

NEWSLETTER

For the Month of May 2021

MAY

Greetings, everyone!

Dittmar truly misses you, and anticipates the day we can all come together under one roof. Dittmar Recreation Center is currently getting some upgrades with a new floor, and a newly upgraded kitchen. We can't wait for you to see it! In the meantime, continue to stay active, stay safe, and stay connected to your friends.

-Angie Carbullido; Dittmar Recreation Center



Aggie Horticulture began serving gardening and horticultural crop production information in October, 1994. Our factsheets, guides and databases are based on years of testing and practice. More than 50 teachers, scientists, and Extension specialists contribute their work to this website. Our goal is to serve the students, producers, professionals and gardeners of Texas...and the World. Join us on Wednesdays and Fridays at 1pm Central time on the [Aggie Horticulture Facebook Page](#) to watch our free Facebook Live events! Click [here](#) for website.

WE WANT
YOUR
FEEDBACK

AGE



of CENTRAL TEXAS

SURVEY

AGE of Central Texas is working with the City of Austin to get information about the types of activities that interest older adults (people 55 and older) at local senior centers, recreational centers, and libraries. We want to understand how best you would like to use these facilities. This information is very helpful to ensure the City of AGE do what is best for our seniors. This survey is one method for getting this information. Taking this survey makes you eligible to win a \$50 gift card! Feel free to call your center if you'd like to take the survey over the phone. Click [here](#) for online survey.

A graphic for 'Nutrition TALK' featuring a dark, textured background surrounded by various fresh ingredients like cucumbers, tomatoes, pomegranate, spinach, garlic, and nuts. The word 'Nutrition' is written in a white, cursive script, and 'TALK' is in a bold, white, sans-serif font.

Nutrition TALK

Lamar Senior Activity Center alongside Natural Grocers will have a nutritional talk via Zoom on May 13th from 1-2pm. This event is open to everyone and registration is now open, so call your senior center and get your spot locked in! The topic discussed will be "Fight Back Against Stress." Heart pounding, but no idea why? Can't remember where you left your keys? Gaining belly fat, but eating a healthy diet? If you said yes to any of these, you might be suffering the ill effects of chronic stress. Find out how you can incorporate a few specific nutrients into your diet to help you deal with life's many stressors. Excited to have you join us and feel free to invite your friends and family as well!



PAINT A LONGHORN

IN FLOWERS

Paint a Longhorn in flowers with Rebecca! A Longhorn stencil is provided for you to trace, or you can try your hand at drawing it freehand! Paints are provided along with a canvas. Feel free to use any other brushes or paints that you have. You will be guided by Rebecca via Zoom. Register by calling your center today! Zoom May 19th at 1:00pm.



The show goes on! Back by popular demand, we are pleased to announce the **Songs Under the Stars: Summer Concert Series!** Socially-distanced, live, and outdoors on the People’s Plaza, we’re “running it back” June 10th - August 8th. Four Concerts, eight Weekends, and a whole lot of Summer fun! No Summertime sadness around here! Choose from the Rockabilly Kings, 70s Female Rockstars, Come Together: Beatles Redux, or an 80’s Dance Party. Click [here](#) to preview the concerts.

OLDER
AMERICANS
MONTH



COMMUNITIES OF STRENGTH: MAY 2021



SPRING 2021

STAY ENGAGED SERIES

PARAD 50+ PROGRAMS



RUN WITH US!



VIRTUAL MARATHON

Austin

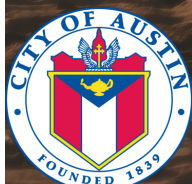
Click Here

TO REGISTER!

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!](#)

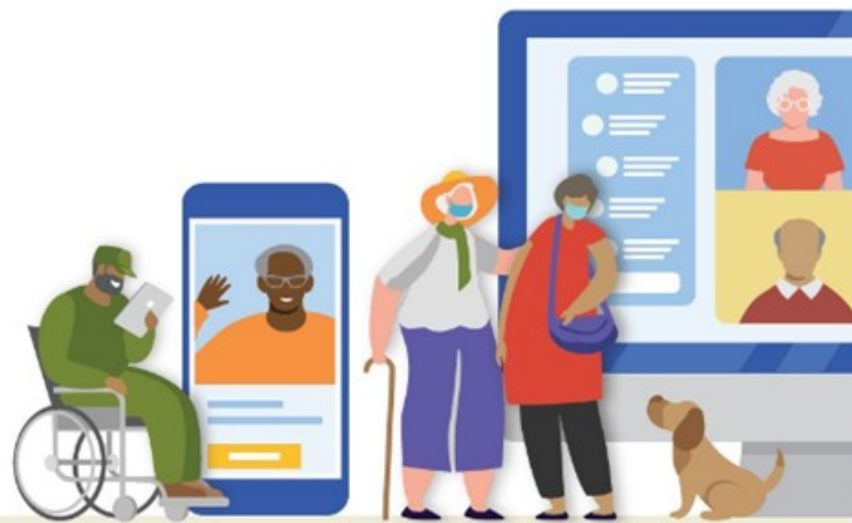
512.978.2400 / southaustinsenioractivitycenter@austintexas.gov

READY SET GO! MAY 17TH



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.





EDITED 4.6.2021 to meet COA Covid-19 guideline changes—now Virtual or Drive-Through ONLY

2021 Older American Month announcement from the Administration for Community Living website (acl.gov):

“Every May, the Administration for Community Living (acl.gov) leads the nation’s observance of Older Americans Month. The theme for 2021 is “Communities of Strength.”

Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others. We will celebrate the strength of older adults with special emphasis on the power of connection and engagement in building strong communities.

There are many things we can do to nurture ourselves, reinforce our strength, and continue to thrive. Connecting with others is one of the most important—it plays a vital role in our health and well-being, and in that of our communities.”

The City of Austin Parks and Recreation Department Adult 50plus Services will celebrate Older Americans Month COMMUNITIES OF STRENGTH with the following free activities offered within the COA Covid-19 safety guidelines. Participants will register via COA RecTrac online registration or by contacting any PARC Senior Activity Center or Recreation Centers

Yoga w/Patti - adaptive floor yoga via Zoom Mondays @ 1:30pm

Find Balance & Strength Exercise - virtual exercise class to help build balance and strength through a variety of chair and low-key but effective exercises. Lead by Lamar Senior Activity Center Staff.

- Zoom Class w/Laura Tuesdays @ 10:00am
- Zoom Class w/Leti Thursdays @ 10:30am

Strength & Stretch Exercise - adaptive chair exercise with Patti Gagne via Zoom Wednesdays @ 1:30pm

Tai Chi - taught by Kade Green via Zoom Tuesdays and Thursdays @ 1:30pm

Chair Yoga w/Patti - adaptive chair yoga via Zoom Thursdays @ 1:30pm

Ceramics - if you paint ceramics at home and need a place to “fire” your work, call 212-978-2460 to set a time for drop off/pick up. Drop off & Pick up @ Conley-Guerrero Senior Activity Center. Monday - Friday from 8:00am - 3:00pm

Cinco de Mayo Treats to Celebrate - seniors will drive through Meals on Wheels pick up and receive Mexican sweet bread and juice to celebrate May 5th. Limited supplies. Conley-Guerrero Senior Activity Center Circle Drive May 3rd from 10:00am - 12:00pm.

Mother’s Day Craft Shadow Box Craft - make a special gift for Mother’s Day. Supplies provided and pick up or delivery information provided upon registration. Zoom w/South Austin Senior Activity Center Staff May 7th at 10:00am.

Mother’s Day Tea - virtual social gathering to drink tea, play games and have fun while celebrating Mother’s Day — *the heart & strength of a community!* No need to be a mom to join in! Zoom w/Lamar Senior Center Staff May 7th at 2:00pm.

Health Talk with Nutritionist from Natural Grocers - “Fight Back Against Stress”

Heart pounding, but no idea why? Can’t remember where you left your keys? Gaining belly fat, but eating a healthy diet? If you said yes to any of these, you might be suffering the ill effects of chronic stress. While it’s impossible to remove all stress from your life, incorporating a few specific nutrients into your diet can help you deal with life’s many stressors. Zoom with Joseph Hernandez – Nutritionist from natural Grocers May 13th at 1:00pm.

Virtual Marathon - participants track their distance over a 6 week period to reach 26.1 miles. As a challenge/incentive the group will attempt to reach Miami FL where we will meet and learn about some Adult 50plus residents. Participants choose own areas to “walk/run.” Begins May 17th.

Paint w/Rebecca - join staff to paint your own “Longhorn in Bluebonnets” masterpiece. Supplies provided. Zoom Class May 19th at 10:00am.

Button Art - participants receive supplies to create a picture using buttons. Zoom Class w/South Austin Senior Center Staff May 21st 10:00am.

Drive-In Concert - socially distanced outdoor concert with music by the *All Rhythms Band* at Krieg Fields Parking lot (site subject to change to NWRC or Gus Garcia field). May 26th at 9:30am.

Cook Fresh Kit w/Chef - participants receive a “meal kit” with all main ingredients to make a healthy delicious meal under the guidance of a local chef. Zoom Dates TBA by Chef.

Virtual Hikes (local park/trail) - participants will join a virtual group hike and guide via Zoom. Date TBA pending Park Ranger schedule.

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.





DITTMAR RECREATION CENTER PRESENTS



50's

**BIG HAIR & POODLE
SKIRTS**

60's

**MINI SKIRTS &
GO-GO BOOTS**

MAY 25TH

10:00 AM

Journey Through

TIME

Drive Thru Event

70's

**BELL BOTTOMS &
PLATFORM SHOES**

80's

**RIPPED TIGHTS &
BIKER JACKETS**

90's

**BABY TEES &
SCRUNCHIES**



1009 W. Dittmar Rd., Austin, TX 78745 * (512) 974-6090

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.

Made with PosterMyWall.com



CITY OF AUSTIN

PARD SENIOR TRANSPORTATION

SUPPORTING OUR COMMUNITY!

The City of Austin Parks and Recreation Senior Transportation is now offering free ride service for people over the age of 50 to your COVID-19 vaccination appointment! We are doing our part to help our community and want to assist you in this road to recovery! If you need a ride to and from the vaccine location, please call us at:

512-974-1464

**Monday thru Friday
7am - 3pm**

CONTACT US 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.



RE-OPENING!

PARD SENIOR TRANSPORTATION

We are excited to announce the re-opening of the City of Austin's Parks & Recreation Senior Transportation! We know it has been a long time of persisting through this pandemic, but we are grateful to have the opportunity to open back up to assist you with your transportation needs. As of now we are assisting with transportation for personal errands and medical appointments for registered patrons.

We hope this is just the beginning of safe steps in coming back to a form of normalcy and are excited to see you all again very soon.

512-974-1464

Click [here](#) for Senior Transportation General Info and Rider's Guide to register



CALL FOR ART ARTISAN CONSIGNORS



Deadline: May 30, 2021

Calling all potters, jewelry makers, quilters, printmakers, woodcarvers, textile makers, leather craftsmen, and handcrafts! The Old Bakery & Artisan Emporium is seeking artists over the age of 50 to join our Artisan Consignor team!

To Apply: Please submit a letter of inquiry and 3-5 digital photographs of your work to Herb Torres (herb.torres@austintexas.gov) by May 30, 2021

*I'm still worried
about leaving
my house.*

*I miss my
friends and the
things we used
to do.*

Times are tough. We're here to help.

No problem is too big or too small.



(4357)

512-472-HELP

Free Emotional Support | Apoyo Emocional Gratuito



IntegralCare.org



TEXANS
RECOVERING
TOGETHER

Press 1 for English, then 7 to speak with a counselor.

*I'm nervous
about getting
a vaccine.*

*I havent seen
my grandkids in
over a year.*



FREE Virtual Caregiving Course for Individuals
Caring for an Older Adult Living with Dementia

“Empowering YOU to Be a Strategic Dementia Caregiver”

Being strategic is important, because caring for an older adult with dementia can be both rewarding and overwhelming, both frustrating and fulfilling. Learning about the disease causing the dementia – and learning new tools to manage daily life – can increase the rewards and ease the frustrations. Being strategic can also equip you to care for yourself as you care for another person.

May 17, 19, 21
10:00-11:00 a.m

Session 1:

- Understand dementia causing diseases
- Understand how dementia can affect daily life

Session 2:

- Understand the effect of confusion
- Learn how to plan daily activities

Session 3:

- Learn practical principles for healthy caregiving
- Build a toolbox of coping skills

*This free caregiver education series is designed for the unpaid family caregiver,
and is presented in partnership with CaregiverU and AGE of Central Texas*

Registration is required and space is limited.

**Register for Free: Email funger@AgeofCentralTX.org or
call Faith Unger at 512 600 9279 for registration assistance**

