

WARMEST GREETINGS

A greeting to all of you this beautiful day! We hope sustenance of joy and happiness has been more than just slightly feasible during these times. They'll be a day when our doors will open soon, but not in haste of disregarding health and safety, and we will once again share smiles, laughs, and treasured stories of the past! We at the Senior Centers cannot wait for that day to come again! We've been working hard and brainstorming for more ideas and also ways to make old ideas better ensuring we offer well rounded programming for our loved participants. We always love hearing from you so please reach out to us on our office lines or email us at southaustinsenioractivitycenter@austintexas.gov. Enjoy the sun, enjoy friendly conversations, and cherish the love we share.

- Justin Perez (SASAC)



50+ Programs NEWSLETTER

Tips and information for today / Monday, June 29th 2020

STANDING IN SOLIDARITY

The Austin Parks and Recreation Department (PARD) acknowledges and recognizes the depth of systemic racism and racial violence the Black community and people of color face daily. The murders of George Floyd, Breonna Taylor, Ahmaud Arbery, and too many others, along with the violent acts against communities of color have been distressingly familiar—another chapter in our nation's long history of white supremacy and racial violence. PARD is an imperfect organization striving to build spaces that are equitable and inclusive. We are committed to creating and maintaining spaces where communities can learn, reflect, engage, and thrive.

As protests and demonstrations continue around the country, PARD recognizes the leadership of Black community members and supportive allies across the city, demanding systemic change. The City of Austin's vision of becoming a beacon of social equity underlines PARD's commitment to reflect upon our past and embrace the challenges of our future. Through our parks, trails, swimming pools, recreation centers, museums and cultural centers, we strive to maintain meaningful connections with our community, listen intently, and will continue to push back against racism.



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STAY ENGAGED: SUMMER 2020

Through a partnership with Aging is Cool, the PARD Adult 50+ Programs are able to bring a lot of new programs your way! We have started Bingosize through Lynnette at the South Austin Senior Activity Center and are bringing opportunities for RX Crafts such as quilling, mala beads, and gardening crafts with Kim from the Lamar Senior Activity Center.

A Virtual Marathon with prizes, runners bibs, and medals is also in the process through SASAC! Maria will be starting a Card Making Class and a monthly Book Club that will give you opportunities to meet new people and make new friends with common literature interests. If you are interested in these new virtual programs please reach out to your Senior Center and let them know!

Click below to do online registration. If you need your assistance logging in please contact your center.

[PARD Online Registration](#)

Lamar Senior Activity Center
512-978-2480

Conley-Guerrero Senior Activity Center
512-978-2660

South Austin Senior Activity Center
512-978-2400



You have 3 ways to request the supplies for these projects;

Pick up from the Senior Centers listed, request to have it mailed to your home, request to have it delivered to your home

The Rx Craft Projects are as follows;

-Paper Quilling Craft – Available in July

Quilling is an art form that involves the use of strips of paper that rolled, shaped, and glued together to create decorative designs.

-Paint Your Pot Garden Craft – Available in August – Pick-up or delivery

We will provide you with paints to decorate your pot, a plant, and soil to bring life to your indoor or outdoor garden.

-Mala Beads for Meditation – Available in September

A Mala is a string of beads that are used in meditation practice. It is a tool to help you count mantras (positive phrases repeated to aid concentration in meditation) and acts as a tactile guide as you sit in silence.

On behalf of the COA PARD Senior Centers, Aging is Cool, and the St. David's Foundation please continue to stay safe and stay well! We will get through this historical event together and we can't wait to see you all again!

TRAVELING JOURNAL

If you have not had a chance to receive our Traveling Journal then you are missing out on some very neat stories! Our Traveling Journal is delivered to your front door and you get to keep it for 24 hours or so to enter whatever you'd like. A poem, stories of quarantine, home projects, family recipes, etc. If you'd like to participate just email southaustinsenioractivitycenter@austintexas.gov or call 512-978-2400. We'd love to bring it out to you! Here are a few excerpts from what we've collected so far!

"Like everyone, I've learned to adjust. This includes setting a new routine for myself and finding meaningful things to do to fill my days. I'm very fortunate as I live across the street from my daughter and family. My day; I fix my own breakfast then get coffee with family. There's always a pile of clean laundry waiting for me to fold. I have daily visits with my granddaughter who joined us recently and is working remotely. She lives in Los Angeles but felt safer sheltering in place with her whole family. I'm a Rummikub addict and have taught the whole family! Once a week we have a go at it."



"Thoughts of kindness, patience, and tolerance come to mind in this time of Covid-19. One has time to think deeply and possibly find ways to express and demonstrate longtime mental concepts. Ideas are always good but become more powerful when they are put into observable practice."



"Our first camping trip as Girl Scouts. The camping grounds as we passed the gates were a big parking lot and trees for ever, no cabins. We unloaded and went for a very long walk until lunch time, a sandwich and juice. This was in October, a very cold dinner at 5pm. The troop leader tells me 'you take that tent and your daughter and 2 girls.' I had to give up my blanket because a girl forgot to pack one so my daughter shared with me. We learned to always take extra snacks and extra blankets!"

VIRTUAL FUN

VIRTUAL FIELD TRIPS

We hope you all have been enjoying the virtual field trips that we have been linking to these newsletters. If you ever come across a trip online that you feel others may enjoy as well please let us now.

Nearly 5,000 years ago, outside the ancient city of Memphis, Egyptians built pyramids as tombs for their kings. These monuments are still standing today in the city of Giza. Click the link below to go to a virtual exploration of these wondrous pyramids.

[Pyramids of Giza](#)

The *Colosseum* is the largest amphitheatre built during the *Roman* Empire. Inaugurated in 80 AD, it offered gladiator fights, executions and animal hunts. Jump in and take a virtual tour today!

[Colosseum](#)

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!

[Desde La Sala \(Y La Bamba\)](#)

MOVIES

Joe's pick this installment is *An Unfinished Life*. *Desperate to provide care for her daughter, down-on-her-luck Jean moves in with her father-in-law from whom she is estranged. Through time, they learn to forgive each other and heal old wounds.*



AN UNFINISHED LIFE



[Hoopla](#) and [Kanopy](#) have thousands of digital movies, music, T.V. shows and more! You can gain access to both streaming sights with your Austin Public Library card.

ENTERTAINMENT

SALVADOR DALI

A LIFE IN CONFLICT



From an early age, Salvador Dalí was encouraged to practice his art. In the 1920s, he went to Paris and began interacting with artists such as Pablo Picasso, René Magritte and Miró, which led to Dalí's first Surrealist phase. He is perhaps best known for his 1931 painting *The Persistence of Memory*, showing melting clocks in a landscape setting. The rise of fascist leader Francisco Franco in Spain led to the artist's expulsion from the Surrealist movement, but that didn't stop him from painting.

[Salvador Dali](#)

"Surrealism" has become shorthand for the bizarre, the irrational, the hallucinatory. But what IS it? Or what WAS it? Today we delve into the history of Surrealism, as it formed in post-World War I Europe and as it has infiltrated our wider culture up to today. Here's our case for what Surrealism is, and why you should care about it.

[Surrealism](#)

the case for SURREALISM



BANG!

MENTAL FLOSS

Blubber Boom: Reliving the Disastrous Tale of Oregon's Exploding Whale—50 Years Later

[Exploding Whale](#)

TED TALKS

The Italian island of Sardinia has more than six times as many centenarians as the mainland and ten times as many as North America. Why? According to psychologist Susan Pinker, it's not a sunny disposition or a low-fat, gluten-free diet that keeps the islanders healthy -- it's their emphasis on close personal relationships and face-to-face interactions. Learn more about super longevity as Pinker explains what it takes to live to 100 and beyond.



[Ted Talk Video](#)

KATHARINE HEPBURN

Katharine Hepburn was a spirited and eccentric actress who appeared in such classic films as the “African Queen,” “Guess Who’s Coming to Dinner,” and “On Golden Pond.” Born on May 12, 1907, in Hartford, Connecticut, Katharine Hepburn became an unlikely Hollywood star in the 1930s with her beauty, wit, and the eccentric strength with which she imbued her characters. Over a career that lasted more than six decades, she took home a record four Academy Award wins for acting. Hepburn died at her home in Old Saybrook, Connecticut, on June 29, 2003.



MOVIECLIP

[Hepburn Movie Clips](#)

BIOGRAPHY

[Hepburn Biography](#)

THE PLAYLIST

[Hepburn Essential Films](#)

BARBARA WALTERS INTERVIEW

[Hepburn Interview](#)

LUXURYESTATE

[Hepburn Estate](#)

SPORTS

QUICK QUESTION JERSEY NUMBERS

Jersey numbers are synonymous with any team sport these days, but did you know they got a huge boost in popularity because of baseball? On this episode of Quick Question, we explore how jersey numbers came about in MLB and their explosion in importance to players. From Francisco Lindor to Ken Griffey Jr. to Rickey Henderson to Babe Ruth, players' numbers have meant something throughout eras for different reasons. Also, how did the names get on the back too?

[Jersey Numbers](#)



Which rookie are you most confident in heading into the 2020 season? Check on these analyst's opinion on who is to be guaranteed to make an impact for their new team this season!

[Guaranteed Rookies](#)



TOP 100

DUNKS

2019-20 SEASON



Ahead of the NBA Comeback beginning July 30th, relive the TOP 100 dunks from the 2019-20 NBA season so far! Drop which dunk was your favorite in the comments of the video!

[Top 100 Dunks 2019-20](#)



FULL PODCAST



Our soccer is almost back, but what will it look like and feel like on TV? ESPN's Taylor Twellman joins the guys to go over broadcast particulars, plus digs in on the nitty gritty of the tournament. Plus, NWSL returns, the guys name the players they hope get big opportunities in Orlando and give Christian Pulisic credit for his big week at Chelsea.

[MLS is Back!](#)



EXERCISE

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!

[Plank Workout](#)



STRETCH STRENGTHEN

Patti Gagne



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

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](#)



RESOURCES



Integral Care

[Integral Care](#)

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).

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.



MEALS on WHEELS

[Congregate Meal Update](#)

COVID-19 INFORMATION



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

[Free COVID-19 Testing Enrollment](#)

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.

**FOUNDATION
COMMUNITIES**

[Austin Tax Help](#)

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](#)

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](#)



**EMERGENCY
FOOD
PROGRAM**

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

<https://favordelivery.com/seniors>

<http://connectatx.org>

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