



# NEWSLETTER

*Tips and information for today / Friday, April 3rd,*

## LETTER FROM *David*

*Adult 50+ Programs Manager*

Welcome to our first of many newsletters that we are issuing bi-weekly to help with the flow of life in these interesting times. Our hope is to keep everyone updated on our latest news, provide essential information, and provide virtual amenities to keep us all stimulated while at home. We hope you've been able to assimilate the events at hand and adjust well enough at home for, not only your own safety, but for the safety of others. We've greatly missed the normalcy of our senior activity centers; the relationships, fellowship, and group stimulation and have great hope the future will bring us back to that time of enjoying life together. Even though you may at times feel alone please know that you are not and please feel free to reach out to your centers for information and help as needed. We want to help as much as we can. We have some interesting things to share in the future installments of this newsletter that we hope you will greatly enjoy! If you have any recommendations for the future links, videos, or information in the newsletter please let us know. Continue to be safe and continue to be positive!



In partnership with Meal on Wheels and More, PARD senior activity centers and 3 recreation centers distributed 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.

[Congregate Meal Update](#)

## AGE of CENTRAL TEXAS

AGE of Central Texas has created a webpage full of links to activities that Seniors can enjoy at home!

[AGE Activity Links](#)

This link includes additional links for the following sites:

Online Activities – including links to libraries, college courses, puzzles, textbooks, atlas, and the Library of Congress.

Online Activities "Videos" Including weather classes, ballet, chair yoga, online classrooms, exercise videos, painting classes, etc.

Self Care – Including journaling challenges, podcasts, managing stress, etc



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*



## GROCERY OPTIONS

Groceries stores offering Curb Side Pick up and limited delivery service:

### Randalls Pickup locations (limited stores):

-9911 Brodie Lane / Austin TX 78748

-2301 Ranch Road 620 S / Lakeway TX 78734

-5145 N FM 620 RD / Austin TX 78732

-10900 Research Blvd / Austin TX 78759

[Randalls Website](#)

### Walmart Pickup locations – ALL STORES

[Walmart Website](#)

### HEB Pickup locations – ALL STORES

[HEB Website](#)

### Central Market – ALL STORES

[Central Market Website](#)

### Target – ALL STORES

[Target Website](#)



### [Online Shopping “How to” Video](#)

**\* Disclaimer: This video is specific to HEB Curbside Shopping, but it gives a clear depiction of how online shopping works on most sites.**

## 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*



Medicare Link – has resources for “telehealth services”, hygiene practices, etc

<https://www.medicare.gov/medicare-coronavirus#100>

Corona Facts and Information (these are considered the most CDC Corona Response – factual information)

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Johns Hopkins – Coronavirus Resource Center - factual information of the virus

<https://coronavirus.jhu.edu/map.html>

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# 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.

Here are links to Kade Green's Senior Center Seniorsize tutorial video and Kade's Wu Style Short Form with Verbal Instructions Tutorial video.

[Seniorsize Tutorial](#)

[Wu Style Short Form](#)

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



Hop on the virtual bus with us and take some virtual tours all across the world! We will be adding more options for virtual touring as we continue these newsletters and hope you enjoy taking the adventure through your computer into some of the coolest and most interesting destinations anywhere!



## Smithsonian

[National Museum of Natural History Virtual Tours](#)



## LOUVRE

[The Louvre](#)

# TEDTALKS

TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics — from science to business to global issues — in more than 100 languages. Meanwhile, independently run TEDx events help share ideas in communities around the world.

*What keeps us happy and healthy as we go through life? If you think it's fame and money, you're not alone — but, according to psychiatrist Robert Waldinger, you're mistaken. As the director of a 75-year-old study on adult development, Waldinger has unprecedented access to data on true happiness and satisfaction. In this talk, he shares three important lessons learned from the study as well as some practical, old-as-the-hills wisdom on how to build a fulfilling, long life.*

[What Makes a Good Life?](#)



Have you ever created a photo album, or wanted to make one? What if you could easily make a virtual one online? What if it could contain photos AND videos? What if you could capture a photo or video, edit it, throw in some creative touches, and add it to your photo album right on the spot? And what if you could show your photo album to all of your friends and family over the Internet?

If any of that sounds interesting to you, then you're in luck! Click on the tutorial link below!



## Instagram

[Instagram Tutorial](#)

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## FREE ONLINE GAMES

Feeling a little restless and need to work the brain? Trying some of these great pics from Guide for Seniors of games online! Solitaire, Rummikub, Mahjong, and much more!



[FREE Online Games](#)

**COMING  
SOON**

- ***Spanish Class***
- ***Knitting Tutorials***
- ***Zumba Classes***
- ***Music Lessons***
- ***...and much much more!***



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