

South Austin Senior Activity Center



2022

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 your 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

August 3rd: The Rewinders

August 10th: Bob Appel

August 17th: 3 Chord Rodeo

August 24th: Hired Guns

August 31st: Hot Texas Swing 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 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!

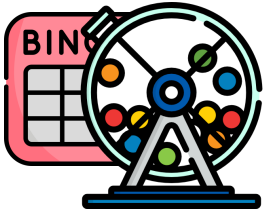


Donations

**Costume Jewelry, Men's Ties
& Christmas Ornaments**

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

UPCOMING EVENTS



Bingo is Back!

Tuesdays
1-3pm

VOLUNTEERS NEEDED
If interested contact SASAC Staff



Painting on Canvas

Registration Begins: July 18th thru August 5th
Class: August 12th 10am



Scarecrow Craft

Registration Begins: August 1st thru the 23rd
Class: August 26th 10am



Tai Chi

Next Session

We will begin charging for Tai Chi
starting
August 8th



Legacy Memoirs

Monday August 15
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.



Zoom Technology Forum

August 10th & 24th
2pm

Wanna ZOOM chat with your loved ones?
Bring your computer/phone to learn about zoom



Birthday Celebration

Thursday, August 25th
12pm

Join us for cake and ice cream to celebrate all August 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

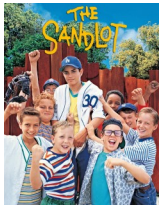


FRIDAYS MOVIES

The Sandlot When Scottie Smalls moves to a new neighborhood, he manages to make friends with a group of kids who play baseball at the sandlot. Together they get into a series of funny and touching adventures.

Friday August 5th

Time: 9am-11am



Dirty Dancing Baby is one listless summer away from the Peace Corps. Hoping to enjoy her youth while it lasts, she is disappointed when her summer plans lead her to a resort in the Catskills with her parents. There she meets a dance instructor.

Friday August 12th

Time: 9am-11am



Mamma Mia! Donna, an independent hotelier in the Greek islands, is preparing for her daughters wedding with the help of her old friends. While her Sophie secretly invites 3 men from her mothers past in hope of meeting her real father and have him escort her down the isle.

Friday August 19th

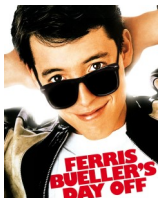
Time: 9am-11am



Ferris Bueller's Day Off Ferris Bueller has an uncanny skill at cutting classes and getting away with it. Intending to make one last duck out before graduation, Ferris calls in sick and "borrows" a Ferrari and embarks on a one day journey through the streets of Chicago.

Friday August 26th

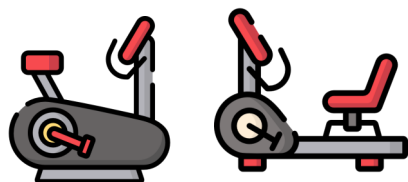
Time: 9am-11am



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 Thursdays only
\$30

12 Sessions
Tuesdays AND Thursdays
\$50

**Drop In
per class**
\$5

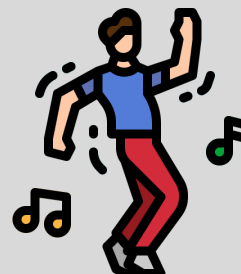
SENIORCIZE

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 1:30-3:30p

Scoot your boots for a healthy body and mind. Have fun, make friends, and learn a variety of dances.
Instructor: Joan Cox
FREE

Stretch & Strength
Fridays 2-3p

NO CALSS AUGUST 19th

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



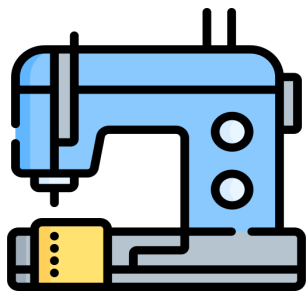
ZUMBA
gold

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 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	2 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Bingo 1-3 Mahjong 1 - 3 Waterloo Squares 6:45-8:45p	3 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	4 Everyone Paints 8-4 Quilters 9-2 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Line Dance 1:30-3:30	5 Movie 9-11 Chess Play 10-1 Free Play Bridge 11-1 Stretch & Strength 2-3
8 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	9 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Bingo 1-3 Mahjong 1 - 3 Waterloo Squares 6:45-8:45p	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	11 Everyone Paints 8-4 Quilters 9-2 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Line Dance 1:30-3:30	12 Movie 9-11 Chess Play 10-1 Free Play Bridge 11-1 Stretch & Strength 2-3 Card Making 9-10 Painting on Canvas 10:30 - 11:30 Advisory Board 12-1
15 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 Legacy Memories 10:30-11:30	16 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Bingo 1-3 Mahjong 1 - 3 Waterloo Squares 6:45-8:45p	17 Ceramics Circle 9-12 Seniorsize 10:30-11 Free Play Bridge 11-1 Mexican Train NO CLASS Painters 1-3:30 AARP 1-4 Wednesday Night Dance 7-9:30	18 Everyone Paints 8-4 Quilters 9-2 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Line Dance 1:30-3:30	19 Movie 9-11 Chess Play 10-1 Free Play Bridge 11-1 Stretch & Strength NO CLASS
22 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	23 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Mahjong 1 - 3 Bingo 1-3 Waterloo Squares 6:45-8:45p	24 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 Postcard Club 6-8:30 Wednesday Night Dance 7-9:30	25 Everyone Paints 8-4 Quilters 9-2 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Line Dance 1:30-3:30 August Birthday Celebration 12:00-12:30	26 Movie 9-11 Chess Play 10-1 Free Play Bridge 11-1 Stretch & Strength 2-3
29 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	30 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Mahjong 1 - 3 Bingo 1-3 Waterloo Squares 6:45-8:45p	31 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		Special Events are in RED

Arts & Craft Classes



Honey Bee Quilters

Thursdays
9a - 2p

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

zoom

Technology Forum Zoom Class

Wednesday August **10th & 24th**
2p-4p

Wanna ZOOM chat with your loved ones?
Bring your computer/phone to learn about zoom
Class Starts Promptly at 2pm.

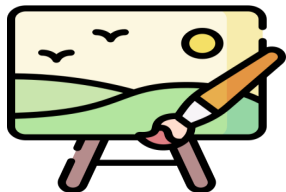
FREE



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

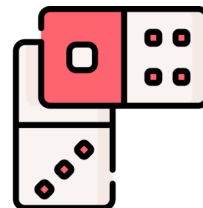
Friday August 12th
Time: 9-10a



RECREATION & GAMES

Mexican Train Dominoes

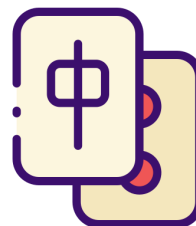
Wednesday 12:15-3:15p



Mahjong

TUESDAY 1-3PM

Join in on the classic game!



Birthday Celebration

Thursday, August 25th
12pm

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



Chess Club

Mondays and Fridays
10a-1p

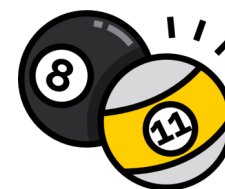
New players and all levels welcome!



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

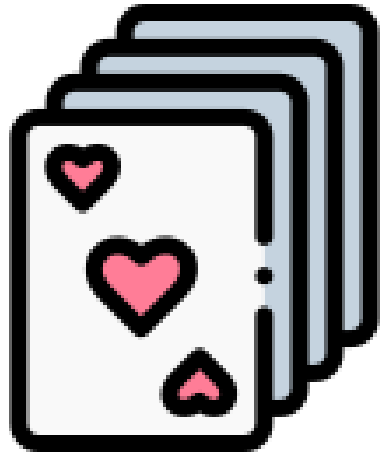
RECREATION & GAMES

Free Play Bridge

*Mondays,
Wednesdays
& Fridays*

11a - 1p

FREE



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



Bingo
*Tuesdays
1p -3p*

**VOLUNTEERS
NEEDED**
*If interested contact
SASAC Staff*

Public Meetings

SASAC ADVISORY BOARD MEETING

Friday,
August 12th
12-1



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

**Next Meeting
Thursday
September 15th**



**SOUTH AUSTIN AARP
#2426
Wednesday
August 17th
1-4 p**

**CAPITOL of TEXAS
POSTCARD CLUB
Wednesday
August 24th
6-8:30p**



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
1 Sweet and Sour Chicken Herbed Basmati Rice Broccoli Texas Bread Fresh Fruit Cal: 667	2 Turkey Taco Pinto Beans Steamed Cauliflower Wheat Tortilla Fresh Fruit Taco Sauce Cal: 687	3 Swiss Steak Macaroni and Cheese Dilled Carrots Wheat Bread Tapioca Pudding Cal: 745	4 Rosemary Butter Sliced Ham Lima Beans Okra and Tomatoes Cornbread Fresh Fruit Margarine Cal: 750	5 Breaded Fish Black-Eyed Peas Green Beans Hamburger Bun Fresh Fruit Tartar Sauce Cal: 744
8 Salisbury Beef with Brown Gravy Cheesy Potatoes Catalina Vegetables Texas Bread Fresh Fruit Cal: 726	9 Cheese Omelet Black Beans Stewed Tomatoes Multigrain Bread Applesauce Cal: 640	10 Mozzarella Chicken Pasta Florentine Green Beans with Onions Dinner Roll Oreo Vanilla Pudding Cal: 768	11 John Yocum's Lemon Pepper Fish Cajun Brown Rice Mixed Greens Cornbread Fresh Fruit Cal: 758	12 Beef Chili with Beans Whole Kernel Corn Squash Medley Texas Bread Fresh Fruit Cal: 688
15 Chicken with Country Gravy Whipped Potatoes with Skins Glazed Carrots Texas Bread Fresh Fruit Cal: 663	16 Italian Shells and Cheese Whole Kernel Corn Broccoli Wheat Bread Fresh Fruit Cal: 674	17 Beef Taco Mexican Brown Rice Charro Beans Wheat Tortilla Fruited Strawberry Gelatin Taco Sauce Cal: 770	18 Pork Chop Suey Cheesy Spinach Cauliflower Texas Bread Fresh Banana Cal: 723	19 Turkey Salad Lettuce and Tomato Pasta Salad Wheat Bread (2) Fresh Fruit Cal: 656
22 Deviled Pork Lentil Vegetable Pilaf Cauliflower Wheat Bread Fresh Apple Cal: 700	23 Five Spiced Diced Chicken Northern Beans Ginger Carrots Texas Bread Fresh Banana Cal: 725	24 Beef with Peppered Gravy Brown Rice Green Beans with Onions Wheat Bread Butterscotch Swirl Pudding	25 Turkey Brunswick Stew Whole Kernel Corn Garlic Spinach Saltine Crackers Fruited Orange Gelatin Cal: 637	26 Marinara Chicken Meatballs Baked Beans Medley Cabbage Wheat Bread Fresh Fruit Cal: 632
29 Onion Breaded Chicken Herbed Green Peas Squash Medley Wheat Bread Fresh Fruit Cal: 616	30 Three Cheese Ziti Glazed Carrots Green Beans Texas Bread Fresh Apple Cal: 744	31 Curry Pork Roast Brown Rice Cauliflower with Red Peppers Wheat Bread Fresh Fruit Cal: 656		<p>*Due to unavailability of certain items, appropriate substitutions may need to be made.</p> <p>**Milk is served every meal.</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 2022

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

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.