

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.

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

November 2nd: Chip Sneed and Friends

November 9th: Bob Appel - Veteran's Day Dance

November 16th: 3 Chord Rodeo

November 23rd: **NO DANCE**

November 30th: The Rewinders

\$5 CASH COVER AT THE DOOR

**FACE MASKS Optional
until further notice**

SPECIAL EVENTS

Thanksgiving Dinner

November 14th

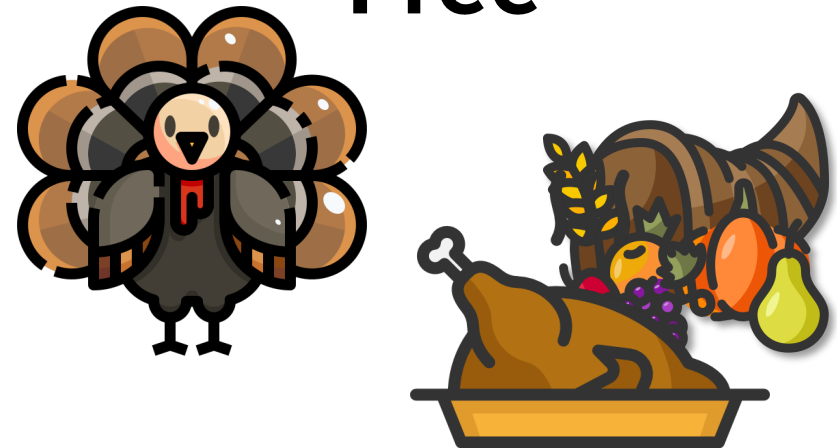
5-7pm

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.

Free



HOLIDAY CLOSURES

South Austin Senior Activity Center

Will be closed

Friday the 11th for Veterans Day

**Thursday the 24th & Friday the 25th of
November for Thanksgiving**

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



ZUMBA GOLD
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, November 17th
12pm

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



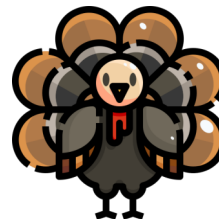
**The Library of Congress
Veterans History Project**

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



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.

FREE



Ornament Making

Registration: November 28th thru the
December 8th
Class: December 13th 10am



Decorating Gift Bags

Registration: November 14th thru the 30th
Class: December 6th 10am



Ginger Bread Style Bird House

Registration: November 1st thru the 15th
Prep Days: November 18th
November 29th,
December 12th
December 13th
10am



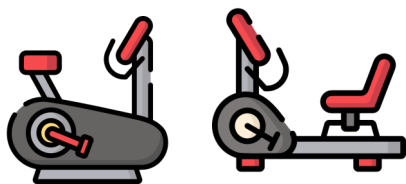
Breakfast With Santa

Registration: November 10 thru December 5th
Class: December 9th 8am to 9:30am

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

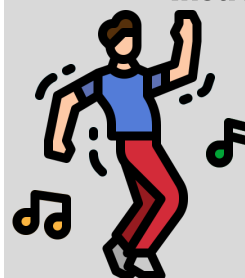
BEGINNER LINE DANCE

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

Blood Pressure

Friday 1:30-2p

Come Join Patti and learn how to monitor their blood pressure accurately

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



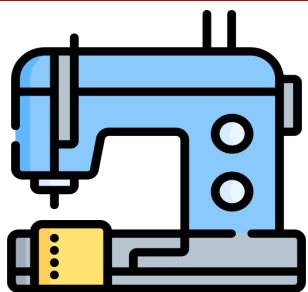
YOGA

Mondays and Wednesdays 9-10a

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 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	2 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 Wednesday Night Dance 7-9:30	3 Everyone Paints 8-4 Quilters 9-2 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Canasta 12-4 Line Dance 1:30-3:30	4 Movie 9-11 Chess Play 10-1 Free Play Bridge 11-1 Stretch & Strength 2-3 Varsity Games Pool Tournament 8a-5p
7 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	8 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	9 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 Pie Recipe 10-11	10 Everyone Paints 8-4 Quilters 9-2 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Canasta 12-4 Line Dance 1:30-3:30 Veteran's Project 10-11	
14 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	15 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	16 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	17 Everyone Paints 8-4 Quilters 9-2 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Canasta 12-4 Line Dance 1:30-3:30 NARF Birthday Celebration 12:00-12:30	18 Movie 9-11 Chess Play 10-1 Free Play Bridge 11-1 Stretch & Strength 2-3 Card Making 9-10 Advisory Board 12-1 Gingerbread Bird House 10-11
21 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	22 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	23 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 Canceled		
28 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	29 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 Gingerbread Bird House 10-11	30 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		Special Events are in RED

2022 NOVEMBER

ARTS & CRAFT CLASSES



Honey Bee Quilters Thursdays 9a - 2p

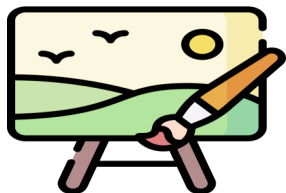
The Honey Bees invite anyone interested in quilting to join their monthly meetings.



Card Making with Melissa Friday November 18th 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.

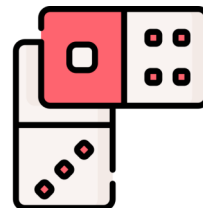
Ceramics Circle Wednesdays 9 - 12a

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



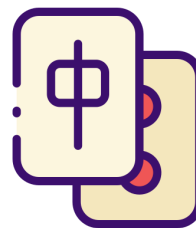
RECREATION & GAMES

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



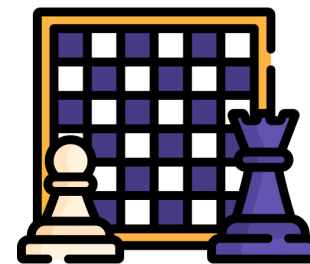
Mahjong TUESDAY 1-3PM

Join in on the classic game!



Chess Club Mondays and Fridays 10a-1p

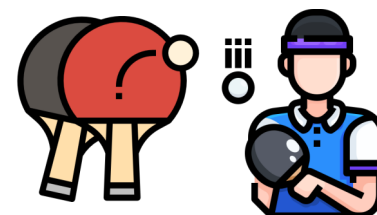
New players and all levels welcome!



Ping Pong

Monday - Friday 9a - 3p

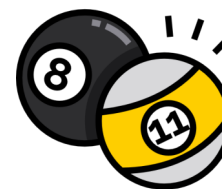
If you are interested in playing at a different time, please call ahead for room availability and to assure staff is available to set up the table.



Birthday Celebration

Thursday
November 17th
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 November
9th & 23rd
2p-4p**

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

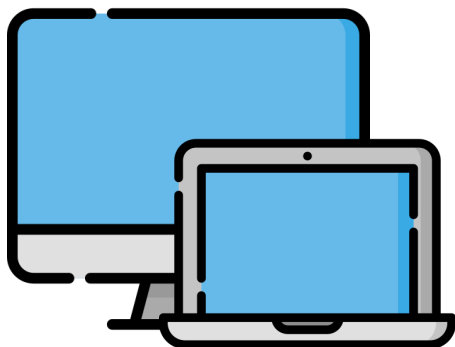
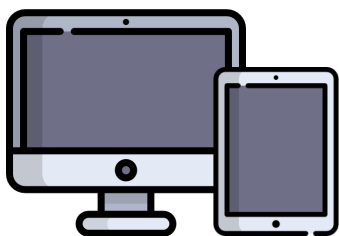
Have a general curiosity about current technology?

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

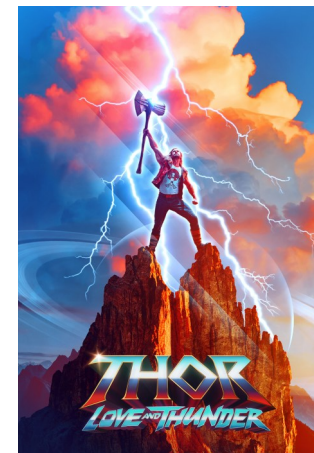


FRIDAYS MOVIES

Thor: Love and Thunder

Thor embarks on a journey unlike anything he's ever faced -- a quest for inner peace. However, his retirement gets interrupted by Gorr the God Butcher, a galactic killer who seeks the extinction of the gods. To combat the threat, Thor enlists the help of King Valkyrie, Korg and ex-girlfriend Jane Foster, who -- to his surprise -- inexplicably wields his magical hammer. Together, they set out on a harrowing cosmic adventure to uncover the mystery of the God Butcher's vengeance.

Friday November 4th Time: 9am-11am



Planes, Trains and Automobiles

Easily excitable Neal Page is somewhat of a control freak. Trying to get home to Chicago to spend Thanksgiving with his wife and kids, his flight is rerouted to a distant city in Kansas because of a freak snowstorm, and his sanity begins to fray. Worse yet, he is forced to bunk up with talkative Del Griffith, whom he finds extremely annoying. Together they must overcome the insanity of holiday travel to reach their intended destination.

Friday November 18th Time: 9am-11am

PLANES, TRAINS AND AUTOMOBILES



RECREATION & GAMES

Free Play Bridge

*Mondays,
Wednesdays
& Fridays
11a - 1p*



Hand and Foot Canasta

*Thursdays
12-4p*

A challenging game that's good for the brain. Friendly social group willing to teach you how to play.
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,
November 18th
12-1



**NATIONAL ACTIVE/
RETIRED FEDERAL
EMPLOYEES
(NARF)**
Thursday
November 17th



**SOUTH AUSTIN AARP
#2426**
Wednesday
November 16th
1-4 p

**CAPITOL of TEXAS
POSTCARD CLUB**
Wednesday
November 23rd
6-8:30p

ADVISORY BOARD ELECTIONS

Application Deadline: December 2nd
Elections: December 9th

**If interested applications are at the
FRONT DESK.**



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
	1 Suellen's Baked Chicken with Gravy Mushroom Farro Risotto Seasoned Cabbage Wheat Bread Fresh Fruit Cal: 797	2 Fish Nuggets Oven Roasted Potatoes Herbed Green Peas Dinner Roll Chocolate Swirl Pudding Cal: 768	3 Beef Chili with Beans Brown Rice Catalina Vegetables Saltine Crackers Fresh Fruit Cal: 612	4 Spinach Macaroni and Cheese Broccoli Garlic Parmesan Cauliflower Wheat Bread Fruited Cherry Gelatin Cal: 769
7 Bechamel Chicken Meatballs Lemon Herb Pasta Peas and Carrots Wheat Bread Fresh Fruit Cal: 601	8 Citrus Pork Whipped Potatoes with Skins Brussels Sprouts Dinner Roll Fresh Orange Cal: 625	9 Dan Pruett's Hamburger Patty Lettuce and Tomato Ranch Beans Hamburger Bun Hot Cinnamon Applesauce Cal: 625	10 Greek Chicken Brown Rice Broccoli with Cheese Wheat Bread Fruited Orange Gelatin Cal: 801	11 <div>SASAC CLOSED</div>
14 Ham w/Red Beans/Brown Rice Black-Eyed Peas Cabbage Wheat Bread Fresh Fruit Cal: 621	15 Beef with Mushroom Gravy Whipped Potatoes with Skins Mixed Vegetables Wheat Bread Fresh Banana Cal: 665	16 Black Bean Chicken Brown Rice Japanese Vegetables Dinner Roll Fresh Fruit Cal: 777	17 Sliced Turkey & Swiss Cheese Lettuce and Tomato Pasta Salad Wheat Bread (2) Fruited Cherry Gelatin Cal: 729	18 Beef Enchilada Pie Green Peas Parslied Carrots Texas Bread Fresh Fruit Cal: 704
21 Ron Lantz's Meatloaf with Brown Gravy Whipped Potatoes with Skins Brussels Sprouts Wheat Bread Fresh Fruit Cal: 660	22 Tofu Fried Rice Lentils Ginger Carrots Texas Bread Fresh Fruit Cal: 717	23 Turkey Breast with Gravy Cornbread Dressing Herbed Green Beans Dinner Roll Carnival Cookie Margarine Cal: 611	24 <div>SASAC CLOSED</div>	25 <div>SASAC CLOSED</div>
28 Teriyaki Diced Chicken Northern Beans Japanese Vegetables Texas Bread Fresh Fruit Cal: 731	29 Cheeseburger Macaroni Green Peas Country Tomatoes Wheat Bread Fresh Fruit Cal: 625	30 Lemon Pepper Chicken Couscous Broccoli Dinner Roll Fruited Lemon Gelatin Cal: 752	<p>*Due to unavailability of certain items, appropriate substitutions may need to be made.</p> <p>**Milk is served every meal.</p>	



VARSITY GENERATION

SASAC Advisory Board 2022

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



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.

WHAT IS VARSITY GENERATION

“Varsity Generation” is a positive way of describing a stage of life where experience and skill are prized and respected. The term implies being part of a team that always has your back. You rely on your team as much as they rely on you. Participation is encouraged in order to help each other continue mastering the art of living a fulfilling life. Varsity Generation sees aging as a natural progression of life, and positively acknowledges and affirms a person's earned spot on the team.

As we roll out this new concept, You will see this logo on our program promotions and start hearing the staff refer to Varsity Generation activities. South Austin Senior Activity Center and all of the Austin Parks and Recreation Department Senior Centers will continue to offer a variety of quality programs and we hope you will try new experiences with our “team” along the way!