

South Austin Senior Activity Center



2022

3911 Menchaca Road Austin, Tx 78704 / 512.978.2400
www.austintexas.gov/department/south-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.

GENERAL INFORMATION

2022 Registration/New Waiver

We are starting 2022 SASAC registrations and renewals.

If you do not have a current COA-PARD-SASAC waiver on file we will require a complete and signed form.
Please stop by the front desk to pick up a form to update your information.

2022 EVENING HOURS

SASAC will be open Tuesdays until 9:00pm
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

October 5th: The Merles

October 12th: *Dress in Pink for Breast Cancer Awareness:*

John McGowan's Rugged Gents

October 19th: The Saddle Sores

October 26th: 3 Chord Rodeo

\$5 CASH COVER AT THE DOOR

FACE MASKS Optional
until further notice

SPECIAL EVENTS

Bringing Seniors Together Halloween-Spook-Tacular

South Austin Senior Activity Center

October 20th

9AM-12PM



VARSITY GAMES



3 v 3 Basketball
Billiards
Cycling
Disk Golf
Golf
Pickleball
Tennis
Track & Field
Volleyball
Bocce Ball
Cornhole
Horseshoes
Washers

November 3rd –6th, 2022

Olympic-style games for Adults 50+

www.AustinVarsityGames.com

**IN-PERSON
Or
PHONE
REGISTRATION**

**August 22nd
to
October 28th, 2022**
Call
512-978-2664 or 512-978-2660

**MAIL-IN
REGISTRATION**

Must be postmarked by
October 10th

\$30 ATHLETE FEE (event dependent)
+EVENT FEE (for each individual event)



VARSITY GAMES



**AUSTIN VARSITY GAMES
BILLIARDS**

**SOUTH AUSTIN SENIOR
ACTIVITY CENTER
FRIDAY,
NOVEMBER 4th
8:00 am**

FEES

**NO ATHELTE FEE
\$5 BRACKET FEE**

**INFO &
REGISTRATION
PACKET AT FRONT
DESK**

UPCOMING EVENTS



YOGA IS BACK

Mondays and Wednesdays
9–10a
Starting
October 17th



ZUMBA GOLD
NEW TIME
MONDAYS
10-11 AM



Legacy Memoirs

Every Monday
10:30 - 11:30 am

Want to capture your memories for kids and grandkids?
Learn easy ways to do so in writing, voice recordings, and videos.



Birthday Celebration

Thursday, October 27th
12pm

Join us for cake and ice cream to celebrate all October birthdays!!!



The Library of Congress Veterans History Project

Registration: October 3rd thru October 21st
Class November 10th 10:00am

VHP's purpose is to collect, preserve and make accessible the personal accounts of America's wartime veterans so that future generations may hear directly from veterans and better understand their selfless service. Call Veterans and invite them out.

UPCOMING EVENTS



Halloween Candy Bowl

Registration: September 19th thru October 3rd
Class: October 7th 10am



Pumpkin Decorating Contest

Registration: September 26th thru October 10th
Class: October 14th 10am

Pumpkins will be on display within the center until Halloween



Cookie Decorating

Registration: October 3rd thru October 14th
Class: October 21st 10am



Costume Contest

Registration: October 1st thru the 29th
Class: October 31st 11:15am

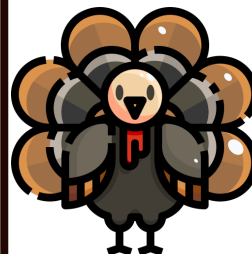


Thanksgiving Pie Recipe Exchange

Registration: October 24th thru the November 8th
Class: November 9th 10:00am



Thanksgiving Dinner November 14th 5-7pm

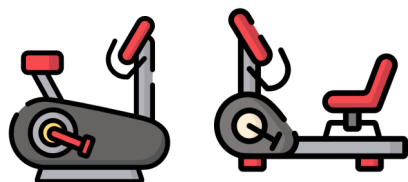


Registration: October 10th thru November 4th
Enjoy a delicious turkey dinner with all the trimmings. Tickets are first come, first serve. Tickets are available at the front desk. Reserving tickets will not be allowed. Cost: 5 non perishable food items or a \$5.00 donation

FITNESS CLASSES

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



T'AI CHI

Tuesdays and Thursday 10-11a

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

Next Session

November 1st

Fee: 6 Sessions

Tuesdays OR Thursdays only

RESIDENT: \$30

NON-RESIDENT: \$36

12 Sessions

Tuesdays AND Thursdays

RESIDENT: \$50

NON-RESIDENT: \$62

Drop In

per class

RESIDENT: \$5

NON-RESIDENT: \$6

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

FITNESS CLASSES

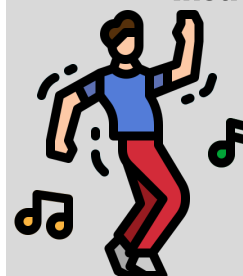
BEGINNER LINE DANCE

Mondays 1-2p

2:30-3:30pm

Socialize & learn the basic steps to fun line dances.

Instructor: Joan Cox



FREE

ADVANCED BEGINNER LINE DANCE

Thursdays 1:30-3:30p

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

Instructor: Joan Cox

FREE

Stretch & Strength

Fridays 2-3p

Join Patty as she teaches you how to balance the body's strength and flexibility

Instructor: Patti Gagne

FREE

SENIOR HEALTH AND FITNESS

Tuesday and Thursday 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



ZUMBA[®]

gold

ZUMBA GOLD VIDEO

Mondays 10:00-11:00a

Improve your muscle strength, coordination, posture and mobility. Come on out and shake it!

This is a drop in class.

FREE



YOGA RETURNS

Mondays and Wednesdays

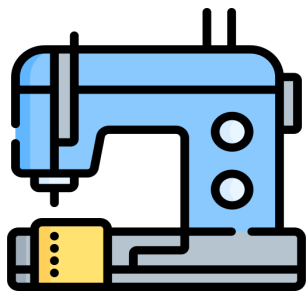
9-10a

Starting October 17th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Garden Meeting 10-11 Chess Play 10-1 Zumba 10-11 Legacy Memories 10:30-11:30 Free Play Bridge 11-1 Beg. Line Dance 1-2 Advanced Beg. Line Dance 2:30-3:30	4 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Gentle Duplicate Bridge 12-3 Bingo 1-3 Mahjong 1 - 3 Waterloo Squares 6:45-8:45p	5 Ceramics Circle 9-12 Seniorsize 10:30-11 Free Play Bridge 11-1 Mexican Train 12:15-3:15 Painters 1-3:30 Wednesday Night Dance 7-9:30	6 Everyone Paints 8-4 Quilters 9-2 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Line Dance 1:30-3:30	7 Movie 9-11 Chess Play 10-1 Free Play Bridge 11-1 Stretch & Strength 2-3 Candy Bowl 10-11
10 Garden Meeting 10-11 Chess Play 10-1 Zumba 10-11 Legacy Memories 10:30-11:30 Free Play Bridge 11-1 Beg. Line Dance 1-2 Advanced Beg. Line Dance 2:30-3:30	11 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Gentle Duplicate Bridge 12-3 Bingo 1-3 Mahjong 1 - 3 Waterloo Squares 6:45-8:45p	12 Ceramics Circle 9-12 Seniorsize 10:30-11 Free Play Bridge 11-1 Technology 2-4 Mexican Train 12:15-3:15 Painters 1-3:30 Wednesday Night Dance 7-9:30	13 Everyone Paints 8-4 Quilters 9-2 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Line Dance 1:30-3:30	14 Movie 9-11 Chess Play 10-1 Free Play Bridge 11-1 Stretch & Strength 2-3 Card Making 9-10 Advisory Board 12-1 Pumpkin Decorating 10-11
17 Yoga 9-10 Garden Meeting 10-11 Chess Play 10-1 Zumba 10-11 Legacy Memories 10:30-11:30 Free Play Bridge 11-1 Beg. Line Dance 1-2 Advanced Beg. Line Dance 2:30-3:30	18 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Gentle Duplicate Bridge 12-3 Bingo 1-3 Mahjong 1 - 3 Waterloo Squares 6:45-8:45p	19 Yoga 9-10 Ceramics Circle 9-12 Seniorsize 10:30-11 Free Play Bridge 11-1 Mexican Train 12:15-3:15 Painters 1-3:30 AARP 1-4 Wednesday Night Dance 7-9:30	20 Everyone Paints 8-4 Quilters 9-2 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Line Dance 1:30-3:30 NARF BST Halloween 9-12	21 Movie 9-11 Chess Play 10-1 Free Play Bridge 11-1 Stretch & Strength 2-3 Cookie Decorating 10-11
24 Yoga 9-10 Garden Meeting 10-11 Chess Play 10-1 Zumba 10-11 Legacy Memories 10:30-11:30 Free Play Bridge 11-1 Beg. Line Dance 1-2 Advanced Beg. Line Dance 2:30-3:30	25 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Gentle Duplicate Bridge 12-3 Mahjong 1 - 3 Bingo 1-3 Waterloo Squares 6:45-8:45p	26 Yoga 9-10 Ceramics Circle 9-12 Seniorsize 10:30-11 Free Play Bridge 11-1 Technology 2-4 Mexican Train 12:15-3:15 Painters 1-3:30 Wednesday Night Dance 7-9:30	27 Everyone Paints 8-4 Quilters 9-2 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Line Dance 1:30-3:30 October Birthday Celebration 12:00-12:30	28 Movie 9-11 Chess Play 10-1 Free Play Bridge 11-1 Stretch & Strength 2-3
31 Yoga 9-10 Garden Meeting 10-11 Chess Play 10-1 Zumba 10-11 Legacy Memories 10:30-11:30 Free Play Bridge 11-1 Beg. Line Dance 1-2 Advanced Beg. Line Dance 2:30-3:30 Costume Contest 11:15				Special Events are in RED

2022 October

ARTS & CRAFT CLASSES



Honey Bee Quilters Thursdays 9a - 2p

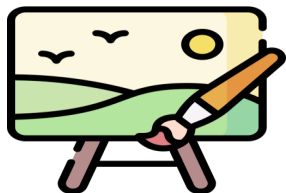
The Honey Bees invite anyone interested in quilting to join their monthly meetings.



Card Making with Melissa Friday October 14th Time: 9-10a

Everyone Paints 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.

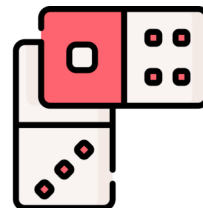
Ceramics Circle Wednesdays 9 - 12a

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



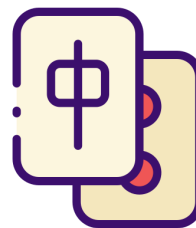
RECREATION & GAMES

Mexican Train Dominoes Wednesday 12:15-3:15p



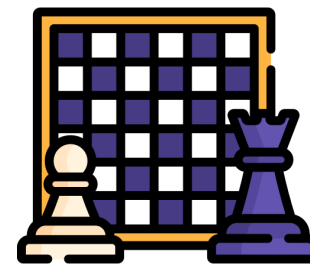
Mahjong TUESDAY 1-3PM

Join in on the classic game!



Chess Club Mondays and Fridays 10a-1p

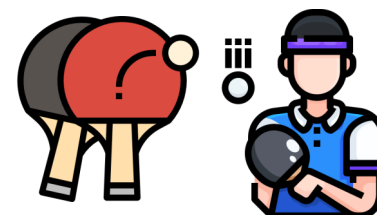
New players and all levels welcome!



Ping Pong

Monday - Friday 9a - 3p

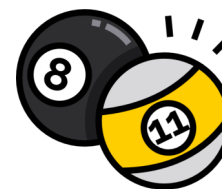
If you are interested in playing at a different time, please call ahead for room availability and to assure staff is available to set up the table.



Birthday Celebration

Thursday
October 27th
12pm

Join us for cake and ice cream to celebrate all October birthdays!!!



Billiards Room Monday-Friday

Mondays 8a-4:30p
Tuesdays 8a-8:30p
Wednesday 8a-9:30p
Thursday 8a-4:30p
Friday 8a-4:30p

Costume Jewelry, Men's Ties & Christmas Ornaments

Do you have any old costume jewelry, men's Ties or old ornaments?? Donate them to the center for future craft projects and decorations!

TECHNOLOGY

Technology Forum

**Wednesday October
12th & 26th
2p-4p**

Having trouble operating your computer, tablet, or smart phone?

Have a general curiosity about

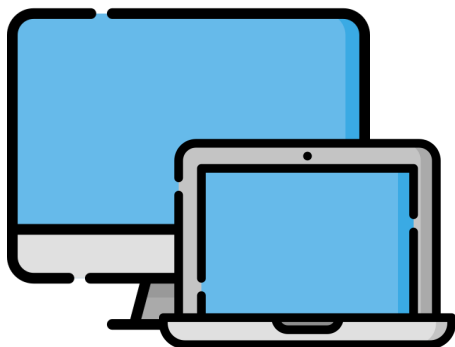
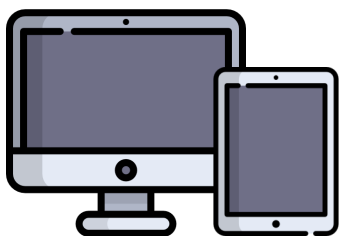
current technology?

We are here to help you!

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

Come to the technology forum and learn how easy it can be.

FREE



TECHNOLOGY DONATIONS

Do you have any unused electronics?

Such as

Desktops, Laptops,
Computer Accessories.
Donate them to our
Technology Class!

COMMUNITY GARDEN

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.

Every Monday at 10am

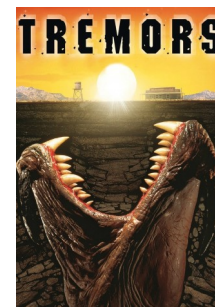


FRIDAYS MOVIES

Tremors Natives of a small isolated town defend themselves against strange underground creatures which are killing them one by one. A small town gradually becomes aware of a strange creature which picks off people one by one. But what is this creature, and where is it?

Friday October 7th

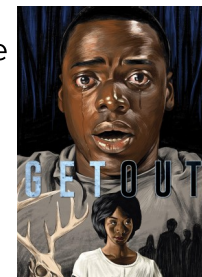
Time: 9am-11am



Get Out A young African-American visits his white girlfriend's parents for the weekend, where his simmering uneasiness about their reception of him eventually reaches a boiling point.

Friday October 14th

Time: 9am-11am



What We Do In The Shadows Vampire housemates try to cope with the complexities of modern life and show a newly turned hipster some of the perks of being undead.

Friday October 21st

Time: 9am-11am



Prey Set in the Comanche Nation 300 years ago, Naru, a fierce and highly skilled warrior. She has been raised in the shadow of some of the most legendary hunters who roam the Great Plains, so when danger threatens her camp, she sets out to protect her people.

Friday October 28th

Time: 9am-11am



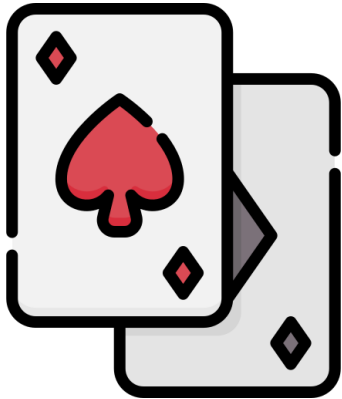
RECREATION & GAMES

Free Play Bridge

*Mondays,
Wednesdays
& Fridays*

11a - 1p

FREE



Gentle Duplicate Bridge

*Tuesdays
12p - 3p*

*Led by Larry Davis
Contract Instructor
\$5.00*



Bingo

*Tuesdays
1p - 3p*

**VOLUNTEERS
NEEDED**

*If interested contact
SASAC Staff*

Public Meetings

SASAC ADVISORY BOARD MEETING

**Friday,
October 14th
12-1**



**NATIONAL ACTIVE/
RETIRED FEDERAL
EMPLOYEES
(NARF)**

**Thursday
October 20th**



**SOUTH AUSTIN AARP
#2426**

**Wednesday
October 19th
1-4 p**

**CAPITOL of TEXAS
POSTCARD CLUB**

**Wednesday
October 26th
6-8:30p**



MEALS ON WHEELS
AMERICA

CONGREGATE MEAL REGISTRATION REQUIRED

A \$1 donation for those over 60 is greatly appreciated to offset the cost of staff, meal-related expenses, dietary supplies, & delivery.

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

11:30p-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.
- Vegetarian Entrée



≥ 1000mg
Sodium

LUNCH

MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Teriyaki Diced Chicken Northern Beans Japanese Vegetables Texas Bread Fresh Fruit Cal: 731	4 Cheeseburger Macaroni Green Peas Country Tomatoes Wheat Bread Fresh Fruit Cal: 625	5 Lemon Pepper Chicken Couscous Broccoli Dinner Roll Fruited Lemon Gelatin Cal: 752	6 BBQ Diced Turkey Cheesy Parslied Potatoes Mixed Vegetables Hamburger Bun Fresh Orange Cal: 610	7 Spaghetti Torte Garlic Parmesan Cauliflower Green Beans with Onions Wheat Bread Fresh Fruit Cal: 705
10 NO MEALS ON WHEELS	11 Turkey Pot Pie Whole Kernel Corn Spinach Wheat Bread Fruited Orange Gelatin Cal: 664	12 Hunan Style Tofu Lima Beans Broccoli and Carrots Texas Bread Fresh Fruit Cal: 716	13 Chicken Marsala Baked Sweet Potato Green Beans Texas Bread Applesauce Cal: 733	14 Cheese Omelet Seasoned Black Beans Stewed Tomatoes Wheat Bread Fresh Fruit Cal: 604
17 Coconut Chicken Brown Rice Catalina Vegetables Wheat Bread Fresh Fruit Cal: 682	18 Turkey and White Beans Parslied Carrots Diced Beets Wheat Bread Cinnamon Swirl Pudding Cal: 700	19 Pork Carnitas Pinto Beans Herbed Green Beans Wheat Tortilla Fruited Lime Gelatin Taco Sauce Cal: 692	20 Lemon Caper Chicken Lima Beans Okra and Tomatoes Cornbread Fresh Fruit Margarine Cal: 840	21 Egg Salad Quinoa Pepper Salad Pasta Salad Saltine Crackers Fresh Fruit Cal: 664
24 Salisbury Beef with Brown Gravy Brown Rice Florentine Parmesan Tomatoes Wheat Bread Fresh Fruit Cal: 669	25 Moroccan Chicken Stew Cabbage Orange Beets Saltine Crackers Chocolate Pudding Cal: 814 Cal: 610	26 John Yocum's Lemon Pepper Fish Corn Casserole Lemon Zest Broccoli Texas Bread Fresh Orange Cal: 719	27 Pork Loin with Onion Gravy Northern Beans Herbed Green Beans Dinner Roll Fruited Cherry Gelatin Cal: 797	28 Balsamic Brown Sugar Chicken Green Peas Glazed Carrots Texas Bread Fresh Fruit Cal: 763
31 Tim Andrew's BBQ Pork Rib Patty Baked Beans Spring Vegetables Wheat Bread Fresh Fruit Cal: 672				<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
Natasha Harper-Madison, Mayor Pro Tem , District 1
Vanessa Fuentes, District 2
Sabino “Pio” Renteria, District 3
Gregorio “Greg” Casar, District 4
Ann Kitchen, District 5
Mackenzie Kelly, District 6
Leslie Pool, District 7
Paige Ellis, District 8
Kathie Tovo, District 9
Alison Alter, District 10

Austin Parks and Recreation

Kimberly A. McNeeley, CPRP, Director
 Liana Kallivoka, PhD, P.E, Assistant Director
 Jodi Jay has , Acting Assistant Director
 Suzanne Piper, Chief Administrative Officer
 Anthony Segura, Assistant Director
 David Crabb, Program Manager

SASAC Advisory Board 2022

Willie Williams, President
 Raisa Edelman, Vice President
 Joan Cox, Secretary
 Kitt Greenough, Treasurer
 Elaine Benton
 Carolyn Drake
 Ken Cohen
 Margie Mendez
 Chris Ng
 Jackie Gaylord
 Harold Barnett



City Manager

Spencer Cronk, City Manager
 Anne Morgan, Interim Deputy City Manager
 Rey Arellano, Assistant City Manager
 Gina Fiandaca, Assistant City Manager
 Rodney Gonzales, Assistant City Manager
 Stephanie Hayden-Howard, Assistant City Manager
 Ed Van Eenoo, Chief Financial Officer

Parks Board

Dawn Lewis, Chair
 Richard DePalma, Vice Chair
 Nina Rinaldi, Board Member
 Anna Di Carlo, Board Member
 Lisa Hugman, Board Member
 Nancy Barnard, Board Member
 Sarah B. Faust, Board Member
 Laura Cottam Sajbel, Board Member
 Kimberly Taylor, Board Member

SASAC Staff

Jason Miller Program Supervisor
 Maria Reyes Recreation Program Coordinator
 Lynnette Lara Recreation Programs Specialist
 Vacant, Recreation Programs Specialist
 Joe Asevedo Building and Grounds Assistant
 Daniel Mendoza Administrative Associate



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

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.