



SOUTH AUSTIN SENIOR ACTIVITY CENTER

3911 Manchaca Road Austin, TX, 78704

512-978-2400

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

Tuesday 8:00am - 9:00pm

Wednesday 8:00am - 10:00pm

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



Austin Parks and Recreation Department - Seniors



July 2018



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.

2018 Registration Begins November 1st!!!

2018 PARD Waivers and South Austin Senior Activity Center Advisory Board Registration

ALL participants must have a completed 2018 waiver on file to participate in ALL classes, trips, drop-in, work out room use etc. at South Austin Senior Activity Center.

Stop by the SASAC Reception Desk to complete the form TODAY!!!

NEW Daily Check-in Procedure

Starting January 3, 2017 SASAC will use a new automated check-in procedure

ALL participants will be asked to scan in daily on the computer. To ensure you are ready, please complete a 2018 waiver and have your picture taken and a card printed for your account.

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2018 Evening Hours

SASAC will be open Tuesdays until 9:00pm and Wednesdays until 10:00pm.

Evening Dance Clubs

Waterloo Squares

Tuesday Nights - Square Dancing from 7 – 9 pm
Square-dance the night away to a live caller!

Wednesday Night Dance Club

Wednesday Nights - Country & Western Dancing from 7:30 - 9:45pm
Come dance the night away to a live band! **\$5 per person charge**

June 11th - 3 Chord Rodeo

June 18th - Alibis

June 25th - Hired Guns

UPCOMING EVENTS

SASAC will be closed **Wednesday, July 4th** in observance of Independence Day



July 4th Celebration

Thursday, July 5th 1 - 2p

Join us as we play Games and have snacks to celebrate Independence Day.



Painterly Practice

**Wednesdays, July 11th - Aug. 1st
10 - 11:30 4 - week workshop**

Explore a variety of painting with watercolor, acrylic and ink. Space is limited. Sign up at Front desk.

FREE



SASAC Prom

Monday, July 16th 2 - 4

You are Cordially invited to SASAC Senior Prom.. Join us for an afternoon of dancing and entertainment.

FREE



Aging is Cool w/Damien Temperley

Monday, July 23rd 10-11

The Stay Smart class brings together braining training, physical movement and memory techniques to help you maintain and improve mental functioning.

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Movie Day

Tuesday, July 24th 1:30p - 4:00p

Join us for an afternoon showing of "Fried Green Tomatoes" and snacks.

PUBLIC MEETINGS

SASAC ADVISORY BOARD MEETING

Wednesday, September 12th

SOUTH AUSTIN AARP #2426

Wednesday, July 18th

NATIONAL ACTIVE/ RETIRED FEDERAL EMPLOYEES

Thursday, July 19th

Birthday Celebration

Thursday, July 26th
12pm

Join us for cake and ice cream to celebrate all friends' June birthdays!!!

AARP Smart Driver

Thursday, July 26th
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:

CASH OR CHECKS ONLY payable to AARP

COMMUNITY GARDEN OF EATIN'

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

Every Monday at 9a



CARD GAMES

Free Play Bridge

Mondays, Wednesdays & Fridays
11a - 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

July 12th & 26th 12-4p
A challenging game that's good for the brain.
Friendly social group willing to teach you how to play.
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.

*You should consult your physician
or other health care professional
before starting any fitness program
to determine if it is
right for you and your needs.*

Gym Hours

Mondays 8a-9a & 3p-4:45p
Tuesdays 8a-12p & 3:30-6:30p
Wednesday 8a-10:45a, 4-6p
8-9:45p
Thursday 8-9a & 12-4:45p
Friday 8-11:30a & 4:30-4:45p

YOGA

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

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

Contact Instructor:

Charlie Pivert

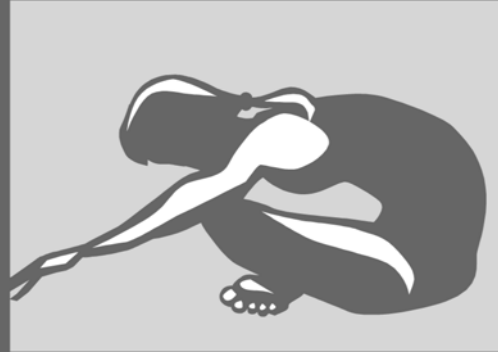
**Fee: \$10 drop-in class
\$25 for 3 classes**

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, June 19th – July 31st
Fridays, June 22nd - August 3rd

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

FITNESS

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

Thursdays 2:30-3:30p

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

Stretch and Strength

Thursdays 1:15- 2:15 p

Join Patti Gagne as she teaches
you how to balance the body's
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SENIORCIZE

Wednesdays 10:30 - 11a

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

Seniorcize is a great way to stay
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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



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**

ZUMBA w/ Instructor
Fridays 2:30 – 3:30 pm

Instructor: Jacque Cotrell

Improve your muscle strength,
coordination, posture and mobility.
Come on out and shake it! You must
pre-register **FREE**



Follow us on Facebook at:

Austin Parks and Recreation
Department - Seniors

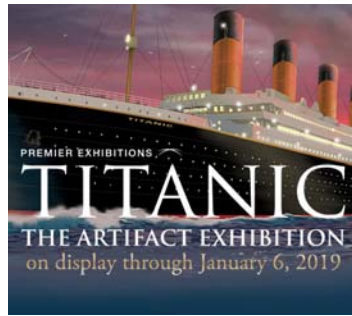
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2 Yoga 9-10 Spanish 9-10:30 Garden Meeting 9-10 Chess Play 10-12 Zumba 10:15-11:15 Advanced Free Play Bridge. 11-2p Free Play Bridge 11:-1 Progressive Bridge 1-3 Beg. Line Dance 1-2 Bible Study 1-3	3 Pinochle 8-2 Sr. Health & Fitness 9-10 Knitting & Crocheting 9-11 *Tai Chi 10-11 Mexican Train 12:15-3:15 Mahjong 1:15 - 3 Gentle Dup. Bridge12:30-3:30 Ping Pong 12:30-3	4 <p style="text-align: center;"><i>CLOSED</i></p>	5 Pinochle 8-2 Oil Painting 8-4 Advanced Bridge 9-11:30 Honey Bees 9-2 Sr. Health & Fitness 8:30-9:30 Austin Rockin' Line Dance 9:30-11 Stretch and Strength 1:15-2:15 Line Dance 2:30-3:30	6 Yoga 9-10 Friday Morning Bridge 9-11 Chess Play 10-12 *Tai Chi 10:15-11:15* Free Play Bridge 11:-1 Bingo 1-3 Progressive Bridge 1-3 Zumba 2:30-3:30
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16 Yoga 9-10 Spanish 9-10:30 Garden Meeting 9-10 Chess Play 10-12 Zumba 10:15-11:15 Advanced Free Play Bridge. 11-2p Free Play Bridge 11:-1 Progressive Bridge 1-3 Beg. Line Dance 1-2 Bible Study 1-3 Advanced Beg. Line Dance 2-3:30	17 Pinochle 8-2 Sr. Health & Fitness 9-10 Knitting & Crocheting 9-11 *Tai Chi 10-11 Mexican Train 12:15-3:15 Mahjong 1:15 - 3 Gentle Dup. Bridge12:30-3:30 Ping Pong 12:30-3 Waterloo Squares 7-9p	18 Yoga 9-10 Ceramics 9-11 Seniorcize 10:30-11 Free Play Bridge 11-1 Technology 8:30-10:30 Progressive Bridge 1-3 AARP 1-4 Painters 1-3:30 Wednesday Night Dance 7-10p	19 Pinochle 8-2 Oil Painting 8-4 Advanced Bridge 9-11:30 Honey Bees 9-2 Sr. Health & Fitness 8:30-9:30 Austin Rockin' Line Dance 9:30-11 NARFE 9:30-12:30 Canasta 12-4 Stretch and Strength 1:15-2:15	20 Yoga 9-10 Friday Morning Bridge 9-11 Chess Play 10-12 *Tai Chi 10:15-11:15* Free Play Bridge 11-1 Bingo 1-3 Progressive Bridge 1-3 Zumba 2:30-3:30
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JULY 2018

TRIPS

LOTTERY REGISTRATION DUE: Friday, July 6th
LOTTERY RESULTS AVAILABLE: Monday, July 9th
REGISTRATION FEES DUE: Friday, July 13th

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 Monday, July, 9th @ 12pm 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.



Titanic Exhibit (Waco Texas)
Thursday, July 12th

Maybourn Natural Science Center has a new exhibit about the Titanic. Come see artifacts and discoveries made in the past years.

Departure Time: 8a
Returning Time: 4p
Fee: \$26 Residents
\$27 Non-Residents
Extra expense: Purchase of Lunch
Activity Level: Low

Beauty and the Beast (Austin, Texas)
Wednesday, July 18th

Join us on a magical evening seeing Disney's Beauty and the Beast musical at the Zach Scott.

Departure Time: 5p
Returning Time: 10p
Fee: \$61 Residents
\$62 Non-Residents
Extra expense: Purchase of Dinner
Activity Level: Low



THE BROADWAY MUSICAL

©Disney

TRIPS



SAC Lamar Ice Cream Social
(Austin, Texas)
Thursday, July 19th

Minute to Win It" Games, Fun Challenges, Prize Drawings, Snacks & of course, **ICE CREAM for all!**

Departure Time: 12:30p
Returning Time: 2:30p
Fee: Free
Activity Level: Low



Urban Axes (Austin, Texas)
Tuesday, July 31st

Join us on the new craze of "Keep Austin Weird" at the Urban Axes! This trip will teach how to throw axes in a game like darts.

Departure Time: 10:30a
Returning Time: 3p
Fee: \$25 Residents
\$26 Non-Residents
Extra expense: Purchase of Lunch
Activity Level: High - Throwing 5lb - 8lb Axes at Targets

SASAC is excited to announce that we can now accept credit card payments and Apple Pay.

You can also make payments or view our program selection by going to www.austintexas.gov/parks and selecting "Online Registration". Please see staff for additional information.



VISUAL, LITERARY & PERFORMING ARTS



Honey Bee July 5th & 19th 9a - 2p

The Honey Bees invite anyone interested in quilting to join their monthly meetings.
Contact: Charlotte Mackelvery
(512) 652-8587

Knitting & Crocheting Tuesdays 9 - 11a

Bring what you are working on.
Share ideas, skills and learn.
Participants are willing to teach beginners wanting to learn!

Writing the Stories of Your Life

Next Session: TBA
9:45-11:15a

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: \$48 (6 sessions)

Contract Instructor: Rosalind Bond (512) 441-3014

Let's Sing-a-Long

August

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!

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.

Card Making

Friday, July 13th, 9-10am

Come join us as we create cards

RECREATION AND GAMES

Bingo Wednesdays, July 11th & 25th **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 1:15-3p
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, July 18th

9-11a

(In lobby)

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:

Maria R. Castro

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.

MONNDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Beef Burgundy Brown Rice Lemon Brussels Sprouts Wheat Bread Fresh Fruit <i>Cal: 628</i>	3 <i>Independence Day</i> Smoked Sausage Oven Roasted Potatoes Confetti Coleslaw Hot Dog Bun Mixed Fruit Crisp Mustard	4 <i>Closed for Holiday</i>	5 Buffalo Chicken Pasta Herbed Green Beans Squash Medley Wheat Bread Fruited Lemon Gelatin	6 Dan Pruett's Hamburger Patty Lettuce and Tomato Ranch Beans Hamburger Bun Apple Raisin Compote Mustard and Ketchup
9 Turkey Fusilli Broccoli Sliced Carrots Whole Wheat Breadstick Fresh Fruit	10 Cajun Meatloaf Cajun Brown Rice Okra and Tomatoes Wheat Bread Fresh Fruit	11 Artichoke/Feta/Tomato Couscous Herbed Greek Potatoes Herbed Green Beans Wheat Pita Pocket Lemon Swirl Pudding	12 Honey Glazed Ham Black-Eyed Peas Mixed Greens Cornbread Fruited Strawberry Gelatin Margarine	13 Confetti Chicken Cheesy Garlic Polenta Sliced Carrots Wheat Bread Fresh Fruit
16 Pork with Citrus Sauce Whole Kernel Corn California Vegetables Wheat Bread Fresh Fruit	17 Baked Turkey Pastrami Whipped Potatoes with Skins Green Beans with Onions Dinner Roll Lemon Pudding	18 Beef Chili with Beans Cauliflower Harvard Beets Saltine Crackers Fresh Banana	19 Ranchero Chicken Mexican Brown Rice Stewed Tomatoes Wheat Bread Fruited Orange Gelatin	20 Pasta Bolognese Broccoli Squash Medley Whole Wheat Breadstick Fresh Banana Margarine
23 Ron Lantz's Meatloaf with Tomato Gravy Whipped Potatoes with Skins Cheesy Spinach Texas Bread Fresh Fruit	24 Chicken Spaghetti Green Beans with Onions Sliced Carrots Wheat Bread Gingerbread Cookie	25 Beef Taco Spanish Brown Rice Fiesta Vegetables Wheat Tortilla Fresh Banana Taco Sauce	26 Turkey Breast with Gravy Mashed Sweet Potatoes Broccoli Dinner Roll Banana Pudding	27 Egg Salad Lettuce and Tomato Potato Salad Wheat Bread Fresh Fruit
30 Tim Andrew's BBQ Pork Rib Patty Baked Beans Mixed Vegetables Hamburger Bun	31 Potato Crusted Fish Brown Rice Florentine Herbed Green Beans Wheat Bread ¹⁴ Caramel Pudding		Due to unavailability of certain items, appropriate substitutions may need to be made. **Milk is served every	

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11a - 1p
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*You should consult your physician
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Tuesdays 8a-12p & 3:30-6:30p
Wednesday 8a-10:45a, 4-6p
8-9:45p
Thursday 8-9a & 12-4:45p
Friday 8-11:30a & 4:30-4:45p

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

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Tuesdays 9 - 10a

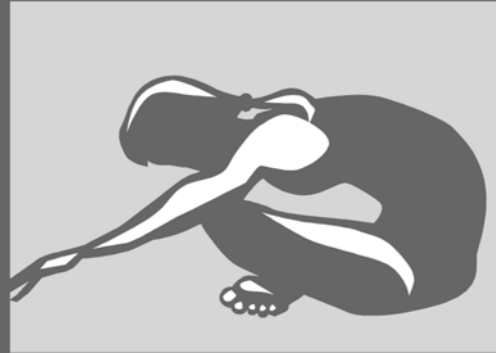
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9:30 - 11a

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



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**

ZUMBA w/ Instructor
Fridays 2:30 – 3:30 pm

Instructor: Jacque Cotrell

Improve your muscle strength, coordination, posture and mobility. Come on out and shake it! You must pre-register **FREE**



Follow us on Facebook at:

Austin Parks and Recreation
Department - Seniors

MONDAY	TUESDAY	WEDNESDAY
2 Yoga 9-10 Spanish 9-10:30 Garden Meeting 9-10 Chess Play 10-12 Zumba 10:15-11:15 Advanced Free Play Bridge. 11-2p Free Play Bridge 11:-1 Progressive Bridge 1-3 Beg. Line Dance 1-2 Bible Study 1-3	3 Pinochle 8-2 Sr. Health & Fitness 9-10 Knitting & Crocheting 9-11 *Tai Chi 10-11 Mexican Train 12:15-3:15 Mahjong 1:15 - 3 Gentle Dup. Bridge12:30-3:30 Ping Pong 12:30-3	4 <p style="text-align: center;"><i>CLOSED</i></p>
9 Yoga 9-10 Spanish 9-10:30 Garden Meeting 9-10 Chess Play 10-12 Zumba 10:15-11:15 Advanced Free Play Bridge. 11-2p Free Play Bridge 11:-1 Progressive Bridge 1-3 Beg. Line Dance 1-2 Bible Study 1-3	10 Pinochle 8-2 Sr. Health & Fitness 9-10 Knitting & Crocheting 9-11 *Tai Chi 10-11 Mexican Train 12:15-3:15 Mahjong 1:15 - 3 Gentle Dup. Bridge12:30-3:30 Ping Pong 12:30-3	11 Yoga 9-10 Ceramics 9-11 Seniorcize 10:30-11 Free Play Bridge 11-1 Bingo 1-3 Progressive Bridge 1-3 Painters 1-3:30 Wednesday Night Dance
16 Yoga 9-10 Spanish 9-10:30 Garden Meeting 9-10 Chess Play 10-12 Zumba 10:15-11:15 Advanced Free Play Bridge. 11-2p Free Play Bridge 11:-1 Progressive Bridge 1-3 Beg. Line Dance 1-2 Bible Study 1-3 Advanced Beg. Line Dance 2-3:30	17 Pinochle 8-2 Sr. Health & Fitness 9-10 Knitting & Crocheting 9-11 *Tai Chi 10-11 Mexican Train 12:15-3:15 Mahjong 1:15 - 3 Gentle Dup. Bridge12:30-3:30 Ping Pong 12:30-3 Waterloo Squares 7-9p	18 Yoga 9-10 Ceramics 9-11 Seniorcize 10:30-11 Free Play Bridge 11-1 Technology 8:30-10:30 Progressive Bridge 1-3 AARP 1-4 Painters 1-3:30 Wednesday Night Dance
23 Yoga 9-10 Spanish 9-10:30 Garden Meeting 9-10 Chess Play 10-12 Zumba 10:15-11:15 Advanced Free Play Bridge. 11-2p Free Play Bridge 11:-1 Progressive Bridge 1-3 Beg. Line Dance 1-2 Bible Study 1-3 Advanced Beg. Line Dance 2-3:30	24 Pinochle 8-2 Sr. Health & Fitness 9-10 Knitting & Crocheting 9-11 *Tai Chi 10-11* Mexican Train 12:15-3:15 Mahjong 1:15– 3 Gentle Dup. Bridge12:30-3:30 Ping Pong 12:30-3 Waterloo Squares 7-9p	25 Yoga 9-10 Ceramics 9-11 Seniorcize 10:30-11 Free Play Bridge 11-1 Bingo 1-3 Progressive Bridge 1-3 Painters 1-3:30 Movie 2-4 Wednesday Night Dance
30 Yoga 9-10 Spanish 9-10:30 Garden Meeting 9-10 Chess Play 10-12 Zumba 10:15-11:15 Advanced Free Play Bridge. 11-2p Free Play Bridge 11:-1 Progressive Bridge 1-3 Beg. Line Dance 1-2 Bible Study 1-3 Advanced Beg. Line Dance 2-3:30	31 Pinochle 8-2 Sr. Health & Fitness 9-10 Knitting & Crocheting 9-11 *Tai Chi 10-11* Mexican Train 12:15-3:15 Mahjong 1:15– 3 Gentle Dup. Bridge12:30-3:30 Ping Pong 12:30-3 Waterloo Squares 7-9p	

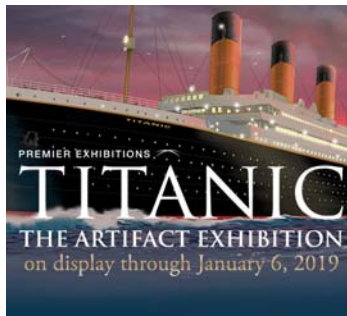
DAY	THURSDAY	FRIDAY
	5 Pinochle 8-2 Oil Painting 8-4 Advanced Bridge 9-11:30 Honey Bees 9-2 Sr. Health & Fitness 8:30-9:30 Austin Rockin' Line Dance 9:30-11 Stretch and Strength 1:15-2:15 Line Dance 2:30-3:30	6 Yoga 9-10 Friday Morning Bridge 9-11 Chess Play 10-12 *Tai Chi 10:15-11:15* Free Play Bridge 11:-1 Bingo 1-3 Progressive Bridge 1-3 Zumba 2:30-3:30
.1 1-3 ance 7-10p	12 Pinochle 8-2 Oil Painting 8-4 Advanced Bridge 9-11:30 Sr. Health & Fitness 8:30-9:30 Austin Rockin' Line Dance 9:30- Canasta 12-4 Stretch and Strength 1:15-2:15 Line Dance 2:30-3:30	13 Yoga 9-10 Card Making 9-10 Friday Morning Bridge 9-11 Chess Play 10-12 *Tai Chi 10:15-11:15* Free Play Bridge 11:-1 Bingo 1-3 Progressive Bridge 1-3
.1 12:30 1-3 ance 7-10p	19 Pinochle 8-2 Oil Painting 8-4 Advanced Bridge 9-11:30 Honey Bees 9-2 Sr. Health & Fitness 8:30-9:30 Austin Rockin' Line Dance 9:30-11 NARFE 9:30-12:30 Canasta 12-4 Stretch and Strength 1:15-2:15	20 Yoga 9-10 Friday Morning Bridge 9-11 Chess Play 10-12 *Tai Chi 10:15-11:15* Free Play Bridge 11-1 Bingo 1-3 Progressive Bridge 1-3 Zumba 2:30-3:30
.1 1-3 ance 7-10p	26 Pinochle 8-2 Oil Painting 8-4 Advanced Bridge 9-11:30 Sr. Health & Fitness 8:30-9:30 Birthday Party 12:00p Canasta 12-4 Austin Rockin' Line Dancers 9:30-11 Stretch and Strength 1:15-2:15 Line Dance 2:30-3:30	27 Yoga 9-10 Friday Morning Bridge 9-11 Chess Play 10-12 *Tai Chi 10:15-11:15* Free Play Bridge 11-1 Bingo 1-3 Progressive Bridge 1-3 Zumba 2:30-3:30

JULY 2018

TRIPS

LOTTERY REGISTRATION DUE: Friday, July 6th
LOTTERY RESULTS AVAILABLE: Monday, July 9th
REGISTRATION FEES DUE: Friday, July 13th

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 Monday, July, 9th @ 12pm 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.



Titanic Exhibit (Waco Texas) **Thursday, July 12th**

Maybourn Natural Science Center has a new exhibit about the Titanic. Come see artifacts and discoveries made in the past years.

Departure Time: 8a
Returning Time: 4p
Fee: \$26 Residents
\$27 Non-Residents
Extra expense: Purchase of Lunch
Activity Level: Low



THE BROADWAY MUSICAL

©Disney

Beauty and the Beast (Austin, Texas) **Wednesday, July 18th**

Join us on a magical evening seeing Disney's Beauty and the Beast musical at the Zach Scott.

Departure Time: 5p
Returning Time: 10p
Fee: \$61 Residents
\$62 Non-Residents
Extra expense: Purchase of Dinner
Activity Level: Low

TRIPS



**SAC Lamar Ice Cream Social
(Austin, Texas)
Thursday, July 19th**

Minute to Win It” Games, Fun Challenges, Prize Drawings, Snacks & of course, *ICE CREAM for all!*

**Departure Time: 12:30p
Returning Time: 2:30p
Fee: Free
Activity Level: Low**



**Urban Axes (Austin, Texas)
Tuesday, July 31st**

Join us on the new craze of “Keep Austin Weird” at the Urban Axes! This trip will teach how to throw axes in a game like darts.

**Departure Time: 10:30a
Returning Time: 3p
Fee: \$25 Residents
\$26 Non-Residents
Extra expense: Purchase of Lunch
Activity Level: High - Throwing 5lb - 8lb
Axes at Targets**

t. SASAC is excited to announce that we can now accept credit card payments and Apple Pay.

You can also make payments or view our program selection by going to www.austintexas.gov/parks and selecting “Online Registration”. Please see staff for additional information.



VISUAL, LITERARY & PERFORMING ARTS



Honey Bee July 5th & 19th 9a - 2p

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

Contact: Charlotte Mackelvery
(512) 652-8587

Knitting & Crocheting Tuesdays 9 - 11a

Bring what you are working on.

Share ideas, skills and learn.

Participants are willing to teach beginners wanting to learn!

Let's Sing-a-Long

August

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!

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.

Card Making

Friday, July 13th, 9-10am

Come join us as we create cards

Writing the Stories of Your Life

Next Session: TBA

9:45-11:15a

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: \$48 (6 sessions)

Contract Instructor: Rosalind Bond (512) 441-3014

RECREATION AND GAMES

Bingo Wednesdays, July 11th & 25th **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 1:15-3p
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, July 18th

9-11a

(In lobby)

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:

Maria R. Castro

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.

LUNCH

MONNDAY

TUESDAY

<p>2</p> <p>Beef Burgundy Brown Rice Lemon Brussels Sprouts Wheat Bread Fresh Fruit <i>Cal: 628</i></p>	<p>3</p> <p><i>Independence Day</i> Smoked Sausage Oven Roasted Potatoes Confetti Coleslaw Hot Dog Bun Mixed Fruit Crisp Mustard</p>
<p>9</p> <p>Turkey Fusilli Broccoli Sliced Carrots Whole Wheat Breadstick Fresh Fruit</p>	<p>10</p> <p>Cajun Meatloaf Cajun Brown Rice Okra and Tomatoes Wheat Bread Fresh Fruit</p>
<p>16</p> <p>Pork with Citrus Sauce Whole Kernel Corn California Vegetables Wheat Bread Fresh Fruit</p>	<p>17</p> <p>Baked Turkey Pastrami Whipped Potatoes with Skins Green Beans with Onions Dinner Roll Lemon Pudding</p>
<p>23</p> <p>Ron Lantz's Meatloaf with Tomato Gravy Whipped Potatoes with Skins Cheesy Spinach Texas Bread Fresh Fruit</p>	<p>24</p> <p>Chicken Spaghetti Green Beans with Onions Sliced Carrots Wheat Bread Gingerbread Cookie</p>
<p>30</p> <p>Tim Andrew's BBQ Pork Rib Patty Baked Beans Mixed Vegetables Hamburger Bun Fresh Fruit</p>	<p>31</p> <p>Potato Crusted Fish Brown Rice Florentine Herbed Green Beans Wheat Bread Caramel Pudding</p>

MENU

	WEDNESDAY	THURSDAY	FRIDAY
4	<i>Closed for Holiday</i>	5 Buffalo Chicken Pasta Herbed Green Beans Squash Medley Wheat Bread Fruited Lemon Gelatin	6 Dan Pruett's Hamburger Patty Lettuce and Tomato Ranch Beans Hamburger Bun Apple Raisin Compote Mustard and Ketchup
11	Artichoke/Feta/Tomato Couscous Herbed Greek Potatoes Herbed Green Beans Wheat Pita Pocket Lemon Swirl Pudding	12 Honey Glazed Ham Black-Eyed Peas Mixed Greens Cornbread Fruited Strawberry Gelatin Margarine	13 Confetti Chicken Cheesy Garlic Polenta Sliced Carrots Wheat Bread Fresh Fruit
18	Beef Chili with Beans Cauliflower Harvard Beets Saltine Crackers Fresh Banana	19 Ranchero Chicken Mexican Brown Rice Stewed Tomatoes Wheat Bread Fruited Orange Gelatin	20 Pasta Bolognese Broccoli Squash Medley Whole Wheat Breadstick Fresh Banana Margarine
25	Beef Taco Spanish Brown Rice Fiesta Vegetables Wheat Tortilla Fresh Banana Taco Sauce	26 Turkey Breast with Gravy Mashed Sweet Potatoes Broccoli Dinner Roll Banana Pudding	27 Egg Salad Lettuce and Tomato Potato Salad Wheat Bread Fresh Fruit
1 1e is		Due to unavailability of certain items, appropriate substitutions may need to be made. **Milk is served every meal.	