



# 50+ Programs

# NEWSLETTER

Tips and information for today / Week of July 28th 2020

## PARAMOUNT SUMMER CLASSIC FILM SERIES AT HOME

PRESENTED BY  
 METRO



Welcome

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

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



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.

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



# 26.2



Register for **FREE**  
**Thru August 7th!**  
**CLICK HERE**



STAY ENGAGED - SUMMER SERIES

## VIRTUAL RUN

AUSTIN PARD 50+ PROGRAMS

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 [southaustinsenioractivtycenter@austintexas.gov](mailto:southaustinsenioractivtycenter@austintexas.gov) or mail it to your center.

# 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!*



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.





# 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!



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](mailto: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 18<sup>th</sup>  
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!***



# ENTERTAINMENT & OPPORTUNITY



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.

[Amazing Bison](#)

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.

[Fortune During the Depression](#)

## MENTAL FLOSS



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.

[J.R.R. Tolkien](#)

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.

[Walk Through Video](#)

## BIG AND MINI



# SPORTS

## top 9 | 2020 SEASON GUIDE



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 NBA TV.

### [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](#)

# VIRTUAL FUN



## **New Tai Chi Classes starting Monday July 27, 2020.**

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](mailto: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](mailto: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.

## **Yellowstone National Park**

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!

## **Mount Everest**

# 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

virtual



ZUMBA

gold

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.

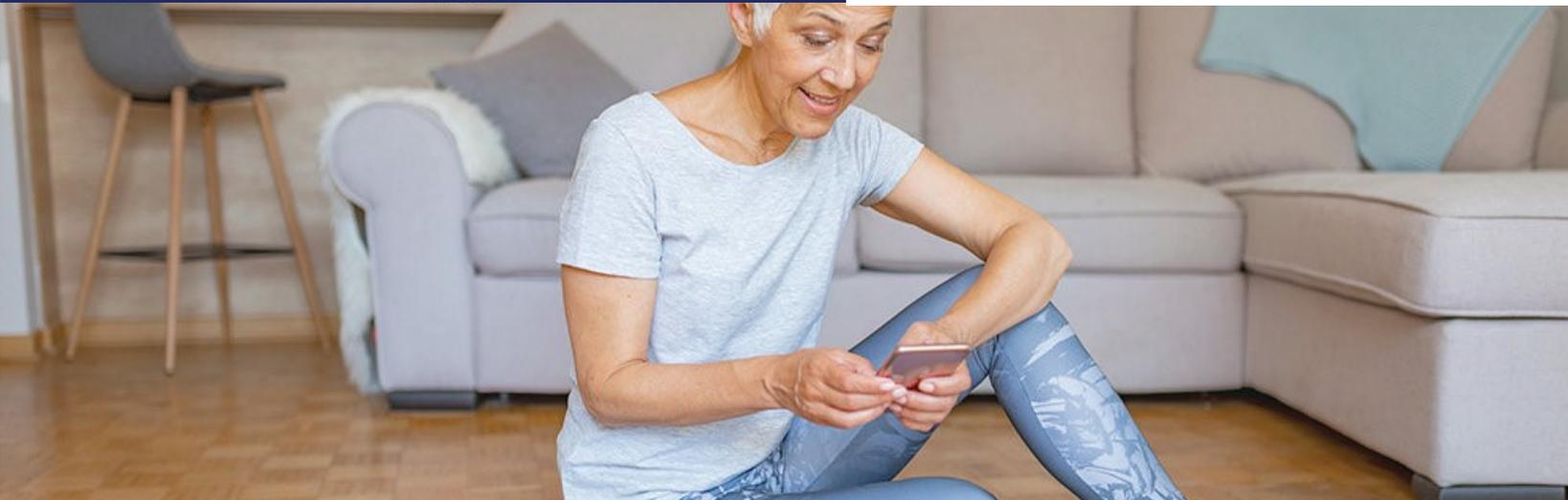
[Facebook Group](#)

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

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 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.



## [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.



## [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](#)



<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>

**EMERGENCY  
FOOD  
PROGRAM**