

South Austin Senior Activity Center



3911 Menchaca Road Austin, Tx 78704 / 512.978.2400

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

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 you're 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

July 6th The Johnnathans

July 13th: **Closed**

July 20th: 3 Chord Rodeo

July 27th: Ken Simpson Band

\$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 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

The Golden Rollers

Golden Rollers

has returned to Ditmar Rec Center

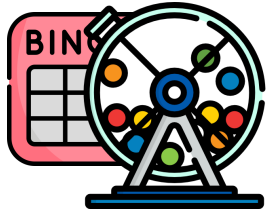
Wednesdays

9-10am & 10-11am

Costume Jewelry & Men's Ties

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

UPCOMING EVENTS



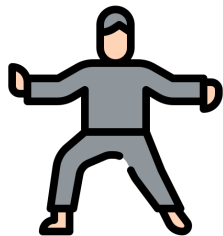
Bingo is Back!
Tuesdays
1-3pm

**Closed Monday
July 4th**
In observance of
Independence Day



Maintenance Week
South Austin Senior Activity Center will be
CLOSED
July 11th to the 15th

Painting on Canvas
Registration Begins: July 18th
thru August 5th
Class: August 11th 10am



Tai Chi
Next Session
We will begin charging for Tai Chi
starting
August 8th



Birthday Celebration
Thursday, July 28th
12pm
Join us for cake and ice cream to celebrate
all July 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

Water For Elephants a veterinary student, is close to graduating when a terrible tragedy forces him to leave school. With nowhere else to go, he hops on a passing train and finds it belongs to a traveling circus.

Friday July 1st

Time: 9am-11am



La La Land Sebastian and Mia are drawn together by their common desire to do what they love. But as success mounts they are faced with decisions that begin to fray the fragile fabric of their love affair.

Friday July 8th

Time: 9am-11am



Pacific Rim Long ago, legions of monstrous creatures called Kaiju arose from the sea, bringing with them all-consuming war. To fight the Kaiju, mankind developed giant robots called Jaegers, designed to be piloted by two humans locked together in a neural bridge. Humanity is on the verge of defeat. Mankind's last hope now lies with a washed-up ex-pilot, an untested trainee and an old, obsolete Jaeger.

Friday July 22nd

Time: 9am-11am



Grease Experience the friendships, romances and adventures of a group of high school kids in the 1950s. A wholesome exchange student and a leather-clad Danny have a summer romance, but will it cross clique lines?

Friday July 29th

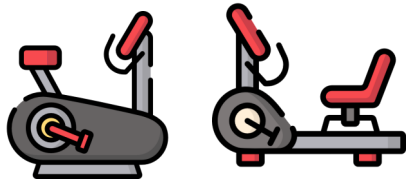
Time: 9am-11am



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



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

Starting Next Session August 8th

Fee: 6 Sessions
Tuesdays OR Fridays only
\$30

12 Sessions
Tuesdays AND Fridays
\$50

Drop In per class
\$5

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.

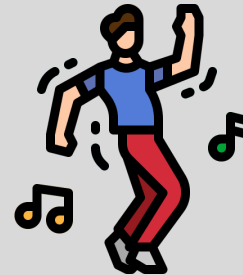
Instructor: Kade Green
FREE

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

Scoot 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

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



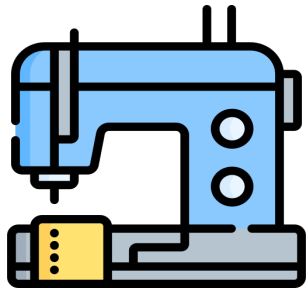
ZUMBA GOLD VIDEO
Mondays 9:00-10:00a
 Improve your muscle strength, coordination, posture and mobility. Come on out and shake it!
 This is a drop in class. **FREE**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Special Events <i>are in RED</i>				1 Movie 9-11 Chess Play 10-1 Free Play Bridge 11-1 Stretch & Strength 2-3 4th of July Craft 12-1 Hotdogs and Frito Pies 12:30
	5 Sr. Health & Fitness 8:30-9:30 Knitting & Crocheting 9-11 Tai Chi 10-11 Mexican Train 12:15-3:15 Bingo 1-3 Mahjong 1 - 3 Waterloo Squares 6:45-8:45p	6 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	7 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	8 Movie 9-11 Chess Play 10-1 Free Play Bridge 11-1 Stretch & Strength 2-3 Advisory Board 12-1
Closed for Maintenance Week				
11	12	13	14	15
18 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	19 Sr. Health & Fitness 8:30-9:30 Knitting & Crocheting 9-11 Tai Chi 10-11 Mexican Train 12:15-3:15 Mahjong 1 - 3 Bingo 1-3 Waterloo Squares 6:45-8:45p	20 Ceramics Circle 9-12 Seniorsize 10:30-11 Free Play Bridge 11-1 Painters 1-3:30 Technology 2-4 AARP 1-4 Wednesday Night Dance 7-9:30	21 Everyone Paints 8-4 Quilters 9-2 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Line Dance 2:30-4	22 Movie 9-11 Chess Play 10-1 Free Play Bridge 11-1 Stretch & Strength 2-3 Card Making 9-10
25 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	26 Sr. Health & Fitness 8:30-9:30 Knitting & Crocheting 9-11 Tai Chi 10-11 Mexican Train 12:15-3:15 Mahjong 1 - 3 Bingo 1-3 Waterloo Squares 6:45-8:45p	27 Ceramics Circle 9-12 Seniorsize 10:30-11 Free Play Bridge 11-1 Painters 1-3:30 Wednesday Night Dance 7-9:30	28 Everyone Paints 8-4 Quilters 9-2 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Line Dance 2:30-4 July Birthday Celebration 12:00-12:30	29 Movie 9-11 Chess Play 10-1 Free Play Bridge 11-1 Stretch & Strength 2-3

2022 JULY

Arts & Craft Classes



Honey Bee Quilters

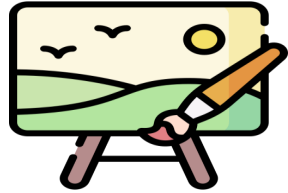
Thursdays
9a - 2p

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

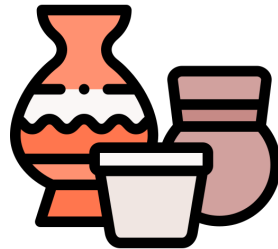
Wednesdays 1 - 3:30p

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

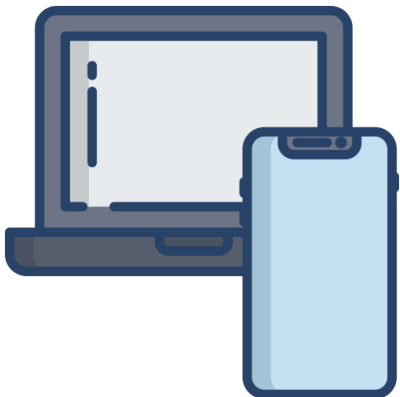
Friday July 22nd
Time: 9-10a



Technology Forum

Zoom Class
Wednesday July 6th & 20th
2p-4p

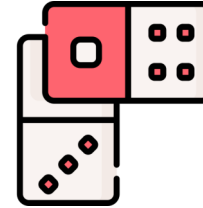
Want to learn to video chat with your loved ones?
Bring your phone/computer and learn about zoom!!
with Chris Ng & Ray Ellis



RECREATION & GAMES

Mexican Train Dominoes

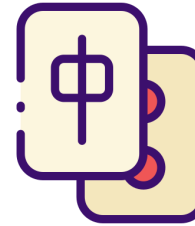
Tuesdays 12:15-3:15p



Mahjong

TUESDAY 1-3PM

Join in on the classic game!



Birthday Celebration

Thursday, July 28th
12pm

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



Chess Club

Mondays and Fridays
10a-1p

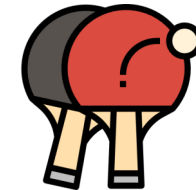
New players and all levels welcome!



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

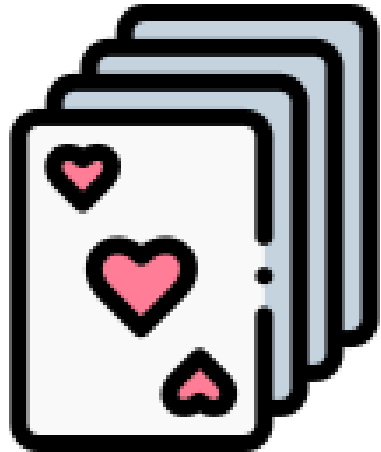
RECREATION & GAMES

Free Play Bridge

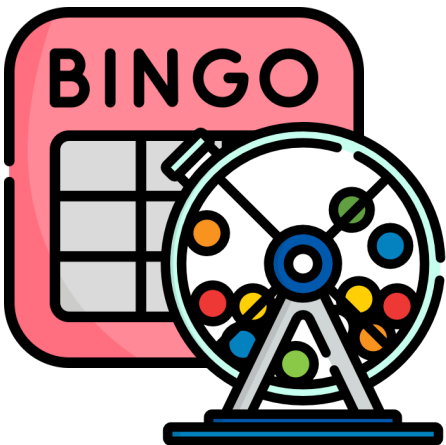
*Mondays,
Wednesdays
& Fridays*

11a - 1p

FREE



**Gentle
Duplicate
Bridge**
*Will Resume
in
September*



Bingo
*Tuesdays
1p -3p*

Public Meetings

SASAC ADVISORY BOARD MEETING

**Friday,
July 8th
12-1**



**SOUTH AUSTIN AARP
#2426
Wednesday
July 20th
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> - Vegetarian Entrée</p> <p> ≥ 1000mg Sodium</p>			<p>1 BBQ Chicken Lettuce and Tomato Baked Beans Hamburger Bun Cranberry Crisp Cal: 837</p>
<p>4</p> <p>CLOSED FOR HOLIDAY</p>	<p>5</p> <p>Three Cheese Ziti  Glazed Carrots Green Beans Texas Bread Fresh Apple Cal: 744</p>	<p>6</p> <p>Curry Pork Roast Brown Rice Cauliflower with Red Peppers Wheat Bread Fresh Fruit Cal: 656</p>	<p>7</p> <p>Caesar Chicken Mixed Beans Green Beans with Carrots Wheat Pita Pocket Half Lemon Pudding Cal: 740</p>	<p>8</p> <p>Beef Picadillo Cream Cheese Corn Brussels Sprouts Wheat Tortilla Fresh Fruit Cal: 756</p>
<p>11</p> <p>Dill Baked Fish Brown Rice Mixed Greens Wheat Bread Fresh Fruit Cal: 666</p>	<p>12</p> <p>Lemon Pepper Chicken Oven Roasted Potatoes Green Beans with Onions Wheat Bread Strawberry Swirl Pudding Cal: 795</p>	<p>13</p> <p>Pimento Cheese  Vegetable Couscous Salad Carrot Raisin Salad Wheat Bread (2) Fruited Lemon Gelatin  Cal: 829</p>	<p>14</p> <p>Thai Chili Pork Loin Whole Grain Penne Pasta Spinach Casserole Wheat Bread Fresh Banana Cal: 711</p>	<p>15</p> <p>Turkey Brown Rice Casserole Stewed Tomatoes California Vegetables Texas Bread Fresh Fruit Cal: 671</p>
<p>18</p> <p>Coconut Chicken Brown Rice Japanese Vegetables Wheat Bread Fresh Fruit Margarine Cal: 623</p>	<p>19</p> <p>Herbed Pork Loin Whipped Potatoes with Skins Herbed Green Beans Wheat Bread Fresh Fruit Cal: 605</p>	<p>20</p> <p>Apricot Baked Chicken Creamed Peas Country Tomatoes Texas Bread Fresh Banana Cal: 843</p>	<p>21</p> <p>Charlene's Tuna Macaroni Salad Marinated Beet Salad Carrot Salad Saltine Crackers Vanilla Pudding  Cal: 659</p>	<p>22</p> <p>Balsamic Brown Sugar Beef Lima Beans Lemon Zest Broccoli Wheat Bread Fresh Fruit Cal: 614</p>
<p>25</p> <p>Ron Lantz's Meatloaf with Brown Gravy Seasoned Lentils Brussels Sprouts Wheat Bread Fresh Fruit Cal: 671</p>	<p>26</p> <p>Turkey Macaroni and Cheese Broccoli Parslied Carrots Wheat Bread Fresh Fruit Cal: 610</p>	<p>27</p> <p>Dragon Fire Chicken Brown Rice Japanese Vegetables Wheat Bread Pineapple Tidbits Cal: 698</p>	<p>28</p> <p>Dan Pruett's Hamburger Patty Lettuce and Tomato Ranch Beans Spinach Hamburger Bun Ketchup and Mustard Cal: 618</p>	<p>29</p> <p> Spaghetti Torte Garlic Parmesan Cauliflower Green Bean Almandine Wheat Bread Fresh Fruit Cal: 641</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

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

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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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.