

2024

MARCH

South Austin Senior Activity Center



3911 Menchaca Road Austin, Tx 78704

512.978.2400

www.austintexas.gov/departmentsouth-austin-senior-activity-center

Austin Parks and Recreation Department - Seniors

Monday/Thursday/Friday 8:00am - 5:00pm

Tuesday 8:00am-9:00pm

Wednesday 8:00am-10:00pm



austintexas.gov/varsitygeneration

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.

SOUTH AUSTIN SENIOR ACTIVITY CENTER



Hours of Operation

Monday/Thursday/
Friday
8am-5pm
Tuesday & Wednesday
8am-9pm

The South Austin Senior Activity Center (SASAC) functions as a special use resource facility for persons 50 years of age and older. The 12,311-square-foot facility is nestled among numerous large oak and cedar trees on 4.61 acres of parkland. An attractive and colorful community flower garden, located just off the back porch, is a wonderful setting for conversations and outdoor games. Facilities include rooms for ceramics, billiards, exercise, meetings, arts and crafts, cooking and other multipurpose programs.

The SASAC is a \$2.1 million project approved by voters in the 1992 bond election built on land donated to the City of Austin. The project was completed in 1995 and named after the vibrant and active community in which it is located.

Stop by and let the friendly **SASAC** staff and volunteers show you around. **Hope to see you soon!**



To better serve you please visit the front desk to complete a 2024 Austin Parks and Recreation Department Waiver and ensure your information is current.



2024 EVENING HOURS

**SASAC will be open
Tuesdays until 9pm
and Wednesdays until 10pm**

**Waterloo Square Dance
Tuesdays**

6:45-8:45pm

Square-dance the night away to a live caller!

**Wednesday Night Dance Club
7pm – 9:30pm**

March 6th
Bob Appel

March 13th
The Merles

March 20th
Brandon Rosage

March 27th
Johnny McGowan's
Rugged Gents

\$5 CASH COVER AT THE DOOR

REGISTRATION INFORMATION

WALK-IN Monday through Friday from 8am to 5pm

You may walk into South Austin Senior Activity Center to register in person by completing a registration form and giving it to a SASAC staff member to date, time and process. You must be in the current RecTrac registration database. Staff will process the request and inform you if you are in the class or on a waitlist.

CALL 512.978.2400

You may call South Austin Senior Activity Center to register over the phone. You must be a returning participant with your updated information in our RecTrac registration database. If no answer you may leave a message and staff will return your call. Staff will process the request and inform you if you are in the class or on a waitlist.

ONLINE via the City of Austin Website

(user guideline or assistance available upon request)

You may register online via the City of Austin PARD website RecTrac registration system at:

<https://www.austintexas.gov/departments/online-registration>

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UPCOMING EVENTS

St. Patrick Craft

Registration:
March 1st - March 8th

Class:
March 15
10:15a - 11:15a

Easter Recycle Craft

Registration:
March 4th - March 11th

Class:
March 18th
10:15a - 11:15a

Women’s Chat

Registration:
March 4th - March 18th

Class:
March 21st
10a - 11a



March is Women’s History is an annual declared month that highlights the contributions of women to events in history and contemporary society.

You can sign up for classes/events at front desk during
Registration periods.

HEALTH & WELLNESS

DAY WED	TIME 9 - 10a
FEE N/A	ACTIVITY # 256524

YOGA
Connect the body, breath, and mind. Use physical postures, breathing exercises, and meditation to improve overall health.



Instructed by video tape

SENIORSIZE
A low-impact aerobic exercise program developed especially for senior adults. Seniorsize is a great way to stay active and get back into shape.

DAY WED	TIME 10:30 - 11a
FEE N/A	ACTIVITY # 256505

Instructor: Kade Green

DAY TUE & THUR	TIME 8:30 - 9:30a
FEE N/A	ACTIVITY # 256506

SENIOR HEALTH AND FITNESS
Total body cardiovascular workout taught in a FUN class format. Four sets of activities. (15 minutes each)



Instructed by video tape

HEALTH & WELLNESS

T'AI CHI

T'ai Chi has many proven health benefits for seniors, from increased balance and bone strength, to greater strength and flexibility. T'ai Chi is also very safe and practiced slowly; it is zero impact.
Instructor: Kade Green, Sifu.
All levels welcome in this class and must make a 6 week commitment.
NEXT SESSIONS for all Tai Chi begin
March 26th, 2024
10 - 11a

6 Sessions Tuesdays OR Thursdays only	
RESIDENT	\$30
NON-RESIDENT	\$36
ACTIVITY # 256420	

DROP IN SINGLE CLASS	
RESIDENT	\$5
NON-RESIDENT	\$6
ACTIVITY # 256420	

12 Sessions Tuesdays & Thursdays only	
RESIDENT	\$50
NON-RESIDENT	\$62
ACTIVITY # 256420	

DAY MON	TIME 1 - 2p
FEE N/A	ACTIVITY # 256501

Beginner Class

For starters, learn basic steps & easy dances.

High Beginner Class

Next step for beginners.

DAY MON	TIME 2:30 - 3:30p
FEE N/A	ACTIVITY # 256509

LINE DANCE

DAY THUR	TIME 1 - 2p
FEE N/A	ACTIVITY # 256503

Improver Class

Learn more skills for a variety of dances.

Intermediate Class

For experienced dancers. Need higher level skills.



DAY THUR	TIME 2:30 - 3:30p
FEE N/A	ACTIVITY # 256502

HEALTH & WELLNESS

Bowling Tuesdays

Come Join us for a great time bowling at Westgate Lanes. We will pay at bowling alley.

Every Other Tuesday



<u>DAY</u> TUES	<u>TIME</u> 8:45 - 11:15a
<u>FEE</u> \$7	<u>ACTIVITY #</u> N/A

<u>DAY</u> FRI	<u>TIME</u> 2 - 3p
<u>FEE</u> N/A	<u>ACTIVITY #</u> 256521

STRETCH & STRENGTH

Build muscle and strength through proper body mechanics and posture with both standing and sitting exercises. Class uses hand weights and bands. All levels are welcomed and fun is guaranteed.



Instructor: Patti Gagne

GOLDEN ROLLERS

Come along for some recreation and fun on recumbent bicycles. Everyone will be able to go pedaling on the track at Dittmar. All participants will receive an orientation class and given the opportunity to practice starting, stopping, and turning. It's never too late to ROLL! Come out with us and have some fun.



<u>DAY</u> WED	<u>TIME</u> 10 - 11a
<u>FEE</u> N/A	<u>ACTIVITY #</u> 256306

HEALTH & WELLNESS

QI GONG

QI Gong is a system of coordinated body-posture, movement, breathing, and meditation used for the purposes of health, spirituality, and martial-arts training.

Instructor: Frits Wolff



<u>DAY</u> MON	<u>TIME</u> 9 - 10a
<u>FEE</u> N/A	<u>ACTIVITY #</u> 256421

<u>DAY</u> WED	<u>TIME</u> 1 - 2p
<u>FEE</u> N/A	<u>ACTIVITY #</u> 256705

BALLROOM DANCE

Ballroom dance provides an opportunity to learn and improve the art of ballroom dancing in a lively social setting.



Instructor: Chris Ng
Assistant: Connie Ng

ZUMBA GOLD VIDEO

A lower-intensity version of the typical Zumba class and was designed to meet the anatomical, physiological and psychological needs of seniors.

<u>DAY</u> MON	<u>TIME</u> 10 - 11p
<u>FEE</u> N/A	<u>ACTIVITY #</u> 256507



RECREATION & GAMES

Mexican Train Dominoes

The object of the game is for a player to play all the tiles from his or her hand onto one or more chains, or trains, emanating from a central hub or "station".

<u>DAY</u> WED	<u>TIME</u> 12:15 - 3:15p
<u>FEE</u> N/A	<u>ACTIVITY #</u> 256959

Tin Gau

classic four player trick-taking game using one set of Chinese dominoes with aim to win last trick in each round.

<u>DAY</u> WED	<u>TIME</u> 1 - 4p
<u>FEE</u> N/A	<u>ACTIVITY #</u> 256951

Traditional Chinese Mahjong

A tile-based game that was developed in the 19 century in China and has spread throughout the world since the early 20th century. It is played by four players.

<u>DAY</u> TUE & FRI	<u>TIME</u> 12:30 - 4p
<u>FEE</u> N/A	<u>ACTIVITY #</u> 256958

Chess Club

One of the oldest and most popular board games, played by two opponents on a checkered board with specially designed pieces of contrasting colors. New players and all levels welcome!

<u>DAY</u> MON/FRI	<u>TIME</u> 10 - 1p
<u>FEE</u> N/A	<u>ACTIVITY #</u> 256957

RECREATION & GAMES

Free Play Bridge

This classic card game is perfect for players of all ages, and it's a great way to test your skills and strategy. Plus, it's a great way to stay sharp and keep your mind active.

<u>DAY</u> MON/WED/FRI	<u>TIME</u> 11 - 1p
<u>FEE</u> N/A	<u>ACTIVITY #</u> 256950

Pinochle

An Ace-Ten card game typically for two to four players and played with a 48-card deck. Players score points by trick-taking and also by forming combinations of cards into melds.

<u>DAY</u> TUE	<u>TIME</u> 1 - 4p
<u>FEE</u> N/A	<u>ACTIVITY #</u> 256956

Bingo

A game of chance played with cards having numbered squares corresponding to numbered balls drawn at random and won by covering five such squares in a row.

<u>DAY</u> TUE	<u>TIME</u> 1 - 3p
<u>FEE</u> ¢50 per card	<u>ACTIVITY #</u> 256961



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Special Events are in BLUE</div> <div>Cancellations are in RED</div> <div>Field trips are in Green</div>				1 Movie 9 - 11 Chess Play 10 - 1 Free play Bridge 11 - 1 Mahjong 12:30 - 4 Stretch and Strength 2 - 3
4 Qi Gong 9 - 10 Garden Meeting 9:30 - 10:30 Chess Play 10 - 1 Zumba 10 - 11 Free Play Bridge 11 - 1 Beg. Line Dance 1 - 2 High Beg. Line Dance 2:30 - 3:30	5 Sr. Health & Fitness 8:30 - 9:30 Tai Chi 10 - 11 Legacy Memoirs Workshop TBA Pinocle 1 - 4 Bingo 1 - 3 Mahjong 12:30 - 4 Waterloo Squares 6:45 - 8:45	6 Yoga 9 - 10 Golden Rollers Depart 9:45 - 11 Ceramics circle 9 - 12 Seniorsize 10:30 - 11 Free play Bridge 11 - 1 Mexican Train 12:15 - 3:15 Ballroom Dance 1 - 2 Painters 1 - 3:30 Tin Gau 1 - 4 Book Club 2 - 3 Wednesday Night Dance 7 - 9:30	7 Everyone Paints 8 - 4 Sr. Health & Fitness 8:30-9:30 Quilters 9 - 2 Tai Chi 10-11 Improver Line Dance 1-2 Intermediate Line Dance 2:30-3:30 Senior Tech Pals 1:1 Workshop 2 - 4	8 Movie 9 - 11 Card Making 9 - 10 Chess Play 10 - 1 Free play Bridge 11 - 1 Advisory Board 12 - 1 Mahjong 12:30 - 4 Stretch and Strength 2 - 3
11 Qi Gong 9 - 10 Garden Meeting 9:30 - 10:30 Chess Play 10 - 1 Zumba 10 - 11 Free Play Bridge 11 - 1 Beg. Line Dance 1 - 2 High Beg. Line Dance 2:30 - 3:30	12 Sr. Health & Fitness 8:30 - 9:30 Tai Chi 10 - 11 Legacy Memoirs Workshop TBA Cinemark Movie Day TBA Pinochle 1 - 4 Bingo 1 - 3 Mahjong 12:30 - 4 Waterloo Squares 6:45 - 8:45	13 Yoga 9 - 10 Golden Rollers Depart 9:45 - 11 Ceramics Circle 9-12 Seniorsize 10:30-11 Free Play Bridge 11-1 Mexican Train 12:15-3:15 Ballroom Dance 1 - 2 Painters 1-3:30 Tin Gau 1 - 4 Wednesday Night Dance 7 - 9:30	14 Everyone Paints 8 - 4 Sr. Health & Fitness 8:30-9:30 Quilters 9 - 2 Tai Chi 10-11 Improver Line Dance 1-2 Intermediate Line Dance 2:30-3:30 Technology 2 - 4	15 Movie 9 - 11 Chess Play 10-1 St. Patrick Craft 10:15 - 11:15 Free Play Bridge 11-1 Mahjong 12:30 - 4 Stretch & Strength No Class
18 Qi Gong 9 - 10 Garden Meeting 9:30 - 10:30 Chess Play 10 - 1 Zumba 10 - 11 Easter Recycle Craft 10:15 - 11:15 Free Play Bridge 11 - 1 Beg. Line Dance 1 - 2 High Beg. Line Dance 2:30 - 3:30	19 Sr. Health & Fitness 8:30 - 9:30 Tai Chi 10 - 11 Westgate Lanes & Slabs BBQ 12 - 2:30 Legacy Memoirs Workshop TBA Pinochle 1 - 4 Bingo 1 - 3 Mahjong 12:30 - 4 Waterloo Squares 6:45 - 8:45	20 Yoga 9 - 10 Golden Rollers Depart 9:45 - 11 Ceramics Circle 9-12 Seniorsize 10:30-11 Free Play Bridge 11-1 Mexican Train 12:15-3:15 Ballroom Dance No Class Painters 1-3:30 Tin Gau 1 - 4 AARP 1 - 4 Wednesday Night Dance 7-9:30	21 Everyone Paints 8 - 4 Sr. Health & Fitness 8:30-9:30 Quilters 9 - 2 NARFE 9:30 - 10:30 BST Sock Hop Social 9:30 - 12:30 Tai Chi 10-11 Women's Chat 10 - 11 Improver Line Dance 1-2 Intermediate Line Dance 2:30-3:30 Ballet Austin Stephen Mill's Poe A tale of Madness 6:40 - 9:30	22 Movie 9 - 11 Chess Play 10-1 Free Play Bridge 11-1 Mahjong 12:30 - 4 Stretch & Strength 2-3
25 Qi Gong 9 - 10 Garden Meeting 9:30 - 10:30 Chess Play 10 - 1 Zumba 10 - 11 Bookmobile 10 - 12:30 Free Play Bridge 11 - 1 Beg. Line Dance 1 - 2 High Beg. Line Dance 2:30 - 3:30	26 Sr. Health & Fitness 8:30 - 9:30 Tai Chi 10 - 11 Legacy Memoirs Workshop TBA Pinochle 1 - 4 Bingo 1 - 3 Mahjong 12:30 - 4 Waterloo Squares 6:45 - 8:45	27 Yoga 9 - 10 Golden Rollers Depart 9:45 - 11 Ceramics circle 9 - 12 Seniorsize 10:30 - 11 Free play Bridge 11 - 1 Mexican Train 12:15 - 3:15 Ballroom Dance 1 - 2 Painters 1 - 3:30 Tin Gau 1 - 4 Capitol of Texas Postcard Club 6 - 8:30 Wednesday Night Dance 7 - 9:30	28 Everyone Paints 8 - 4 Sr. Health & Fitness 8:30-9:30 Quilters 9 - 2 Tai Chi 10-11 Birthday Celebration 12 - 12:30 Improver Line Dance 1-2 Intermediate Line Dance 2:30-3:30 Technology 2 - 4	29 Movie 9 - 11 Chess Play 10-1 Free Play Bridge 11-1 Easy Tiger Beer Garden & Bake Shop 11:15 - 1:15 Mahjong 12:30 - 4 Stretch & Strength 2-3

MARCH 2024

ARTS & CRAFTS

Honey Bee Quilters

The Honey Bees invite anyone interested in quilting to join their weekly meetings.

<u>DAY</u> THUR	<u>TIME</u> 9a - 2p
<u>FEE</u> N/A	<u>ACTIVITY #</u> 256400

Everyone Paints

Come in and share your creativity with other painters!

<u>DAY</u> THUR	<u>TIME</u> 8a - 4p
<u>FEE</u> N/A	<u>ACTIVITY #</u> 256700

Wednesday Painters

If you use pastels, oils, acrylics, etc., bring your supplies and enjoy the fun.

<u>DAY</u> WED	<u>TIME</u> 1 - 3:30p
<u>FEE</u> N/A	<u>ACTIVITY #</u> 256701

Ceramics Circle

Bring your ceramic project and join other ceramics enthusiasts as you work.

<u>DAY</u> WED	<u>TIME</u> 9 - 12a
<u>FEE</u> N/A	<u>ACTIVITY #</u> 256702

Card Making with Melissa

Friday March 8th

<u>DAY</u> FRI	<u>TIME</u> 9 - 10a
<u>FEE</u> N/A	<u>ACTIVITY #</u> 256703

Legacy Memoirs Workshop

Every Tuesday **Next Session TBA**
10 - 11 am

Your memories can be a priceless gift for family and friends. Discover easy ways to turn your memories and thoughts into your personal memoir. To register sign up at the front desk..

<u>DAY</u> TUE	<u>TIME</u> 10 - 11a
<u>FEE</u> N/A	<u>ACTIVITY #</u> 256661

COMMUNITY CLASSES

Technology Forum

Thursday
March 14th and March 28th

Having trouble with your computer, tablet, or smart Phone?
Have a general curiosity about current technology?
Come to the technology forum and learn how easy it can be.
We are here to help you!
Please bring your equipment with you for us to assist you.

<u>DAY</u> THUR	<u>TIME</u> 2 - 4p
<u>FEE</u> N/A	<u>ACTIVITY #</u> 256402

The Book Club

Come join us for great discussions!
First Wednesday of each month



<u>DAY</u> WED	<u>TIME</u> 2 - 3p
<u>FEE</u> N/A	<u>ACTIVITY #</u> 256660



Senior Tech Pals 1:1 Technology Workshop

This program partners with local tech companies such as Google, Intel, Dell, and IBM, we will have employees who volunteer to teach technology courses in a 1:1 fashion. There will be 8, 30 minutes sessions with a different topic each month. **(must pre-register if interested) No Walk In's.**

First Thursday of each month

<u>DAY</u> THUR	<u>TIME</u> 2 - 4p
<u>FEE</u> N/A	<u>ACTIVITY #</u> 256305



<u>DAY</u> MON	<u>TIME</u> 9:30a
<u>FEE</u> N/A	<u>ACTIVITY #</u> 256407



Join our group on Mondays to help with our seasonal garden maintenance and harvesting. Whether you have a green thumb to lend, or want to develop one, stop by our community garden.

Monday's at 9:30am



Bookmobile

The Bookmobile will visit us here at SASAC! You can sign up for a library card with a Valid ID and live in Austin city Limits. The Bookmobile will have a lift to accommodate Wheelchairs.

Last Monday of the month

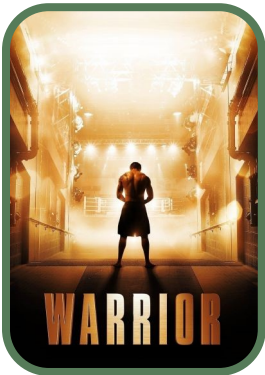
<u>DAY</u> MON	<u>TIME</u> 10 - 12:30
<u>FEE</u> N/A	<u>ACTIVITY #</u> N/A

MOVIES

My All American

Freddie Steinmark, an underdog on the gridiron, faces the toughest challenge of his life after leading his team to a championship season.

DAY	TIME	FEE	ACTIVITY #
FRI 3/1	9a	N/A	256907



Warrior

The youngest son of an alcoholic former boxer returns home, where he's trained by his father for competition in a mixed martial arts tournament - a path that puts the fighter on a collision course with his estranged, older brother.

DAY	TIME	FEE	ACTIVITY #
FRI 3/8	9a	N/A	256907

Soul Surfer

Bethany Hamilton, a professional surfer, loses her left arm in a shark attack. Unwilling to pay attention to the gravity of her situation, Bethany decides to get back into the ocean and surf again.

DAY	TIME	FEE	ACTIVITY #
FRI 3/15	9a	N/A	256907



Point Break

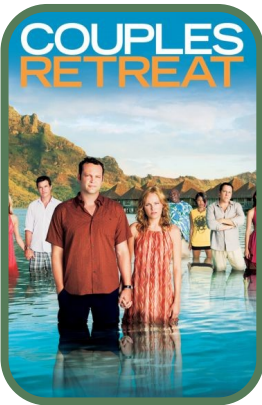
An F.B.I. Agent goes undercover to catch a gang of surfers who may be bank robbers.

DAY	TIME	FEE	ACTIVITY #
FRI 3/22	9a	N/A	256907

Couples Retreat

A comedy centered around four couples who settle into a tropical-island resort for a vacation. While one of the couples is there to work on the marriage, the others fail to realize that participation in the resort's therapy sessions is not optional.

DAY	TIME	FEE	ACTIVITY #
FRI 3/29	9a	N/A	256907



OPEN PLAY

RUMMIKUB

Rummikub is a tile-based game for 2 to 4 players, combining elements of the card game rummy and mahjong. The object is to be the first to play every tile on your rack. It's a challenging but fun game. The group is always willing to teach anyone interested in joining them. Everyone is welcome to join this fun social game.

TABLE TENNIS

Table tennis, also known as ping-pong and whiff-whaff, is a racket sport derived from tennis but distinguished by its playing surface being atop a stationary table, rather than the court on which players stand .

Paddles and Balls available at the front desk.

LOTERIA

This classic Mexican game has images instead of numbers on the boards. Listen for the caller to sing out a riddle or name of an image and then place a token on your board if you have it. The first player to get 4 tokens in a row and call out "¡Lotería!" wins.

GYM

BE SURE TO CHECK OUT OUR
TREADMILLS,
RECUMBENT BIKES,
WEIGHT SYSTEM AND
ELLIPTICAL TRAINERS

IF YOU NEED ASSISTANCE
USING THE EQUIPMENT, SASAC STAFF
IS AVAILABLE TO ANSWER QUESTIONS.

Gym Hours
Mondays 8a-4:30p
Tuesdays 8a-8:30p
Wednesday 8a-9:30p
Thursday 8a-4:30p
Friday 8a-4:30p
SUBJECT TO CHANGE

BILLIARDS

DROP IN AND PLAY SOME GAMES
WITH OTHER PATRONS.

CHECK OUT OUR TWO TABLES. POOL
BALLS AND QUES SUPPLIED BY THE
CENTER.

**Billiards Room
Hours**
Mondays 8a-4:30p
Tuesdays 8a-8:30p
Wednesday 8a-9:30p
Thursday 8a-4:30p
Friday 8a-4:30p
SUBJECT TO CHANGE

Austin Parks and Recreation

Varsity Generation Programs and Age-Friendly Austin

Are Hosting

"It's My Park Day!"

To bring the community together and clean up this beautiful park!

March 9, 2024 from 8:30 to 10:30 am

ROY G. GUERRERO PARK AT KRIEG FIELD

515 S. PLEASANT VALLEY RD

AUSTIN, TX 78741

WE NEED VOLUNTEERS!

Please let us know if you'd like to participate for this event by emailing Justin.perez@austintexas.gov or calling 512 - 978 - 2400.

✓ Lunch Will be Provided after Clean-Up

✓ Each Participant will get a free T-shirt

✓ There will be GAMES!

✓ There will be MUSIC!

✓ There will be GIVEAWAYS!



AGE-FRIENDLY
AUSTIN



Austin Acoustical Cafe



**JOE
JENCKS**

Opening:
Claudia Gibson



Saturday, March 9, 2024



Lamar Senior Activity Center

2874 Shoal Crest Avenue

Austinacousticalcafe.org

Doors Open at 6:30pm

Music Starts at 7:00pm

Buy Tickets at Website
\$20 Advance / \$25 Door

Upcoming Shows 2024



BEN BALMER

Singer Songwriter

Open: Goldpine

**Saturday
APR 13**



GROUCHY LIKE RILEY

Marvin Dykhuis, Danny Britt & Chip Dolan

Open: Larry Kaplan

**Saturday
MAY 11**

PUBLIC MEETINGS

SASAC ADVISORY BOARD MEETING

Second Friday of each Month

DAY
FRIDAY 8th

TIME
12 - 1p

SOUTH AUSTIN AARP #2426

Third Wednesday of each month

DAY
WEDNESDAY 20th

TIME
1 - 4p

NATIONAL ACTIVE/RETIRED FEDERAL EMPLOYEES (NARFE)

Third Thursday of each month

DAY
THURSDAY 21st

TIME
9:30 - 10:30a

CAPITOL of TEXAS POSTCARD CLUB

Last Wednesday of each month

DAY
WEDNESDAY 27th

TIME
7 - 9:30p

FIELD TRIPS



Southpark Meadows

When: Tuesday, March 12th
Depart: TBA
Return: TBA
Fee: \$7.00
Activity Level: Low



When: Thursday, March 21st
Depart: 9:30am
Return: 12:30pm
Fee: FREE
Activity Level: Low

WESTGATE LANES BOWLING & SLABS BBQ

When: Tuesday, March 19th
Depart: 12:00pm
Return: 2:30pm
Fee: FREE + cost of games and food
Activity Level: Moderate



When: Thursday, March 21st
Depart: 6:40pm
Return: 9:30pm
Fee: FREE
Activity Level: Low



When: Friday, March 29th
Depart: 11:15am
Return: 1:15pm
Fee: FREE + cost of lunch
Activity Level: Low





LOTTERY REGISTRATION DUE: March 7th LOTTERY RESULTS AVAILABLE: March 8th

All trips/activities are done through a lotto registration. To be eligible, you must be a current participant of the South Austin Senior Activity Center. If you are selected for any trip or activity please pay ASAP. Staff will call or text you ONLY if you were selected for a trip. All trips are subject to change due to weather, PARD director approval



LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*Due to unavailability of certain items, appropriate substitutions may need to be made.</p> <p>**Milk Is Served Every Meal</p>	<p> Vegetarian Entrée</p> <p> ≥ 1000mg Sodium</p>			<p>1</p> <p>Lent Cheese Omelet  Seasoned Black Beans Stewed Tomatoes Wheat Bread Fresh Fruit</p> <p>Cal: 604</p>
<p>4</p> <p>Teriyaki Chicken Meatballs Northern Beans Japanese Vegetable Blend Texas Bread Fresh Fruit</p> <p>Cal: 717</p>	<p>5</p> <p>Cheeseburger Macaroni Green Peas Country Tomatoes Wheat Bread Fresh Fruit</p> <p>Cal: 625</p>	<p>6</p> <p>Lemon Pepper Chicken Brown Rice Broccoli Dinner Roll Fresh Fruit</p> <p>Cal: 723</p>	<p>7</p> <p>Sloppy Joe Cheesy Parslied Potatoes Mixed Vegetables Hamburger Bun Fruited Gelatin</p> <p>Cal: 687</p>	<p>8</p> <p>Lent Spaghetti Torte  Garlic Parmesan Cauliflower Green Beans With Onions Wheat Bread Fresh Fruit</p> <p>Cal: 705</p>
<p>11</p> <p>Ron Lantz's Meatloaf With Brown Gravy Roasted Sweet Potatoes Brussels Sprouts Wheat Bread Fresh Fruit</p> <p>Cal: 615</p>	<p>12</p> <p>Black Bean Chicken Brown Rice Sweet And Sour Carrots Dinner Roll Fresh Fruit</p> <p>Cal: 882</p>	<p>13</p> <p>Cold Meal Gourmet Turkey salad Vegetable Couscous Salad Cucumber And Onion Salad Saltine Crackers Fresh Banana</p> <p>Cal: 616</p>	<p>14</p> <p>Rosemary Butter Sliced Ham Pinto Beans Okra And Tomatoes Texas Bread Fruited Lime Gelatin </p> <p>Cal: 710</p>	<p>15</p> <p>Closed For Holiday</p>
<p>18</p> <p>Ham, Red Beans And Rice Couscous Cabbage Texas Bread Fresh Fruit</p> <p>Cal: 667 </p>	<p>19</p> <p>Beef With Mushroom Whipped Potatoes with Skins Mixed Vegetables Wheat Bread Fresh Banana</p> <p>Cal: 670</p>	<p>20</p> <p>Tofu Fried Rice  Lentils Japanese Vegetables Blend Texas Bread Fresh Fruit</p> <p>Cal: 715</p>	<p>21</p> <p>Cold Meal Sliced Turkey Breast And Swiss Cheese Lettuce And tomato Pasta Salad Wheat Bread (2) Fruited Cherry Gelatin Mustard </p> <p>Cal: 738</p>	<p>22</p> <p>Lent Tuna Macaroni And Cheese Green Peas Parslied Carrots Wheat Bread Fresh Fruit</p> <p>Cal: 601</p>
<p>25</p> <p>Balsamic Brown Sugar Glazed Beef Lemon Herb Pasta Peas And Carrots Wheat Bread Fresh Fruit</p> <p>Cal: 634</p>	<p>26</p> <p>Citrus Pork Whipped Potatoes With Skin Brussels Sprouts Dinner Roll Fresh Orange</p> <p>Cal: 625</p>	<p>27</p> <p>Dan Pruett's Hamburger Patty Lettuce And Tomato Ranch Beans Hamburger Bun Hot Cinnamon Applesauce Mustard And Ketchup </p> <p>Cal: 625</p>	<p>28</p> <p>Easter Honey Glazed Ham Baked Sweet Potato Herbed Green Beans Dinner Roll Fudge Cream Cookie Margarine</p> <p>Cal: 605</p>	<p>29</p> <p>Closed For Holiday</p>



SASAC Staff

Jason Miller Program Supervisor

Maria Reyes Recreation Program Coordinator

Lynnette Lara Recreation Programs Specialist

Justin Perez, Recreation Programs Specialist

Joe Asevedo Building and Grounds Assistant

Joe Asevedo Jr. Administrative Assistant

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SASAC Advisory Board 2024

Chris Ng, President

Ken Cohen, Vice President

Kelly Ekwurzel, Treasurer

Elaine Benton

Deborah Gaston

Don Nichols

Margie Mendez

Cathy Oxley

Melanie Miller

Josie Samilpa

Hours of Operation
Monday/Thursday/Friday
8am-5pm

Tuesday
8am-9pm

Wednesday
8am-10pm

Austin Parks and Recreation Department Vision:

The Parks and Recreation Department will be an innovative leader in parks and recreation experiences.

Mission:

Inspire Austin to learn, play, protect and connect by creating diverse programs and experiences in sustainable natural spaces and public places.