

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.

SASAC LOCATION INFORMATION

South Austin Senior Activity Center
3911 Menchaca Road
Austin, Texas 78704

Main Phone Number: (512) 978-2400

<http://www.austintexas.gov/departments/south-austin-senior-activity-center>

2022 Registration

2021 PARD Waivers and South Austin Senior Activity Center Advisory Board Registration

Due to limited operations we are not excepting any registration renewals at this time. If you do not have a registration waiver on file we will require a completed and signed form

2022 Evening Hours

No Evening Dances or Meetings until further notice

MEALS ON WHEELS

Meals on wheels will be out in front of South Austin Senior Activity Center every Monday from **10 AM—Noon for weekly pickup.**

Meals on Wheels will be handing out 5 days worth of meals.

Pre registration with Meals on Wheels is required.
512-476-6325

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!





SOUTH AUSTIN SENIOR ACTIVITY CENTER How to Register

You must pre-register for all classes & activities.

The center is only open for classes and activities. New Waivers & Advisory Board renewals are not required at this time unless we do not have info on file for you.

Using the November Activity Calendar you may register for **SPECIFIC NOVEMBER DATES** for the following:

- ♦ All Exercise Classes
- ♦ Beginner Line Dance
- ♦ Open Paint & Craft
- ♦ Fitness Room
- ♦ Billiards Room
- ♦ Movies
- ♦ Single Day Class/Event

Due to limited class enrollment, we ask that you only register for dates you are committed to attending in person.

November Registration Dates:

Tuesday, October 19 - Friday, October 22nd
Tuesday, November 2nd - Friday, November 5th
Tuesday, November 15 - Friday, November 19th

How to register:

Call 512.978.2400 or Drop by SASAC

If no answer when you call, please leave a **detailed** message with your name, phone #, dates of classes your are interested in attending.

You are not be allowed to wait for classes in the facility or drop in for any classes or activities. You will receive a "Health Check" each time you enter the building.
PROPERLY WORN MASKS REQUIRED WHILE IN THE FACILITY-INCLUDING DURING CLASS/ACTIVITY/PROGRAM.



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COA Mask Policies on reverse-PLEASE READ

Ongoing Events

South Austin Senior Activity Center

MOVIE FRIDAYS



Fridays @ 10:00Am

South Austin Senior Activity Center
3911 Menchaca Road / 512-978-2400

Call To Register Today



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.
Links provided are suggested and are not managed by the City of Austin

November Events

Happy Thanksgiving!

THANKSGIVING PUMPKIN CENTERPIECE

FRIDAY NOVEMBER 19TH

10AM-11:30AM

REGISTRATION BEGINS NOV. 1ST - NOV. 15TH



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THANKSGIVING PIE PICK UP



REGISTRATION

NOVEMBER 1ST - 15TH

PICK UP

NOVEMBER 16TH

9AM-3PM @SASAC

November Events



GOING THE EXTRA MILE FOR YOUR SMILE

PRESENTED BY STUDENTS FROM
THE ACC DEPARTMENT OF DENTAL HYGIENE

WEDNESDAY, NOVEMBER 10TH
11:00-11:45 AM.

ONLY ON ZOOM

ZOOM LINK WILL BE SENT OUT VIA E-MAIL

CALL SOUTH AUSTIN SENIOR ACTIVITY CENTER TO
REGISTER
512-978-2400

LEARN HOW TO REDUCE THE RISK OF ORAL DISEASES
AND WHAT RESOURCES ARE AVAILABLE FOR SENIOR



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512 974-3914.



Dance and Exercise Classes

Beginners Line Dance

Mondays
1p - 2p
or
2:30p - 3:30p

FREE

2 Week Sessions

November 8th & 15th

Registration starts: Nov. 2nd

November 22nd & 29th

Registration starts: Nov. 16th

Advanced Line Dance

Thursdays
2:30p - 4p

FREE

2 Week Sessions

November 11th & 18th

Registration starts: Nov. 4th

November 24th & December 1st

Registration starts: Nov. 16th

Tai Chi

Tuesdays & Thursdays
10a - 11a
Zoom Link to class
also available

FREE

End of Year Session

Tuesdays & Thursdays

November 4th to December 30th

Registration start: Oct. 27th

Seniorsize

Wednesday
10:30a - 11p

FREE

2 Week Sessions

November 10th & 17th

Registration starts: Nov. 3th

November 24rd & December 1st

Registration starts: Nov. 15h

Arts & Craft Classes

Knit & Crochet

Tuesday
10a - 11a

Free

2 Week Sessions

November 9th & 16th

Registration starts: Nov. 3rd

November 23rd & 30th

Registration starts: Nov. 15th

Ceramics

Wednesday
9a - 12p

FREE

2 Week Sessions

November 10th & 17th

Registration starts: Nov. 3th

November 24rd & December 1st

Registration starts: Nov. 15h

Quilters

Thursdays
2:30p - 4p
FREE

2 Week Sessions

November 11th & 18th

Registration starts: Nov. 4th

November 24th & December 2nd

Registration starts: Nov. 16th

Painters

Wednesday
1p - 3:30p
FREE

2 Week Sessions

November 10th & 17th

Registration starts: Nov. 3th

November 24rd & December 1st

Registration starts: Nov. 15h

Everybody Paints

Thursdays
8a - 4p
FREE

2 Week Sessions

November 11th & 18th

Registration starts: Nov. 4th

November 24th & December 2nd

Registration starts: Nov. 16th

Other Classes

Zumba Gold

*Mondays
9a - 10a*

FREE

2 Week Sessions

November 8th & 15th

Registration starts: Nov. 2nd

November 22nd & 29th

Registration starts: Nov. 16th

Health and Fitness

*Tuesday & Thursday
8:30a - 9:30a*

FREE

2 Week Sessions

November 9th & 16th

Registration starts: Nov. 3rd

November 23rd & 30th

Registration starts: Nov. 15th

2 Week Sessions

November 11th & 18th

Registration starts: Nov. 4th

November 24th & December 2nd

Registration starts: Nov. 16th

Holiday Card Making

Friday

November 12th

9a - 10a

Hybrid: Zoom & In Person

FREE

Community Garden

*Mondays
10a - 11a*

FREE

Golden Rollers

Fridays

9a - 10a

Dittmar Recreation Center

FREE

Wooden Dreidel Hanukkah Craft

Friday

November 29th

10a - 11a

Free

Registration Nov 1st – 12th

Pick Up Nov. 22nd 9a - 3p

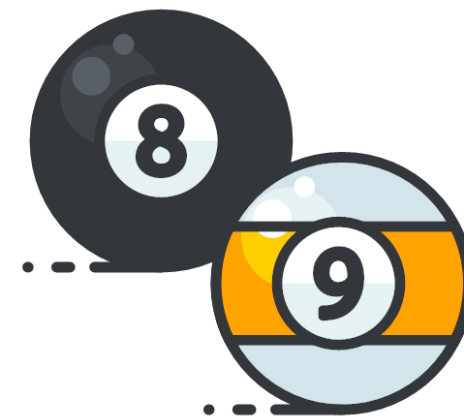
Daily Open Rooms

**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-4p
Wednesday 9a-4p
Thursday 9a-4p
Friday 9a-4p*



Fitness Room

*Open Daily
Monday-Friday
Free*

*Mondays 8a-4p
Tuesdays 8a-4p
Wednesday 8a-4p
Thursday 8-4p
Friday 8a-4p*



MONDAY TUESDAY WEDNESD THURSDAY FRIDAY

1 Garden Meeting 10-11 Zumba Gold 9-10 Beg. Line Dance 1-2 Beg. Line Dance 2:30-3:30	2 Sr. Health & Fitness 8:30-9:30 Knitting & Crocheting 9-11 Tai Chi 10-1	3 Ceramics Circle 9-12 Bocce Ball 10 -12 Seniorsize 10:30-11 Painters 1-3:30	4 Quilters 8-2 Everyone Paints 8-4 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Line Dance 2:30-4	5 Friday Movie 10-12 Golden Rollers 9-10
8 Garden Meeting 10-11 Zumba Gold 9-10 Beg. Line Dance 1-2 Beg. Line Dance 2:30-3:30	9 Sr. Health & Fitness 8:30-9:30 Knitting & Crocheting 9-11 Tai Chi 10-1	10 Ceramics Circle 9-12 Bocce Ball 10 -12 Seniorsize 10:30-11 Painters 1-3:30 ACC Dental Hygiene 11-11:45	11 Veteran's Day Quilters 8-2 Everyone Paints 8-4 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Line Dance 2:30-4	12 Friday Movie 10-12 Golden Rollers 9-10 Card Making 9-10
15 Garden Meeting 10-11 Zumba Gold 9-10 Beg. Line Dance 1-2 Beg. Line Dance 2:30-3:30	16 Sr. Health & Fitness 8:30-9:30 Knitting & Crocheting 9-11 Tai Chi 10-11 Thanksgiving Pie Pick up 9-3	17 Ceramics Circle 9-12 Bocce Ball 10 -12 Seniorsize 10:30-11 Painters 1-3:30	18 Quilters 8-2 Everyone Paints 8-4 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Line Dance 2:30-4	19 Friday Movie 10-12 Golden Rollers 9-10 Thanksgiving Centerpiece 8:30-10:30
22 Garden Meeting 10-11 Zumba Gold 9-10 Beg. Line Dance 1-2 Beg. Line Dance 2:30-3:30	23 Sr. Health & Fitness 8:30-9:30 Knitting & Crocheting 9-11 Tai Chi 10-11	24 Ceramics Circle 9-12 Bocce Ball 10 -12 Seniorsize 10:30-11 Painters 1-3:30	Closed For Thanksgiving	
29 Garden Meeting 10-11 Zumba Gold 9-10 Beg. Line Dance 1-2 Beg. Line Dance 2:30-3:30 Hanukkah Craft	30 Sr. Health & Fitness 8:30-9:30 Knitting & Crocheting 9-11 Tai Chi 10-11	Special Events are in RED		
				



November 2021

Austin Parks & Rec COVID-19 Program and Facility Guidelines

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.

Austin Parks & Rec COVID-19 Program and Facility Guidelines

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.

Austin and Travis County Masking Orders and Guidance (as of August 12, 2021)

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.

Austin and Travis County Masking Orders and Guidance (as of August 12, 2021)

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.

Austin Parks & Rec COVID-19 Program and Facility Guidelines

- 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
 - Masks-see page 18-19
 - 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. o 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.

Austin Parks & Rec COVID-19 Program and Facility Guidelines

- 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.

Austin Parks & Rec COVID-19 Program and Facility Guidelines

- 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.

Austin Parks & Rec COVID-19 Program and Facility Guidelines

- 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!

December Events



**BREAKFAST
WITH
Santa**

FRIDAY
December 17th
Via Zoom 9a-10:30a

Registration

November 15th - December 10th

Call: 512-978-2400

Pick up December 13th 9a - 3p



The City of Austin is proud to comply with the Americans with Disabilities Act. If you require assistance for participation in our program or use our facilities, please contact our Inclusion Services Office at 512 974-3914.



December Events



**Clothespin
Christmas
Wreaths**

Dec. 8th 10:30 am

Registration Nov. 1st. Pick up Dec. 2nd

Zoom only

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Austin City Council Mayor and City Council

Steve Adler, Mayor
Delia Gara, Mayor Pro Tem, District 2
Natasha Harper-Madison, District 1
Sabino "Pio" Renteria, District 3
Gregorio "Greg" Casar, District 4
Ann Kitchen, District 5
Jimmy Flannigan, 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
Harold Barnett



City Manager

Spencer Cronk, City Manager
Elaine Hart, Deputy City Manager
Rey Arellano, Assistant City Manager
Gina Fiandaca, Assistant City Manager
Rodney Gonzales, Assistant City Manager
Christopher J. Shorter, Assistant City Manager

Parks Board

Dawn Lewis, Chair
Romteen Farasat, Vice Chair
Anna Di Carlo, Board Member
Richard DePalma, Board Member
Tom Donovan, Board Member
Francoise Luca, Board Member
Kate Mason-Murphy, Board Member
Fred Morgan, Board Member
Nina Rinaldi, Board Member
Laura Cottam Sajbel, Board Member
Kinberly Taylor, Board Member

SASAC Staff

Vacant, Recreation 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.