

# South Austin Senior Activity Center



**3911 Menchaca Road Austin, Tx 78704 / 512.978.2400**

**[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**

**Monday thru Friday 8:00am - 5:00pm**



**[austintexas.gov/varsitygeneration](http://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

Currently we are not accepting any SASAC registration renewals or DONATION at this time . If you do not have a current COA-PARD-SASAC waiver on file we will require a complete and signed form. If any information such as emergency contact, address, phone number, medications, etc. have changed since March 2020 please stop by the front desk to complete a form to update your information in our database.

### 2022 EVENING HOURS

**SASAC** will be open **Tuesdays until 9:00pm**  
and **Wednesdays until 9:30**

### 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**

**Had Decided Not Be Returning For Programming**

**FACE MASKS** Optional  
until further notice

**All Classes and Activities return  
IN FULL  
April 4th**

## WHAT IS VARSITY GENERATION

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!



## Special Announcements



**Golden Rollers will be returning  
to Ditmar Rec Center  
Fridays 9-10am  
and 10-11am**

### **Costume Jewelry**

**Do you have any old costume jewelry? Donate them to the  
center for future craft projects and decorations!**

# UPCOMING EVENTS



## Meals on Wheels Of Central Texas

In person Meals on Wheels will return  
**May 2nd**



## Cinco De Mayo - Tissue Paper Art

Registration Begins: April 4th thru 22nd  
Class: April 29th 10am - 11am



## Mothers Day Craft

Registration Begins: April 11th thru April 29th  
Class: May 6th 10am - 11am



## Fathers Day Coffee Tasting

Registration Begins: May 9th thru 31st  
Class: June 9th 10am - 11am



## Juneteenth Garden Flag

Registration Begins: May 16th thru June 1st  
Class: June 10th 10am - 11am



## Bringing Seniors Together

## Easter Extravaganza

Thursday, April 21st  
10am-11:30am

## AAPR TAX AIDE

Tax Aide will not be accepting walk ins. You will need to call and make an appointment

To make an appointment Call  
**512-910-5242**  
Or Email  
**235003052@aarpfoundation.org**



# COMMUNITY GARDEN

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**



# FRIDAYS MOVIES

**A League of Their Own** As America's stock of athletic young men are depleted during WW2, a professional all female baseball league springs up in the Midwest.

Friday April 8th

Time: 10am-12pm

**Good Will Hunting** Will Hunting has a genius level IQ but choose to work as a janitor at MIT. When he solves a difficult graduate level math problem, his talents are discovered.

Friday April 15th

Time: 10am-12pm

**The DaVinci Code** A murder in Paris' Louvre Museum and cryptic clues in some of Leonardo da Vinci's most famous paintings lead to the discovery of a religious mystery/

Friday April 22nd

Time: 10am-12pm

**The Shawshank Redemption** Andy Dufresne is sentenced to two consecutive life terms in prison for the murders of his wife and her lover and is sentenced to a tough prison.

Friday April 29th

Time: 10am-12pm



## Fitness Classes

BE SURE TO CHECK OUT  
OUR TREADMILLS,  
RECUMBENT BIKES,  
WEIGHT SYSTEM AND  
ELLIPTICAL TRAINERS

IF YOU NEED ASSISTANCE US-  
ING THE  
EQUIPMENT, SASAC STAFF IS  
AVAILABLE  
TO ANSWER QUESTIONS.

Gym Hours  
Mondays 8a-4:00p  
Tuesdays 8a-8:30p  
Wednesday 8a-9:30p  
Thursday 8a-4:00p  
Friday 8a-4:00p  
**SUBJECT TO CHANGE**



### SENIOR HEALTH AND FITNESS

Tuesday and Thursday 8:30-  
9:30a m  
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 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  
**Free**

### 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

### 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 2:30-4p

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**

### ZUMBA GOLD VIDEO Mondays 9:00-10:00a

Improve your muscle strength,  
coordination, posture and mobility.  
Come on out and shake it! This is a  
drop in class. **FREE**



Austin Rocking' Line Dancers  
Thursdays 9:30 - 11a

### Starting February

The Austin Rocking Line dances  
is a group that performs at various  
locations around Austin and has  
been honored with several  
awards.

Instructor: Sonja Hemmes

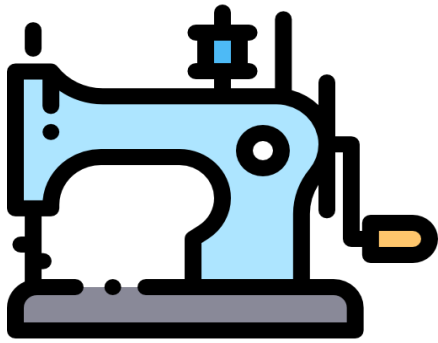
**FREE**

MONDAY	TUESDAY	WEDNESD	THURSDAY	FRIDAY
<b>Special Events</b> <b>are in RED</b>				<b>1</b> Movie: 10-12 Chess Play 10-12 Golden Rollers 9-10 Golden Rollers 10-11 Free Play Bridge 9-11 Progressive Bridge 1-3
<b>4</b> Garden Meeting 10-11 Chess Play 10-12 Zumba 9-10 Free Play Bridge 11-1 Advanced Free Play Bridge 11-2 Progressive Bridge 1-3 Beg. Line Dance 1-2 Advanced Beg. Line Dance 2:30-3:30	<b>5</b> Pinochle 8-2 Sr. Health & Fitness 8:30-9:30 Knitting & Crocheting 9-11 Tai Chi 10-11 Mexican Train 12:15-3:15 Mahjong 1 - 3 Waterloo Squares 7-8:45p	<b>6</b> Ceramics Circle 9-12 Seniorsize 10:30-11 Free Play Bridge 11-1 Progressive Bridge 1-3 Painters 1-3:30 <b>Fall Prevention 12-2</b>	<b>7</b> Pinochle 8-2 Everyone Paints 8-4 Quilters 8-2 Sr. Health & Fitness 8:30-9:30 Adv. Free Play Bridge 9-11:30 Tai Chi 10-11 Hand and Foot Canasta 12-4 Line Dance 2:30-4	<b>8</b> Movie: 10-12 Chess Play 10-12 Golden Rollers 9-10 Golden Rollers 10-11 Free Play Bridge 9-11 Progressive Bridge 1-3 Stretch & Strength 2-3 <b>Card Making 9-10</b>
<b>11</b> Garden Meeting 10-11 Chess Play 10-12 Zumba 9-10 Free Play Bridge 11-1 Advanced Free Play Bridge 11-2 Progressive Bridge 1-3 Beg. Line Dance 1-2 Advanced Beg. Line Dance 2:30-3:30	<b>12</b> Pinochle 8-2 Sr. Health & Fitness 8:30-9:30 Knitting & Crocheting 9-11 Tai Chi 10-11 Mexican Train 12:15-3:15 Mahjong 1 - 3 Waterloo Squares 7-8:45p	<b>13</b> Ceramics Circle 9-12 Seniorsize 10:30-11 Free Play Bridge 11-1 Progressive Bridge 1-3 Painters 1-3:30 <b>Fall Prevention 12-2</b>	<b>14</b> Pinochle 8-2 Everyone Paints 8-4 Quilters 8-2 Sr. Health & Fitness 8:30-9:30 Adv. Free Play Bridge 9-11:30 Tai Chi 10-11 Hand and Foot Canasta 12-4 Line Dance 2:30-4	<b>15</b> Movie: 10-12 Chess Play 10-12 Golden Rollers 9-10 Golden Rollers 10-11 Free Play Bridge 9-11 Progressive Bridge 1-3 Stretch & Strength 2-3
<b>18</b> Garden Meeting 10-11 Chess Play 10-12 Zumba 9-10 Free Play Bridge 11-1 Advanced Free Play Bridge 11-2 Progressive Bridge 1-3 Beg. Line Dance 1-2 Advanced Beg. Line Dance 2:30-3:30	<b>19</b> Pinochle 8-2 Sr. Health & Fitness 8:30-9:30 Knitting & Crocheting 9-11 Tai Chi 10-11 Mexican Train 12:15-3:15 Mahjong 1 - 3 Waterloo Squares 7-8:45p	<b>20</b> Ceramics Circle 9-12 Seniorsize 10:30-11 Free Play Bridge 11-1 Progressive Bridge 1-3 Painters 1-3:30 <b>Fall Prevention 12-2</b>	<b>21</b> Pinochle 8-2 Everyone Paints 8-4 Quilters 8-2 Sr. Health & Fitness 8:30-9:30 Adv. Free Play Bridge 9-11:30 Tai Chi 10-11 Hand and Foot Canasta 12-4 Line Dance 2:30-4 <b>BST Easter Extravaganza 10-11:30</b>	<b>22</b> Movie: 10-12 Chess Play 10-12 Golden Rollers 9-10 Golden Rollers 10-11 Free Play Bridge 9-11 Progressive Bridge 1-3 Stretch & Strength 2-3
<b>25</b> Garden Meeting 10-11 Chess Play 10-12 Zumba 9-10 Free Play Bridge 11-1 Advanced Free Play Bridge 11-2 Progressive Bridge 1-3 Beg. Line Dance 1-2 Advanced Beg. Line Dance 2:30-3:30	<b>26</b> Pinochle 8-2 Sr. Health & Fitness 8:30-9:30 Knitting & Crocheting 9-11 Tai Chi 10-11 Mexican Train 12:15-3:15 Mahjong 1 - 3 Waterloo Squares 7-8:45p	<b>27</b> Ceramics Circle 9-12 Seniorsize 10:30-11 Free Play Bridge 11-1 Progressive Bridge 1-3 Painters 1-3:30 <b>Fall Prevention 12-2</b>	<b>28</b> Pinochle 8-2 Everyone Paints 8-4 Quilters 8-2 Sr. Health & Fitness 8:30-9:30 Adv. Free Play Bridge 9-11:30 Tai Chi 10-11 Hand and Foot Canasta 12-4 Line Dance 2:30-4	<b>29</b> Movie: 10-12 Chess Play 10-12 Golden Rollers 9-10 Golden Rollers 10-11 Free Play Bridge 9-11 Progressive Bridge 1-3 Stretch & Strength 2-3

2022 April



## Arts & Craft Classes



### Honey Bee Quilters

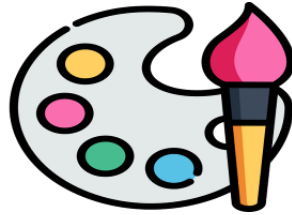
April 7th & 21st  
9a - 2p

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

### 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

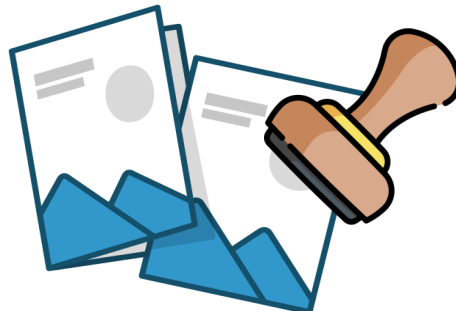
Wednesdays 9 - 12a

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



### Card Making with Melissa

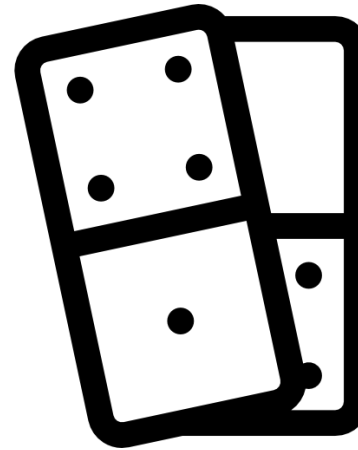
Friday April 8th  
Time: 9am-10am



## RECREATION & GAMES

### Mexican Train Dominoes

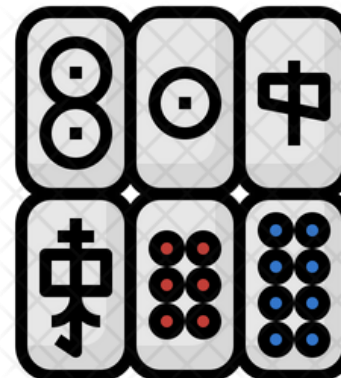
Tuesdays 12:15-3:15p



### Mahjong

TUESDAY 1-3PM

Join in on the classic game!



### Chess Club

Mondays and Fridays  
10a-12p

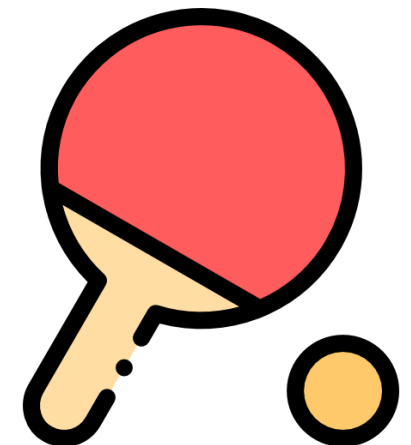
New players and all levels welcome!



### 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.



# Card Games

## Free Play Bridge

*Mondays, Wednesdays & Fridays*

*11a - 1p*

**FREE**

## Progressive Bridge

*Monday, Wednesdays & Fridays*

*1 - 3p*

**FREE**

## Advanced Free Play

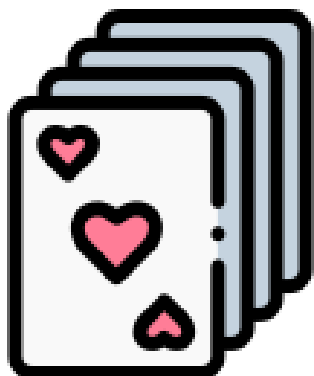
*Monday 11a- 2p &*

*Thursdays 9 - 11:30a*

*This group focuses on:*

- *Competitive Bidding*
- *Chicago Style Scoring*
- *Duplicate Practice*
- *Peer Coaching*

**FREE**



**Card  
&  
Domino  
Games  
Will Return  
April 4th**

## Friday Morning Free Play

*Fridays 9 - 11am*

*\*Beginner's welcome\**

**FREE**

## 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**

## Pinochle

*Tuesdays & Thursdays*

*8a - 2p*

**FREE**

# Daily Open Rooms

## Billiards Room

*Open Daily*

*Monday-Friday*

*Free*

*Mondays 9a-4p*

*Tuesdays 9a-8:30p*

*Wednesday 9a-4p*

*Thursday 9a-4p*

*Friday 9a-4p*



## Fitness Room

*Open Daily*

*Monday-Friday*

*Free*

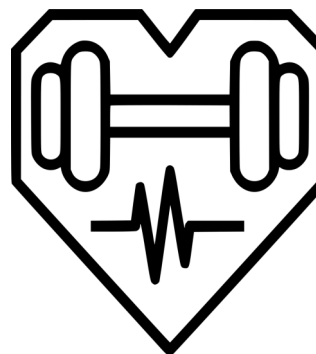
*Mondays 8a-4p*

*Tuesdays 8a-8:30p*

*Wednesday 8a-9:30p*

*Thursday 8a-4p*

*Friday 8a-4p*





**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 12p-12:30p 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 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Pick up Meals and shelf stable food.</b>				1
4 <b>No Meals On Wheels Pick up</b>	5	6	7	8
11 <b>No Meals On Wheels Pick up</b>	12	13	14	15
18 <b>Pick up Meals and shelf stable food.</b>	19	20	21	22
25 <b>No Meals On Wheels Pick up</b>	26	27	28	29



## 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  
Lucas Massie, Acting Assistant Director  
Suzanne Piper, Chief Administrative Officer  
Anthony Segura, Assistant Director  
David Crabb, Program Manager

## SASAC Advisory Board 2020

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

Harold Bar-



## 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.