

South Austin Senior Activity Center



March

2023

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

2023 Registration/New Waiver

We will require a *current, complete, and signed* COA-PARD-SASAC Waiver to be on site.
Please stop by the front desk to request the form to update your information.

2023 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

March 1st:
Bob Appel

March 8th:
Monte Good

March 15th: (St. Patrick's Day Dance)
Johnny McGowan's Rugged Gents

March 22nd:
3 Chord Rodeo

March 29th:
The Merles

\$5 CASH COVER AT THE DOOR

FRIDAYS MOVIES

The legendary tale of a barber who returns from wrongful imprisonment to 1840s London, bent on revenge for the rape and death of his wife, and resumes his trade while forming a sinister partnership with his fellow tenant, Mrs.

Lovett.

**Friday March 3rd
Time: 9am-11am**



In a post-apocalyptic wasteland, a woman rebels against a tyrannical ruler in search for her homeland with the aid of a group of female prisoners, a psychotic worshiper, and a drifter named Max.

**Friday March 10th
Time: 9am-11am**

A young couple travels to a remote island to eat at an exclusive restaurant where the chef has prepared a lavish menu, with some shocking surprises.

**Friday February 17th
Time: 9am-11am**

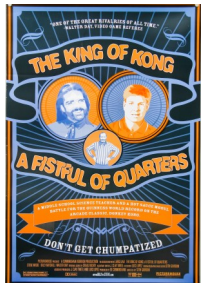


In the deep south during the 1930s, three escaped convicts search for hidden treasure while a relentless lawman pursues them.

**Friday March 24th
Time: 9am-11am**

A hilarious and moving study of the obsessive competition between the all-time scoring leader on Donkey Kong, an odd Floridian, and a father of two who gets sucked into a world of mind-blowing passive-aggressiveness.

**Friday March 31st
Time: 9am-11am**



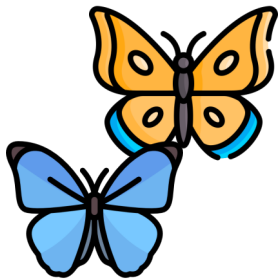
UPCOMING EVENTS



St. Patrick's Lucky Shamrock Craft

Registration:
February 20th
to
March 6th

Class: March 10th



Paint Your Own Butterflies

Registration:
March 13th to April 10th

Class:
April 13th & (14th if needed)



How Many Ways Can an Egg be Decorated?

Registration:
March 13th to March 30th

Class:
April 3rd
10am

Legacy Memories

Every Tuesday
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.

NEW SESSION FEBRUARY 28th

EASTER CELEBRATION

Get Creative with these adorable EGG-stra Special Crafts and a visit from the Easter Bunny!

**April 5th
12-1:30pm**

**Registration starts March 6th
Registration ends April 3rd**



BRINGING SENIORS TOGETHER

RODOLFO "RUDY" MENDEZ RECREATION CENTER

2407 CANTERBURY ST, AUSTIN TX 78702

BRINGING SENIORS TOGETHER

LUCKY

BINGO

& Luncheon

JOIN US FROM 10AM-12PM

MARCH 16, 2023

FREE GIVE AWAYS/ PLEASE RSVP BY 3/9/23

FOR MORE INFORMATION CALL (512)978-2399



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AUSTIN ACCOUSTICAL CAFE



Austin Acoustical Cafe

Upcoming Shows 2023



HARDENED & TEMPERED

Austin Folk Duo

Open: Emily Shirley

Saturday

FEB 11



KIMMIE RHODES

American Singer Songwriter

Open: Brother & the Hayes

Saturday

MAR 11



BOB LIVINGSTON

Austin Singer Songwriter

Open: Vanessa Lively

Saturday

APRIL 15



Lamar Senior Activity Center

2874 Shoal Crest Avenue

Austinacousticalcafe.org

Doors Open at 6:30pm

Music Starts at 7:00pm

Buy Tickets at Website



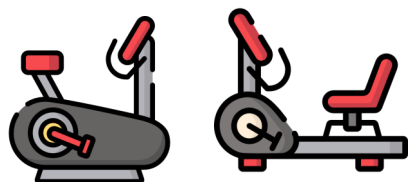
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FITNESS CLASSES

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 Sessions March 28th

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
FREE

FITNESS CLASSES

LINE DANCE

No need to have a partner!
Everyone can enjoy dancing.

MONDAY (1:00 - 2:00)
Beginner Class

For starter, learn basic steps & easy dances.

MONDAY (2:30 - 3:30)
High Beginner Class

Next step for beginners.

THURSDAY (1:30 - 2:30)
Improver Class:

Learn more skills for a variety of dances.

THURSDAY (2:30-3:30)
Intermediate Class

For experienced dancers.
Need higher level skills.



Stretch & Strength

Fridays 2-3p

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

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



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.



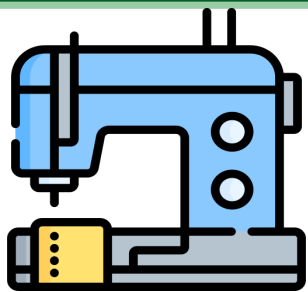
YOGA

Mondays and Wednesdays
9-10a

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Special Events are in BLUE	Cancellations are in RED	1 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	2 Everyone Paints 8-4 Quilters 9-2 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Pinochle 12-4 Improver Line Dance 1:30-2:30 Intermediate Line Dance 2:30-3:30	3 Movie 9-11 Chess Play 10-1 Free Play Bridge 11-1 Canasta 1-2 Stretch & Strength 2-3
6 Yoga 9-10 Garden Meeting 10-11 Chess Play 10-1 Zumba 10-11 Free Play Bridge 11-1 Beg. Line Dance 1-2 High Beg. Line Dance 2:30-3:30	7 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Legacy Memories 10:30-11:30 Gentle Duplicate Bridge 12-3 Bingo 1-3 Beginners Mahjong 12:30-1 Pinochle 12-4 Mahjong 1 - 3 Waterloo Squares 6:45-8:45p	8 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 Technology 2-4 Wednesday Night Dance 7-9:30	9 Everyone Paints 8-4 Quilters 9-2 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Pinochle 12-4 Improver Line Dance 1:30-2:30 Intermediate Line Dance 2:30-3:30	10 Movie 9-11 Chess Play 10-1 Free Play Bridge 11-1 Canasta 1-2 Stretch & Strength 2-3 Card Making 9-10 Advisory Board 12-1 St. Patrick's Lucky Shamrock Craft 10-11
13 Yoga 9-10 Garden Meeting 10-11 Chess Play 10-1 Zumba 10-11 Free Play Bridge 11-1 Beg. Line Dance 1-2 High Beg. Line Dance 2:30-3:30	14 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Legacy Memories 10:30-11:30 Bingo 1-3 Beginners Mahjong 12:30-1 Pinochle 12-4 Mahjong 1 - 3 Waterloo Squares 6:45-8:45p	15 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 AARP 1-4	16 Everyone Paints 8-4 Quilters 9-2 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Pinochle 12-4 Improver Line Dance 1:30-2:30 Intermediate Line Dance 2:30-3:30 NARFE 9:30-10:30	17 Movie 9-11 Chess Play 10-1 Free Play Bridge 11-1 Canasta 1-2 Stretch & Strength 2-3
20 Yoga 9-10 Garden Meeting 10-11 Chess Play 10-1 Zumba 10-11 Free Play Bridge 11-1 Beg. Line Dance 1-2 High Beg. Line Dance 2:30-3:30	21 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Gentle Duplicate Bridge 12-3 Legacy Memories 10:30-11:30 Beginners Mahjong 12:30-1 Pinochle 12-4 Mahjong 1 - 3 Bingo 1-3 Waterloo Squares 6:45-8:45p Women of the World 10-11a	22 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 Technology 2-4 Wednesday Night Dance 7-9:30 CAPITOL of TEXAS POSTCARD CLUB 6-8:30	23 Everyone Paints 8-4 Quilters 9-2 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Pinochle 12-4 Improver Line Dance 1:30-2:30 Intermediate Line Dance 2:30-3:30	24 Movie 9-11 Chess Play 10-1 Free Play Bridge 11-1 Canasta 1-2 Stretch & Strength 2-3
27 Yoga 9-10 Garden Meeting 10-11 Chess Play 10-1 Zumba 10-11 Free Play Bridge 11-1 Beg. Line Dance 1-2 High Beg. Line Dance 2:30-3:30	28 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Legacy Memories 10:30-11:30 Bingo 1-3 Beginners Mahjong 12:30-1 Pinochle 12-4 Mahjong 1 - 3 Waterloo Squares 6:45-8:45p	29 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	30 Everyone Paints 8-4 Quilters 9-2 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Pinochle 12-4 Improver Line Dance 1:30-2:30 Intermediate Line Dance 2:30-3:30 Birthday Celebration 12:00-12:30	31 Movie 9-11 Chess Play 10-1 Free Play Bridge 11-1 Canasta 1-2 Stretch & Strength 2-3

MARCH 2023

ARTS & CRAFT CLASSES



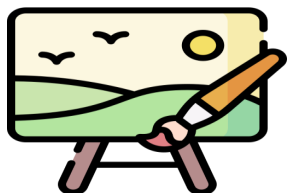
Honey Bee Quilters Thursdays 9a - 2p

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



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

Everyone Paints
Thursdays 8a - 4p
Come in and share your creativity with other painters!



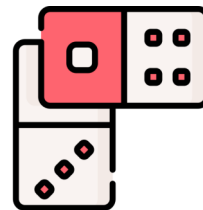
Wednesday Painters
Wednesdays 1 - 3:30p
If you use pastels, oils, acrylics, etc., bring your supplies and enjoy the fun.

Ceramics Circle
Wednesdays 9 - 12a
Bring your ceramic project and join other ceramics enthusiasts as you work.



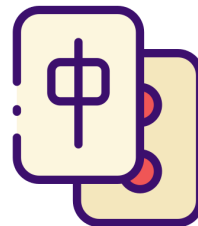
RECREATION & GAMES

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



Traditional Chinese Mahjong
TUESDAYS
1-3P

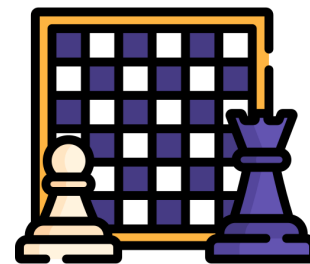
Join in on the classic game!



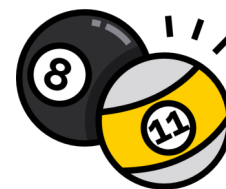
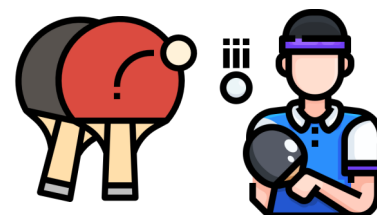
Mahjong Beginners Class
Tuesdays
12:30-1p

Come and learn this game of skill, strategy and luck!

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.



Billiards Room
Monday-Friday

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

RECREATION & GAMES

Free Play Bridge

Mondays,
Wednesdays
& Fridays
11a - 1p

FREE

Pinochle

Tuesdays & Thursdays
12-4p

FREE

Canasta

Fridays
1-2p

FREE

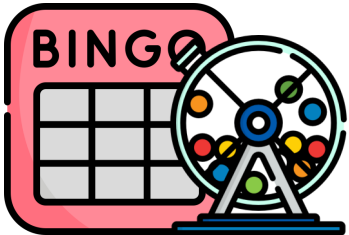


Gentle Duplicate Bridge

1st, 3rd & 5th
Tuesdays
12p -3p

Led by Larry Davis
Contract Instructor
\$5.00

WILL RETURN IN APRIL



Bingo

Tuesdays
1p -3p

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



TECHNOLOGY

Technology Forum

Wednesday
February 8th & 22nd
2p-4p

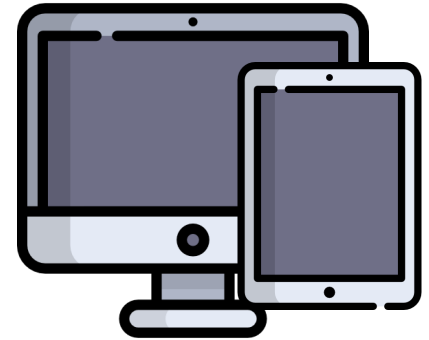
Having trouble operating your computer, tablet, or smart phone?

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!

PUBLIC MEETINGS

SASAC ADVISORY BOARD MEETING

Friday,
March 10th
12-1p

SOUTH AUSTIN AARP #2426

Wednesday
March 15th
1-4p

NATIONAL ACTIVE/RETIRED FEDERAL EMPLOYEES (NARFE)

Thursday
March 16th
9:30a

CAPITOL of TEXAS POSTCARD CLUB

Wednesday
March 22nd
6-8:30p

WOMEN'S HISTORY MONTH



Lorraine Camacho

An East Austin civil rights organizer, Camacho was the granddaughter of Mexican Americans who settled in Austin in the 1870s.

Camacho, known as "Grandma," worked in the food service department at Zavala and Metz elementary schools in the late 1960s and '70s while rallying for equal education opportunities and an end to the environmental degradation of East Austin neighborhoods.

UPCOMING EVENTS

Woman's History Month **Women of the World**

Registration: March 1st to March 17th
Class: March 21st
10am

Lets celebrate the amazing women
throughout history and in our own
lives that inspire us!

Light refreshments will be served.





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
<p>Due to unavailability of certain items, appropriate substitutions may need to be made.</p> <p>**Milk is served every meal</p>		<p>1</p> <p>Dan Pruett's Hamburger Patty Lettuce and Tomato Ranch Beans Hamburger Bun Hot Cinnamon Applesauce Mustard and Ketchup Cal: 625</p>	<p>2</p> <p>Greek Chicken Brown Rice Broccoli with Cheese Wheat Bread Fruited Orange Gelatin Cal: 801</p>	<p>3</p> <p>Six Bean Stew Cauliflower Squash Casserole Texas Bread Fresh Fruit Cal: 710</p>
<p>6</p> <p>Ham w/Red Beans/Brown Rice Black-Eyed Peas Cabbage Wheat Bread Fresh Fruit Cal: 621</p>	<p>7</p> <p>Beef with Mushroom Gravy Whipped Potatoes with Skins Mixed Vegetables Wheat Bread Fresh Banana Cal: 665</p>	<p>8</p> <p>Black Bean Chicken Brown Rice Japanese Vegetables Dinner Roll Fresh Fruit Cal: 777</p>	<p>9</p> <p>Sliced Turkey & Swiss Cheese Lettuce and Tomato Pasta Salad Wheat Bread (2) Fruited Cherry Gelatin Mustard</p>	<p>10</p> <p>Tuna Macaroni and Cheese Green Peas Parslied Carrots Texas Bread Fresh Fruit Cal: 678</p>
<p>13</p> <p>Ron Lantz's Meatloaf with Brown Gravy Whipped Potatoes with Skins Brussels Sprouts Wheat Bread Fresh Fruit</p>	<p>14</p> <p>Tofu Fried Rice Lentils Ginger Carrots Texas Bread Fresh Fruit Cal: 717</p>	<p>15</p> <p>Gourmet Turkey Salad Vegetable Couscous Salad Cucumber Salad Saltine Crackers Fruited Lime Gelatin Cal: 627</p>	<p>16</p> <p>Creamy Paprika Chicken Pinto Beans Okra and Tomatoes Texas Bread Fresh Fruit Cal: 919</p>	<p>17</p> <p>Fish Almandine Oven Roasted Potatoes Medley Cabbage Dinner Roll Lime Swirl Pudding Cal: 774</p>
<p>20</p> <p>Teriyaki Diced Chicken Northern Beans Japanese Vegetables Texas Bread Fresh Fruit Cal: 731 Fresh Fruit</p>	<p>21</p> <p>Cheeseburger Macaroni Green Peas Country Tomatoes Wheat Bread Fresh Fruit Cal: 625 Cal: 797</p>	<p>22</p> <p>Lemon Pepper Chicken Couscous Broccoli Dinner Roll Fruited Lemon Gelatin Cal: 752</p>	<p>23</p> <p>BBQ Diced Turkey Cheesy Parslied Potatoes Mixed Vegetables Hamburger Bun Fresh Orange Cal: 610</p>	<p>24</p> <p>Spaghetti Torte Garlic Parmesan Cauliflower Green Beans with Onions Wheat Bread Fresh Fruit Cal: 705</p>
<p>27</p> <p>Beef with Country Gravy Whipped Potatoes with Skins Garden Vegetables Texas Bread Fresh Fruit Cal: 707</p>	<p>28</p> <p>Turkey Pot Pie Whole Kernel Corn Spinach Wheat Bread Fruited Orange Gelatin Cal: 664</p>	<p>29</p> <p>Hunan Style Tofu Lima Beans Broccoli and Carrots Texas Bread Fresh Fruit Cal: 716</p>	<p>30</p> <p>Chicken Marsala Baked Sweet Potato Green Beans Texas Bread Applesauce Cal: 733</p>	<p>31</p> <p>Cheese Omelet Seasoned Black Beans Stewed Tomatoes Wheat Bread Fresh Fruit Cal: 604</p>



VARSITY GENERATION

SASAC Advisory Board 2023

Chris Ng, President
Jackie Gaylord, Vice President
Joan Cox, Secretary
Josie Samilpa, Treasure
Elaine Benton
Ken Cohen
Margie Mendez
Harold Barnett
Judy Witkin
Kelly Ekwurzel



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



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 persons 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!

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 financially viability providing an overall financially sound recreation program to the Austin community.