
PARD 50+ PROGRAMS



Registration: Oct 19th - 27th

Birdhouse Delivery or Pick-up: Oct 28th

Zoom Classes 10am: Nov 4, 18, 25

BIRD HOUSES



Simple enough for anyone pre-cut wooden kit encourages creativity and a sense of great 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, sticker 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 attracts to it. Sign up today! Give us a call!



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REGISTER FOR FALL PROGRAMMING

THINK
CREATE
INSPIRE



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



Registration: Oct 19th - 27th

Delivery or Pick-up: Nov 3rd

Zoom Classes 10am: Nov 6th

Return: Nov 17th



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 and materials so you can decorate them with your own style.

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REGISTER FOR FALL PROGRAMMING

DREAM THINK CREATE



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

FALL 2020
STAY ENGAGED SERIES
PAID 50+ PROGRAMS



Registration: Oct 12th - 23rd

Ukulele Delivery or Pick-up: Oct 26 - 28th

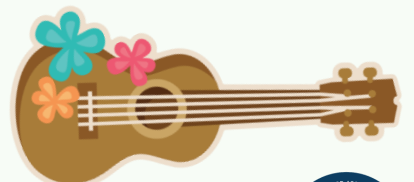
Zoom Classes 10am: Nov 2, 9, 16, 23, 30, Dec 7

Ukulele Return: Dec 8th - 11th

YouTube Tutorials provided as well

LEARN UKULELE

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.



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VIRTUAL FUN

Virtual Adult Programs

from the Camacho Activity Center

Ages 50+ | Fall 2020

Lecture Series

Oct. 14, 7-8p | Nov. 4, 1-2p | Dec. 9, 1-2p

Social Happy Hour

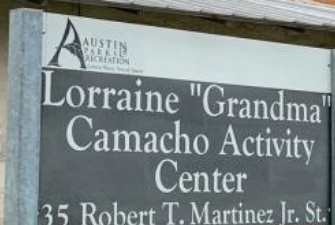
Thursdays 5-6 pm beginning Oct. 8



**Casual Discussions - Fun and Engaging
Topics - DIY Projects - Virtual Exploration of Austin's Natural
Spaces & More!**

**Email Theron.Sweet@AustinTexas.gov or visit
AustinTexas.Gov/Camacho to register.**

Call for more information (512) 978-2420



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>



Keeping the Keys



**A workshop to help keep seniors driving
as long as safely possible.**

At AAA's FREE *Keeping the Keys* workshop you can
learn about how to:

- Adjust to natural changes in driving ability.
- Keep driving skills sharp.
- Take full advantage of AAA's resources for senior drivers.
- Drive safer longer.
- Keep your independence.

September 28, 2020

3:00 to 4:00 p.m.

Those who register will receive a link via
email to join the online workshop.

**To register, call (512) 383-4342 or
email thorp.kara@aaa-texas.com**

**For more information visit: SeniorDriving.AAA.com TODAY!
AAA.com**

