



NEWSLETTER

Tips and information for today / Monday, June 15th 2020

Greetings from **MARIA REYES**

Hello Everyone!

I hope the weekend has treated you well. We are still continuing the stay at home order and Senior Centers are continuing to stay closed, but we are doing our best in helping to provide virtual material that would be interesting to you. We hope that you have been enjoying it and don't hesitate to email us with any recommendations to southaustinsenioractivitycenter@austintexas.gov. Please continue to stay safe and know that we are here to support you. We are working on a monthly book club and card making activities that will be coming soon. We miss you. Stay strong and safe.

TEDTALKS

Celeste Headlee has worked as a radio host for decades, and she knows the ingredients of a great conversation: Honesty, brevity, clarity and a healthy amount of listening. In this insightful talk, she shares 10 useful rules for having better conversations. "Go out, talk to people, listen to people," she says. "And, most importantly, be prepared to be amazed."

[10 Ways to a Better Conversation](#)

Field Trip VIRTUAL

Explore over 60,000 stars, locate planets, and watch sunrises and solar eclipses. If you enter your location, you can see all the constellations that are visible in the night sky in your corner of the world.



[Stellarium-web.org](https://stellarium-web.org)

The first established National Park and popular vacation destination is now accessible to virtual travelers. The interactive maps are a great way to see the Mammoth Hot Springs, Mud Volcano, and much more!



[Park Service](#)



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



Frank Sinatra Fans

There is no denying 'Ol Blue Eyes is one of the greatest entertainers and voices the world has experienced! You know his songs, you sing them throughout your life and whistle a tune while strolling on a walk. Lynnette has put together a few links for us to be able to learn more about Frank and heighten our experience whilst listening to his beautiful voice.

[Sinatra Bio](#)

[A Complicated Life](#)

[Top 40 Selling Songs](#)

[Sinatra Song Facts](#)

SASAC Staff favorite Sinatra songs; Kelly - The Way You Look Tonight; Lynnette - Fly Me to the Moon, Joe - My Way, Justin - Come Fly With Me, Dan - Blue Moon, & Maria - Summer Wind

Art Appreciation

**BOB
ROSS**

**ONLY HAPPY
ACCIDENTS**



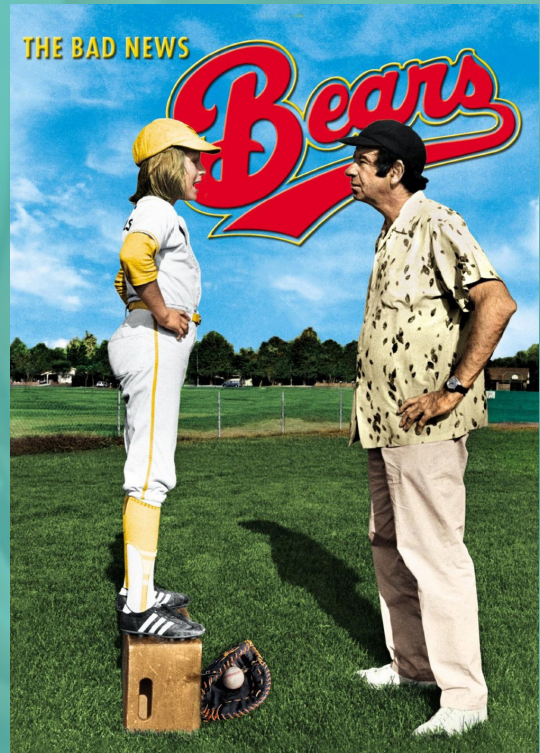
[Bob Ross Bio](#)

ART
INSTITUTE
CHICAGO

[Art Institute of Chicago](#)

Joe's MOVIES

A fun baseball comedy straight from Joe's vault! An aging, down-on-his-luck ex-minor leaguer coaches a team of misfits in an ultra-competitive California little league.



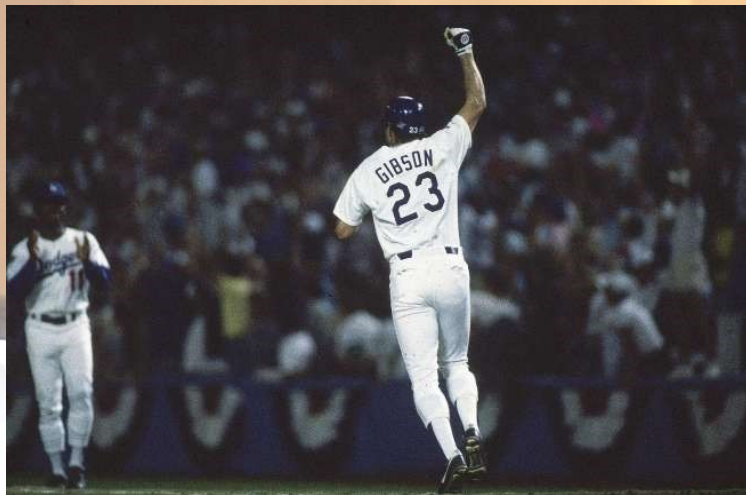
More info on movie streaming services through Austin Public Library on pg. 7



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Kirk Gibson's 1988 World Series home run occurred in Game 1 of the 1988 World Series, on October 15, 1988, at Dodger Stadium in Los Angeles. Gibson was initially held out of Los Angeles Dodgers' lineup with injuries to both legs, but after being called upon to pinch hit in the bottom of the ninth inning with two outs, he hit a two-run, walk-off home run against Oakland Athletics pitcher Dennis Eckersley. The home run won the game for the Dodgers by a score of 5-4. Hear the legendary Vin Scully call the full at-bat!

[Kirk Gibson's Memorial At-Bat](#)



Mike Tyson is regarded by many as the most dangerous man to ever lace the gloves up, here's why. Join Boxing Legends TV as we count down the top 10 most punishing Mike Tyson fights.

[Top 10 Mike Tyson Fights](#)



REMEMBERING KOBE ★ ★ ★ ★

Kobe Bryant is a legend in himself as one of the all-time greatest basketball players. From learning off the style of MJ to turning himself into a leader in his own right as a multiple championship winner and multiple time MVP with the Los Angeles Lakers, Kobe has influenced many with his play, leadership, and integrity on and off the court. Please enjoy this playlist of videos dedicated to the memory and legacy of one of the greats.

[Remember Kobe Bryant Playlist](#)



Watch all of Super Bowl LIV Champion and Super Bowl LIV MVP Patrick Mahomes best plays from every game of the 2019 season! Whether you are a fan of the Kansas City Chiefs or not it is hard to jump over the fact that Mahomes is one of the most talented QBs in the NFL Today!

[Mahomes' Best 2019 Plays](#)



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BALLET AUSTIN

b happy

smile from the inside out

It's time for another story about dance. And this is one you can move to! LB Flett shows you how!

[*Read and Move w/ LB Flett*](#)

While Spring 2020 sprung in a very unconventional way, it's still a wonderful time to get outside and commune with Mother Nature while social distancing. Ballet Austin company dancer and Academy instructor Constance Doyle uses her time outside to practice another passion, photography, and shares one of her favorite ways to be creative.

[*Amateur Photography*](#)

b curious

explore the world of dance

Did you know that great dancers are also great actors? Ballet Austin company member Ian J. Bethany shares a lesson in mastering the art of classical mime during a crucial scene in Stephen Mills' THE NUTCRACKER.

[*Classical Mime w/ Ian Bethany*](#)

b active

If you're a dancer sheltering at home or in the midst of a seasonal layoff, you need to focus on self-care throughout your time away from the studio so you're ready to come back to full-time training. Dr. Vanessa Muncreif, PT, PDT, a physical therapist who works with Ballet Austin dancers, has these tips for professionals and amateurs

[*Self-Care Tips for Dancers*](#)

b a well

Sometimes the key to coping with uncertainty as an individual is to share that process (and those feelings) with others. Butler Center for Dance & Fitness Director Vicki Parsons elaborates.

[*Individual Coping w/ Vicki Parsons*](#)

Austin Parks & Recreation

You Tube Channel

Head on over to Austin's Parks & Recreation's own YouTube Channel! Many different centers have put together videos for us all to watch and use while at home. We hope you enjoy the hard work the staff has done to continue to bring encouragement and fun to your household. Click [here](#)! Enjoy these video by various makers that Lynnette has picked just for you below!



[**DAC Tour**](#)



[**Homemade Ice Cream**](#)



Jackie is doing a virtual Zumba class on Friday mornings at 10:30AM if anyone would like to join her. There are two ways to join her: you can go to my "Virtual Zumba Gold classes with Jackie" Facebook page and join the group, or you can email Jackie and she will send you an email invitation once she sets up the meeting for the class. Then you can join straight from your email via the link in the invitation. Jackie hopes to see you there! Here is her email and Facebook links.

[**Facebook Group**](#)

[**jacqueline.cotrell47@gmail.com**](mailto:jacqueline.cotrell47@gmail.com)

STRETCH STRENGTHEN

Patti Gagne

Join us in watching Patti Gagne's Stretch and Strength videos! She's put together a handful of videos for us to all be able to watch at home and follow along with the exercises. We hope you enjoy them as much as we do!

[**Upper Body Focus**](#)

[**Seated & Standing**](#)

[**Balance**](#)



Kade's style of teaching, developed over the last several years, combines individual attention and group focus. His easy going manner and love of teaching give students confidence and faith in his abilities. He brings together his ability to tailor instruction to each individual and his ability to communicate the subtleties of an ancient art to modern students to make T'ai Chi accessible to those who train with him.

[**Kade Green Channel**](#)

Check back in with more video tutorials from North Austin T'ai Chi!



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Integral Care is offering anyone Covid-19 related counseling through Integral Care. Clients can call the main crisis number @ 512-472-(HELP) 4357, and request to speak to a someone who can help them manage anxiety or depression related to the COVID-19 pandemic. Currently this service is set to be available for the next 60 days (subject to extension of-course).

For more information click here:

[**Integral Care**](#)



In partnership with Meal on Wheels and More, PARD senior activity centers and 3 recreation centers are distributing meals for curbside or parking lot pick up. Each registered participant was given 10 shelf stable meals to take to their home. Although the pick ups listed already occurred, we encourage you to check back for future distribution dates.

[**Congregate Meal Update**](#)

COVID-19 INFORMATION



Austin-Travis County information for online enrollment for Free COVID-19 Testing .

[**Free COVID-19 Testing Enrollment**](#)



Attached is a vote by mail application. Be sure to check "Annual Application" in Box 6a to assure you also automatically receive a ballot in October to vote by mail for the Presidential election.

[**Vote by Mail**](#)

Austin Emergency Financial Assistance Program

In these trying times, it's known one may need a little help so the City of Austin is doing it's part. Click below to be welcomed to the City of Austin Utility Bill Relief application process! A simple process can take a little strain off these days.

[**Austin Bill Help**](#)

FOUNDATION COMMUNITIES

Due to COVID-19, we are not currently offering in-person tax preparation, but we still want to help! Foundation Communities has teamed up with GetYourRefund.org to help you file your taxes online with the help of our IRS-certified tax preparers from April 8 to May 8, 2020.

[**Austin Tax Help**](#)



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AUSTIN PUBLIC LIBRARY

Hoopla has digital movies, music, TV shows, audiobooks, eBooks and comics.

- Instantly available borrowing.
 - No hold queues
 - Stream content through your browser on PC/ Mac.
 - Stream or download with the **hoopla digital app** for iOS, Android, Kindle Fire and Roku.
 - Check out 4 items per month.
 - Movies & TV shows check out for 3 days.
 - Music CDs check out for 7 days.
- Audiobooks, eBooks and comics / graphic novels check out for 21 days.

Check out hoopla [here](#)

Kanopy has thousands of movies and documentaries that you can stream on any device.

- You can watch 3 films per month, with play credits resetting on the 1st of each month.
- After clicking "Play," you have 3 days to watch the film.
- Loading and playing 5+ seconds of a film counts as a play credit.

Kanopy Kids offers films for ages preschool - 12.

Check out Kanopy [here](#)

You can gain access to both streaming sights
and more with a
Austin Public Library - Library Card.



Food Delivery/Pickup

Good Apple Foods: Stay Home, Stay Healthy Program for anyone who is 55+ or immunocompromised and in need of food assistance:

<https://goodapplefoods.com/covid-19>

HEB/Favor Senior Support Line:

<https://favordelivery.com/seniors>

ConnectATX from United Way:

<http://connectatx.org>

Centralized list of resources on emergency food access (curbside meals, food delivery, food pantries, school meals) and other food access connections (community gardens, centralized resources, food delivery, food pantries, low cost food, meals, nutrition education, paying for food). Includes extensive resources beyond food as well.

Food Access Resources in Central Texas from the Sustainable Food Center

<https://sustainablefoodcenter.org/latest/blog/food-access-resources-in-central-texas-during-covid-19>

Many of the links are included above, but contains additional information on Farmer's Markets, CSAs, Austin Food Delivery Services, Food Pickup and Delivery, Access Points for low-income families.



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