

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 thru Friday 8:00am - 5:00pm



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**

Evening Dance Clubs

Waterloo Squares

Tuesday Nights - Square Dancing from 6:45-8:45 pm

Square-dance the night away to a live caller!

Line dance between Square Dance. 6:15-6:45.

Wednesday Night Dance Club

7pm – 9:30pm

June 1st: Hired Guns

June 8th: Johnny McGowan's Rugged Gents

June 15th: 3 Chord Rodeo

June 22nd: Bob Appel

June 29th: Chip Sneed and Friends

July 6th The Johnnathans

\$5 CASH COVER AT THE DOOR

**FACE MASKS Optional
until further notice**

**Meals On Wheels
Is back with hot meals!**

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 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!



Special Announcements



Golden Rollers has returned to

Ditmar Rec Center

Wednesdays

9-10am & 10-11am

Costume Jewelry

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

UPCOMING EVENTS



**Herky Trede
101st Birthday Celebration**
Friday
June 3rd
12:00pm - 12:30pm



**Father's 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



4th of July Craft
Registration Begins: June 1st thru 27th
Class: July 1st 12pm - 1pm



4th of July Hotdogs and Frito Pie
Registration Begins: June 1st thru 27th
Class: July 1st 12:30pm



Services for People w/ Hearing Loss
Monday, June 13th
1pm
Learn about free services provided by the state of Texas, including a telephone assistance program.

Free Workshop



Birthday Celebration
Thursday, June 30th
12pm
Join us for cake and ice cream to celebrate all friends' June birthdays!!!

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

Karate Kid A martial arts master agrees to teach karate to a bullied teenager.
Friday June 3th **Time: 9am-11am**

Groundhog Day A self centered Pittsburgh weatherman finds himself inexplicably trapped in a small town as he lives the same day over and over again.
Friday June 10h **Time: 9am-11am**

La Bamba Biographical story of the rise from nowhere of early rock and roll singer Richie Valens who died at the age of 17 in a plane crash.
Friday June 17nd **Time: 9am-11am**

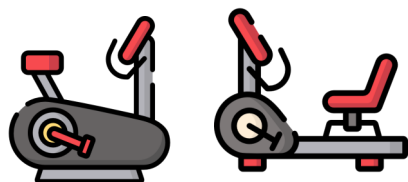
Catch Me If You Can Barely 21 yet, Frank a skilled forger who has passed as a doctor, lawyer and pilot. FBI agent Carl becomes obsessed with tracking down the con man.
Friday June 24th **Time: 9am-11am**



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



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

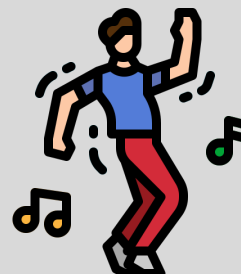
SENIORCIZE

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

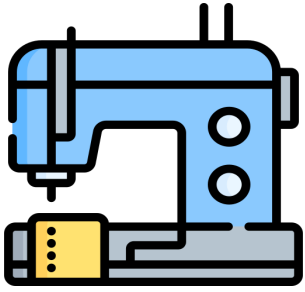
ZUMBA GOLD VIDEO
Mondays 9:00-10:00a
Improve your muscle strength, coordination, posture and mobility. Come on out and shake it! This is a drop in class. **FREE**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Ceramics Circle 9-12 Seniorsize 10:30-11 Free Play Bridge 11-1 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 Line Dance 2:30-4	3 Movie 9-11 Chess Play 10-1 Free Play Bridge 11-1 Stretch & Strength 2-3 Mrs Herky's 101st Bday 12-12:30
6 Garden Meeting 10-11 Chess Play 10-1 Zumba 9-10 Free Play Bridge 11-1 Beg. Line Dance 1-2 Advanced Beg. Line Dance 2:30-3:30	7 Sr. Health & Fitness 8:30-9:30 Knitting & Crocheting 9-11 Tai Chi 10-11 Gentle Duplicate Bridge 12-3 Mexican Train 12:15-3:15 Mahjong 1 - 3 Waterloo Squares 6:45-8:45p	8 Ceramics Circle 9-12 Seniorsize 10:30-11 Free Play Bridge 11-1 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 Adv. Free Play Bridge 9-11:30 Tai Chi 10-11 Line Dance 2:30-4 Fathers Day Coffee Tasting 9-10	10 Movie 9-11 Chess Play 10-1 Free Play Bridge 11-1 Stretch & Strength 2-3 Card Making 9-10 Juneteenth Garden Flag 10-11 Advisory Board 12-1
13 Garden Meeting 10-11 Chess Play 10-1 Zumba 9-10 Free Play Bridge 11-1 Beg. Line Dance 1-2 Advanced Beg. Line Dance 2:30-3:30 For people w/ Hearing Loss 1-2	14 Sr. Health & Fitness 8:30-9:30 Knitting & Crocheting 9-11 Tai Chi 10-11 Gentle Duplicate Bridge 12-3 Mexican Train 12:15-3:15 Mahjong 1 - 3 Waterloo Squares 6:45-8:45p	15 Ceramics Circle 9-12 Seniorsize 10:30-11 Free Play Bridge 11-1 Painters 1-3:30 AARP 1-4 Wednesday Night Dance 7-9:30	16 Everyone Paints 8-4 Quilters 9-2 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Line Dance 2:30-4	17 Movie 9-11 Chess Play 10-1 Free Play Bridge 11-1 Stretch & Strength 2-3
20 Closed for Juneteenth	21 Sr. Health & Fitness 8:30-9:30 Knitting & Crocheting 9-11 Tai Chi 10-11 Gentle Duplicate Bridge 12-3 Mexican Train 12:15-3:15 Mahjong 1 - 3 Waterloo Squares 6:45-8:45p	22 Ceramics Circle 9-12 Seniorsize 10:30-11 Free Play Bridge 11-1 Painters 1-3:30 Technology 2-4 Wednesday Night Dance 7-9:30	23 Everyone Paints 8-4 Quilters 9-2 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Line Dance 2:30-4	24 Movie 9-11 Chess Play 10-1 Free Play Bridge 11-1 Stretch & Strength 2-3
27 Garden Meeting 10-11 Chess Play 10-1 Zumba 9-10 Free Play Bridge 11-1 Beg. Line Dance 1-2 Advanced Beg. Line Dance 2:30-3:30	28 Sr. Health & Fitness 8:30-9:30 Knitting & Crocheting 9-11 Tai Chi 10-11 Gentle Duplicate Bridge 12-3 Mexican Train 12:15-3:15 Mahjong 1 - 3 Waterloo Squares 6:45-8:45p	29 Ceramics Circle 9-12 Seniorsize 10:30-11 Free Play Bridge 11-1 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 Line Dance 2:30-4 June Birthday Celebration 12:00-12:30	Special Events are in RED

2022 June

Arts & Craft Classes



Honey Bee Quilters

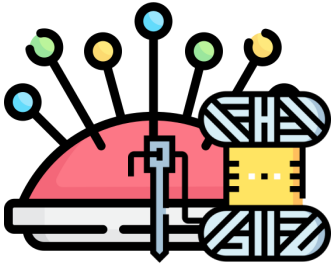
Thursdays
9a - 2p

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

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!



Technology

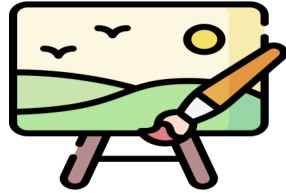
Wednesday June 8th & 22nd
2p-4p



Everyone Paints

Thursdays 8a - 4p

Come in and share your creativity with other painters!



Wednesday Painters

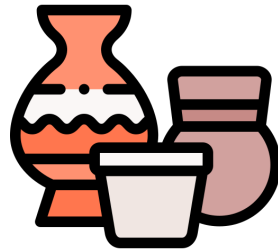
Wednesdays 1 - 3:30p

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

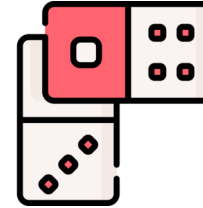
Friday June 10th
Time: 9-10a



RECREATION & GAMES

Mexican Train Dominoes

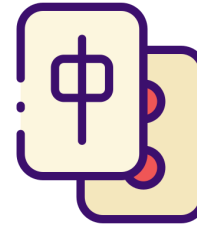
Tuesdays 12:15-3:15p



Mahjong

TUESDAY 1-3PM

Join in on the classic game!



Chess Club

Mondays and Fridays
10a-1p

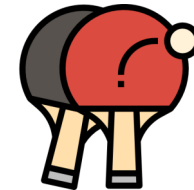
New players and all levels welcome!



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, June 30th
12pm

Join us for cake and ice cream to celebrate all friends' June birthdays!!!



Billiards Room

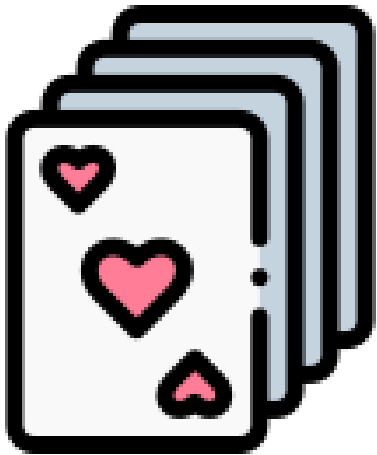
Monday-Friday

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

Card Games

Free Play Bridge

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



Gentle Duplicate Bridge

Tuesdays 12p -3p
Led by Larry Davis
Contract Instructor
\$5.00

Public Meetings

SASAC ADVISORY BOARD MEETING

Friday,
June 10th
12-1



SOUTH AUSTIN AARP
#2426
Wednesday
June 15th
1-4 p



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

Next Meeting
Thursday
September 15th



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.

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 Dragon Fire Chicken Brown Rice Japanese Vegetables Wheat Bread Pineapple Tidbits Cal: 698</p>	<p>2 Dan Pruett's Hamburger Patty Lettuce and Tomato Ranch Beans Spinach Hamburger Bun Ketchup and Mustard Cal: 618</p>	<p>3 Spaghetti Torte Garlic Parmesan Cauliflower Green Bean Almandine Wheat Bread Fresh Fruit Cal: 641</p>
<p>6 Sweet and Sour Chicken Herbed Basmati Rice Broccoli Texas Bread Fresh Fruit Cal: 667</p>	<p>7 Turkey Taco Pinto Beans Steamed Cauliflower Wheat Tortilla Fresh Fruit Taco Sauce Cal: 687</p>	<p>8 Curry Pork Roast Brown Rice Cauliflower with Red Peppers Wheat Bread Fresh Fruit Cal: 656</p>	<p>9 Rosemary Butter Sliced Ham Lima Beans Okra and Tomatoes Cornbread Fresh Fruit Margarine Cal: 750</p>	<p>10 Breaded Fish Black-Eyed Peas Green Beans Hamburger Bun Fresh Fruit Tartar Sauce Cal: 744</p>
<p>13 Salisbury Beef with Brown Gravy Cheesy Potatoes Catalina Vegetables Texas Bread Fresh Fruit Cal: 726</p>	<p>14 Cheese Omelet  Black Beans Stewed Tomatoes Multigrain Bread Applesauce Cal: 640</p>	<p>15 Mozzarella Chicken Pasta Florentine Green Beans with Onions Dinner Roll Oreo Vanilla Pudding Cal: 768</p>	<p>16 John Yocum's Lemon Pepper Fish Cajun Brown Rice Mixed Greens Cornbread Fresh Fruit Cal: 758</p>	<p>17 Swiss Steak Whipped Potatoes with Skins Broccoli Dinner Roll Oatmeal Cream Cookie Cal: 714</p>
<p>20</p> <p>Closed for Holiday</p>	<p>21 Italian Shells and Cheese  Whole Kernel Corn Broccoli Wheat Bread Fresh Fruit Cal: 674</p>	<p>22 Beef Taco Mexican Brown Rice Charro Beans Wheat Tortilla Fruited Strawberry Gelatin Taco Sauce Cal: 770</p>	<p>23 Pork Chop Suey Cheesy Spinach Cauliflower Texas Bread Fresh Banana Cal: 723</p>	<p>24 Pork Chop Suey Cheesy Spinach Cauliflower Texas Bread Fresh Banana Cal: 723</p>
<p>27 Deviled Pork Lentil Vegetable Pilaf Cauliflower Wheat Bread Fresh Apple Cal: 700</p>	<p>28 Five Spiced Diced Chicken Northern Beans Ginger Carrots Texas Bread Fresh Banana Cal: 725</p>	<p>29 Beef with Peppered Gravy Brown Rice Green Beans with Onions Wheat Bread Butterscotch Swirl Pudding Cal: 657</p>	<p>30 Turkey Brunswick Stew Whole Kernel Corn Garlic Spinach Saltine Crackers Fruited Orange Gelatin Cal: 637</p>	<p> - Vegetarian Entrée  ≥ 1000mg Sodium</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 2020

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Raisa Edelman, Vice President

Joan Cox, Secretary

Kitti 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

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Anna Di Carlo, Board Member

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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.