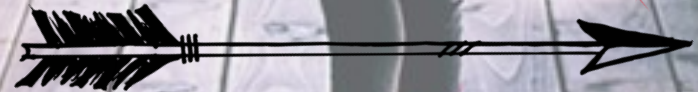




# Hello, January

"Where everyday is a fresh start."



3911 Menchaca 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/departments/south-austin-senior-activity-center](http://www.austintexas.gov/departments/south-austin-senior-activity-center)  
Austin Parks and Recreation Department - Seniors



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.



## SASAC LOCATION INFORMATION

**South Austin Senior Activity Center**  
**3911 Menchaca Road**  
**Austin, Texas 78704**

**Main Phone Number: (512) 978-2400**

<http://www.austintexas.gov/departments/south-austin-senior-activity-center>

## 2020 Registration Has Begun!

### 2020 PARD Waivers and South Austin Senior Activity Center Advisory Board Registration

ALL participants must have a completed 2020 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!!!*

## 2020 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 – 8:45 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**

**January 1st – Center Closed**      **January 22nd - Chip Sneed**  
**January 8th - 3 Chord Rodeo**      **January 29th - Hired Guns**  
**January 15th - Alibi's**

## UPCOMING EVENTS

### **South Austin Senior Activity Center Closed** **January 1st & 20th!**



Los Miserables



#### **Movie Day: "Les Miserables"**

**Wednesday, January 8th 1p - 3:30p FREE**

In 19th-century France, Jean Valjean, who for decades has been hunted by the ruthless policeman Javert after breaking parole, agrees to care for a factory worker's daughter. The decision changes their lives forever.



#### **Bunko Across the Way**

**Thursday, January 16th 1:30p - 3:30p**

Join us to play our favorite fast pace dice game in a fun and social atmosphere.



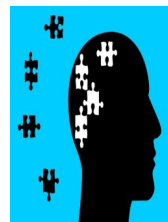
#### **Aging is Cool**

**Tuesday Jan. 28th, Feb 4th & 11th 9-10am**

Jan. 28th 10-11:00 I Watched It All On My Radio

Feb. 4th 10-11:00 Countdown: Music through the Decades

Feb. 11th 10- 11:00 The Boob Tube: TV through the Decades



#### **Creative Clay**

**Wednesdays Jan. 29th, Feb 5th & 12th 10-11:30am**

Leave your imprint on the world and create in clay! Students will explore different ways of creating texture in clay including rolling, carving, and stamping. We'll use found objects, nature, and even create our own texture tools while making ornaments, tiles, and house numbers.

**Edward Jones**

#### **Edward Jones Financial Education Series**

**Dates and Times: Coming Soon**

**Week 1: Stocks**

**Week 2: Bonds**

**Week 3: Mutual Funds/Fees**

**Week 4: Foundations of Investing**

**Week 5: Estate Planning**

**Week 6: Managing your Portfolio**

## EVENTS

### SASAC ADVISORY BOARD MEETING

Friday, January 10th 12:00p

### SOUTH AUSTIN AARP #2426

Wednesday, January 15th 1-4p

### NATIONAL ACTIVE/ RETIRED FEDERAL EMPLOYEES

Thursday, January 16th 9:00-12p

### Birthday Celebration

Thursday, January 30th  
12pm

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

### Ballroom Dancing

Thursdays 2:00-3:00p

Come learn classic ballroom dancing techniques in this 4 week program.

No partner required.

FREE



## COMMUNITY GARDEN OF EATIN'

Join our group on Mondays to help with our winter 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\*



## CARD GAMES

### Free Play Bridge

Mondays, Wednesdays & Fridays  
11a - 1p

FREE

### Progressive Bridge

Monday, Wednesdays & Fridays  
1 - 3p

FREE

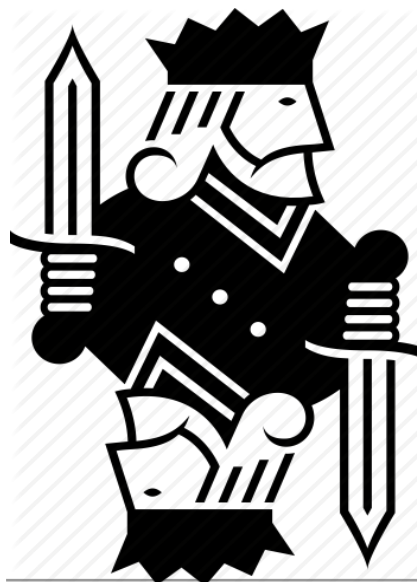
### Advanced Free Play

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

\*Basic knowledge of Bridge essential\*

FREE

### Hand and Foot Canasta

January 9th & 23rd 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 BARS,  
EXERCISE BALLS, 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-4:45p

Tuesdays 8a-8:45p

Wednesday 8a-9:45p

Thursday 8-4:45p

Friday 8a-4:45p

SUBJECT TO CHANGE

CLOSED EVERY THIRD THURSDAY

### 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**

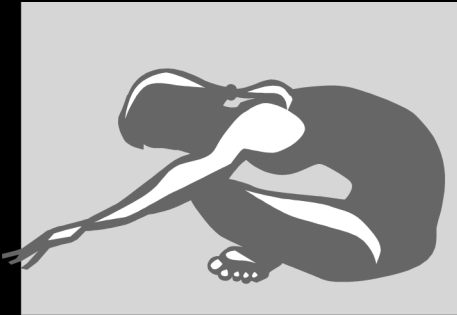
### SENIOR HEALTH AND FITNESS

**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**

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**

**New Session Begins January 2020**

**January 7th to February 14th**

**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\***

Scoot 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**

teaches you how to balance  
the body's strength and  
flexibility.

### 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**

### 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 1:30 - 2:30 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	THURSDAY	FRIDAY
			<b>2</b> Pinochle 8-2 Honey Bee 8-2 Oil Painting 8-4 Advanced Bridge 9-11:30 Sr. Health & Fitness 8:30-9:30 Austin Rockin' Line Dance 9:30-11 Stretch and Strength 1:15-2:15 Ballroom Dance 2-3 Line Dance 2:30-3:30	<b>3</b> Yoga 9-10 Friday Morning Bridge 9-11 Chess Play 10-12 <b>*Tai Chi 10:15-11:15*</b> Free Play Bridge 11:-1 Bingo 1-3 Progressive Bridge 1-3 Zumba 1:30-2:30
<b>6</b> Yoga 9-10 Spanish 9-10:30 <b>Garden Meeting 10-11</b> Chess Play 10-12 Zumba 10:15-11:15 Advanced Free Play 11-2 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	<b>7</b> Pinochle 8-2 Sr. Health & Fitness 9-10 Knitting & Crocheting 9-11 <b>*Tai Chi 10-11</b> Computer Lab 10 - 11 Mexican Train 12:15-3:15 Mahjong 1:15 - 3 Gentle Dup. Bridge 12:30-3:30 Waterloo Squares 7-8:45p	<b>8</b> Yoga 9-10 Ceramics 9-11 Bocce Ball 10:15-11:15 Seniorize 10:30-11 Free Play Bridge 11-1 Let Us Sing 12:15-1:30 Bingo 1-3 Progressive Bridge 1-3 Painters 1-3:30 <b>Movie Day 1-3:30</b> Wednesday Night Dance 7:30-9:45p	<b>9</b> Pinochle 8-2 Oil Painting 8-4 Advanced Bridge 9-11:30 Sr. Health & Fitness 8:30-9:30 Austin Rockin' Line Dance 9:30-11 Canasta 12-4 Stretch and Strength 1:15-2:15 Ballroom Dance 2-3 Line Dance 2:30-3:30	<b>10</b> Yoga 9-10 Friday Morning Bridge 9-11 Chess Play 10-12 <b>*Tai Chi 10:15-11:15*</b> Free Play Bridge 11-1 Bingo 1-3 Progressive Bridge 1-3 Zumba 1:30-2:30
<b>13</b> Yoga 9-10 Spanish 9-10:30 <b>Garden Meeting 10-11</b> Chess Play 10-12 Zumba 10:15-11:15 Advanced Free Play 11-2p Free Play Bridge 11:-1 Progressive Bridge 1-3 Bible Study 1-3 Beg. Line Dance 1-2 Advanced Beg. Line Dance 2-3:30	<b>14</b> Pinochle 8-2 Sr. Health & Fitness 9-10 Knitting & Crocheting 9-11 <b>*Tai Chi 10-11</b> Computer Lab 10 - 11 Mexican Train 12:15-3:15 Mahjong 1:15 - 3 Gentle Dup. Bridge 12:30-3:30 Waterloo Squares 7-8:45p	<b>15</b> Yoga 9-10 Ceramics 9-11 Technology 9-11 Bocce Ball 10:15-11:15 Seniorize 10:30-11 Free Play Bridge 11-1 <b>AARP 1-4</b> Progressive Bridge 1-3 Painters 1-3:30 Wednesday Night Dance 7:30-9:45p	<b>16</b> Pinochle 8-2 Honey Bee 8-2 Oil Painting 8-4 Advanced Bridge 9-11:30 Sr. Health & Fitness 8:30-9:30 Austin Rockin' Line Dance 9:30-11 <b>NARFE 9-12</b> Stretch and Strength 1:15-2:15 Ballroom Dance 2-3 Line Dance 2:30-3:30	<b>17</b> Yoga 9-10 Friday Morning Bridge 9-11 Chess Play 10-12 <b>*Tai Chi 10:15-11:15*</b> Free Play Bridge 11-1 Bingo 1-3 Progressive Bridge 1-3 Zumba 1:30-2:30
<b>20</b> 	<b>21</b> Pinochle 8-2 Sr. Health & Fitness 9-10 Knitting & Crocheting 9-11 <b>*Tai Chi 10-11</b> Computer Lab 10 - 11 Mexican Train 12:15-3:15 Mahjong 1:15 - 3 Gentle Dup. Bridge 12:30-3:30 Waterloo Squares 7-8:45p	<b>22</b> Yoga 9-10 Ceramics 9-11 Bocce Ball 10:15-11:15 Seniorize 10:30-11 Free Play Bridge 11-1 Let Us Sing 12:15-1:30 Bingo 1-3 Progressive Bridge 1-3 Painters 1-3:30 Wednesday Night Dance 7:30-9:45p	<b>23</b> Pinochle 8-2 Oil Painting 8-4 Advanced Bridge 9-11:30 Sr. Health & Fitness 8:30-9:30 Austin Rockin' Line Dance 9:30-11 Canasta 12-4 Stretch and Strength 1:15-2:15 Ballroom Dance 2-3 Line Dance 2:30-3:30	<b>24</b> Yoga 9-10 Friday Morning Bridge 9-11 Chess Play 10-12 <b>*Tai Chi 10:15-11:15</b> Free Play Bridge 11-1 Bingo 1-3 Progressive Bridge 1-3 Zumba 1:30-2:30
<b>27</b> Yoga 9-10 Spanish 9-10:30 <b>Garden Meeting 10-11</b> Chess Play 10-12 Zumba 10:15-11:15 Advanced Free Play 11-2 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	<b>28</b> Pinochle 8-2 Sr. Health & Fitness 9-10 Knitting & Crocheting 9-11 <b>*Tai Chi 10-11</b> Computer Lab 10 - 11 Mexican Train 12:15-3:15 Mahjong 1:15 - 3 Gentle Dup. Bridge 12:30-3:30 Waterloo Squares 7-8:45p	<b>29</b> Yoga 9-10 Ceramics 9-11 Bocce Ball 10:15-11:15 Seniorize 10:30-11 Free Play Bridge 11-1 Let Us Sing 12:15-1:30 Progressive Bridge 1-3 Painters 1-3:30 Bingo 1-3 Wednesday Night Dance 7:30-9:45p	<b>30</b> Pinochle 8-2 Oil Painting 8-4 Advanced Bridge 9-11:30 Sr. Health & Fitness 8:30-9:30 Austin Rockin' Line Dance 9:30-11 <b>Birthday 12-1</b> Stretch and Strength 1:15-2:15 Ballroom Dance 2-3 Line Dance 2:30-3:30	<b>31</b> Yoga 9-10 Friday Morning Bridge 9-11 Chess Play 10-12 <b>*Tai Chi 10:15-11:15</b> Free Play Bridge 11-1 Bingo 1-3 Progressive Bridge 1-3 Zumba 1:30-2:30

January 2020

## TRIPS / EVENTS

**REGISTRATION DUE: Friday Jan. 3rd - RESULTS AVAILABLE: Monday Jan. 6th**

**REGISTRATION FEES DUE: Friday January 10th**

*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, January 6th @ 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.*

### **Blanton Museum of Art** (Austin, Tx) Thursday, January 23rd

The Blanton Museum of Art at The University of Texas at Austin is one of the foremost university art museums in the country, and has the largest and most comprehensive collection of art in Central Texas.

**Departure Time: 12:30pm**  
**Returning Time: 4:00pm**  
**Fee: \$3.00 / Non Res. \$4.00**  
**Activity Level: Low / Walking**

**AUSTIN'S  
BLANTON  
MUSEUM  
OF ART**

### **Day Out Shopping** **Round Rock Premium Outlets** (Round Rock, Tx) Wednesday, January 29th

Time to stroll the outlets! Walk around, do some shopping, enjoy your friends and have breakfast at Mimi's Bistro & Bakery!

**Departure Time: 8:30am**  
**Returning Time: 2:00pm**  
**Fee: \$5.00 / Non. Res. \$6.00**  
**Activity Level: Low / Walking**



### **Martha Redbone** **BONE HILL: THE CONCERT** McCullough Theatre (Austin, Tx) Saturday, February 1st

This epic journey covers 200 years of Martha Redbone's native family history in the Appalachian Mountains.

**Depart: 6pm / Return Time: 10pm**  
**Fee: \$3.00 / Non. Res. \$4.00**  
**Activity Level: Moderate Walking**

### **MARTHA REDBONE** **BONE HILL: THE CONCERT**



## TRIPS

### **The Grub Club**

**Lupe Tortilla**  
(Westlake, Austin, TX)  
Friday, February 7th

Join us for some Tex-Mex at Lupe Tortilla's! Word around town is they have the best beef fajitas in Austin!

**Departure Time: 11:00am**  
**Returning Time: 1:00pm**  
**Fee: \$3.00 / Non. Res. \$4.00**  
**Activity Level: Low**



### **Austin's Acoustical Cafe**

**Lamar Senior Activity Center**  
(Austin, TX)  
Saturday, February 8th

"Gibson, as she did with her smash "Wide Open Spaces," strikes strong emotional chords without getting sappy, and celebrates life and love without resorting to platitudes." - Jim Beal, Jr. - San Antonio Express News

**Departure Time: 6:00am**  
**Returning Time: 10:00pm**  
**Fee: \$17.00**  
**Activity Level: Low**



## PIONEER MUSEUM



### **Pioneer Museum**

(Fredericksburg, TX)  
Tuesday, February 11th

Enjoy downtown Fredericksburg! With downtown shops, lunch at the Auslander German Restaurant and a visit to the Pioneer Museum, this is sure to be a great trip!

**Departure Time: 8:00am**  
**Returning Time: 5:30pm**  
**Fee: \$23.00 / Non. Res. \$24.00**  
**Activity Level: Extensive Walking**



## VISUAL, LITERARY & PERFORMING ARTS



**Let's Sing-a-Long**  
**Wednesday, January 8th, 22nd, 29th**  
**12:15 - 1:30p**

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

**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 - 11a**  
 Bring your ceramic project and join other ceramics

**Card Making**  
**TBA**

**Honey Bee Quilters**  
**Thursday, January 2nd & 16th**  
**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: January 8th - February 12th**  
**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, January 8th, 22nd & 29th & Every Friday 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** **Monday - Friday 8:30 - 4:45p**  
 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.

**Bocce Ball** **Wednesdays 10:15-11:15a**  
 Right outside our west door! Join us in fun and competitive sets with friends.

**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**

### **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.

**FREE**

### **TECHNOLOGY CLASS**

**Wednesday, January 15th**

**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**

### **Ongoing Library Computer Lab**

**Tuesday, 10:00am - 11:00am FREE**

**January 28th**

**January 7th  
 January 14th  
 January 21st**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*Due to unavailability of certain items, appropriate substitutions may need to be made.</p> <p>**Milk is served every meal.</p>	<p>- Vegetarian Entrée</p> <p>≥ 1000mg Sodium</p>	<p>1</p> <p><b>Closed for Holiday</b></p>	<p>2</p> <p>Chicken Piccata Lima Beans Mustard Greens Wheat Bread Fruited Lemon Gelatin Cal: 741</p>	<p>3</p> <p>Vegetarian Pot Pie Squash Medley Sliced Carrots Mexican Cornbread Fresh Fruit Margarine Cal: 658</p>
<p>6</p> <p>Salisbury Beef with Gravy Brown Rice Florentine Parmesan Tomatoes Wheat Bread Fresh Fruit Cal: 651</p>	<p>7</p> <p>BBQ Chicken Ranch Roasted Potatoes Garden Vegetables Wheat Bread Rocky Road Pudding Cal: 793</p>	<p>8</p> <p>Turkey Pasta Bolognese Freen Green Beans Spring Vegetables Whole Wheat Breadstick Fresh Banana Margarine Cal: 611</p>	<p>9</p> <p>Herbed Pork Loin Mashed Sweet Potatoes Broccoli Dinner Roll Fruited Strawberry Gelatin Cal: 700</p>	<p>10</p> <p>Breaded Fish Whole Kernel Corn Summer Vegetables Hamburger Bun Fresh Fruit Cal: 670</p>
<p>13</p> <p>Turkey Cannelloni Casserole Cheesy Cauliflower Orange Beets Wheat Bread Fresh Fruit Cal: 626</p>	<p>14</p> <p>Peking Pork Brown Rice Ginger Carrots Wheat Bread Applesauce Cal: 646</p>	<p>15</p> <p>Chicken Enchilada Bake Green Beans with Red Peppers Broccoli Texas Bread Lemon Pudding Cal: 752</p>	<p>16</p> <p>Cajun Meatloaf Parslied Potatoes Okra and Tomatoes Wheat Bread Fresh Banana Cal: 611</p>	<p>17</p> <p>Cold Meal Mary's Yogurt Dill Chicken Salad Pasta Salad Vegetable Barley Salad Saltine Crackers Fresh Fruit Cal: 628</p>
<p>20</p> <p><b>Closed for Holiday</b></p>	<p>21</p> <p>Smothered Chicken Meatballs Cheesy Garlic Polenta Catalina Vegetables Wheat Bread Vanilla Berry Pudding Cal: 800</p>	<p>22</p> <p>Turkey Rotini Casserole Broccoli Country Tomatoes Wheat Bread Fresh Banana Cal: 700</p>	<p>23</p> <p>Pork Carnitas Pinto Beans Spinach Wheat Tortilla Fruited Lime Gelatin Cal: 630</p>	<p>24</p> <p>Thai Beef Herbed Jasmine Rice Japanese Vegetables Wheat Bread Fresh Fruit Margarine Cal: 630</p>
<p>27</p> <p>Coconut Chicken Fried Brown Rice Spring Vegetables Wheat Bread Fresh Fruit Margarine Cal: 613</p>	<p>28</p> <p>John Yocum's Lemon Pepper Fish Chuckwagon Corn Lemon Zest Broccoli Texas Bread Fresh Fruit Cal: 675</p>	<p>29</p> <p>Chicken Etouffee Black-Eyed Peas Medley Cabbage Cornbread Chocolate Pudding Margarine Cal: 817</p>	<p>30</p> <p>Roast Beef with Gravy Mashed Sweet Potatoes Green Beans Wheat Bread Fruited Cherry Gelatin Cal: 700</p>	<p>31</p> <p>Italian Shells and Cheese Parslied Carrots Squash Medley Whole Wheat Breadstick Fresh Fruit Cal: 646</p>



## Austin City Council Mayor and City Council

Steve Adler, Mayor  
Delia Gara, Mayor Pro Tem, District 2  
Natasha Harper-Madison, District 1  
Sabino “Pio” Renteria, District 3  
Gregorio “Greg” Casar, District 4  
Ann Kitchen, District 5  
Jimmy Flannigan, 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  
Lucas Massie, Acting Assistant Director  
Suzanne Piper, Chief Administrative Officer  
Anthony Segura, Assistant Director

## SASAC Advisory Board 2019

Willie Williams, President  
Raisa Edelman, Vice President  
Joan Cox, Secretary  
Kitti Greenough, Treasurer  
Elaine Benton  
Carolyn Drake  
Margaret Hughes  
Mergie Mendez  
Chris Ng



## City Manager

Spencer Cronk, City Manager  
Elaine Hart, Deputy City Manager  
Rey Arellano, Assistant City Manager  
Gina Fiandaca, Assistant City Manager  
Rodney Gonzales, Assistant City Manager  
Christopher J. Shorter, Assistant City Manager

## Parks Board

Dawn Lewis, Chair  
Romteen Farasat, Vice Chair  
Anna Di Carlo, Board Member  
Richard DePalma, Board Member  
Tom Donovan, Board Member  
Francoise Luca, Board Member  
Kate Mason-Murphy, Board Member  
Fred Morgan, Board Member  
Nina Rinaldi, Board Member  
Laura Cottam Sajbel, Board Member  
Kinberly Taylor, Board Member

## SASAC Staff

Kelly Maltsberger, Recreation Program Supervisor  
Maria Reyes, Recreation Program Coordinator  
Lynnette Lara, Recreation Programs Specialist  
Justin I. Perez, 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.