



SOUTH AUSTIN SENIOR ACTIVITY CENTER

3911 Manchaca Road Austin, TX, 78704

512-448-0787 Monday-Friday 8a-5p

www.austintexas.gov/department/south-austin-senior-activity-center

 Austin Parks and Recreation Department - Seniors



NOVEMBER 2015



The City of Austin is proud to comply with the Americans with Disabilities Act. If you require assistance for participation in our programs or use of our facilities, please call (512) 974-3914.

The South Austin Senior Activity Center (SASAC) is located at 3911 Manchaca Road, just north of Ben White Blvd. SASAC's hours are Monday through Friday from 8a to 5p, with special evening and weekend rentals. Some of the many services we provide include: gardening, games, arts and crafts, health and fitness, group socials, excursions, organizational meetings and private rentals. Friendly staff and volunteers are happy to answer any questions and to guide interested parties through the registration process. A calendar year donation (January-December) of \$10 is appreciated, and an additional \$10 is required if you would like a newsletter mailed to your home. Donations go to the SASAC Advisory Board, directly enhancing the center's offerings. A SASAC volunteer is available at the front desk to collect donations and newsletter payment Monday through Friday from 9a to 1p, or you may register and pay by mail. We thank you for your support and look forward to seeing you here soon.

austintexas.gov/department/south-austin-senior-activity-center
f Austin Parks and Recreation Department - Seniors

20TH ANNIVERSARY CELEBRATION

SASAC 20TH ANNIVERSARY CELEBRATION
FRIDAY, NOVEMBER 6th 9-11A



Be a part of the celebration with current and past SASAC & PARD staff and participants! Join us for a presentation, refreshments and prizes as we remember 20 years of friends and fun!

Cost: Free

SPECIAL PROGRAMS AND EVENTS



DENTAL CARE RESOURCE PRESENTATION

WEDNESDAY, NOVEMBER 4th 9-10A

Learn how to reduce the risk of oral diseases and what resources are available for senior dental care.

Cost: Free

**Sign up at front Desk; Space is limited
Limited Space!**

MASTER GARDENER SPEAKER SERIES: GOOD BUG, BAD BUG

MONDAY, NOVEMBER 16th 10-11A

Join President of the Travis County Master Gardeners, Joe Posern to find out which bugs you want in your garden.

Cost: Free

Sign up at front Desk



SASAC THANKSGIVING DINNER

MONDAY, NOVEMBER 16th 5P



Enjoy a delicious turkey dinner with all the trimmings, including bread, dessert and tea. Tickets are first come, first serve. Tickets are available at the front desk starting October 28th - 9am. Reserving tickets will not be allowed.

Cost: 3 non perishable food items or a \$5.00 donation

Benefits the Capital Area Food Bank

Sponsored by the South Austin Senior Activity Center Advisory Board

PUBLIC MEETINGS

TRAVIS COUNTY DEAF ASSOCIATION

Wednesday, November 4th 1-4p

SASAC ADVISORY BOARD MEETING

Wednesday, November 18th 12-1p

SOUTH AUSTIN AARP #2426

Wednesday, November 18th 1-4p

NATIONAL ACTIVE/ RETIRED FEDERAL EMPLOYEES

Thursday, November 19th 10a-1p

AARP Smart Driver Thursday, December 17th 12:30-4:30p

This class is designed for the mature driver & it **will not dismiss traffic violations.**

** For insurance discount only **

Fee: \$15 for AARP Members
\$20 for non-AARP Members

Sign up in advance at the front desk.

Payment due on the day of class:

**CHECKS ONLY
payable to AARP**

COMMUNITY GARDEN OF EATIN'

The Fall gardens are now planted! Join our group on Mondays and help us have the largest fall harvest yet.

Whether you have a green thumb to lend, or want to develop one, stop by our community garden.

Every Monday at 10am (Except Nov. 16th 9am)



*See West for water scheduling.

CARD GAMES

Free Play Bridge

Mondays, Wednesdays & Fridays
11:30a-1p
FREE

Progressive Bridge

Mondays, Wednesdays & Fridays
1-3p
FREE

Advanced Free Play

Monday 11a-2p & Thursdays 9-11:30a

This group focuses on:

- Competitive Bidding
- Chicago Style Scoring
- Duplicate Practice
- Peer Coaching

FREE



Gentle Duplicate Bridge

Tuesdays 12:30-3:30p
Led by Larry Davis,
Contract Instructor
\$5.00

Friday Morning Free Play

Fridays 9-11am
Beginner's welcome
FREE

Hand and Foot Canasta

Thursdays,
November 12th
12-4p

A challenging game that's good for the brain.
Friendly social group willing to teach you how to play.
Contact Cathy: (512) 282-8320
FREE

Pinochle

Tuesdays & Thursdays 8a-2p
FREE

FITNESS

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.

YOGA

**Mondays, Wednesdays
and Fridays 9-10a**

Increase your strength and balance
while gaining flexibility. Feel better
physically & spiritually.

Contact Instructor:

Charlie Pivert

**Fee: \$10 drop-in class
\$25 for 3 classes**

No Class Friday, November 6th

SENIORCIZE

Wednesdays 10:30-11a

Join Kade for a workout geared
towards adults 50 and older.

Seniorcize is a great way to stay
active and get back into shape.

Instructor: Kade Green

FREE

SENIOR HEALTH AND FITNESS

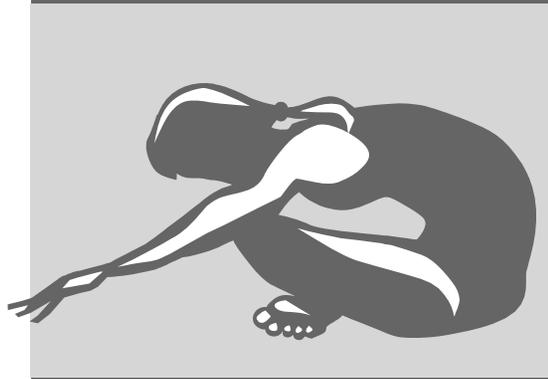
Tuesdays 9-10a

Thursdays 8:30-9:30a

Total body cardiovascular workout
taught in a FUN class format.

Four sets of activities
(15 minutes each).

**Instructed by video tape
FREE**



T'AI CHI

Tuesdays 10-11a

Fridays 10:15-11:15a

Tuesdays, Nov 3rd - Dec 8th

Fridays, Nov 6th - Dec 18th

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

Fee: 6 Sessions Tuesdays OR Fridays only

Residents: \$30

Non-Residents: \$36

12 Sessions Tuesdays AND Fridays

Residents: \$50

Non-Residents: \$62

Drop in - per class

Resident: \$5

Non Resident: \$6

DANCE

BEGINNER LINE DANCE

Mondays 1-2p

Socialize & learn the basic
steps to fun line dances.

Instructor: Joan Cox

(512)288-4135

FREE

ADVANCED BEGINNER LINE DANCE

Mondays 2-3:30p

Scout your boots for a healthy body
and mind. Have fun, make friends,
and learn a variety of dances.

Instructor: Joan Cox

(512)288-4135

FREE

INTERMEDIATE LINE DANCE

Thursdays 1:30-3p

This is a great way to exercise your
body and your brain while having fun!

We have all levels of dancers in the
class and practice all levels of dance
including: beginner, intermediate, and
advanced. Give it a try!

Instructor: Joleen Tucker

FREE

ZUMBA GOLD VIDEO FOR BEGINNERS

Mondays 10:15-11:15a

Improve your muscle strength,
coordination, posture and mobility.
Come on out and shake it! This is a
drop in class. **FREE**



Austin Rockin' Line Dancers

Thursdays

9:30-11a

Rocking Chairettes is a line dance
group that performs at various
locations around Austin and has
been honored with several awards.

Instructor: Sonja Hemmes

(512)531-9122

FREE

NOVEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Yoga 9-10 Garden Meeting 10-11 Spanish 9-10:30 Chess Play 10-12 Zumba 10:15-11:15 Free Play Bridge 11:30-1 Progressive Bridge 1-3 Beg. Line Dance 1-2 Bible Study 1-3 Advanced Beg. 2-3:30	3 Pinochle 8-2 Sr. Health & Fitness 9-10 Knitting 9-11* *Tai Chi 10-11* Mexican Train 12:15-3:15 Mahjong 12:30-3 Gentle Dup. Bridge 12:30-3:30 Ping Pong 12:30-3	4 Yoga 9-10 *Dental Care 9-10* Ceramics 9-11 *Writing Class 9:45-11:15* Seniorcize 10:30-11 Free Play Bridge 11:30-1 Progressive Bridge 1-3 Deaf Association 1-4 Painters 1-3:30	5 Pinochle 8-2 Oil Painting 8-4 Sr. Health & Fitness 8:30-9:30 *Club 5k 8:30-9:30* Advanced Bridge 9-11:30 Honey Bee Quilters 9-2 Austin Rockin' Line Dancer 9:30-11 Int Line Dancing 1:30-3	6 SASAC 20th Anniversary Celebration 9-11 Free Play Bridge 11:30-1 Mahjong 12:30-3 Bingo 1-3 Progressive Bridge 1-3
9 Yoga 9-10 Garden Meeting 10-11 Spanish 9-10:30 Chess Play 10-12 Zumba 10:15-11:15 Free Play Bridge 11:30-1 Progressive Bridge 1-3 Beg. Line Dance 1-2 Bible Study 1-3 Advanced Beg. 2-3:30	10 Pinochle 8-2 Sr. Health & Fitness 9-10 Knitting 9-11 *Tai Chi 10-11* Mexican Train 12:15-3:15 Mahjong 12:30-3 Gentle Dup. Bridge 12:30-3:30 Ping Pong 12:30-3	11 <p style="text-align: center;">Closed for Holiday</p>	12 Pinochle 8-2 Oil Painting 8-4 Sr. Health & Fitness 8:30-9:30 *Club 5k 8:30-9:30* Advanced Bridge 9-11:30 Austin Rockin' Line Dancers 9:30-11 Hand and Foot Canasta 12-4 Int Line Dancing 1:30-3	13 Yoga 9-10 Friday Morning Bridge 9-11 Chess Play 10-12 *Tai Chi 10:15-11:15* Free Play Bridge 11:30-1 Mahjong 12:30-3 Bingo 1-3 Progressive Bridge 1-3
16 Yoga 9-10 Garden Meeting 9-10 *Garden Speaker 10-11* Spanish 9-10:30 Chess Play 10-12 Zumba 10:15-11:15 Free Play Bridge 11:30-1 Progressive Bridge 1-3 Beg. Line Dance 1-2 Bible Study 1-3 *SASAC Thanksgiving Dinner*	17 Pinochle 8-2 Sr. Health & Fitness 9-10 Knitting 9-11 *Tai Chi 10-11* Blood Pressure Screening 10-11 Mexican Train 12:15-3:15 Mahjong 12:30-3 Gentle Dup. Bridge 12:30-3:30 Ping Pong 12:30-3	18 Yoga 9-10 Ceramics 9-11 *Writing Class 9:45-11:15* Seniorcize 10:30-11 Free Play Bridge 11:30-1 Progressive Bridge 1-3 Painters 1-3:30 AARP 1-4	19 Pinochle 8-2 Oil Painting 8-4 Sr. Health & Fitness 8:30-9:30 *Club 5k 8:30-9:30* Advanced Bridge 9-11:30 Honey Bee Quilters 9-2 NARFE 10-1 Austin Rockin' Line Dancers 9:30-11 Int Line Dancing 1:30-3	20 Yoga 9-10 Friday Morning Bridge 9-11 Chess Play 10-12 *Tai Chi 10:15-11:15* Free Play Bridge 11:30-1 Mahjong 12:30-3 Bingo 1-3 Progressive Bridge 1-3
23 Yoga 9-10 Garden Meeting 10-11 Spanish 9-10:30 Chess Play 10-12 Zumba 10:15-11:15 Free Play Bridge 11:30-1 Progressive Bridge 1-3 Beg. Line Dance 1-2 Bible Study 1-3 Advanced Beg. 2-3:30	24 Pinochle 8-2 Sr. Health & Fitness 9-10 Knitting 9-11 *Tai Chi 10-11* Mexican Train 12:15-3:15 Mahjong 12:30-3 Gentle Dup. Bridge 12:30-3:30 Ping Pong 12:30-3	25 Yoga 9-10 Ceramics 9-11 *Writing Class 9:45-11:15* Seniorcize 10:30-11 Free Play Bridge 11:30-1 Let's Sing 12:15-1:30 Bingo 1-3 Progressive Bridge 1-3 Painters 1-3:30 Readin', Ritin' & Rectin' 2-3	26 <p style="text-align: center;">Closed for Holiday</p>	27 <p style="text-align: center;">Closed for Holiday</p>
30 Yoga 9-10 Garden Meeting 10-11 Spanish 9-10:30 Chess Play 10-12 Zumba 10:15-11:15 Free Play Bridge 11:30-1 Progressive Bridge 1-3 Beg. Line Dance 1-2 Bible Study 1-3 Advanced Beg. 2-3:30		*Requires advance registration*		

TRIPS

LOTTERY REGISTRATION:

Wednesday, October 28th at 8:30a thru at Wednesday, November 4th at 5p

LOTTERY RESULTS AVAILABLE:

Thursday, November 5th 9th at 12p

REGISTRATION FEES DUE: Thursday, November 12th by 5p

You may sign up one other person in addition to yourself by calling or by stopping by the center. You may contact the center anytime after **Thursday, November 5th** at 12p to find out if you were selected for a trip. Staff will call you **ONLY** if you were selected for a trip. All trips are subject to change due to weather, PARD director approval, or registration numbers.

Holiday Shopping at Round Rock Outlet (Round Rock, Texas) Tuesday, November 10th

Time to get an early start on shopping for the Holidays! Round Rock Outlets is the place to go for discounts from top notch stores.



Departure Time: 9:30a

Returning Time: 3p

Fee: Resident \$3 / Non-Resident \$4

Additional Expenses: Purchase of Lunch and Shopping

Trip Limit: 18

Activity Level: Moderate

Wimberley Zipline (Wimberley Texas)

Tuesday, November 17th

Prepare for highflying fun as you harness up and glide ten ziplines through the air on this thrilling, action packed zipline adventure. Experience a rush as you soar over the canyons and creeks with breathtaking 15-mile views of Wimberley Valley.



Departure Time: 9a

Returning Time: 5p

Fee: Resident: \$89 / Non-Resident: \$90

Additional Expenses: Purchase of Lunch

Trip Limit: 18

Activity Level: High - Trip requires 2 hours of outside activity. Must be able to ambulate over 2 miles of unlevelled terrain and stairs.

TRIPS

K1 Speed, Indoor Go-Kart (Austin, Texas) Thursday, December 3rd

Do you have the a need for speed? Join us for a mock FI race. Win prizes as you enjoy passing your friends up!



Departure Time: 9:30a

Returning Time: 3p

Fee: Resident \$63/ Non-Resident \$64

Additional Expenses: Purchase of Lunch and Shopping

Trip Limit: 18

Activity Level: Moderate

Maybourn Museum Holiday Trains (Waco, Texas) Tuesday, December 8th

Trains, lights, and a huge Christmas tree! Get in the Holiday spirit with an all day trip to Maybourn Museum.



Departure Time: 10am

Returning Time: 5p

Fee: Resident \$10 / Non-Resident \$12

Additional Expenses: Purchase of Lunch

Trip Limit: 17

Activity Level: Moderate

VISUAL, LITERARY & PERFORMING ARTS



Let's Sing-a-Long Wednesday November 25th 12:15-1:30p

Bring your instrument and your singing voice. Celebrate the gift of song!

Oil Painters Thursdays 8a-4p

Come in and share your creativity with other painters!

Readin', Ritin' & Recitin' Wednesdays November 25th

Come join in the fun, whether you write or just want to listen.

Wednesday Painters Wednesdays 1-3:30p

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

Ceramics Circle Wednesdays 9-11a

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

Writing the Stories of Your Life

Next Session: Wednesdays, October 22nd - December 9th
9:45-11:15a

(No Classes on November 11th or 25th)

Your memories are your real family treasures! Have fun learning techniques for retrieving, writing and polishing your memories, so that you can assemble them into your life story.

Contact instructor in advance for information & availability.

Fee: \$45 (6 sessions)

Contract Instructor: Rosalind Bond (512) 441-3014

RECREATION AND GAMES

Bingo Wednesday, November 25th 1-3p **AND** Fridays 1-3p
25¢ per card - 8 card limit

Chess Club

Mondays and Fridays 10a-12p
New players and all levels welcome!

Mahjong

Tuesdays and Fridays 12:30-3p
Join in on the classic game!

Mexican Train Dominoes

Tuesdays 12:15-3:15p

Ping Pong

Tuesdays 12:30-3p
If you are interested in playing at a different time, please call ahead for room availability and to assure staff is available to set up the table.

Recreation Room

Complete with treadmills, recumbent bikes, elliptical machines, a weight system and pool tables. If you need assistance with using the exercise equipment, please let a staff member know. Available for daily use unless posted.

AND MORE

BIBLE STUDY

Mondays 1-3p

Join us for reflection and study with Rev. David Dukes. All are welcome. **FREE**

TECHNOLOGY CLASS

**Wednesday, December 16th
9-11a**

Having trouble operating your computer, tablet, or smart phone? Have a general curiosity about current technology? We are here to help you connect.

Please bring your equipment with you for us to assist you.

FREE

INTRODUCTION TO SPANISH CONVERSATION

Mondays 9-10:30a

Want to know more about the Spanish language? This program will introduce to you the alphabet and basic phrases.

Bring: notebook, pen/pencil, and a Spanish dictionary (optional).

FREE

**Volunteer Instructors:
Jose and Bertha Cruz**

LUNCH MENU

Meet new friends while eating a hot, nutritious lunch every day at SASAC. A \$1 donation for those over 60 is greatly appreciated to offset the cost of staff, meal-related expenses, dietary supplies, and delivery.

CONGREGATE MEAL REGISTRATION REQUIRED

Meal tickets are distributed on a

FIRST COME-FIRST SERVE

basis beginning at **9:30a** each morning.

Tickets distributed equal the number of meals ordered for that day.

Lunch is served daily 11:30a-12p with milk and water.

For ineligible guests **OVER 60** (not registered) and guest **UNDER 60**, the cost of the meal is \$5.39.

Due to the unavailability of certain items, substitutions are occasionally made.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Dijon Herb Chicken Mashed Sweet Potatoes Herbed Green Beans Dinner Roll Fresh Fruit</p>	<p>3 Beef Stew Diced Beets Cabbage Saltine Crackers Marble Pudding</p>	<p>4 Turkey and Swiss Cheese Lettuce and Tomato Tree Beans Salad Wheat Bread Fresh Fruit</p>	<p>5 Taco Meat Lettuce and Tomato Black Beans and Corn Wheat Tortilla Peach Crisp</p>	<p>6 Broccoli and Cheese Bake Herbed Green Peas Squash Medley Dinner Roll Fresh Fruit</p>
<p>9 Carne Asada Beef Brown Rice Mixed Vegetable Wheat Bread Fresh Fruit</p>	<p>10 Turkey Ham Macaroni and Cheese Broccoli Stewed Tomatoes Wheat Bread Banana Pudding</p>	<p>11 Closed for Holiday</p>	<p>12 Apricot Pork Roast Cheesy Parslied Potatoes Mixed Greens Dinner Roll Fruited Strawberry Gelatin</p>	<p>13 Potato Crusted Fish Lima Beans Baby Carrots Wheat Bread Fresh Fruit</p>
<p>16 Suellen's Baked Chicken with Gravy Whipped Potatoes Green Beans with Onions Wheat Bread Fresh Fruit</p>	<p>17 Beef Stroganoff Green Peas Dilled Carrots Dinner Roll Fresh Fruit</p>	<p>18 Thai Chili Chicken Breast Brown Rice Florentine Thai Style Vegetables Wheat Bread Butterscotch Swirl Pudding</p>	<p>19 Ham Salad Vegetable Couscous Salad Cold Pickled Beets Saltine Crackers Fresh Fruit</p>	<p>20 Barley Chili Roasted Sweet Potatoes Spinach Biscuit Fresh Fruit</p>
<p>23 John Yocum's Lemon Pepper Fish Confetti Brown Rice Squash Medley Dinner Roll Fresh Fruit</p>	<p>24 Beef Spaghetti Casserole Broccoli Sliced Carrots Wheat Bread Lemon Pudding</p>	<p>25 Breaded Fish Tossed Salad Lentils Dinner Roll Hot Sliced Peaches Italian Salad Dressing</p>	<p>26 Closed for Holiday</p>	<p>27 Closed for Holiday</p>
<p>30 Bruschetta Chicken Meatballs Macaroni and Cheese Dilled Carrots Wheat Bread Fresh Fruit</p>		<p>Due to unavailability of certain items, appropriate substitutions may need to be made.</p> <p>**Milk is served every meal</p>		

Austin City Council

Mayor and City Council

Steve Adler, Mayor
Kathie Tovo, Mayor Pro Tem, District 9
Ora Houston, District 1
Delia Garza, District 2
Sabino "Pio" Renteria, District 3
Gregorio "Greg" Casar, District 4
Ann Kitchen, District 5
Don Zimmerman, District 6
Leslie Pool, District 7
Ellen Troxclair, District 8
Sheri Gallo, District 10

Austin Parks and Recreation

Sara L. Hensley, CPRP, Director
Kimberly A. McNeeley, CPRP, Assistant Director
Marty Stump, Assistant Director
Cora D. Wright, Assistant Director
Lucas Massie, Division Manager
Tiffany M. Cabin, Seniors Program Manager

SASAC Advisory Board 2015

Kitti Greenough, President
Leigh Emrich, Vice President
Janice Ootsey, Treasurer
Elaine Benton, Secretary
Iola Canady
Carolyn Drake
Raisa Edelman
Margie Mendez



City Manager

Marc Ott, City Manager
Ray Baray, Chief of Staff
Rey Arellano, Assistant City Manager
Sue Edwards, Assistant City Manager
Robert Goode, Assistant City Manager
Bert Lumbreras, Assistant City Manager
Mark Washington, Acting Assistant City Manager

Parks Board

Jane Rivera, Chair
Richard DePalma, Vice Chair
Alison Alter, Board Member
Michael Casias, Board Member
Rick Cofer, Board Member
Tom Donovan, Board Member
Alesha Larkins, Board Member
Francoise Luca, Board Member
Alex Schmitz, Board Member
Mark Vane, Board Member
Pat Wimberly, Board Member

SASAC Staff

Angela Niemiec, CPRP/CTRS, Programs Supervisor
Lynnette Lara, Programs Specialist
West Baxter, MSRLS, Programs Specialist
Kaitie Hilburn, Administrative Associate
Datron Plummer, Building & Grounds Assistant

MISSION The purpose of the Parks and Recreation Department is to provide, protect and preserve a park system that promotes quality recreational, cultural and outdoor experiences for the Austin community.

REC PRINCIPLES: RECREATIONAL, ENVIRONMENTAL, CULTURAL

The Austin Parks and Recreation Department uses a professional, systematic and studied approach in determining the programs and services we offer our community. This strategy is reflected in our Recreational, Environmental, and Cultural Program Principles. These principles are used in determining programs and services:

- Provide programs and services that help fulfill the organizational mission, vision, goals and objectives adopted by the Austin City Council and the Austin Parks and Recreation Department.
- Provide programs that follow all applicable laws, ordinances, resolutions and standard operating procedures.
- Develop programs that have a stated purpose, goals and objectives which specify benefits and outcomes that the program will offer participants and the community.
- Offer accessible, affordable recreational, environmental and cultural program opportunities in a safe environment for all ages, abilities, interests and socio-economic levels, highlighting Austin's diversity.
- Encourage and respond to community input in program planning, development and evaluation.
- Programs will balance community needs with financial viability providing an overall financially sound recreation program to the Austin community.