It’s an election year, and all of us at the Paramount Theatre encourage you to make your voice heard and VOTE. For some reason, elections have served as the backdrop for some of the most fascinating movies ever made, even if the elections themselves aren’t really what the movie is about. With that in mind, let’s look back at five of the best election (or election-tangential) films to close out “Summer Classic Film Series at Home” and get excited about exercising our right to vote!

**Summer Classic Film Series**

BE CURIOUS: Company dancer Ashley Lynn Sherman takes you through her pointe shoe prep routine and talks about the type of shoe she needs for a demanding classical role like that of the Sugar Plum Fairy in THE NUTCRACKER

**Be Curious**

Hello Highly Valued Participants! We miss you terribly! I hope that you have been able to keep your creative juices flowing. We have and will be offering craft kits that can offer you an outlet to be creative and assist you with the positive benefits. I have found that coloring has helped me relax and offers relief from stress, a sense of accomplishment, and has enhanced my cognitive abilities by improving my memory, concentration, and ability to think through problems. With all the activities that have been offered, it would be nice to see what you have been doing. You are welcomed to share by taking a picture and emailing me your finished creative treasures. I’m looking forward to seeing what you have been creating. Take good care of yourself and know that you are highly valued and appreciated!

- Kimberly Flores
Register for FREE Thru August 7th! CLICK HERE

Grab all your friends and family and join FREE! Track your own distance over the 6 weeks and reach the 26.2mi finish line! You’ll get a face mask, race bib number, and a medal! We want to see you succeed so snap a photo with your medal and send it our way to southaustinseniорactivitycenter@austintexas.gov or mail it to your center.

26.2

STAY ENGAGED - SUMMER SERIES
VIRTUAL RUN
AUSTIN PARD 50+ PROGRAMS

CHALLENGE
Aug. 10th - Sept. 18th

RUN, WALK, JOG, or SKIP WITH US!

However you’d like to get moving with us we want you moving and we’ll be moving with you!

No crowds, run on your own time and your own trail, route or treadmill. Grab your family and encourage each other! Available for all ages!
REGISTER ONLINE

for great activities to keep you engaged this Summer!

Click Here to register or call your center!

Through a partnership with Aging is Cool, the PARD Adult 50+ Programs are able to bring many new programs your way!

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Trying to find a way to feel connected to friends and family in a safe and socially distanced way? Get out and get moving with our new virtual marathon challenge! Invite all your family and friends to join you in this FREE, self-paced challenge. Each participant will track their own distance over the 6 week period until they reach the 26.1 miles mark. Each registered participant will receive a face mask, race bib, and completion medal. We want to see you succeed! Just snap a photo of yourself at the finish line with your new medal and send it to us at southaustinsenioractivitycenter@austintexas.gov or mail it to the following address:

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

Registration: July 13th - Aug. 3rd  
Challenge: Aug. 10th - Sept. 18th

Enjoy reading and want to form new relationships? Then here is your chance to expand your horizons! The all new Book Club will meet monthly virtually or through conference call to discuss different books that we will be reading together. Session 1’s book will be A Man Called Ove by Fredrick Backman.

Space is limited
Registration begins July 20th and first meeting is August 18th
Time 10am-11:30am

Paint Your Pot Garden Craft
Registration begins on July 30th and kit distribution begins on August 3rd.
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
Registration begins on August 31st and distribution begins on September 1
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.

The Paper Quilling Craft will be making its way back again! Stay Tuned!
Big & Mini is a nonprofit that connects seniors (Bigs) with young adults (Minis) to create mutually beneficial opportunities for conversation and mentorship while combating loneliness. Through weekly phone or video calls, you'll have the opportunity to share stories, advice, or even recipes with someone who has similar interests. You'll also get to learn something new while forming a lasting friendship with a Mini, who will benefit greatly from hearing about your unique experiences. To learn more and sign up click here or if you have questions or need help watch the walk-through video link provided.

Fans of Golden Gate Park’s resident bison are able to connect with the beloved beasts from home, thanks to two live webcams in their paddock.

Even during the worst economic downturn in modern American history, some folks still managed to make a buck—many bucks, in fact. Here are 9 people who earned a fortune during the Great Depression.

Known as ‘the father of modern fantasy’ his epic tales of legend and lore have been enjoyed by millions of people all over the world — devoured in popular books and adapted for Hollywood blockbuster films. Unbelievably bright, he was a distinguished university professor, poet, historian, and expert linguist. As a child, he even made up his own languages for pure fun.

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**J.R.R. Tolkien**
The 2020 Season is underway and we have your recap of the 9 biggest things you need to know with MLB starting up. With a 60-game season coming with a handful of rule changes, it will be one of the wildest MLB seasons ever. On top of that, we have amazing division races and up-and-coming superstars to keep an eye on. From Mookie Betts to Ronald Acuña Jr. to Mike Trout, MLB is flooded with talent that will make this extraordinary season legendary. Get all the info you need from Top 9!

Need to Know for 2020 Season

Watch NFL’s YouTube Channel to find out which Quarterback / Coach Duo will win a Super Bowl if they stay together? Which duo do you think has a chance to make it to the big game?

QB Coach Duo

The game you love, like you’ve never seen it before. 22 teams, all in one place, ready to make history. It’s a Whole New Game. NBA Restart begins July 30th, on ABC, ESPN, TNT, and NBATV.

A Whole New Game

After sinking the winning putt at the 2019 Solheim Cup for Team Europe, Suzann Pettersen suddenly announced her retirement from professional golf. The narrative of her life could not have been scripted any better, and she’s ready to finally tell her intimate tale. As she embarks on the next chapter in her life, and let’s down her guard, we join “Tutta,” as she’s known to family and friends, at home in Oslo.

Her Final Putt
Mondays from 9:30AM-10:30AM with Mr. Huang
Thursdays from 10AM-11AM with Ms. Gongxian and Mr. Vince Cobalis
All classes will be hosted via Zoom. To sign up, please contact us at AARC@austintexas.gov with your name, email, and the class day. You may register for both classes. Web links to Zoom class will be emailed to participants prior to class each week.

We're also having our first game via Zoom!

Guess Where? Doors Exhibit Challenge via Zoom
AARC is hosting a guessing game based on Peter Shen’s photo exhibit. Mr. Shen has traveled around the world and photographed a series of doors. Participants will be shown photos and compete to guess which country the door is from.
Tuesday, August 4, 2020 from 10:00AM-11:30AM ii. To sign up, please contact us at AARC@austintexas.gov with your name, email, and “Guess Where?” in subject line by July 31, 2020. Space is limited. Prize for 1st place.

Ready to explore Yellowstone? You don't have to wait for your trip out here. You can start exploring now by virtually touring some of the main attractions around the park. Included with each map-based tour is additional information about visiting in person.

We have developed an interactive 3D map of Mount Everest which is unique in its resolution, unparalleled in detail, and based on the latest satellite technology. The map includes the two most-travelled routes to the highest mountain on Earth, all historical routes and the most famous trekking routes in the Khumbu region. "Everest 3D" also comes in app format, making it your perfect trekking companion!
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**

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.
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.

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.

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

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.

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.

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.

Austin Bill Help

Vote by Mail

https://goodapplefoods.com/covid-19
https://favordelivery.com/seniors
http://connectatx.org