

NEWSLETTER

For the Month of April 2021



Keep America Beautiful Month in April is inspired by a non-profit organization dedicated towards improving our public spaces through action and education. With over 40,000 national events, there's plenty of opportunity to roll up your sleeves wherever you live. End littering, start recycling, and show visitors how stunning your city can be. From Boston to Seattle, we celebrate this month by beautifying communities in this great land of ours. Visit their website by clicking [here](#) for more information on how you can take part!

WAS CLAPTON ALMOST A BEATLE?



Ringo, Paul, John — and Eric?! Perhaps no other band in history is quite as synonymous with the first names of its members as the Beatles. But at one point, George Harrison walked out on the band — and at the top of the list to replace him: Eric Clapton. The guitarist first met the Fab Four when he was in the band the Yardbirds, who were a supporting act for one of their headlining shows in 1964. That led to a connection so strong that straddled both the Beatles' professional and personal lives. Clapton didn't just collaborate with the band as a whole, but he also played with each of the four members independently on their solo endeavors. On top of that, he became best friends with Harrison — and they even ended up sharing an ex-wife, Pattie Boyd. But no matter what happened outside of the music — and even during some of the tense moments inside the recording studio with Harrison, John Lennon, Paul McCartney and Ringo Starr — they all shared a mutual respect for Clapton, who came close to becoming a Beatle himself. Click [here](#) for the full article.



USA ENTERS WWI

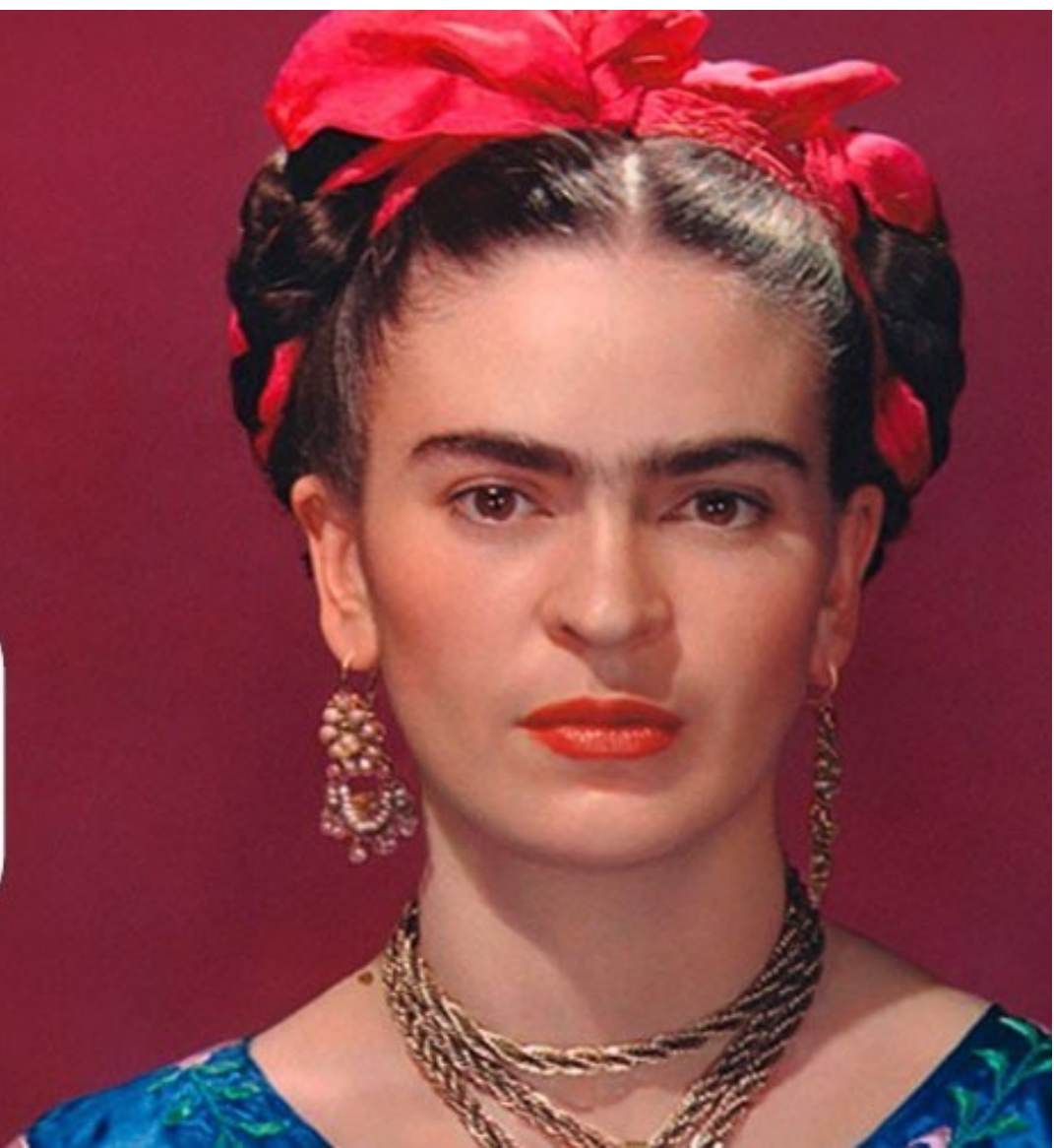
When World War I erupted in 1914, President Woodrow Wilson pledged neutrality for the United States, a position that the vast majority of Americans favored. Britain, however, was one of America's closest trading partners, and tension soon arose between the United States and Germany over the latter's attempted quarantine of the British Isles. Several U.S. ships traveling to Britain were damaged or sunk by German mines, and in February 1915 Germany announced unrestricted warfare against all ships, neutral or otherwise, that entered the war zone around Britain. One month later, Germany announced that a German cruiser had sunk the *William P. Frye*, a private American vessel. President Wilson was outraged, but the German government apologized and called the attack an unfortunate mistake. Click [here](#) for full article.



National DECORATING MONTH

Is it time for a little refresh on your home's interior? While fashion comes and goes in twenty-year cycles, the same isn't exactly true of interior design. If you haven't updated your home decor since the first Bush administration – or heck, even the second – then you might be overdue for a little spruce up. Spring is naturally the time for new beginnings, so April's National Decorating Month comes along just when we need a push to turn over a new *stylistic* leaf. Click [here](#) to read more.

FRIDA KAHLO



5 Lesser-Known, Late-in-Life works by Frida Kahlo now on view in Dallas. What more is there to say about Frida Kahlo? She died in 1954 at age 47. By now she's a cottage industry. Her face (that unibrow, the red lips, the scores of self portraits) reproduced on mugs, matchbooks, pandemic masks, of course tote bags. Fans can recite her story: The terrible accident when she was 18 — a bus/tram collision in Mexico City smashing her body, and creating a lifetime of surgeries and pain. The extraordinary paintings she made until her death. The global cult figure she's become. And on March 7, the Dallas Museum of Art opened a small exhibition — Frida Kahlo: Five Works — that finds revelations in lesser known paintings she made later in life when her health was deteriorating and her art changed. Click [here](#) for more information.

OUTSIDE THE WIRE



Movie pick this month is a fairly new sci-fi action flick starring Anthony Mackie (The Falcon from The Avengers) and Damson Idris (Agent Denys in The Commuter). In the near future, a drone pilot sent into a war zone finds himself paired with a top-secret android officer on a mission to stop a nuclear attack. "Outside the Wire" is an efficient, fast-paced rollercoaster ride that's smart and buoyed by a razor-sharp screenplay and two magnetic performances." - Randy Myers (Top Critic). Click [here](#) to watch trailer.



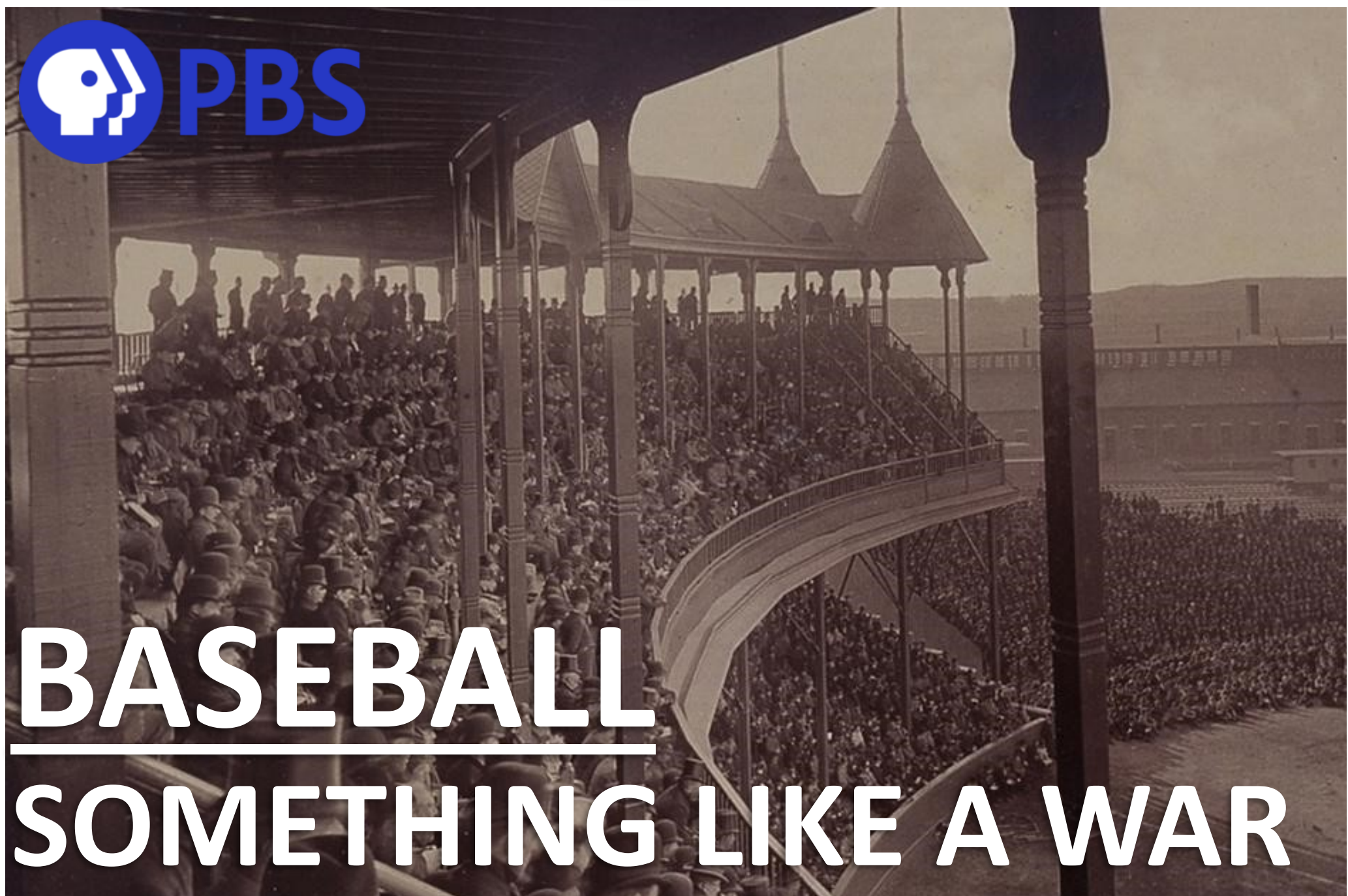
IS THERE A SECRET UNDERGROUND ALIEN BASE IN NEW MEXICO?

On the surface, Dulce, New Mexico is just a small southwestern town. It doesn't even have a traffic light, but according to the most bizarre rumors, this little town is just a cap on a gargantuan underground facility that is home to unimaginable experiments and technologies. For the tinfoil hat-wearers, there's a whole world underneath Dulce — a secret, high-tech one filled with aliens. According to conspiracy theorists, the Dulce subterranean base is a seven-story compound beneath Dulce, New Mexico that houses human-animal hybrids, human-alien hybrids, and extremely advanced technologies. Click [here](#) to read the full article.



BASEBALL OUR GAME

In New York City, in the 1840s, people need a diversion from the "railroad pace" at which they work and live. They find it in a game of questionable origins. *Inning One, Our Game*, looks at the origins of baseball in the 1840s and takes the story up to 1900. Burns refutes the myth that Abner Doubleday invented baseball in Cooperstown and traces its roots instead to the earliest days of the nation. Click [here](#) to watch first episode.



BASEBALL SOMETHING LIKE A WAR

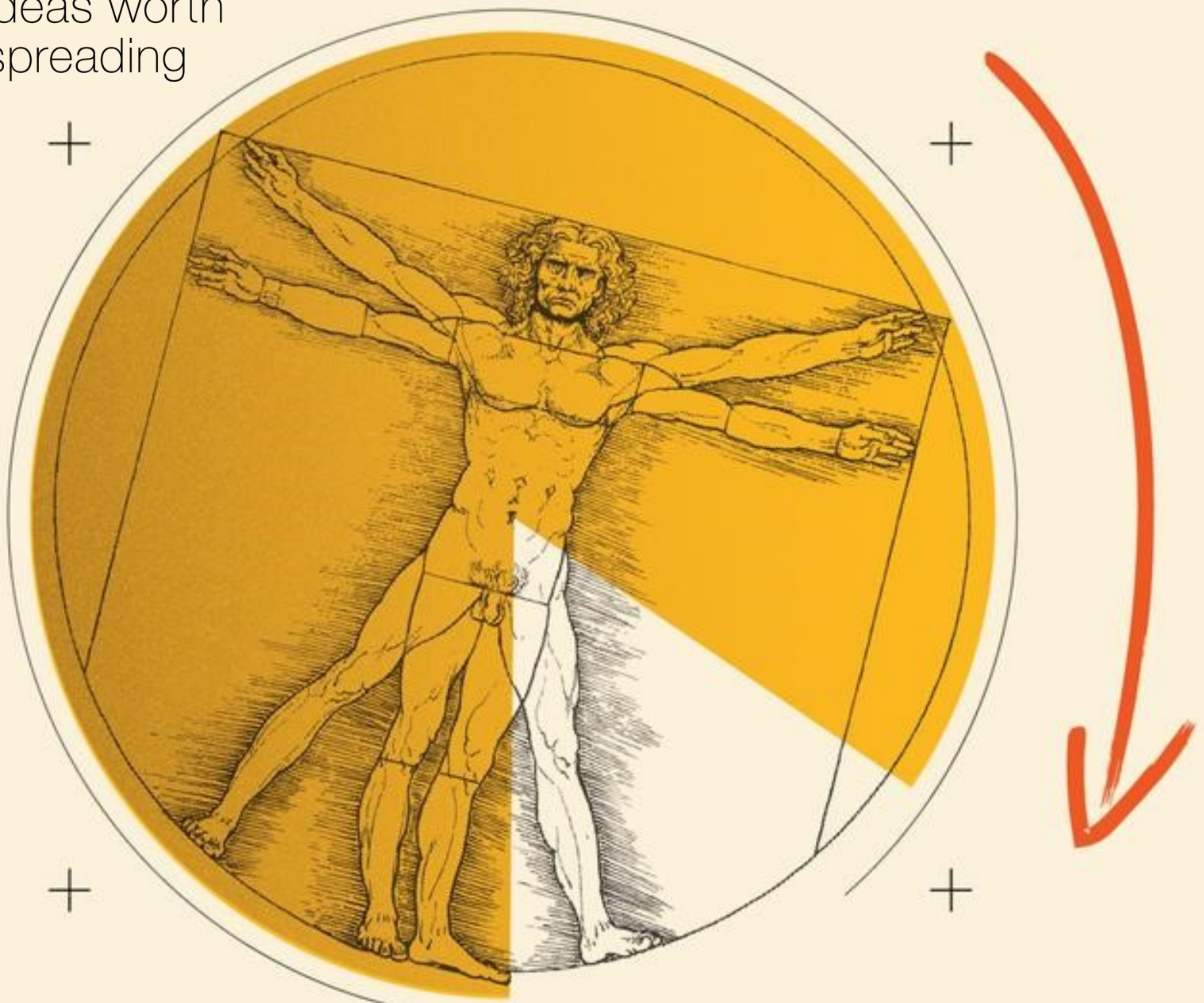
In 1894, a sportswriter named Byron Bancroft "Ban" Johnson takes over a struggling minor league - the Western League - and turns it into a financial success. *Inning Two, Something Like a War*, takes viewers through 1910 and introduces some of the game's most celebrated and colorful characters, including Ty Cobb, Honus Wagner, Christy Mathewson and Walter Johnson. Click here to watch [second](#) episode.

Elizabeth Lesser: Say your truths and seek them in others



In a lyrical, unexpectedly funny talk about heavy topics such as frayed relationships and the death of a loved one, Elizabeth Lesser describes the healing process of putting aside pride and defensiveness to make way for soul-baring and truth-telling. "You don't have to wait for a life-or-death situation to clean up the relationships that matter to you," she says. "Be like a new kind of first responder ... the one to take the first courageous step toward the other." Click [here](#) to watch video.

TED Ideas worth spreading



We can evolve bacteria, plants and animals -- futurist Juan Enriquez asks: Is it ethical to evolve the human body? In a visionary talk that ranges from medieval prosthetics to present day neuroengineering and genetics, Enriquez sorts out the ethics associated with evolving humans and imagines the ways we'll have to transform our own bodies if we hope to explore and live in places other than Earth. Click [here](#) to watch video.

CALL YOUR CENTER TO REGISTER!

Lamar Senior Activity Center

512-978-2480

South Austin Senior Activity Center

512-978-2400

Conley - Guerrero Senior Activity Center

512-978-2660

SPRING 2021

STAY ENGAGED SERIES

OVER 50+ PROGRAMS



HERB GARDEN

Decorate a planter box, plant fresh herbs, enjoy! Do it on your own time with instructions and pictures provided. There will be an option for a Zoom Class to check in on progress. Use what you've grown in fresh homecooked recipes! *Registration begins the week of April 26th.*

COOL FRESH KIT

Have fun while cooking a delicious vegetarian meal! You will receive a full meal kit to make a nice meal with ingredients included, except for oil and a few spices. Share your experience with others via Zoom. *Registration begins the week of April 26th.*

DRUMBA CLASS

Participate in a fun, energetic class using large exercise balls and drumsticks to exercise to a beat that is suitable for all levels! A high energy class guaranteed to make everyone smile and feel happy and engaged. *Registration begins the week of April 26th.*

Prepare yourself for...Button Art! Participants will be offered supplies to make art using buttons, glue, sequins, canvas and rhinestones. There will be a one time Zoom session to work together and show each other our creations. *Registration begins April 1st.*

BUTTON ART

Join our Flower Press Craft! Flower Press Kits includes all supplies that are needed to dry flowers, plants, and leaves. We will be holding 2 Zoom Classes that you will be able to attend to socialize and work on your craft kit together with others. *Registration begins May 24th.*

FLOWER PRESS

We are excited to bring you Magnet Sticks! Magnetic Construction Set includes all supplies needed to create varied shapes and builds. Use your imagination and see what your mind can create! *Registration begins April 1st.*

MAGNETIC STICKS

HYDRANGEA PLANT

Join us for Hydrangea Flowers Project as we create something beautiful for Spring! You will have a pre-recorded YouTube tutorial to follow and by the end of the project will have a beautiful item for your home. *Registration begins the week of March 29th.*

ANIMAL SHELTER PROJECT

Participants will make cat toys and doggy blankets to present to the Austin Animal Shelter since they have been impacted by COVID and have not received any visitors. Use your crafting skills to create some great items for our furry friends! *Registration begins the week of April 26th.*

BOOK CLUB

Shadowman by Tara Beck, a local Austin author. Tara Beck will also be on the last ZOOM class also to take questions and listen to our reaction! We will also have a Kindle option if needed. *Registration begins the week of April 26th.*



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.



OLDER
AMERICANS
MONTH



COMMUNITIES OF STRENGTH: MAY 2021



SPRING 2021

STAY ENGAGED SERIES

PARADISE 50+ PROGRAMS



RUN WITH US!

Register Now



VIRTUAL MARATHON

Austin

The Virtual Marathon is back! We had a great response last year with over 100 entries and we knew it was time once again to set the course and finish the race! Participants will track their own distance over a 6-week period to reach the 26.2 miles distance to complete the marathon. This is an intergenerational event that you can do with all of your family and friends to stay healthy and active this Spring! We can't wait and hope you can't either, so call your center today to register!

512.978.2400 / southaustinsenioractivitycenter@austintexas.gov

READY SET GO! MAY 17TH



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