South Austin Senior Activity Center

February 2022

3911 Menchaca Road Austin, TX 78704 / 512.978.2400
www.austintexas.gov/department/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) 974-5964 or Relay Texas T-811.
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 10:00pm
Health Check & Sign-In required each day and for each class.

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
Return TBA
Wednesday Nights - Country & Western Dancing
7:30-9:45pm
Come dance the night away to a live band! $5 per person charge

FACE MASKS REQUIRED until further notice and must be properly worn upon entry and while in the facility.

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!

FACILITY CLOSURE
SASAC will be closed
Monday, February 21st
In Observance of Presidents’ Day.
UPCOMING EVENTS

Meals on Wheels of Central Texas
In person hot meals are delayed
Until further notice.

Meals on Wheels will continue with Curb-side Pickups.

Heart Painting Craft
Registration: January 10th thru the 28th
Supply Pick Up: January 31, 2022
Class/Zoom: February 4th 10am - 11am

Mardi Gras Mask
Registration Begins: February 1st thru 18th
Supply Pick Up: February 25th
Class/Zoom: March 1st 10am - 11am

Lucky Embellished
Picture Frame
Registration Begins: February 18th thru March 3rd
Supply Pick Up: March 7th
Class/Zoom: March 10th 10am - 11am

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
*NO CLASS - Monday, February 21st

FRIDAYS MOVIES

Walk the Line A chronicle of country music legend Johnny Cash’s life, from his early days on an Arkansas cotton farm to his rise to fame.
Friday February 4th Time: 10am-12pm

The Princess Bride While homesick in bed, a young boy’s grandfather reads him the story of a farmboy-turned-pirate who encounters numerous obstacles, enemies and allies in his quest to be reunited with his true love.
Friday February 11th Time: 10am-12pm

O Brother, Where Art Thou? In the deep south during the 1930s, three escaped convicts search for hidden treasure while a relentless lawman pursues them.
Friday February 18th Time: 10am-12pm

Creed The former World Heavyweight Champion Rocky Balboa serves as a trainer and mentor to Adonis Johnson, the son of his late friend and former rival Apollo Creed.
Friday February 25th Time: 10am-12pm

AAPR TAX AIDE
Tax Aide will not be accepting walk ins. You will need to call and make an appointment
To make an appointment email 235003052@aarpfoundation.org

VARISY GENERATION
LUNAR NEW YEAR DRIVE THRU EVENT
LOCATION: GUS GARCIA RECREATION CENTER
1201 E. RUNDRE GE LANE AUSTIN TX 78753
DATE: THURSDAY FEBRUARY 17TH, 2022
TIME: 10:00AM-12:00PM
JOIN US FOR SOME LUNAR NEW YEAR FUN, VENDORS & GOODIE BAGS!
CONTACT APRIL ROSTRO AT APRIL.ROSTRO@AUSTINTX.GOV OR CALL (512) 995-2950 FOR MORE INFORMATION.
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-4:00p
Tuesdays 8a-8:30p
Wednesdays 8a-9:30p
Thursdays 8a-4:00p
Fridays 8a-4:00p
SUBJECT TO CHANGE

SENIOR HEALTH AND FITNESS
Tuesday and Thursday 8:30-9:30am
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

BEGINNER LINE DANCE
Mondays 1-2p
2:30-3:30pm
Socialize & learn the basic steps to fun line dances. Instructor: Joan Cox
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

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

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
**Arts & Craft Classes**

**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.

**Honey Bee Quilters**
*February 3rd & 17th 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!

**Card Making with Melissa**
*Friday February 18th Time: 9am-10am*

**RECREATION AND GAMES**

**Mexican Train Dominoes**
*Tuesdays 12:15-3:15p*

**Chess Club**
*Mondays and Fridays 10a-12p*
New players and all levels welcome!

**Mahjong**
*TUESDAY 1-3PM*
Join in on the classic game!

**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

All Card Games Are Delayed Until March

Daily Open Rooms

Reservations for the Billiards Room and Fitness Room need to be made in advance

Billiards Room
Open Daily
Monday-Friday
Free
Mondays 9a-4p
Tuesdays 9a-8:30p
Wednesday 9a-9:30p
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

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
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### Special Events

- President’s Day (28 February)

**Special Events are in RED**
The Austin Parks and Recreation Department (PARD) has modified its program offerings to provide the safest possible environment for participants, staff, and the community. Using recommendations and best practices sourced from the Centers for Disease Control (CDC), Austin Public Health (APH), and State guidelines for reopening, the following guidelines have been created for all PARD facilities and programs, including contract instructor and volunteer led programs.

Please note, guidelines are subject to change at any time based on local health conditions and guidance as provided by local health authorities. Any changes to PARD guidelines will be communicated appropriately. Furthermore, program schedules, hours of operation, facility capacity limits, and facility availability may be changed or cancelled at any time based on the business need of the City of Austin/PARD or public health safety concerns.

RISK FOR EXPOSURE
While PARD will take necessary precautions and follow approved guidelines in accordance with the CDC and State/Local health authorities, this cannot fully eliminate the inherent risks of exposure to COVID-19 that are associated with being around other individuals who are outside one’s household. The virus that causes COVID-19 can infect people of all ages. While the risk of serious illness or loss of life is greatest in those 65 years of age or older with pre-existing health conditions, persons in every age group can become infected with COVID-19 and some may become seriously ill or even die. By participating in PARD programs, or programs and activities happening within/on PARD property, you understand this risk and agree to follow all safety and wellness guidelines as outlined by the Department.

**GENERAL GUIDELINES**
- If you are symptomatic, don’t feel well, have been around someone who tested positive for COVID-19 in the last 14 days, please stay home.

Upon entry to a PARD facility or a program, temperature will be taken using a non-contact temporal thermometer. Should one’s temperature exceed 100 degrees Fahrenheit, entry will be denied.

- Additionally, anyone entering PARD facility must answer general COVID-19 Health Questions each day to satisfy admission into a program or facility. If the answer to any of these questions is “yes”, entry will be denied.

**HEALTH SCREENING**

**PARD Senior Activity Centers**

Each time you enter the facility, you must confirm all the health requirements below are true:

Temperature does **not exceed** 100 degrees Fahrenheit. *(your temperature will be taken but not recorded).*

Visitor has not been **diagnosed** with Covid-19
- In the last 10 days or is waiting on results of a test.

Visitor has not been **in close contact (same household)** with someone who has symptoms
- or
- is waiting on results of Covid-19 test
- or
- has received a laboratory confirmed case of Covid-19 in the last 14 days.

Confirm none of the following symptoms are present: Fever or Chills, Cough, Shortness of Breath or Difficulty Breathing, Fatigue, Muscle or Body Aches, Headache, New Loss of Taste or Smell, Sore Throat, Congestion or Runny Nose, Nausea or vomiting, Diarrhea.
For outdoor programs, in particular those led by contract instructors, daily health screenings of participants must be implemented which should include temperature checks and daily health screening questions.

Good hygiene should be followed at all times, including frequent hand washing and the use of PPE.

All staff, contract instructors, volunteers and participants are strongly encouraged maintain 6 ft. of physical distancing whenever possible. There may be instances when distancing may not be realistically maintained, in such cases masks are highly recommended.

Any equipment or supplies used in the administration of programs and activities, whether provided by parks staff, contract instructors, or brought from home, should be sanitized before and after each use. PARD staff will perform additional cleaning and disinfecting of equipment and high-touch areas within the facility.

For indoor programs, room and group sizes are limited to no more than 10 participants at a time.

For outdoor programs, group sizes are recommended to be limited to no more than 25 individuals at a time.

Any individual accessing PARD facilities, parkland, or PARD-sponsored programs should adhere to all posted guidelines, rules and signage as specified at that location.

IF POSITIVE CASE IS CONFIRMED WITHIN A PROGRAM OR FACILITY

If a COVID-19 exposure or risk occurs in any of our programs, health authorities will be notified and PARD will follow their directives which may include cancelation of programs and closing the facility immediately for deep cleaning, quarantine of staff and participants in their own homes and other steps as required. Upon becoming aware that a participant, staff or volunteer in a program tests positive for COVID-19, such cases must be reported to APH. To do so, call the APH nurse line at 512-972-5560. Additionally, all participants and any individuals who may have had close contact with a positive case in your program must be notified in writing within 48 hours. Confidentiality of all participants must be maintained at all times, and under no circumstances should the name or information pertaining to an individual be shared or released.
• Limited activities and participants began on June 21, 2021.

• Pre-registration will be required for any class/activity offered at this time. No Drop-Ins will be allowed.

• Everyone must check-in at the center’s main entrance. You will participate in a “Health Screening” which will include health status questions and temperature check. Anyone not able to pass the health questions, refusing to participate in the screening or have a temperature of 100 degrees or more, will not be allowed in the center. Your cooperation is vital to the success of our staying open.

• **PROPERLY WORN MASKS (covering nose and mouth) ARE REQUIRED AT ALL TIMES WHILE IN THE FACILITY.** (until further notice)

• We suggest that you bring your own supplies, equipment, water bottle, etc. for the class/activity you attend. Some equipment will be available, but you must sanitize it before and after the class/activity.

• If you are not feeling well, please stay home.

• You will not need to complete a new registration/waiver form at this time. If you have changes to the information on your current waiver, please let staff know and they will provide you with a form to complete.

• We promote and adhere to social distancing of 6 feet.

• Tables and chairs, exercise pods, etc. will be arranged to promote social distancing. Please do not move or rearrange them.

• Please wash and sanitize your hands often. Hand sanitizer is available throughout the building.

• We are implementing extra cleaning and sanitizing protocols throughout the facility and before and after classes.

• All events and Center hours are subject to change. We will make every effort to provide this information as it occurs.

  We miss you; and with everyone following the guidelines and policies, together, we can make this a safe opening!
**Mayor's Order No. 20210811-033**

NOW THEREFORE, I, MAYOR OF THE CITY OF AUSTIN, PURSUANT TO THE AUTHORITY VESTED BY TEXAS GOVERNMENT CODE CHAPTER 418, HEREBY ORDER, EFFECTIVE AS OF 12:01 A.M. ON AUGUST 12, 2021 THAT IN THE CITY OF AUSTIN:

**SECTION 1. Face Coverings.**
An individual over the age of two is REQUIRED to wear a face covering while present on or in City property unless expressly exempted in Section 2 or by a City policy applicable to the premises or facility.

**SECTION 2. Exceptions. A face covering is not required for:**
(a) any individual with a medical condition or disability that prevents wearing a face covering;
(b) any individual while the individual is eating or drinking, or is seated at City property to eat or drink;
(c) any individual while the individual is
   (i) exercising outdoors or engaging in physical activity outdoors and
   (ii) maintaining a safe distance from others not in the same household;
(d) any individual while the individual is driving alone in a City-owned vehicle;
(e) any individual obtaining a service that requires temporary removal of the face covering for security surveillance, screening, or the need for specific access to the face, but only to the extent necessary for the temporary removal;
(f) any individual while the individual is in a swimming pool, lake, or similar body of water;
(g) any individual who is voting, assisting a voter, serving as a poll watcher, or actively administering an election, but wearing a face covering is strongly encouraged;
(h) any person who is actively providing or obtaining access to religious worship;
(i) any individual while the individual is giving a speech for a broadcast or to an audience; or
(j) any individual while temporary removal of the face covering is necessary for communication by or with an individual who is hearing impaired; or
(k) any individual who is alone, or in the presence of only members of the same household or residence, in a separate room or single space that is not an indoor common area.

**SECTION 3. Enforcement.**
(a) If an individual fails to comply with this rule, an employee responsible for the city property shall make a verbal request that the individual wear a face covering and offer a face covering, if available, or an alternative method to obtain the services provided at the city property.
(b) If after the employee complies with subsection (a), an individual refuses to wear a face covering or comply with the alternative method to obtain services, the employee shall ask the individual to leave city property for the remainder of the day.
(c) If an individual refuses a request to leave city property, the employee should seek the assistance of security or law enforcement.
(d) An employee shall follow Use of City Property Rules and Administrative Bulletin Number 11-4 (Handling Inappropriate Conduct by the Public on City Property) in the event an individual refuses to wear a face covering and engages in conduct prohibited by Use of City Property Rules.
(e) A person who violates this Order violates Austin City Code Section 2-6-24. A violation is a misdemeanor punishable by a fine not to exceed $1,000. A violation of this Order may be enforced by the filing of a probable cause affidavit alleging the criminal violation with the appropriate court or by issuing a citation to the person violating, that contains written notice of the time and place the person must appear before a magistrate of this state, the name and address of the person charged, and the offense charged.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
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<tbody>
<tr>
<td>No Meals On Wheels Pick up</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
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<tr>
<td>No Meals On Wheels Pick up</td>
<td>7</td>
<td>8</td>
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<td>10</td>
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<tr>
<td>Pick up Meals and shelf stable food.</td>
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<td>16</td>
<td>17</td>
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<tr>
<td>No Meals On Wheels Pick up</td>
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<td>22</td>
<td>23</td>
<td>24</td>
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<tr>
<td>No Meals On Wheels Pick up</td>
<td>28</td>
<td></td>
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</tbody>
</table>

**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.
Austin City Council
Mayor and City Council
Steve Adler, Mayor
Natasha Harper-Madison, Mayor Pro Tem, District 1
Vanessa Fuentes, District 2
Sabino "Pro" 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. McClellan, CPRP, Director
Liana Kalilvoka, 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

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.

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 Eeoo, 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 Avesado, Building and Grounds Assistant
Daniel Mendoza, Administrative Associate

Harold Bar